



WEEK FIVE FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
MONDAY					
	Ella's Overnight Oats	1 x 95gm tin tuna, ½ avocado diced, 1 cup salad greens inc celery, ½ apple diced, 1 Tbsp Mayo	Chilli Con Carne Baked Sweet Potatoes*		
TUESDAY					
	Diced ½ avocado, 1 tomato diced, ¼ bunch broccolini steamed, 1/2 cup brown rice diced almonds on top and squeeze lemon over top (or swap rice 1 slice of seedy toast)	Chilli Con Carne leftovers on 1 cup of shredded cabbage, celery and carrot	Chicken Zucchini Noodle Soup + 1 cup green salad*		
WEDNESDAY					
	2 x Breakie Muffins or Breakie Slice	1x cup leftover soup & 1 cup of salad greens with ½ avocado	Beef Stirfry* 2 cups green stirfried veggies for your serve		
THURSDAY					
	Ella's Overnight Oats	Beef Stirfry leftovers – 120g beef and leftover veggies – add ½ cup cooked brown rice and a dash more tamari	Chicken Burrito Bowls*		
FRIDAY					
	2 scrambled eggs with 1 tomato and ½ cup spinach stirred through	Chicken Burrito Bowl wrap – using 1x wholewheat wrap	Pork Meatballs with Zoodles*		
SATURDAY					
	Minted Pea Fritters & Roast Tomatoes*	3 Pork Meatballs with 1 cup green salad & ¼ cup cherry tomatoes	Crispy Coconut Chicken Nuggets & Zucchini Wedges*		
SUNDAY					
	Chicken & Basil Eggs*	Minestrone Soup & either ½ cup brown rice in soup or 1 x slice seedy bread	Speedy Salmon and Couscous + 2 cups green veg*		

WEEK FIVE RECIPES

CHICKEN & BASIL EGGS

Ingredients (serves 2)

- 4 lean chicken sausages cooked and chopped in thin slices
- 2 cups baby spinach
- 2 Tbsp basil pesto
- 4 eggs

Method

1. Add the chopped sausages to a fry pan and stir through to reheat. Add in the spinach to wilt a bit. Remove from pan & set aside.
2. Scramble the 4 eggs and add the pesto, salt and pepper.
3. Add back in sausages and spinach and stir/ scramble to combine together.



MINTED PEA FRITTERS AND ROASTED TOMATOES

Ingredients (serves 4)

- 2 eggs
- 200g peas – frozen defrosted
- 1 clove of garlic
- 3 heaped tbsp. rice flour
- 4g chopped up mint
- 100gm feta crumbled (full fat is best)
- 1/2 lime (you'll need the other 1/2 for dressing)
- salt and pepper
- 4 ripe tomatoes – halved and seasoned
- 4 basil leaves shredded for tomato topping
- For the dressing:
 - 4 sprigs of fresh mint
 - 1 clove of garlic
 - 200g natural greek yogurt
 - salt and pepper
 - juice from 1/2 lime
 - ¼ cucumber



Method

1. Heat oven to 160C and place halved tomatoes in to roast slowly.
2. Beat the eggs in a large bowl
3. Roughly mash up the peas a little in a bowl and dice up your garlic
4. Mix together the peas, eggs, garlic, flour, mint, juice from the lime, crumble in the feta, season and mix well.
5. Heat the oil in a pan and dollop in a nice blob of your mixture and flatten out, fry for 2 minutes until golden then flip over and repeat
6. To make the dressing, simply thinly dice up your cucumber, mint and garlic then mix in a bowl with the yoghurt.
7. Squeeze in the lime juice and season and you're good to go for a delicious weekend breakie. Serve with a roasted tomato topped with basil.

CHICKEN ZOODLE SOUP

Ingredients (serves 4)

- 6 cups chicken broth or stock
- 2 medium onions, sliced in very thin half-rounds
- 1 cup carrots, sliced into ~1/2-inch pieces
- 1 cup chopped celery
- 2 cloves minced garlic
- Salt & pepper
- Handful of chopped parsley
- 500gm chicken breast
- 4 medium zucchini, ends trimmed and cut in half vertically

Method

1. Heat chicken stock over medium heat with onions, carrots, celery, chicken breast and garlic for ~30 minutes, or until the veggies are fork-tender.
2. Remove chicken and using a fork shred. Add portion sizes of 120gm into bowls for serving.
3. Season soup with salt and pepper and parsley.
4. Run the zucchini halves through the spiralizer to make "noodles." Then give the pile of noodles a several chops with a knife so they are a bit shorter/easier to eat.
5. Add zoodles to the broth and heat through.
6. Pour over the chicken, top with parsley.



CHICKEN BURRITO BOWLS

Ingredients (serves 4)

- 1 cob of corn, husk removed, boiled for 5 mins
- 1 Tbsp coconut oil
- 1 small (100g) onion, thinly sliced
- 1 clove garlic, crushed
- 2 tsp ground cumin
- 2 tsp sweet paprika
- 1/2 tsp cayenne pepper
- sea salt
- 500g chicken breast fillet diced into bite sized cubes
- 1 Lebanese cucumber, finely diced
- 1 red capsicum, finely diced
- 1 small avocado, cubed
- 1 cup coriander leaves, roughly chopped
- juice of 1 lime
- 2 cups iceberg lettuce, shredded
- 1/2 cup natural greek yoghurt
- lime wedges, to serve



Method

1. Boil corn until cooked and cut from the cob * Canned corn can be used – please select a no added sugar variety.
2. Heat oil in a medium frying pan. Add onion. Cook for 5 minutes until softened. Add garlic, spices and salt and cook for 2 minutes or until fragrant. Stir through chicken cubes. Cook for 5 minutes or until cooked through.
3. Combine cucumber, capsicum and corn in one bowl and avocado, coriander and lime juice in another.
4. Divide lettuce between 4 bowls and a container for tomorrow's lunch. Divide chicken, salad mix and avocado between the bowls. Serve with dollop of yogurt and lime wedges.
5. Serving is approx. 120gm chicken and 2 cups of salad for your meal

BEEF AND BROCCOLINI STIRFRY

Ingredients (serves 4)

- coconut oil
- 500g lean beef stirfry strips (120g is your serve for 1 meal)
- 2 cloves garlic, finely sliced
- 1 bunch broccolini, roughly chopped
- 1 cup snow peas, in slithers
- 1 cup celery, in slithers
- 4 Tbsp tamari sauce
- 1 bunch coriander, chopped
- dried or fresh chilli, to taste (optional)
- 2-3 Tbsp ginger, finely shredded
- 1 handful chopped almonds



Method

1. Preheat a large wok or frying pan on a very high heat. Add a few tablespoons oil and stir fry the beef.
2. Add garlic, ginger and chilli to the beef and continue to cook until well browned. Add broccolini & celery. Continue to cook on a high heat, stirring every 2 minutes until the broccolini is bright green and tender but still a tiny bit crunchy. If it starts to burn, add a little water.
3. Stir in sauce and snow peas.
4. Taste and season and serve with chopped coriander and almonds on top.
5. If saving for lunch tomorrow, add some brown rice and extra greens if not enough left over.

PORK MEATBALLS WITH ZUCCHINI NOODLES

Ingredients (serves 4 or 2 + 2 lunches)

- 1 large red onion, finely diced
- 500 g pork, mince – makes 12 meatballs
- ¼ cup almond meal (or breadcrumbs)
- 1 medium free-range egg lightly whisked
- 2 tsp cumin, ground
- salt & pepper
- 2 zucchini, peeled into ribbons using a mandolin or spiraliser
- 1 cup baby spinach leaves
- 2 tsp apple cider vinegar
- ¼ cup Parmesan cheese, grated to serve
- 3 tsp extra virgin coconut oil



Method

1. Heat 1 teaspoon of coconut oil in a saucepan. Cook onion until softened and translucent. Add to a large bowl with mince, almond meal, egg, cumin, salt and pepper. Mix together.
2. Using wet hands, shape mince mixture into 12 meatballs.
3. Heat remaining oil in the same saucepan. Add meatballs, in batches, frying until cooked through (8-10 minutes). Turn halfway through cooking to ensure they're browned all over.
4. Once cooked, set meatballs aside and cover with foil. Add zucchini noodles to the pan. Season with salt and pepper, drizzle with apple cider vinegar. Cook for 3-4 minutes until zucchini has softened and heated through. Add spinach to the pan to steam.
5. Serve 3 meatballs on a bed of zucchini noodles and spinach, and top with grated Parmesan. Save three meatballs for your lunch tomorrow.

CHILLI CON CARNE SWEET POTATOES

Ingredients (serves 4)

- 4 small sweet potatoes
- 2 Tbsp olive oil
- 1 large onion chopped
- 2 red or green chillies, deseeded and chopped
- 1kg lean minced beef
- 1 Tbsp Cajun seasoning
- 1 x 400g can chopped tomatoes
- 400g can kidney beans, drained
- Natural yoghurt, to serve



Method

1. Heat oven to 180C. Prick the potatoes in several places and bake for 45 mins until soft.
2. Meanwhile, heat the oil in a large pan, then cook the onion and chillies for 3-4 mins until softened.
3. Add the beef and seasoning and cook for 5 mins, stirring often.
4. Add the tomatoes and kidney beans, bring to the boil, partially cover and gently simmer for 30 mins.
5. Season to taste. Cut the sweet potatoes open, spoon in some chilli and top with yogurt and chopped chives.
6. Save any extra chilli con carne mix for lunch tomorrow.

SLOW COOKED MINISTRONE SOUP

Ingredients (serves 4 + leftovers)

- 2 Tbsp Olive Oil
- 1 Sweet Potato, diced
- 1 cup Carrots, diced
- 1 lebanese eggplant in large chunks
- 2 Celery Stalks, diced
- 2 Zucchini, diced
- 2 onions, diced
- 2 cloves Garlic, minced
- 1 litre Chicken or Vegetable Broth
- 1 can Diced Tomatoes w/ Juice – no added sugar
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- 1 drained tin mixed beans
- 1 cup packed Fresh Spinach, chopped
- 2 Bay Leaves
- 2 tsp Oregano
- 1 tsp Basil
- 1 tsp Parsley
- ¼ tsp Cayenne Pepper
- ¼ tsp Sea Salt
- 500gm Pork Sausages (optional)

Method

1. Place the olive oil in the bottom of the crockpot.
2. Add the prepared sweet potatoes, carrots, celery, zucchini, onions, and garlic to the crockpot & pour in the stock.
3. Add the entire can (including juice) of diced tomatoes and the tin of beans.
4. Add spinach, oregano, basil, parsley, cayenne, and salt.
5. Stir everything together, add the bay leaves, cover, and cook on low for 6 hrs.
6. About 2 hours before the soup is done, brown the pork sausages, cut into 1cm pieces.
7. Once the pork is cooked through (no pink), add it to the crockpot and mix it all together.
8. Finish Remove bay leaves before serving.



SPEEDY SALMON & COUSCOUS (Thanks *Jamie Oliver* for recognising the need for minimal dishes and speedy cooking during the week!)

Ingredients (serves 4)

- 4 salmon fillets, approx. 180gm each- skin on.
- extra virgin olive oil
- ½ a bunch of basil
- 2 red onions
- 1 red pepper
- 1 fresh red chilli
- olive oil
- 1 tsp fennel seeds
- 1 bay leaf
- 300g couscous
- 2 cups any steamed greens (per person) – asparagus/ green beans/broccolini/ snow peas
- 200g cherry tomatoes
- 1 lemon zest and juice
- 4 Tbsp natural yoghurt

Method

1. Place the salmon fillets on a plate, drizzle with extra virgin olive oil and season lightly with sea salt and black pepper.
2. Pick the basil leaves and set aside, then finely chop the stalks. Place a large deep frying pan over a medium heat.
3. Peel the onions, halve and deseed the capsicum, then finely chop both. Halve, deseed and finely chop the chilli.
4. Add a splash of olive oil to the hot pan with the basil stalks and chopped veg. Cook gently for 5 minutes, or until the vegetables are soft, stirring occasionally. Add the fennel seeds to the pan with the bay leaf.
5. Place the couscous into a bowl with a pinch of salt and pour over 300ml of boiling water.
6. Halve the cherry tomatoes and add to the pan with the softened vegetables. Season, then stir together.
7. Tip the couscous over the vegetables and smooth out. Carefully pour over another 300ml of boiling water, then place the salmon fillets on top of the couscous, skin-side down. Finely grate over the lemon zest and squeeze over the juice.
8. Cover the pan with a lid or tin foil, and cook on a low heat for 12 to 15 minutes, or until the couscous has fluffed up and the salmon is just cooked.
9. Top each salmon fillet with 1 tablespoon of yoghurt, drizzle with extra virgin olive oil and season.
10. Roughly tear and scatter over the basil leaves, Serve 1 piece of fish and cous cous (approx. ½ cup max.)
11. Serve your portion with 2 cups steamed greens of your choice eg beans & broccolini



CRISPY CHICKEN NUGGETS AND PARMESAN-CRUSTED ZUCCHINI WEDGES

Ingredients (serves 4)

- Zucchini wedges
 - 4 zucchini, quartered lengthwise
 - 1/2 cup grated Parmesan
 - 1/2 teaspoon dried thyme
 - 1/2 teaspoon dried oregano
 - 1/2 teaspoon dried basil
 - 1/4 teaspoon garlic powder
 - salt and freshly ground black pepper, to taste
 - 2 tablespoons olive oil
 - 2 tablespoon chopped fresh parsley leaves
- Chicken nuggets
 - 4 cups Rice Bubbles
 - 1 teaspoon paprika
 - 1 egg
 - 3/4 cup milk
 - 3/4 cup rice flour
 - 1 1/2 teaspoons salt
 - 1/4 teaspoon pepper
 - 8 chicken thigh fillets cut into nugget sizes.
 - 3 tablespoons butter or coconut oil

Method

1. Preheat oven to 180 degrees. Coat a cooling rack with nonstick spray and set aside.
2. In a small bowl, combine Parmesan, thyme, oregano, basil, garlic powder, salt and pepper, to taste.
3. Place zucchini onto prepared baking sheet. Drizzle with olive oil and sprinkle with Parmesan mixture. Place into oven and bake until tender, about 15 minutes. Then grill for 5 minutes, or until crisp and golden brown. Set your wedges aside to serve with nuggets.
4. Place rice bubbles in dish or pan. Stir in paprika. Set aside.
5. In medium mixing bowl, beat egg and milk slightly. Add flour, salt, pepper. Mix until smooth. Dip chicken in egg mix. Coat with cereal. Place in single layer, shallow baking pan coated with cooking spray. Add a drizzle of coconut oil over the top.
6. Bake at 180 for about 1 hour or until chicken is tender, no longer pink and juices run clear. Do not cover pan or turn chicken while baking.
7. Serve with the zucchini wedges and big green salad... the kids will love!



DESSERTS

The following two recipes are not included in your meal plan but are a healthy alternative that you can add if you need a little something sweet (ideal if entertaining guests!)

POACHED PEARS WITH COCONUT YOGHURT

Ingredients (serves 4)

- 4 small pears, peeled with stalk still attached
- 4 cups water
- 1 star anise
- 5 cardamom pods
- 5 cloves
- 2 cinnamon quills
- 1 vanilla bean pod
- 1 peel of an orange
- 1 juice of an orange
- 1 small pot of coconut or natural yogurt
- blueberries & ½ cup almonds to serve



Method

1. Preheat oven to 190C. Roughly chop up the almonds and place on a baking tray and roast for 4- 6 minutes, until browned and smelling roasted. Check them regularly, they'll turn quickly.
2. Fill a large pot with water and add the cinnamon, cloves, cardamom, pulp of vanilla bean, star anise, orange peel and juice and bring to the boil. Once bubbling away reduce to a gentle simmer and add the pears. Poach for 15mins (depending on the size of the pear), until just soft. You should be easily able to insert a knife.
3. Remove pears once cooked and set aside, increase the heat on the spiced liquid and allow it to bubble away for a further 15 minutes to reduce and create a pouring syrup.
4. Serve pears with a spoonful of coconut yogurt topped with blueberries & sprinkled almonds. Spoon a little of the spiced poaching syrup over the pear to keep it super moist.

GUILT-FREE FRUIT & NUT CHOC SLAB

(1 per day if you get the need for something after dinner and carrots and hummus just aren't cutting it ☺)

Ingredients

- 2 handfuls of shaved coconut flakes
- 2 handfuls of almonds
- 2 handfuls of frozen blueberries
- 1 chopped banana
- 2 cups of cacao powder
- 2 cups of coconut oil

Method

1. Line shallow tray with baking paper.
2. Scatter ingredients (except oil and cacao) onto the tray.
3. Melt coconut oil in a saucepan (or over water) on a low heat then add cacao powder and stir until combined.
4. Pour coconut oil/cacao mixture evenly over ingredients and place immediately into the freezer.
5. Choc slab will be ready to eat in just 15 minutes. Break into 50 cent piece size chunks with a knife.
6. Pop straight into single serve bags and into freezer.

****It is really big (same size as 5 blocks of chocolate) so keep it in the freezer in single serve bags and bring 1 out when needed. Being frozen you are less likely to eat more than just one. Kept in the pantry you'll eat 5 before you know what you have done. Be aware that introducing a snack like this has the potential to flag one of your problem areas. Only make this with solutions in place to any bad habits you may have crop back up. Lets not undo all your amazing work and new habits!****

