



NO GRAIN FOOD GUIDES

WEEK 3 NO GRAIN
MEAL PLAN, RECIPES AND
SHOPPING LIST

MÖDERE

WEEK 3 NO GRAIN MEAL PLAN

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------------------|---|---|---|---|---|---|---|
| BREAKFAST | Sunshine Smoothie Bowl and 1 slice potato bread | Eggs on Mushrooms and 1 slice grain-free toast | Protein Smoothie Bowl and 1 slice potato bread | Frittata in a Cup and 1 slice of grain-free toast | 1 Protein Packed Muffins and 100g Strawberries | ¾ Cup No-Grain Breakfast Cereal | Breakfast Fit for a King and 1 slice grain-free toast |
| MORNING TEA | 1 cup honeydew melon and 20g cashews | 1 orange and 30g walnuts | 6 brazil nuts and 1 apple | 1 cup total carrot and cucumber sticks plus 20g almonds | 1 pear and 40g walnuts | 1 cup rockmelon | 100g blueberries and 20g almonds |
| LUNCH | Fish Parcel with carrots and asparagus | Zucchini and Sweet Potato Slice | No Rice Fried Rice | Beef Sticks with Spicy Sauce | Salmon and Kelp Noodle Bowl | Black Sesame Stir Fry | 90g tin tuna in oil or water and Roasted Beetroot Salad |
| 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 |
| 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 | Pineapple Honey Prawns and ½ cup No Rice Fried Rice | Paleo Cabbage Rolls | Pumpkin and Haloumi Delight | Stuffed Eggplant with Quinoa and 1 slice grain-free bread | Grilled Lemon and Herb Chicken with sugarsnap peas and squash | Spiced Barramundi with broccolini | Spiced Barramundi with broccolini |
| SUPPER | Herbal tea | Herbal tea | Herbal tea | Herbal tea | Herbal tea | Herbal tea | Herbal tea |

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 pea protein shake powder

TOPPING

Blueberries
 Desiccated coconut flakes
 Pistachios, coarsely 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 and wiped cleaned
 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. Line a baking 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, grill for approximately 5 minutes. Flip the mushrooms over and cook the other side for 5 minutes.

Remove mushrooms from oven. Tip out any liquid and turn the oven settings to 204°C.

Break an egg into each mushroom. Sprinkle with the cheese. Bake for approximately 15 minutes or until egg is white. Garnish with parsley and serve with grain-free toast. Serves 2

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 date, pitted and chopped
 1 tbsp pistachio, coarsely chopped
 12 raspberries
 1 tbsp almond flakes
 Coconut flakes, pine nuts, chia seeds (optional)

DIRECTIONS

Place the first 6 ingredients in the food processor, blitz until smooth.

Pour into cereal bowl and top with raspberries, almond flakes and pistachios. May also add some coconut flakes, pine nuts and chia seeds, etc.

Serves 2

TIP: Leftovers are great for snack or can be refrigerated for 2 days.

FRITTATA IN A CUP

INGREDIENTS

200g small leek, thinly sliced
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.

Trim and wash leeks. Heat oil in medium frying pan; cook leeks, 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 and season. Pour into dishes. Top with tomato slice.

Bake frittatas for 25 minutes or until set.

Serves 2

PROTEIN PACKED MUFFIN

INGREDIENTS

1 cup cauliflower cut into bite size florets
3 large eggs
1 cup spinach lightly packed and torn
 $\frac{3}{4}$ cup left over chicken flakes
Cooking spray
Salt and pepper

DIRECTIONS

Preheat oven to 200°C and spray muffin tin with cooking spray. Set aside.

Blitz the cauliflower using a food processor until it resembles rice. Set aside.

Whisk eggs in a large bowl, add in the chicken, cauliflower, spinach and season with a pinch of salt and pepper. Mix well.

Pour the mixture into the 6 muffin tins and bake for 20 minutes or until cooked through. This will take around 20-25 minutes.

Let cool in the pan, the left over is great for snack or can be refrigerated for 2 days.

Serves 2-3



NO GRAIN 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 mixed cereal, add either coconut or almond milk for a nutritious breakfast.

Use your favorite nuts in the recipe. Depending on how much sweetness you desire 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

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

Preheat oven to 180°C.

Coat an ovenproof baking dish with cooking spray.

Wash, drain and pat dry salmon, then place it flesh side up in the baking dish. Drizzle fish with olive oil.

In a small bowl, mix garlic powder, dill, salt and pepper.

Sprinkle a thin layer of the mix over the salmon fillet. Store the remaining herb mixture in an airtight container for future use.

Bake in the oven until salmon is cooked through, for approximately 15-20 minutes.

Serve with either a fried or poached egg if you wish.

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
2 cups baby spinach
Lemon wedge to serve

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. Season to taste.

Fold parcel to enclose fish and vegetables in foil; place on oven tray.

Bake parcels for about 15 minutes.

Arrange parcels on a separate dinner plates, serve with lemon wedge and a cup each of baby spinach.

Serves 2

ZUCCHINI AND SWEET POTATO SLICE

INGREDIENTS

1 medium sweet potatoes, peeled and coarsely grated
1 large zucchini, coarsely grated
2 eggs
 $\frac{1}{2}$ cup almond meal (or $\frac{1}{3}$ cup coconut flour for nut free version)
1 garlic cloves, minced
1 tbsp fresh chives, roughly chopped
Pinch of sea salt Pinch of black pepper
Optional
 $\frac{1}{2}$ a packet feta, crumbled
 $\frac{1}{2}$ tsp. chili flakes

DIRECTIONS

Pre-heat oven to 180°C.

Add all ingredients to a large mixing bowl and mix until well combined. Spoon mixture into a baking dish lined with baking paper. Place in the oven and cook for approximately 30-35 minutes until set and golden on top. Let it cool for a few minutes and then slice to serve.

Serves 2

Recipe by Malissa Corrie

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 clove, finely chopped
1 spring onion, finely sliced
30g shiitake mushrooms, sliced
1.5 cm knob ginger, finely grated
2 asparagus, chopped
1 small carrot, chopped
1 tbsp gluten free soy sauce
1 handful of bean sprouts
1 tbsp flat-leaf parsley, chopped
Sea salt and freshly ground pepper
1 small red chilli, finely sliced (optional)
Fish sauce to serve (optional)

DIRECTIONS

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

Heat a large wok and sauté half of the onion and garlic in olive oil, then add the chicken mince. Stir fry for approximately 5 minutes or until cooked, occasionally stirring to separate the mince. Add prawns and cook until opaque and firm. Remove from pan and set aside.

Pour the egg into the same wok and let it set for a minute then stir quickly so eggs are not overcooked and resemble the size of the cooked mince. Remove from pan and add to the mince mix.

Heat the remaining 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 few 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 parsley. Season with salt and pepper to taste and cook for 2 more minutes, or until everything is heated through and well combined.

Serve with your favourite condiment.

Serves 2

BEEF STICKS WITH SPICY SAUCE

INGREDIENTS

350g extra lean beef minced
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 beef sticks: 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 sausages 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 around 10 minutes and nicely browned.

Serve with coriander sauce, tomatoes and coriander leaves.

Drizzle with dressing. Sprinkle over sesame seeds.

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 and boneless cut in 2 x 4 cm chunks

1 tbsp olive oil

1 carrot, 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 a lime

1 tbsp gluten free soy sauce

1-2 tbsp corn flour, dissolved in 1/2 cup water

MARINADE

1 fresh red chilli, finely chopped

1 garlic clove, minced

Small handful of fresh coriander, chopped

1 1/2 cm knob of fresh ginger, peeled and finely grated

Juice of half a lime

1 tbsp gluten free soy sauce

1 tbsp sesame seeds to garnish

DIRECTIONS

Place all the marinade ingredients in a bowl. Add 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 carrot, spring onions, broccolini, snow peas and bean sprouts to the wok with 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 the dissolved corn flour, stirring frequently until it thickens. Mix sauce in with the vegetables and remove from the heat. Garnish with 1 tbsp black sesame seeds and fresh coriander.

Serves 2

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

ROASTED BEETROOT SALAD

INGREDIENTS

500g baby beetroots, washed and drained

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 10 minutes (approximately).

Trim beetroot, arrange in greased baking/roasting pan covered with aluminium foil and cook until just tender for 20 minutes, continue cooking for 50 minutes uncovered. Cool.

Mix olive oil and balsamic vinegar together, set aside.

Cut beetroot in bite size, 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

PINEAPPLE HONEY PRAWNS

INGREDIENTS

1/2 a small pineapple, coarsely chopped

400g uncooked green prawns, shelled and deveined, tails intact

75g snow peas, trimmed

1 spring onion, sliced lengthways

1/2 of red capsicum, coarsely chopped

1 clove garlic, minced

100g canned bamboo shoots, rinsed and drained

1 tsp peanut oil

1 tbsp tamarind concentrate

1/2 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 steaming hot brown rice or our No Rice Fried Rice.

Serves 2

PALEO CABBAGE ROLLS

INGREDIENTS

250g pork and veal mince

1 cup cauliflower rice

6 good cabbage leaves

1/2 cup canned tomatoes

1/2 tsp oregano

1/2 tsp salt

1 egg

1 garlic clove, minced

2 spring onions, finely chopped

1/2 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 1/4 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

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 cup fresh flat-leaf parsley leaves, loosely packed
50g baby spinach
25g toasted pepitas
125g haloumi, sliced thickly
Cooking spray

DIRECTIONS

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

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

Heat the barbecue grill plate or grill, 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

STUFFED EGGPLANTS WITH QUINOA

INGREDIENTS

2 medium-large eggplants, cut in half lengthways
2 tbsp olive oil
180g quinoa
350-400mL vegetable stock
1 red onion, coarsely chopped
2 handfuls of spinach
2 cloves garlic, minced
15g parmesan cheese, grated

DIRECTIONS

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

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 and 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 cooled, leaving the shells 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 and drain well. Add to the processor with garlic and blitz until smooth. Place in a large bowl and stir in the quinoa.

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

Serves 2

SPICY BEEF CUPS WITH CARROT SALAD

INGREDIENTS

250g lean beef mince
2 large tomatoes, diced
½ red onion, finely chopped
2 garlic cloves, finely chopped
1 red hot chili, minced
1 tsp cumin seeds, crushed
1 tsp paprika
2 tbsp olive oil
Juice and zest of 1 lime
Sea salt and freshly ground pepper

TO SERVE

4-6 perfectly shaped romaine lettuce cups
½ avocado, sliced into long slivers
½ bunch of coriander, stalks removed, chopped
Extra virgin olive oil

CARROT SALAD

4 carrots, grated
Leaves of ½ bunch of coriander
4 tsp poppy seeds
Seeds from 1 fresh pomegranate
Juice and zest of 1 lime
Sea salt and fresh ground black pepper
3 tbsp extra virgin olive oil

DIRECTIONS

For beef: heat a large frying pan over medium heat. Coat with olive oil, then saute onions and garlic until translucent. Stir in the mince (make sure to break it up) then add the tomatoes, cumin, paprika, lime juice (reserving a little for serving) and zest. Pop the lime peel halves into the pan and let it all simmer away until the mixture has reduced by a third. Discard the lime peel. Add the chopped red chilli.

For carrot salad: add grated carrots into a bowl, then add the coriander, poppy seeds, pomegranate seeds and lime juice and zest. Season with sea salt and freshly ground pepper to taste and drizzle with extra virgin olive oil.

To assemble: take a lettuce cup and pop in some carrot salad, then spicy beef mix. Top with a few slivers of avocado, some coriander leaves, a drop of lime juice and a drizzle of olive oil.

Serves 2

SPICED BARRAMUNDI

INGREDIENTS

2 x 120g barramundi fillets (or another firm white fish)
Lemon wedges to serve
½ tbs coconut oil
SPICE MIX
1 tbsp fennel seeds
1 tbsp cumin seeds
½ tbsps freshly ground black pepper
½ tbsps sea salt
Bunch of broccolini

SAUCE

1 tbsp sweet chilli sauce
½ tbsps fish sauce
Juice of half a lime
1 tbsps water

DIRECTIONS

For spice mix: place all the spices in a spice grinder or mortar and pestle and grind to a 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 and when hot, sear the fish for approximately 2-3 minutes each side or until golden brown.

Serve on a bed of steamed broccolini.

Serves 2

WEEK 3 NO GRAIN MEAL PLAN

SHOPPING LIST - SERVES 2

| PROTEIN | QTY | VEGETABLES | QTY | FRUIT | QTY | NUTS & SEEDS | QTY | CONDIMENTS, OILS, GRAINS | QTY |
|------------------------------|---------|-----------------------|---------|-----------------------------|------------|----------------------|------------|-----------------------------|-------|
| Barramundi fillets | 240g | Asparagus | 2 bunch | Apple - Dried | 100g | Almonds | 290g | Almond meal | 50g |
| Beef - mince | 250g | Baby spinach | 590g | Apple fresh | 2 | Brazil nuts | 12 | Black pepper - ground | 10g |
| Chicke breast fillet | 480g | Bamboo Shoots | 100g | Avocado | 1 | Cashews - unsalted | 40g | Bread - grain-free | 8 |
| Chicken thigh fillet | 45g | Bean Sprouts | 200g | Banana | 1 | Chia seeds | 10g | Bread - potato | 4 |
| Eggs | 19 | Beetroot - baby | 500g | Blackberries | 200g | Pepitas | 75g | Broad Beans | 150g |
| Pea Protein | 1 scoop | Broccolini | 2 bunch | Blueberries | 50g | Pine nuts | 10g | Chilli | 1 |
| Pork and veal mince | 250g | Cabbage leaves | 6 | Cranberry - dried | 100g | Pistachios | 70g | Chilli flakes | 3g |
| Praw - raw green | 490g | Capsicum - red | ½ | Honey Dew | 300g | Sesame Seeds | 90g | Coconut - dessicated | 20g |
| Salmon fillet | 790g | Carrots | 7 | Lemon | 3 | Sesame Seeds - black | 10g | Coconut flakes | 105g |
| Tuna - tin | 2 | Cauliflower | 550g | Lime | 3 | Walnuts | 150g | Coconut water | 350mL |
| White fish fillet | 400g | Cucumber | 1 | Orange | 3 | | | Cooking spray | 1 |
| | | Eggplant | 2 | Papaya | 50g | | | Dates | 2 |
| | | Kale | 2 | Pear | 2 | | | Fish Sauce | 35g |
| | | Mushroom - button | 90g | Pineapple | ½ | HERBS | QTY | Honey | 8mL |
| SNACKS | | Mushroom - portabello | 4 | Pineapple juice | 125mL | Chives | 15g | Kelp noodles | 270g |
| Cottage Cheese | | Mushroom - shitake | 45g | Raspberries | 12 | Cinnamon | 5g | Oil - Coconut | 35mL |
| Haloumi | | Onion - red | 1 | Rockmelon | 300g | Coriander - fresh | 130g | Oil - Olive | 180mL |
| Hard Cheese (low fat) | | Pumpkin - kent | 325g | Strawberries | 100g | Cumin | 10g | Oil - Peanut | 5mL |
| Quark (low fat German style) | | Radish - red skin | 4 | Sultana - dried | 100g | Dill - dried | 10g | Oil - Sesame | 30mL |
| Salmon Smoked* | | Snow peas | 125g | | | Fennel Seeds | 5g | Oil - Sunflower | 30mL |
| Sardines** | | Squash - yellow | 250g | DAIRY | QTY | Garlic - clove | 4 | Salt | 5g |
| Tuna** | | Sugar Snap | 150g | Almond milk | 700mL | Garlic powder | 5g | Soy Sauce - GF salt reduced | 70mL |
| | | Sweet Potato | 1 | Bocconcini cheese - low fat | 60g | Ginger | 4cm | Sweet Chilli Sauce | 15mL |
| | | Tomato - canned | 200g | Feta cheese | 50g | Leek | 1 | Tamarind concentrate | 15g |
| | | Tomato - Roma | 4 | Haloumi Cheese | 125g | Oregano | 10g | Tapioca flour | 30g |
| | | Zucchini | 1 | Parmesan Cheese | 45g | Parsley - flat-leaf | 130g | Vegetable stock | 400mL |
| | | | | | | Spring onion | 9 | Vinegar - balsamic | 15mL |
| | | | | | | Thyme | 5g | Vinegar - red wine | 15mL |
| | | | | | | | | Vinegar - rice wine | 60mL |

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