



WEEK FOUR FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
MONDAY					
	Breakie slice* (freeze leftovers for during the week)	1 x 95gm tin tuna, ½ avocado diced, 1 cup salad greens inc celery, 1 Tbsp Mayo + 2 rylvitas or rice cakes	Baked Chicken Caesar with Cabbage and Snowpea Slithers*		
TUESDAY					
	Ella's Overnight Oats	Chicken Caesar leftover chicken approx. 1 thigh fillet – add 1x boiled egg & 1 cup shredded iceberg lettuce & sprinkle with parmesan and 1 tsp Caesar dressing	Roasted Cauliflower & Leek Soup* (freeze leftovers for during the week)		
WEDNESDAY					
	2x soft boiled eggs with Asparagus spear soldiers (½ bunch)	1x cup leftover soup & 2x rice cakes with Avocado	Pesto Chicken with Zucchini Noodles*		
THURSDAY					
	Breakie slice	Pesto Chicken – approx. 120gm chicken (1 thigh) and 1 cup salad greens or ½ cup quinoa mixed through	Nik's Thai Salmon Patties with super greens salad*		
FRIDAY					
	Ella's Overnight Oats	2x Patties ½ cup brown rice or quinoa, ½ cup snow peas & a splash of tamari soy	Sweet Potato Lasagne*		
SATURDAY					
	Banana Protein Pancakes*	1 serve Lasagne & salad	Chicken Cacciatore and Sautéed Greens*		
SUNDAY					
	Breakfast platter – 1 poached egg, ½ cup sautéed mushrooms, 1 roast tomato on 1 cup spinach (use your bread either here or with your hotpot)	1x cup leftover soup & 1 cup salad	Sunday Maltese Lamb Hot Pot*		

Serving sizes: 1 palm sized protein (120g meat or 180g seafood), 2 cups of veggies or salad for dinner, 1 cup for lunch serving

WEEK THREE RECIPES

BANANA PROTEIN PANCAKES

Ingredients (serves 1)

- 1/2 cup almond meal
- 3 tablespoons vanilla protein powder
- 1 teaspoon baking powder
- 1 teaspoon cinnamon, ground
- 1 tablespoon chia seeds
- 2 eggs, lightly beaten
- 2 tablespoons coconut milk (or milk of your choice)
- 1/2 mashed banana
- 1/4 cup natural yoghurt
- 10 blueberries

Method

1. Mix together all ingredients except for yoghurt & blueberries.
2. Dollop into pan and cook, with 1/2 tsp coconut oil if needed, until cooked through.
3. Served topped with yoghurt and berries.



CHICKEN CACCIATORE

Ingredients (serves 2)

- Coconut oil
- ½ onion, finely chopped
- 1 garlic clove, crushed
- 3 chicken thigh fillets cut into large chunks
- 1 tin whole peeled tomatoes – unsweetened
- ½ cup pitted black olives
- 1 fresh bay leaf
- 1 tsp finely chopped rosemary
- ¼ cup coarsely chopped flat-leaf parsley
- 175 ml chicken stock
- Sautéed Green Beans & Brocolini
 - 2 cups green beans
 - 1 bunch brocolini
 - 1 cup slithers of green capsicum
 - Sautéed in 1 Tbsp coconut oil 1-2 garlic cloves, crushed

Method

1. Preheat oven to 160C. Heat oil in a large pan over medium heat
2. Add onion and sauté, stirring occasionally, until translucent (7-9 minutes). Add garlic and stir for 30 seconds, then transfer to a bowl.
3. Return pan to heat, add chicken and cook over medium-high heat until golden, turning once (3 minutes each side).
4. Deglaze with dash of stock (3-4 minutes), then add tomatoes, olives, bay leaf, rosemary and parsley and season to taste. Add rest of stock, cover and simmer the chicken occasionally until cooked -approx. 1 hour
5. Sautéed veggies in oil, and garlic until just tender (1-2 minutes). Season to taste and serve with chicken.



BAKED CHICKEN CAESAR

Ingredients (serves 2)

- 1 tsp Dijon mustard
- Splash extra virgin olive oil
- 1 medium garlic clove, minced
- 3 chicken thigh fillets, trimmed
- 1 cup brussel sprouts or ¼ cabbage, shredded
- 1 cup snow peas, sliced into thin matchsticks
- 1 small zucchini, sliced into thin matchsticks
- 4 rasher short back bacon, shredded
- 1 slice sourdough bread, chopped into 1cm cubes
- 50g Parmesan cheese, shaved
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

Method

1. Preheat oven to 200°C
2. In baking dish combine the mustard, half of the olive oil and garlic. Add in the chicken thighs and coat in the sauce.
3. Scatter the brussel sprouts, snow peas and zucchini around the dish. Scatter bacon pieces over the top and drizzle over the remaining olive oil. Lift out the chicken pieces so they are on top of the veggies, then place into the oven and bake for 15 minutes.
4. Remove dish from the oven and scatter over the sourdough cubes. Place back into the oven to crisp up for another 5 minutes or until golden and brown.
5. Once chicken has cooked through, separate the dish between a bowl for dinner and a container for lunch tomorrow. Serve both with some shaved Parmesan and season with salt and pepper.



ROASTED CAULIFLOWER & LEEK SOUP

Ingredients (serves 4-6)

- 3 cups chopped cauliflower
- 2 leeks, chopped (white and very light green parts)
- 3 medium cloves garlic, to be roasted in their skin
- olive oil for drizzling
- 1/2 cups raw, unsalted, un-roasted cashews, soaked for at least 30 minutes
- 1 tsp dried marjoram
- 1 tsp dried thyme
- 3 cups unsalted vegetable or chicken stock
- 1 Tbsp olive oil (to blend into the soup)
- 1-2 Tbsp fresh lemon juice
- 1 tsp red wine vinegar
- 1/4 tsp paprika
- salt and pepper to taste

Method

1. Preheat the oven to 200C. Spread cauliflower, leeks, and garlic on a baking sheet. Drizzle with olive oil and sprinkle a few pinches of salt & pepper.
2. Roast for 25 minutes (or until veggies start to turn golden), stirring with a spatula halfway through.
3. Add the roasted veggies to a high-speed blender. Squeeze the garlic from its skin, drained cashews, marjoram and thyme, lemon, vinegar and vegetable broth. Blend until pureed.
4. Once smooth, add the olive oil and paprika and blend again. Taste and adjust seasonings as desired.
5. Reheat in a saucepan if needed. Reserve a serve for tomorrow's lunch.



NIK'S THAI SALMON PATTIES

Ingredients (makes 8 patties)

- 2 x 195gm tinned salmon drained of brine
- 1 Tbsp red curry paste
- 1 cauliflower, florets removed and cut into 2cm pieces
- 2 medium floury potatoes, peeled and cut into 3cm pieces
- 1 egg yolk
- Zest and juice of 1 lime
- 2 Tbsp coriander chopped
- ½ cup Greek-style natural yoghurt
- ¼ cup grated cucumber
- 1 Tbsp vegetable oil
- Lemon wedges, to serve

Method

1. Drain salmon and break up with a fork.
2. Boil cauliflower and potatoes, drain really well and mash (don't add butter or milk as we want the mixture dry). Then set aside to cool for a few minutes.
3. In a bowl, combine the cauliflower potato mix with the egg yolk, flaked salmon, red curry paste, lime zest and coriander and season to taste, making sure not to overwork the mixture. Divide the mixture into approx. 8 balls and shape into patties. Place these in the fridge for 30 minutes to firm up.
4. In a small bowl, combine the yogurt with the cucumber and lime juice and season to taste.
5. Heat the oil in a large non-stick pan. Place fishcakes in the pan and cook for 2-3 minutes on each side until golden brown. Place on a baking sheet in the oven to keep warm then repeat with the other fishcakes. Serve the fishcakes with the yogurt dip and lemon wedges and a big greens salad. Include a spinach and kale leaf mix, diced avocado and cucumber for added super nutrients.
6. Retain 2 patties for lunch tomorrow. I love these for go to lunches with ½ cup brown rice or quinoa and a dash of tamari and snow peas.



SUNDAY SLOW COOKED MALTESE LAMB HOTPOT

Ingredients (serves 4-6)

- 1x 1kg lamb shoulder, cut into 4cm chunks
- sea salt and freshly ground black pepper
- olive oil
- 5 anchovy fillets in oil
- 1 carrot, trimmed
- 1 stick of celery, trimmed
- 2 medium onions, peeled
- 2 cloves of garlic
- 1 fresh red chilli
- ½ a small bunch of fresh thyme
- 3 teaspoons white wine vinegar
- 500g potatoes, scrubbed clean
- 1 punnet cherry tomatoes
- 350ml vegetable or beef stock
- 250g peas
- 2 Tbsp crumbled fetta for garnish

Method

1. Season the lamb well with salt and pepper, then set aside. Place a large casserole pan over a medium heat with a splash of olive oil and the anchovies. Cook for 2 to 3 minutes, or until broken down, stirring continuously, then add the lamb and cook for a further few minutes, or until browned and sealed all over, stirring often.
2. If using Crock Pot – chop roughly all the ingredients and place into the pot and cook on slow for 4-6 hrs. Add peas at the end and stir through before serving.
3. Or if on stove top – roughly chop the carrot, celery and onions, then add to the pan and cook for a further 10 minutes, or until softened, stirring occasionally. Crush the garlic and halve the chilli, then add to the pan with the thyme sprigs and half stock. Turn the heat up to high and allow the liquid to boil and bubble away until reduced by half, then reduce the heat to low, add the vinegar and cook with the lid on for 20 minutes. Chop the potatoes into 3cm chunks. Add to the pan with the cherry tomatoes and rest of the stock. Cook for 35 to 40 minutes, or until the meat is tender and the stew has thickened and reduced. Stir in the peas with a good splash of water and cook for a further few minutes
4. Sprinkle each dish with a tsp fetta then serve with a slice of sour dough bread to mop up the juices.



This weeks training meal focus is from Lizzy Marsh, a trainer to elite athletes. Her focus is on increased performance through whole food nutrition. We love Lizzy's meals as they are of course sugar free but nutrient packed for power and results. We have added a breakfast, lunch and dinner from Lizzy this week!

BREAKIE SLICE

Ingredients (serves 4-6)

- 2/3 cup bacon
- 3-4 cups (600g) grated zucchini (about 3 medium sized) *or half zucchini/half carrot
- 2 small brown onions
- 8 eggs
- 1 ¼ cups (140g) almond meal
- 1/3 cup olive oil
- 1 small red chilli, finely diced (optional)

Method

1. Preheat the oven to 175C and line a dish with baking paper.
2. Dice the bacon and fry over high heat until brown and crispy.
3. Meanwhile, wash and grate the zucchini, carrot and onions.
4. In a large mixing bowl, whisk the eggs and then stir through the almond meal.
5. Add the zucchini, onion, oil, chilli and pre-cooked bacon and mix well. The mixture should be just pourable.
6. Pour into the lined baking dish and bake for 40 minutes or until cooked through. Leave to cool before slicing into small squares. The slice should last in the refrigerator for 3-4 days and will also freeze for snacks.

Notes

- Spice things up with added ingredients like diced sweet potato, mushrooms, chopped tomatoes or herbs.
- For a "cheesy" topping, sprinkle some nutritional yeast on top of the slice before baking.



SWEET POTATO LASAGNE

Ingredients (serves 8 or 4 plus leftovers)

- 3 large sweet potatoes sliced lengthways into thin "sheets"
- one brown onion, diced
- 2 cups zucchini, diced into cubes
- 2 cups button mushrooms, sliced
- 2 tbsp balsamic vinegar
- 1/2 tsp sea salt, freshly ground
- 1 can (400g) diced tomatoes
- 2 tbsp coconut or olive oil (Nik's addition – I'm a fan of the Aldi Basil infused oil here!)
- 1 kg lean beef mince
- 1 jar (700g) passata sauce (with no added sugar)
- 4 cups baby spinach
- ½ cup basil leaves, shredded
- 500 g organic ricotta *omit if avoiding dairy

Method

1. Preheat the oven to 180C and line large baking tray with aluminium foil.
2. Lay the sweet potato "sheets" onto the trays in a single layer and brush lightly with a little of the oil. Bake for 10 minutes, or until just soft and a little brown around the edges. You may need to do a couple of batches to create all of your sweet potato layers.
3. In a medium pan, heat a tablespoon of the oil and cook the onion for 2 minutes. Add the zucchini, mushrooms, balsamic vinegar, salt and diced tomatoes. Bring to a boil, then reduce immediately to a low simmer. Stir frequently and cook for 10 minutes, or until the veggies are soft. Set aside.
4. In a clean pan, add the remainder of the oil and heat over medium/high. Add the beef mince and use a spatula to chop into small pieces as it cooks. Once just browned, add the tomato passata and mix well. Simmer on low for 25 minutes.
5. Meanwhile, bring a small amount of water to the boil in a medium pot. Add the spinach and stir for a couple of seconds to coat the leaves. Cook for about 2 minutes, until wilted and dark green. Drain and set aside to cool.
6. Once cooled, chop the spinach into small chunks and add to a mixing bowl with the ricotta. Stir until well combined.



7. Combine the beef and vegetable mixture.
8. Let the layering begin! Line a baking dish with baking paper or foil.
9. Using a ladle or measuring cup, spoon about 2 cups of the beef and vegetable mixture into the bottom of the dish. Add a layer of sweet potato slices. Note: they may not cover the entire surface, make sure you save enough for the remaining layers. Save the best ones for the top!
10. Add another layer of meat and vegetables, then using a spatula, evenly spread half of the ricotta mixture on top, shredded basil, followed by another layer of sweet potato. Repeat for your final layer, with more meat and veggies and another layer of ricotta and spinach & shredded basil. Place your final sweet potato sheets on top for the finishing touch. *add a sprinkle of parmesan to brown up and add crunch.
11. Bake at 180C for 35 minutes. Allow to cool before slicing into 8 servings.
12. Store in an airtight container in the fridge for 3-4 days, or in the freezer for the perfect leftovers!

PESTO CHICKEN WITH ZUCCHINI NOODLES

Ingredients (serves 4)

- 5 cups zucchini noodles – spiralizer can be purchased from KMART for \$10 (I bought mine online and it was delivered the next day ☺)
- 1 large bunch of fresh basil, leaves only
- ½ clove of garlic
- ¼ cup olive oil
- ¼ tsp unrefined sea salt
- 1 tsp fresh lemon juice
- ¼ cup pine nuts
- 1 Tbsp coconut oil
- 6-8 chicken thighs, cut into bite-sized pieces
- 2 cloves of fresh garlic, minced
- 1 Tbsp Coconut oil
- 1 cup cherry tomatoes, cut in half
- 3 Tbsp pine nuts for garnish

Method

1. Make zucchini noodles & place in a bowl.
2. To make pesto: Place basil leaves and garlic into food processor and process until completely broken up. Add olive oil, salt, and lemon juice and continue to process until smooth. Add pine nuts and pulse until desired consistency.
3. Sauté chicken pieces and minced garlic until cooked all the way through and starting to brown ~ about 8-10 minutes.
4. Then in another pan, sauté zucchini noodles for 2-3 minutes until just beginning to soften. Turn off heat and add the cooked chicken and pesto. Give a little stir.
5. Top with cherry tomatoes and pine nuts. Serve immediately. Enjoy!
6. Reserve 1 serve for lunch tomorrow.



SNACKS LIST

- 1 x Brekkie muffin (from freezer stock)
 - 2 x Rice Cakes with your choice of:
 - 1/3 Avocado and ½ tomato
 - 2 tablespoon hummus
 - Cottage cheese, lemon juice and sprinkle of almonds
 - 1 x 95gm Tuna and avocado
 - ¼ cup blueberries and natural yogurt
 - 1 x boiled egg, 2 celery sticks and 2 tablespoon hummus
 - Nik's seedy mix
 - Dry roast almonds, walnuts, sesame seeds, pepitas, pumpkin seeds - sprinkle with garlic powder, Moroccan spice, pink salt and chilli powder (optional)
 - Make a batch and store in snaplock ¼ cup servings
 - Great for a quick handbag snack
 - 1 carrot, cut into sticks with ½ cup guacamole or hummus (check ingredients in store-bought as some contain sugar!)
 - 2 tablespoons full-fat yogurt with 1 tablespoon finely chopped mint, a grating of cucumber, a squeeze of lemon and 1 cup medley of vegetable crudités
 - 4 celery stalks with 2 tablespoons natural peanut butter (check for sugar free if store-bought)
- Cheesy pappadams
 - 2 x pappadams sprinkled with parmesan and cooked in microwave for 45 secs
 - Nik's tip: I like to break these into bits and dip in hummus to replace chip cravings!
 - Chickpea bites
 - 400g tin chickpeas rinsed and drained
 - Pat dry and lightly spray with coconut oil spray
 - Sprinkle with cumin/ garam masala/ garlic powder to coat
 - Preheat oven to 180C
 - Serve in 100g servings in snaplock bags
 - Brain Foods for the Afternoon... try these
 - Rather than using coffee to perk you up, prime your brain with healthy fats from fish or nuts!
 - ½ Lebanese cucumber sliced through the middle, topped with avocado and a slice of smoked salmon
 - 95g tin tuna, drained and mixed with shredded basil, 3 cherry tomatoes, 4 halved olives & served in ¼ capsicum
 - 2 x Ryvita cracker with tuna, alfalfa and chopped almonds