



# WEEK ONE FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
<b>MONDAY</b>					
	2 x Eggs & Sour Dough Soldiers	Israeli Haloumi Bowl*	Sausage & Sweet Potato Cook-up*		
<b>TUESDAY</b>					
	Healthy Yoghurt Bowl*	Sausage & Sweet Potato	Chicken Caesar Salad*		
<b>WEDNESDAY</b>					
	2 x Basil & Cherry Tomatoes Muffins*	Chicken Caesar Wrap – gluten free or wholemeal options	San Choy Bau Lettuce Cups*		
<b>THURSDAY</b>					
	Sour Dough with Avocado, Tomato and Smoked Salmon (optional)	San Choy Bau	Moroccan Chicken casserole*		
<b>FRIDAY</b>					
	Nik's Brekkie Bowl*	Moroccan Chicken casserole	Baked Salmon pesto and Slaw*		
<b>SATURDAY</b>					
	Protein Pancakes*	Tuna Salad	Slow Cooked Lamb with mashed pumpkin, broccoli, green beans and carrots		
<b>SUNDAY</b>					
	2 x Poached eggs on baby spinach and 1 x cooked tomato	Lamb salad wrap – with a spread of natural yogurt and shredded mint	Basil Garlic Chicken Stirfry snowpeas, broccoli, baby corn, bok choy ½ cup brown rice. Use fresh garlic and basil and Tamari soy sauce (hidden sugars in other sauces)		

**Serving sizes: 1 palm sized protein (meat or fish), 2 cups of veggies or salad for dinner, 1 cup for lunch serving**

# WEEK ONE RECIPES

## SAUSAGE & SWEET POTATO COOK-UP

### Ingredients

- 8 medium chicken sausages (prepare for 4 people) or save for lunch second day
- 200 g Brussels sprouts ends trimmed and cut in half (or quarters for large sprouts)
- 1 medium fennel sliced into thin wedges
- 1-2 large sweet potato, regular peeled and cut into 1cm chunks
- 8 sprig thyme, sprigs 1 tbsp extra virgin olive oil
- 2 tbsp Dijon mustard to serve
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

### Method

1. Preheat oven to 180°C/350°F
2. Arrange the sausages, sprouts, fennel and potato in a baking tray. Sprinkle over thyme sprigs, drizzle over olive oil and season generously with salt and pepper. Place into the oven and bake for 30 minutes until sausages are cooked through and veggies are golden brown.
3. Once cooked, separate meal between a plate for dinner and a container for lunch tomorrow. Serve both with a generous slather of mustard and a sprinkling of fennel fronds if you have some.

### Notes

- Swap out fennel with 1 medium (200g) red onion, sliced into wedges.
- Swap brussel sprouts, with 1 bunch broccolini



## **ISRAELI HALOUMI BOWL**

### **Ingredients**

- 10 mL extra virgin olive oil
- ½ cup couscous, Israeli
- 190 mL vegetable stock
- 1 bunch broccolini chopped into 1cm pieces
- 150 g haloumi cheese cut into 3cm pieces
- ⅓ cup almonds, raw toasted, and roughly chopped
- ½ cup flat-leaf parsley, fresh finely chopped
- Lemony Yoghurt Dressing
  - ½ medium lemon juice and zest
  - 60 g natural or Greek full-fat yoghurt

### **Method**

1. Add half of the olive oil and all of the couscous to a medium-sized saucepan on low-medium heat. Lightly toast couscous until light brown. Add in vegetable stock and ½ cup of water and bring to the boil. Cover and reduce to a simmer for 10 minutes.
2. Place broccolini into a bowl and cover with boiled water. Allow to sit for 2 minutes to blanch. Drain. (Alternatively, you can eat your broccolini raw if you like).
3. Cook the haloumi by heating a small frying pan on medium heat. Add the remaining olive oil and haloumi and sprinkle with turmeric. Allow to cook for 2 minutes until golden. Flip, sprinkle a little more turmeric and fry until golden.
4. To make the Lemony Yoghurt Dressing, combine the lemon juice, zest and yoghurt together in a small mixing bowl or cup.
5. Arrange half of the couscous, turmeric haloumi, broccolini, almonds and flat-leaf parsley around a serving plate. Place the remaining into a container for tomorrow. Serve both with a dollop of Lemony Yoghurt Dressing.

### **Notes**

- Swaps: yoghurt for ¼ avocado. Replace halloumi with 1 boiled egg per serve.
- Gluten-free: 1 cup Cooked Quinoa in place of cous cous.



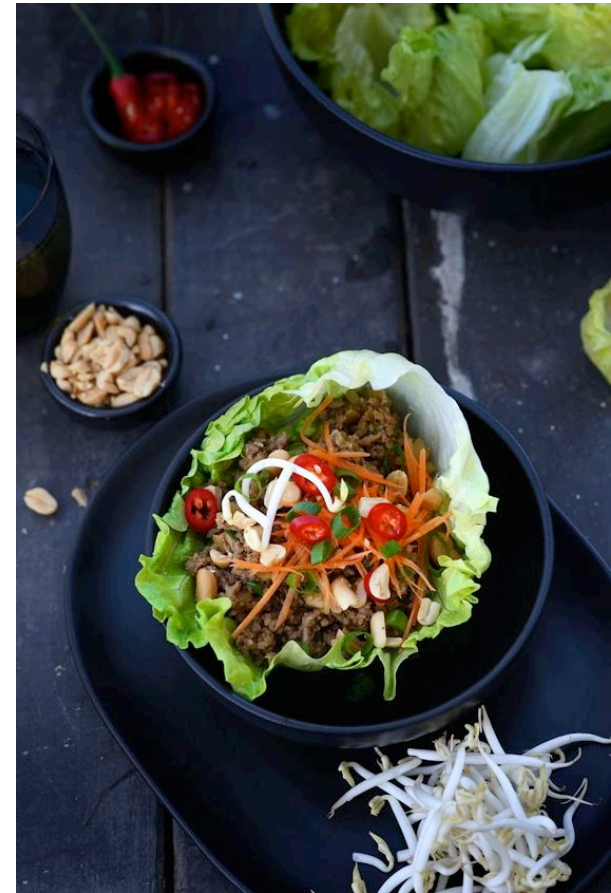
## SAN CHOI BAU

### 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 turkey 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.



## **CHICKEN CAESAR SALAD**

### **Ingredients**

- 2 slice sourdough bread cut into cubes
- 15 mL extra virgin olive oil
- 1 medium garlic clove crushed
- 4 slice prosciutto
- 1 medium free-range egg
- 1 small cos lettuce leaves separated, coarsely chopped
- 2 portion Chicken defrosted
- ¼ cup Parmesan cheese
- Caesar Dressing
  - ¼ cup yoghurt, Greek full-fat
  - 1 tbsp lemon juice
  - 1 medium garlic clove crushed
  - optional 1 medium anchovy fillet, tinned drained and coarsely chopped

### **Method**

1. Preheat oven to 200°C/400°F/Gas Mark 6. Line two oven trays with baking paper.
2. Toss bread in oil and garlic. Place on one oven tray. Place prosciutto slices in a single layer on remaining oven tray. Place both trays in oven and cook for 5-7 minutes, turning croutons halfway, or until golden. Once prosciutto has cooled break into shards.
3. Meanwhile, bring a small pot of water to a gentle boil. Carefully add egg and cook for 5 minutes and 40 seconds for a soft-boiled egg. If you like hard yolks, cook for an extra minute. Drain and plunge egg into cold water to stop the cooking process. Peel and cut egg in half.
4. To make dressing combine all ingredients.
5. Divide lettuce between a plate and a lunchbox. Top each with chicken, prosciutto, Parmesan and half an egg. Drizzle with dressing to serve.



## **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 prunes (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 SALMON FILLET WITH PESTO AND BEETROOT SLAW**

### **Ingredients**

- 1½ tbsp olive oil
- 4 salmon fillets
- 2 raw beetroot, about 250g, peeled and coarsely grated
- 175g celeriac, peeled and coarsely grated
- 2 carrots, about 175g, coarsely grated
- 1 tbsp cider vinegar
- 2 tbsp mixed seeds, toasted
- 2 tbsp basil pesto
- 4 tbsp natural yoghurt

### **Method**

1. Heat oven to 200C/180C fan/gas 6 and line a baking tray with foil.
2. Season the salmon fillets and put them on the tray, skin-side down. Drizzle the tops with a little oil and cook for 10-12 mins.
3. Meanwhile, in a bowl, combine the beetroot, celeriac, carrots, vinegar, remaining oil, the seeds and some seasoning. Spoon the pesto and yoghurt into a small bowl, mix, then season.
4. Serve the salmon fillets with the crunchy slaw and topped with the dressing.



## HEALTHY YOGHURT BOWL

### Ingredients

- Plain natural yoghurt
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Walnuts
- Shredded coconut
- ¼ cup blueberries
- Lemon zest

### Method

1. Combine ingredients together in a bowl
2. Top with a sprinkle of lemon zest



## NIK'S BREKKIE BOWL

### Ingredients

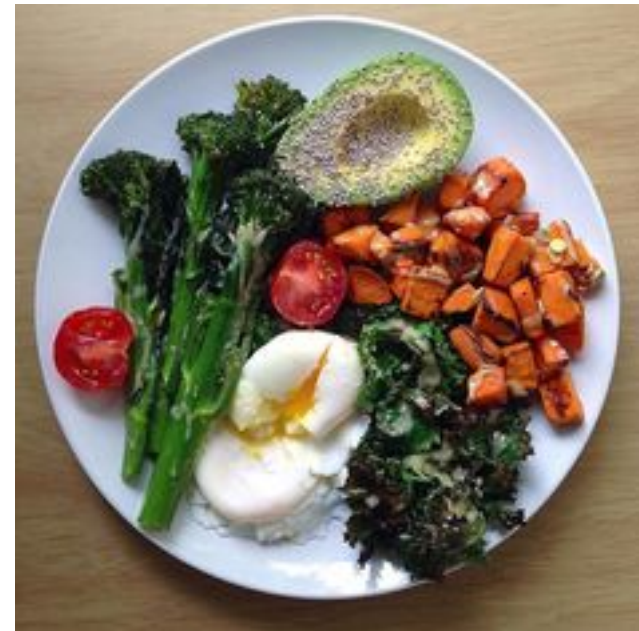
- 1 bunch Broccolini - steamed
- 1/4 cup diced steamed sweet potato
- 1 diced tomato or 6 halved cherry tomatoes
- 1/4 diced avocado
- 6 almonds chopped
- Squeeze of lemon
- Poached egg

### Method

1. Combine ingredients together in a bowl
2. Top with a squeeze of lemon

### Notes

- Option: serve on sour dough, ryvita cracker, or paleo toast



## **CHERRY TOMATO & BASIL BREKKIE MUFFINS**

### **Ingredients**

- 12 eggs
- 1 punnet chopped cherry tomatoes
- ¼ cup shredded basil leaves
- Ham (optional)
- ¼ cup parmesan cheese shaved

### **Method**

1. Mix together and place in silicone muffin moulds for easy removal (or muffin tins)
2. Cook for approx. 15mins
3. Store 2 x muffins in snap lock bags and freeze for breakfasts and snacks

## **PROTEIN PANCAKES**

### **Ingredients**

- 2 x egg whites
- 1 scoop vanilla protein powder
- Kiwi fruit or blueberries
- Lemon juice (optional)
- Shredded coconut (optional)

### **Method**

1. Blend together until smooth (add a little water if needed).
2. Make into thin crepes.
3. In the centre add some of the following - 1 diced kiwifruit or blueberries
4. Add a squeeze of lemon juice and a sprinkle of coconut for added flavour.



# SNACKS LIST

- 1 x Brekkie muffin (from freezer stock)
- Rice Cracker with your choice of:
  - Avocado and tomato
  - Hummus
  - Cottage cheese, lemon juice and sprinkle of almonds
  - Tuna and avocado
- ¼ cup blueberries and natural yogurt
- Boiled egg, 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

