



WEEK NINE FOOD PLAN

	BREAKFAST	LUNCH	DINNER	FOOD DIARY NOTES	WATER
MONDAY					
	1 x Breakie Slice	Turkey salad – 120 g shaved turkey, 1 cup salad –spinach,celery, cucumber & ½ diced apple. 1tbs mayo	Shepard’s Pie with Cauliflower Mash topping & lemon green beans		
TUESDAY					
	Ella’s Overnight Oats	1 serve shepards pie and 1 cup green salad, 6 cherry tomatoes & ½ avocado	Fish Tacos *Low carb option - swap soft tacos for lettuce leaves		
WEDNESDAY					
	2 x Corn fritters + ¼ avocado & 1 tomato diced 100g smoked salmon	1 x Fish Taco wrap incl 1 cup salad greens incl ¼ avocado	Chicken Tray Bake + ½ cup spinach – your serving is 2 cups bake or 1 cup + 1 cup salad		
THURSDAY					
	½ cup natural yogurt, 10 blueberries, 10 almonds	1/2 cup of Chicken Tray Bake & 1 cup of spinach, 6 cherry tomatoes, diced cucumber	Satay Chicken with carrot & noodle salad. Your serve is 1 thigh fillet & 2 cups salad		
FRIDAY					
	2 x Corn fritters + ½ avocado & 1 tomato diced 100g smoked salmon	Satay Chicken Noodle bowl – add 1 cup spinach to the salad. Drizzle with sauce before serving.	Sesame Prawn Skewers & Zesty Salad		
SATURDAY					
	½ bunch steamed asparagus + 2 poached egg & 1 slice bacon	Tin of tuna in spring water + 1 cup zesty salad + shredded carrot & ¼ avocado	Spicy Chicken strips and quick coleslaw		
SUNDAY					
	Pesto scrambled eggs + 1 slice sour dough	1 Caesar salad – 1 cup cos lettuce, celery, cucumber, 6 cherry tomatoes, 120g diced chicken, sprinkle parmesan & 1 soft poached egg on top for dressing.	Baked Potato topped with Curried mince.		

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

WEEK NINE RECIPES

CORN FRITTERS WITH SALSA & SMOKED SALMON

INGREDIENTS

- ½ cup plain flour (can use gluten-free flour if you prefer)
- 1 tsp baking powder
- 60 ml full-fat milk
- ½ medium lemon juiced
- 1 medium free-range egg
- 200g tinned corn kernals
- 1 medium small red chilli deseeded, finely chopped
- ¼ cup basil, fresh roughly chopped
- 1 pinch freshly ground black pepper
- 2 tsp unsalted butter
- 2 tsp extra virgin coconut oil
- 1 pinch sea salt
- 100gm smoked salmon

Avocado Salsa

- 1 small avocado
- 1 large tomato, regular finely chopped
- ½ medium lemon juiced
- ½ cup coriander, fresh finely chopped
- 1 pinch sea salt

METHOD

Sift flour, baking powder and salt into a bowl. In a separate bowl whisk milk, lemon juice and egg. Make a well in centre of dry ingredients. Whisking continuously, pour egg mixture into the well until the batter is smooth. Fold through corn, chilli and basil. Season with cracked black pepper.

Melt half the butter and oil in a medium frying pan. Add ¼ cupfuls of mixture to pan (one for each fritter). Cook for 4 minutes each side or until golden crisp. Repeat with remaining oil and batter. While the fritters are cooking, combine all ingredients for the Avocado Salsa. Serve with 100g of smoked salmon and 2 fritters. Freeze remaining and use during the week for lunches.



Shepards Pie & Lemon Beans

INGREDIENTS – serves 4 + 1 lunch

- 20 ml extra virgin olive oil
- 1 small fennel bulb and fronds diced
- ¼ cup coriander, fresh leaves chopped
- 2 medium garlic clove minced
- 1 small carrot finely diced or grated
- 1 cup baby spinach leaves

- 2 sprig rosemary, fresh finely chopped
- 400 g beef mince
- 1 tbsp tomato paste
- 250 ml chicken stock
- ¼ cup frozen peas

Cauliflower Cheese topping

- ¼ small cauliflower roughly chopped
- 1 medium potato peeled and diced
- 1 tbsp unsalted butter
- 50 g Cheddar cheese grated

Lemony Green Beans

- 250 g green beans ends trimmed
- ½ medium lemon juice and zest
- 10 ml extra virgin olive oil



METHOD

Preheat a fan-forced oven to 180°C & grease 5 x single serve ramekins (approx. 1cup each) or pie dish

Add 1 teaspoon olive oil, fennel, coriander stems, garlic, carrot, spinach and rosemary to a frying pan on low-medium heat. Sauté for 5 minutes. Add beef mince and cook for 5 minutes until browned. Add in tomato paste and chicken stock and bring to the boil, then reduce to a simmer for 10 minutes. Add the peas in the last minute and stir through until defrosted. Set aside while making the mash.

To make the mash: bring a medium-sized saucepan of water to the boil, add in the cauliflower and potato and cook for 5 minutes until veggies are soft. Drain. Add butter and mash with a fork until you have a smooth-ish puree.

Spoon the pie filling mixture into ramekins. Spoon over the mashed cauliflower and sprinkle cheese on top. Place in the oven and bake for 20 minutes or until cheese has melted and is golden brown.

While the pie is cooking, pour boiling water over green beans and allow them to sit for 2 minutes to blanch. Drain and drizzle with lemon juice, zest and olive oil.

1 serve is 1 ramekin & 1 cup green beans - Place remaining in fridge for tomorrows lunch.

Fish Tacos

INGREDIENTS – serves 2 plus leftovers for lunch

- 1 medium cob corn or small tinned (no sugar added)
- 15 ml extra virgin olive oil
- 350 g white fish fillets – firm like flathead
- 2 tsp cumin, ground
- 1 tsp smoked paprika, ground
- ¼ tsp chilli, powdered
- 1 pinch sea salt
- ½ medium lime juiced
- 2 cups red cabbage shredded
- 1 carrot grated
- 1 cup coriander, fresh chopped
- 1 diced tomato
- 6 medium corn tortillas

Guacamole

- 1 medium avocado
- ½ cup coriander, fresh
- ½ medium lime juiced
- 1 pinch sea salt



METHOD

Preheat a fan-forced oven to 240°C

- Optional : Rub corn with 1 teaspoon of oil. Roast on an oven tray in oven for about 15 minutes or until a little blackened. Remove. Allow to cool slightly. Cut kernels off cob and set aside. Or add tinned corn below.

Toss fish in oil, spices and salt.

Heat a frying pan over medium-high heat. Add fish pieces and cook for 2-3 minutes or until just cooked through. Squeeze over lime juice. Remove from heat.

To make Guacamole, mash all ingredients together until combined but still chunky.

Place 1/3 the fish mixture, corn, tomato, purple cabbage, coriander and guacamole in a container for lunch tomorrow. Wrap two tortillas up in foil.

Heat remaining tortillas and serve with fish, corn, diced tomato, cabbage, coriander and guacamole.

This delicious and ultra quick dinner is from Sarah Wilson's The I Quit Sugar cookbook. I love whipping this one up –it takes 10 mins and a grab of a chicken on the way home. Yummm, thanks Sarah.

Chicken Tray Bake

INGREDIENTS

1 medium garlic clove minced

400 g pumpkin, chopped into 3cm chunks

1 bunch asparagus cut into chunks

1 large red onion cut into wedges

1 large red capsicum cut into 3cm chunks

1 cup mushrooms

Tablespoon toasted sesame seeds

5 ml apple cider vinegar

10 ml extra virgin olive oil

½ tsp thyme, salt and pepper

1 bbq chicken shredded

METHOD

Preheat a fan-forced oven to 180°C

Place garlic, pumpkin, asparagus, mushrooms, onion, red capsicum on a large baking tray. Drizzle over vinegar and oil and season with thyme salt and pepper. Toss to coat. Spread veggies out, Place in the oven to cook for 20 minutes.

In the last five minutes of cooking, place shredded Chicken over the top of veggies to heat through.

Remove tray from the oven and divide into 5 servings, garnish with toasted sesame seeds – keep lunch aside for tomorrow



Satay Chicken and Noodle Salad

INGREDIENTS – serves 2 + lunch

- ½ tsp extra virgin coconut oil
- 350 g chicken thigh, boneless
- 1 tsp curry powder
- 2 tsp sesame seeds toasted

Satay Sauce

- 2 tsp curry powder
- 160 ml coconut milk, full-fat
- 60 ml chicken stock
- 30 ml tamari or soy sauce
- 1½ tbsp peanut butter, crunchy
- ½ tsp rice malt syrup
- 1 medium lime juiced
- 1 tsp fish sauce

Carrot + Cucumber Salad

- 100 g vermicelli rice noodles
- 1 small Lebanese cucumber sliced into noodles or ribbons
- 1 small carrot sliced into ribbons or noodles
- ½ cup coriander, fresh

METHOD

Ingredients

Preheat a fan-forced oven to 200°C

Heat coconut oil in large frying pan over medium-high heat. Sprinkle chicken with curry powder, then cook for 2 minutes. Transfer chicken, cooked side up to a baking tray and cook for 10-12 minutes in pre-heated oven or until cooked through.

Meanwhile to make satay sauce, return uncleaned frying pan to heat. Add curry powder and cook stirring for 1 minute or until fragrant. Add coconut milk, stock, tamari, peanut butter and rice malt syrup. Stir to combine and then simmer uncovered for 5 minutes or until slightly thickened. Stir through fish sauce and lime juice.

Make the Carrot + Cucumber Salad by soaking noodles in a bowl of boiling water until tender. Drain and then toss with cucumber, carrot and coriander.

Set lunch aside & Drizzle satay sauce over chicken and noodles. Top with sesame seeds.



Sesame Prawn Skewers & Zesty Salad

INGREDIENTS – serves 4

- 1/2 tsp sesame oil
- knob ginger, grated
- 1 garlic clove minced
- 500 g prawns
- 8 medium wooden skewers

Zesty Super Seed Salad

- 2 small Lebanese cucumber
- peeled into ribbons with a vegetable peeler
- 2 cups green & red cabbage finely shredded
- 2 medium spring onions sliced thinly
- 1 tsp white sesame seeds
- ½ tsp chia seeds
- 1 medium lime juice and zest
- 1 tbsp extra virgin olive oil
- 1 tsp fish sauce



METHOD

Preheat oven grill to high and line a baking tray with baking paper.

Begin by marinating the prawns in the sesame garlic and ginger. Thread prawns onto skewers & leave in fridge for mins. In the meantime make the salad.

Toss together cucumber, cabbage, spring onion and seeds. Drizzle over lime juice and zest, olive oil and fish sauce.

BBQ or panfry the skewers and serve with the Zesty Super Seed Salad. Keep left over salad for tomorrow.

Sunday Night Stuffed Sweet Potato with Curried Mince

Ingredients – serves 4 – save mince for lunches

- 10 ml extra virgin olive oil
- 1 brown onion finely diced
- 1 cup mushrooms diced
- 2 medium garlic clove minced
- 1 medium long red chilli finely sliced
- 500 g beef mince
- 1½ tsp curry powder
- 1½ tbsp tamari
- 1 small zucchini grated with extra moisture squeezed out
- 2 cups kale, fresh de-stemmed and leaves finely chopped
- 4 small sweet potato or 1 per person
- Tablespoon fetta or yogurt per potato
- Mint shredded for topping

METHOD

Heat oven to 180degrees. Microwave 1 small sweet potato per person until soft and place into the oven to finish last 10 mins.

Heat oil in a medium saucepan over low-medium heat. Add onion and cook for about 5 minutes or until translucent. Add garlic and chilli. Cook for 1-minute until fragrant.

Add mince and break up with a wooden spoon. Cook for about 5 minutes or until browned. Add curry powder and tamari. Cook for 1 minute. Add mushroom, zucchini and kale stirring until wilted.

Once all cooked, remove from the heat. Split the sweet potatoes and add ½ cup mince and top with crumbled fetta or yogurt and shredded mint. (either for the whole family or freeze portions for lunches.)

- **I love this as a breakfast option with a poached egg 😊**



SPICY CHICKEN STRIPS WITH QUICK COLESLAW

INGREDIENTS

- 60 ml milk
- 2 tsp Dijon mustard
- 1 medium garlic clove minced
- 500 g chicken, fillets cut into 2cm thick thick strips
- ¼ cup gluten-free plain flour (or regular plain flour if you prefer)
- ½ tsp baking powder
- 1 tbsp white sesame seeds
- 1 tsp smoked paprika, ground
- ¼ tsp sea salt & ¼ tsp freshly ground black pepper
- 5 ml extra virgin olive oil And olive oil cooking spray (optional)

Green Mash

- 1 medium white potato, regular peeled and cut into quarters
- ½ cup green peas, frozen
- ½ head broccoli stalk chopped into 1cm cubes and florets roughly chopped
- 2 tsp unsalted butter

Quick Coleslaw

- 200 g coleslaw mix
- 2 tsp mayonnaise, full-fat, whole-egg

METHOD

Prepare the chicken by whisking the milk with the mustard and minced garlic in a large glass bowl until well combined. Add chicken and turn to coat, then cover and marinate in the fridge for 30 minutes.

Preheat a fan-forced oven to 200°C and line a baking tray with baking paper. Put the flour, baking powder, sesame seeds, paprika, salt and pepper into a medium-sized zip-lock bag. Shake until until coated. (do in batches) Shake off any excess flour and place the chicken on the prepared baking tray.

Spray the chicken pieces lightly on both sides with olive oil (optional).

Place in the oven and bake until golden brown and no longer pink in the centre (approximately 20 minutes), turning halfway through cooking.

While the chicken is cooking, make the Green Mash by placing the potato and broccoli stalks in a saucepan of water over high heat. Bring to the boil, then reduce to a rolling simmer and cook for about 10 minutes or until the potato is tender.

Add peas and broccoli florets and cook for another 3 minutes or until just tender, then drain and add butter. Mix well, then mash the lot using a fork. Season with salt and pepper and set aside.

To make the Quick Coleslaw combine coleslaw mix and mayonnaise together in a small bowl. Toss until slaw is evenly coated in mayonnaise.

Once chicken is cooked, serve two drumsticks with half of the Green Mash and half of the Quick Coleslaw. Place the rest in a container to have for lunch tomorrow.



Nats favourite Bounty Bar – from the I Quit Sugar cookbook.

Nat was looking for a special treat and found this great recipe. She brought me in some to try 😊

Of course I loved it!!!

Coconut Filling:

- 1 cup coconut milk
- 4 tablespoons rice malt syrup
- 3 tablespoons coconut oil
- 2 cups desiccated coconut
- Pinch of sea salt

Raw Chocolate Coating:

- 1 cup coconut oil
- 1/2 cup raw cacao powder
- 2 tablespoon rice malt syrup
- Pinch of sea salt

METHOD:

1. To make the coconut filling, place the coconut milk, rice malt syrup and coconut oil in a medium sized saucepan. Over a low heat, stir the ingredients together until combined. Mix through desiccated coconut.
2. Line a slice tray or container with baking paper. Press the coconut mixture into the pan so that it is about 1.5cm thick. Refrigerate until coconut filling has set.
3. Once completely set, cut the coconut filling into bars. Cool in the freezer until very cold (this will make the chocolate coating step easier).
4. For the chocolate: place all ingredients in a double boiler, stirring until smooth/combined. Allow to cool slightly.
5. Coat the coconut bars with the first layer of chocolate. Place on a tray lined with baking paper and refrigerate until set. When completely set, coat the bars with a second layer of chocolate. Allow to cool in the fridge for 5-10 minutes before serving.

