



## WEEK SIX FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
<b>MONDAY</b>					
	Ella's Overnight Oats	Chicken Waldorf Salad In A Jar*	Turkey Stuffed Capsicums* – 1 half plus 2 cups salad is your serving size		
<b>TUESDAY</b>					
	Diced ½ avocado, 1 tomato diced, ¼ bunch broccolini steamed, almonds on top , served on 1 slive seedy toast with squeeze lemon over top	Turkey Stuffed Capsicum – 1 half plus 1 cup green salad.	Moroccan Chicken* – 1 thigh fillet plus 1 cup green beans and snow peas is your serving size		
<b>WEDNESDAY</b>					
	1x Breakie Muffin or Breakie Slice with ¼ avocado and 6 cherry tomatoes	Moroccan Chicken – 1 thigh diced, 1 cup brown rice & 1 cup snow peas	Roasted Lemon Dill Flathead* + 2 cups steamed veggies		
<b>THURSDAY</b>					
	Diced ½ avocado, 1 tomato diced, ¼ bunch broccolini steamed, almonds on top , served on 1 slive seedy toast with squeeze lemon over top	Tuna, pesto & zucchini noodle salad jar	Nik's Steak On A Board* + 2 cups green salad		
<b>FRIDAY</b>					
	Ella's Overnight Oats	1 whole-wheat wrap with shaved turkey 120g,1 cup spinach and rocket, grated carrot & alfalfa	Chicken and Cashew Stir fry* + 2 cups stirfry greens		
<b>SATURDAY</b>					
	Susie's Banana Nut Porridge*	Chicken Caesar Salad with 120g shredded bbq chicken, cos lettuce, 1 cup cherry tomato, cucumber & 1 slice of sour dough made into croutons. Add a poached egg on top	Winter Warmer Soup with Garlic Bread*		
<b>SUNDAY</b>					
	1 poached egg on spinach with 1 cup of roasted mushroom and tomato	Winter Warmer Soup leftovers	Cottage Pie with Sweet Potato & Parsnip Mash*		

# WEEK SIX RECIPES

## SUSIE'S BANANA NUT PORRIDGE

### Ingredients (serves 4)

- ½ cup cashews
- ½ cup almonds
- 1tsp cinnamon
- 1 banana
- 1 cup milk – rice, almond,coconut

### Method

1. Cover nuts in water and soak overnight.
2. In morning drain nuts and rise with clean water & drain.
3. Place nuts and other ingredients into blender.
4. Heat in microwave for 45 sec. Sprinkle with some shredded coconut & almonds.



## **CHICKEN WALDORF SALAD IN A JAR**

### **Ingredients (serves 1)**

- Tbsp of mayo & Dijon mustard
- 120g diced chicken thigh
- 2 baby beetroots
- 1 cup baby spinach
- 1 apple diced
- Walnuts

### **Method**

1. Layer the jar with mayo and Dijon mustard on the bottom.
2. Beetroot wedges / spinach/ apple/ chicken and walnuts on top.
3. To serve, tip upside down into a bowl allowing the dressing to drizzle over the salad.



## **TURKEY STUFFED CAPSICUMS**

### **Ingredients (serves 4 or 2 + 2 lunches)**

- 500g turkey mince
- 2 large capsicums halved & seeded
- 1 red onion
- 2 cups baby spinach
- 2/3 cup natural no added sugar tomato juice
- ½ cup diced roma tomatoes
- 1/3 cup diced mushroom
- 1 stick celery
- Tbsp. coconut oil
- 1 glove crushed garlic
- Sprinkle of Cajun spices and coriander

### **Method**

1. Heat oven to 180 degrees.
2. In pan add coconut oil and fry onion, garlic, mushroom and celery.
3. Add turkey mince and break up with wooden spoon. Add the rest of the ingredients and cook down the juice.
4. Fill capsicums to the brim and bake for 45 mins.
5. Serve 1 half of capsicum with 2 cups salad or veggies.



## **GUACAMOLE ZUCCHINI NOODLE SALAD WITH QUINOA AND FETA**

### **Ingredients (serves 1)**

- 1 95gm tin tuna, drained
- 1/3 cup cooked quinoa or mixed beans
- 2 tsp chopped coriander leaves
- ¼ cup corn kernals
- 1/4 cup green peas or snow peas
- 1 medium zucchini, spiralled into noodles
- 2-3 spring onion stalks, chopped
- 1/4 cup cubed feta
- For the guacamole dressing:
  - 1 avocado
  - 1 garlic clove
  - lemon juice
  - salt and pepper

### **Method**

1. In a food processor, place in all of the ingredients for the guacamole dressing. Pulse until creamy. Set aside.
2. In a bowl, combine the quinoa & coriander. Toss to combine and set aside.
3. Assemble your mason jar salad. First, put in guacamole. Second, the zucchini noodles. Then, the quinoa mix, tuna, spring onions. Then the peas and corn. Lastly, the feta. Put the lid on the jar and refrigerate until you're ready to eat.



## **MORROCAN CHICKEN CASSEROLE**

### **Ingredients**

- Olive oil, for cooking
- 700g – 1kg chicken thighs, boneless & skinless
- 2 onions, chopped
- 6 large cloves garlic, roughly chopped
- 1 tbsp fresh ginger, finely grated or chopped
- 2 tsp of each: ground coriander, cumin and turmeric
- ½ tsp each mixed spice, ground white pepper and ground black pepper
- ¼ tsp ground cloves
- ½ tsp mild chilli powder (optional)
- 1 cup chicken stock
- 1 x 400g can chopped tomatoes
- ¾ cup chopped dried apricots or dates (or bit of both)
- ½ cup Sicilian or Kalamata olive, (optional)
- ¼ cup tomato paste
- 1 tbsp honey
- Zest of 1 lemon plus 2 tsp juice
- Zest of 1 orange plus 2 tsp juice
- ¾ cup unsweetened yoghurt
- ½ cup chopped fresh herbs (e.g. parsley, coriander, mint) plus extra for serving
- Couscous, quinoa or rice, to serve



### **Method**

1. Pat the chicken dry with paper towels and season all over with salt and pepper. Brown in pan adding the chicken a few at a time and fry until browned both sides. Transfer to a casserole dish and repeat with the remaining thighs.
2. Add 3 tbsp extra virgin olive oil to the same pan you cooked the chicken over a medium heat. Add the onions and cook, stirring occasionally, for 5 minutes. Add the garlic and ginger and cook for another few minutes. Add the spices and chilli and cook for another few minutes. Add the stock, tomatoes, olives, tomato paste, honey, lemon zest and juice and orange zest. Stir, turn up the heat and bring to a boil. Turn off the heat.
3. Carefully add the sauce to the dish with the chicken. Finely chop up the stalks and stir through the mixture. Cover with a lid and bake in the oven for 1 hour and 30 minutes. Serve with a dollop of yoghurt and steamed brocolini and steamed cabbage.
4. Serve the chicken on couscous, quinoa or rice with spoonfuls of the sauce. Garnish with extra zest, yoghurt, herbs and a squeeze of lemon if you like.

## **BAKED LEMON DILL FLATHEAD**

### **Ingredients (serves 4)**

- 4 squares baking paper or aluminium foil 30 x 30 cm
- 4 flathead, snapper, blue-eye or other boneless white fish fillets (about 200g your serve)
- 1 red onion, sliced
- 1 lemon, sliced
- 1 lemon, juiced
- 1/2 cup sliced red capsicum
- 8 sprigs dill
- freshly-ground black pepper
- green beans & broccolini steamed to serve (2 cups uncooked size is your serve)



### **Method**

1. Spray each square of baking paper or foil with oil spray (or brush with a little oil).
2. Lay a fish fillet on each sheet, top with onion slices, lemon slices, capsicum slices, two sprigs of dill and pepper. Squeeze lemon juice over each fillet.
3. Wrap tightly in the paper. Place on a baking tray and cook in a moderate oven (180°C) for 4 to 5 minutes or until fish flakes easily with a fork.
4. Serve with the steamed green beans and broccolini.

## **CHICKEN CASHEW STIRFRY** – *From The 'I Quit Sugar' Cookbook*

### **Ingredients (serves 4)**

- 700gm chicken breast (180g is your serve), in strips or cubes
- 1 clove garlic, crushed
- juice of 2 limes
- 1 tablespoon tamari
- 2 tablespoon coconut oil
- 1 small (100g) red onion, finely sliced
- 4cm piece of ginger, cut into thin matchsticks
- 1 small (170g) red capsicum, sliced
- 1/2 cup finely sliced button mushrooms
- 2 bunches broccolini
- 50 g snow peas, trimmed
- 1 bunch Pak choy, washed, ends trimmed
- 1/2 cup coriander leaves
- 1/2 cup cashews



### **Method**

1. Combine garlic, lime juice and tamari. Set aside.
2. Heat 1 Tbsp coconut oil in large wok, add chicken strips/cubes. Cook for 5 minutes or until cooked through. Remove from wok & set aside.
3. Heat remaining coconut oil in wok. Add onion and ginger and stir fry for 2 minutes, or until softened. Add capsicum, mushrooms and broccolini. Stir fry for 2 minutes.
4. Add tamari mixture. Stir fry for a further 1 minute then add cooked chicken, snow peas, Pak choy and herbs and stir until just wilted.
5. Serve sprinkled with cashews.
6. Serve family members with rice if they need it. Keep yours just chicken and veggies.

## **COTTAGE PIE with SWEET POTATO & PARSNIP MASH TOPPING**

### **Ingredients (serves 4 plus leftovers)**

- 500g beef mince
- 1tbsp vegetable oil
- 1 large onion, finely chopped
- 2 medium carrots, chopped (for inside)
- 1 tin diced tomatoes
- Pinch dried herbs
- 200ml beef stock
- Salt & pepper to season
- ½ cauliflower
- 1 sweet potato, peeled and chopped
- 1 parsnip, peeled and chopped
- 3 carrots, peeled and sliced (for mash)
- Parmesan cheese to sprinkle on top
- Drizzle of olive oil (try the garlic infused oil for fun!)
- \* optional 30ml milk / soy milk or rice milk taste good

### **Method**

1. Preheat oven to 190 degrees.
2. Heat the oil in a large pan or casserole dish.
3. Add the onion and carrot and cook over a medium/high heat for 5 minutes until soft.
4. Add the beef mince and cook for 3-4 minutes to brown. If the meat is fatty, carefully tilt the pan and spoon off any excess fat. Add the canned tomatoes, herbs and stock. Season, cover and simmer for 30 minutes.
5. Meanwhile, to make the mash: put the carrots and cauliflower in a large pan of boiling water and boil for 5 minutes before adding the, sweet potato and parsnip.
6. Continue to boil for a further 10-12 minutes, or until the vegetables are tender. The time will vary, depending on how large your vegetables pieces are.
7. Drain and mash with the \*milk and olive oil and season with salt and pepper. Spoon the meat into an ovenproof dish, top with the mash and parmesan and bake for 30 minutes until golden brown.



## **NIK'S STEAK ON A BOARD**

*I can't really claim this one though.. It's a Jamie Oliver favourite that I eat throughout the year. The meals are prepped and served on wooden boards. If you don't have serving boards – prepare your seasoning on a timber cutting board and rest on the board and serve at the last minute on plates.s*

### **Ingredients (serves 4)**

- 4 x scotch fillet 200gm
- Salt and pepper
- Board seasoning
- ½ bunch Mint / ½ bunch corriander
- ½ bunch parsley / ½ bunch basil
- 1 lemon
- 1 red chilli
- 2 cloves garlic roughly chopped
- Olive oil

### **Method**

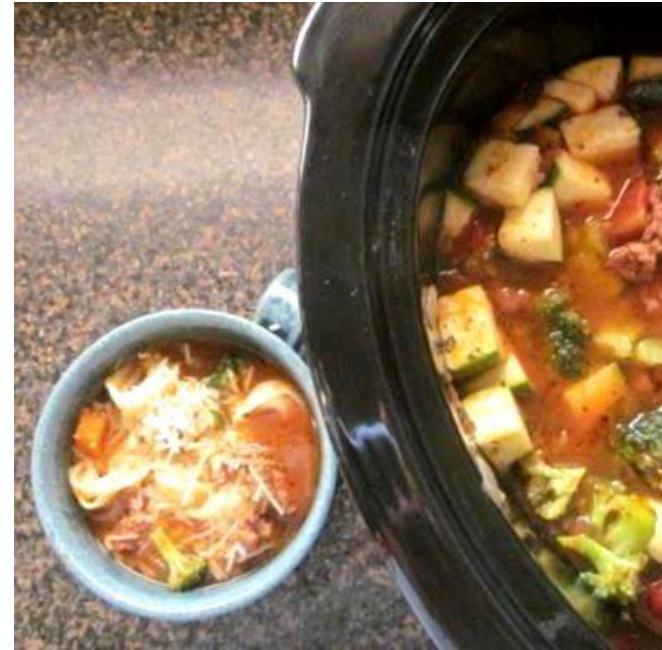
1. Season the steaks with salt and pepper and bbq to your liking.
2. Prepare your herbs ready for your serving boards. Roughly chop all and mix together. Crush the garlic on top of the herbs, finely chop the chilli and add in. Drizzle olive oil over the herbs and squeeze the lemon. Thoroughly mix all the ingredients and divide between 4 serving boards.
3. Once your steak is ready, rest the steak on top of the herbs. Turn once. Serve with a fresh crunchy green salad.



## **WINTER WARMER SOUP with GARLIC BREAD**

### **Ingredients (serves 4 plus leftovers)**

- 4 chicken sausages
- 4 Italian sausages
- 1 large onion, chopped
- 2 carrots, chopped
- 5 cups chicken stock or broth
- Oregano
- Salt and pepper
- 1 can diced tomatoes
- 400ml of no added sugar tomato juice
- 2 cups broccoli florets, roughly chopped
- ½ sweet potato diced
- 1 large zucchini, chopped or spiralled if you have a veggie spiral maker
- Garlic
- Sourdough (1 slice per person)
- Olive oil



### **Method**

1. In a pan cook sausages for 8 to 10 minutes.
2. Transfer sausages to a slow cooker or soup pot.
3. Add onions, sweet potato, carrots, stock, seasoning, pepper, tomato juice, and diced tomatoes.
4. Slow cook on High for 3 to 4 hours or on stove top for 30-40 mins.
5. Add broccoli and zucchini last 15 to 20 minutes in crock pot or last 10 mins on stove.
6. Lightly grill sourdough, rub with a garlic clove, drizzle with olive oil and sprinkle with parmesan
7. Re-grill for a moment until parmesan is golden.
8. Serve soup topped with sourdough garlic bread.