



# MEDITERRANEAN FOOD GUIDE

WEEK 3 STANDARD MEAL PLAN,  
RECIPES AND SHOPPING LIST

MÖDERE®





# WEEK 3 STANDARD MEDITERRANEAN MEAL PLAN

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





## OATS AND BLUEBERRY SENSATION

*Recipe also suitable for vegan Meal Plan*

### INGREDIENTS

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

### DIRECTIONS

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

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

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

Serves 2

## FRUITY QUINOA PORRIDGE

### INGREDIENTS

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

### DIRECTIONS

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

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

Serves 2





## SWEET POTATO WITH LEEK FRITTATA

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

Serves 2

## FRUIT SALAD

### INGREDIENTS

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

### DIRECTIONS

Toss all ingredients in a bowl.

Serve with Yoghurt and almond flakes.

Serves 4





## BREAKFAST CASSEROLE

### INGREDIENTS

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

### DIRECTIONS

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

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

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

Serves 2

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

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





## BUCKWHEAT PANCAKES

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

Serves 2





## MEDITERRANEAN BREAKFAST CREPE

*Recipe also suitable for No Grain Meal Plan*

### INGREDIENTS

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

### DIRECTIONS

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

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

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

Serves 2

## KUMARA FRITTERS WITH HALOUMI

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

Serve fritters topped with cheese, tomatoes and rocket.

Serves 2





## COUSCOUS SALAD

### INGREDIENTS

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

### DIRECTIONS

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

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

Just before serving, mix in all the remaining ingredients.

Serve 2 as vegetarian main or 4 as side dish.

## GRILLED BARRAMUNDI

### INGREDIENTS

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

### DIRECTIONS

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

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

Serves 2

Serve with Couscous Salad.









## HONEY MUSTARD CUTLETS

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

Serve 2 pieces of cutlets with steamed vegetables

## CHILLI BEEF & BROCCOLI

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

Serves 2.













## MEATBALL SOUVLAKI IN PITA BREAD

### INGREDIENTS

Meatballs:

125g veal and pork minced

1 small egg

1 tbsp bread crumbs

2 tsp dijon mustard

dash dried oregano

dash dried basil

salt and pepper

Tzatziki sauce:

1 small continental cucumber, chopped fine (unpeeled)

½ cup plain Greek yoghurt

1 clove garlic, minced

¼ teaspoon dried dill

salt and pepper

To serve:

whole wheat pita bread

green leaf lettuce

red onion, chopped

tomatoes, chopped

cucumber, chopped

feta cheese, crumbled

### DIRECTIONS

Preheat the oven to 210°C.

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

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

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

Serves 2

## PESTO CHICKEN WITH QUINOA

### INGREDIENTS

80g quinoa

½ tsp extra-virgin olive oil

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

1 handful of rocket

25g mozzarella cheese, torn into pieces

10g Parmesan cheese

1 tsp toasted sesame seeds

A little handful of alfalfa sprouts

½ tsp olive oil, to serve

2 tbsp Pine Nut Pesto

PINE NUT PESTO

½ cup pine nuts

3 tbsp grated parmesan

1 clove garlic

1 cup basil leaves

⅓ cup

### DIRECTIONS

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

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

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

PINE NUT PESTO DIRECTIONS

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

Serves 2





## MEDITERRANEAN GRILLED FISH STEAK

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

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

Serves 2

## LEAN BEEF KEBABS WITH GRILLED ZUCCHINI GREMOLATA

### INGREDIENTS

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

### DIRECTIONS

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

Preheat your grill to medium-high.

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

Cook on the grill to your liking.

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

Serve with Herb Grilled Zucchini.

Serves 2





## TOFU VEGE STIR-FRY

### INGREDIENTS

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

### DIRECTIONS

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

Dissolve corn flour in cold water, set aside.

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

Serves 2

## CHAR-GRILLED LAMB WITH OLIVE AND CUCUMBER SALAD

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

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

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

Serves 2





## MEDITERRANEAN GRILLED FISH STEAK

### INGREDIENTS

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

### DIRECTIONS

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

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

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

Serves 2

## SESAME CRUSTED CHICKEN WITH APPLE COLESLAW

### INGREDIENTS

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

### DIRECTIONS

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

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

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

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

Serves 2





## ALL IN ONE PORK TENDERLOIN

### INGREDIENTS

#### PORK:

½ pork tenderloin, trimmed

½ tbsp olive oil

Salt and pepper

½ tsp apple cider vinegar

¼ cup chicken stock

1 tsp cornstarch

¼ cup water

#### PEPPERS:

½ tbsp olive oil

1 tsp chopped fresh thyme, divided

2 cloves garlic, minced

2 anchovy fillets, drained and finely minced

¼ red capsicum, cut into long thin strips

¼ yellow capsicum, cut into long thin strips

¼ green capsicum, cut into long strips

1 tbsp fresh flat-leaf parsley leaves, torn

### DIRECTIONS

Preheat oven to 225°C for 10 minutes.

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

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

Serves 2



STANDARD

WEEK 3 MEDITERRANEAN MEAL PLAN - RECIPES



# WEEK 3 MEDITERRANEAN SHOPPING LIST

## SERVES 2

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

\*check label for hidden sugars

\*\*small can in spring water







## **MEDITERRANEAN FOOD GUIDES**

WEEK 3 NO GRAIN  
MEAL PLAN, RECIPES AND  
SHOPPING LIST



MÖDERE.



# WEEK 3 NO GRAIN MEDITERRANEAN 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	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack	<b>SUSTAIN</b> Protein Snack
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> 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  
¾ 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  
½ cup almond meal (or ⅓ 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  
½ a packet feta, crumbled  
½ 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 ½ 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 tastes. Serve with favourite meat dish or tin of tuna.

Serves 2





## PINEAPPLE HONEY PRAWNS

### INGREDIENTS

½ a small pineapple, coarsely chopped  
400g uncooked green prawns, shelled and deveined, tails intact  
75g snow peas, trimmed  
1 spring onion, sliced lengthways  
½ of red capsicum, coarsely chopped  
1 clove garlic, minced  
100g canned bamboo shoots, rinsed and drained  
1 tsp peanut oil  
1 tbsp tamarind concentrate  
½ tbsp honey

### DIRECTIONS

Heat oil in wok over medium-high heat; stirfry 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  
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





## 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 tbsp freshly ground black pepper

½ tbsp sea salt

Bunch of broccolini

### SAUCE

1 tbsp sweet chilli 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 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 MEDITERRANEAN 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	<b>HERBS</b>	<b>QTY</b>	Honey	8mL
<b>SNACKS</b>		Mushroom - portabello	4	Pineapple juice	125mL	Chives	15g	Kelp noodles	270g
Protein Bar Choc Fudge		Mushroom - shitake	45g	Raspberries	12	Cinnamon	5g	Oil - Coconut	35mL
Cottage Cheese		Onion - red	1	Rockmelon	300g	Coriander - fresh	130g	Oil - Olive	180mL
Haloumi		Pumpkin - kent	325g	Strawberries	100g	Cumin	10g	Oil - Peanut	5mL
Hard Cheese (low fat)		Radish - red skin	4	Sultana - dried	100g	Dill - dried	10g	Oil - Sesame	30mL
Quark (low fat German style)		Snow peas	125g			Fennel Seeds	5g	Oil - Sunflower	30mL
Salmon Smoked*		Squash - yellow	250g	<b>DAIRY</b>	<b>QTY</b>	Garlic - clove	4	Salt	5g
Sardines**		Sugar Snap	150g	Almond milk	700mL	Garlic powder	5g	Soy Sauce - GF salt reduced	70mL
Tuna**		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







# MEDITERRANEAN FOOD GUIDE

WEEK 3 VEGAN MEAL PLAN,  
RECIPES AND SHOPPING LIST

MÖDERE®



# WEEK 2 VEGAN MEDITERRANEAN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	1 cup Baked Bean Delight on multigrain Toast & 1 banana	Veganan Big Breakfast with Scrambled Tofu and 1 slice of wholegrain bread & 2 slices Vegan Cheddar Cheese	1 Cup Overnight Chia and Nut Breakfast with 1 cup almond milk	1 Palm sice Omelette du Chickpea & 1 cup rockmelon with ½ cup Vegan/Soy yogurt	Mixed Berries Smoothie Bowl	Blueberry Eggless Pancake	Baked Sunshine Granola with Fruit Yogurt
MORNING TEA	1 banana 20g unsalted Cashews	100g Apricots and 20g Cashews	1 Pear & 20g walnuts	100g blue berries 20g walnuts	1 cup Celery and Carrot sticks and ½ Cup humus 20g Walnut	100g Strawberries	40g Unsalted Almonds
LUNCH	Ratatouille on Cheesy Polenta	2 Slices Pan Fried Haloumi Beans, peas and Spinach surprise	1 Mexican Arriba Burger	Quinoa Fig and Green Salad	Wild Rice Salad	Lemon and Lime Salad	Beetroot & Avocado Open Toast
AFTERNOON TEA	2 scoops Vanilla Pea Protein Shake with 200ml almond milk or water	2 scoops Vanilla Pea Protein Shake with 200ml almond milk or water	2 scoops Vanilla Pea Protein Shake with 200ml almond milk or water	2 scoops Vanilla Pea Protein Shake with 200ml almond milk or water	2 scoops Vanilla Pea Protein Shake with 200ml almond milk or water	2 scoops Vanilla Pea Protein Shake with 200ml almond milk or water	2 scoops Vanilla Pea Protein Shake with 200ml almond milk or water
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink
DINNER	Roasted Pumpkin Rounds	Mediterranean Baked Sweet Potato	Lemon, Lentil and Spinach Soup	30 minute Vegetarian Pho	Barbecued Tofu with minted peas and beans	1 Root Vegetable Stack	Kelp Noodles in Peanut-Miso Sauce
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea





## VEGAN BIG BREAKFAST WITH SCRAMBLE TOFU

### INGREDIENTS

150g firm tofu, well drained  
1 tsp curry powder  
¼ tsp sweet paprika  
1 tbsp water  
Olive oil spray  
1 clove garlic, minced  
1 spring onion, finely diced  
1 tbsp red capsicum, chopped into small squares  
1 tbsp parsley, very finely chopped  
Pinch sea salt black pepper  
Handful baby spinach, chopped into thin strips

### SIDES

1 medium tomato, cut in half  
8 small or 6 medium mushrooms, sliced thinly  
¼ tsp onion powder  
½ tsp dried oregano  
½ tbsp parsley chopped

### DIRECTIONS

Preheat oven on low heat 180°C.

Spray or brush fry pan with olive oil and heat. Add the tomatoes, sprinkle with onion powder and oregano. Cook for two minutes, turning over half way through.

Add sliced mushroom and cook, stirring occasionally for a further 3 minutes.

Remove from heat and transfer tomato and mushrooms into an ovenproof bowl, sprinkle with parsley and keep warm.

Respray the pan with olive oil and return to heat.

In a medium bowl, break up the tofu until it resembles scrambled egg. Add the curry powder, paprika and water.

Fry the garlic, spring onion and capsicum until soft, approximately 2 minutes.

Add tofu mixture and stir well with the onion and garlic. Cook for two minutes before adding the parsley, spinach, and seasoning to taste with salt and pepper.

Stir occasionally for another 2 minutes.

Serve with the tomato and mushrooms.

Serves 2

## BAKED BEAN DELIGHT

### INGREDIENTS

1240g tin cannellini beans, drained  
100g canned diced tomatoes  
½ onion, finely diced  
2 cloves garlic, minced  
1 tbsp tomato purée  
½ tsp smoked paprika  
¼ tsp dried thyme  
1 tbsp brown sugar  
1 tbsp soy sauce  
Black pepper

### DIRECTIONS

Heat the oil in a saucepan and add the onion and garlic. Cook over a medium heat for 5 minutes until soft and translucent. Add the tomato purée, paprika, thyme, brown sugar and soy sauce and cook for a couple more minutes.

Add the beans and diced tomatoes and simmer for at least 5 minutes, until the mixture is piping hot and the sauce has thickened a little. Season generously with black pepper. You probably won't need salt because of the soy sauce, but add it if you think it needs it.

Serves 2





## OVERNIGHT CHIA AND NUT BREAKFAST BLEND

### INGREDIENTS

15g chia seeds  
20g almonds  
60g raw cashew nuts  
¼ tsp vanilla essence  
3 drops stevia liquid or 1 tbsp maple syrup  
¼ tsp nutmeg  
¼ tsp ground cinnamon  
350mL water

### DIRECTIONS

Put the chia seeds in a mixing bowl.

In a food processor, blend the almonds, cashews, vanilla, stevia/maple syrup, nutmeg and cinnamon with 350mL of water until smooth.

Add to the chia seeds and mix well.

Place into two serving bowls or jars and refrigerate overnight.

In the morning, add a little almond milk or your favourite nut milk, scatter a few slices of your favourite fruit: berries, kiwi fruit, banana, peach over the top, along with some crushed nuts and you are done!

Serves 2

## OMELETTE AU CHICKPEA

### INGREDIENTS

CHICKPEA BATTER  
¾ cup chickpea flour  
¾ cup + 1 tbsp non-dairy milk  
2 tsp apple cider vinegar  
¼ tsp turmeric powder  
¼ tsp garlic powder  
¼ tsp onion powder  
¼ tsp bi-carb soda  
Salt & pepper - up to ¼ tsp

### STUFFING OPTIONS

1 tbsp olive oil (½ tbsp for frying veges, ½ tbsp omelette)

¼ of a red onion, finely chopped

2 cloves garlic, minced

½ medium tomato chopped

¼ cup sliced mushroom

1 tbsp capsicum, finely chopped

¼ cup baby spinach, chopped

1 tbsp parsley, chopped

### DIRECTIONS

In a medium bowl, whisk together the batter ingredients to resemble pancake consistency. Heat ½ tbsp oil in a non-stick frypan and sauté the garlic and onion until soft and translucent. Add the mushroom and capsicum, cook and stir occasionally. Add the tomato and stir for an additional minute, then remove from pan onto a plate.

Scatter the baby spinach over the cooked vegetables. Set Aside. Return the non-stick frypan to stove top, add ½ tablespoon of olive oil and heat. Pour the batter into the pan. Place the vegetable mixture over one-half of the batter only. Leave to cook, until the omelette sets around the edges (approximately two minutes). Gently fold the the omelette over the vegetable side. Cover the pan and continue cooking for a further minute. Remove from heat and allow to sit for 3 minutes. Serve omelette, sprinkled with parsley and seasoned with salt and pepper to taste.

Serves 2









## MIXED BERRIES SMOOTHIE BOWL

### INGREDIENTS

1 cup frozen mixed berries  
1 cup coconut water  
1 cup unsweetened almond milk  
1 scoop M3 Sync  
2 dates, pitted  
Toppings  
Pepitas  
Walnuts  
Raspberries  
Blackberries  
Sesame seeds

### DIRECTIONS

Allow the frozen berries to thaw for at least half an hour.

Pop all ingredients including the mixed berries in to a blender, whiz up until very smooth. Divide the smoothie in 2 bowls, top with nuts as desired.

Serves 2

## BLUEBERRY EGGLESS PANCAKE

### INGREDIENTS

1 cup whole wheat flour, sifted  
1 tbsp white sugar  
1 tsp cinnamon  
1 tsp baking powder  
1 cup almond milk  
2 tbsp sunflower oil  
1 tbsp water  
1 tsp vanilla extract  
1 cup blueberries, washed and drained  
1 tbsp maple syrup or honey, to serve

### DIRECTIONS

Sift together and combine all dry ingredients in a medium to large mixing bowl.

Make a well in the centre of the flour mixture; add, milk, oil, water and vanilla.

Blend all ingredients using a whisker until just combined, do not over mix. It should still appear slightly lumpy. Sprinkle blue berries into batter and gently blend. Do not over mix to avoid discolouring the batter. Set aside.

Spray 25 cm frying pan with cooking spray, heat it over medium to hot stove. When hot, pour  $\frac{1}{3}$  cup of the batter in the middle of the pan. Cook until bubbles form on the surface of the pancake. Flip the cake with a turner and cook for another minute.

Serve 3 pan cakes with a tablespoon of maple syrup or honey. Add more sugar if you prefer not to use syrup.

Serves 2





## BAKED SUNSHINE GRANOLA

### INGREDIENTS

½ cup (110g) rolled rice  
½ tbsp sunflower oil  
½ tbsp maple syrup  
½ tbsp orange juice  
¼ tsp vanilla extract  
40g sunflower seeds  
½ tbsp sesame seeds  
50g pepitas  
2 tsp flaked almonds  
¼ tsp mixed spice (or ¼ tsp cinnamon & ¼ tsp nutmeg)  
30g dried cranberries  
15g dried apples, finely chopped  
2 tbsp sultanas

### DIRECTIONS

Preheat oven to 200°C

In a bowl mix the rice or oats, oil, syrup, essence, seeds, almonds and spice. Spread over baking paper on an oven tray. Bake for 15 minutes, stirring at least once.

Remove from oven and sprinkle the dried fruit over the mixture, gently stirring through. Put back in oven for 5 minutes more.

Remove from heat and cool.

Store in an airtight container in the refrigerator for up to 2 months.

Serve with milk of your choice.

Serves 2

## RATATOUILLE ON CHEESY POLENTA

### INGREDIENTS

1 small eggplant, coarsely chopped  
½ red capsicum, diced  
200 g diced tomatoes  
6-8 basil leaves  
2 tsp olive oil  
Salt and pepper  
Cheesy polenta  
85g Polenta  
2 ½ cups water  
40g Vegan parmesan cheese, finely grated

### DIRECTIONS

Heat oil in a large frying pan, place tomatoes, bring to the boil, add eggplant, capsicum, allow to cook until tender, stirring occasionally. Simmer for another 3-5 minutes uncovered until the mixture thickens slightly. Season with salt and pepper.

Cheesy polenta: In a saucepan, combine polenta and water. Bring to the boil, stirring occasionally. Reduce heat, cover the pan, cook for 10 minutes until polenta thickens. Remove from heat, stir in cheese, season with salt if required. Allow to stand for 5 minutes. Serve polenta with ratatouille.

Serves 2





## HALOUMI WITH BEANS AND PEAS SURPRISE

### INGREDIENTS

4 x 60g Vegan Haloumi Cheese  
120g Green beans, washed and halved  
30g baby spinach leaves, washed  
1 clove garlic  
8-10g fresh ginger  
1 tbsp olive oil  
1 fresh chili, chopped  
40g frozen baby peas  
Salt and cracked pepper.

### DIRECTIONS

Steam beans until just tender, rinse under cold water, drain and pat dry.

Peel and slice garlic thinly (julienne). Set aside.

Heat oil in a wok over medium to high heat. Saute' ginger and chilli until fragrant around 30 seconds. Add beans and peas, stir fry for a minute, add spinach, stir until leaves have wilted and beans and peas have heat through. Season with

Serves 2

## MEXICAN ARRIBA BURGER

### INGREDIENTS

½ can chickpeas  
½ small red onion diced finely  
½ zucchini grated  
1 medium-size beetroot, cooked and grated  
1 cloves garlic, finely chopped  
½ cup of rolled oats  
2 tbsp red wine vinegar  
2 tbsp peanuts  
2 tbsp coriander finely chopped  
2 tsp salsa  
1 tbsp olive oil  
Salt and Pepper to taste

### TO SERVE

½ avocado flesh  
1 tbsp extra tomato salsa or taco sauce  
4 large spinach or lettuce leaves

### DIRECTIONS

Drain, rinse and mash the chickpeas in a medium bowl. Add the red onion, zucchini, coriander, red wine vinegar and salsa. Combine.

In a food processor blend the beetroot and garlic. Add peanuts, oats, and pulse to combine. Mix in with the chickpea mixture.

Shape into 2 burger patties then place on a baking paper lined tray. Chill in the fridge until ready to cook.

Pour oil into a frying pan over a medium heat. When hot, add the burgers and sear on each side for 3-4 minutes. Remove from frying pan, top with a mashed avocado or avocado dressing, spoon ½ tablespoon of salsa on each patty. Wrap in a leaf to serve.

Serves 2









## QUINOA FIG & GREEN SALAD

### INGREDIENTS

½ cup quinoa, rinsed  
2 cups of salad greens (rocket, baby spinach, kale or lettuce)  
2 fresh figs quartered  
50g walnuts, chopped  
1 tbsp pine nuts  
Dressing  
50mL olive oil  
Juice of 1 orange  
1 tbsp maple syrup  
1 tsp Dijon mustard  
Salt and black pepper to taste

### DIRECTIONS

Bring 2 cups of water to a boil in a saucepan. Add the quinoa, stir and reduce the heat to low. Cover pot until the liquid has been absorbed, approximately 15 minutes.

Remove from heat and allow to cool.

Preheat oven to moderate (180°C). Place walnuts and pine nuts on oven tray and bake for 5 to 10 minutes.

Meanwhile whisk or shake the dressing ingredients together.

Add the nuts, figs and dressing to the quinoa. Stir gently to combine.

Divide the mixed greens between 4 serving plates. Dish the quinoa mixture evenly across the four plates.

Serve 2

## WILD RICE SALAD

### INGREDIENTS

100g wild rice  
100g brown rice  
1 tbsp pistachios, shelled  
Juice of 1 half a lemon  
1 cup dried fruit mix (sultanas, chopped apricots, pineapple, apple, goji berries, mangoes)  
Handful of fresh mint leaves, roughly chopped  
1 clove garlic, minced  
1 tbsp olive oil  
Sea salt and black pepper

### DIRECTIONS

Boil each rice in lightly salted water following the packet instructions. Drain and rinse under cold water.

Meanwhile, toast the pistachios (nuts only) in a dry pan over a medium heat for 2-3 minutes, tossing frequently so that they don't burn. Remove and lightly crush.

Place the rice in a serving bowl, add the lemon juice, mint, rocket, garlic and dried fruit mix and combine well.

Drizzle over the oil, then season and sprinkle the toasted nuts over the top to serve.

Serves 2





## LEMON AND LIME CORN SALAD

### INGREDIENTS

2 baby cos lettuce, shredded  
½ cup corn kernels  
1 avocados diced  
½ can red kidney beans (425g), rinsed  
½ red onion, thinly sliced  
½ cup fresh coriander  
Lemon/Lime Dressing  
2 tbsp olive oil  
1 tbsp lime juice  
2 tbsp lemon juice  
4 drops of tabasco sauce  
¼ tsp ground cumin  
salt and black pepper  
TO SERVE  
45g tortilla or corn chips

### DIRECTIONS

Combine the dressing ingredients in a jar and shake till blended.

Combine all the salad ingredients.

Shake the dressing again just before pouring over salad. Divide the salad into 4 bowls.

Scatter the chips over each serve.

Serves 2

## BEETROOT & AVOCADO OPEN TOAST

### INGREDIENTS

2 small-medium beetroots, roasted, peeled and sliced  
4 tsp olive oil  
2 cloves garlic, chopped finely  
1 large ripe avocado  
1 tbsp lime juice  
2 spring onions, chopped  
2 tbsp sesame seeds  
1-1 ½ cups cherry tomatoes, quartered  
2 tbsp balsamic vinegar  
salt and pepper  
1 cup alfalfa sprouts  
1 cup baby spinach  
1 tbsp basil, roughly chopped  
1 tbsp parsley, roughly chopped  
4 slices sour dough or vegan bread

### DIRECTIONS

Preheat oven to 200°C.

Top, tail and peel beetroot. Place on aluminum foil sheet, large enough to cover all beetroot. Pour a teaspoon of olive oil over each beet. Sprinkle with garlic and lightly season.

Bake in oven for 1 hour.

Meanwhile mix the chopped tomato with the balsamic and season lightly salt and pepper.

Separate the avocado flesh from the skin and seed and place in food processor with the lime juice and spring onions.

Once the beetroot is cooked, cut into quarters and allow to cool before adding to the food processor. Blend the contents.

Transfer the beetroot and avocado mixture to a bowl. Mix in the sesame seeds.

Toast the bread. Spread a quarter of the beetroot and avocado mixture generously onto each slice.

Layer the spinach leaves on next, followed by the tomatoes and alfalfa.

Sprinkle with the herbs.

Serves 2





## ROAST PUMPKIN ROUNDS

### INGREDIENTS

200g butternut pumpkin  
1 tbsps olive oil  
1 small red onion  
1 clove garlic, minced  
¼ red capsicum, diced  
1 tbsp semi-dried tomatoes, chopped  
1 tbsp black olives, chopped  
¼ cup pine nuts  
⅓ cup brown rice, pre-cooked  
½ cup baby spinach, chopped  
25g dried cranberries  
1 tsp Italian dried herbs  
2 tbsps orange juice  
Juice of half ½ lemon

### DIRECTIONS

Preheat the oven to 180°C.

Wipe skin of butternut with a damp cloth. Cut in half lengthways. Scoop out the seeds and discard. Create a 'trench' along the length of both pieces, to make room for the stuffing. Chops up any flesh you have removed.

In a frying pan, heat 2 tablespoons of the olive oil. Add the onion and garlic and stir until fragrant. Now add the pumpkin flesh, capsicum, semi-dried tomatoes, olives, pine nuts, cranberries and Italian herbs.

Lastly add the rice, spinach, orange juice, salt and pepper to taste. Cook for a further 2 minutes, stirring. Place the pumpkin halves on a large layer of aluminum foil. Stuff the mixture firmly into the pumpkin 'trenches'. Put pumpkin back together. You may need to tie kitchen string around pumpkin to hold together.

In a small bowl mix 1 tablespoon olive oil, with lemon juice and extra salt and pepper. With a basting brush, brush the oil over the skin. Wrap securely in foil. Bake for a minimum of 2 ½ hours.

Serves 2

## MEDITERRANEAN BAKED SWEET POTATOES

### INGREDIENTS

2 medium sweet potatoes, washed, cut in half lengthways  
215g can chickpeas, rinsed and drained  
2 tsp olive oil  
¼ tsp cumin  
¼ tsp smoked paprika  
Pinch of sea salt  
GARLIC HERB SAUCE  
30g tahini  
½ tbsp lemon juice  
½ tsp dried dill  
1 clove garlic, minced  
Water  
Sea salt to taste

### TOPPINGS OPTIONAL

20g cherry tomatoes, diced  
10g parsley, chopped  
15mL lemon juice  
Chilli garlic sauce

### DIRECTIONS

Preheat oven to 205° C. Line a large baking tray with foil.

Combine chickpeas with olive oil and spices, rub the sweet potatoes with a bit of olive oil/chick peas mix and place face down baking tray. Roast potatoes for 20-25 minutes or until slightly brown and fork tender.

In the meantime, prepare the sauce by adding all ingredients to a mixing bowl and whisking to combine, only adding enough water to thin so it's pourable. Taste and adjust seasonings as needed.

Prepare the parsley-tomato topping by tossing tomato and parsley with lemon juice and setting aside to marinate.

Remove sweet potato from oven and serve with potato flesh side up and smash down the inside a little bit. Garnish with the topping ingredients.

Serves 2





## LEMON, LENTIL AND SPINACH SOUP

### INGREDIENTS

- 1 tbsp olive oil
- ½ large onion, finely chopped
- 1 clove garlic, minced
- ½ cups dried brown lentils
- 350mL vegetable liquid stock
- ½ bunch English spinach, washed, coarsely chopped
- Zest and juice of 1 lemon
- 2 Turkish bread, to serve

### DIRECTIONS

Heat olive oil in a saucepan over medium-high heat, saute onion and garlic until translucent. Add lentils, and stock. Bring to the boil. Skim any residue from the surface of soup with a ladle.

Reduce heat to medium-low. Simmer, covered until lentils are tender, approximately 25 minutes. Remove from heat, add spinach, juice of 1 lemon. Season with salt and pepper. Stir until well combined. Ladle into bowls. Top with lemon rind. Serve with bread.

Serves 2

## VEGETARIAN PHO

### INGREDIENTS

- 1 liter homemade or low-sodium vegetable broth
- 1 spring onions, thinly sliced
- 1 tbsp olive oil
- 1 tsp fresh ginger, peeled and grated
- Salt to taste
- 50g shiitake mushrooms, tough stems removed
- 1 tbsp hoisin sauce
- 1 tsp sesame oil
- 100g rice noodles, cooked according to package instructions
- 1 cup bean sprouts
- 2 red chilies, thinly sliced

### FOR SERVING

- Quarter of a bunch Fresh coriander,
- Few basil leaves,
- 1 lime, cut in wedges,
- Extra hoisin sauce, chili garlic sauce or similar for serving

### DIRECTIONS

Combine the vegetable broth, green onion, grated ginger, and salt in a large pot. Bring to a full boil, then reduce the heat and simmer for 20 minutes.

Place olive oil into a large skillet or wok over medium heat, sauté mushrooms until tender, stir occasionally. Add hoisin sauce and sesame oil, keep cooking until mushrooms are well coated with sauce. Remove from heat.

Divide the rice noodles between 2 or 3 large bowls, add mushrooms, bean sprouts, fresh basil, and coriander and chili then fill each bowl with the broth and serve with lime wedges, hoisin, and chili garlic sauce in separate dishes.

Serves 2-3





## BARBECUED TOFU WITH MINTED PEAS AND BEANS

### INGREDIENTS

#### FOR THE VEGETABLES:

- 1 medium sweet potato
- 1 medium beetroot
- 1 large red onion
- 1 large potato
- 3 tbsp olive oil
- 1 tbsp vegan butter

Cooking spray

#### OPTIONAL:

Crushed nuts or dukkha mix

#### FOR THE MASH:

- 1 medium carrot
- 1 medium parsnip
- 1 large clove of garlic
- 1 tsp dried rosemary
- 1 tsp vegan butter
- 1 tbsp almond milk
- 1 tablespoon freshly chopped parsley
- Salt and pepper, to taste

### DIRECTIONS

Preheat oven to 180°C. Wash and dry all vegetables. Top and tail the beetroot, parsnip and carrot. Peel if preferred, but they are best with the skins left on. Put a tablespoon of olive oil on an oven tray and place in the oven to heat. Meanwhile cut the parsnip and carrot in halves lengthways. Peel and slice the garlic cloves. Remove oven tray and put the carrot, parsnip and garlic on the tray. Sprinkle with rosemary and lightly with salt and pepper. Turn the vegetables over a couple of times to coat and place in oven to roast until tender, approximately 20 minutes.

While the mash vegetables are cooking cut the stacking vegetables into 5mm thin slices with a mandolin. If cutting by hand you may find it easier to cut to maybe 1 cm rounds. If the vegetable slices are very uneven in width, you could use a cookie cutter to match the sizes up.

Spray a muffin tray with oil in preparation for stacking. Melt the butter and oil in a small frypan or pot. Place the sweet potato and potato into a large bowl. Pour the melted butter and oil over. Season lightly and stir. Now layer the vegetable slices alternately: potato, onion, beetroot, sweet potato, until you reach the desired height. If you would like added flavour and texture you could sprinkle some crushed nuts or dukkha mix, every so often in the layering process. Put the towers into the oven to roast for 45 minutes.

Remove the carrot and parsnip from the oven. Place into the bowl the potatoes had been coated in. Mash the vegetables. Add all the other mash ingredients and combine. Taste to see if more seasoning is needed. Fifteen minutes before the towers are ready, put the carrot mash into the oven to warm. When ready spoon the mash onto serving plates. Scoop out your towers from the muffin pan and sit on the mash.

Serves 2





## BARBECUED TOFU WITH MINTED PEAS AND BEANS

### INGREDIENTS

2 x 155g firm tofu  
150g green beans, trimmed and chopped 5 cm  
1/3 cup fresh mint, finely chopped  
120g frozen peas  
Salt and cracked pepper corn  
2 cloves garlic, minced  
2 spring onions, chopped  
Cooking spray  
Olive oil to serve

### DIRECTIONS

Season sliced tofu with salt and freshly cracked pepper, add garlic and spring onions, set aside.

Steam beans and peas separately until tender, drain. Combine beans, peas and mint in a bowl, season with salt and pepper.

Heat a non-stick fry pan over medium-high heat, coat with cooking spray. Fry the seasoned tofu for 2-3 minutes on both sides or until golden brown. Serve in a platter, arrange cooked vegetables on the side and drizzle with olive oil.

Serves 2

## KELP NOODLES IN PEANUT MISO SAUCE

### INGREDIENTS

2 tbsp olive oil  
340g seaweed (kelp\*) noodles  
1 brown onion, quartered  
1 carrot, julienned  
1 celery stalk, sliced into diagonal pieces  
1 small sized broccoli, broken into even sized flowerets  
1 small size or half cauliflower broken into even sized flowerets  
150g baby corn spears  
10 snow peas, halved  
Sauce  
1/4 cup miso\*\*  
1/2 cup natural peanut butter  
2 tbsp of rice wine vinegar  
1 tsp sesame oil  
1 tsp brown sugar  
1/4 cup water  
1 tbsp sesame seeds to sprinkle

### DIRECTIONS

Combine the sauce ingredients in a bowl and whisk. Set aside.

Heat oil in a wok or large fry pan.

Add onions and stir fry until translucent. Then add all vegetables, except the snow peas and continue with the frying for 5 minutes or until vegetables are softening.

Break noodles into approximately 10cm lengths and add to vegetables. Stir until noodles have softened and vegetables are cooked.

Add sauce and snow peas to noodles and vegetables. Stir through to warm.

Divide into serving bowls and sprinkle with sesame seeds.

Serves 2

NOTE: \*Kelp noodles should be available from your supermarket either in the health or Asian section, from an Asian grocer or online.

\*\*Miso is a Japanese flavouring made from fermented soybeans. It is readily available in supermarkets, Asian grocers or online.





# WEEK 3 VEGAN MEDITERRANEAN MEAL PLAN

## SHOPPING LIST - SERVES 2

VEGETABLES	QTY	FRUIT	QTY	NUTS & SEEDS	QTY	CONDIMENT, OILS, GRAINS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Baby corn	150g	Apple - dried	15g	Almonds	100g	Baking Powder	5g	Nutmeg	5g
Baby peas (frozen)	160g	Avocado	3	Almond Flakes	10g	Beans - Cannellini tin	400g	Oats - rolled	120g
Baby Spinach	270g	Banana	2	Apricot - dried	200g	Beans - Red kidney	200g	Oil - olive	345mL
Bean Sprouts	50g	Berries - Frozen	150g	Cashew - raw	140g	Bicarb soda	5g	Oil - Sesame	10mL
Beans - green	270g	Blueberries	375g	Chia Seeds	15g	Black pepper	10g	Oil - sunflower	40mL
Beetroot	3	Cranberries - dried	30g	Peanuts	30g	Bread - sourdough	8	Onion powder	5g
Broccoli	1	Figs	2	Peanut butter	113g	Bread - Turkish	2	Paprika - smoked	10g
Capsicum - red	2	Kiwi	2	Pepitas	60g	Bread - wholegrain	6	Paprika - sweet	5g
Carrot	3	Lemon	3	Pine nuts	30g	Chickpea flour	350g	Polenta	85g
Cauliflower	½	Lemon Juice	40mL	Pistachio	15g	Chickpeas	335g	Rice - Brown	150g
Celery stalks	2	Lime	3	Quinoa seeds	90g	Chili - red	3	Rice - rolled	110g
Eggplant	1	Orange	2	Sesame Seeds	115g	Chili garlic Sauce	25mL	Rice - wild	100g
English Spinach	100g	Orange juice	50mL	Sunflower seeds	5g	Cinnamon - ground	10g	Rice noodles	100g
Green salad mix	80g	Pear	2	Walnuts	40g	Coconut Water	250mL	Salsa	10mL
Lettuce Cos (baby)	1 bunch	Raspberries	140g			Corn chips	45g	Salt	10g
Lettuce leaves - Iceberg	4	Strawberries	25g			Cumin - ground	6g	Seaweed (kelp) noodles	340g
Mushroom - button	6	Sultana - dried	250g			Dates	2	Soy Sauce - low salt	15mL
Mushroom - shitake	50g	Fruit Mix - dried	30g			Dukkha mix	15g	Stevia liquid	3 drops
Onion - brown	2					Flour - wholegrain	130g	Sugar - Brown	20g
Onion - red	4	<b>HERBS</b>	<b>QTY</b>	<b>DAIRY ALTERNATIVE</b>	<b>QTY</b>	Garlic Powder	5g	Tabasco Suce	4 drops
Parsnip	1					Hoisin Sauce	30mL	Tahini	30g
Potato	1	Basil leaves	18	Almond Milk	935mL	Hummus	160g	Tomato - puree	15mL
Pumpkin - butternut	200g	Coriander	90g	Vegan butter	20g	Lentil - brown	50g	Turmeric powder	5g
Snow peas	10	Dill - dried	5g	Vegan Cheese	60g	M3 Sync	1 Scoop	Vanilla Extract	15mL
Sweet Potato	3	Garlic - cloves	13	Vegan Fruit Yoghrt	200mL	Maple Syrup	40mL	Vegetable stock	1350mL
Tomato - canned	100g	Ginger	3.5 cm	Vegan Haloumi	240g	Miso	70mL	Vinegar - apple cider	10g
Tomato - Cherry	100g	Italian dried herbs	5g	Vegan Parmesan cheese	40g	Mixed spice	5g	Vinegar - Balsamic	30mL
Tomato - roma	10	Mint	1 bunch	Vegan Soy Yoghurt	250mL	Mustard - Dijon	5g	Vinegar - red wine	30mL
Tomato - Semi dried	15g	Oregano - dried	5g					Vinegar - rice wine	30mL
		Parsley - flat	75g						
		Rosemary - dried	5g						
		Spring onion	5g						
		Thyme- dried	6						
			5g						