



## WEEK SEVEN FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
<b>MONDAY</b>					
	Ella's Overnight Oats	½ cup cooked Quinoa + 120gm diced cooked chicken, ½ cup snow peas and grated carrot & rocket. ½ avocado & tablespoon crumbled fetta. Squeeze lemon over top.	Chicken San Choi Bau* with lettuce cups, grated carrot, sprouts & coriander		
<b>TUESDAY</b>					
	Protein shake with 1 tablespoon natural yogurt, ½ cup blueberries blended	San Choi Bau + 2 large lettuce leaves	Thai Chicken Patties* & Thai salad		
<b>WEDNESDAY</b>					
	1x Breakie Muffin or Slice with ¼ avocado & 6 cherry tomatoes	1 x Chicken Pattie & salad wrap (1 cup salad veggies)	Baked Salmon Fillet* with roasted cherry tomatoes, broccolini & basil		
<b>THURSDAY</b>					
	Diced ½ avocado, 1 tomato diced, ¼ bunch broccolini steamed, almonds on top , served on 1 slice seedy toast with squeeze lemon	Curried egg salad on whole wheat wrap. Add in 1 cup shredded carrot and lettuce, ¼ avocado	Chicken Mushroom & Cashew Casserole*		
<b>FRIDAY</b>					
	Ella's Overnight Oats	1 cup Chicken Casserole & 1 cup Shredded cabbage, snow peas and carrot. Heat casserole and serve over crunchy veg	Bolognese with zucchini noodles 1 cup of sauce & 1 zucchini is your serve*		
<b>SATURDAY</b>					
	½ cup natural yogurt, 10 blueberries, 10 almonds	1 cup Bolognese sauce over salad and rolled up in lettuce cups. 2 large leaves or 3 small	Sweet Potato Soup* and garden salad inc ½ avocado in 2 cups salad as your serve.		
<b>SUNDAY</b>					
	1 poached egg on spinach with 1 cup of roasted mushroom and tomato	1 serve leftover soup + 2 rice crackers with avocado	Sunday Roast Lamb – 200gm roast meat, roast veggies incl squash, zucchini, tomatoes & leeks. Served with yogurt, mint and cucumber sauce.		

**SNACKS: no more than 2 snacks per day – no more food to be consumed after 7pm if possible or straight after evening class.**

# WEEK SEVEN RECIPES

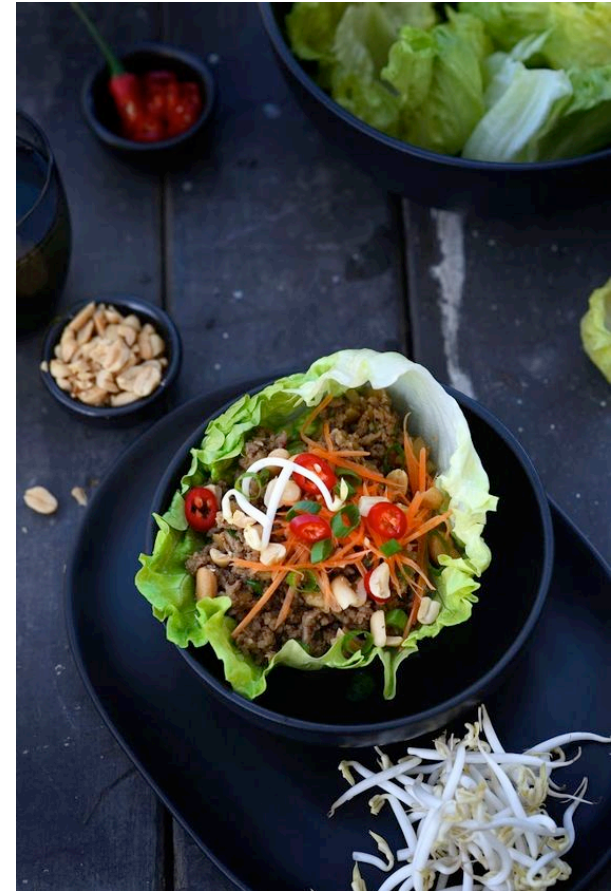
## SAN CHOI BAU

### Ingredients

- 100 g rice noodles, vermicelli
- 1 tbsp extra virgin coconut oil
- 2 medium spring onions finely sliced
- 2 tsp ginger, fresh minced
- 500 g Chicken mince
- 1 small carrot grated
- 1 zucchini grated
- 2 tbsp tamari
- 2 tsp fish sauce
- 1 medium lime juiced
- 2 cups iceberg, cos or butter lettuce washed and dried
- ¼ cup coriander, fresh
- 1 medium long red chilli finely sliced

### Method

1. Pour boiling water over noodles and soak for 5 minutes, until soft, then drain. Cut into 5cm lengths.
2. Heat oil in a frying pan over high heat. Add spring onions, ginger and mince and cook for 5 minutes, or until browned, breaking up any lumps of mince with the back of a wooden spoon. Add carrot and zucchini. Cook for about 2 minutes. Add tamari, fish sauce, lime juice and noodles and stir to combine.
3. Spoon half the mince mixture into a lunchbox and set aside with 3 lettuce cups and half the coriander and chilli for lunch tomorrow.
4. Spoon remaining mixture into lettuce cups and top with remaining coriander and chilli.



## **THAI CHICKEN PATTIES WITH THAI SALAD CUPS**

### **Ingredients (serves 4 – 2 patties per serving)**

- 500g chicken mince
- 2 garlic cloves, chopped
- 1 large handful of baby spinach leaves, roughly chopped
- 2 teaspoons fish sauce
- ½ teaspoon ground turmeric
- 3 tablespoons coconut cream
- 1 teaspoon finely grated ginger
- 4 iceberg lettuce leaves, trimmed into cups
- 1 avocado, sliced
- ½ Lebanese cucumber, sliced
- 1 small handful of coriander leaves
- 1 lime, halved

### **Method**

1. Preheat the oven to 180°C and lightly grease an 8-cup muffin tin with coconut oil.
2. In a bowl mix chicken, garlic, spinach, fish sauce, turmeric, coconut cream and ginger
3. Spoon the chicken mixture evenly into the prepared tin, then bake for 12 minutes, or until cooked through. Cool slightly for 5 minutes before turning out. The chicken patties will release a little bit of liquid when cooked, so drain off the liquid before you remove them from the tin.
4. Place 1 chicken pattie inside each lettuce cup, along with some avocado, cucumber and coriander, and squeeze over some lime juice.



## **CURRIED SWEET POTATO SOUP**

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

- 1 tablespoon olive oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 3 teaspoons curry powder or 2 teaspoons red curry paste
- 1.2kg sweet potato, peeled, cut into 2cm cubes
- 4 to 5 cup Chicken stock
- 1 large granny smith apple, peeled, grated
- 1/2 cup coconut cream toasted sourdough bread, to serve

### **Method**

1. Heat oil in a large saucepan over medium-high heat. Add onion and garlic. Cook for 4 to 5 minutes or until tender. Add curry powder. Cook, stirring, for 1 minute or until aromatic.
2. Add sweet potato, 4 cups stock and apple to curry mixture. Stir to combine. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until sweet potato is tender. Remove from heat. Stand for 5 minutes.
3. Using a food processor or hand blender, puree soup, in batches, until smooth. Return soup to saucepan over low heat. Stir in coconut cream. Heat for 8 to 10 minutes or until hot (do not allow to boil). Add more stock if soup is too thick. Season with pepper. Serve with toasted bread.



## **CHICKEN, MUSHROOM AND CASHEW NUT CASSEROLE**

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

- 1 Tbsp olive oil/ butter
- 8 chicken Sausages – cook them ready to use.
- 1 cup chicken stock
- 2 large leeks chopped in rings
- 3 sticks celery chopped
- 1 clove garlic, chopped
- 2 cups mushrooms sliced
- 1-2 cups shredded cabbage
- 1 cup shredded snow peas
- 1 bunch broccolini
- 4 rashers bacon, chopped into large chunks
- ½ cup cashew nuts
- Cornflour to thicken slightly

### **Method**

1. Sautee the leeks in butter / oil and garlic. Add the bacon and cook through.
2. Add sausages chopped into bite sized pieces, celery & mushrooms.
3. Add 1 cup of stock and thicken with a little cornflour. Consistency should still be sauce like.
4. Steam the cabbage and serve casserole over the veggies. 1 cup of veggies and 1 cup of casserole is your serve



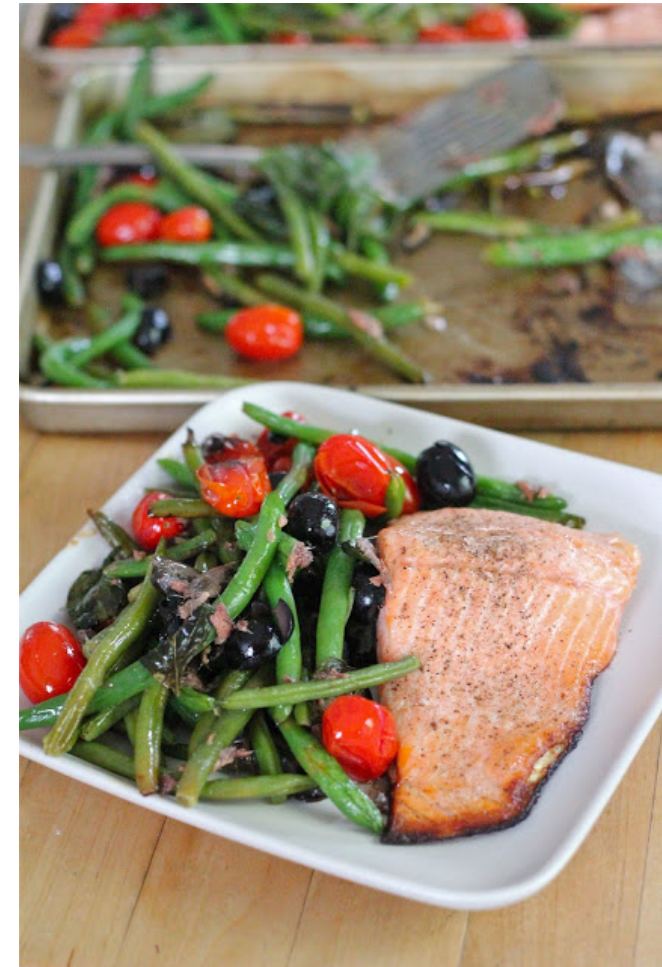
## **JAMIE OLIVER'S TRAY BAKED SALMON WITH VEGGIES**

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

- 500g fresh green beans
- 1 punnet cherry tomatoes
- ½ cup black olives, chopped
- 4 tablespoons olive oil
- 8 anchovy fillets
- 4 thick salmon fillet steaks, with or without skin approx. 180-200m each
- 2 lemons
- 1 handful fresh basil

### **Method**

1. Preheat oven to 180degrees. Tail the green beans, blanch them until tender in boiling water, and drain. Put them a large mixing bowl with the cherry tomatoes, basil and the olives. Toss in the olive oil.
2. Give the salmon fillets a quick wash and pat dry with kitchen paper towels. Place salmon at one end of a oven dish. Squeeze the juice of 1/2 a lemon over the fillets on both sides and season with salt and pepper. Drizzle a little olive oil over the top.
3. Toss the green bean mixture on the other end of the tray. Lay the anchovies over the green beans. Roast in the preheated oven for 12-15 minutes. Remove from the oven and serve with lemon quarters. Even if you don't like anchovy, this dish is amazing in flavour – before serving, break them up and mix with the pan juice... I promise you'll love it!



## **BOLOGNESE WITH ZOODLES**

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

- 2 tablespoons shaved parmesan
- Bolognese Sauce
- Olive oil spray
- 1 onion, finely chopped
- 2 garlic cloves, crushed
- 2 carrots, diced
- 1 zucchini, diced
- 1 celery stick, diced
- 500g lean beef mince
- 400g can diced tomatoes
- ½ jar of passata tomato sauce (sugar free)
- 2 tablespoons finely chopped parsley
- 1 teaspoon dried oregano
- 1 zucchini per person made into noodles with your veggie noodle maker or cut into thin matchsticks



### **Method**

1. Lightly spray a pan with olive oil and heat on medium. Cook the onion and garlic, stirring, for 5 minutes until softened. Add the carrot, zucchini and celery and cook, covered for another 5 minutes, stirring occasionally.
2. Increase the heat to high. Add the mince and cook for 1 minute, stirring to break up any lumps, or until it has changed colour. Stir in the tinned tomato, passata, parsley, oregano and a splash of water and simmer, covered for 25 minutes, stirring occasionally.
3. Meanwhile, steam the zucchini noodles, Drain. Divide the noodles and serve with the sauce on top and a sprinkle of parmesan. Reserve 1 cup of sauce for lunch.