



STANDARD FOOD GUIDE

WEEK 3 STANDARD MEAL PLAN,
RECIPES AND SHOPPING LIST

MÖDERE®

WEEK 3 STANDARD MEAL PLAN

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|---|---|---|---|---|---|---|
| BREAKFAST | Oats and Blueberry Sensation | Fruity Quinoa Porridge | Sweet Potato and Leek Frittata | 1 Cup Fruit Salad with yogurt and almond flakes | Breakfast Casserole 1 Slice Multigrain Bread | Buckwheat Pancake with berries | Mediterranean Breakfast Crepe with 1 Slice Multigrain bread |
| MORNING TEA | 100g Blueberries | 1 Apple and 20g almonds | 100g Dried Apricots and 20g Cashews | Celery and Carrot sticks and ½ Cup beetroot hummus | 1 Apple | 100g Strawberries and 20g almonds | 1 banana |
| LUNCH | Kumara Fritters with Haloumi | Grilled Barramundi and Couscous Salad | Sesame Crusted Chicken with Apple coleslaw | Meatball Souvlaki in Pita Bread | Pesto Chicken with Quinoa | Grilled Fish Steak | Lean Beef Kebabs with Grilled Zucchini Gremolata |
| AFTERNOON TEA | CHOCOLATE SHAKE PEA PROTEIN Protein Snack | CHOCOLATE SHAKE PEA PROTEIN Protein Snack | CHOCOLATE SHAKE PEA PROTEIN Protein Snack | CHOCOLATE SHAKE PEA PROTEIN Protein Snack | CHOCOLATE SHAKE PEA PROTEIN Protein Snack | CHOCOLATE SHAKE PEA PROTEIN Protein Snack | CHOCOLATE SHAKE PEA PROTEIN Protein Snack |
| 30 MINS BEFORE DINNER | SYNC Fibre Drink | SYNC Fibre Drink | SYNC Fibre Drink | SYNC Fibre Drink | SYNC Fibre Drink | SYNC Fibre Drink | SYNC Fibre Drink |
| DINNER | Tofu Veggie Stir-Fry and | Char-grilled lamb with Olive and cucumber salad | Honey Mustard Cutlet | Chili Beef and Broccoli | Grilled Fish Steak | Sesame Crusted Chicken with Apple coleslaw | All in one Pork Tenderloin |
| SUPPER | Herbal tea | Herbal tea | Herbal tea | Herbal tea | Herbal tea | Herbal tea | Herbal tea |

OATS AND BLUEBERRY SENSATION

Recipe also suitable for vegan Meal Plan

INGREDIENTS

- 1.5 cups almond milk
- ½ cup fresh blueberries
- 2 dates, pitted
- ½ tsp vanilla extract
- ¼ tsp cinnamon
- ½ cup rolled oats
- 2 tbsp chia seeds

DIRECTIONS

Add almond milk, blueberries, dates, vanilla and cinnamon to a blender and blend until blueberries are pureed. Set aside 10-12 blue berries when to serve.

In a large bowl, stir together oats, chia seeds, add almond milk mixture.

Cover and place in the refrigerator overnight and enjoy in the morning!

Serves 2

FRUITY QUINOA PORRIDGE

INGREDIENTS

- ½ cup quinoa
- 1 cup skim milk
- ½ pear, coarsely chopped with skin on
- ½ apple, coarsely chopped with skin on
- 2 tbsp sultanas
- ¼ pinch ground cinnamon
- 1 tsp honey
- ½ cup warm skim milk, extra to serve

DIRECTIONS

Wash quinoa, put it in a sieve and rinse well under cold running water. Pour the quinoa into a saucepan, then pour in the milk. Bring to the boil, then reduce the heat and simmer until soft, approximately 10 minutes.

Add the pear, apple, sultanas and cinnamon and simmer until all the liquid is absorbed. Serve in a small bowl, drizzle with honey over the top and serve with the extra skim milk

Serves 2

SWEET POTATO WITH LEEK FRITTATA

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

250g sweet potato
1 leek, sliced
1 clove garlic, crushed
1 tbsp fresh sage, chopped
2 free range eggs
2 free range egg whites
125mL almond milk
20g low-fat cheddar cheese, grated
1 tsp fresh parsley, chopped
Olive oil cooking spray

DIRECTIONS

Preheat oven to 190°C. Coat 25cm round flan dish with cooking spray. Cut sweet potato into 5mm slices. Boil, steam or microwave sweet potato until tender; drain and set aside.

Heat a 25cm frying pan, coat with cooking oil spray, when hot, add leek and garlic, stir fry for 3 minutes, cover, reduce heat and cook until leek is tender, stirring occasionally. Stir in the rest of the sage. Combine eggs, egg whites, milk, cheese and parsley in another bowl.

Arrange half the sweet potato over base of prepared baking dish, top with leek mixture, then arrange another layer of the remaining sweet potato. Pour the egg mixture over the second layer of sweet potato, sprinkle with the remaining sage.

Bake, uncovered, in moderate oven until frittata is firm, approximately 35 minutes.

Serves 2

FRUIT SALAD

INGREDIENTS

½ cup blueberries
½ cup pear, diced
½ cup green apple, diced
½ cup rockmelon, diced
1 cup Plain Yoghurt - low fat
100g almonds flakes

DIRECTIONS

Toss all ingredients in a bowl.

Serve with Yoghurt and almond flakes.

Serves 4

BREAKFAST CASSEROLE

INGREDIENTS

2 large free range eggs
2 large free range egg whites
⅓ cup almond milk
1 tbsp Dijon mustard
½ tsp fresh rosemary, minced
⅛ tsp freshly ground black pepper
1 handful of baby spinach
2 cups whole-grain bread, crusts removed if desired, cut into 1-inch cubes
½ cup poached chicken breast, diced
¼ cup roasted red capsicum, chopped
½ cup Swiss cheese, grated
Cooking spray

DIRECTIONS

Preheat oven to 190°C. Grease a 7x11inch glass baking dish with cooking spray.

In a large mixing bowl, whisk eggs, egg whites and milk in a medium bowl. Add mustard, rosemary and pepper; combine well. Toss spinach, bread, chicken and roasted red peppers. Add the egg mixture and toss well to coat. Transfer to the prepared baking dish and push down to compact. Cover with foil.

Bake for 40–45 minutes or until the custard has set. Uncover, sprinkle with cheese and continue baking until golden on top, 15–20 minutes more. Transfer casserole to a wire rack and cool for 15 minutes before serving.

Serves 2

Make Ahead Tip: Prepare casserole through Step 2; refrigerate overnight. Let stand at room temperature while the oven preheats. Bake as directed in Step 3.

Tip: To wilt spinach, rinse thoroughly with cool water. Transfer to a large microwave-safe bowl. Cover with plastic wrap and punch several holes in it. Microwave on High until wilted, 2 to 3 minutes. Squeeze out excess moisture before adding the spinach to the recipe.



BUCKWHEAT PANCAKES

INGREDIENTS

- 1 ½ cup buckwheat flour
- ¾ tsp white sugar
- 1 ¼ cups skim milk
- 1 tsp vinegar
- 1 tbsp olive oil
- 1 large egg
- 1 tsp baking powder
- ¼ tsp vanilla extract
- ¼ tsp bicarb soda
- 3 tbsp olive oil
- ¼ salt
- ½ cup berries to serve

DIRECTIONS

Sift flour, bicarb soda, baking powder and salt, set aside.

Whisk egg and sugar until soft, beat for a good minute. Spoon in the flour mixture alternately with milk and vinegar, starting with dry ingredients, ending with dry ingredient. Add vanilla extract and oil, mix well until smooth.

Let batter rest for 5 minutes until bubbles form and batter relaxes.

Coat frying pan with olive oil and heat over medium heat. Drop batter by large spoonful onto the pan, cook until bubbles form and the edges are dry, approximately 3-4 minutes. Flip and cook until browned on the other side, 2 to 3 minutes. Repeat with remaining batter.

Serves 2



MEDITERRANEAN BREAKFAST CREPE

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

- 3 free range eggs
- 1 tbsp almond milk
- Salt and pepper
- ½ tsp coconut oil
- 1 avocado, sliced
- 4 slices of Mediterranean smoked salmon
- 1 tbsp flat leaf parsley, chopped
- juice of half a lemon
- 100g rocket leaves, washed and dried

DIRECTIONS

In a large bowl, whisk the eggs, almond milk, salt and pepper.

Drop the coconut oil in a 20cm frying pan and set it over a medium heat. Pour half of the egg mixture into the pan, tilting the pan to ensure it covers the base of the pan and cook until golden brown flip the crepe to cook the other side. Transfer to a plate then do the other half of the egg mixture.

Arrange the avocado and rocket in a line down the middle. Top with the smoked salmon, parsley and finally drizzle with a touch of lemon juice, roll the crepe carefully and cut in half. Serve with your favourite breakfast beverage.

Serves 2

KUMARA FRITTERS WITH HALOUMI

INGREDIENTS

- 350g orange sweet potato
- 1 egg
- 25g all-purpose flour, sift
- ½ tsp dried oregano
- 40mL olive oil
- 90g haloumi cheese
- 125g cherry tomatoes
- 20g baby rocket leaves
- 1 tsp toasted sesame seeds
- salt and pepper

DIRECTIONS

Peel sweet potato; grate coarsely into medium bowl. Stir in, sifted flour and oregano, mix well then add lightly beaten egg. Season with salt and pepper.

Heat 2 tsp oil in large frying pan. Shape sweet potato mixture evenly into 4 patties; cook patties, in batches about 2 minutes each side or until golden browned and cook through. Transfer to plate; cover fritter to keep warm.

Cut haloumi into 4 slices. Cook cheese in heated medium frying pan until both sides are light brown. Remove from pan.

Heat remaining oil in the same pan; cook tomatoes, stirring until skins begin to split.

Serve fritters topped with cheese, tomatoes and rocket.

Serves 2

COUSCOUS SALAD

INGREDIENTS

125g dry couscous
150mL cold water
Zest of ½ lemon
Juice of 1 lemon or to taste
2 Roma tomatoes, diced
1 large Lebanese cucumber, diced
4 spring onions, sliced
2 tbsp fresh parsley, chopped
A few sprigs of fresh mint, chopped
6 black or green olives, pitted and chopped (optional)
Salt and pepper

DIRECTIONS

In a large bowl, put the couscous and water, stir well. Let stand for about 20 minutes, until the water has been absorbed. Fluff it up by rubbing it between your hands and break up any lumps.

For the dressing, mix lemon juice and olive oil with some salt and pepper and the lemon zest. Stir into the couscous and leave to stand for at least 30 minutes, so that it absorbs the dressing.

Just before serving, mix in all the remaining ingredients.

Serve 2 as vegetarian main or 4 as side dish.

GRILLED BARRAMUNDI

INGREDIENTS

2 x 115g Barramundi fillet
1 tsp coriander, finely chopped
1 tsp parsley, finely chopped
1 clove garlic, minced
Pinch of salt
½ tsp paprika
Zest of ½ lemon
Juice of ½ lemon
1 ½ tbsp olive oil

DIRECTIONS

Mix the coriander, parsley, garlic, salt, paprika, olive oil, lemon juice and zest. Mix well and set aside. Arrange the fish in a glass baking dish and pour half of the mixture over the top. Cover with plastic wrap, refrigerate and allow to marinate for at least an hour.

Preheat grill to medium-high heat. Grill the fish, turning once, until firm approximately 6-8 minute. Transfer to a platter, spread with the remaining sauce mixture, stand for 5 minutes

Serves 2

Serve with Couscous Salad.



HONEY MUSTARD CUTLETS

INGREDIENTS

4 lamb/pork cutlets, French trimmed
2 tsp Dijon mustard
2 tsp whole grain mustard
1 tbsp honey
2 tsp apple cider vinegar
1 tbsp olive oil
Salt and Pepper
1 carrots, peeled and chopped
½ head broccoli, washed and cut in florets

DIRECTIONS

Mix honey and mustard together in a bowl until thoroughly combined.

Combine half of the mixture with the cutlet in a large bowl, set aside.

Heat olive oil in a large skillet over medium-high heat, cook to your liking. Brush the remaining sauce mixture on cooked meat; on both sides, carefully coating the meat before taking them out of the skillet.

Using a steamer, cook carrots and broccoli, carefully timing so the broccoli will not be overcooked.

Serve 2 pieces of cutlets with steamed vegetables

CHILLI BEEF & BROCCOLI

INGREDIENTS

125g Beef Sirloin Steak, cut bite-size
½ head broccoli, cut in florets
1 clove garlic, minced
1 tsp ginger, minced
1 tsp soy sauce- salt reduced
2 T dry sherry
salt
⅛ tsp freshly ground pepper
1 tbsp hoisin sauce
½ tsp chili sauce
1 tbsp peanut oil divided
2 spring onions, thinly sliced, separate white from green

DIRECTIONS

Cook broccoli in the microwave for 2 minutes or if preferred, steam over the stove until just tender. Transfer to a colander to drain.

In a small bowl, mix hoi sin sauce, soy sauce and sherry. Set aside.

Heat a large wok over high heat smoking, swirl in 1 tablespoon oil. Add beef in one layer. Cook quickly do not stir for 1 minute, letting it begin to sear. Then stir-fry until lightly browned but not quite cooked through, transfer to a plate.

Swirl the remaining 1 tablespoon oil into the wok, add white of spring onions, ginger and garlic and cook until just translucent and fragrant. Add the broccoli and stir until just combined, then return the beef and any juice to the wok. Stir the hoisin sauce mixture again and mix it into the wok. Stir-fry until the beef is just cooked through, approximately 1 minute. Season with more chile sauce, salt & pepper if desired. Serve over warm brown rice, sprinkle green part of spring onions.

Serves 2.





MEATBALL SOUVLAKI IN PITA BREAD

INGREDIENTS

Meatballs:

125g veal and pork minced

1 small egg

1 tbsp bread crumbs

2 tsp dijon mustard

dash dried oregano

dash dried basil

salt and pepper

Tzatziki sauce:

1 small continental cucumber, chopped fine (unpeeled)

½ cup plain Greek yoghurt

1 clove garlic, minced

¼ teaspoon dried dill

salt and pepper

To serve:

whole wheat pita bread

green leaf lettuce

red onion, chopped

tomatoes, chopped

cucumber, chopped

feta cheese, crumbled

DIRECTIONS

Preheat the oven to 210°C.

In a large bowl, mix together the minced meat, egg, bread crumbs, mustard, oregano, basil, season with salt and pepper until well combined. Roll the mixture into meatballs; this should yield 5-6 pieces. Arrange them on a broiler pan lightly sprayed with cooking spray. Place in the preheated oven and bake for 15-18 minutes or until golden and cooked through.

Mix all ingredients for the tzatziki in a bowl, whisk together the chopped cucumber, Greek yoghurt, garlic and dill, season with salt and pepper, cover and refrigerate until ready to use.

Arrange meatballs with tzatziki sauce in pita bread, top with prepared fresh vegetables and feta cheese.

Serves 2

PESTO CHICKEN WITH QUINOA

INGREDIENTS

80g quinoa

½ tsp extra-virgin olive oil

1 chicken thigh fillet (skin and bones off), cut into 2 cm pieces

1 handful of rocket

25g mozzarella cheese, torn into pieces

10g Parmesan cheese

1 tsp toasted sesame seeds

A little handful of alfalfa sprouts

½ tsp olive oil, to serve

2 tbsp Pine Nut Pesto

PINE NUT PESTO

½ cup pine nuts

3 tbsp grated parmesan

1 clove garlic

1 cup basil leaves

⅓ cup

DIRECTIONS

In a saucepan, place the quinoa and pour in 350ml of water. Bring to the boil, then reduce the heat. Simmer for 15-20 minutes or until it is tender and all the water has been absorbed. Remove from the heat and set aside, covered with a lid to keep warm.

Heat the oil in a large, deep-sided saucepan and add the chicken. Cook over a medium heat for 12-15 minutes, stirring frequently until golden brown and cooked through. Add the pesto to the pan and stir in to coat the chicken pieces.

Add the pesto chicken to the cooked quinoa, add the rocket and mozzarella. Combine well. Sprinkle grated Parmesan and sprinkle the sesame seed, scatter the alfalfa sprouts over the quinoa/chicken mix then drizzle with the olive oil to serve.

PINE NUT PESTO DIRECTIONS

Place all ingredients into a blender except the oil. Whiz through until almost smooth, slowly add the oil in a slow stream while blender is running until it turns into a thick paste. Stand at least minutes before serving. Refrigerate or freeze left overs.

Serves 2

GRILLED FISH STEAK

INGREDIENTS

2 x 120g white fish fillets
1 large sweet potatoes
3 cloves garlic, peeled and minced
2 ½ tbsp. olive oil, divided
¼ red onion, sliced
Zest and juice of 1 lemon
Salt and pepper
1 tbsp teaspoon dried thyme
1 red capsicum, quartered
1 small zucchini, diagonally cut into 1 inch pieces
1 slice sourdough bread, crust removed
2 tbsp plain Greek low-fat yogurt

DIRECTIONS

Peel sweet potatoes, and chop into 1-inch pieces. Place in a large saucepan and cover with cold water. Add garlic and cook over high heat about 15 minutes or until potatoes are easily pierced with a fork.

Tear the bread coarsely in a bowl, spoon 2 to 1 tablespoons cooking liquid from potatoes over bread. Stir with a fork until smooth. Add yoghurt, 1 tablespoon olive oil, zest and juice of 1 lemon. Stir until a smooth paste forms.

Drain sweet potatoes and garlic when cooked, reserving cooking liquid. Transfer potatoes to bread mixture and mash until smooth. Add reserved cooking liquid if necessary a spoonful at a time until mixture takes on the consistency of loose mashed potatoes. Season with salt and drizzle with a table spoon of olive oil. Cover and keep warm until ready to serve.

Preheat grill pan over medium-high heat. Drizzle fish with olive oil and season with salt and thyme. Cook fish 2 to 3 minutes on each side until fish flakes when tested with a fork or until desired degree of doneness. Transfer to a plate; cover and keep warm until ready to serve.

Place capsicum, zucchini, and red onion in a large bowl. Drizzle with remaining ½ tbsp olive oil; toss to coat. Arrange capsicum in grill pan and cook 5 minutes over medium heat. Add zucchini and onion; cook 10 minutes or until vegetables are tender, turning as necessary to ensure even cooking.

Serves 2

LEAN BEEF KEBABS WITH GRILLED ZUCCHINI GREMOLATA

INGREDIENTS

125g beef sirloin, cut into cubes
1 garlic cloves, minced
1 tsp fresh lemon zest
1 tsp fresh parsley, minced
½ tsp fresh thyme, minced
½ tsp fresh rosemary, minced
½ tsp dried oregano
1 tbsp olive oil
1 tbsp fresh lemon juice
Sea salt and freshly ground black pepper
Wood or metal skewers

DIRECTIONS

Marinate beef with all ingredients, season with salt and pepper. Leave to marinate for 15-20 minutes in the refrigerator.

Preheat your grill to medium-high.

Arrange marinated meet in skewers, making 4-5 pieces per stick.

Cook on the grill to your liking.

Remove from the heat, rest for 5 minutes before serving.

Serve with Herb Grilled Zucchini.

Serves 2

TOFU VEGE STIR-FRY

INGREDIENTS

125g firm tofu, drained
2 Chinese dried mushrooms
1 small carrot, cut in long strips
½ yellow capsicum, cut in long strips
2 tsp sunflower oil
1 tsp sesame oil
1 tsp fresh ginger, grated
1 cloves garlic, minced
½ cup bean sprouts
½ bunch baby bok choy, shredded
¼ cup water chestnuts, drained and sliced
1 tbsp oyster sauce
2 tsp cornflour
¼ cup water

DIRECTIONS

Place mushrooms in boiling water for 20 minutes, drain and discard liquid and stems, slice into strips.

Dissolve corn flour in cold water, set aside.

Cut tofu into 1cm cubes. Heat oils in wok or large frying pan, add garlic and ginger, stir-fry for 1 minute. Add carrot and pepper, stir-fry until vegetables are just tender. Add mushrooms, sprouts, bok choy, chestnuts, oyster sauce. Cook for another minute or 2 then add blended cornflour and water. Give it a quick gentle stir until sauce boils and thickens; stir in tofu. Serve

Serves 2

CHAR-GRILLED LAMB WITH OLIVE AND CUCUMBER SALAD

INGREDIENTS

2 x 200g lamb backstraps
1 sprigs rosemary
5 sprigs thyme
3 sprigs oregano
30mL olive oil
1 clove garlic, sliced
130g green olives, pitted and chopped
1 small lebanese cucumber, chopped
2 tbsp mint leaves, torn
1 tbsp white balsamic vinegar
Sea salt and cracked black pepper
50g low-fat yoghurt (optional)

DIRECTIONS

Create an herb bunch by tying the thyme, rosemary and oregano together with a kitchen string.

Heat the oil in a large non-stick frying pan over medium heat. Add the herb and garlic and cook, stirring occasionally until fragrant, this should take around 4-5 minutes. Remove from the heat and set aside.

Place the lamb on a tray, sprinkle with salt and pepper and brush with some of the herb oil. Using the herb bunch as a brush.

Preheat a char-grill pan or barbecue over high heat. Cook the lamb for 2-3 minutes each side for medium rare or until cooked to your liking.

Side Dish: Place the olive, cucumber, mint, vinegar and 1 tablespoon of the herb oil in a bowl and toss to combine. Season with salt and pepper to taste.

Slice the lamb, arrange on a platter, serve with cucumber salad and a dollop of yogurt if desired.

Serves 2

GRILLED FISH STEAK

INGREDIENTS

2 x 120g white fish fillets
1 large sweet potatoes
3 cloves garlic, peeled and minced
2 ½ tbsp. olive oil, divided
¼ red onion, sliced
Zest and juice of 1 lemon
Salt and pepper
1 tbsp teaspoon dried thyme
1 red capsicum, quartered
1 small zucchini, diagonally cut into 1-inch pieces
1 slice sourdough bread, crust removed
2 tbsp plain Greek low-fat yogurt

DIRECTIONS

Peel sweet potatoes, and chop into 1-inch pieces. Place in a large saucepan and cover with cold water. Add garlic and cook over high heat about 15 minutes or until potatoes are easily pierced with a fork.

Tear the bread coarsely in a bowl, spoon 1-2 tablespoons cooking liquid from potatoes over bread. Stir with a fork until smooth. Add yoghurt, 1 tablespoon olive oil, zest and juice of 1 lemon. Stir until a smooth paste forms. Drain sweet potatoes and garlic when cooked, reserving cooking liquid. Transfer potatoes to bread mixture and mash until smooth. Add reserved cooking liquid if necessary a spoonful at a time until mixture takes on the consistency of loose mashed potatoes. Season with salt and drizzle with a table spoon of olive oil. Cover and keep warm until ready to serve. Preheat grill pan over medium-high heat. Drizzle fish with olive oil and season with salt and thyme. Cook fish 2 to 3 minutes on each side until fish flakes when tested with a fork or until desired degree of doneness. Transfer to a plate; cover and keep warm until ready to serve.

Place capsicum, zucchini, and red onion in a large bowl. Drizzle with remaining ½ tbsp olive oil; toss to coat. Arrange capsicum in grill pan and cook 5 minutes over medium heat. Add zucchini and onion; cook 10 minutes or until vegetables are tender, turning as necessary to ensure even cooking.

Serves 2

SESAME CRUSTED CHICKEN WITH APPLE COLESLAW

INGREDIENTS

2 (150g each) chicken thigh fillets
1 tbs sesame seeds
1 clove garlic, minced
¼ small green cabbage, trimmed, shredded
1 large red apple, cored, julienne
2 large celery stalks, trimmed, julienne
½ tbsp chopped fresh chives
½ tbsp salt-reduced soy sauce
Juice of half a lemon
½ tsp caster sugar
½ tsp sesame oil
2 tbsp pomegranate seeds
Cooking spray

DIRECTIONS

Season chicken with garlic, salt and pepper. Place the sesame seeds on a plate. Press 1 side of the chicken into the sesame seeds to coat. Set aside.

Place the cabbage, apple, celery, radish and chives in a large bowl. Stir the soy, lemon juice, sugar and sesame oil in a small bowl until sugar dissolves.

Place a large non-stick frying pan over high heat. Coat with cooking spray. Cook the chicken, sesame-side down until golden, approximately 2 minutes. Turn and cook for a further minute for medium, or until cooked to your liking.

Divide slaw among plates. Top with the chicken, drizzle with the dressing and sprinkle with pomegranate seeds.

Serves 2

ALL IN ONE PORK TENDERLOIN

INGREDIENTS

PORK:
½ pork tenderloin, trimmed
½ tbsp olive oil
Salt and pepper
½ tsp apple cider vinegar
¼ cup chicken stock
1 tsp cornstarch
¼ cup water
PEPPERS:
½ tbsp olive oil
1 tsp chopped fresh thyme, divided
2 cloves garlic, minced
2 anchovy fillets, drained and finely minced
¼ red capsicum, cut into long thin strips
¼ yellow capsicum, cut into long thin strips
¼ green capsicum, cut into long strips
1 tbsp fresh flat-leaf parsley leaves, torn

DIRECTIONS

Preheat oven to 225°C for 10 minutes.

Pork: Heat a large ovenproof frying pan/skillet over medium-high heat. Coat pan with ½ tbsp olive oil. Season pork with salt and pepper. Place pork on hot pan to cook for 4 minutes, turn over and cook 1 more minute. Cover pan with foil and bake for 5 minutes.

Uncover pork and bake for additional 5 minutes. Place pork on a cutting board; let stand 10 minutes. Cut across the grain into slices, arrange on a serving platter, set aside, keep warm. Dissolve cornstarch in chicken stock and vinegar in a small bowl, season with salt and pepper, mix well, set aside. Return pan over medium-high heat. Saute' garlic, thyme, anchovies and capsicum; cook for 1-2 minutes, stirring frequently. Arrange on the platter, next to pork. Using the same pan, add stock mixture into pan, bring to a boil, stirring frequently until sauce thickens. Remove sauce from pan; drizzle sauce over pork and pepper mix.

Serves 2

WEEK 3 SHOPPING LIST

SERVES 2

| PROTEIN | QTY | VEGETABLES | QTY | FRUIT | QTY | HERBS | QTY | CONDIMENTS, OILS, GRAINS | QTY |
|------------------------------|----------|----------------------------|---------|--------------------------|------------|------------------|-----|---------------------------|-------|
| Barramundi fillets | 230g | Alfalfa | 20g | Apple | 5 | Basil - dried | 5g | Anchovy fillets | 2 |
| Beef - Sirloin | 250g | Baby bock choy | 1 | Apple - red | 2 | Chives - fresh | 10g | Baking powder | 5g |
| Chicken breast - poached | 70g | Baby rocket | 120g | Apricot - dried | 200g | Cinnamon | 6g | Beetroot Hummus | 80mL |
| Chicken thigh fillets | 720g | Baby Spinach | 200g | Avocado | 1 | Coriander | 5g | Bicarb soda | 3g |
| Eggs | 14 | Bean Sprouts | 25g | Bananas | 2 | Dill - dried | 3g | Black pepper | 10g |
| Lamb backstrap | 400g | Broccoli | 1 | Blueberries | 315g | Garlic - clove | 18 | Bread- pita | 2 |
| Pork Chops | 4 | Cabbage -green | 0.5 | Lemon | 6 | Ginger | 3cm | Bread - sourdough slice | 4 |
| Pork Tenderloin | 125g | Capsicum - green | 1 | Pear | 1 | Mint | 10g | Bread - wholegrain slices | 2 |
| Prawn - Green (raw) | 400g | Capsicum - red | 3 | Pomegranate seeds | 40g | Oregano - dried | 20g | Bread crumbs | 15g |
| Smoked Salmon | 4 slices | Capsicum - yellow | 1 | Rockmelon | 75g | Parsley - fresh | 55g | Chicken stock | 60mL |
| Tofu - firm | 125g | Carrot | 3 | Strawberries | 75g | Rosemary - fresh | 15g | Chilli sauce | 5mL |
| Veal & Pork minced | 125g | Celery stalks | 6 | Sultanas - dried | 218g | Sage - fresh | 5g | Cooking spray | 1 |
| White fish fillets | 480g | Cherry tomatoes | 125g | | | Spring onions | 6 | Couscous | 125g |
| | | Continental cucumber | 2 | | | Thyme - dried | 45g | Dates | 2 |
| | | Lebanese cucumber | 2 | | | | | Flour - all purpose | 25g |
| SNACKS | | Leek | 1 | NUTS/ GRAINS | QTY | | | Flour - corn | 20g |
| Cottage Cheese | | Lettuce | 1 bunch | Almond | 80g | | | Flour - buckwheat | 185g |
| Haloumi | | Mushroom - button | 3 | Almonds - flakes | 100g | | | Hoisin Sauce | 15mL |
| Hard Cheese (low fat) | | Mushroom - Chinese (dried) | 2 | Cashew nuts - unsalted | 40g | | | Honey | 20g |
| Quark (low fat German style) | | Onion - red | 25g | Chia seeds | 15g | | | Mustard - wholegrain | 20g |
| Salmon - smoked* | | Onion - white | 1 | Quinoa seeds | 170g | | | Mustard - dijon | 45mL |
| Sardines** | | Rocket leaves | 100g | Sesame seeds | 40g | | | Oats - rolled | 45g |
| Tuna** | | Sweet potato | 900g | | | | | Oil - coconut | 3mL |
| | | Tomato - roma | 5 | | | | | Oil - olive | 320mL |
| | | Water chestnuts | 80g | DAIRY | QTY | | | Oil - peanut | 15mL |
| | | Zucchini | 2.5 | Almond milk | 580mL | | | Oil - sesame | 15mL |
| | | | | Cheddar cheese - low fat | 20g | | | Oil - sunflower | 10mL |
| | | | | Feta cheese | 60g | | | Olives - black/green | 20 |
| | | | | Haloumi cheese | 90g | | | Paprika | 5g |
| | | | | Mozzarella cheese | 25g | | | Pine Nut Pesto | 30g |
| | | | | Parmesan cheese | 10g | | | Salt | 10g |
| | | | | Skim milk | 420mL | | | Sherry Dry | 30mL |
| | | | | Swiss cheese | 65g | | | Soy Sauce - salt reduced | 30mL |
| | | | | Yoghurt - low fat | 175mL | | | Sugar - caster | 6g |
| | | | | Yoghurt - Greek | 180mL | | | Sugar - white | 170g |
| | | | | | | | | Vanilla extract | 3mL |
| | | | | | | | | Vinegar - apple cider | 20mL |
| | | | | | | | | Vinegar - balsamic | 15mL |
| | | | | | | | | Vinegar - white | 5mL |
| | | | | | | | | Wood/metal skewers | 16 |