



STANDARD FOOD GUIDE

WEEK 1 MEAL PLAN, RECIPES
AND SHOPPING LIST

MÖDERE

WEEK 1 STANDARD MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Sweet Potato with Leek Frittata and 1 slice wholemeal toast	Breakfast Crepe and 1 slice wholemeal/multigrain toast	1 cup Apple and Quinoa Muesli and 1 cup almond milk	Breakfast Casserole and 1 slice wholemeal toast	Poached Eggs on Roasted Mushrooms and 1 slice seed toast	Ratatouille Breakfast and 1 slice wholegrain toast	Organic haloumi and avocado on toast
MORNING TEA	1 apple	1 cup celery and carrot sticks and 1/3 cup hummus	20g unsalted cashews and 1 apple	100g blueberries	1 cup carrot and cucumber sticks and 20g almonds	20g unsalted almonds	100g strawberries
LUNCH	Grilled Chicken with Tomato and Mint Salad	Lean Beef Kebabs with grilled zucchini	Grilled Barramundi with couscous salad	Kumara Fritters with Haloumi	Pesto Chicken with Quinoa	Zucchini Lasagne with Cashew Cheese	Honey Mustard Lamb Cutlets
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	Falafel and tabouli	Tofu Vegetable Stir Fry	Chargrilled Lamb with Olive and Cucumber Salad	Sesame Chicken with Apple and Pomegranate Slaw	All-in-One Pork Tenderloin	Grilled Fish Steak	Chicken with Couscous Salad
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea

SWEET POTATO WITH LEEK FRITTATA

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

25g sweet potato, sliced 5mm
 1 leek, sliced
 1 clove garlic, crushed
 1 tbsp fresh sage, chopped
 2 free range eggs
 2 free range eggs 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 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 for approximately 35 minutes or until frittata is firm.

Serves 2

BREAKFAST CREPE

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

3 free range eggs
 1 tbsp almond milk
 Salt and pepper
 1/2 tsp coconut oil
 1 avocado, sliced
 4 slices of 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.

Add coconut oil to 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 drizzle with lemon juice. Roll the crepe carefully and cut in half.

Serves 2

APPLE AND QUINOA MUESLI

INGREDIENTS

- 1/2 cup quinoa seeds
- 1/2 cup water
- 1 medium apple, coarsely chopped
- 1/4 cup low-fat yoghurt
- 1 tbsp honey
- 2 tbsp walnuts, coarsely chopped

DIRECTIONS

In a small bowl, combine quinoa and water, cover and refrigerate for an hour or until quinoa is soft.

Add chopped apple into the quinoa mixture, drizzle with honey, add chopped walnuts and top with yoghurt to serve.

Serves 2

BREAKFAST CASSEROLE

INGREDIENTS

- 2 large free range eggs
- 2 large free range egg whites
- 1/3 cup almond milk
- 1 tbsp Dijon mustard
- 1/2 tsp fresh rosemary, minced
- 1/8 tsp freshly ground black pepper
- 1 handful of baby spinach
- 2 cups wholegrain bread, crusts removed if desired, cut into 1-inch cubes
- 1/2 cup poached chicken breast, diced
- 1/4 cup roasted red capsicum, chopped
- 1/2 cup Swiss cheese, grated
- Cooking spray

DIRECTIONS

Preheat oven to 190°C. Grease a 7x11 inch glass baking dish with cooking spray.

In a large mixing bowl, whisk eggs, egg whites and milk. 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 set. Uncover, sprinkle with cheese and continue baking until golden on top, 15 to 20 minutes more. Transfer casserole to a wire rack and cool for 15 minutes before serving.

Serves 2

TIP: Prepare casserole through to 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.



POACHED EGGS ON ROASTED MUSHROOMS

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

2 large flat mushrooms
1 clove garlic, crushed
1 tbsp olive oil
2 tbsp fresh flat-leaf parsley, finely chopped
Handful of baby spinach
2 tsp white wine vinegar
Salt and pepper
2 free range eggs

DIRECTIONS

Preheat oven to 200°C.

Trim stems from mushrooms. Place mushrooms, bottom side up on oven tray. Combine parsley, garlic and oil in a small bowl; brush mushrooms with oil mixture, season. Bake mushrooms for about 25 minutes or until tender.

Meanwhile, steam spinach until wilted. Season.

To poach eggs: half fill a small saucepan with water, add vinegar; bring to the boil. Break 1 egg into a whirlpool in the water. Allow water to return to the boil. Remove from heat, leave in water to cook for 4 minutes or until firm. Using a slotted spoon, remove egg, drain on absorbent paper. Repeat with the remaining egg.

Serve mushrooms topped with spinach and egg. Season to taste.

Serves 2

RATATOUILLE BREAKFAST

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

120g eggplant, sliced
90g button mushrooms, sliced
150g capsicum, discard seeds and membranes; quartered
50g red onion, coarsely chopped
90g zucchini, sliced crossways
2 roma tomatoes, diced
1 clove garlic, crushed
2 tsp olive oil
2 free range eggs
Himalayan salt
Pepper
1 tbsp fresh basil leaves, finely chopped

DIRECTIONS

Preheat grill.

Arrange capsicum, skin side up, on oven tray; grill for around 10 minutes until skin blisters and blackens. Cover capsicum and set aside for 10 minutes then peel off the skin. Dice flesh coarsely.

Heat oil in medium frying pan; sauté onion and garlic, stirring until softens. Add eggplant, zucchini, mushroom and tomato to pan; stirring occasionally. Cover until vegetables are just cooked. Add capsicum and chopped basil; season to taste.

Make indents in the ratatouille mixture with the back of a spoon and carefully break eggs into indents. Cook, covered for about 2 minutes or until egg whites are set. Sprinkle with basil leaves.

Serves 2

ORGANIC HALOUMI AND AVOCADO TOAST

INGREDIENTS

1 ripe avocado, pitted
1 tsp lemon juice
2 slices wholemeal bread, toasted
125g organic haloumi; thinly sliced
1 tbsp olive oil
TO GARNISH
Olives, sliced
Sesame seeds
Zest of a lemon
Red onion

DIRECTIONS

Pan fry haloumi until golden brown on both sides.

In a small bowl, mash avocado with lemon juice, 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

GRILLED CHICKEN WITH TOMATO AND MINT SALAD

INGREDIENTS

GRILLED CHICKEN
2 x 200g chicken breast
1 medium lemon, halved
2 tsp lemon juice
Zest of 1 lemon
1 tsp fresh oregano, finely chopped
1 tsp sumac
1 tsp olive oil
1 large wholemeal pita bread
Salt and pepper
TOMATO AND MINT SALAD
1 lebanese cucumber, sliced
200g cherry tomatoes, halved
½ cup firmly packed fresh flat-parsley leaves
½ cup firmly packed fresh mint leaves
½ tsp fresh oregano, finely chopped
3 spring onions, thinly sliced
1 medium lemon
1 tbsp olive oil

DIRECTIONS

Marinate chicken with lemon juice, oregano, sumac and half the oil in a large bowl. Cover and refrigerate for 3 hours or overnight.

Cook chicken over a heated barbecue grill plate until browned on both sides and cooked through. Stand for 5 minutes, then slice thickly.

Cook lemon, cut-side down until browned lightly. Brush bread, both sides with remaining oil; brown lightly on barbecue, break into coarse pieces.

For the salad: combine all ingredients except lemon and olive oil. Whisk lemon juice, olive oil, salt and pepper in a bowl or shake it in a jar to mix well and set aside.

Combine salad and bread; drizzle with dressing and serve with chicken and lemon.

Serves 2

LEAN BEEF KEBABS

INGREDIENTS

125g beef sirloin, cut into cubes
1 garlic clove, 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. Season with salt and pepper. Leave to marinate for 15-20 minutes in the fridge.

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 and rest for 5 minutes before serving.

Serve with grilled zucchini.

Serves 2

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
1/2 tsp paprika
Zest of half a lemon
Juice of half a lemon
1 1/2 tbsp olive oil

DIRECTIONS

Mix the coriander, parsley, garlic, salt, paprika, olive oil, lemon juice and zest. 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 minutes. Transfer to a platter, spread with the remaining sauce mixture and stand for 5 minutes

Serve with a couscous salad.

Serves 2

KUMARA FRITTERS WITH HALOUMI

INGREDIENTS

350g sweet potato, peeled and grated coarsely
1 egg, lightly beaten
25g all-purpose flour, sifted
1/2 tsp dried oregano
40mL olive oil
90g haloumi
125g cherry tomatoes
20g baby rocket leaves
1 tsp toasted sesame seeds
Salt and pepper

DIRECTIONS

Add sweet potato to a medium bowl. Stir in sifted flour and oregano. Mix well then add lightly beaten egg. Season with salt and pepper.

Heat 2 teaspoons oil in a large frying pan. Shape sweet potato mixture evenly into 4 patties. Cook patties in batches for 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 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 haloumi, tomatoes and rocket.

Serves 2

PESTO CHICKEN WITH QUINOA

INGREDIENTS

80g quinoa
1/2 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
1/2 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

ZUCCHINI LASAGNE WITH CASHEW CHEESE

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

2 large zucchini
Pinch of salt
Handful of basil leaves, torn
2 tbsp olive oil
Handful of alfalfa sprouts (optional)

CASHEW CHEESE

1 cup cashews, soaked for 2-6 hours or overnight then rinsed
1/4 cup filtered water
1/4 cup nutritional yeast
2 tbsp lemon juice
2 cloves garlic
1 tbsp dijon mustard
Sea salt and freshly ground pepper

SUN-DRIED TOMATO PESTO

2 roma tomatoes
40g macadamia nuts
3 tbsp semi sun-dried tomatoes
5 fresh basil leaves
3 tbsp olive oil
Sea salt and freshly ground pepper

DIRECTIONS

Slice zucchini lengthways (really thinly) on a mandolin or with knife, then lay the zucchini 'pasta' slices on paper towels, sprinkle with salt and set aside.

For cashew cheese: place all ingredients into a blender and whirl, adding water until you have the desired creamy consistency.

For pesto: pop all ingredients into a blender and whirl, if it needs thinning out, you can add a little water.

To assemble: Place on a serving plate or 2 dinner plates. Start with a layer of the zucchini 'pasta', then the cashew cheese, then the tomato pesto. Repeat these layers 2 or 3 times. When you get to the final layer of pasta, finish with a handful of alfalfa sprouts, some freshly torn basil leaves and a nice drizzle of extra virgin olive oil.

Serves 2

HONEY MUSTARD LAMB CUTLETS

INGREDIENTS

4 lamb 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 carrot, peeled and chopped
1/2 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 won't be overcooked.

Serves 2





GRILLED LAMB CHOPS WITH MINT

FALAFEL WITH TABOULI

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
- Cooking oil spray
- 1 small lebanese cucumber
- 4 cos lettuce leaves; shredded
- 2 packet wholemeal lebanese bread

TABOULI

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

YOGHURT SAUCE

- 1/2 cup low fat yoghurt
- 1 clove garlic, minced
- 1 tsp lemon juice
- 1/2 tsp reduced salt soy sauce
- 1 tsp fresh mint, finely chopped

DIRECTIONS

For the 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, in a hot oven for about 30-40 minutes until golden brown.

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

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

Using a vegetable peeler, peel cucumber into strips lengthways. Divide lettuce, tabouli, cucumber, falafel and yoghurt sauce between bread and fold over filling.

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

Serves 2

TOFU VEGETABLE STIR FRY

INGREDIENTS

125g firm tofu, drained
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, 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

CHARGRILLED LAMB WITH OLIVE AND CUCUMBER SALAD

INGREDIENTS

2 x 200g lamb backstraps
1 sprig 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 a herb bunch by tying the thyme, rosemary and oregano together with kitchen string.

Heat the oil in a large non-stick frying pan over medium heat. Add the herb bunch and garlic and cook, stirring occasionally until fragrant, 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 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.

For salad: 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 yoghurt if desired.

Serves 2

SESAME CHICKEN WITH APPLE AND POMEGRANATE SLAW

Recipe also suitable for No Grain Meal Plan

INGREDIENTS

2 x 150g chicken thigh fillets
1 tbsp sesame seeds
1 clove garlic, minced
1/4 small green cabbage, trimmed, shredded
1 large red apple, cored, julienned
2 large celery stalks, trimmed, julienned
1/2 tbsp chopped fresh chives
1/2 tbsp reduced salt soy sauce
Juice of half a lemon
1/2 tsp caster sugar
1/2 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 2 minutes or until cooked.

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
1/2 pork tenderloin, trimmed
1/2 tbsp olive oil
Salt and pepper
1/2 tsp apple cider vinegar
1/4 cup chicken stock
1 tsp cornstarch
1/4 cup water
CAPSICUMS
1/2 tbsp olive oil
1 tsp chopped fresh thyme, divided
2 cloves garlic, minced
2 anchovy fillets, drained and finely minced
1/4 red capsicum, cut into long thin strips
1/4 yellow capsicum, cut into long thin strips
1/4 green capsicum, cut into long thin strips
1 tbsp fresh flat-leaf parsley leaves, torn

DIRECTIONS

Preheat oven to 225°C for 10 minutes.

Heat a large ovenproof frying pan/skillet over medium - high heat. Coat pan with 1/2 tablespoon olive oil. Season pork with salt and pepper. Place pork on hot pan to cook for 4 minutes, turn over and cook for a further 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

GRILLED FISH STEAK

INGREDIENTS

2 x 120g white fish fillets
 1 large sweet potato, peeled and 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 tsp 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

Place sweet potato in a large saucepan and cover with cold water. Add garlic and cook over high heat for 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 - 2 tablespoons cooking liquid from potatoes over bread. Stir with a fork until smooth. Add yoghurt, 1 tablespoon olive oil, lemon zest and juice. Stir until a smooth paste forms.

Transfer sweet 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 to 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 tablespoon olive oil; toss to coat. Arrange capsicum in grill pan and cook for 5 minutes over medium heat. Add zucchini and onion; cook 10 minutes.

Serves 2

CHICKEN WITH COUSCOUS SALAD

INGREDIENTS

2 x 200g chicken breast, skinless and boneless
 1 tsp Moroccan seasoning
 125g couscous
 150mL boiling water
 25g shaved almond
 1/4 cup fresh coriander, coarsely chopped
 1/4 cup low-fat yoghurt
 Salt and pepper

DIRECTIONS

Combine couscous with water in large bowl, cover, stand 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

WEEK 1 MEAL PLAN SHOPPING LIST

SERVES 2

PROTEIN	QTY	VEGETABLES	QTY	FRUIT	QTY	HERBS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Barramundi fillets	230g	Alfalfa	20g	Apple	4	Basil	1 bunch	All purpose flour	25g
Beef sirloin	125g	Bean sprout	40g	Avocado	2	Chives	1 bunch	Anchovy fillets	2
Chicken breast fillets	800g	Bok choy	1/2 bunch	Blueberries	100g	Coriander, fresh	1 bunch	Black olives	6
Chicken thigh fillets	300g	Broccoli	1	Lemons	12	Coriander, ground	2 tbsp	Bread, wholemeal	1 slice
Eggs	18	Cabbage	1/4	Orange	1	Garlic	2 bulbs	Bread, wholegrain	4 slices
Fish fillets - white	240g	Capsicum, green	1	Pomegranate	1	Ginger	3 cm	Bulgur wheat	35g
Lamb backstrap	400g	Capsicum, red	1	Strawberries	100g	Mint	1 bunch	Chickpeas	250g
Lamb cutlets	4	Carrot	3			Oregano	1 bunch	Coconut oil	1/2 tsp
Pork tenderloin	125g	Celery stalks	3			Parsley	1 bunch	Cooking spray	1 can
Salmon - smoked	4	Cucumber, continental	1			Rosemary	1 bunch	Cornflour	3 tsp
Tofu	125g	Cucumber, lebanese	4			Sage	1/2 bunch	Couscous	250g
		Eggplant	1			Thyme	1 bunch	Cumin	1 tsp
		Green olives	133g					Honey	2 tbsp
		Leek	200g					Hummus	160g
		Lettuce, cos	4					Moroccan spice	1 tsp
		Mushroom, button	100g					Mustard, wholegrain	2 tsp
		Mushroom, chinese dried	2					Mustard, dijon	2 1/2 tbsp
		Mushroom, large flat	2					Nutritional yeast	1/4 cup
		Onions, red	3					Olive oil	400mL
		Rocket leaves	150g					Oyster sauce	1 tbsp
		Roma tomatoes	7					Paprika	1/2 tsp
		Spinach, baby	200g					Pepper	2 tsp
		Spring onions	8					Pita bread	2 pck
		Sweet potato	800g					Polenta	18g
		Tomato, sun-dried	50g					Salt	2 tsp
		Tomato, cherry	125g					Sesame oil	1/2 tsp
		Water chestnuts	180g					Sourdough bread	1 slice
		Zucchini	8					Soy sauce	1 tbsp
								Stock, chicken	1/4 cup
								Sugar, caster	1/2 tsp
								Sunflower oil	2 tsp
								Vinegar, apple cider	2 1/2 tsp
								Vinegar, white	2 tsp
								Vinegar, balsamic	1 tbsp

*check label for hidden sugars
 **small can in spring water