



NO GRAIN FOOD GUIDE

WEEK 2 NO GRAIN
MEAL PLAN, RECIPES AND
SHOPPING LIST

MÖDERE

WEEK 2 NO GRAIN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Protein Smoothie Bowl and 1 slice potato bread	Frittata in a Cup with 1 Paleo Scone	Grain Free Breakfast Cereal & 1 Ccup almond milk	Steamed Omelette	Sunshine Smoothie Bowl 1 slice Potato Bread	1 Eggs on Mushrooms and 1 slice paleo toast	Breakfast Fit For A King with 1 slice potato bread
MORNING TEA	1 banana and 20g unsalted almonds	40g unsalted almonds	100g cherries and 30g walnuts	1 cup honeydew melon and 20g cashews	1 orange and 30g walnut	6 brazil nuts and 1 apple	1 cup total carrot and cucumber sticks plus 20g almonds
LUNCH	Salmon and Kelp Noodle Bowl	No Rice Fried Rice	Black Sesame Stir Fry	90g tin tuna in oil or water with Roasted Beetroot Salad	Fish Parcel with Carrots and Asparagus with 1 cup baby spinach	Greek Chicken Soup and 2 slices of grain free bread	Beef Sticks with Spicy Sauce
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	Grilled Lemon and Herb Chicken with sugar snap peas and squash	Pumpkin and Haloumi Delight	Spiced Barramundi with broccolini	Stuffed Eggplants with Quinoa	Pineapple Honey Prawns with 1/2 cup of No Rice Fried Rice	Paleo Cabbage Rolls with 1 cup sweet potato mash	Hearty Chicken Vegetable Soup with 1 Paleo Scone
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea

PROTEIN SMOOTHIE BOWL

INGREDIENTS

2 kale leaves, thick stems removed
 A handful of spinach
 1 avocado, skin and seed removed
 100mL coconut water
 200mL unsweetened almond milk
 2 dates, pitted and chopped
 1 tbsp pistachio, coarsely chopped
 12 raspberries
 1 tbsp almond flakes
 Coconut flakes, pine nuts, chia seeds (optional)

DIRECTIONS

Place the kale, spinach, avocado, coconut milk, unsweetened almond milk and dates in a food processor and blitz until smooth.
 Pour into cereal bowl and top with raspberries, almond flakes and pistachios. Add some coconut flakes, pine nuts and chia seeds if you wish.
 Serves 2

FRITTATA IN A CUP

INGREDIENTS

200g small leek, washed, trimmed and sliced thinly
 90g button mushrooms, quartered
 2 tsp olive oil
 2 roma tomatoes, sliced
 1 egg
 3 egg whites
 60g soft low fat bocconcini cheese

DIRECTIONS

Preheat oven to 200°C.
 Heat oil in medium frying pan; cook leek, stirring, until softened. Add mushrooms; cook, stirring occasionally until tender. Spoon mixture into two 1 cup ovenproof dishes.
 Combine egg, egg whites and cheese in a small bowl; season, pour into dishes. Top with tomato slices.
 Bake frittatas until set, about 25 minutes.
 Serves 2
TIP: Leftovers are great for snack or can be refrigerated for 2 days.

PALEO SCONES

INGREDIENTS

150g almond meal, plus extra for dusting
1 tsp gluten free baking powder
30mL cold pressed olive oil
2 tsp maple syrup
1 tsp vanilla extract
1 free range egg
Strawberry jam to serve

DIRECTIONS

Preheat your oven to 150°C.

Combine almond meal and baking powder. Add the oil, syrup, vanilla and egg.

Mix into a soft sticky dough. Dust your working surface with a little almond meal. Place over the scone dough and flatten out to 3 cm thick.

Cut into small rounds and place onto a dusted (almond meal) baking tray.

Bake for 20–25 minutes or until golden and your scones are cooked through. Remove from the oven and cool.

Serve alone, with strawberry jam or with your choice of whole fruit jam.

Makes 6

GRAIN FREE BREAKFAST CEREAL

INGREDIENTS

200g chopped almonds
100g coconut flakes
50g pepitas
100g dried sultanas
100g dried apple
100g dried cranberry
500ml almond or coconut milk, to serve

DIRECTIONS

Mix all ingredients in a large bowl, then store in an airtight container.

Using $\frac{3}{4}$ cup of the mixed cereal, add either almond or coconut milk.

Use your favorite nuts in the recipe. Depending on how much sweetness you want, you could also add more or less dried fruit. You can use raisins, dried chopped apricots or cherries. You can also top your breakfast with fresh seasonal fruits.

Serves 2



STEAMED OMELETTE

INGREDIENTS

¼ cup firmly packed fresh basil leaves
¼ cup firmly packed flat-leaf parsley leaves
210g canned navy beans
50g fresh champignon mushrooms, quartered
65g roma tomatoes, quartered
50g haloumi
4 eggs
Salt and pepper

DIRECTIONS

Chop up all the herbs finely, season and set aside.

Rinse and drain beans. Mix mushrooms, tomatoes and haloumi together. Divide half the mushroom mixture into ovenproof dishes. Carefully break one egg into each dish. Top with remaining mushroom mixture, then break remaining eggs into dishes.

Cook the 2 egg dishes in bamboo steamer over a wok of simmering water; steam, covered for about 10 minutes or until eggs are cooked through.

Serves 2

SUNSHINE SMOOTHIE BOWL

INGREDIENTS

1 large banana, chopped
2 cups fresh ripe papaya, chopped
½ cup unsweetened pineapple juice
1 cup coconut water
1 tsp cinnamon
1 scoop Modere Vanilla Shake Pea Protein

TOPPING

Blueberries
Desiccated coconut flakes
Pistachios, coarsley chopped
Sesame seeds

DIRECTIONS

Place all ingredients in a blender, whiz up until smooth and creamy.

Divide into 2 bowls. Top with suggested toppings.

Serve immediately.

Serves 2

EGGS ON MUSHROOMS

INGREDIENTS

4 large portobello mushrooms, stem removed, wiped clean
4 large eggs
1 clove garlic, minced finely
30g parmesan cheese, grated
4 tbsp flat-leaf parsley for garnish
Salt and pepper
Cooking spray

DIRECTIONS

Preheat grill and set temperature to high. Line a tray with baking paper, set oven rack in the middle of the oven.

Coat the mushroom caps with cooking spray on both sides.

Season with salt and pepper, broil until soft, approximately 5 minutes, flip the mushrooms over and cook the other side for 5 minutes.

Remove mushrooms from oven. Tip out any liquids and change the oven settings to bake, setting the temperature to 205°C.

Break an egg into each mushroom. Sprinkle with the cheese. Bake until egg whites are set, approximately 15 minutes. Garnish with parsley, and serve with a slice of multigrain toast.

Serves 2

BREAKFAST FIT FOR A KING

INGREDIENTS

2 x 120g salmon fillet
1 tsp garlic powder
2 tsp olive oil
2 tsp dried dill
Salt and pepper
2 eggs (optional)
Cooking spray

DIRECTIONS

Soak 8 bamboo skewers in water for 20 minutes, or use metal skewers.

For Beef Sticks: place all the ingredients except the tomatoes and coriander leaves in a large bowl and mix well by hand or with a large spoon. Shape the mixture into small sausage shapes around the skewers. Arrange them on a tray, cover and rest in the fridge for at least an hour.

For Coriander Sauce: put the coriander, mint, salt, lime juice, chilli and olive oil in a blender. Add 2-3 tablespoons of water; you want to just moisten the mixture, then blend to make a sauce. Transfer to a bowl, cover and set aside.

When you are ready to cook, heat the barbecue or grill to low-medium and cook the skewers for around 10 minutes, turning frequently until cooked through and nicely browned.

Serves 2

NO RICE FRIED RICE

INGREDIENTS

300g cauliflower heads, separated into florets
30g chicken mince
60g small raw prawns, shelled and deveined
1 egg, whisked
1 tbsp olive oil
1 tbsp coconut oil
1 garlic cloves, finely chopped
1 spring onion, finely sliced
30g shitake mushrooms, sliced
1 ½ m knob ginger, finely grated
2 pieces asparagus, chopped
1 small carrot, chopped
1 tbsp gluten free soy sauce
1 handful of bean sprouts
1 small red chilli, finely sliced (optional)
1 tbsp flat-leaf parsley, chopped
Sea salt and freshly ground pepper
Fish sauce to serve (optional)

DIRECTIONS

Pulse the cauliflower in a food processor until it resembles rice. Set aside.

Heat a large pot or wok and sauté half the onion and garlic in olive oil, then add the chicken mince. Stir fry for approximately 5 minutes or until done, occasionally giving it a stir to separate the meat. Add prawns and cook until it has become opaque and firm. Remove from pan, set aside.

Tip the eggs into the same pot or wok, let it set for a minute then scramble, stirring quickly so the eggs are not overcooked and resembles the size of the cooked mince. Remove from pan and add to the mince mix.

Heat the coconut oil in the pan over high heat, add the onion and garlic and cook for a few minutes, or until softened. Stir in the ginger and mushrooms and cook for another 3 minutes. Add the carrots and asparagus, cover and cook for 1 minute. Add the cauliflower and cook for 2-3 minutes, or until tender. Add the chicken, egg, soy sauce, bean sprouts, spring onion, chilli and herbs. Season with salt and pepper to taste and cook for 2 more minutes, or until everything is heated through and well combined.

Serves 2



SALMON AND KELP NOODLE BOWL

INGREDIENTS

350g salmon fillets, cut in 1 cm thick cubes
270g packet kelp noodles, cooked following packet directions
2 spring onions, thinly sliced lengthways
150g frozen edamame or broad beans
1 carrot, peeled, julienned
1 cucumber, thinly sliced diagonally
4 radishes, thinly sliced crossways
80mL Japanese dressing (recipe below)
2 tbsp sesame seeds

MARINADE

4 tbsp soy sauce, salt reduced
4 tbsp rice wine vinegar
Juice of half a lemon

1 tbsp sesame oil

JAPANESE DRESSING

2 spring onions, trimmed thinly sliced
1 tbsp lemon juice
1 tbsp salt reduced soy sauce
1 tsp sesame oil
1 tbsp rice wine vinegar
1 tsp ginger, finely grated
¼ tsp toasted sesame seeds (garnish)

Mix all ingredients except for the sesame seeds in a tight jar and gently shake.

DIRECTIONS

Marinate salmon fillets in marinade mixture for 10 minutes. Drain and sprinkle with sesame seeds.

Place spring onions in a bowl. Cover with iced water. Stand for 15 minutes. Drain. Divide noodles among serving bowls. Top with carrots, radish, broad beans, cucumber, spring onions and salmon.

Drizzle with dressing. Sprinkle over sesame seeds.

Serves 2-3

BLACK SESAME STIR FRY

INGREDIENTS

2 chicken breast, skinless, boneless and cut in 2 x 4cm cubes
1 tbsp olive oil
1 carrots, diagonally sliced
2 spring onions, diagonally sliced
1 small bunch broccolini, cut into pieces
Handful snow peas, sliced diagonally
Handful of bean sprouts
Juice of half s lime
1 tbsp gluten free soy sauce
1-2 tbsp tapioca flour, dissolved in 1/2 cup water

MARINADE

1 fresh red chilli, finely chopped
1 garlic clove, minced
Small handful of fresh coriander, chopped, plus extra to garnish
1 ½ cm knob of fresh ginger, peeled and finely grated
Juice of ½ lime

1 tbsp gluten free soy sauce
1 tbsp black sesame seeds for garnish

DIRECTIONS

Place all the marinade ingredients in a bowl, add the chicken, refrigerate and leave to absorb the flavour for around 20 minutes.

Heat oil in a wok and add the marinated chicken. Stir fry over medium heat for 10 minutes. Set aside.

Add the carrots, spring onions, broccolini, snow peas and bean sprout to the pan, along with the lime juice and 1 tablespoon of water, cover with a lid. Simmer for 3-5 minutes, giving the vegetables a toss a couple of times. Add soy sauce. Make a well in the vegetables and pour in the dissolved corn flour, stirring frequently until it thickens. Mix sauce in with the vegetables and remove from the heat.

Serve the stir fry, garnished with the black sesame seeds and fresh coriander.

Serves 2

TIP: For a vegetarian option, replace the chicken with tofu.

ROASTED BEETROOT SALADS

INGREDIENTS

500g baby beetroots, washed, drained and trimmed
1 navel orange, segmented
A handful baby spinach, washed and drained
1 tbsp balsamic vinegar
1 tbsp olive oil
1 tbsp walnuts, coarsely chopped
Salt and pepper to taste
Cooking spray

DIRECTIONS

Preheat oven at 240°C for approximately 10 minutes.

Arrange beetroot in a greased baking/roasting pan, cover with aluminium foil and cook for 20 minutes or until just tender. Continue cooking for 50 minutes uncovered. Cool.

Mix olive oil and balsamic vinegar together, set aside.

Cut beetroot in to bite size pieces, mix in the orange segments, spinach and walnuts. Toss gently and drizzle with dressing. Season to taste. Serve with favourite meat dish or tin of tuna.

Serves 2

FISH PARCEL WITH CARROTS AND ASPARAGUS

INGREDIENTS

2 x 200g white fish fillets
2 carrots, sliced
1 bunch asparagus, trimmed
Juice of half a lemon
1 tbsp olive oil
Lemon wedge to serve
2 cups baby spinach

DIRECTIONS

Preheat oven to 200°C.

Place four large squares of baking paper on top of 4 large squares of aluminium foil. Layer carrots and asparagus on squares; top with fish. Drizzle with lemon juice and olive oil and season to taste.

Fold parcel to enclose fish and vegetables in foil; place on oven tray. Bake parcels for about 15 minutes.

Arrange fish/vegetable parcels in separate dinner plates and serve with lemon wedge and a cup each of baby spinach.

Serves 2

GREEK CHICKEN SOUP

INGREDIENTS

3 cups chicken stock
1 ½ tbsp olive oil
2 cloves garlic, minced
1 spring onion, chopped
Zest of half a lemon
Juice of 1 lemon
1 cup cauliflower, chopped
1 chicken breast, skinless and boneless
½ tsp red chilli, finely chopped
60g feta, crumbled
⅓ cup chives, chopped
Salt and pepper

DIRECTIONS

Process the cauliflower through a food processor to resemble rice. Set aside.

Heat a soup pot over low-medium heat. Place olive oil and once hot, saute garlic and spring onions until translucent.

Pour in the chicken stock, raise the heat to high, cover the pot and bring to a boil. Add chicken breast, lemon zest and chilli to the pot. Once boiled, reduce heat to medium, then simmer for 5 minutes.

Add cauliflower, 1 teaspoon salt and pepper to taste. Simmer for another 5 minutes then turn the heat off.

Remove the chicken breast from the pot, shred the chicken then return it to the pot. Stir in the crumbled feta cheese and add chives. Season with salt and pepper as needed.

Serves 2

GRILLED LEMON AND HERB CHICKEN

INGREDIENTS

2 x 120g chicken breasts, boneless, skinless and halved

MARINADE

1 tbsp olive oil
2 clove garlic, minced
½ tsp salt
¼ tsp pepper
1 tbsp fresh parsley, finely chopped
1 tbsp coriander, finely chopped
½ tsp fresh thyme, finely chopped
½ tsp fresh oregano, finely chopped
½ tsp fresh rosemary, finely chopped
Juice of half a lemon
Zest of half of a lemon
Sunflower oil for grilling

DIRECTIONS

Mix all marinade ingredients in a large bowl. Massage the marinade into chicken until evenly coated. Cover and refrigerate for at least 2 hours.

Heat up the grill to high temperature. Coat the grill with sunflower oil, using tongs, carefully rub over grates several times until glossy. Place chicken breasts on the grill and cook for approximately 2-3 minutes per side or until cooked through.

Serves 2

BEEF STICKS WITH SPICY SAUCE

INGREDIENTS

350g extra lean beef mince
1 large handful of mint leaves, finely chopped
2 large handfuls of coriander leaves and stems, finely chopped
1 red onion, finely chopped
2 tsp ground coriander seeds
1 tsp grated ginger
1 tsp ground cumin
Juice of half a lime
1 egg
1 tbsp tomato paste
1 long green chilli, finely diced
2 tbsp olive oil
1 tsp sea salt
Chopped tomatoes to serve
Coriander leaves to serve

CORIANDER SAUCE

3 large handfuls of coriander leaves and stems, chopped
2 handfuls of mint leaves, chopped
1 tsp sea salt
Juice of half a lime
1 small red chilli, halved, seeded and sliced
3 tbsp olive oil

DIRECTIONS

Soak 8 bamboo skewers in water for 20 minutes, or use metal skewers.

For skewers: place all the ingredients except the tomatoes in a large bowl and mix well by hand or with a large spoon. Shape the mixture into small sausage shapes around the skewers. Arrange skewers on a tray, cover and rest in the fridge for at least an hour.

For sauce: put the coriander, mint, salt, lime juice, chilli and olive oil in a blender. Add 2-3 tablespoons of water; you want to just moisten the mixture, then blend to make a sauce. Transfer to a bowl, cover and set aside.

When you are ready to cook, heat the barbecue or grill to low-medium and cook the skewers, turning frequently until cooked through for around 10 minutes and nicely browned.

Serve with coriander sauce, tomatoes and coriander leaves.

Serves 2

PUMPKIN AND HALOUMI DELIGHT

INGREDIENTS

325g Kent pumpkin, cut into thin wedges
100g green beans, halved crosswise
1 tbsp olive oil
1 tbsp red wine vinegar
½ cup fresh coriander, loosely packed
½ cups fresh flat-leaf parsley leave, loosely packed
50g baby spinach leaves
25g toasted pepitas
125g haloumi, sliced thickly
Cooking spray

DIRECTIONS

Heat a 28 cm frying pan over medium-high heat, coat the pan with cooking spray and cook haloumi until browned on both sides. Set aside.

Steam pumpkin and beans separately until almost tender. Set aside. Blanch beans in cold water; drain well.

Heat the barbecue grill plate, coat with cooking spray and cook pumpkin on the hot plate until wedges are tender.

Place oil, vinegar, herbs, spinach and pepitas in a large bowl; toss gently to combine.

Add haloumi, pumpkin and beans to spinach mixture; toss gently to combine.

Serves 2

SPICED BARRAMUNDI

INGREDIENTS

2 x 120g barramundi fillets (or another firm white fish)
Lemon wedges to serve
½ tbsp coconut oil
SPICE MIX
1 tbsp fennel seeds
1 tbsp cumin seeds
½ tbsp freshly ground black pepper
½ tbsp sea salt
A bunch of broccolini
Sauce
1 tbsp sweet chili sauce
½ tbsp fish sauce
Juice of half a lime
1 tbsp water

DIRECTIONS

For spice mix: place all the spices in a spice grinder or mortar and pestle and grind to fine powder. Mix in the salt and pepper.

For sauce: place all ingredients in a bowl or a jar with a lid and mix or shake to combine.

Coat the fish in the spice mix. Heat a large frying pan or skillet over high heat, melt the coconut oil in a frying pan, when hot, sear the fish until golden brown on each side, approximately 2-3 minutes each side.

Serve with a bed of steamed broccolini.

Serves 2

STUFFED EGGPLANTS WITH QUINOA

INGREDIENTS

2 medium-large eggplant, halved lengthways
2 tbsp olive oil
180g quinoa
350-400mL vegetable stock
1 red onions, coarsely chopped
2 handfuls of baby spinach
2 cloves garlic, minced
15 g parmesan cheese, grated

DIRECTIONS

Preheat the oven to 210°/190°C fan force.

Place eggplants cut side up on a baking tray. Drizzle with olive oil and bake for 20 minutes or until tender.

Place the quinoa in a pan, add vegetable stock. Bring to the boil, reduce the heat and simmer for 20 minutes. Cook covered for the last 5 minutes. Take off the heat and let cool in the pan.

Scoop out the insides of the eggplant when cooked, leaving the skins on the tray. Transfer the flesh to a food processor and add the onion.

Blanch the spinach with hot water for a couple of minutes, drain well. Add to the processor with garlic, blitz until smooth. Place in a large bowl and stir in the quinoa.

Add the cheese into the quinoa mix before spooning back into the eggplant skins. Bake for another 5 minutes or serve immediately.

Serves 2

PINEAPPLE HONEY PRAWNS

INGREDIENTS

Half a small pineapple, coarsely chopped
400g uncooked green prawns, shelled and deveined, leave tails intact
75g snow peas, trimmed
1 spring onions, cut in 2cm long, trimmed
Half of a red capsicum, coarsely chopped
1 clove garlic, minced
100g canned bamboo shoots, drained and rinsed
1 tsp peanut oil
1 tbsp tamarind concentrate
½ tbsp honey

DIRECTIONS

Heat oil in wok over medium-high heat; stir fry garlic, spring onions, prawns, capsicum and snow peas until prawns have changed colour.

Add remaining ingredients; stir occasionally until well done, season to taste.

Serve with half a cup of brown rice.

Serves 2

PALEO CABBAGE ROLLS

INGREDIENTS

250g pork and veal mince
1 cup cauliflower rice
6 good cabbage leaves
½ cup canned tomatoes
½ tsp oregano
½ tsp salt
1 egg
1 garlic clove, minced
2 spring onions, finely chopped
½ tsp cracked pepper

DIRECTIONS

Place water in a medium-large sauce pan or frying pan, cover and bring to the boil. Pop the cabbage leaves, one by one, in and blanch just to wilt them. Transfer to a large bowl with cold water and cool to stop the cooking process. Drain well in a colander. Set aside.

In a large bowl, mix mince, cauliflower rice, onion, oregano, garlic. Season with salt and pepper. Crack an egg in the meat mixture and mix well. Let stand for 5 minutes.

Using the cabbage leaves, place approximately ¼ cup of the meat mixture in the lower third of the leaf, roll like a spring roll and arrange cabbage rolls seam side down in a deep frying pan or casserole dish. This mixture should make around 5-6 rolls.

Pour the canned tomatoes over and season with salt and freshly cracked pepper. Cover and bring to the boil then reduce heat. Simmer cabbage rolls for 25-30 minutes; until juice is reduced to a thick sauce. Serve warm.

Serves 2

HEARTY ROAST CHICKEN AND VEGETABLE SOUP

INGREDIENTS

2-3 cups leftover shredded roasted chicken or 500g uncooked chicken breasts
100g Kent pumpkin, peeled and cubed
2 cloves garlic, minced
100g carrots, peeled and cubed
100g sweet potato, peeled and cubed
100g baby spinach
½ white onion, quartered
2 tbsp olive oil
1 Lt chicken stock
¾ tsp dried parsley
1 tsp sea salt
½ tsp dried thyme
½ tsp dried rosemary
¼ tsp dried oregano
¼ tsp cracked pepper
1 cup water

DIRECTIONS

Preheat oven to 220°C. Prepare a large roasting pan, coat with olive oil, pop the vegetables in the pan and season with salt and pepper. Roast until the vegetables are tender and slightly brown on the edges.

While roasting the vegetables, bring the chicken stock to a boil in a large stockpot. Once boiled, reduce the heat to simmer. Add the chicken, herbs, salt and pepper. Cover and cook for about 15 minutes. For raw chicken breasts, cook for about 45 minutes, until chicken is cooked through and tender enough to shred with a fork.

Add half the vegetables to the soup and place the other half in a blender. Make sure to put all of the onions quarters into the blender. Puree the vegetables with 1 cup of water. Add the vegetable puree and baby spinach to the soup. Simmer for 5-10 minutes, until the spinach is wilted. Taste and season accordingly.

Serves 2

TIP: Half of the quantity can be frozen.

WEEK 2 NO GRAIN MEAL PLAN

SHOPPING LIST - SERVES 2

PROTEIN	QTY	VEGETABLES	QTY	FRUIT	QTY	NUTS & SEEDS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Egg	14	Asparagus	3.5 bunch	Apple - dried	100g	Almond flakes	1 tbsp	Bamboo sticks	8
Vanilla Shake Pea Protein	1 scoop	Baby spinach	550g	Avocado	1	Almonds	360g	Beans - navy	210g
Salmon fillet	240g	Beans - green	100g	Banana	3	Chia seeds	10g	Chicken broth/stock	1.75L
Chicken breast	360g	Bean Sprouts	250g	Cranberry - dried	100g	Pepitas	75g	Chilli - long green	1
Chicken thigh fillets	45g	Bamboo shoots	100g	Raspberry	12	Pine Nuts	10g	Chilli - red	6
Chicken - roasted	3 cups	Blueberries	50g	Papaya	50g	Pistachio	30g	Coconut flakes	135g
Prawns - raw	490g	Broad beans	150g	Pineapple	1	Sesame seeds	20g	Cooking Spray	1
Tuna	90g	Broccoli	1 Bunch	Cherries	200g	Walnut	180g	Coriander seeds	20g
White fish fillets	400g	Cabbage leaves	6	Honey dew	100g	Cashews	40g	Cumin - ground	13g
Lean beef - mince	350g	Capsicum - red	1	Apple	2	Brazil nuts	12 pcs	Dates	2
Barramundi fillet	240g	Carrot	9	Lemon	6	Black sesame seeds	15g	Fish sauce	15mL
Pork and Veal - mince	250g	Cauliflower	650g	Lime	2	Quinoa	180g	Garlic powder	10g
		Cucumber - lebanese	2	Orange	3			Honey	8mL
SNACKS		Eggplant	2	DAIRY	QTY	HERBS	QTY	Japanese dressing	80mL
		Kale leaves	2	Almond milk	400mL	Basil	¼ bunch	Oil - coconut	23mL
Cottage Cheese		Mushroom - portobello	4	Bocconcini cheese - low fat	60g	Cinnamon	5g	Oil - olive	150mL
Haloumi		Mushrooms - shitake	45g	Haloumi	175g	Chives	½ bunch	Oil - peanut	10mL
Hard Cheese (low fat)		Mushrooms - button	140g	Parmesan cheese	45g	Garlic - clove	4	Oil - Sesame	15mL
Quark (low fat German style)		Onion - red	2	Feta	60g	Leek	200g	Oil - Sunflower	20mL
Salmon Smoked*		Onion - white	½	Light butter	5g	Parsley - dried	10g	Paleo scone	4
Sardines**		Pumpkin - kent	425g	Natural yoghurt	120mL	Parsley - flat-leaf	1 bunch	Pepper	6g
Tuna**		Radish -red skin	4			Dill - dried	10g	Pineapple juice	125mL
		Snow peas	175g			Spring onions	10	Potato bread slices	12
*check label for hidden sugars		Sweet potato	250g			Ginger	5 cm	Salt	6g
**small can in spring water		Tomato - canned	125g			Coriander	2 bunch	Soy Sauce - Salt reduced/GF	113mL
		Tomato - roma	6			Mint leaves	1 bunch	Tamarind concentrate	15g
						Thyme	8 leaves	Tapioca flour	15g
						Oregano	10g	Tomato paste	15g
						Rosemary	10g	Vinegar- Rice wine	75mL
								Vegetable Stock	400mL