



## WEEK THREE FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
<b>MONDAY</b>					
	1 x Protein Shake with 1/3 cup mixed berries. Add ice to thicken. Sprinkle with chia seeds & chopped almonds	1 x 95gm tin tuna, 1 cup salad greens inc celery, ½ apple diced into mix. 1 tbsn Mayo + 2 ryvitas or rice cakes	Middle Eastern Turkey Lettuce Bowls* – 2 large leaves or 3 small leaves. 1 cup of turkey mix		
<b>TUESDAY</b>					
	2 x Brekkie muffins	Last nights turkey in wholewheat wrap + 1 cup salad greens – or lettuce wraps	Grilled Chicken with Beetroot and Pumpkin Salad*		
<b>WEDNESDAY</b>					
	Ella's Overnight Oats*	120gm Chicken + 1 cup Salad with yoghurt & lemon dressing	Chicken Burgers*		
<b>THURSDAY</b>					
	Protein Shake with berries or ½ cup natural yoghurt with ¼ cup berries & sprinkle of chia seeds & chopped almonds	Diced chicken pattie with ½ cup Brown rice, 1 cup diced snow peas, green peas, dash of tamari soy sauce. Heat for quick lunch	Prawn Arrabbiata with Zucchini Spaghetti*		
<b>FRIDAY</b>					
	Ella's Overnight Oats*	1x 95gm tin Tuna in wrap or Tuna & salad	Friday Night Rosemary Roasted Chicken & Veggies*		
<b>SATURDAY</b>					
	My Nanna's Pesto Eggs*	Chicken Pizzas using left over chicken & 1 wholewheat wrap with tomato paste, chicken, basil, mushroom & sprinkle of mozzarella & 1 cup salad	Pea and Ham Soup*		
<b>SUNDAY</b>					
	Brekkie Fritters*	Caesar salad – 120gm Shredded chicken, 1 poached egg, 1 cup cos lettuce, 1 slice sour dough croutons & 6 halved cherry tomatoes. – the egg is	Thai Marinated Salmon*		

**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

## MY NANNA'S PESTO EGGS

### Ingredients: (serves 2)

- 4 eggs beaten with a splash of water
- Tablespoon basil or capsicum pesto
- Salt & pepper to taste
- 1 tbsp Coconut Oil, Virgin
- 1/2 medium red onion, diced
- 2 1/2 cups Fresh Baby Spinach
- 1/2 cup cherry tomatoes
- 1/2 avo for 2 people

### Method:

1. Heat pan and add coconut oil, sauté the onion and cherry tomatoes.
2. Add the spinach and cook down.
3. Stir in the beaten egg and scramble as normal.
4. Finish off before serving by stirring through diced avo.



## **ELLA'S OVERNIGHT OATS**

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

- ½ cup plain natural yoghurt
- ½ cup steel cut oats
- 2 tablespoons milk (or soy/almond milk)
- 1 scoop protein powder
- 2 tablespoons chia seeds
- ½ cup frozen mixed berries
- Chopped almonds
- Shredded coconut

### **Method:**

1. Mix yoghurt, oats, milk, protein powder and chia seeds in a bowl.
2. Place layer of this mixture on the bottom of the jar.
3. Layer half of the frozen berries on top.
4. Continue to layer the oats mixture and berries.
5. Sprinkle chopped almonds and coconut on top.
6. Place lid on jar and leave in the fridge overnight.
7. The oats will absorb the liquid from the milk and yoghurt and become super creamy!

### **Notes:**

- Great to pop in your training bag to eat straight after class!



## **BREKKIE FRITTERS (thanks Pete Evans!)**

### **Ingredients: (makes 12 = 2-3 fritters each)**

- 2 zucchini grated
- 1 cup) green peas
- ½ cup parsley
- ½ cup mint chopped (20 g / 3/4 oz)
- 4 spring onions, sliced
- good pinch sea salt
- generous grind of black pepper
- zest from 1 lemon
- 3 eggs
- ½ cup almond meal
- \*optional 3 diced rashers bacon
- Salsa:
  - ½ diced avocado
  - 1 diced tomato
  - handful chopped coriander
  - squeeze of lime



### **Method:**

1. Grate the zucchini and place into a colander. Sprinkle with a just little sea salt and mix through. Sit for 10 minutes.
2. Squeeze out all the moisture from the zucchini with your hands.
3. Crisp up the diced bacon.
4. Place the zucchini into a large bowl with the bacon. Add parsley, mint, peas, spring onion, pepper, lemon zest, eggs & and almond meal or the other alternative flours if using. Mix well until combined.
5. At this stage it's good to test cook a fritter to make sure it holds together well. Add a touch more almond meal or alternative flour if you need it.
6. Cook fritters in a pan over a medium heat in a little olive oil for 2 minutes each side or until cooked through.
7. To serve – 2 or 3 fritters stacked and served with salsa on top.

## **BELLINDA'S SOUP IN A JAR** *(feel free to substitute any of your lunches throughout the week for soups!)*

One of our lovely clients Bellinda Henderson takes a couple of these wonderful and easy soups to work each week!

### **Ingredients: (serves 2 if you'd like to keep a spare in the fridge)**

- 1 garlic clove, finely diced
- Thumb of ginger, grated
- 1 red chilli (seeds removed)
- 1 Tbsp tamari
- Splash of sesame oil
- 1 cup spinach
- ½ carrot, grated
- Coriander
- Mint
- ½ cup red capsicum, cut into slithers
- 1 zucchini, cut into thin ribbons or use noodle-machines
- 1 tsp coconut oil
- 100g cooked chicken (like shredded bbq chicken)



### **Method:**

1. Divide your ginger, chilli and garlic into the bottom of 2 jars.
2. Add tamari and sesame oil.
3. Place one of your jars in the fridge at this stage to keep for another day. Finish off jar #2 with the following steps as follows.
4. Layer spinach, carrot, coriander, mint, capsicum, zucchini noodles, chicken & coconut oil
5. Take jar out of the fridge about an hour before eating to 'warm up the jar'
6. Add boiling water from kettle and fill until covers chicken. Push chicken down to ensure coconut oil dissolves.
7. Enjoy xxx Bellinda

## **MIDDLE EASTERN TURKEY LETTUCE BOWLS**

### **Ingredients: (serves 2)**

- Spray oil
- 250gm turkey or chicken mince
- 1/3 cup semi dried tomatoes or cherry tomatoes
- 2 spring onions chopped
- Shredded basil & mint to taste – approx. 1/3 cup
- Harissa seasoning powdered or paste
- 1/2 cup snow peas slithers & diced capsicum
- 1 cup shredded kale or mixed greens (can now get in salad mixed with spinach and rocket)
- zest of 1 lemon
- Lettuce cups to serve



### **Method:**

1. Spray pan & add the turkey and harissa seasoning and sauté until crumbled and well done, about 5 minutes.
2. Add the sun-dried tomatoes, spring onion, snow peas and capsicum, salt, and pepper to pan. Stir through greens towards the end.
3. Take off the heat and stir through lemon zest, basil and mint.
4. To serve fill lettuce cups or into a wrap for lunch. Mix freezes well for spare lunches

## **GRILLED CHICKEN WITH BEETROOT AND PUMPKIN SALAD**

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

- 8 chicken thighs, skin on
- 2 cloves garlic, finely grated
- 2 teaspoons dried oregano (or finely chopped fresh leaves)
- juice of ½ lemon
- 2 tablespoons olive oil
- 1 teaspoon salt
- generous pinch of pepper
- coconut oil spray for cooking
- ½ Butternut peeled and diced
- 1 1/2 teaspoon fennel seeds – or swap for thyme
- generous pinch sea salt
- 1 tablespoon olive oil
- 4 small beetroots, sliced into wedges (woollies vac sealed bag, near spinach)
- 1 tablespoon apple cider vinegar
- pinch of salt and black pepper
- Salad greens – Rocket & baby spinach ideal
- Dressing:
  - 1 tablespoon apple cider vinegar
  - 2 tablespoons olive oil
  - Squeeze of an orange
  - ½ teaspoon Dijon or wholegrain mustard
  - pinch of salt and pepper
  - ¼ cup Walnuts

### **Method:**

1. Combine garlic, oregano, lemon juice, olive oil, salt and pepper in a mixing bowl and add the chicken. Rub the marinade all over the chicken and set aside for 5-10 minutes.
2. In another bowl, toss together the pumpkin, fennel seeds, olive oil and salt. Scatter on a tray and place in the oven. Roast for 15 minutes
3. Combine beetroot with apple cider vinegar, salt and pepper and set aside.
4. Grill the chicken in a heated pan until cooked through ( scrape some of the marinade off so as not to burn)
5. Remove the pumpkin from the oven.
6. Assemble the salad while the chicken is finishing. Scatter the salad greens on a large platter or a bowl and add the beetroot, cooked pumpkin and walnuts. Whisk together the dressing and drizzle some on the top or serve on the side.
7. Rest the chicken for a minute or two and serve. Shred any left over chicken for lunches.



## **PRAWN ARRABBIATA WITH ZUCCHINI SPAGHETTI**

### **Ingredients: (serves 2)**

- 2 large green zucchinis, spiralized into noodles or peeled sliced into ribbons
- Tbsp coconut oil
- 300 g raw king prawns (I used defrosted prawns from the freezer)
- 3 tablespoons olive oil
- 1 brown onion, finely diced
- ½ red sweet capsicum, finely diced
- ⅔ teaspoon salt
- ⅔ teaspoon chilli flakes or chilli pepper (less if you like it more mild)
- 3 cloves garlic, finely diced
- 1½ cup chopped tinned tomatoes/passata sauce
- ¼ cup of grated parmesan
- freshly chopped parsley or basil for garnish

### **Method:**

1. Using a vegetable spiralizer or a peeler, cut zucchini into noodles or ribbons. You can simply slice it as well. Set aside.
2. Heat a dollop of coconut oil in a large frying pan over high heat. Add the prawns and pan fry for 2 minutes, stirring a few times. Remove to a bowl.
3. Turn the heat to medium and add the olive oil to the pan. Add the diced onion and peppers, and sauté for about 3 minutes, until lightly browned and softened.
4. Then add the salt, chilli and garlic and stir through. Pour in the tomatoes and mix well. Cook for a couple of minutes over medium heat, stirring a few times. You can add a little splash of water if the tomatoes start to dry up.
5. Now add back the prawns and the zucchini noodles. Stir together for a minute or two, until well heated through and combined. The zucchini should soften slightly but not too much as it will start to give out juice and will turn soggy.
6. Serve in bowls with some grated cheese and fresh chopped herbs.



## **CHICKEN BURGERS**

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

- 500g chicken mince
- ½ cup coriander, finely chopped
- ½ cup mint, finely chopped
- 1 tsp cumin, ground
- 1 tsp sweet paprika
- 1 long red chilli, finely diced
- 1 garlic clove, minced
- 2 tablespoons crushed ryvitas or rice cakes
- 1 egg
- sea salt
- freshly ground black pepper
- coconut oil, for frying

### **Method:**

1. Start by making the chicken patties. In a large bowl, combine the mince, herbs, spices, chilli, garlic and crumbs with the egg to bind them. Mix until well combined and you can see the herbs have been distributed evenly, then season well with salt and pepper.
2. Divide this meat mixture into 4 patties, using slightly damp hands as the mixture is wet and sticky. Make each patty slightly smaller than your palm, then press to flatten them a little, put them on a plate and pop them in the fridge for at least 20 minutes to chill and firm up.
3. When it is time to cook your burgers, heat a little coconut oil in a large frying pan or grill plate over a medium heat. Fry the burgers for about 4–5 minutes on each side, making sure you cook them all the way through and end up with a nice golden, crispy texture on the outside.
4. Serve as a bun-less burger with sliced tomato, cucumber, lettuce, beetroot etc stacked on top or stacked on one slice of toasted sourdough

### **Notes:**

- Patties freeze really well so double the batch and use for lunches throughout the week



## **FRIDAY NIGHT ROSEMARY ROASTED CHICKEN**

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

- 6 Tbsp coconut oil, melted
- 1 Tbsp honey (optional)
- 1 tsp paprika
- 1 tsp onion powder
- 1 Tbsp Italian seasoning
- ¼ tsp dried chili flakes
- Sea salt and freshly ground pepper
- 1 whole chicken
- 2 lemons, quartered
- 1 garlic bulb, halved across cloves
- 4 shallots or small, halved and peeled
- 1 teaspoon dried oregano
- 3 sprigs rosemary, torn into pieces
- Fresh parsley to serve
- 1 large sweet potato, peeled and diced
- 2 large carrots, sliced in half both ways
- 2 large zucchini chunks
- 4 squash halved
- 3-4 rosemary sprigs, stalks removed
- ¼ cup coconut or olive oil
- Salt and pepper to taste

### **Method:**

1. Pre-heat the oven to 190 degrees.
2. Rinse the chicken, pat dry and place in a roasting tin.
3. Whisk coconut oil in a small bowl along with the honey, paprika, onion powder, Italian seasoning, chili flakes, salt and pepper.
4. Pour the mixture over the top of the chicken.
5. Arrange the lemon, garlic and shallots around and under the chicken, and sprinkle on the herbs. Place in the oven.
6. Place the vegetables in a bowl, sprinkle with seasoning oil and rosemary & single layer on a baking dish below the chicken.
7. Roast all for about 40-50 minutes. If you like your veggies to be caramelized, you may like to roast them for longer.
8. Garnish chicken with chopped herbs and serve with the roast veggies.
9. Squeeze the lemon wedges over the top.



## THAI MARINATED SALMON

### **Ingredients: (serves 2)**

- 2 sticks fresh lemon grass
- 1 cup tamari soy sauce
- 1 bunch fresh coriander, stalks finely sliced, leaves reserved
- 1 thumb-sized piece fresh ginger, finely grated
- 4 cloves garlic, finely grated
- 2 salmon fillet (190g each)
- 2 red chillies, deseeded and finely sliced
- 4 spring onions, finely sliced
- 2 limes
- Steamed bok choy, snow peas and asparagus (2 cups of greens pp)
- ½ cup Brown rice or quinoa

### **Method:**

1. Smash the white lemon grass base with the wide flat end of a heavy kitchen knife to release the aromas and mix it with the soy sauce, coriander stalks, ginger and garlic then rub all over the salmon fillets. Leave to marinate for an hour or so, either in a plastic bag or on a tray covered.
2. Cook brown rice or quinoa.
3. Steam bok choy, snow peas & asparagus.
4. Preheat your grill to its highest setting. When you're ready to cook the salmon, remove it from the marinade and grill for 8 minutes (no more – you still want it pink in the middle)
5. Fork up the cooked salmon a little so everyone can see the lovely, dark, sticky outside and the juicy, pink fish underneath.
6. Serve on top of rice and steamed greens, sprinkled with the chillies, spring onions, reserved coriander leaves, then squeeze over the lime.



## **PEA AND HAM SOUP**

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

- 1 Tbsp olive oil
- 2 large leeks chopped coarsely
- 1 clove garlic, chopped
- 1 medium carrot, chopped
- 1 Large zucchini
- 1.2 kg ham hocks
- 2 ½ cups green split peas
- 8 cups water
- 2 cups frozen peas
- ¼ cup fresh mint, chopped

### **Method:**

1. In a large pan, heat oil. Cook leeks, garlic, zucchini and carrot, stirring 2 minutes or until starting to soften. Add ham hocks, split peas and water; bring to boil. Reduce heat, simmer gently, uncovered, for about 2 hours 30 minutes or until peas are soft. You may need to top the water up to keep the ham hocks covered. Remove the ham hocks; cool slightly.
2. Add frozen peas to the pan, cook 1 minute. Cool soup 10 minutes.
3. With a hand blender or food processor, blend soup, in batches, until smooth or to consistency preferred. Return soup to pan. If the soup is too thin, simmer, uncovered, until thickened.
4. Remove the skin, bone and fat from the ham hocks. Shred or slice the meat. Return the ham to the soup; stir over heat until hot.
5. Season soup with black pepper. Top with mint and serve with 1 slice of sour dough if desired.



# 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 crudité
  - 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