



## WEEK TWO FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
<b>MONDAY</b>					
	2 x Poached Eggs on ½ cup baby spinach and 1 piece of seedy bread	Belinda's Soup in a Jar*	Harissa Chicken with Crunchy Veggies*		
<b>TUESDAY</b>					
	Ella's Overnight Oats*	Harissa Chicken on top of 1 cup red and green shredded cabbage	Turkey Stuffed Capsicums*		
<b>WEDNESDAY</b>					
	2 x Basil & Cherry Tomatoes Muffins *see week 1 recipe	1 x Stuffed Capsicum & 1 cup green salad	Winter Warmer Soup with Garlic Bread*		
<b>THURSDAY</b>					
	Sour Dough with Avocado, Tomato and Smoked Salmon (optional)	Winter Warmer Soup & 2 Ryvita crackers	Baked Fish Parcels with 2 cups steamed veggies*		
<b>FRIDAY</b>					
	Ella's Overnight Oats*	1x 95gm tin Tuna in wrap or Tuna & salad	Thai Chicken Patties in Lettuce Cups*		
<b>SATURDAY</b>					
	Brekkie Bruschetta – Slice of seedy toast with avocado, cherry tomatoes, diced red onion & shredded basil. Toss with lemon oil & garlic – sprinkle with almonds	Toastie wraps – create your own bbq chicken / tuna/ and veggies & cheese – serving is 1 whole wheat wrap, 90g chicken/ tuna & 1 cup salad items	Entertainers Veggie Platter with Lamb Kebabs*		
<b>SUNDAY</b>					
	Karina's Best Brekkie Ever- Baked Eggs*	Thai Quinoa Salad*	Cottage Pie with Sweet Potato & Parsnip Mash Topping*		

**Serving sizes: 1 palm sized protein (120g meat or 180g seafood), 2 cups of veggies or salad for dinner, 1 cup for lunch serving**

# WEEK TWO RECIPES

## ELLA'S OVERNIGHT OATS

### Ingredients (serves 1)

- ½ cup plain natural yoghurt
- ½ cup steel cut oats
- 2 tablespoons milk (or soy/almond milk)
- 1 scoop protein powder
- 2 tablespoons chia seeds
- ½ cup frozen mixed berries
- Chopped almonds
- Shredded coconut

### Method

1. Mix yoghurt, oats, milk, protein powder and chia seeds in a bowl.
2. Place layer of this mixture on the bottom of the jar.
3. Layer half of the frozen berries on top.
4. Continue to layer the oats mixture and berries.
5. Sprinkle chopped almonds and coconut on top.
6. Place lid on jar and leave in the fridge overnight.
7. The oats will absorb the liquid from the milk and yoghurt and become super creamy!

### Notes

- Great to pop in your training bag to eat straight after class!



## **KARINA'S BEST BREKKIE EVER – BAKED EGGS**

### **Ingredients (serves 4)**

- 4 eggs
- 2 cups veggie leftovers from last night
- 4 rashers bacon rough chopped with rind removed
- 1 can diced tomatoes
- 1 cup baby spinach
- Shredded basil leaves
- Garlic crushed

### **Method**

1. Cook the bacon in a pan until ready and add the garlic, mix through the left overs from your Entertainers Platter or other veggie leftovers and heat through.
2. Stir through the tinned diced tomatoes and basil, salt and pepper to taste.
3. Serve into 4 ramekins and crack an egg on top.
4. Place in oven to cook the egg for approx. 15 mins (depending on how you like your eggs).
5. Serve with a slice of crunchy sourdough toast.



## **TURKEY STUFFED CAPSICUMS**

### **Ingredients (serves 4 or 2 + 2 lunches)**

- 500g turkey mince
- 2 large capsicums halved & seeded
- 1 red onion
- 2 cups baby spinach
- 2/3 cup natural no added sugar tomato juice
- ½ cup diced roma tomatoes
- 1/3 cup diced mushroom
- 1 stick celery
- Tbsp. coconut oil
- 1 glove crushed garlic
- Sprinkle of Cajun spices and coriander

### **Method**

1. Heat oven to 180 degrees.
2. In pan add coconut oil and fry onion, garlic, mushroom and celery.
3. Add turkey mince and break up with wooden spoon. Add the rest of the ingredients and cook down the juice.
4. Fill capsicums to the brim and bake for 45 mins.
5. Serve 1 half of capsicum with 2 cups salad or veggies.



## **ROAST VEGGIE BOWLS**

### **Ingredients (serves 4 or 2 + 2 lunches)**

- 2 Tbsp coconut oil
- 2 cups broccoli
- 2 cups cauliflower florets
- 1 large sweet potato cut into chunks
- 1 large zucchini cut into chunks
- 1 large red onion cut into wedges
- 2 leeks
- 2 cloves garlic (remove these after roasting and add to dressing)
- Oregano
- Thyme
- Yoghurty dressing
  - 1/3 cup natural yoghurt
  - Squeeze of lemon
  - Roasted garlic
  - Pepper to taste

### **Method**

1. Add all veggies to roasting pan with coconut oil, oregano and thyme and roast until golden and soft (approx. 40 mins).
2. Serve in a bowl with dressing drizzled on top.

### **Notes**

- Option: add chicken (120g per person) to roasting pan
- Sprinkle with chickpea bites (see snack list) to add a little extra crunch



## **HARISSA CHICKEN WITH CRUNCHY VEGGIES** (one of our favourite recipes from Damien Gameau of That Sugar Film)

### **Ingredients (serves 4 or 2 + 2 lunches)**

- 3 cups pumpkin
- 500g chicken thighs (120gm cooked weight is your single serve portion)
- 1 tbsp Harissa paste (a little spicy but delicious for added flavour) or a table spoon red curry paste
- 750ml vegetable or chicken stock
- 50g toasted almonds
- 25g sunflower seeds
- 1 cup green beans
- 1 cup snowpeas
- 1/4 cup chives, roughly chopped
- 1 red chilli (optional)

### **Method**

1. Preheat the oven to 180 degrees.
2. Chop the pumpkin into large chunks. Place pumpkin and chicken in an ovenproof dish and stir in the Harissa paste - massaging the paste into all the pieces.
3. Pour in the stock, cover the dish with a lid or foil and put in the oven for 1 1/2 hours. Remove from the oven, and using two forks, shred the chicken and pumpkin.
4. At this point if you want to reduce the liquid, simmer over medium heat on the stove until it slightly thickens.
5. Roughly chop the almonds and place in a bowl with the sunflower seeds.
6. Slice the chilli and add to the almond bowl along with the chives. Cut the beans and snowpeas on a diagonal, add to the bowl and toss everything to combine
7. To serve, place the chicken and pumpkin in a dish and pile the crunchy mix over the top.

### **Notes**

- Swap Harissa for slithers of fresh lemon and sprigs of thyme in the baking pan.



## ENTERTAINERS PLATTER WITH LAMB KEBABS

### Ingredients (serves 4 plus leftovers)

- 1 large sweet potato
- 1 large eggplant cut in thin rounds
- 1 lemon
- 5 tbsp Moroccan spice mix
- 1 green apple
- 2 large carrots
- 1/2 cauliflower
- 1 can chickpeas washed and drained
- 1 bunch mint roughly chopped
- 1/2 cup kale roughly chopped
- 1 bunch asparagus
- 1 bunch cherry tomatoes left on the vine
- ¼ cup olive oil
- ½ cup pine nuts
- ½ cup plain Greek yoghurt
- 100g basil fetta or marinated fetta
- Lamb kebabs depending on amount of people (with no marinade as there is a ton of sugar in them)

### Method

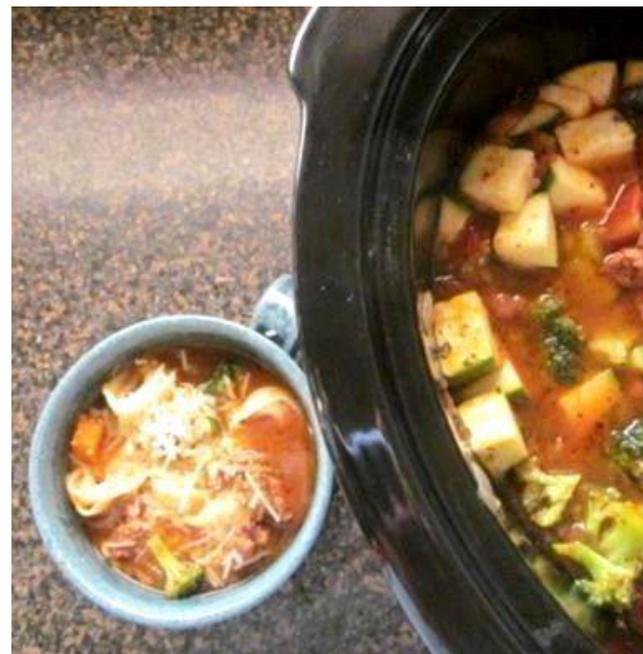
1. Heat oven to 200 degrees.
2. Chop sweet potato in 1/4s and dry bake for 30 minutes.
3. Slice the carrots lengthways, and place them on another tray, along with roughly chopped cauliflower, eggplant slices and asparagus spears. Pour a small amount of olive oil and lemon juice mixture over the top and sprinkle with Moroccan spice mix. Put them in the oven and bake everything for another 25-30 minutes.
4. Coarsely chop the mint, green apple and kale and set aside.
5. Take your vegetables out of the oven, replace with a tray of pine nuts. Bake on high for 2-3 minutes till the nuts are golden then remove from the oven. Watch them carefully!
6. Pan or grill cook lamb kebabs until cooked through.
7. Start composing the dish by layering the greens with the apple, roasted vegetables, one can of washed and drained chickpeas. Place the eggplant and roast sweet potato on top; add a bunch of cherry tomatoes and the asparagus to the side.
8. Blend the yogurt and fetta with ¼ cup olive oil and season to taste.
9. Spoon the dressing over the top of the platter and serve with pine nuts & mint sprinkled on top.
10. To serve, 1 x lamb kebab is the perfect serving size and 2 cups of veggies from the platter.



## **WINTER WARMER SOUP with GARLIC BREAD**

### **Ingredients (serves 4 plus leftovers)**

- 4 chicken sausages
- 4 Italian sausages
- 1 large onion, chopped
- 2 carrots, chopped
- 5 cups chicken stock or broth
- Oregano
- Salt and pepper
- 1 can diced tomatoes
- 400ml of no added sugar tomato juice
- 2 cups broccoli florets, roughly chopped
- ½ sweet potato diced
- 1 large zucchini, chopped or spiralled if you have a veggie spiral maker
- Garlic
- Sourdough (1 slice per person)
- Olive oil



### **Method**

1. In a pan cook sausages for 8 to 10 minutes.
2. Transfer sausages to a slow cooker or soup pot.
3. Add onions, sweet potato, carrots, stock, seasoning, pepper, tomato juice, and diced tomatoes.
4. Slow cook on High for 3 to 4 hours or on stove top for 30-40 mins.
5. Add broccoli and zucchini last 15 to 20 minutes in crock pot or last 10 mins on stove.
6. Lightly grill sourdough, rub with a garlic clove, drizzle with olive oil and sprinkle with parmesan
7. Re-grill for a moment until parmesan is golden.
8. Serve soup topped with sourdough garlic bread.

## **BAKED FISH PARCELS**

### **Ingredients (serves 4)**

- 4 squares baking paper or aluminium foil 30 x 30 cm
- 4 bream, snapper, blue-eye or other boneless white fish fillets (about 800g)
- 1 red onion, sliced
- 1 lemon, sliced
- 1 lemon, juiced
- 1/2 cup sliced red capsicum (optional)
- 8 sprigs dill
- Freshly-ground black pepper
- 2 cups green beans, steamed
- 2 cups asparagus, steamed

### **Method**

1. Spray each square of baking paper or foil with oil spray.
2. Lay a fish fillet on each sheet, top with onion slices, lemon slices, capsicum slices, two sprigs of dill and pepper.
3. Pour lemon juice over each fillet.
4. Wrap tightly in the paper. Place on a baking tray and cook in a moderate oven (180°C) for 4 to 5 minutes or until fish flakes easily.
5. To serve, remove herbs and lemon slices and discard. Serve with steamed green beans and asparagus.



## COTTAGE PIE with SWEET POTATO & PARSNIP MASH TOPPING

### Ingredients (serves 4 plus leftovers)

- 500g beef mince
- 1tbsp vegetable oil
- 1 large onion, finely chopped
- 2 medium carrots, chopped (for inside)
- 1 tin diced tomatoes
- Pinch dried herbs
- 200ml beef stock
- Salt & pepper to season
- ½ cauliflower
- 1 sweet potato, peeled and chopped
- 1 parsnip, peeled and chopped
- 3 carrots, peeled and sliced (for mash)
- Parmesan cheese to sprinkle on top
- Drizzle of olive oil (try the garlic infused oil for fun!)
- \* optional 30ml milk / soy milk or rice milk taste good

### Method

1. Preheat oven to 190 degrees.
2. Heat the oil in a large pan or casserole dish.
3. Add the onion and carrot and cook over a medium/high heat for 5 minutes until soft.
4. Add the beef mince and cook for 3-4 minutes to brown. If the meat is fatty, carefully tilt the pan and spoon off any excess fat. Add the canned tomatoes, herbs and stock. Season, cover and simmer for 30 minutes.
5. Meanwhile, to make the mash: put the carrots and cauliflower in a large pan of boiling water and boil for 5 minutes before adding the, sweet potato and parsnip.
6. Continue to boil for a further 10-12 minutes, or until the vegetables are tender. The time will vary, depending on how large your vegetables pieces are.
7. Drain and mash with the \*milk and olive oil and season with salt and pepper. Spoon the meat into an ovenproof dish, top with the mash and parmesan and bake for 30 minutes until golden brown.



## THAI QUINOA SALAD

### Ingredients (serves 4)

- 1 cup quinoa, rinsed
- ½ bbq chicken breast meat shredded
- 1/2 teaspoon salt
- 1 capsicum, cut into bite-sized strips
- 1 carrot, peeled and grated
- 1 cucumber, seeded and diced
- 2 spring onion, finely sliced
- 1 cup red cabbage, shredded
- ¼ cup coriander, chopped
- 2 Tbsp mint or basil, chopped
- ¼ cup cashews
- Dressing
  - 1/4 cup freshly squeezed lime juice, from 3-4 limes
  - 2-1/2 tsp fish sauce
  - 2 tsp sesame oil
  - 1/4 tsp chilli flakes (optional)



### Method

1. Add quinoa, salt and 1-2/3 cups water to a medium saucepan. Bring to a boil and then reduce heat to low, cover, and cook for 15 minutes, until the water is absorbed and the quinoa is cooked. (You'll know it is done when the little "tails" sprout from the grains!)
2. Transfer to a serving bowl and let cool in the refrigerator.
3. To make the dressing, combine the lime juice, fish sauce, sesame oil, and chilli flakes in a bowl.
4. Once the quinoa is cool, add the Chicken, capsicum, carrots, cucumber, spring onions, red cabbage, fresh herbs and dressing.
5. Toss well, then taste and adjust seasoning with more lime juice if necessary.
6. Top with cashews to serve.

## **BELLINDA'S SOUP IN A JAR**

One of our lovely clients Bellinda Henderson takes a couple of these wonderful and easy soups to work each week!

### **Ingredients (serves 2 if you'd like to keep a spare in the fridge)**

- 1 garlic clove, finely diced
- Thumb of ginger, grated
- 1 red chilli (seeds removed)
- 1 Tbsp tamari
- Splash of sesame oil
- 1 cup spinach
- ½ carrot, grated
- Coriander
- Mint
- ½ cup red capsicum, cut into slithers
- 1 zucchini, cut into thin ribbons or use noodle-machines
- 1 tsp coconut oil
- 100g cooked chicken (like shredded bbq chicken)



### **Method**

1. Divide your ginger, chilli and garlic into the bottom of 2 jars.
2. Add tamari and sesame oil.
3. Place one of your jars in the fridge at this stage to keep for another day. Finish off jar #2 with the following steps as follows.
4. Layer spinach, carrot, coriander, mint, capsicum, zucchini noodles, chicken & coconut oil
5. Take jar out of the fridge about an hour before eating to 'warm up the jar'
6. Add boiling water from kettle and fill until covers chicken. Push chicken down to ensure coconut oil dissolves.
7. Enjoy xxx Bellinda

## **THAI CHICKEN PATTIES IN LETTUCE CUPS**

### **Ingredients (serves 4 – 2 patties per serving)**

- 500g chicken mince
- 2 garlic cloves, chopped
- 1 large handful of baby spinach leaves, roughly chopped
- 2 teaspoons fish sauce
- ½ teaspoon ground turmeric
- 3 tablespoons coconut cream
- 1 teaspoon finely grated ginger
- 4 iceberg lettuce leaves, trimmed into cups
- 1 avocado, sliced
- ½ Lebanese cucumber, sliced
- 1 small handful of coriander leaves
- 1 lime, halved

### **Method**

1. Preheat the oven to 180°C and lightly grease an 8-cup muffin tin with coconut oil.
2. In a bowl mix chicken, garlic, spinach, fish sauce, turmeric, coconut cream and ginger
3. Spoon the chicken mixture evenly into the prepared tin, then bake for 12 minutes, or until cooked through. Cool slightly for 5 minutes before turning out. The chicken patties will release a little bit of liquid when cooked, so drain off the liquid before you remove them from the tin.
4. Place 2 chicken patties inside each lettuce cup, along with some avocado, cucumber and coriander, and squeeze over some lime juice.



# SNACKS LIST

- 1 x Brekkie muffin (from freezer stock)
- 2 x Rice Cakes with your choice of:
  - 1/3 Avocado and ½ tomato
  - 2 tablespoon hummus
  - Cottage cheese, lemon juice and sprinkle of almonds
  - 1 x 95gm Tuna and avocado
- ¼ cup blueberries and natural yogurt
- 1 x boiled egg, 2 celery sticks and 2 tablespoon hummus
- Nik's seedy mix
  - Dry roast almonds, walnuts, sesame seeds, pepitas, pumpkin seeds - sprinkle with garlic powder, Moroccan spice, pink salt and chilli powder (optional)
    - Make a batch and store in snaplock ¼ cup servings
    - Great for a quick handbag snack
- 1 carrot, cut into sticks with ½ cup guacamole or hummus (check ingredients in store-bought as some contain sugar!)
- 2 tablespoons full-fat yogurt with 1 tablespoon finely chopped mint, a grating of cucumber, a squeeze of lemon and 1 cup medley of vegetable crudités
- 4 celery stalks with 2 tablespoons natural peanut butter (check for sugar free if store-bought)
- Cheesy pappadams
  - 2 x pappadams sprinkled with parmesan and cooked in microwave for 45 secs
  - Nik's tip: I like to break these into bits and dip in hummus to replace chip cravings!
- Chickpea bites
  - 400g tin chickpeas rinsed and drained
  - Pat dry and lightly spray with coconut oil spray
  - Sprinkle with cumin/ garam masala/ garlic powder to coat
  - Preheat oven to 180C
  - Serve in 100g servings in snaplock bags
- Brain Foods for the Afternoon... try these
  - Rather than using coffee to perk you up, prime your brain with healthy fats from fish or nuts!
  - ½ Lebanese cucumber sliced through the middle, topped with avocado and a slice of smoked salmon
  - 95g tin tuna, drained and mixed with shredded basil, 3 cherry tomatoes, 4 halved olives & served in ¼ capsicum
  - 2 x Ryvita cracker with tuna, alfalfa and chopped almonds