Forged Fitness is excited to present you a collection of information and recipes to help make a commitment to your health and fitness easier!
Introduction

Welcome! We are excited you have decided to undertake our 8 week diet and exercise challenge! Within this program you will find a 2 week nutrition plan for you to strictly follow or to simply use as a guide. Eating stringently to the parameters of the plan will give you a large variety of nutrients however, please remember we are NOT nutritionists. These recommendations are based on what has worked for us, our family, our friends and most importantly our clients. If you are aware of any dietary requirements you may have due to an existing condition or illness you MUST consult your Doctor or nutritionist prior to undertaking the plan. With that said our nutrition principles are not anything ground breaking, do not expect to loose 10kg/week on our diet and your weight loss will not compare to those of the “lemon detox” (nor would we want it too) but you WILL see how easy healthy eating can be.

Yes, at first it may be hard, but healthy eating comes down to the 5 P’s of success- PRIOR PREPARATION PREVENTS POOR PERFORMANCE! Plan you meals ahead, think “where will I be at lunch today?” “Do I need to take a snack?” “What are we having for dinner tonight?”. These questions will help you to stay strong and avoid temptations from your surroundings when you are hungry, tired or both and have little to no will power! Society does not produce healthy lean humans, so unfortunately if you want to look and feel like the healthy minority you cannot do what the unhealthy majority do!

There is little more you can do for yourself on a personal level such as eating lean and clean that brings such energy, positivity and vitality! Be willing to make mistakes, learn and build habits that will serve you for the rest of your life!

For the exercise component of program you have the choice to undertaker the classes offered by Forged Fitness at our Group Exercise Centre or employee the services of a personal trainer to set a program that will enable you to reach your goals.

Buy undertaking the challenge you also gain access to the Facebook closed group. You can find it here http://www.facebook.com/#!/groups/506510796035232/ . Log on, share your experiences, your motivation, learn and be guided by others in difficult times and ensure you are open for the paradigm shift that is health clean eating!

If you ever have a question, concern, an accomplishment to share or feel you are losing the battle and are determined not to lose the war please contact us via the Facebook forum or for more personal cases please contact us at info@forgedfitness.org - We are here to help!

We are looking forward to the celebration of your success

The Forged Fitness Team
The Fundamentals

At the basis of our eating plan are the Macronutrients. Protein, Carbohydrates and Fats. Our diet is based on healthy lean protein, that is surrounded by a large variety of non-starchy vegetables, healthy fats and a few pieces of fruit with very little bread, rice, pasta and potatoes.

Proteins- Absolutely essential for optimal body composition. Lean types such as fish, chicken, kangaroo and rump/eye fillet steak are the best options for high protein and lower calories.

Carbs- When we say carbs you probably think of bread, rice pasta and potatoes. However the vegetables you eat are also carbs. Yes, they have a lower quantity than bread and rice but some, you may not realise are also relatively high. Through our research and experience we believe that you will obtain enough carbs from your vegetables and fruit. You will see a small amount of sweet potatoes and mountain bread within our recipes but overall we prefer to substitute things like cauliflower rice for regular rice, or cauliflower mash then to indulge in the regular variety’s.

When weight loss or weight management is the goal we need to monitor the amount of fruit we consume. Although it is important to eat a variety of fruit, to ensure the adequate consumption of vitamins we like to limit it to 2 pieces per day. Furthermore, the sugar in fruit when consumed in excess can affect the body in a similar way to table sugar.

Fats- These are not as scary and detrimental to your waist line as once thought. Obtain them from natural non-processed polyunsaturated and monounsaturated sources as nuts, avocado and oils such as coconut, olive, rice bran. Remember these are calorie rich foods, they will help your body perform at its peak and keep you fuller for longer but like anything if indulged in too much, they will make camp around your belt buckle!

In conjunction with the macronutrients we need to ensure that we are obtaining sufficient amounts of micronutrients. These are our vitamins and minerals. We do this by ensuring a wide variety of fruit and vegetables of differing colours are consumed with 3-4 of meals each day.

Beverages- 3 Litres of water a day as a minimum!

Not only do we need to make sure the solid stuff that goes in our mouth is nutritious certain liquids which accompany them can be sneakily packed with unwanted calories, especially sugar!

Here are a few options to enjoy but not to sabotage your healthy eating progress.

400ml WARM WATER WITH ½ LEMON (We recommend you have this EVERY morning on waking to help flush your digestive system and boost your metabolism from the word go! You can also sip on this during the day.

FRESH LIME AND SODA WATER- Lime has amazing anti-catabolic properties and is extremely
refreshing (Try this out and your friends will assume you have vodka, lime soda and will back off the peer pressure, just make sure its FRESH LIME not the bottled cordial type)

**Herbal Teas**- Green tea has amazing properties related to its anti oxidant quantity. Peppermint Tea can help supress your appetite so its great to have just after dinner to stop the usual sweet cravings you may have. To wind down from an eventful day try a camomile tea with a touch of stevia before bed!

**Coffee**- Caffeine is great to help boost your metabolism and some studies have shown that it may help your body prioritise burning fat pre-workout and we all know of its concentration and energy boosting properties. However too much of it has many negative implications. One of which is that it can put a lot of stress on your adrenal glands by pumping out excessive amounts of the stress hormone (cortisol). This has shown to hamper you losing your dreaded belly fat! 2 -3 cups of coffee a day is a good balanced amount!

**Skim or Full Cream?**
There is a lot of debate about what option is better. We recommend you have a full fat variety but have a smaller amount. Choosing the low fat version will often mean you are consuming extra sugar, and be receiving less nutrients.

**Alcohol**
For a lot of us it’s a necessary evil. It lubricates our friendships and ensures we have a “good” time. However this comes at a significant cost. Our bodies fight the alcohol and lose the ability to properly process other things we consume. Instead, it stores it for later, generally as fat.

**Better (not good) Alcohol Choices**
Regularly consuming alcohol will reduce the benefits you receive from eating clean. In some, who are trying to loose that last 5kg our experience shows that it may prevent this from happening all together. If you are out and are having a few, choose the following. Also try having ½ nips! And restricting yourself to 1-2 drinks. OR make the choice;

“I am having a night out, and I am back on the health wagon tomorrow morning. This night out will not derail my journey!”

Fresh Lime, vodka and soda
Spirit of choice, Ice, water and fresh lemon
Red Wine (preferably merlot for its high quantities of the anti-oxidant resveratrol)

**PLEASE NOTE LOW CARB BEER IS ONLY VERY SLIGHTLY BETTER FOR YOU THAN NORMAL BEER, IT’S A MARKETING PLOY!**
Carbohydrates in common Vegetables and Fruits

<table>
<thead>
<tr>
<th>Vegetable</th>
<th>Carbohydrates/100g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>2g</td>
</tr>
<tr>
<td>Eggplant</td>
<td>2.3g</td>
</tr>
<tr>
<td>Beans</td>
<td>8-18g</td>
</tr>
<tr>
<td>Beetroot</td>
<td>8g</td>
</tr>
<tr>
<td>Broccoli</td>
<td>2g</td>
</tr>
<tr>
<td>Brussels Sprouts</td>
<td>4g</td>
</tr>
<tr>
<td>Cabbage</td>
<td>4g</td>
</tr>
<tr>
<td>Carrot</td>
<td>8g</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>3g</td>
</tr>
<tr>
<td>Celery</td>
<td>1g</td>
</tr>
<tr>
<td>Chicory</td>
<td>3g</td>
</tr>
<tr>
<td>Courgette</td>
<td>2g</td>
</tr>
<tr>
<td>Fennel</td>
<td>1.9g</td>
</tr>
<tr>
<td>Gherkins</td>
<td>2.8g</td>
</tr>
<tr>
<td>Gourd</td>
<td>1g</td>
</tr>
<tr>
<td>Leek</td>
<td>3g</td>
</tr>
<tr>
<td>Lettuce</td>
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</tr>
<tr>
<td>Marrow</td>
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</tr>
<tr>
<td>Mushroom</td>
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</tr>
<tr>
<td>Okra</td>
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<tr>
<td>Onion</td>
<td>8g</td>
</tr>
<tr>
<td>Spring Onion</td>
<td>6g</td>
</tr>
<tr>
<td>Parsnip</td>
<td>12g</td>
</tr>
<tr>
<td>Peas</td>
<td>10-15g</td>
</tr>
<tr>
<td>Peppers</td>
<td>1.6g</td>
</tr>
<tr>
<td>Potato</td>
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</tr>
<tr>
<td>Pumpkin</td>
<td>2.1g</td>
</tr>
<tr>
<td>Radish</td>
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</tr>
<tr>
<td>Spinach</td>
<td>1.5g</td>
</tr>
<tr>
<td>Swede</td>
<td>5g</td>
</tr>
<tr>
<td>Sweet Corn</td>
<td>2g</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>3g</td>
</tr>
<tr>
<td>Turnip</td>
<td>4.5g</td>
</tr>
<tr>
<td>Watercress</td>
<td>0.3g</td>
</tr>
<tr>
<td>Sweet potato</td>
<td>27g</td>
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</tbody>
</table>

**Fruits (carbohydrate source)**

<table>
<thead>
<tr>
<th>Item</th>
<th>GI</th>
<th>Serv Size</th>
<th>Carbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple</td>
<td>M</td>
<td>1 each</td>
<td>21 g</td>
</tr>
<tr>
<td>Apple sauce (unsweetened)</td>
<td>M</td>
<td>1/2 cup</td>
<td>25 g</td>
</tr>
<tr>
<td>Apricot</td>
<td>L</td>
<td>1 each</td>
<td>25 g</td>
</tr>
<tr>
<td>Banana</td>
<td>H</td>
<td>1 each</td>
<td>28 g</td>
</tr>
<tr>
<td>Blueberries, raw</td>
<td>L</td>
<td>1/2 cup</td>
<td>10 g</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>M</td>
<td>1/2 melon</td>
<td>25 g</td>
</tr>
<tr>
<td>Cherries</td>
<td>L</td>
<td>1/2 cup</td>
<td>9 g</td>
</tr>
<tr>
<td>Grapefruit</td>
<td>L</td>
<td>1/2 fruit</td>
<td>10 g</td>
</tr>
<tr>
<td>Grapes</td>
<td>M</td>
<td>10 grapes</td>
<td>4 g</td>
</tr>
<tr>
<td>Kiwifruit</td>
<td>L</td>
<td>1 medium</td>
<td>11 g</td>
</tr>
<tr>
<td>Mango, cubed</td>
<td>H</td>
<td>1/2 cup</td>
<td>14 g</td>
</tr>
<tr>
<td>Orange</td>
<td>M</td>
<td>1 fruit</td>
<td>15 g</td>
</tr>
<tr>
<td>Orange juice</td>
<td>M</td>
<td>6 oz.</td>
<td>20 g</td>
</tr>
<tr>
<td>Papaya, cubed</td>
<td>M</td>
<td>1/2 fruit</td>
<td>7 g</td>
</tr>
<tr>
<td>Peach, fresh</td>
<td>M</td>
<td>1 fruit</td>
<td>11 g</td>
</tr>
<tr>
<td>Peaches, canned/water</td>
<td>M</td>
<td>1/2 cup</td>
<td>7 g</td>
</tr>
<tr>
<td>Pear, fresh</td>
<td>M</td>
<td>1 fruit</td>
<td>25 g</td>
</tr>
<tr>
<td>Pears, canned/water</td>
<td>M</td>
<td>1/2 cup</td>
<td>10 g</td>
</tr>
<tr>
<td>Pineapple, fresh</td>
<td>H</td>
<td>1 cup</td>
<td>19 g</td>
</tr>
<tr>
<td>Plum, raw</td>
<td>L</td>
<td>1 fruit</td>
<td>9 g</td>
</tr>
<tr>
<td>Strawberries</td>
<td>L</td>
<td>1 cup</td>
<td>10 g</td>
</tr>
<tr>
<td>Tangerine</td>
<td>M</td>
<td>1 fruit</td>
<td>9 g</td>
</tr>
<tr>
<td>Watermelon, cubed</td>
<td>H</td>
<td>1 cup</td>
<td>11 g</td>
</tr>
<tr>
<td>Fruit cocktail, canned in water</td>
<td>M</td>
<td>1 cup</td>
<td>20 g</td>
</tr>
<tr>
<td>Raisins</td>
<td>H</td>
<td>1/4 cup</td>
<td>29 g</td>
</tr>
<tr>
<td>Dates</td>
<td>VH</td>
<td>1 fruit</td>
<td>6 g</td>
</tr>
</tbody>
</table>
CHEAT MEAL

You will notice in our diet that Friday night is Cheat Meal night. For this meal you may have WHATEVER YOU WANT! Please remember that this is a single MEAL not a degustation banquet! The concept of a cheat meal will allow you to completely relax for that one meal each week, eat whatever you want but hop right back on the health wagon as soon as that last mouthful is chewed and swallowed. In the diet we have given you two quite healthy options for a cheat meal in Mountain Bread Lasagne and Pizzas, but the fast food sky is the limit!

Please note we are not telling you to eat a Double Whopper, A bucket of KFC or set new records at an all you can eat buffet. You can simply satisfy your tastebuds with whatever they may desire. Try to plan ahead. If you know you are going out for dinner on a Saturday night then shift your cheat meal here.

Our nutrition plan is very unrestrictive. It is not a diet, it’s a way of life. After some time we are sure you will feel less need to have your ‘cheat meal’ as you will be completely satisfied with the food you are eating on a day to day basis!

EATING OUT OPTIONS

So you are going out for a function, or you have failed to prepare and all that surrounds you is fast food! Here are some tips to get you through these times, but not to give you frequent food options.

Subway— Grab the salad! Pick one of the ‘6 gram of fat or less’ meats and any salad you like

OR if you must have bread.....

Pick a 6 inch Wheat or Honey oat, a 6 gram of fat meat and all salads minus the cheese. Steer clear of the sauces they are packed with sugar! (A 6 inch at subway contains around 320 calories and 750mg Salt!)

Thai—Go for the stir fry fried prawns, chicken or beef with either ginger/garlic or chilli basil. As a side grab a stir fried veg in oyster sauce. Steer clear of the rice!

McDonalds— So your flying down the highway and you have forgotten to prepare and breakfast is calling. The golden arches will jump on the opportunity to derail your nutrition plan! So what you can do is order 2 Bacon and Egg Mc Muffins, Throw out the Bun from one and the top from the other. Make a stack that has 2 eggs and 2 pieces of bacon on 1/2 a muffin!

Sushi— There is a massive misconception that sushi is great for you. The majority of the fillings are crumbed, fried or the fattiest cut of meat available. If they have sashimi available feel free to indulge! If not grab 2 x Raw Salmon Avo or Cooked Tuna or Smoked Salmon rolls to get you through the next meal

Surf Club Meal— At all of your favourite surf club or pubs there are plenty of options on the menu that still allow you to still eat clean and lean. Unfortunately, the healthy options do not end in ‘giana’ and are not served with chips! Choose the Atlantic salmon or Rump Steak with salad, dressing on the side and ask for no chips. One taste and the salt will make you want more! If they come on your plate scrape them off from the word go!
What Supplements Should I Take?

There are just about more nutritional supplements on the market than actual food! Although there a lot of false promises by large multinational companies, many offer significant advantage in attaining a healthy balanced diet. Our bodies demand for nutrients is greatly increased when we undertake a rigorous exercise regime. You can spend a fortune on pills and powders and below is a list of what we recommend to supplement with each day. Work your way down the list. If you can afford them all then go ahead (these are what we consume). If you cannot then just aim for the top of the list.

Supplementation for exercise and weight loss

**Fish Oil**- A wild fish oil is preferable (NECESSARY)

**Wpi Protein Powder with added glutamine**- Will offer a healthy option when you are out and aid your recovery directly after you train. (NECESSARY)

**Multi Vitamin**- We hope to get micronutrients from our vegetables and fruit, however a multivitamin will help to fill any gaps we may have missed

**Vitamin C**

**Greens Powder**- This will give you the needed serve of greens each day, which can be difficult even eating as many vegetables that our diet recommends.

**BCAA- i.e. Xtend**- Branched Chain amino acids aid muscle repair improving your recovery and can boost your metabolism.

**Vitamin D, Zinc , Glucosamine and Magnesium**- These all have a different important function in your body especially when exercise is introduced or increased. We do obtain quantities of these through a balanced diet, however research shows that our busy modern lifestyles can leave holes that correct supplementation can fill.

**COOKING OIL**

The first recommendation is to use a good quality non-stick frypan. It is one of the best investments you can make in you healthy cooking! They will remove the need for most of the oil you would usually have to use. Secondly invest in an oil sprayer than will spray a fine mist of oil on your frypan. For high temperature cooking (fry pan) use an oil such as coconut or rice bran and for low temperature cooking (baking) you can use olive oil.
How the nutrition plan works

We have created the following nutrition plan based on the concepts that we have previously discussed. There is however one important factor that allows us to make a lifestyle change and continue to eat healthy, not just for 8 weeks - that is TASTE! We have included recipes for all meals and options of the day so that boredom is not a factor!

In a perfect world you will follow this plan 100%! However, we understand that life’s little challenges and surprises will cause you to unavoidably not be able to eat exactly what is prescribed. So do what you can! Weather you follow our nutrition plan 99% of the time or simply use it as a guideline and gain inspiration from the recipes. Try to follow these basic rules!

Our recipes, measurements and serving sizes are based on an average female 30-40 years who is 50-65kg and undertakes exercise. You may need to increase or decrease the portion sizes slightly if you are either side of these parameters or for your family members of another gender. We recommend women in these parameters eat around 1100-1250 calories each day. Calories can be counted by such free tools as www.myfitnesspal.com. It is a great idea to use these tools in your fitness journey to learn the values and weight of your food choices. In our experience calorie counting long term is very tedious and can actually decrease your motivation at times.

SO…. If you cannot follow our plan 99% of the time just try and follow these simple rules!

“healthy lean protein, that is surrounded by a large variety of non-starchy vegetables, with added healthy fats and a few pieces of fruit and with little bread, rice, pasta and potatoes”

CONSUME PROTEIN WITH EVERY MEAL

CONSUME RED MEAT 3-4 TIMES EACH WEEK

CONSUME WHITE FISH 3-4 TIMES EACH WEEK

CONSUME VEGETABLES 2-3 TIMES EACH DAY OF DIFFERING COLOURS BUT PREDOMINATELY GREEN

CONSUME 1-2 PIECES OF FRUIT EACH DAY

LIMIT YOUR RICE, BREAD and PASTA TO VERY RARE OCCASIONS

CONSUME 6 SMALLER MEALS CONTAINING THE PREVIOUS CONDITIONS EACH DAY

With no further adieu we present your 2 week rotating Challenge Nutrition Plan.....!
## The Nutrition Plan!

### Week 1

<table>
<thead>
<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>SNACK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Day 1</strong></td>
<td>Omelette</td>
<td>1 Banana protein muffin</td>
<td>Tuna with Greek Salad</td>
<td>Small Handful of nuts and 1/2 apple</td>
<td>Atlantic Salmon with red curry vegetables</td>
<td>Greek Yoghurt</td>
</tr>
<tr>
<td><strong>Day 2</strong></td>
<td>Forged Get up and Go (NEW)</td>
<td>1 boiled egg and a 1/2 apple</td>
<td>ham and Salad mountain bread wrap</td>
<td>1 Banana protein muffin</td>
<td>Kangaroo Cashew Curry</td>
<td>Protein Sludge</td>
</tr>
<tr>
<td><strong>Day 3</strong></td>
<td>Red Meat and 1/2 handful of Nuts</td>
<td>3 Choc Protein Balls</td>
<td>Poached Chicken and creamy dill salad</td>
<td>Small tin of tuna 1/2 orange</td>
<td>Salmon with Chilli, Ginger and Pak Choy</td>
<td>Chocolate Mousse</td>
</tr>
<tr>
<td><strong>Day 4</strong></td>
<td>Omelette</td>
<td>Small tin of tuna 1/2 Banana</td>
<td>Bruschetta (NEW)</td>
<td>100g grilled chicken</td>
<td>Cabagetti Bolognaise</td>
<td>Greek Yoghurt</td>
</tr>
<tr>
<td><strong>Day 5</strong></td>
<td>Chia Porridge</td>
<td>1 small tin of tuna and 1/2 handful of nuts</td>
<td>1 cup left over bolognaise sauce and 1/2 apple</td>
<td>Protein Shake</td>
<td>CHEAT MEAL I.e. Mountain Bread Pizzas</td>
<td>Berry Custard (NEW)</td>
</tr>
<tr>
<td><strong>Day 6</strong></td>
<td>Salmon Eggs Benedict</td>
<td>Horleys Carbless Protein Bar</td>
<td>Low Carb Burritos</td>
<td>Small Tin of tuna and 1 kiwi fruit</td>
<td>Turkey Meatballs with Zucchini pasta</td>
<td>Baked Blueberry Cheesecake</td>
</tr>
<tr>
<td><strong>Day 7</strong></td>
<td>Pancakes</td>
<td>1 kangaroo sausage, 1/2 cup fresh strawberries</td>
<td>Super Quick Bassa and Veg</td>
<td>Protein sludge</td>
<td>Creamy Chicken and Corn soup (NEW)</td>
<td>Greek Yoghurt</td>
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</table>

Recipes and values are to follow below.
# The Nutrition Plan!

## WEEK 2

<table>
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<tr>
<th></th>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>LUNCH</th>
<th>SNACK</th>
<th>DINNER</th>
<th>SNACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1</td>
<td>Omelette</td>
<td>1 Banana protein muffin</td>
<td>Tuna with Greek Salad</td>
<td>Small Handful of nuts and 1/2 apple</td>
<td>Teriyaki Salmon and Steamed Veg</td>
<td>Greek Yoghurt</td>
</tr>
<tr>
<td>Day 2</td>
<td>Oats with one scoop of protein powder</td>
<td>2 boiled eggs 1/4 cup blueberries</td>
<td>‘ham and salad’ mountain bread</td>
<td>1 Banana protein muffin</td>
<td>Rump Roast with Mediterranean veg salad</td>
<td>Protein Sludge</td>
</tr>
<tr>
<td>Day 3</td>
<td>Red Meat and 1/2 handful of Nuts</td>
<td>1 boiled egg and a 1/2 apple</td>
<td>Poached Chicken and creamy dill salad</td>
<td>100g grilled chicken</td>
<td>Coconut Curry Chicken balls and Salad (NEW)</td>
<td>Chocolate Mousse</td>
</tr>
<tr>
<td>Day 4</td>
<td>Omelette</td>
<td>Small tin of tuna 1/2 Banana</td>
<td>Salmon Sensation Mountain bread wrap</td>
<td>Horleys Carbless Protein Bar</td>
<td>Super Satay Chicken</td>
<td>Greek Yoghurt</td>
</tr>
<tr>
<td>Day 5</td>
<td>Chia Porridge</td>
<td>1 small tin of tuna and 1/2 handful of nuts</td>
<td>1 cup left over bolognaisie sauce and 1/2 apple</td>
<td>Protein Shake</td>
<td>CHEAT MEAL i.e. Mountain Lasagne</td>
<td>Raw Chocolate Strawberry Cheesecake</td>
</tr>
<tr>
<td>Day 6</td>
<td>Salmon Eggs Benedict</td>
<td>Small tin of tuna 1/2 orange</td>
<td>Low Carb Burritos</td>
<td>Small Tin of tuna and 1 kiwi fruit</td>
<td>Chicken Parmigiana w Cauliflower mash (NEW)</td>
<td>Protein Shake</td>
</tr>
<tr>
<td>Day 7</td>
<td>Pancakes</td>
<td>1 kangaroo sausage, 1/2 cup fresh strawberries</td>
<td>Super Quick Bassa and Veg</td>
<td>Protein sludge</td>
<td>Rump Steak with Shredded Asian Salad</td>
<td>Greek Yoghurt</td>
</tr>
</tbody>
</table>
Salads

The second most common factor we see in overweight people is a tendency for them to have a general dislike of all salad and vegetables. Often they may not dislike all, but have a limited range of salad and vegetables that they will choose and these are normally the options higher in carbohydrates i.e. Potatoes and corn. This trait is only second to the tendency of overweight people to skip or miss breakfast.

There is no way to sugar coat it and no way around it. To live clean enabling your body to maintain its optimum body composition; salads and vegetables are THE integral factor.

The combinations of your salad and dressings are endless. A good salad will be predominately green with a large variety of other colours to maximise the nutritional value. We have provided three specific salad combinations below and there is also a variety of salad dressings you can play around with during the 8 week challenge.

Previously given there is a table showing the different amount of carbohydrate in a variety of vegetables. Use this as a guide, choosing the items with lower carbohydrate quantities more regularly. However, our eating plan is a Low Carb plan so our vegetables are where we expect you to obtain the majority of your carbohydrate intake.

Greek Salad

Baby Cos Lettuce

1/2 cup red capsicum finely diced
1 medium Lebanese cucumber diced
1/3 cup pitted kalamata olives
1/2 red onion sliced
1/2 cup cottage cheese
1/2 tsp tubbed oregano
1/2 tbsp balsamic vinegar

Add the Lettuce, capsicum, cucumber, olives, tomato and red onion into a bowl
Mix the vinegar, cottage cheese and oregano separately to form a dressing.
Add the dressing to the main bowl, toss and serve
Creamy Dill Salad
3 cups baby spinach
1/2 green capsicum
10 green beans
1 diced truss tomato
2 large shallots sliced finely
1/3 cup Greek yoghurt
1 tsp tubbed dill
2 tsp white wine vinegar
Cracked pepper to taste

Combine the baby spinach, capsicum, beans, tomato, shallots in to a bowl
Mix the yoghurt, dill, white wine vinegar and cracked pepper together to form a dressing
Pour the dressing on the top, toss and serve!

Shredded Asian Salad
1/8 red cabbage shredded finely
1/8 wombok shredded finely
1 medium carrot shredded finely
1/4 brown onion shredded finely
1/4 tin of baby corn drained and rinsed
1 tsp sesame seeds
2 tsp soy sauce
1 tsp sweet chilli sauce
1 tsp mirin
1 tsp Kecap manis

Combine the cabbage, wombok, carrot, onion, baby corn into a bowl and mix
Mix the soy, sweet chilli, mirin and Kecap Manis into another bowl then pour it over salad, toss and serve
Alternate Dressings

Here are some ideas for different dressings. You will get bored of the same thing every day, so play around with what you enjoy and change the components of the salad. Just remember to eat a variety of vegetables but choose those with a lower carb count more regularly!

**BALSAMIC REDUCTION**

½ cup balsamic vinegar
2 tsp honey

Turn stove on ¾ heat, and heat ingredients until thick, stirring occasionally.

**SOY GINGER SESAME**

6 servings
½ C. non fat sour cream
1 ½ tbsp light soy sauce
3 tbsp rice wine vinegar
2 tsp minced garlic
1 tbsp stevia
1 tbsp sesame seeds

**ORANGE POPPY SEED**

6 servings
½ C. non fat plain yoghurt
¼ C. orange juice
2 tbsp poppy seeds
1 tbsp honey (optional)

**AVOCADO OIL & VINEGAR**

6 servings
¼ C. avocado oil
1 tbsp rice vinegar
1 tbsp honey
Juice of 1 lemon
Sprinkle pepper

**HONEY DIJON**

6 servings
1 cup non fat plain yoghurt
1 ½ tbsp Dijon mustard
1 tbsp honey
1 tsp balsamic vinegar
Ground pepper

**BALSAMIC MAYO**

1 tsp of Balsamic Vinegar
3 tbsp of whole egg mayonnaise
Mountain Bread Options

The sandwich is a traditional lunch experience for most of us. Unfortunately, most bread does not contribute positively to a program targeting lean body mass. Yes, options like the brand "Burgen" can be a good choice for a breakfast on the go when covered with some natural peanut butter and a protein shake, but generally, they provide too many carbohydrates and are too calorie dense. We recommend using mountain bread so you can still enjoy your favourite lunch combination. Below are a few combinations we use, feel free to experiment. Please use fresh produce and ensure the colour green is well represented. Remember that mountain bread goes great in your toaster, and by toasting it, you add new flavours and textures to enhance your meal.

1) Italian Chicken
75g Poached chicken breast
1 tbsp cottage cheese
½ baby spinach
3 halved cherry tomatoes
1 tsp dried oregano

TOASTED

2) Tuna and Avo
1 tin of tuna in spring water, drained
½ avocado
Small amount of sliced Spanish onion
Decent amount of cracked pepper
½ cup sliced cos lettuce
1 tsp whole egg mayonnaise

TOASTING IS OPTIONAL

3) Salmon Sensation
1 small tin red salmon, drained
1 tsp capers scattered
2 tbsp ricotta cheese
½ cup baby spinach
Small amount of sliced red onion

TOASTING IS OPTIONAL

4) Breakfast Burrito
1 scrambled egg
1 boiled kangaroo sausage sliced and scattered
1 tsp whole egg mayonnaise
1 tsp BBQ sauce
¾ cup baby spinach
A few drops of Tobasco sauce

TOASTED

5) Ham and Salad
75g leg ham, fat trimmed
2 slices truss tomato
1/8 sliced cucumber
1/8 cup sliced iceberg lettuce
1/8 cup sliced green capsicum
2 polish gherkins sliced
1 tsp whole egg mayonnaise
1 tsp cottage cheese
QUICK OPTIONS

In our recipes there are many options that could fit in here. Things like an omelette or any of the salads take little time to produce and therefore render any excuse of (I didn’t have time) completely void! However here are a few ideas for that super rush meal. There are plenty of other options but these will get you out of trouble providing you always keep the ingredients in arms reach!

ITALIAN SALMON AND VEG

Heat 2 cups of frozen vegetables in the microwave for around 3 mins depending on your microwave

Add 1 tin of red salmon (drained)

Add ¼ cup Napoli sauce

Cover with 2 tsp of grated parmesan cheese

(You can combine all this together at home and wait until your lunch break to heat it up!)

TUNA CHEESE AND AVO

In a bowl add ½ a small avocado, 2 tbsp of cottage cheese, a small amount of diced red onion, 1 tin of tuna (spring water drained) and cracked pepper to taste

Serve by dipping one broken rice cracker or mountain bread!

SUPER QUICK BASA AND VEG

Always keep some easy white fish like BASA in the freezer! This can be made the night before and reheated as well.

Turn oven to 180 degrees and place Bassa in (no need to pre-heat) The Bassa should take 20-22 mins to be cooked but don’t worry its very difficult to over cook!

Separately make your favourite quick salad or heat 2 cups of frozen veg and top with your choice of Napoli sauce or a small amount of oyster sauce
Snack Ideas

Any of these can be used as a Snack option in between meals. Try to use a variety of the options and not to double up on elements that are being used elsewhere in your daily nutrition plan i.e. try not to snack on a boiled egg if you have had an omelette for breakfast. Or try not to snack on the kanga bangas if you are having the kangaroo curry for dinner that night.

**Small handful of nuts**- Choose from Brazil, macadamia, almonds, cashews or a combination of all of them. (A SMALL HAND FULL IS an amount that fits comfortably flat in the palm of your hand.

1-2 Kangaroo Sausages

1-2 boiled eggs

1-2 banana protein muffins (recipe attached) (GREAT DESERT HEATED WITH A 1 TBSP GREEK YOGHURT)

1 tin of tuna (try spring water or choose options based on tomato as they generally have lower naughty ingredients)

1 Wpi protein shake

1 piece of fruit (4-5 berries, apple, stone fruits, small banana,)

1/2 cup Greek yoghurt with 10 blueberries and 1 tsp slithered almonds (GREAT DESERT)

**Protein sludge with 3 sliced fresh strawberries** (Take one scoop of protein powder and add water or milk slowly. Mix thoroughly and add enough water or milk so that the powder takes on an oozy texture. Add your favourite low GI fruit!) (GREAT DESERT)

**Protein Bar-** There are many brands on the market. They are all quite expensive and are not better than whole real food. However, they do offer a relatively low calorie and high protein snack, especially when you are on the go!
SHOPPING LIST

As you prepare our recipes just check what ingredients you need and purchase them as you go. If you are starting fresh it can be quite expensive to purchase all the necessary ingredients to make every recipe in this program. No one expects you to break the bank so purchase what ingredients you can afford and over time you will have a well equipped pantry! Here are a few things that are a must for healthy eating. Having these in the house can help you whip up a great dish in no time!

IN THE PANTRY

Free Range Eggs
Dried Herbs (basil, oregano, thyme, parsley)
Ground Spices (paprika, cumin, curry powder, cinnamon, turmeric, nutmeg)
Tinned Diced Tomatoes
Mountain Bread
Rolled Oats
Tinned Salmon and Tuna
Pepper
Balsamic, White Wine and/or Red Wine Vinegar
Fresh Garlic
Onions
Coconut milk
Rice Bran Oil
Coconut Oil
Olive Oil

IN THE FRIDGE

Green Veg inc (Baby Spinach, Zucchini, Broccoli, Green Beans, lettuce, pak choy)
Vegetables (Carrots, capsicum, mushrooms, )
Fresh Fruit (Apples, tomatoes, bananas, fresh berries, lemons, oranges, avocados)
Whole egg mayonnaise
Cottage Cheese
Ricotta Cheese
Tubbed Herbs (dill, ginger, coriander, chilli)
Milk
Curry Paste
Greek Yoghurt

IN THE FREEZER

Meat (chicken, rump, kangaroo, white fish, Atlantic salmon—always have plenty of options portioned ready to remove and defrost!)
Blueberries, raspberries
Frozen Vegetables
Burgen or Gluten Free Bread
Recipes
Omelets

Serves 1

To cook the perfect omelette we like to use the stove top first then transfer the oven proof fry pan into an oven pre-heated to 180 degrees.

Whisk the eggs and milk until it has a consistent texture.

Pour the mixture into a heated non-stick fry pan on a medium heat.

Let the mixture cook for 20 sec then add your chosen combination of ingredients (GET CREATIVE!)

Place the fry pan into the oven and cook for 5-7 mins or until the top of the omelette is golden brown.

Remove from the oven and serve!

Nutrition Tip:
If you choose egg white only yes you will have less calories but you will miss out on these vitamins B6, folate, B-12, A, D, E and K. So eat and enjoy the yolk, just do not overindulge as they are where most of the calories are stored too!
Forged Get Up and Go

SERVES 1

**Boil** the kettle.

**Into** a bowl put oats followed by boiled water.

**Allow** to sit for 5–10 minutes or until water absorbed.

**Pour** into your blender

**Add** protein powder, banana, milk (how much depends how runny you want it) and a sprinkle of cinnamon.

**Blend** until smooth

**NOTE:** Vary ingredients with whatever you feel like!

**Ingredients**

- 1/3 C TRADITIONAL oats
- 2/3 C boiling water
- 1 small banana
- 1 scoop protein powder
- splash of milk
- cinnamon

**Nutrition Tip:**

Research suggests that oats can help to reduce the risk of asthma in young children. Also the Beta Glucans can help boost the defences of our immune system.
**Traditional Oats**

**SERVES 1**

**Stove top options:**

Combine ingredients in a small saucepan.

Bring to the boil, then lower heat and cook for 5 minutes until oats are thick and creamy.

**Microwave option:**

Combine ingredients in a bowl and COVER with cling wrap.

Cook for 1 ½ minutes, stir and cook for a further 1 minute.

Cooking time may vary slightly depending on the power of your individual microwaves.

Serve with 1 heaped tablespoon of Greek Yoghurt, a drizzle ½ teaspoon of honey, agave syrup and or cinnamon.

OR 1-2 tablespoons a milk of your choice.

Vary between blueberries, raspberries, mixed berries, ½ diced apple, tablespoon sultanas, tablespoon shredded coconut.

Add ½ – 1 scoop of protein powder on top with your milk serve.

**Nutrition Tip:**

Oats in the morning will help you feel fuller for longer! Just remember to add some extra protein via a scoop of protein powder or 2 TBL spoons of Greek Yoghurt!

**INGREDIENTS**

- 1/3 C Oats
- 1/3 C water
- 1/3 C milk – either skim, soy or almond
- 1/3 C blueberries (optional)
Chia Porridge

**INGREDIENTS**

- 1/4 tsp ground cinnamon
- 1/4 tsp vanilla extract
- 1/4 cup water
- 1 tbsp sultanas
- 1/2 cup milk (your choice: almond, dairy, soy, rice, coconut)
- 1 tbsp chia seed
- 1 tbsp flaxseed

**Combine** cinnamon, vanilla, sultanas and water into a small pot.

**Add** EITHER 1 diced pear, ½ diced apple (skin on), heaped tablespoon berries (your choice).

**Simmer** for 5 minutes over a low heat until the fruit you have has softened and are heated through.

**Add** the milk and heat up.

**Add** the chia and flaxseed and stir through then remove from the heat and sit for 1 minute.

**Spoon** into a bowl.

**Nutrition Tip:**

Chia Seeds help to balance your blood sugar lowering your risk of Type 2 diabetes!
Forged Salmon Benny

SERVES 1
Cook your toast in toaster and poach your eggs (scrambled is also fine)

Mix your yoghurt OR cottage cheese with dill, white wine vinegar and lemon juice

Once ready assemble smoked salmon on top of toast, then your eggs and dressing on top
Serve and enjoy

INGREDIENTS
- 1 piece of burgen, gluten free or soy linseed bread
- 2 eggs
- 50 g smoked salmon
- 2 tbsp Greek yoghurt or cottage cheese
- 1 tsp tubbed Dill
- 1 tsp white wine vinegar
- Juice of 1/4 lemon

Nutrition Tip:
Choose full fat Greek yoghurt as you will gain more nutrients than the lower fat variety. Just do not over indulge, or those extra calories will creep up on you!
Pancakes

SERVES 1

Mix ingredients together in a bowl until well combined.

Heat a non-stick fry pan to med heat and spray a fine mist oil.

Add a heaped dessert spoon of batter or to the size of your liking.

Adjust heat and cook until golden, flip and till both sides are done.

Serve with a tablespoon of Cottage Cheese, Ricotta Cheese, Greek Yoghurt with a drizzle ½ tsp of honey, agave syrup or a spread of home-made chocolate mousse.

Optional:

Add either a tablespoon of berries, ½ a mashed banana, teaspoon of cacao powder or 1 scoop of protein powder—this dries out mixture so add milk of your choice to adjust batter consistency.

Nutrition Tip:
Top with blueberries to offer natural sweetness and antioxidants!
Low Carb Burritos

SERVES 2

Combine the chilli powder, ground cumin, paprika, onion flakes, garlic powder, oregano, salt and cayenne pepper in a bowl and store in an air tight container. Omit cayenne pepper if you like it mild.

Separate the lettuce cups, rinse and leave in a bowl of cold water.

Sauté the onion in a non stick pan adding the mince and stir until lightly browned.

Add 3 tbsp spoons of the burrito mix per 500g meat (add more or less depending on personal preference) combine with meat and cook for 1 min.

Pour in 1/2 cup of water and let simmer for 10 mins or until sufficiently reduced.

Place 1-2 dessert spoonful’s of the burrito mix into each lettuce cup and cover with a small amount of the salad options, cheese and Greek yoghurt.

INGREDIENTS

Seasoning:
- 2 tbsp chilli powder
- 2 tbsp ground cumin
- 1 1/2 tbsp paprika
- 1 tbsp onion flakes
- 2 tbsp garlic powder
- 2 tsp oregano
- 1 tsp salt
- 1/4 tsp cayenne pepper

(add more cayenne pepper if you prefer it hot)

- 1 diced medium onion
- 500 g of your favourite lean meat mince
- 1/2 cup water

Toppings:
- 3 lettuce cups per person (iceberg\or cos)
- 100g Greek yoghurt
- diced cucumber
- diced tomato

NUTRITIONAL TIP:

Store bought taco or burrito seasoning can have large amounts of sodium. To stay within the 300mg/day target it is easy to make a bulk batch of your own seasoning and keep it in an air tight container!
Atlantic Salmon with Teriyaki Sauce

SERVES 1 however sauce will serve more

Combine sauce ingredients into a blender until smooth.

Stores in the fridge for up to 4 weeks if not using all

Cook the fish in a pan over a medium heat using 1 teaspoon olive oil until done to your liking.

Spoon over 2 tablespoons of the sauce per serve and swirl in the pan coating the fish until it has a nice coating.

Remove fish from the heat and serve over green Vegetables of your choice

Nutrition Tip:
Agave syrup is a natural sweetener with a lower Glycaemic Index than many of its counterparts

INGREDIENTS

Sauce:
- 100 ml tamari soy sauce
- 2 fresh pitted dates or 2 teaspoons honey or agave
- 40 ml mirin
- 50 g red apple grated or apple puree
- 20 g finely onion
- 1 tsp tubed ginger
- 60 ml water
- 100 g Atlantic Salmon Fillet per person
- Green Vegetables
Rustic Beef and Veggie Salad

SERVES 4

Pre-heat the oven to 180 degrees

**Roast Beef:**
Line a baking tray with baking paper.
Place beef down and spray olive oil mist on top and bottom of beef whilst rubbing into skin
Sprinkle top with rosemary
Using a sharp knife pierce 5, roughly 2 cm deep cuts into beef
Peel the skin off your garlic cloves and cut into slithers.
Push the clove pieces into the beef cuts
Bake in oven for 30-35 mins per 500g
Allow meat to rest for 10 mins before carving

**Veggie Salad:**
Slice the carrot, zucchini, capsicum, Spanish onion, 2 cloves of garlic and mushrooms, into similar sizes with the carrots, being the smallest size.
Place Vegetables into a non-stick baking dish and drizzle lightly with the 2 tsp of olive oil.
Sprinkle over the dried rosemary and toss
Bake for around 25 mins or until the carrots are cooked through.
Once cooked sprinkle over Danish feta and drizzle over balsamic vinegar. Toss again and serve.

**INGREDIENTS**

**Beef Sirloin Roast:**
- 1–1.5 kg piece of sirloin (blade or rump roast will also be fine)
- olive oil spray mist
- 2 cloves of garlic
- 1 tbsp Rosemary dried or fresh

**Veggie Salad:**
- 1 carrot
- 1 zucchini
- 1/2 capsicum
- 1/2 Spanish onion
- 4 cloves garlic
- 3 mushrooms
- 1/2 block Danish feta
- 2 tbsp balsamic vinegar
- 1 tbsp dried rosemary
- 2 tsp Olive oil

**NUTRITIONAL TIP:**
Want a new flavour? Simply try a new combination of your favourite herbs. When eating clean, herbs and spices are tastebud stimulators!
**Prawn & Avocado Salad**

**SERVES**
Peel the prawns and place to one side

**Slice** the Cucumber into half moons, the Spanish onion finely and the capsicum into small pieces (add other salad as you desire)

**Combine** the whole egg mayonnaise and balsamic vinegar and pour 3/4 over the salad.

**Toss** the salad and dressing

**Place** 1/4 avocado on top of the salad and scattered 7-10 small prawns

**Drizzle** over the remaining dressing.

**INGREDIENTS**
- Lettuce of your choice
- 200g unpeeled Prawns/Person
- 1 avocado
- 1 small cucumber
- 1/2 Spanish onion
- 1/3 red capsicum
- 2 tbsp spoon whole egg mayonnaise
- 1 tsp balsamic vinegar

**NUTRITIONAL TIP:**
Look out for green prawns on special at the supermarket and keep some in the freezer!
Super Satay Chicken

SERVES 6

Heat fry pan and add the coconut oil, coriander, cumin, garlic and red onion and fry for about 30 seconds.
Add the peanut butter, chilli, lime juice, coconut soy sauce and stir to form a paste.
Gradually add the water, about 1/2 cup at a time till you get the sauce to a consistency that you like.
Simmer for a few minutes and turn heat off and set aside.

In another heated pan:
Place a little coconut oil.
Add the chicken and brown it up.
Add the vegetables and stir fry for a few minutes.
Pour over the sauce and heat for about 1-2 minutes.

Serve with Cauliflower rice

Nutrition Tip:
Alternate Storing Natural Peanut Butter upside down as well as the right way up to prevent the oil from rising to the top and creating an uneven texture.

INGREDIENTS
500g Chicken Breasts, cubed
2 cups slicked broccoli
1 zucchini, sliced
1 large carrot, sliced
1 tsp crushed Chilli
1 tsp ground Cumin
2 tsp Crushed Garlic
1 tsp Ground Coriander
1/2 Spanish Onion, finely chopped
1 1/2 tbsp Coconut Oil or virgin
Juice of half a fresh Lime
3 tbsp Natural Crunchy Peanut Butter
2 tbsp stevia
3 tbsp Shredded Coconut
1 tsp Soy Sauce (optional)
1 - 2 cups water
Mountain Bread Lasagna

SERVES 4-6

Pre-heat oven to 180 degrees fan bake.

Sauté onion and garlic in a little olive oil until softened.
Add mince and cook until browned and separated.
Add carrot and zucchini and cook for 2-3 minutes.
Add tomatoes, pasta sauce and water.
Stir through herbs, stock cubes and Worcestershire sauce.
Reduce heat and simmer for 30-45 minutes for a thicker, richer sauce.

Whilst sauce is simmering:
Combine ricotta and grated/shaved cheese in a food processor until smooth and creamy.

Using a sharp knife trim mountain bread to fit one layer into the base of chosen lasagna dish.
Add a layer of the cooked mince, be sure to drain excess liquid.
Spread with a layer of ricotta.
Follow with a double layer of mountain bread, mince layer and an ANOTHER mountain bread layer.
Top with ricotta layer and small amount of freshly shaved parmesan or low fat grated cheddar.
Bake until golden on top.
Serve with a salad and enjoy!

INGREDIENTS

Lasagne mince:
- 1 onion, diced
- 500g lean mince (beef, turkey, kangaroo, chicken breast)
- 1 carrot, finely grated (optional)
- 1 zucchini, finely grated (optional)
- 1 tin diced tomatoes
- 1/2 jar pasta sauce
- 1 heaped tbsp oregano
- 1 heaped tbsp parley
- 1 heaped tbsp rosemary
- 1 heaped tbsp basil
- 2 Stock cubes (as is)
- 1 tbsp Worcestershire sauce
- 3/4 C water

White sauce:
- 375g light ricotta cheese tub
- 1/2 C grated cheese
- parmesan
- Mountain bread sheets

Nutrition Tip:
Try mincing your own chicken breast. The bought variety can have huge amounts of unnecessary fat as it is generally the off cuts. A decent blender will do the job!
# Turkey Meatballs with Zucchini Pasta

**Ingredients**

**Meatballs:**
- 500 g lean turkey mince
- 125 g ricotta cheese
- 1 zucchini, finely grated (optional)
- 1/2 C almond meal
- 1 carrot, finely grated (optional)
- 200g baby spinach (cooked in a little olive oil and lemon, liquid drained)
- ½ cup fresh chopped parsley
- 1 egg
- pinch of nutmeg

*Home made Napoli sauce or Jar Napolitano pasta sauce (Low sodium variety)*

**Green spaghetti:**
- 1 leek – cut into thin strips
- 6 zucchini, cut into spaghetti on a mandolin
- black pepper

**Instructions**

**Combine** beef, ricotta, spinach, 1/2 cup parsley, egg, nutmeg, zucchini and carrot.

**Add** enough almond meal to bond the mixture together. (around 1/2 cup)

**Shape** into large balls and place in a deep tray lined with greaseproof paper. Ensure there is enough room around the meatballs.

**Bake** meatballs for 10 minutes at 180 Degrees, then add Napoli half way up the pan. Bake for a further 20 minutes until sauce is bubbling.

**Serve** sprinkled with fresh chopped parsley a little grated parmesan on a bed of zucchini spaghetti.

**To Make Green Vegetable Spaghetti:**

**Cook** the leek in a pan over medium heat with 1 tsp olive or grape seed oil.

**Add** the zucchini and toss through for a few seconds until warm.

**Nutrition Tip:**
Substitute julienned vegetables for pasta to save yourself heaps of empty calories!
Kanga & Cashew Curry

SERVES 3-4

Heat the oil, onion, curry powder, pepper over a medium heat for 3 min or until the onion is softened.

Add the sausages and stir until browned

Add the stock, coriander and cashew nuts and cook for 15-20 mins on a low heat to reduce

Serve with your choice of green vegetables

This is a very mild curry, if you like spice add 1 tsp cayenne pepper to the fry pan when you sauté the onion. OR add 1 small chilli when the coriander is added.

INGREDIENTS
- 400g kanga bangas chopped in 1 cm long pieces
- 1 cup veggie stock
- 1 tbsp oil
- 1/2 medium onion, chopped
- 2 tsp curry powder
- 1/4 tsp ground black pepper
- 1/2 C cashew nuts (or macadamia)
- 1 tbsp tubed coriander

Nutrition Tip:
Curry powder is great for you as it contains the super food turmeric. Turmeric is known to fight inflammation, Alzheimer’s disease, cancer, high blood pressure and bowel disorders.
**Salmon Ginger, Chilli and Pak Choy**

**SERVES 3**

**Heat** two non-stick fry pans to a medium heat and lightly drizzle the pan with your oil of choice.

**Pan 1** is for the vegetables and

**Pan 2** is for your salmon

In Pan 1 (START Pan 1 and 2 at similar times)

Sauté the onion and garlic for 1-2 mins, continue to sauté the paste and onion for another 2-3 mins

Add the Bok Choy and stir for 3 mins.

Add the ginger, soy, fish and sweet chilli sauces and cook for 2 more min leaving some texture in the Bok Choy

In Pan 2

Place your salmon skin side down and cook for 3-4 mins each side (or until personal preference)

**INGREDIENTS**

- 3 x 100g pieces of salmon
- 3 Pak Choy head per person halved
- 1 tbsp soy sauce
- 1 tsp fish sauce
- 1 tsp sweet chilli sauce
- 1/2 small chilli (optional) finely diced
- 2 tbsp tubed ginger grated finely
- 2 cloves of garlic crushed
- 1/2 medium red onion slices

**Nutrition Tip:**

The ginger will help improve your body's ability to absorb nutrients and the chilli is great to get your metabolism moving!
Cabagetti Bolognaised

SERVES 3-4

Heat saucepan and sauté onion and garlic in oil of choice.

Add mince and cook until brown

Add tomato paste and cook until its RUSTY in colour

Add the tinned tomatoes and Napoli sauce OR 1/2 Leggos jar, along with the dried herbs, wine and stock

Reduce heat and simmer on very low heat for 1 hour

Add water where necessary to ensure mixture does not reduce too far

Steam cabbage in a microwave proof container for 3 mins

Serve by placing the cabbage down as you would pasta and place the sauce on top. Sprinkle with a small amount of parmesan cheese.

**INGREDIENTS**

- 1 tbsp oil
- 4 cloves garlic crushed
- 1 onion diced
- 500g lean beef mince
- 1 tbsp tomato paste
- 1 tin diced tomatoes
- 200ml homemade Napoli sauce OR 1/2 jar Leggos Napolitano sauce
- 1 tbsp dried Oregano
- 1 tbsp dried parsley
- 1 tbsp dried basil
- 1 tbsp dried rosemary
- 1 tsp low sodium stock made to package instructions
- ½ c red wine (optional)
- 1/8 of a red cabbage cut into long thin pieces

**Nutrition Tip:**
Try making a bigger batch, keeping it in the fridge or freezer and you can have it for breakfast, lunch or snacks when you haven’t the time to prepare another meal. If you have kids, grate some carrot and zucchini in and they won’t be able to tell the difference!
Baked and stuffed Chicken Breast

SERVES 1

Preheat your oven to 180 degree on fan bake

Slice the chicken breast (or 1/2 breast) through the middle leaving one side in tact and making a pocket.

Smear the basil inside and place spread the garlic, onion, semi dried tomatoes.

Sprinkle the fetta evenly throughout the pocket.

Secure the chicken pocket with the tooth picks to ensure it stays enclosed whilst cooking

Bake in the oven for 20-22mins depending on your oven

Serve with a salad of your choice or steamed vegetables

Nutrition Tip:

Garlic is a must for added flavour in healthy eating. Not only does it taste great and help your immunity it promotes heart health and the antioxidant properties of garlic help fight against harmful free radicals.

INGREDIENTS

1 small chicken breast side or 1/2 a large one
1/2 clove crushed garlic
1/4 onion sliced
2 fat free semi dried tomatoes
1/2 tsp tubed basil
1 x 0.5 cm cube feta
4 tooth picks
Mountain bread Pizza

SERVES 1-2

Preheat the oven to 210 degrees fan bake

Place one of the mountain bread piece flat on the bench.

Sprinkle over a VERY SMALL amount of mozzarella on top and place the other piece of mountain bread directly over it.

(The cheese will help bind the two pieces of mountain bread together and make the base stronger.

Smear the Napoli sauce over the top of the mountain bread

Sprinkle about 3/4 of the remaining cheese on the base

Place your toppings on the mountain bread placing things like mushrooms and pineapple (high water volume) near the top to avoid the pizza becoming soggy.

Sprinkle the remaining cheese, and dust the top with a small amount of a dried herb of your choice i.e. Oregano

Bake in the oven for 8-10 mins or until the base is crispy and the cheese on top is golden brown.

Nutrition Tip:
Try grating the cheese yourself. Packaged grated cheese is often grated to a larger size than your home grater. Grate the cheese finer and you will use less!
Atlantic Salmon with Red Curry Vegetables

SERVES 3

Heat two non-stick fry pans to a medium heat and lightly drizzle the pan with your oil of choice. Pan 1 is for the vegetables and Pan 2 is for your salmon.

In Pan 1

Sauté the onion until browned and add the curry paste, continue to sauté the paste and onion for another 2-3 mins.

Add your vegetables and sauté for 2-3 mins.

In Pan 2

Place your salmon skin side down and cook for 3-4 mins each side (or until personal preference).

In Pan 1

Pour in the coconut milk and continue to stir and simmer for another 8-10 mins.

Serve by placing a mound of vegetables first, and salmon on top. Drizzle over a small amount of the curry sauce.

Nutrition Tip:

It's very easy to make your own Thai Curry paste! However the “Thai Gourmet” brand has great nutritional properties, be careful of curry pastes that contain excessive amounts of extra oil and salt!
Home-made Napoli Sauce

SERVES 2

Sauté onions, garlic, oregano, parsley, basil and chilli on low heat

Add all ingredients and bring to the boil

Reduce heat and simmer on very low heat for 1 hour adding a little water if it gets too thick

Store in freezer to use whenever needed!

INGREDIENTS

- 1 tbsp olive oil
- 3 cloves garlic
- 1 onion
- 2 tins diced tomatoes
- 1 cube vegetable stock (made up as package directions)
- ½ C red wine
- 2 tbsp basil
- 2 tbsp oregano
- 2 tbsp parsley
- Juice of half a lemon
- ½ tsp diced chilli

Nutrition Tip:

Tomato based sauces are an amazing way to add favour and body to a meal without excess calories. Many of the store bought variety’s are also fine, just choose the option with the lowest sodium level (salt)
Curry Coconut Chicken Balls

Turn oven on to 180 degrees.
Using your food processor use the grater attachment and grate your carrot.
Add the chicken, garlic, coconut, egg, curry powder, coriander and a small pinch sea salt.
Process until well combined.
Form into balls and place onto a baking tray.
Cook in the oven until golden and chicken cooked through
Serve with your favorite green salad

INGREDIENTS
- 650g chicken thigh or breast
- 2 carrots
- 2 or 3 cloves garlic
- 1/2 C shredded coconut
- 1 egg
- 2 tsp curry powder
- 1 heaped tbsp coriander
- sea salt

Nutrition Tip:
Coconut contains high amounts of lauric acid and caprilic acid, which boast anti-viral, anti-bacterial, anti-septic and anti-fungal properties
Creamy Chicken and Corn Soup

SERVES 5

Once chicken diced, cook in a pan until slightly browned and set aside.

Drain 2 tins of corn and put into a blender, start to blend and slowly add milk until smooth, set aside.

Make up your stock to have ready to go.

On medium heat in a med-large pot sauté shallots with garlic in a little rice bran oil.

Add the frozen vege, and the extra can of corn, cook stirring for 3-4 mins.

Add the basil also and cook stirring 1-2 mins.

Pour in stock stir and allow to come to a slight boil.

Once boiling pour in corn/ milk mixture and chicken.

To this add a pinch of sea salt and pepper.

Allow to simmer for as little or as long as you like on a low heat.

The longer it is left simmering, the thicker and creamier it is!

INGREDIENTS

- 3 large shallots, thinly sliced
- 2 OR 3 tins corn Kernels
- 250ml milk
- 500g chicken breast or thigh, diced
- 1 1/2 C frozen mixed vegetables
- 3 cloves garlic
- 2 C low sodium stock, chicken or vegetable
- 2 tbsp dried basil
- sea salt

Nutrition Tip:

Corn is nutritious, providing fiber, which aids in digestion, plus folate, thiamin, phosphorus, vitamin C, and magnesium! But just have it in moderation!
Chicken Parmigiana

SERVES 4

Into a food processor put 1/2 the almond meal, parmesan cheese block and the peeled garlic cloves.

Pulse until parmesan and cheese fine and add remaining almond meal pulse for a moment more until just combined and transfer to a plate to use for the crumb.

Beat 2 eggs until just combined in a wide shallow dish and set beside your crumb mix.

Cover a plate with a thin layer of flour, allowing for more to be added if needed. Set beside your wet egg mix.

Place chicken breast onto a chopping board and using your knife slice lengthways into thin even pieces.

Line out onto a chopping board, cover with cling wrap and using a mallet bang till chicken pieces thin and flat, all the same thickness.

Coat a piece of the chicken both sides with the flour, tap and pat allowing for excess flour to fall off.

Transfer to the egg wash and coat each side, also allowing for excess to SLIGHTLY run off.

Lastly coat each side with the almond meal crumb and lay to the side to cook.

Repeat with all the chicken.

Heat a fry pan to a medium heat add a tbsp. coconut oil, cook

INGREDIENTS

- 1 Chicken breast
- 60g fresh parmesan cheese
- 2 cloves garlic
- 2 Cup Almond Meal
- 2 Cup Coconut flour or spelt flour
- 2 eggs
- Napoli Sauce (home made preferred)
- Grated Cheddar cheese
- Coconut oil
- ham (optional)

Nutrition Tip:
Add the dimension of CRUCH to your dish with an almond meal crust!
Bruschetta

SERVES 2

Cut the tomatoes in half and scoop out the seeds leaving only the fleshy sections

Into a bowl add tomatoes, Spanish onion, basil, garlic and balsamic vinegar.

Gently mix.

Divide mountain bread into 6 pieces with a sharp knife.

Under a grill crisp up mountain bread sheets till golden. (WATCH doesn’t burn)

Spoon a small amount of mixture onto each mountain bread portion and sprinkle with a little feta.

Serve and enjoy.

INGREDIENTS

- 4 Roma tomatoes
- 1/2 Spanish onion, finely diced
- 1/2 bunch fresh basil leaves, roughly chopped
- 2 cloves garlic, diced or pressed
- 1 tbsp balsamic vinegar
- 40g Danish feta
- 2 mountain bread

Nutrition Tip:

Onions are rich source of chromium, the trace mineral that helps tissue cells respond appropriately to insulin levels in the blood. It thus helps facilitate insulin action and control sugar levels in diabetes!
Cauliflower Mash
2 ways

1st Way:
Boil the kettle

Saute onion on medium heat in a medium sized pot with a little rice bran oil.

Whilst sauteing make up stock.

Add cauliflower florets to saute onion along with roughly 1/4 cup stock and put the lid on.

You want the cauliflower to STEAM without burning onto the bottom of pot but do not want the boiling process to occur.

8 minutes should be enough, adjust time accordingly till cauliflower soft.

Drain most of the liquid from your pot using the lid, but keep a little.

Empty into your food processor and process with milk and a tbsp garlic nuttelex.

Adjust amounts depending on the consistency of the mash.

You don’t want it too runny, however this recipe will be compared to using potato.

2nd Way:
Boil the kettle

Cut up your cauliflower into florets and put into a microwave safe dish with the lid on

Cook on high for 6 minutes

Make up stock

Drain excess liquid and put into food processor.

Add nuttlex and process.

INGREDIENTS
- 1/2 cauliflower, cut into florets
- vegetable stock
- milk
- nuttlex - with or without herbs mixed through or garlic
- 1/2 onion, diced
Cauliflower Rice

SERVES 2

Pull the cauliflower apart into small florets and place in a microwave safe container with a lid.

Do not add water.

Microwave on full power for 5 minutes.

Using a hand held blender, whiz cauliflower until it starts to resemble rice.

Alternatively pulse in bursts in a food processor.

Serve immediately.

Nutrition Tip:
By cutting out the rice you will not only feel lighter after your meal, you will have consumed a lot less calories!
Chocolate and Strawberry Raw Cheesecake topped with Raspberry Sauce

**BASE:**

Prepare the base of your spring-form tin with baking paper or rice bran or olive oil mist.

Combine all ingredients in a food processor and blend well. Remove and shape into the bottom of your spring form tin.

**CHEESECAKE:**

Combine all ingredients in a blender or food processor and mix well.

Divide mixture into separate bowls. One containing 1/4 of the mixture and the other bowl with the remaining 3/4 mixture.

Add strawberries to the 3/4 mixture bowl and put back in and blend or process.

Pour onto the base and freeze for 1hr or until firm.

Add cacao powder to the 1/4 mixture and blend or process.

Pour on top of the strawberry mixture and freeze.

**RASPBERRY SAUCE:**

Combine all ingredients in a high speed blender or food processor and blend until smooth.

**DECORATE:**

Remove from freezer and release from spring form tin.

Spread the raspberry sauce over the top of your cake.

Sprinkle with a handful of shredded coconut and decorate with a handful of fresh berries.

Return to the fridge and serve when ready.

**Nutrition Tip:**

Cacao Powder has 14 times more anti-oxidants than red wine and 7 times more than dark chocolate!
Banana Protein Muffins

**Makes 12**

Preheat oven to 180 degrees

Prepare a muffin tray with 12 muffin cases

Combine dry ingredients in a bowl.

Add wet ingredients and mix till a good consistency.

Add more milk if too dry or more almond meal if too runny.

Divide mixture amongst cases and bake till golden and a skewer comes out clean.

**Optional:**

Vary between different flavoured protein powders, adding frozen or fresh berries, sultanas, shredded coconut, cacao powder and various nuts!

**Nutrition Tip:**

Almond meal is a magical ingredient that removes the need for flour in any baking you do!

**Ingredients**

- 2 C Almond meal
- 2 Bananas, mashed
- 1 tsp baking powder
- 1 tsp cinnamon
- Pinch salt
- ½ C stevia
- 1 tsp vanilla
- 1 scoop WPI protein
- 2 eggs
- ¼ milk of your choice
Chocolate Mousse

SERVES 1

Add all ingredients to your food processor and process (remember there is chia seeds in it so will be a little lumpy)

Keep in a container in the fridge for those moments of weakness and you feel like chocolate.

Try dipping fresh strawberries into it!!

NUTRITIONAL TIP:
Avocados are great to use in raw cooking as they offer a rich creamy texture!

INGREDIENTS

- 1 ripe avocado
- 1/3 C Cacao powder
- 1/3 C milk of your choice
- 2 dates (medjool) or 5 dried dates that have been soaked in water for 1 hr. before use.
- 1 tbsp maple or agave syrup OR 2 1/2 tsp if not using dates
- 1/2 tsp coconut oil, melted
- 1/2 tsp vanilla
- 1 heaped tsp Chia seeds
- 1 heaped tsp shredded coconut, optional
Blueberry Cheesecake

SERVES 6

Pre-heat oven to 170 degrees.

Line base of a 20cm round spring form tin with baking paper and grease sides.

Mix together almond meal, coconut and melted nuttelex together.

Press evenly into the base of the tin and refrigerate for 30mins to an hour.

Beat eggs and stevia in a medium bowl with electric mixer until combined.

Add cheeses and vanilla and beat until smooth.

Pour mixture into tin and drop blueberries gently onto top of mixture.

Bake for around an hour or until firm and golden on top.

Allow to cool and serve warm or allow to cool and refrigerate for 3 hours or overnight then serve.

INGREDIENTS

Base:
-1/2 C Almond Meal
-1/2 C coconut
-2 tbsp nuttelex

Mixture:
-4 eggs
-2/3 C stevia
-2x 250g block light cream cheese
-2x 375g light Cottage cheese tubs
-1 tbsp vanilla extract
-1/3 C frozen blueberries

NUTRITIONAL TIP:
Did you know cottage cheese is a complete protein meaning it contains all essential amino acids!
Berry Custard

SERVES 8

Set oven 180 degrees.
Boil the kettle.
Whisk together the milk, eggs, stevia and vanilla in a jug.
Pour mixture into a shallow baking dish.
Drop frozen berries into the custard mixture evenly spread.
Sprinkle with cinnamon
Put shallow dish into a larger baking tray and fill up with boiled water 1/2 way in height around your berry custard dish.
Bake in the oven until a skewer comes out clean and the custard mix is set and golden on top.

TIP:
This can be eaten warm OR John actually prefers this dish cold the following day.

INGREDIENTS

- 2 1/2 C milk
- 4 eggs
- 2 tbsp stevia or natvia
- 1/2 – 1 tsp vanilla extract
- cinnamon
- 1 C frozen berries