



STANDARD FOOD GUIDE

WEEK 2 STANDARD MEAL PLAN,
RECIPES AND SHOPPING LIST

MÖDERE

WEEK 2 STANDARD MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Rice, Pear and Almond Breakfast	2 poached eggs with 1 cup spinach and ½ avocado	Sweet Potato and Leek Frittata	Fruity Quinoa Porridge	Haloumi and Avocado Toast	2 Poached Eggs on Roasted Mushrooms with 1 multigrain bread	Oats and Blueberry Sensation
MORNING TEA	20g unsalted cashews and 1 apple	100g blueberries	Carrot and cucumber sticks plus 20g almonds	1 small banana and 20g unsalted cashews	Celery and carrot sticks and ½ cup beetroot hummus	20g unsalted almonds	100g strawberries and 20g unsalted almonds
LUNCH	1 cup All Season Vegetable Soup with wholegrain roll	90g tin tuna in olive oil with 5 cherry tomatoes and spinach	Meatball Souvlaki in Pita Bread	Sesame Crusted Chicken with Apple and Coleslaw	Pesto Chicken with Quinoa	Tofu and Veggie Stir Fry	Grilled Fish
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	Chicken with Couscous	Lean Beef Kebabs with grilled zucchini	All in One Pork Tenderloin with 1 cup grilled vegetables	Chilli Beef and Broccoli with ½ cup brown rice	Garlic Prawn Shaslick with greek salad	Honey Mustard Cutlet	Falafel and Tabouli Twist
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea

RICE, PEAR AND ALMOND BREAKFAST

INGREDIENTS

80g rolled rice
 1 small pear, sliced
 1 tbsp LSA (linseed, sunflower and almond blend)
 1 tsp honey
 1 tsp cinnamon
 2 tbsp almond flakes
 250mL almond milk
 250mL water

DIRECTIONS

In a saucepan, combine rolled rice, water, milk and cinnamon. Cook over medium to high heat with lid on, stir occasionally until mixture starts to boil. Reduce heat and cook for another approximately 5 minutes, stirring occasionally, until the rolled rice is tender. Remove from heat and stand for at least 5 minutes with the lid still on to continue cooking.

Roast almond flakes in shallow frying pan for 5-6 minutes, tossing the nuts around until golden brown. Remove from the pan and set aside.

Thinly slice the pear through a mandolin*. Set aside.

Serve porridge with a sprinkle of LSA, sliced pear and roasted almonds and drizzle with honey to give. Serve with extra warm almond milk, if preferred.

Serves 2

*A mandolin is a handy kitchen utensil used to slice vegetables. If you don't have a mandolin, slice thinly with a knife.

SWEET POTATO AND LEEK FRITTATA

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

250g sweet potato, cut into 5mm slices
 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. Boil, steam or microwave sweet potato until tender; drain and set aside.

Heat a 25cm frying pan, coat with cooking oil spray and 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 oven for approximately 35 minutes, until frittata is firm.

Serves 2

HALOUMI AND AVOCADO TOAST

INGREDIENTS

1 ripe avocado, pitted
1 tsp lemon juice
2 slices wholemeal bread, toasted
125g organic haloumi, sliced thinly
1 tbsp olive oil
FOR GARNISH
Sliced olives
Sesame seeds
Lemon zest
Red onion

DIRECTIONS

Slice haloumi into thin slices. Pan fry them until golden brown on both sides.

In a small bowl, mash avocado with lemon juice and season with salt if desired. Divide the mixture between the bread. Carefully arrange slices of haloumi, garnish with herbs, red onion and seeds as desired.

Serves 2

OATS AND BLUEBERRY SENSATION

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

1 ½ 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 blueberries to serve.

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

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

Serve with the fresh blueberries.

Serves 2

ALL SEASON VEGETABLE SOUP

INGREDIENTS

6 cups vegetable or chicken stock
2 cloves garlic, minced
2 tbsp olive oil
1 onion, diced
1 carrot, peeled and sliced into 1/4 inch rounds
2 celery stalks, chopped
2 small zucchini, chopped into 1/2 inch pieces
Salt
Freshly ground black pepper
2 tbsp dried oregano, basil, and/or thyme
1 can diced tomatoes
1 can cannellini beans, rinsed and drained
Flat-leaf parsley to serve

DIRECTIONS

Heat oil in a large pot over medium heat. Add oil, saute onions, garlic and stir until onions are translucent. Add carrot, celery, zucchini and season with salt and pepper. Simmer for a couple of minutes.

Add tomatoes and cannellini beans. Add herbs, cover and bring to the boil. Reduce heat to low and continue cooking for approximately 10 minutes until all vegetables are tender. Taste and season. Stand for a couple minutes.

Serve with flat-leaf parsley.

Serves 4

Tip: Half of the soup can be frozen.



MEATBALL SOUVLAKI IN PITA BREAD

INGREDIENTS

MEATBALLS

125g veal and pork mince

1 small egg

1 tbsp bread crumbs

2 tsp dijon mustard

Pinch of dried oregano

Pinch of dried basil

Salt and pepper

TZATZIKI SAUCE

1 small continental cucumber, peels and chopped fine

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 mince, egg, bread crumbs, mustard, oregano, basil, salt and pepper until well combined. Roll the mixture into meatballs; this mixture should make 5-6 balls. Arrange them on a tray 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



SESAME CRUSTED CHICKEN WITH APPLE COLESLAW

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

2 x 150g chicken thigh fillets

1 tbsp sesame seeds

1 clove garlic, minced

¼ small green cabbage, trimmed, shredded

1 large red apple, cored, julienned

2 large celery stalks, trimmed, julienned

½ tsp chopped fresh chives

½ tsp 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 or until cooked.

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

Serves 2

PESTO CHICKEN WITH QUINOA

INGREDIENTS

80g quinoa

½ tsp extra virgin olive oil

1 chicken thigh fillet, skinless and boneless, cut into 2 cm pieces

1 handful of rocket

25g mozzarella cheese, torn into pieces

10g parmesan cheese

1 tsp toasted sesame seeds

Small handful of alfalfa sprouts

½ tsp olive oil, to serve

2 tbsp pine nut pesto

DIRECTIONS

Place the quinoa in a saucepan and pour in 350ml of water. Bring to the boil, then reduce the heat. Simmer for 15-20 minutes or until tender and all the water has been absorbed. Remove from the heat and set aside. Cover 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 sesame seeds.

Scatter the alfalfa sprouts over the quinoa/chicken mix then drizzle with olive oil to serve.

Serves 2

TOFU VEGGIE STIR FRY

INGREDIENTS

125g firm tofu, drained, cut into 1cm cubes
2 Chinese dried mushrooms
1 small carrot, cut in long strips
1/2 yellow capsicum, cut in long strips
2 tsp sunflower oil
1 tsp sesame oil
1 tsp fresh ginger, grated
1 clove garlic, minced
1/2 cup bean sprouts
1/2 bunch baby bok choy, shredded
1/4 cup water chestnuts, drained and sliced
1 tbsp oyster sauce
2 tsp cornflour
1/4 cup water

DIRECTIONS

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

Dissolve corn flour in cold water. Set aside.

Heat oils in wok or large frying pan, add garlic and ginger and stir fry for 1 minute. Add carrot and capsicum and stir-fry until vegetables are just tender. Add mushrooms, sprouts, bok choy, chestnuts and 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

GRILLED FISH

INGREDIENTS

2 x 120g white fish fillets
1 large sweet potato, peeled, chopped into 1 inch pieces
3 cloves garlic, peeled and minced
2 1/2 tbsp olive oil
1/4 red onion, sliced
Zest and juice of 1 lemon
Salt and pepper
1 tbsp 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

Place sweet potato in a large saucepan and cover with cold water. Add garlic and cook over high heat for about 15 minutes or until potatoes are easily pierced with a fork. Drain sweet potatoes and garlic when cooked, reserving cooking liquid.

Tear the bread coarsely in a bowl, spoon 1 to 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.

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 tablespoon 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 - 3 minutes on each side until fish flakes when tested with a fork or until cooked to your liking. 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 1/2 tbsp olive oil; toss to coat. Arrange capsicum in grill pan and cook 5 minutes over medium heat. Add zucchini and onion; cook for 10 minutes or until vegetables are tender, turning as necessary to ensure even cooking. Serves 2





CHICKEN WITH COUSCOUS

INGREDIENTS

2 x 200g chicken breast, skinless and boneless
1 tsp Moroccan seasoning
125g couscous
150mL boiling water
25g shaved almond
¼ cup fresh coriander, coarsely chopped
¼ cup low fat yoghurt
Salt and pepper

DIRECTIONS

Combine couscous with water in large bowl, cover and stand for about 5 minutes or until water is absorbed, fluffing with fork occasionally.

Roast nuts in small frying pan until lightly brown. Stir nuts and coriander into couscous, season to taste.

Season chicken with salt and pepper, cook in heated and oiled large frying pan for 4-7 minutes until golden brown and cooked through.

Divide couscous into serving bowls; top with chicken and yoghurt.

Serves 2

LEAN BEEF KEBABS

INGREDIENTS

125g beef sirloin, cut into cubes
1 garlic cloves, minced
1 tsp fresh lemon zest
1 tsp fresh parsley, minced
1/2 tsp fresh thyme, minced
1/2 tsp fresh rosemary, minced
1/2 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 and season with salt and pepper. Leave to marinate for 15-20 minutes in the refrigerator.

Preheat your grill to medium-high.

Arrange marinated meat on skewers, adding 4-5 pieces per stick.

Cook on the grill to your liking.

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

Serve with grilled zucchini.

Serves 2

ALL IN ONE PORK TENDERLOIN

INGREDIENTS

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

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 then add blended cornflour and water. Give it a quick gentle stir until sauce boils and thickens; stir in tofu.

Serves 2

CHILLI BEEF AND BROCCOLI

INGREDIENTS

125g beef sirloin steak, cut into bite size pieces
½ head broccoli, cut in florets
1 clove garlic, minced
1 tsp ginger, minced
1 tsp salt reduced soy sauce
2 tbsp dry sherry
Salt
⅛ tsp freshly ground pepper
1 tbsp hoisin sauce
½ tsp chilli sauce
1 tbsp peanut oil
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 hoisin sauce, soy sauce and sherry. Set aside.

Heat a large wok over high heat, when 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 the 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 for approximately 1 minute until the beef is just cooked through. Season with more chilli sauce and salt and pepper if desired. Serve over warm brown rice and sprinkle green part of spring onions over the top.

Serves 2

GARLIC PRAWN SHASLICK

INGREDIENTS

400g green banana prawns, peeled and deveined
2 cloves garlic, minced
1 tbsp spring onions, finely chopped
Pinch of Himalayan salt
Cracked pepper
2 cups total cut up raw mushrooms, red capsicum and zucchini
2 tbsp olive oil plus extra for grill
Juice of 1 lemon
Wooden skewers

DIRECTIONS

Soak 8 skewers in water and set aside. Marinate the prawns with garlic, spring onions, salt, cracked pepper, olive oil and lemon juice in a large bowl. Toss well and refrigerate for no longer than half an hour.

Thread 3-4 prawns on each stick alternately with cut up raw vegetables; mushrooms, red capsicum and zucchini. Lightly brush grill or grill skillet with olive oil and heat on high. Arrange the prawns on the hot grill, adjust the heat to medium-high if necessary. Cook for 3 minutes on one side and 1-2 minutes on the other side. Serve with a Greek salad as a side.

Serves 2

HONEY MUSTARD CUTLETS

INGREDIENTS

4 lamb/pork cutlets, french trimmed
2 tsp dijon mustard
2 tsp wholegrain 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 and 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 won't be overcooked.

Serve 2 pieces with steamed vegetables.

Serves 2

FALAFEL AND TABOULI TWIST

INGREDIENTS

250g can chickpeas, rinsed and drained
 2 cloves garlic, minced
 2 spring onions, chopped
 1 tsp ground cumin
 1 tsp ground coriander
 2 tbsp fresh parsley, chopped
 2 tbsp fresh mint, chopped
 2 tbsp polenta, approximately
 Cooking oil spray
 1 small (130g) lebanese cucumber
 4 cos lettuce leaves, shredded
 2 packet wholemeal Lebanese bread

TABOULI

¼ cup bulgur wheat
 1 bunch parsley, finely chopped
 4 fresh mint leaves, no stems, finely chopped
 2 spring onions, finely chopped
 1 roma tomatoes, finely chopped
 ¼ continental cucumber, finely chopped
 1 tbsp lemon juice
 2 tbsp virgin olive oil

YOGHURT SAUCE

½ cup low fat yoghurt
 1 clove garlic, minced
 1 tsp lemon juice
 ½ tsp low salt soy sauce
 1 tsp fresh mint, finely chopped

DIRECTIONS

For falafel: preheat oven at 220°C for 10 minutes. Using a food processor, combine chickpeas, garlic, shallots, cumin and herbs and blitz until well mixed. Coat an oven tray with cooking spray, shape level tablespoons of mixture into patties. Roll in polenta and arrange patties for cooking. Coat falafel with cooking oil spray. Bake, uncovered, for about 30-40 minutes in hot oven until golden brown. Using a vegetable peeler, cut cucumber into strips lengthways.

For tabouli: place bulgur in a small bowl, cover with boiling water. Stand 10 minutes, drain well. Blot dry with absorbent paper. Combine bulgur with remaining ingredients in a bowl; mix well and set aside.

For yoghurt sauce: Combine all ingredients in bowl; mix well.

To serve: Arrange lettuce in the opened Lebanese bread with 3-4 falafel patties, Lebanese cucumber and top with yoghurt sauce.

Serves 2

WEEK 2 SHOPPING LIST

SERVES 2

PROTEIN	QTY	VEGETABLES	QTY	FRUIT	QTY	HERBS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Beef sirloin	250g	Alfalfa	10g	Apple	3	Basil	½ bunch	Anchovy fillets	2
Chicken breast fillets	700g	Bean sprout	50g	Avocado	2	Coriander - fresh	½ bunch	Bread - pita	2
Chicken thigh fillets	150g	Bok Choy	1	Bananas	1	Coriander - ground	5g	Bread - sourdough slice	2
Fish fillets - white	240g	Broccoli	1	Blueberries	150g	Dill	½ bunch	Bread crumbs	15g
Lamb/pork cutlets	4	Cabbage	1/4	Lemon	2	Garlic - clove	2 bulbs	Bulgur wheat	55g
Pork tenderloin	125g	Cannellini beans - canned	1	Lemon Juice	40mL	Mint leaves	½ bunch	Chickpeas - dry	250g
Tofu	125g	Capsicum - green	1	Orange Juice	30mL	Oregano	10 g	Chilli sauce	5g
Tuna	90g	Capsicum - red	2	Pear	2	Parsley - fresh	1 bunch	Cinnamon	10g
Veal	125g	Capsicum - yellow	1	Pomegranate seeds	40g	Sage	10g	Cooking spray	1
Prawns, green banana	400g	Carrot	5	Sultanas	20g	Spring onions	7	Cornflour/starch	15 - 20g
		Celery	6	Strawberries	100g	Thyme	20g	Couscous	125g
		Cherry tomatoes	5			Ginger	2cm	Cumin	5g
		Continental cucumber	2					Dates	2
		Cottage Cheese						Hoisin Sauce	10- 15mL
		Haloumi						Honey	15- 20mL
		Hard Cheese (low fat)						Hummus - beetroot	160g
		Lebanese cucumber	1					Lebanese bread	2 packets
		Leek	1					Moroccan seasoning	5mL
		Mushroom - button	100g					Multigrain bread - slice	1
		Mushroom -Chinese dried	2					Mustard - wholegrain	10mL
		Onion - red	2					Mustard - dijon	20mL
		Onion - white	1					Oats - rolled	45g
		Rocket leaves	100g					Oil - sesame	5mL
		Roma tomatoes	2					Olive oil	160mL
		Spinach - baby	100g					Olives	3
		Sweet potato	500g					Olives - black/green	4
		Tomato - diced canned	1					Oyster sauce	10mL
		Water chestnuts	1					Peanut oil	10-15mL
		Zucchini	6					Pepper	5g
								Polenta	120g
								Rice - rolled	80g
								Salt	6-10g
								Sherry	10-15 mL
								Soy Sauce - low salt	10-20mL
								Stock - chicken	1½-2 Litre
								Sugar - caster	2-3 g
								Vinegar - apple cider	10 - 15mL
								Vinegar - white	10mL
								Vinegar - balsamic	10mL
								Vinegar - white	10mL