



Health Cover for the
CommBank Family



New year reset

7-day
meal plan



All information contained in this meal plan has been prepared by CBHS health professionals and is intended for general information purposes only. The information provided should not be relied upon as medical advice and does not supersede or replace a consultation with a suitably qualified healthcare professional.



7-day meal plan

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Creamy vanilla blueberry protein oatmeal	Creamy vanilla blueberry protein oatmeal	Creamy vanilla blueberry protein oatmeal	Creamy vanilla blueberry protein oatmeal	Avocado toast with a poached egg	Avocado toast with a poached egg	Avocado toast with a poached egg
SNACK 1	Greek yoghurt & banana	Greek yoghurt & banana	Greek yoghurt & banana	Tamari almonds	Tamari almonds	Greek yoghurt & berries	Banana & handful of pecans
LUNCH	Chicken BLT wrap	Chicken BLT wrap	Greek chicken salad	Beef-stuffed eggplant	Salmon quinoa salad	Tempeh taco bowl	Teriyaki tofu bowl
							Quick cumin black beans
SNACK 2	Peanut butter chocolate protein balls	Peanut butter chocolate protein balls	Peanut butter chocolate protein balls	Greek yoghurt & berries	Greek yoghurt & berries	Blueberry banana bread	Blueberry banana bread
DINNER	Fish taco bowl	Greek chicken salad	Beef-stuffed eggplant	Salmon quinoa salad	Tempeh taco bowl	Teriyaki tofu bowl	Juicy baked chicken breast
	Brown rice	Brown rice	Roasted pumpkin wedges	Herb & garlic roasted vegetables	Herb & garlic roasted vegetables	Quick cumin black beans	Broccoli & chickpea green goddess salad

Breakfast





Creamy vanilla blueberry protein oatmeal

15 minutes | 1 serving

Ingredients

- ½ cup rolled oats
- 2 tbsp vanilla protein powder
- 1 cup plain Greek yoghurt
- ½ cup blueberries
- 1 tbsp pumpkin seeds
- 1 tsp honey

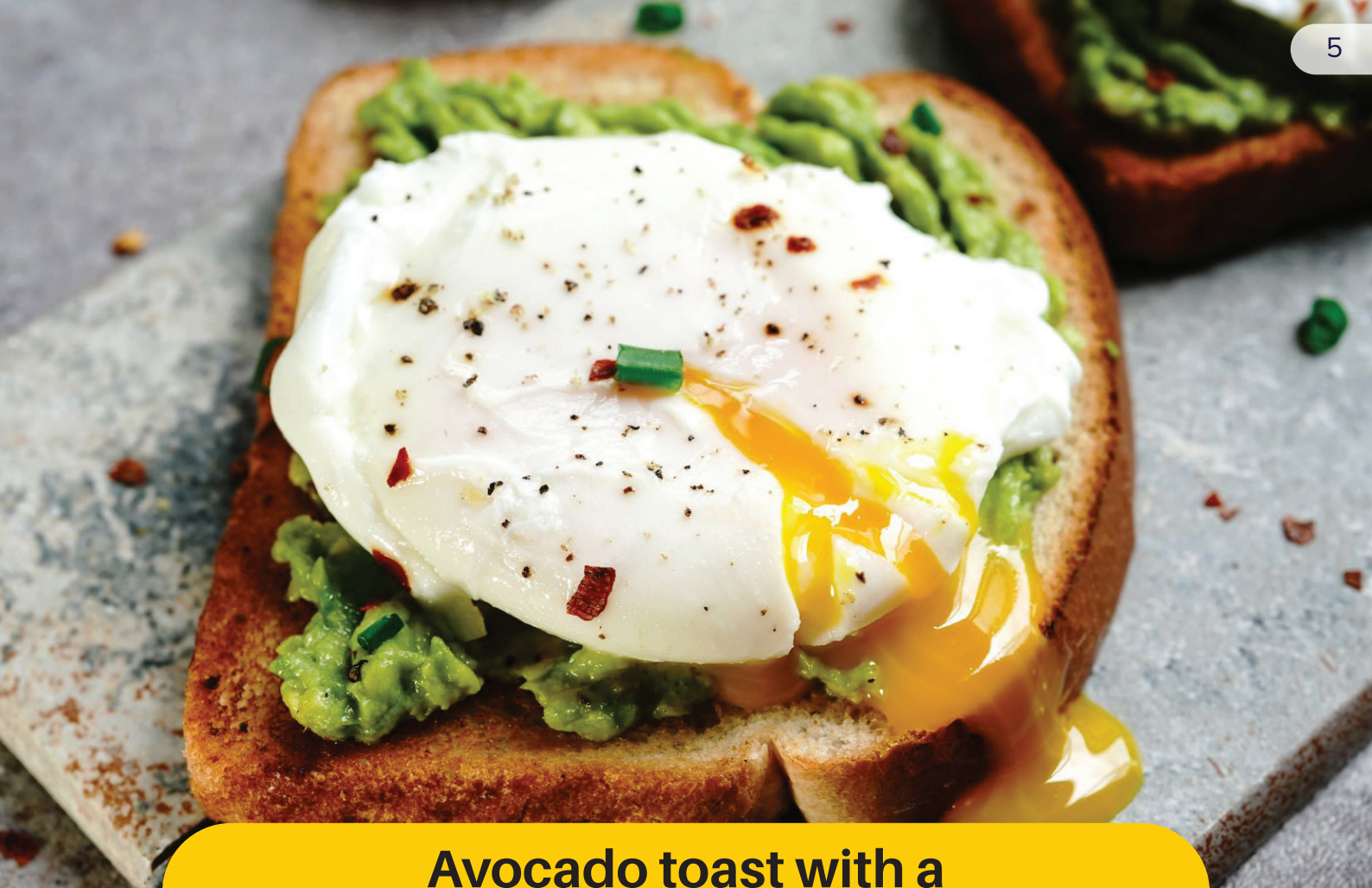
Directions

1. Cook the oats according to the package directions.
2. Stir the protein powder into the yoghurt.
3. Place the oatmeal in a bowl. Top with blueberries, yoghurt, and pumpkin seeds. Drizzle with honey and enjoy!

LEFTOVERS: Best enjoyed immediately. Refrigerate in an airtight container for up to 3 days, keeping the yoghurt separate.

SERVING SIZE: 1 serving is equal to approximately 2 cups.

ADDITIONAL TOPPINGS: Cinnamon, chia seeds, ground flax seeds, shredded coconut.



Avocado toast with a poached egg

15 minutes | 1 serving

Ingredients

- 1 slice bread (i.e. wholemeal, wholegrain or sourdough)
- ½ avocado
- Sea salt and black pepper, to taste
- 1 egg
- 1 tbsp apple cider vinegar

Directions

1. Toast bread.
2. Cut avocado in half, remove the pit and cut into fine slices. Layer avocado on the toast, mash with a fork and season with a bit of sea salt and black pepper.
3. Crack the egg into a bowl.
4. Bring a pot of water to a rolling boil on your stovetop. Add sea salt and vinegar. Begin stirring your water with a spoon to create a whirlpool. Carefully add your egg into the whirlpool. Cook for 3-4 minutes then use a slotted spoon to carefully remove the poached egg, placing onto a plate lined with paper towel to soak up the excess liquid.
5. Transfer the egg to the top of your toast and season again with sea salt and pepper. Enjoy!

Lunch and dinner





Chicken BLT wrap

15 minutes | 1 serving

Ingredients

- 1 slice turkey bacon
- 1 tsp mayonnaise
- 1 brown rice tortilla
- ¼ medium tomato, sliced
- 2-3 cos lettuce leaves, chopped
- 50g chicken breast, cooked and shredded

Directions

1. Heat a skillet over medium heat. Cook the turkey bacon for 5 minutes on each side or until cooked to your desired crispiness.
2. Spread the mayonnaise onto the tortilla. Add the tomato, lettuce, chicken, and turkey bacon. Roll up the tortilla tightly and enjoy!

LEFTOVERS: Best enjoyed fresh. Wrap and store in an airtight container for up to 1 day.



Greek chicken salad

45 minutes | 2 servings

Ingredients

- 1 tbsp Greek seasoning
- ½ lemon, juiced
- 2 tbsp extra virgin olive oil
- 280g skinless chicken breast
- 1½ cups cherry tomatoes, halved
- ½ cucumber, diced
- 2 tbsp red onion, finely diced
- ½ cup pitted Kalamata olives, chopped
- 1½ tbsp balsamic vinegar
- Sea salt and black pepper, to taste

Directions

1. Combine the Greek seasoning, lemon juice, and ¼ of the olive oil in a shallow bowl or ziplock bag. Add the chicken breast and leave to marinate in the fridge for 20 minutes or overnight.
2. Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10-15 minutes per side, or until chicken is cooked through.
3. While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
4. Slice the chicken. Divide the salad and chicken between plates. Enjoy!

SERVING SIZE: 1 serving is approximately 1¼ cup of veggies with chicken.

LEFTOVERS: Refrigerate in an airtight container for up to 3 days.

MORE CARBS: Mix quinoa into the salad or serve with roasted potatoes.

CHEESE LOVER: Add some feta cheese (as shown in the picture above).

SUBSTITUTIONS: Use Italian seasoning instead of Greek seasoning.



Beef-stuffed eggplant

45 minutes | 2 servings

Ingredients

- 2 small eggplants, cut in half lengthways
- 2 tsp extra virgin olive oil, divided
- Sea salt and black pepper
- 115g lean ground beef
- 1 tsp smoked paprika
- 1 medium tomato, diced
- 1 tbsp pine nuts
- 1 tbsp parsley, chopped

Directions

1. Preheat the oven to 220°C and line a baking sheet with baking paper.
2. Using a sharp knife, score the flesh of the eggplant halves in a crosshatch pattern about 2.5cm deep, being careful not to cut into the skin. Drizzle with half the oil and season with salt and pepper. Place on the baking sheet and bake for 25 minutes, until charred and cooked through.
3. Meanwhile, heat the remaining oil in a pan over medium-high heat. Add the beef, breaking it up as it cooks. Add the paprika. Cook for 5-6 minutes or until the beef is halfway cooked.
4. Add the tomato to the meat and continue cooking for another 10 minutes.
5. Divide the eggplants between 2 plates. Top with the beef mixture, pine nuts, and parsley. Season with additional salt and pepper if needed. Enjoy!

SERVING SIZE: 1 serving is 2 small eggplant halves.

LEFTOVERS: Refrigerate in an airtight container for up to 3 days.

MORE FLAVOUR: Add chilli flakes and cumin.

ADDITIONAL TOPPINGS: Squeeze fresh lemon juice on top.

NO PINE NUTS: Omit or use walnuts instead.



Salmon quinoa salad

30 minutes | 2 servings

Ingredients

- ½ cup uncooked quinoa
- 2 x 150g salmon fillets
- ¼ cup red onion, sliced
- ¼ cup lemon juice, fresh, divided
- 2 cups cherry tomatoes, halved
- ½ cucumber, chopped
- 2 tbsp coriander, finely chopped
- Sea salt and black pepper, to taste

Directions

1. Cook the quinoa according to package directions.
2. Preheat the oven to 190°C. Line a small baking dish with baking paper.
3. Place the salmon fillets in the baking dish. Top with the sliced onion and half of the lemon juice. Cook in the oven for 12 minutes or until the salmon is cooked through.
4. Meanwhile, add the tomatoes, cucumber, remaining lemon juice, and coriander to the quinoa and mix. Add salt and pepper to taste.
5. Divide the quinoa salad between 2 plates and top with the salmon. Enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 2 days.

SERVING SIZE: 1 serving is approximately 1 cup of quinoa salad and 150g salmon.

MORE FLAVOUR: Spread Dijon mustard and olive oil on the salmon. Add shaved Parmesan or goat's cheese to the quinoa salad.

ADDITIONAL TOPPINGS: Chopped parsley, pine nuts, pumpkin seeds and/or walnuts.

VARIATION: Make the salad separately as a side and add a handful of peas to the quinoa (as pictured above).



Tempeh taco bowl

20 minutes | 2 servings

Ingredients

- ½ cup quinoa
- 1 tbsp avocado oil
- 200g tempeh, crumbled
- 1 tsp chilli powder
- 1 tsp cumin
- ½ tsp oregano
- ¼ tsp sea salt
- 1 small jalapeno pepper, seeds removed and finely chopped
- 1 large tomato, diced
- 1 lime, juiced and divided
- 4 lettuce leaves, chopped

Directions

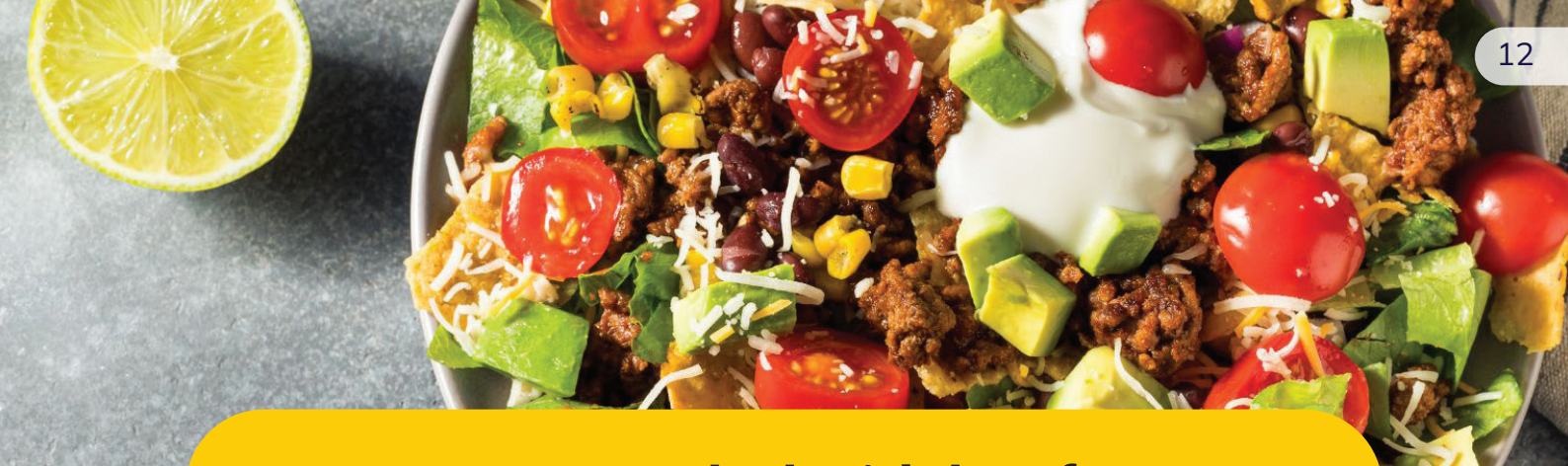
1. Cook the quinoa according to package directions.
2. Heat the oil in a pan over medium-high heat. Add the crumbled tempeh and cook for about 5 minutes, until browned. Add the chilli powder, cumin, oregano, salt, and jalapeno and cook for another minute more.
3. Stir in the tomato and half of the lime juice and continue to cook for another 3-5 minutes, until the tomatoes begin to soften. Add a little bit of water if the mix starts to stick to the pan. Season with additional salt if needed.
4. To serve, divide the lettuce, quinoa, and tempeh between 2 bowls and drizzle with the remaining lime juice. Enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 4 days.

MORE FLAVOUR: Add other dried herbs and spices to the tempeh or use taco seasoning instead.

ADDITIONAL TOPPINGS: Avocado, salsa, sour cream, coriander, green onion, or extra jalapeno.

SUBSTITUTIONS: Use white or brown rice or cauliflower rice instead of quinoa.



Taco salad with beef

25 minutes | 2 servings

Ingredients

- 250g extra-lean ground beef
- 1 tbsp chilli powder
- 1½ tsp cumin
- ¼ tsp sea salt
- ½ cup cherry tomatoes, chopped
- ½ jalapeno pepper, chopped
- 1 stalk spring onion, chopped
- 1½ tbsp lime juice, divided
- 1 cos lettuce heart, chopped
- 1 tbsp extra virgin olive oil
- 1 avocado, sliced

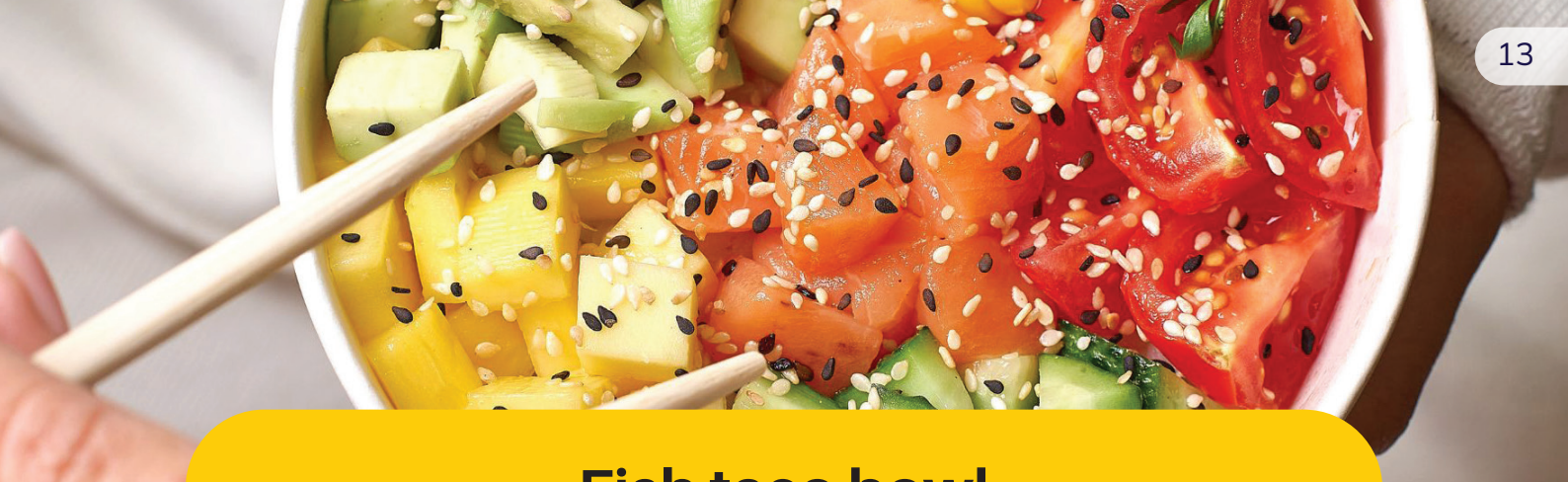
Directions

1. Brown the beef in a pan over medium-high heat. Break the meat into very small pieces with a spatula and cook until no longer pink, about 5 minutes. Drain any excess fat, but keep the beef in the pan.
2. Add the chilli powder, cumin, salt, tomatoes, jalapeno and spring onion to the beef. Stir to combine. Cook for another 5 minutes until tomatoes are very soft.
3. Remove from the heat and stir in half of the lime juice. Season with additional salt if needed.
4. In a large mixing bowl, toss the chopped cos lettuce with olive oil and remaining lime juice.
5. To assemble the salad, divide lettuce between plates and top evenly with beef and avocado. Serve immediately and enjoy.

STORAGE: Refrigerate beef and lettuce separately in airtight containers for up to 3 days. Assemble salad just before serving.

MORE FLAVOUR: Top salad with additional tomatoes, sliced jalapenos, green onions, salsa, coriander, lime juice and/or hot sauce.

MAKE IT VEGAN: Use black beans instead of ground beef.



Fish taco bowl

20 minutes | 1 serving

Ingredients

- 100g white fish fillet, i.e. cod
- 1½ tbsp extra virgin olive oil, divided
- Pinch of turmeric, ground
- Pinch of garlic powder
- Sea salt
- 2 tbsp lime juice
- 1 tbsp coriander
- ⅓ cup cherry tomatoes, halved
- ⅓ mango, peeled and cubed
- ⅓ avocado, sliced
- 2 cos lettuce leaves, chopped

Directions

1. Pat the cod dry with a paper towel. Add ½ tbsp of the oil, the turmeric, garlic powder, and some salt to the fish. Rub the spices into the fish and set it aside.
2. Heat a frypan over medium heat, then add the fish. Cook for 4 minutes per side, or until cooked through. Remove and let cool. Flake the fish, then set aside.
3. Using a blender or immersion blender, blend the remaining oil, lime juice, coriander, and salt until smooth.
4. Divide the cos lettuce leaves evenly between 2 bowls and top with the fish, tomatoes, mango, and avocado. Add the dressing and enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 2 days.

MORE FLAVOUR: Add jalapeno to the dressing before blending. Add a touch of honey to the dressing for some sweetness.

ADDITIONAL TOPPINGS: Add crushed tortilla chips to the salad for crunch.

NO BLENDER: Finely chop the coriander and shake the dressing ingredients together in a jar.

VARIATION: Swap the cod for another type of fish, such as fresh sashimi-grade salmon (as pictured).



Juicy baked chicken breast

35 minutes | 2 servings

Ingredients

- 280g chicken breast, boneless and skinless
- 1 tbsp extra virgin olive oil
- ¼ tsp sea salt
- ½ tsp Italian seasoning

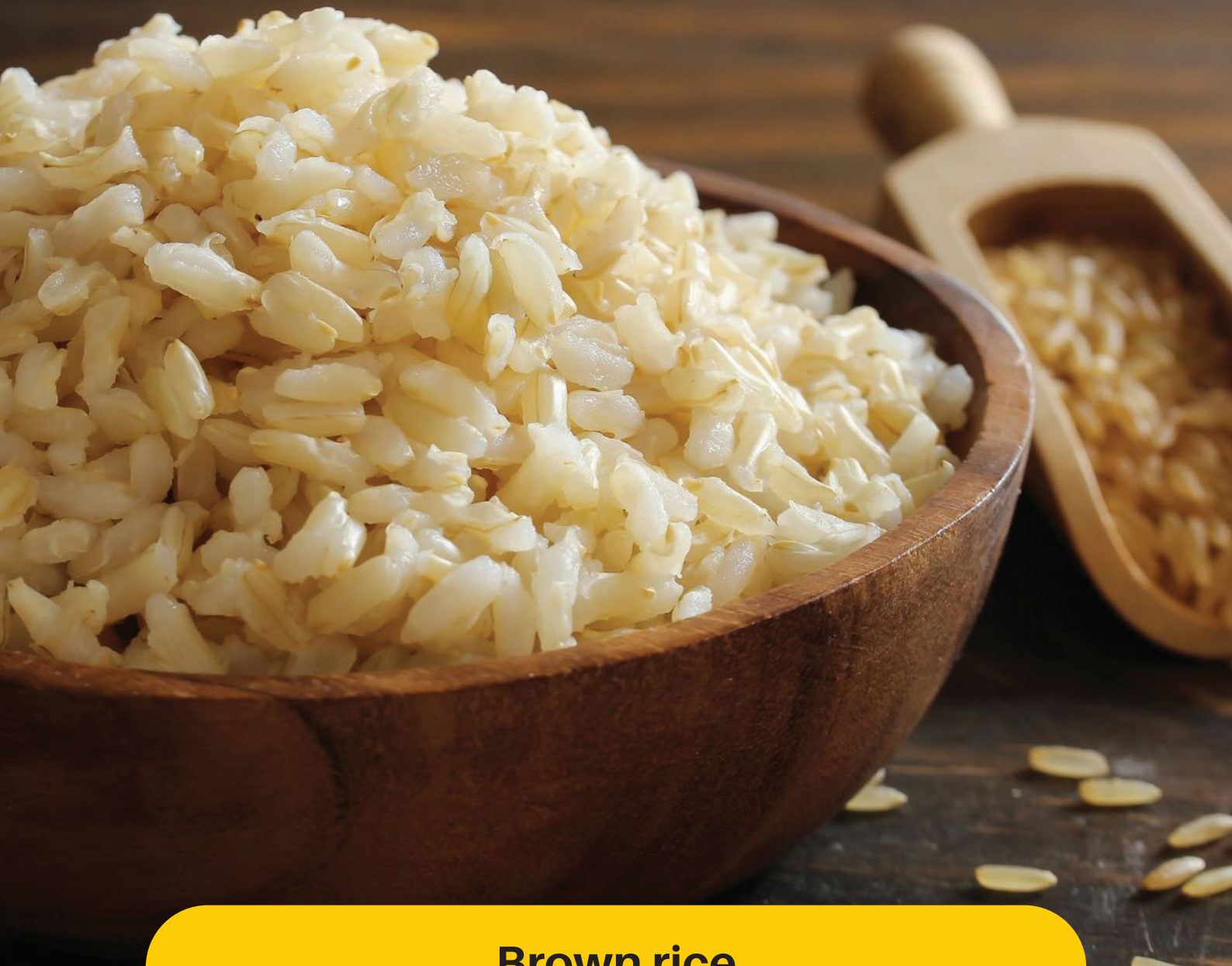
Directions

1. Preheat oven to 200°C. Line a baking dish with baking paper.
2. Place chicken in the prepared baking dish. Drizzle with oil and season with salt and Italian seasoning. Rub the seasoning and the oil all over both sides of the chicken. Bake for about 25-30 minutes, or until the chicken is cooked through.
3. Remove from the oven and immediately cover with a piece of aluminum foil for at least 10 minutes.
4. Carefully remove the foil and slice the chicken before serving. Enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 3 days. Store in the freezer for longer.

MEAT THERMOMETER: If using a meat thermometer, the internal temperature of the chicken should be 74°C when cooked through.





Brown rice

30 minutes | 2 servings

Ingredients

- ½ cup uncooked brown rice
- 1 cup water

Directions

1. Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 30 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!



Roasted pumpkin wedges

30 minutes | 2 servings

Ingredients

- 300g pumpkin, seeds and string scooped out, cut into 2.5cm wedges
- 1 tbsp extra virgin olive oil
- $\frac{1}{3}$ tsp cinnamon
- $\frac{1}{4}$ tsp vanilla extract
- Pinch of sea salt
- 1 tbsp maple syrup

Directions

1. Preheat the oven to 200°C and line a large baking sheet with baking paper.
2. Add the pumpkin wedges to a large mixing bowl and toss with the oil, cinnamon, vanilla and sea salt until well coated.
3. Transfer the seasoned pumpkin wedges to the prepared baking sheet and arrange them into a single layer.
4. Bake for about 25 minutes or until the pumpkin is very tender. Remove the pumpkin from the oven and brush each piece with the maple syrup. Return to the oven and continue baking for about 5 minutes more, or until the maple syrup is just starting to brown and bubble. Season with additional salt if needed. Enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 5 days.

MORE FLAVOUR: Use pumpkin pie spice, black pepper or a pinch of cayenne.

PUMPKIN: A pumpkin that weighs 1kg will yield approximately 3 cups.

When cutting, keep the wedges as uniform as possible for even cooking.

SUBSTITUTIONS: Use squash instead of pumpkin, and liquid sweetener instead of maple syrup.



Herb & garlic roasted vegetables

45 minutes | 2 servings

Ingredients

- ½ small head of cauliflower, cut into florets
- 1 large beetroot, peeled and chopped
- 2 cups broccoli, cut into florets
- 1 cup pumpkin, cut into cubes
- 1 tbsp coconut oil, melted
- 1 tsp dried parsley
- ½ tsp garlic powder
- ¼ tsp sea salt

Directions

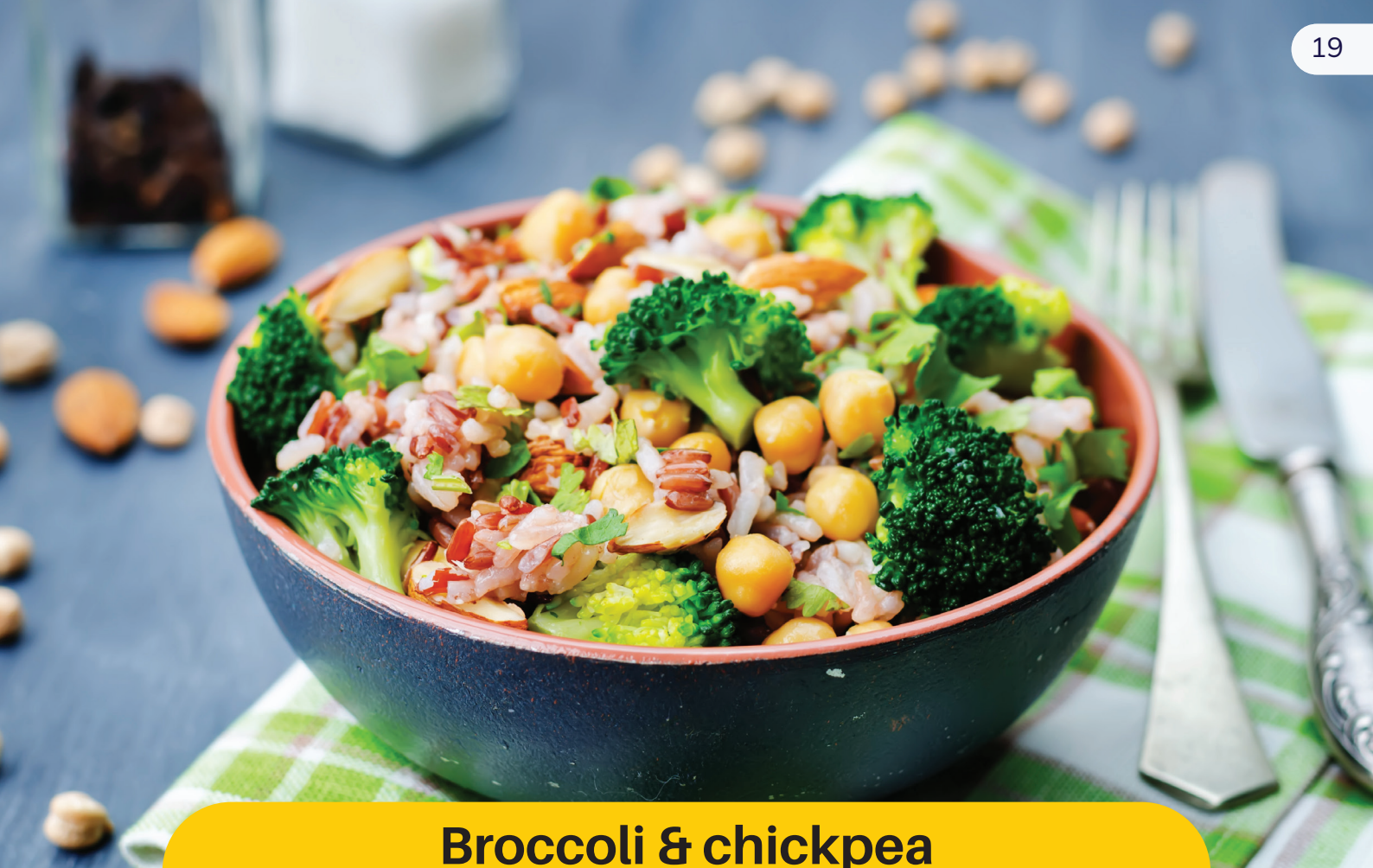
1. Preheat the oven to 200°C and line a baking sheet with baking paper.
2. Add the cauliflower, beetroot, broccoli, and pumpkin to the baking sheet. Drizzle with coconut oil and season with parsley, garlic powder, and salt.
3. Bake for 35-40 minutes or until browned and tender. Season with additional salt if needed. Enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 4 days.

SERVING SIZE: 1 serving is approximately 2 cups.

MORE FLAVOUR: Add other dried herbs and spices to taste.

SUBSTITUTIONS: Use Brussels sprouts, sweet potato, carrots, or capsicum instead.



Broccoli & chickpea green goddess salad

20 minutes | 2 servings

Ingredients

- 1½ cups broccoli, cut into florets
- 1 cup chickpeas, cooked
- 1 cup baby spinach
- 2 tbsp almonds, toasted and chopped
- 1½ tsp nutritional yeast
- 1½ tsp ground flax seed
- 2 tbsp green goddess salad dressing
- 2 tbsp coriander, chopped
- Sea salt and black pepper, to taste

Directions

1. Steam the broccoli in a steamer basket for 3-5 minutes or until tender-crisp. Set aside to cool for 5 minutes.
2. Meanwhile, mix together the remaining ingredients in a large salad bowl.
3. Add the broccoli and toss until well combined. Divide evenly between plates and enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 2 days.

SERVING SIZE: 1 serving is approximately 2 cups of salad.

ADDITIONAL TOPPINGS: Parsley, shallots and/or chives.



Quick cumin black beans

15 minutes | 2 servings

Ingredients

- 1 tbsp extra virgin olive oil
- ½ medium brown onion, finely chopped
- ¼ green capsicum, finely chopped
- 2 garlic cloves, minced
- 1 tsp cumin
- ¼ tsp sea salt
- ½ tsp oregano
- 1¾ cups black beans, from the can with the liquid
- 2 tbsp orange juice, freshly squeezed

Directions

1. Heat the oil in a pot over medium heat. Cook the onion and capsicum for 3-5 minutes until the onions begin to soften. Add the garlic, cumin, sea salt, and oregano and cook for another minute.
2. Add the black beans and their liquid from the can to the pot and stir to combine. Bring the black beans to a gentle simmer and continue to cook for 6-8 minutes, or until the beans have thickened to your liking.
3. Stir in the orange juice and season with additional salt if needed. Enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 3 days.

SERVING SIZE: 1 serving is approximately 1 cup.

MORE FLAVOUR: Add coriander, jalapeno, and/or chilli flakes.

ADDITIONAL TOPPINGS: Avocado or sliced spring onion.

SERVE IT WITH: Rice, as a filling for tacos or quesadillas, or as a side dish.

Snacks





Greek yoghurt & strawberries

5 minutes | 1 serving

Ingredients

- ½ cup Greek yoghurt (e.g. Chobani plain light Greek yoghurt)
- ½ cup strawberries

Directions

1. Add the yoghurt to a bowl and top with strawberries. Enjoy!

LEFTOVERS: Best enjoyed immediately or you can meal prep by storing in an airtight container in the fridge for up to 3 days.

MAKE IT VEGAN: Use coconut yoghurt instead of Greek yoghurt.

MORE FLAVOUR: Add maple syrup or honey.

ADDITIONAL TOPPINGS: Top with coconut flakes, granola, nuts, and seeds.



Greek yoghurt & banana

5 minutes | 1 serving

Ingredients

- ½ cup plain Greek yoghurt
- 1 banana, sliced

Directions

1. Add the yoghurt to a bowl. Top with sliced banana and enjoy!

LEFTOVERS: Best enjoyed immediately.



Tamari almonds

10 minutes | 4 servings

Ingredients

- 1 cup almonds
- 2 tbsp tamari

Directions

1. Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
2. Preheat the oven to 175°C and line a baking sheet with baking paper.
3. When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8-10 minutes, stirring well halfway through.
4. Remove from the oven and let the almonds cool completely. Enjoy!

LEFTOVERS: Keep in an airtight container for up to a week.

SERVING SIZE: 1 serving is about ¼ cup almonds.

MORE FLAVOUR: Add a pinch of cayenne pepper.

SUBSTITUTIONS: Almonds can be replaced with another nut.



Peanut butter chocolate protein balls

15 minutes | 6 servings

Ingredients

- ⅓ cup raw peanuts
- ½ cup rolled oats
- ¾ cup pitted dates
- ⅓ cup all-natural peanut butter
- ⅛ tsp sea salt
- ½ cup chocolate protein powder
- ⅓ cup water

Directions

1. Add the peanuts and oats to a food processor and pulse until you get a coarse crumble.
2. Add the dates, peanut butter, salt, and protein powder and pulse again until the mixture starts to come together.
3. Add the water, 1 tbsp at a time, and pulse until the mixture becomes sticky and holds together when you squeeze it between your hands. You may not need all of the water. The type of protein powder used will affect this.
4. Use a 2.5cm-diameter cookie scoop or use a regular teaspoon to scoop out the batter and roll it in your hands to create a ball. Continue until you have used all of the batter. Enjoy!

LEFTOVERS: Refrigerate in an airtight container for up to 1 week.

SERVING SIZE: 1 serving is approximately 4 energy balls.

MORE FLAVOUR: Add mini chocolate chips, cacao nibs, desiccated coconut and/or cacao powder as an outer coating.



Blueberry banana bread

1 hour | 10 servings

Ingredients

- 1 cup almond flour
- ¼ cup coconut flour
- 1 tsp baking soda
- ½ tsp sea salt
- 1 tsp cinnamon
- 1 tbsp ground flax seed
- 1 tbsp hemp seeds
- 2 bananas, mashed
- 2 tbsp extra virgin olive oil
- 3 eggs, whisked
- ¼ cup maple syrup
- 1 cup blueberries, fresh or frozen

Directions

1. Preheat oven to 175°C.
2. Combine the dry ingredients in a mixing bowl and mix well. In a separate mixing bowl, mash the bananas with a fork until a creamy consistency forms. Add in the oil, eggs and maple syrup and mix well. Pour the dry ingredients in with the wet ingredients and mix well.
3. Gently fold in your fresh or frozen blueberries with a spatula. Distribute the blueberries evenly throughout the batter, but be careful not to over mix as this will break the berries and cause your bread to turn purple. (It will still taste good but may not look as nice!).
4. Line a loaf pan with baking paper and pour in the batter. Bake in oven for 45-50 minutes. Test if it is cooked through by sticking a skewer in the middle. If it comes out clean, the bread is done. When fully cooked, lift the baking paper out of the pan and let cool before slicing. Enjoy!

TIP: These can easily be made into muffins by baking in a muffin tin instead of a loaf pan.