



WEEK EIGHT FOOD PLAN

| | BREAKFAST | LUNCH | DINNER | FOOD DIARY NOTES | WATER |
|------------------|---|---|---|------------------|-------|
| MONDAY | | | | | |
| | Ella's Overnight Oats | ½ cup cup brown rice + 1 fish cake or tuna pattie, ½ cup snow peas and grated carrot & spinach. ½ avocado drizzle tamari / soy sauce over | Yogurt Chicken with lemon almond kale & quinoa salad 180gm /1 thigh + 2 cups salad | | |
| TUESDAY | | | | | |
| | Protein shake with 1 tablespoon natural yogurt, ½ cup blueberries blended | 1 Chicken thigh + 1 cup kale salad + ½ diced avocado | 2 x Thai fishcakes & 2 cups asian salad | | |
| WEDNESDAY | | | | | |
| | 2 x Tomato Bacon & egg cup + ½ avocado | 2 x fishcakes & Asian salad + 1 apple diced into salad | 180gm Beef 2 cups fajita salad* | | |
| THURSDAY | | | | | |
| | Protein shake with 1 tablespoon natural yogurt, ½ cup blueberries blended | Beef fajita mix with 1 cup diced cucumber celery & lettuce, 8 cherry tomatoes | Baked Chicken Caesar 1 thigh – 180gm chicken | | |
| FRIDAY | | | | | |
| | 2 x Tomato Bacon & egg cup + half avocado | Super Foods Bowl | Carbonara with zucchini noodles 1 cup of sauce & 1 zucchini is your serve* | | |
| SATURDAY | | | | | |
| | ½ cup natural yogurt, 10 blueberries, 10 almonds | 1 cup Carbonara mix + 1 cup shredded cabbage, celery & carrot 7 grated lemon zest & parmesan | Slow cooked Lamb Biriyani * | | |
| SUNDAY | | | | | |
| | 1 poached egg on spinach with 1 cup of roasted mushroom and tomato | 1 cup Lamb biriyani + 1 cup spinach & cherry tomoatoes. Served with 1 tbspn yogurt | Sweet potato lasagne & 1 cup salad greens * | | |

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

WEEK EIGHT RECIPES

Yogurt Chicken With Kale & Quinoa Salad

INGREDIENTS

125 g natural or Greek full-fat yoghurt
1 tbsp cumin, ground
1 tsp turmeric, ground
½ medium lemon juiced
500gm chicken thigh, boneless
2 tsp coconut or olive oil

Salad - Ginger, Almond & Quinoa

1 small red onion, finely chopped
2 medium garlic clove crushed
2 tsp ginger, fresh minced
2 cups kale, finely shredded – remove the white stalks
2 cups Cooked Quinoa as per pack
¼ cup almond slithers
1 medium lemon
zest and juice
½ cup chopped coriander & mint,
1 pinch sea salt to taste
1 pinch freshly ground black pepper
2 tbsps natural or Greek full-fat yoghurt

METHOD

1. Preheat oven to 220°C
2. To make Yoghurt Chicken, combine yoghurt, spices and lemon juice. Add chicken. Turn to coat.
3. Cook chicken for 5 minutes each side. Transfer pan to oven and cook for 10 minutes or until cooked through.
4. Meanwhile, make the Ginger, Almond + Kale Quinoa. In a medium-sized frying pan heat remaining oil over medium heat. Add onion and cook for about 5 minutes or until softened. Add garlic and ginger and cook for 2 minutes or until fragrant. Add kale and cook stirring until wilted. Add quinoa stirring to heat through. Remove from heat. Stir through almonds, zest, juice, mint & coriander. Season with sea salt and pepper.
5. Serve with 1 thigh fillet (180gm chicken) and 2 cups salad. Separate out a second serve for lunch with 1 cup salad.



Thai fish Cakes With Asian Salad

INGREDIENTS

500 g white fish fillets, firm
¼ cup coriander, fresh
1 tbsp cornflour flour
5 ml fish sauce
1 medium small chopped red chilli
2 medium spring onions roughly chopped
1 medium free-range egg
50 g green beans ends trimmed and chopped into 1cm pieces
1 tbsp oil
40 ml tamari for dipping

Asian Salad

1 cup coriander, fresh leaves picked
1 cup mint, fresh leaves picked
2 cups mixed salad leaves
1 small carrot grated
1 small avocado cubed
1 medium long red chilli thinly sliced
½ cup cashews, roasted, unsalted
1 medium lime juiced
5 ml extra virgin olive oil

METHOD

1. Place fish, coriander, flour, fish sauce, chilli, onion and egg in a food processor. Process until combined. Transfer to a bowl and mix through beans. Mould mixture into 8 patties.
2. Heat oil in a medium frying pan over medium-high heat. Add patties. Cook for 4 minutes on each side or until golden brown. Transfer to a plate lined with paper towel to drain.
3. To make Asian Salad, combine all ingredients and drizzle with olive oil and lime juice.
4. 2 fish cakes & salad serve with tamari as a dipping sauce. Reserve any leftovers for lunches or freeze.
5. NOTE: I like to double the mixture and make enough to freeze for those 'I don't know what to have' days



Lamb biriyani

INGREDIENTS – serves 4 plus leftovers for lunch

Pre-cook slowly in the oven 1kg lamb shoulder (remove the fat and over with foil in an & roast on 170 degrees for 3-4 hrs.)

Lamb shreds easily with a fork – split amount into 2 & freeze a portion

1 tbsp extra virgin coconut oil

1 small brown onion diced

1¼ cups mixed coriander & mint, roughly chopped

1 cup green beans ends trimmed and chopped into 2cm pieces

1 medium garlic clove minced

2 tsp ginger, fresh minced

1 tbsp garam masala

1 tsp cumin, ground

1 tsp cinnamon, ground

½ tsp turmeric, ground

½ tsp chilli flakes, dried

350gm of the Slow Cooked Lamb

1 large tomato, regular diced

Cook up 1 cup basmatic rice (makes 4 serves) NOTE: I prefer to replace rice with quinoa.

60 ml chicken stock

2 cups baby spinach leaves

100 g natural or Greek full-fat yoghurt

¼ cup cashews,

METHOD

1. Heat oil in a large frying pan over medium to high heat. Add onion, coriander stems and green beans, cook for 5 minutes until softened. Add garlic, ginger and spices. Cook for 2 minutes, until fragrant.
2. Add Slow Cooked Lamb, tomato, Cooked Basmati Rice or quinoa and stock. Stir to coat well in spices. Simmer for 10 minutes until all liquid has been absorbed. Stir through spinach and cook until wilted. Reduce heat to low. Add half of the yoghurt. Stir to combine.
3. Remove from heat. Stir through cashews and coriander & mint.
4. Serve each portion with tablespoon yoghurt and shredded mint. + 1 serve kept for lunch



Chicken Carbonara

INGREDIENTS

- 2 large chicken breasts (180gm per serve)
- 2 large zucchini
- ¾ cup green peas, frozen
- 4 rashers bacon- rind removed and cut into matchsticks
- 2 tsp butter
- 1 medium garlic clove crushed
- 1 cup button mushrooms finely sliced
- 85 ml cream, full-fat
- 2 medium free-range egg reserving yolk
- 75 g Parmesan cheese flaked
- 1 pinch sea salt & 1 pinch freshly ground black pepper



METHOD

1. Cut zucchinis into noodles or veggie noodle machine Place noodles & peas into a large bowl and cover with boiling water.
2. Leave for 1 minute to blanch, then drain.
3. Heat a medium frying pan over medium to high heat. Cook chicken until cooked right through – rest, then cut into strips.
4. Add bacon to the pan and cook for 4-5 minutes or until golden. Transfer to a paper towel-lined plate to drain.
5. Melt butter in same pan. Add garlic and mushrooms and cook for 2-3 minutes or until mushrooms are tender.
6. Add cream and bring to a simmer. Add zucchini noodles, peas, bacon and chicken to pan. Toss to combine. Remove from heat.
7. Immediately add egg yolk and most of the Parmesan while the dish is still hot. Stir through until everything is coated well.
8. Season generously with sea salt and black pepper & serve.
9. I love to grate lemon zest and add parsley to mine 😊
10. Keep aside a serving for lunch tomorrow – approx. 1 cup – and serve with 1 cup of shredded cabbage, carrot as a crunchy coleslaw.

Beef Fajita salad

INGREDIENTS – serves 4 + lunch

500 g beef rump strips
15 ml extra virgin olive oil
1 medium lime juiced
1 tsp oregano, dried
1 medium garlic clove minced
1 tsp cumin, ground
¼ cup corn kernals
½ tin of drained chickpeas
1 cucumber diced
1 tbsp unsalted butter
¼ tsp pepper
1 small red capsicum cut into thick strips
1 small red onion cut into six wedges
2 cups mixed salad leaves
¾ cup coriander, fresh finely chopped
½ medium avocado cubed



METHOD

1. In a shallow dish toss beef in half of the oil, lime juice, oregano, garlic and cumin.
2. Meanwhile, heat a pan or barbecue plate. Rub corn in butter and sprinkle with cayenne pepper. Add capsicum and onion. Cook, turning a few times, for a further 10 minutes or until tender and a little blackened. Remove veggies from the pan.
3. Add remaining oil to a medium-sized frying pan on a medium-high heat. Add steak and cook for 4 to 5 minutes each side for a medium cooked steak or until cooked to your liking. Transfer to a plate. Cover with foil and rest for 5 minutes. Cut into 1cm thick slices.
4. Toss mixed salad leaves, coriander, avocado, cucumber, chick peas, capsicum, onion and corn in a large mixing bowl. Drizzle with a little olive oil and season with sea salt. Top with beef slices.
5. Keep a serve aside for lunch ... yummo!

Superfood salad bowl

Ingredients – serves 4

- 1 cup of diced steamed sweet potato
- 2 tbsp coconut oil
- ½ head broccoli cut into florets
- ½ cup shredded red cabbage
- 2 cups kale, fresh stems removed, finely sliced
- 10 ml extra virgin olive oil
- ¼ cup coriander, fresh roughly chopped
- ¼ cup mint, fresh roughly chopped
- 2 portion Cooked Quinoa heated through
- 300 gm shaved smoked turkey
- ¼ cup almonds, roughly chopped
- ¼ cup bean sprouts
- ¼ cup nicks spicy seeds and nuts
- 2 hard boiled egg per bowl
- Optional
- 1 tbspn hummus & lemon juice

METHOD

1. Microwave sweet potato, broccoli – add kale for a quick minute at the end. Place in a bowl. Drizzle with olive oil.
2. Stir coriander and mint through quinoa. Set aside.
3. Divide shredded cabbage, quinoa, kale, broccoli, sweet potato & shaved turkey between bowls ,add almonds, spicy seeds and sprouts & a boiled egg to the top.
4. Drizzle with hummus & squeeze lemon to serve.



BAKED CHICKEN CAESAR

Ingredients (serves 2)

- 1 tsp Dijon mustard
- Splash extra virgin olive oil
- 1 medium garlic clove, minced
- 3 chicken thigh fillets, trimmed
- 1 cup brussel sprouts or ¼ cabbage, shredded
- 1 cup snow peas, sliced into thin matchsticks
- 1 small zucchini, sliced into thin matchsticks
- 4 rasher short back bacon, shredded
- 1 slice sourdough bread, chopped into 1cm cubes
- 50g Parmesan cheese, shaved
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

Method

1. Preheat oven to 200°C
2. In baking dish combine the mustard, half of the olive oil and garlic. Add in the chicken thighs and coat in the sauce.
3. Scatter the brussel sprouts, snow peas and zucchini around the dish. Scatter bacon pieces over the top and drizzle over the remaining olive oil. Lift out the chicken pieces so they are on top of the veggies, then place into the oven and bake for 15 minutes.
4. Remove dish from the oven and scatter over the sourdough cubes. Place back into the oven to crisp up for another 5 minutes or until golden and brown.
5. Once chicken has cooked through, separate the dish between a bowl for dinner and a container for lunch tomorrow. Serve both with some shaved Parmesan and season with salt and pepper.



SWEET POTATO LASAGNE

Ingredients (serves 8 or 4 plus leftovers)

- 3 large sweet potatoes sliced lengthways into thin "sheets"
- one brown onion, diced
- 2 cups zucchini, diced into cubes
- 2 cups button mushrooms, sliced
- 2 tbsp balsamic vinegar
- 1/2 tsp sea salt, freshly ground
- 1 can (400g) diced tomatoes
- 2 tbsp coconut or olive oil (Nik's addition – I'm a fan of the Aldi Basil infused oil here!)
- 1 kg lean beef mince
- 1 jar (700g) passata sauce (with no added sugar)
- 4 cups baby spinach
- ½ cup basil leaves, shredded
- 500 g organic ricotta *omit if avoiding dairy

Method

1. Preheat the oven to 180C and line large baking tray with aluminium foil.
2. Lay the sweet potato "sheets" onto the trays in a single layer and brush lightly with a little of the oil. Bake for 10 minutes, or until just soft and a little brown around the edges. You may need to do a couple of batches to create all of your sweet potato layers.
3. In a medium pan, heat a tablespoon of the oil and cook the onion for 2 minutes. Add the zucchini, mushrooms, balsamic vinegar, salt and diced tomatoes. Bring to a boil, then reduce immediately to a low simmer. Stir frequently and cook for 10 minutes, or until the veggies are soft. Set aside.
4. In a clean pan, add the remainder of the oil and heat over medium/high. Add the beef mince and use a spatula to chop into small pieces as it cooks. Once just browned, add the tomato passata and mix well. Simmer on low for 25 minutes.
5. Meanwhile, bring a small amount of water to the boil in a medium pot. Add the spinach and stir for a couple of seconds to coat the leaves. Cook for about 2 minutes, until wilted and dark green. Drain and set aside to cool.
6. Once cooled, chop the spinach into small chunks and add to a mixing bowl with the ricotta. Stir until well combined.
7. Combine the beef and vegetable mixture.



Breakfast

Tomato bacon and egg cups

INGREDIENTS

250 g bacon rind removed
6 medium free-range egg
6 large tomatoes with middle taken out and diced
¼ cup basil, fresh finely chopped
¼ cup green peas, frozen defrosted
1 pinch sea salt to season
1 pinch freshly ground black pepper to season

METHOD

1. Preheat the oven to 200°C and lightly grease six holes of a muffin tray.
2. Use a bacon rasher to line the tomatoes.
3. mix diced tomato basil and peas together and add to all 6 tomatoes.
4. Gently crack 1 egg on top of each cup, season with salt and pepper.
5. Place in the oven and bake for 15 minutes, or until the egg whites are set. Remove from the oven, let them sit for five minutes in the tray and then, using a knife or spoon, gently remove the cupcakes from the tray.
6. Store cupcakes in a sealed container in the fridge. Reheat two in the microwave or in the oven when needed for breakfast during the week.



Belindas No Bake Choc Mint Protein Bars

Thanks to the lovely Belinda Hunt who has shared this yummo protein bar.

These are a great snack and combat the sweet craving that may appear every now and then ☺

Ingredients

- 1 cup dates
- 1 cup nuts – half cashews / half almonds
- $\frac{3}{4}$ cup protein powder
- $\frac{1}{4}$ cup cocoa powder
- $\frac{1}{2}$ teaspoon peppermint extract
- 2 tbn almond milk

Method

1. Place dates in food processor and process until pea-like consistency is reached.
 2. Add in nuts and continue processing until dates and nuts are finely ground.
 3. Add in protein powder, cocoa powder, salt, peppermint extract and almond milk and process until a well-combined sticky ball is formed.
 4. Take a 9 x 9 inch baking dish and line with plastic wrap.
 5. Place bar mixture into dish and flatten, making sure the top is even.
 6. Place in freezer for at least 15 mins.
 7. Remove from freezer and lift plastic wrap out of dish.
 8. Cut into 12 bars.
 9. Store in fridge or freezer.
- Note you can also add some crunch with $\frac{1}{2}$ cup of puffed rice into the mixture

