

# Going Low Fat

Low Fat Meal Plan + Recipes (1750+ Calories Per Day)

Waikato Hospital Parkinson's Dietary Study

2017

# Table Of Contents

The Commitment.....5  
How To Use The Meal Plan.....6  
Preparing For Each Week.....7  
Preparing For Each Day.....9  
Recording Information In Your Meal Plan.....9  
Going "Off Course" .....10  
Cooking Conversion Chart.....11

## **Week 1**

Your Shopping Lists.....12,13  
Day 1.....14  
Day 2.....15  
Day 3.....16  
Day 4.....17  
Day 5.....18  
Day 6.....19  
Day 7.....20  
Week 1 Totals.....21

## **Week 2**

Your Shopping Lists.....22,23  
Day 1.....24  
Day 2.....25  
Day 3.....26  
Day 4.....27  
Day 5.....28  
Day 6.....29  
Day 7.....30  
Week 2 Totals.....31

## **Week 3**

Your Shopping Lists.....32,33  
Day 1.....34  
Day 2.....35  
Day 3.....36  
Day 4.....37  
Day 5.....38  
Day 6.....39  
Day 7.....40  
Week 3 Totals.....41

## **Week 4**

Your Shopping List.....42,43  
Day 1.....44  
Day 2.....45  
Day 3.....46  
Day 4.....47  
Day 5.....48  
Day 6.....49  
Day 7.....50  
Week 4 Totals.....51

## **Breakfast Recipes**

French Toast & Honey.....	53
Bran Muffins.....	54
Green Smoothie.....	55
Raspberry-Peach-Mango Granola Smoothie Bowl.....	56
Strawberry Mango Smoothie.....	57
Granola Fruit Cereal.....	58
Poached Eggs & Split.....	59
Wake-Up Smoothie.....	60
Fried Eggs.....	61
Scrambled Eggs On Toast.....	62

## **Lunch Recipes**

Salmon Salad.....	64
Raw Energy Salad.....	65
Minestrone Soup.....	66
Banana Bread.....	67
Lemon Lime Fruit Salad.....	68
Apple Crisp.....	69
Carrot & Cashew Salad.....	70

## **Dinner Recipes**

Beef Stroganoff.....	72
Low Fat Vegetable Medley.....	73
Baked Chicken.....	74
Indian Rice.....	75
Stir-Fried Vegetables.....	76
Hamburger.....	77
Steamed Broccoli.....	78
Smokey Hotpot.....	79
Bean Burritos.....	80
Vermicelli & Homestyle Tomato Sauce.....	81
Tuna Casserole.....	82
Roast Vegetables.....	83
Homestyle Vegetable Lasagne.....	84
Mini Pizzas.....	85
Chicken & Vegetable Soup.....	86

## **Calorie Booster Recipes**

Spanish Rice.....	88
Sunshine Salad.....	89
Berry Fruit Salad.....	90
Chunky Fruit Salad.....	91
Berry Hot Drink.....	92
Weekend Cycling Meal - Cream & Fruit.....	93

## The Commitment

*“Let food be thy medicine, and medicine be thy food.”*

- Hippocrates

In the time since Hippocrates said this, the practice of medicine has **changed**.

We have been conditioned to believe that food exists for sustenance and pleasure, and that medications are the way to improve conditions like Parkinson’s. Yet in general, medications do not heal; they **mask symptoms**. Even levodopa, the gold standard for Parkinson’s, does not slow down the pathological process in any way, shape, or form. Diet, on the other hand, significantly influences both the gut bacteria as well as the body’s mitochondria, so it is positioned to play a crucial role, perhaps even a **defining role**, in Parkinson’s.

Repeat Hippocrates’ quote to yourself. For this study, this is the mindset we must adopt. For this study, we must believe that **food is the real medicine in Parkinson’s**. For this study, that means sticking to the meal plan that you hold in your hands for the next eight weeks.

The potential power of this meal plan, which is the product of a great deal of thought, does not stem from one single meal or day. The potential power of this plan results from sticking to it for a sustained length of time, keeping fats down in a sustained fashion, so that your body is orchestrated into an **altered metabolic state**. This metabolic state may be extremely susceptible to even small deviations from the meal plan - thus, **temptation** is the enemy in this study. Generally, it will take one of two forms:

### **(1) Temptations from yourself.**

You will experience cravings for fatty foods. The best way to prepare for this is to remove all fatty foods from the kitchen. Pack them into a box and stuff them in the garage! Believe me, this makes things much easier.

### **(2) Temptations from others.**

Well-meaning family and friends may offer you foods with the potential to disrupt your meal plan. These offerings may seem harmless, but even a small amount of fat could completely hijack your body’s altered metabolic state. The best way to prepare for this is to politely decline, and quote Hippocrates to them as you do so. Hopefully, they will understand.

For this study, we are trying to get your body into an altered metabolic state. To succeed, **the commitment is simple** - food is the real medicine in Parkinson’s! A simple commitment, but an essential one.

## How To Use The Meal Plan

This four-week meal plan has been designed to be **simple and affordable**, yet still get your body into an altered metabolic state. It will give you at least **1750 calories** per day, but can provide more than that as needed. Please eat until you are satisfied - this is not a calorie restriction study!

Every week contains **two shopping lists**; there is a standard shopping list as well as a calorie boosters shopping list at the beginning of each week:

- The **standard shopping list** provides all the ingredients for breakfast, lunch, and dinner on each day. The standard shopping list will provide a **baseline 1750 calories** per day.
- The **calorie boosters shopping list** provides all the ingredients for one calorie booster meal on each day. The calorie boosters list will provide an **extra 500 calories** per day.

Based on your body mass index and activity level, we have calculated your **recommended daily caloric intake** and will provide this to you at your second clinical visit. This number is just a guideline, but whether and how you use the calorie boosters shopping list is dependent on it:

- If your recommended daily caloric intake is **1500-2000 calories per day**, we recommend that you buy the standard shopping list ingredients, and nothing from the calorie boosters shopping list.
- If your recommended daily caloric intake is **2000-2500 calories per day**, we recommend that you buy the standard shopping list ingredients, plus everything on the calorie boosters shopping list.
- If your recommended daily caloric intake is **2500-3000+ calories per day**, we recommend that you buy the standard shopping list ingredients, and **double** everything on the calorie boosters shopping list.

Use these rules as a guideline for **the first week** that you go on your meal plan; if you find out that you bought too little or too much on the first week, you can always adjust how much food you buy for the subsequent weeks.

## Preparing For Each Week

The meal plan has been designed to be **simple and affordable**; everything can be bought in a single weekend shop.

Please do the following **before** you go on the weekend shop:

- Before you leave the house, **cross off** any ingredients you already have, especially spices. It's a virtual guarantee that you will already have some ingredients at home.
- You can get everything at **Pak 'n Save**; without question, the Clarence Street Pak 'n Save in Hamilton has it all. If you can't find it, just ask one of the store employees - it's there!
- When we recommend a specific brand, please **buy that brand** if possible. Since they vary in nutrient content, we recommend a specific brand when it matters.
- Make sure meats do not expire before **Wednesday**; the meal plan ensures that all meats will be cooked by Wednesday night at the latest.
- Fresh fruits, especially berries, may not be available during winter. If so, either buy the fruit **frozen** and let it thaw in the fridge, or buy a relevant substitute (ie if no raspberries, use blueberries instead).
- If it appears that you will have grains (bread, buns, muffin splits) left over at the end of the week, **freeze them** for later weeks.

While the weekend shop will be a **big shopping trip**, please remember that it provides everything you need for the next seven days.

## Preparing For Each Day

The meal plan has been designed to run **smoothly** from day to day, such that a single working person should be able to follow it. Here is the outline for each day:

### (1) Breakfast.

This will be a simple meal requiring no more than **15 minutes** to make. Some breakfasts may need more time than that, but if that is the case, you will be warned the prior evening so you have the option of preparing it after dinner, when you have more time.

### (2) Lunch.

If you are working, please prepare lunch in the morning, before you leave. The lunch recipes are extremely simple and take no more than **5-10 minutes** to make. Lunch will often consist of leftovers from a previous dinner.

### (3) Dinner.

You will usually need **30-60 minutes** to prepare dinner including baking or cooking time, although some dinners will require less time and some may require more time (if more, it will be due to increased baking or cooking time, ie time where you don't have to do much). The dinner recipes will usually contain multiple serves and you will put some of them into the fridge or freezer for later days; this will be clearly outlined for you. Monday, Tuesday, and Wednesday evenings require more work; things get easier later in the week.

### (4) Calorie Boosters.

These simple recipes are designed to provide maximum calories but minimal protein, so that the absolute protein levels remain similar between all participants - don't worry, the amount of protein in this meal plan is adequate to maintain a high muscle mass, even if you exercise with heavy weights. You may have the calorie booster at any time of the day, but **evenings are best** (it's nice going to bed with a full stomach).

If you take levodopa (Sinemet or Madopar), please remember to take it at least **one hour before or after every meal**, and only with a glass of water. If you take it with food, the effects of the levodopa may be compromised, or even negated.



## Recording Information In Your Meal Plan

We want this study to be as enjoyable as possible, with no needless documentation. That said, we do ask that you **record this information** in your meal plan, every single day:

### (1) Meals.

Beside each meal, there is a coloured oval. When you eat the meal, **tick the oval** (or, write down the time you ate it - your choice).

### (2) Water (Compulsory).

Hydration is essential in this study. Please drink at least five cups of water (one cup = 250 ml) a day, and **tick each cup of water** on the page as you do; drink these cups of water with levodopa, if you take it. If you have constipation, add one or two teaspoons of psyllium husk to two of the cups of water; these are marked with a "+PH" symbol.

### (3) Coffee/Wine (Optional).

Both caffeinated black coffee and red wine show **possible benefits** in Parkinson's.

- The meal plan allows **up to two cups** of black coffee (one cup = 250 ml) per day; **tick each coffee** picture on the page if you drink it (tea is ok too). If desired, people on the low fat meal plan may add one tablespoon of low fat milk, and people on the ketogenic plan may add one tablespoon of pure cream. Please, **no sugar** in your coffee or tea for either meal plan!

- The meal plan allows **up to half a cup** of red wine (half a cup = 125 ml) per day; **tick the wine** picture on the page if you drink it (white wine and Pure Blonde beer are also acceptable). Please, **no more than half a cup of alcohol per day**. Be resolute - it's important!

### (4) Bedtime Blood Glucose/Ketones (Compulsory).

Every night before you go to bed, measure and record your blood glucose and ketone levels using your monitor (blue strip for glucose, red strip for ketones). To remind yourself to do this, place and keep the monitor on your bedside table. Please, **do not forget to measure and record your blood glucose and ketone levels (actual numbers) every night!**

Lastly, **do not lose your meal plan** - you need to bring it to your next clinical visit!

## Going “Off Course”

Earlier, we spoke about **temptation**. Unfortunately, one can prepare as much as possible, yet still give in to temptation.

We really hope this doesn't happen to you, but if you happen to stray from the meal plans we have given you, it's not the end of the world. However, we still need to know about it, so please **document it below**. If it happens a couple of times, please **ask Deborah for assistance** by emailing her at [nutritioninparkinsons@gmail.com](mailto:nutritioninparkinsons@gmail.com).

Date	“Off Course” Food/Drink
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## Cooking Conversion Chart

Amount	Equals	
1 teaspoon	5 milliliters (ml)	
1 tablespoon	3 teaspoons	1/2 fluid ounce (fl. oz.)
1/8 cup	2 tablespoons	1 fl. oz.
1/4 cup	4 tablespoons	2 fl. oz.
1/3 cup	5 tablespoons & 1 teaspoon	2 3/4 fl. oz.
1/2 cup	8 tablespoons	4 fl. oz.
2/3 cup	10 tablespoons & 2 teaspoons	
3/4 cup	12 tablespoons	6 fl. oz.
1 cup	16 tablespoons	8 fl. oz.
1 pint	2 cups	16 fl. oz.
1 quart	4 cups	2 pints
1 liter	34 fl. oz.	
1 gallon	16 cups	4 quarts
1 fl. oz.	28 grams	30 ml
1 pound	454 grams	

## WEEK 1 - STANDARD SHOPPING LIST (1750 CALORIES PER DAY)

<b>Grains/Flours</b>	¾ cup Hubbard's granola	1 cup penne (uncooked)
	1 cup basmati rice (uncooked)	1½ cup pure plain flour
	¾ cup wholemeal flour	1 tsp cornmeal flour
	1½ cup wheat germ	2 Old El Paso regular size tortillas
	3 slices wholemeal bread	4 Quality Bakers whole grain muffin splits
	1 Quality Bakers nature's fresh burger bun	60 g (2 cm diameter) San Remo vermicelli
<b>Fruits/Vegetables</b>	6 bananas	1 peach (or persimmon)
	2 apples	3 lemons
	2 oranges	½ cup raspberries (or blueberries) (frozen ok)
	1 cup raisins	3 cups strawberries (frozen ok)
	3 spring onion stalks	4½ tomatoes
	½ short cucumber (or ½ courgette)	210 g spinach (or kale) leaves (2 bags of Pam's)
	1 beetroot	2 celery stalks (or 1 courgette)
	1¼ head of broccoli	8 carrots
	½ cup mint leaves (chopped)	½ green capsicum
	¼ cup fresh coriander (chopped)	1 red capsicum
	2 potatoes	2 tbsp fresh basil (chopped)
	6 cloves garlic	2 small mushrooms
	3¼ small brown onions	1 tsp minced ginger
	1 head of cabbage	2 lettuce leaves
	150 g cream of mushroom soup	800 g canned kidney beans
	400 g canned cannellini beans	6 cups frozen mango chunks
	¾ cup frozen peas	
<b>Meats/Dairy</b>	240 g deboned chicken breast (skin OFF)	315 prime (5% fat) beef mince (or steak)
	85 g (1 small can) Sealord canned salmon	5 eggs
	3 tsp Anchor lite dairy blend	2 cups Yoplait 97% fat free yoghurt
	30 g cheddar cheese	¾ cup light sour cream
<b>Spices/Sugars</b>	6 tbsp honey (4 of these can be maple syrup)	¼ cup molasses
	1½ tsp baking soda	1 tsp white vinegar
	½ cup brown sugar	1 small vial oregano
	1 small vial ground coriander	1 small vial garlic salt
	1 small vial paprika	1 small vial basil
	1 small vial chili powder	1 small vial cinnamon
	1 small vial thyme	5 tsp pure vanilla extract
<b>Sauces/Drinks</b>	½ tsp mustard	3 tbsp lite mayonnaise (1 of these can be ketchup)
	1 small bottle Balsamic vinegar	¾ cup canola oil
	2 tsp Worcester sauce	3 cups reduced salt chicken stock
	1 tbsp soy sauce	5 cups vegetable stock
	3½ cups Value trim low fat milk	¼ cup orange juice
	2 tbsp tomato paste	½ cup salsa

## WEEK 1 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

<b>Grains/Flours</b>	1 cup basmati rice (uncooked)	
<b>Fruits/Vegetables</b>	1 cup strawberries (frozen ok)	1 cup cherries (pitted)
	1 cup blackberries (frozen ok)	1½ cup blueberries (frozen ok)
	2 cups raspberries (frozen ok)	2 apples
	1½ lemon	4 bananas
	1½ kiwi	1 orange
	1 cup seedless grapes	½ small brown onion
	2 tbsp mint leaves (chopped)	1 clove garlic
	675 g pineapple chunks in juice	205 g peach slices in juice
	2 cups frozen mango chunks	120 g spinach (or kale) leaves (1 bag of Pam's)
	200 g (½ can) apricots in juice	
<b>Meats/Dairy</b>	¾ cup Yoplait 97% fat free yoghurt	
<b>Spices/Sugars</b>	1 tbsp honey	
<b>Sauces/Drinks</b>	½ cup orange juice	4 tsp tomato paste
	2 cups reduced salt chicken stock	4 tsp canola oil

### Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you find that you bought not enough or too many ingredients this week, make sure you adjust accordingly for next week.

# WEEK 1, DAY 1

## Breakfast



**French Toast**  
(486.4 Calories, 11.3 g Fat, 15.1 g Protein, 78.5 g Net Carbs, 5.2 g Fibre)



**Banana**  
(121 Calories, 0.4 g Fat, 1.5 g Protein, 27.6 g Net Carbs, 3.5 g Fibre)

## Lunch



**Salmon Salad**  
(209 Calories, 13.5 g Fat, 14.9 g Protein, 7.7 g Net Carbs, 0.8 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Apple**  
(120 Calories, 0.4 g Fat, 0.6 g Protein, 26.3 g Net Carbs, 5.5 g Fibre)

## Dinner



**Beef Stroganoff (makes three serves; put two in the fridge)**  
(452.1 Calories, 15.8 g Fat, 30 g Protein, 43.4 g Net Carbs, 4.4 g Fibre)



**Low Fat Vegetable Medley (makes two serves; put one in the fridge)**  
(97.8 Calories, 4.7 g Fat, 2.8 g Protein, 10.7 g Net Carbs, 2.8 g Fibre)



**Orange**  
(86 Calories, 0.2 g Fat, 1.7 g Protein, 17.2 g Net Carbs, 4.4 g Fibre)

Notes: Tomorrow's breakfast is Bran Muffins; you need 30 minutes to prepare and bake it. If you work tomorrow, make it tonight. The recipe makes 12 muffins; put six in the fridge, six in the freezer.

## Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 1, DAY 2

### Breakfast



**Bran Muffins**  
(393.6 Calories, 8.8 g Fat, 13.4 g Protein, 63 g Net Carbs, 6 g Fibre)



**Green Smoothie**  
(199.5 Calories, 0.3 g Fat, 1.8 g Protein, 47.4 g Net Carbs, 5.3 g Fibre)

### Lunch



**Beef Stroganoff**  
(452.1 Calories, 15.8 g Fat, 30 g Protein, 43.4 g Net Carbs, 4.4 g Fibre)



**Low Fat Vegetable Medley**  
(97.8 Calories, 4.7 g Fat, 2.8 g Protein, 10.7 g Net Carbs, 2.8 g Fibre)



**Banana**  
(121 Calories, 0.4 g Fat, 1.5 g Protein, 27.6 g Net Carbs, 3.5 g Fibre)

### Dinner



**Baked Chicken (makes two serves; put one in the fridge)**  
(192 Calories, 8.5 g Fat, 27.3 g Protein, 0 g Net Carbs, 0 g Fibre)



**Indian Rice (makes four serves; put three in the fridge)**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)



**Stir-Fried Vegetables (makes two serves; put one in the fridge)**  
(99 Calories, 2.4 g Fat, 2.5 g Protein, 16.2 g Net Carbs, 2.9 g Fibre)

**Notes: Tomorrow's lunch includes the Raw Energy Salad; if you work tomorrow, make it tonight and let both serves chill in the fridge overnight.**

### Calorie Booster



**Berry Fruit Salad**  
(494 Calories, 3.3 g Fat, 7.4 g Protein, 100.2 g Net Carbs, 53.4 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

# WEEK 1, DAY 3

## Breakfast



**Raspberry-Peach-Mango Granola Smoothie Bowl**  
(430 Calories, 9.1 g Fat, 11.2 g Protein, 68.2 g Net Carbs, 9.6 g Fibre)



**Green Smoothie**  
(199.5 Calories, 0.3 g Fat, 1.8 g Protein, 47.4 g Net Carbs, 5.3 g Fibre)

## Lunch



**Baked Chicken**  
(192 Calories, 8.5 g Fat, 27.3 g Protein, 0 g Net Carbs, 0 g Fibre)



**Indian Rice**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)



**Raw Energy Salad (makes two serves; put one in the fridge)**  
(134.3 Calories, 0.3 g Fat, 1.9 g Protein, 31.2 g Net Carbs, 3 g Fibre)

## Dinner



**Hamburger**  
(519.1 Calories, 13.9 g Fat, 39.5 g Protein, 51.8 g Net Carbs, 3.9 g Fibre)



**Stir-Fried Vegetables**  
(99 Calories, 2.4 g Fat, 2.5 g Protein, 16.2 g Net Carbs, 2.9 g Fibre)

**Notes:** Tomorrow's lunch is Minestrone Soup; you need 40 minutes to prepare and cook it. If you work tomorrow, make it tonight. The recipe makes two serves; put both in the fridge.

## Calorie Booster



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.1 g Fibre)

### Water (Compulsory)



+PH +PH

### Coffee/Wine (Optional)



### Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones





# WEEK 1, DAY 4

## Breakfast



**Bran Muffins**  
(393.6 Calories, 8.8 g Fat, 13.4 g Protein, 63 g Net Carbs, 6 g Fibre)



**Strawberry Mango Smoothie**  
(276.5 Calories, 4.1 g Fat, 6 g Protein, 51.8 g Net Carbs, 5.6 g Fibre)

## Lunch



**Minestrone Soup**  
(274.5 Calories, 1.7 g Fat, 19.4 g Protein, 34.4 g Net Carbs, 14.4 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Apple**  
(120 Calories, 0.4 g Fat, 0.6 g Protein, 26.3 g Net Carbs, 5.5 g Fibre)

## Dinner



**Beef Stroganoff**  
(452.1 Calories, 15.8 g Fat, 30 g Protein, 43.4 g Net Carbs, 4.4 g Fibre)



**Steamed Broccoli**  
(39 Calories, 0 g Fat, 3 g Protein, 5 g Net Carbs, 3 g Fibre)

## Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**



**Ketones**



# WEEK 1, DAY 5

## Breakfast



**Granola Fruit Cereal**  
(450.3 Calories, 10.4 g Fat, 14.2 g Protein, 68.8 g Net Carbs, 8.1 g Fibre)



**Strawberry Mango Smoothie**  
(276.5 Calories, 4.1 g Fat, 6 g Protein, 51.8 g Net Carbs, 5.6 g Fibre)

Notes: Feel free to top the cereal with a tablespoon of honey or syrup!

## Lunch



**Minestrone Soup**  
(274.5 Calories, 1.7 g Fat, 19.4 g Protein, 34.4 g Net Carbs, 14.4 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Raw Energy Salad**  
(134.3 Calories, 0.3 g Fat, 1.9 g Protein, 31.2 g Net Carbs, 3 g Fibre)

## Dinner



**Smokey Hotpot (makes two serves; put one in the fridge)**  
(416.3 Calories, 3.1 g Fat, 17 g Protein, 68.6 g Net Carbs, 16.4 g Fibre)



**Orange**  
(86 Calories, 0.2 g Fat, 1.7 g Protein, 17.2 g Net Carbs, 4.4 g Fibre)

## Calorie Booster



**Sunshine Salad**  
(540.1 Calories, 1.9 g Fat, 4.9 g Protein, 119.3 g Net Carbs, 17.4 g Fibre)

### Water (Compulsory)



+PH +PH

### Coffee/Wine (Optional)



### Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

# WEEK 1, DAY 6

## Breakfast



**Bran Muffins**  
(393.6 Calories, 8.8 g Fat, 13.4 g Protein, 63 g Net Carbs, 6 g Fibre)



**Low Fat Milk (one cup)**  
(93 Calories, 0.2 g Fat, 8 g Protein, 12 g Net Carbs, 0 g Fibre)

## Lunch



**Smokey Hotpot**  
(416.3 Calories, 3.1 g Fat, 17 g Protein, 68.6 g Net Carbs, 16.4 g Fibre)



**Banana Bread (makes six slices; put two in the fridge, three in the freezer)**  
(222.4 Calories, 10.3 g Fat, 3.4 g Protein, 28.8 g Net Carbs, 2.1 g Fibre)

## Dinner



**Bean Burritos (makes two serves; put one in the fridge)**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Indian Rice**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)

## Calorie Booster



**Chunky Fruit Salad**  
(652 Calories, 1.2 g Fat, 4.9 g Protein, 152.3 g Net Carbs, 18.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

# WEEK 1, DAY 7

## Breakfast



**Poached Eggs & Split**  
(299 Calories, 11.3 g Fat, 19 g Protein, 24.1 g Net Carbs, 2.5 g Fibre)



**Strawberry Mango Smoothie**  
(276.5 Calories, 4.1 g Fat, 6 g Protein, 51.8 g Net Carbs, 5.6 g Fibre)

## Lunch



**Bean Burritos**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Indian Rice**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)

## Dinner



**Vermicelli & Homestyle Tomato Sauce**  
(389 Calories, 10.3 g Fat, 11.3 g Protein, 60.6 g Net Carbs, 2 g Fibre)



**Steamed Broccoli**  
(39 Calories, 0 g Fat, 3 g Protein, 5 g Net Carbs, 3 g Fibre)



**Banana Bread**  
(222.4 Calories, 10.3 g Fat, 3.4 g Protein, 28.8 g Net Carbs, 2.1 g Fibre)

## Calorie Booster



**Green Smoothie (double the recipe and have two serves tonight)**  
(399 Calories, 0.6 g Fat, 3.7 g Protein, 94.9 g Net Carbs, 10.7 g Fibre)

### Water (Compulsory)



+PH +PH

### Coffee/Wine (Optional)



### Bedtime Blood Glucose/Ketones (Compulsory)

Glucose



Ketones



## WEEK 1 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1711.2	47	71.6	234.6	29.1
Day 2	1784.8	42.3	83.8	254.4	27.9
Day 3	1803.7	36	88.7	261	27.6
Day 4	1694.6	31.4	77.2	247.1	41.4
Day 5	1776.8	20.4	65	295.2	54.3
Day 6	1750.6	35.9	64.5	266.1	36.1
Day 7	1851.3	49.5	65.4	264.1	26.8
Average	1767.6	37.5	73.7	260.4	34.7

These totals are for the standard meal plan; they do not include calorie boosters.



## WEEK 2 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

<b>Grains/Flours</b>	1 cup basmati rice (uncooked)	
<b>Fruits/Vegetables</b>	1 cup strawberries (frozen ok)	1 cup cherries (pitted)
	1 cup blackberries (frozen ok)	1½ cup blueberries (frozen ok)
	2 cups raspberries (frozen ok)	2 apples
	1½ lemon	4 bananas
	1½ kiwi	1 orange
	1 cup seedless grapes	½ small brown onion
	2 tbsp mint leaves (chopped)	1 clove garlic
	675 g pineapple chunks in juice	205 g peach slices in juice
	2 cups frozen mango chunks	120 g spinach (or kale) leaves (1 bag of Pam's)
	200 g (½ can) apricots in juice	
<b>Meats/Dairy</b>	¾ cup Yoplait 97% fat free yoghurt	
<b>Spices/Sugars</b>	1 tbsp honey	
<b>Sauces/Drinks</b>	½ cup orange juice	4 tsp tomato paste
	2 cups reduced salt chicken stock	4 tsp canola oil

### Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you found that you bought not enough or too many ingredients last week, make sure you adjust accordingly for this week.

# WEEK 2, DAY 1

## Breakfast



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.9 g Fibre)



**Fried Eggs**  
(239 Calories, 19.6 g Fat, 14 g Protein, 0.8 g Net Carbs, 0 g Fibre)

## Lunch



**Salmon Salad**  
(209 Calories, 13.5 g Fat, 14.9 g Protein, 7.7 g Net Carbs, 0.8 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Orange**  
(86 Calories, 0.2 g Fat, 1.7 g Protein, 17.2 g Net Carbs, 4.4 g Fibre)

## Dinner



**Tuna Casserole (makes three serves; put two in the fridge)**  
(303.5 Calories, 6.6 g Fat, 26.2 g Protein, 31.5 g Net Carbs, 4.2 g Fibre)



**Stir-Fried Vegetables (makes two serves; put one in the fridge)**  
(99 Calories, 2.4 g Fat, 2.5 g Protein, 16.2 g Net Carbs, 2.9 g Fibre)



**Banana Bread**  
(222.4 Calories, 10.3 g Fat, 3.4 g Protein, 28.8 g Net Carbs, 2.1 g Fibre)

Notes: Tomorrow's lunch includes the Raw Energy Salad; if you work tomorrow, make it tonight and let both serves chill in the fridge overnight.

## Calorie Booster



**Berry Fruit Salad**  
(494 Calories, 3.3 g Fat, 7.4 g Protein, 100.2 g Net Carbs, 53.4 g Fibre)

Water (Compulsory)



+PH +PH

Coffee/Wine (Optional)



Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones



## WEEK 2, DAY 2

### Breakfast



**French Toast**  
(486.4 Calories, 11.3 g Fat, 15.1 g Protein, 78.5 g Net Carbs, 5.2 g Fibre)



**Banana**  
(121 Calories, 0.4 g Fat, 1.5 g Protein, 27.6 g Net Carbs, 3.5 g Fibre)

### Lunch



**Tuna Casserole**  
(303.5 Calories, 6.6 g Fat, 26.2 g Protein, 31.5 g Net Carbs, 4.2 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Raw Energy Salad (makes two serves; put one in the fridge)**  
(134.3 Calories, 0.3 g Fat, 1.9 g Protein, 31.2 g Net Carbs, 3 g Fibre)

### Dinner



**Baked Chicken (makes two serves; put one in the fridge)**  
(192 Calories, 8.5 g Fat, 27.3 g Protein, 0 g Net Carbs, 0 g Fibre)



**Roast Vegetables (makes three serves; put two in the fridge)**  
(238.5 Calories, 2 g Fat, 3.8 g Protein, 44.1 g Net Carbs, 7.7 g Fibre)



**Apple**  
(120 Calories, 0.4 g Fat, 0.6 g Protein, 26.3 g Net Carbs, 5.5 g Fibre)

### Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**



**Ketones**



## WEEK 2, DAY 3

### Breakfast



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.9 g Fibre)

### Lunch



**Tuna Casserole**  
(303.5 Calories, 6.6 g Fat, 26.2 g Protein, 31.5 g Net Carbs, 4.2 g Fibre)



**Stir-Fried Vegetables**  
(99 Calories, 2.4 g Fat, 2.5 g Protein, 16.2 g Net Carbs, 2.9 g Fibre)



**Raw Energy Salad**  
(134.3 Calories, 0.3 g Fat, 1.9 g Protein, 31.2 g Net Carbs, 3 g Fibre)

### Dinner



**Hamburger**  
(519.1 Calories, 13.9 g Fat, 39.5 g Protein, 51.8 g Net Carbs, 3.9 g Fibre)



**Roast Vegetables**  
(238.5 Calories, 2 g Fat, 3.8 g Protein, 44.1 g Net Carbs, 7.7 g Fibre)

**Notes:** Tomorrow's lunch includes the Lemon Lime Fruit Salad; if you work tomorrow, make it tonight and let both serves chill in the fridge overnight.

### Calorie Booster



**Chunky Fruit Salad**  
(652 Calories, 1.2 g Fat, 4.9 g Protein, 152.3 g Net Carbs, 18.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**



**Ketones**



## WEEK 2, DAY 4

### Breakfast



**Granola Fruit Cereal**  
(450.3 Calories, 10.4 g Fat, 14.2 g Protein, 68.8 g Net Carbs, 8.1 g Fibre)



**Orange Juice (one cup)**  
(112 Calories, 0.5 g Fat, 1.7 g Protein, 25.8 g Net Carbs, 0 g Fibre)

Notes: Feel free to top the cereal with a tablespoon of honey or syrup!

### Lunch



**Baked Chicken**  
(192 Calories, 8.5 g Fat, 27.3 g Protein, 0 g Net Carbs, 0 g Fibre)



**Roast Vegetables**  
(238.5 Calories, 2 g Fat, 3.8 g Protein, 44.1 g Net Carbs, 7.7 g Fibre)



**Lemon Lime Fruit Salad (makes two serves; put one in the fridge)**  
(296.8 Calories, 0.8 g Fat, 2.7 g Protein, 67.3 g Net Carbs, 9.9 g Fibre)

### Dinner



**Vegetable Lasagne (makes three serves; put two in the fridge)**  
(371.7 Calories, 15.1 g Fat, 18.9 g Protein, 36.3 g Net Carbs, 3.3 g Fibre)



**Steamed Broccoli**  
(39 Calories, 0 g Fat, 3 g Protein, 5 g Net Carbs, 3 g Fibre)



**Apple**  
(120 Calories, 0.4 g Fat, 0.6 g Protein, 26.3 g Net Carbs, 5.5 g Fibre)

### Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 2, DAY 5

### Breakfast



**Raspberry-Peach-Mango Granola Smoothie Bowl**  
(430 Calories, 9.1 g Fat, 11.2 g Protein, 68.2 g Net Carbs, 9.6 g Fibre)



**Low Fat Milk (one cup)**  
(93 Calories, 0.2 g Fat, 8 g Protein, 12 g Net Carbs, 0 g Fibre)

### Lunch



**Vegetable Lasagne**  
(371.7 Calories, 15.1 g Fat, 18.9 g Protein, 36.3 g Net Carbs, 3.3 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Lemon Lime Fruit Salad**  
(296.8 Calories, 0.8 g Fat, 2.7 g Protein, 67.3 g Net Carbs, 9.9 g Fibre)

### Dinner



**Smokey Hotpot (makes two serves; put one in the fridge)**  
(416.3 Calories, 3.1 g Fat, 17 g Protein, 68.6 g Net Carbs, 16.4 g Fibre)



**Steamed Broccoli**  
(39 Calories, 0 g Fat, 3 g Protein, 5 g Net Carbs, 3 g Fibre)

### Calorie Booster



**Sunshine Salad**  
(540.1 Calories, 1.9 g Fat, 4.9 g Protein, 119.3 g Net Carbs, 17.4 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 2, DAY 6

### Breakfast



**Granola Fruit Cereal**  
(450.3 Calories, 10.4 g Fat, 14.2 g Protein, 68.8 g Net Carbs, 8.1 g Fibre)

Notes: Feel free to top the cereal with a tablespoon of honey or syrup!

### Lunch



**Salmon Salad**  
(209 Calories, 13.5 g Fat, 14.9 g Protein, 7.7 g Net Carbs, 0.8 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Apple Crisp (makes four serves; put three in the fridge)**  
(303 Calories, 10.8 g Fat, 6 g Protein, 42.3 g Net Carbs, 7 g Fibre)

Notes: Feel free to top the crisp with a tablespoon of honey!

### Dinner



**Mini Pizzas**  
(642 Calories, 24.2 g Fat, 28.3 g Protein, 65.1 g Net Carbs, 8.4 g Fibre)



**Low Fat Vegetable Medley (makes two serves; put one in the fridge)**  
(97.8 Calories, 4.7 g Fat, 2.8 g Protein, 10.7 g Net Carbs, 2.8 g Fibre)

### Calorie Booster



**Green Smoothie (double the recipe and have two serves tonight)**  
(399 Calories, 0.6 g Fat, 3.7 g Protein, 94.9 g Net Carbs, 10.7 g Fibre)

#### Water (Compulsory)



+PH +PH

#### Coffee/Wine (Optional)



#### Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

## WEEK 2, DAY 7

### Breakfast



**Scrambled Eggs On Toast**  
(419.8 Calories, 16.6 g Fat, 20.8 g Protein, 41.8 g Net Carbs, 4 g Fibre)



**Low Fat Milk (one cup)**  
(93 Calories, 0.2 g Fat, 8 g Protein, 12 g Net Carbs, 0 g Fibre)

### Lunch



**Smokey Hotpot**  
(416.3 Calories, 3.1 g Fat, 17 g Protein, 68.6 g Net Carbs, 16.4 g Fibre)



**Apple Crisp**  
(303 Calories, 10.8 g Fat, 6 g Protein, 42.3 g Net Carbs, 7 g Fibre)

Notes: Feel free to top the crisp with a tablespoon of honey!

### Dinner



**Vegetable Lasagne**  
(371.7 Calories, 15.1 g Fat, 18.9 g Protein, 36.3 g Net Carbs, 3.3 g Fibre)



**Low Fat Vegetable Medley**  
(97.8 Calories, 4.7 g Fat, 2.8 g Protein, 10.7 g Net Carbs, 2.8 g Fibre)

### Calorie Booster



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.1 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**



**Ketones**



## WEEK 2 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1728.2	56.3	74.6	213.6	29.9
Day 2	1734.7	30.2	81.3	262.5	31.5
Day 3	1724.6	28.2	80.7	262.9	34.7
Day 4	1820.2	37.7	72.1	273.6	37.5
Day 5	1785.7	29	65.7	280.6	44.6
Day 6	1841	64.3	71.2	217.9	29.6
Day 7	1701.5	50.5	73.4	211.6	33.4
Average	1762.3	42.3	74.1	246.1	34.4

These totals are for the standard meal plan; they do not include calorie boosters.

## WEEK 3 - STANDARD SHOPPING LIST (1750 CALORIES PER DAY)

<b>Grains/Flours</b>	1½ cup Hubbard's granola	¼ cup brown rice (uncooked)	
	1 cup penne (uncooked)	1 tsp cornmeal flour	
	60 g (2 cm diameter) San Remo vermicelli	5 slices wholemeal bread	
	1 Quality Bakers whole grain muffin split	1 Quality Bakers nature's fresh burger bun	
	2 Old El Paso regular size tortillas		
<b>Fruits/Vegetables</b>	1½ peach (or persimmon)	1½ cup raspberries (or blueberries) (frozen ok)	
	6 bananas	1 apple	
	1 orange	¼ cup prunes	
	400 g (1 can) apricots in juice	1 carrot	
	4 spring onion stalks	½ short cucumber (or ½ courgette)	
	2½ lemons	2½ small brown onion	
	2 tomatoes	4 lettuce leaves	
	2 carrots	½ cup fresh coriander (chopped)	
	2 small mushrooms	5½ cloves garlic	
	4 tsp minced ginger	4 celery stalks (or 2 courgettes)	
	5 potatoes	¾ head of broccoli	
	½ green capsicum	30 g spinach (or kale) leaves (¼ bag of Pam's)	
	1 kumara (sweet potato)	¼ cup cashews	
	1 parsnip	400 g canned kidney beans	
	150 g cream of mushroom soup	1 cup frozen mango chunks	
	2½ cups frozen peas		
	<b>Meats/Dairy</b>	4 chicken drumsticks (skin OFF)	530 g prime (5% fat) beef mince (330 g can be steak)
		85 g (1 small can) Sealord canned salmon	7 eggs
		1 cup Yoplait 97% fat free yoghurt	2 tbsp Anchor lite dairy blend
		¾ cup light sour cream	30 g cheddar cheese
	<b>Spices/Sugars</b>	4 tbsp honey (3 of these can be maple syrup)	4 tbsp lite mayonnaise (2 of these can be ketchup)
½ tsp brown sugar			
1 small vial parsley		2 tsp pure vanilla extract	
<b>Sauces/Drinks</b>	½ tsp mustard	1 tbsp soy sauce	
	2 tsp Worcester sauce	2 tbsp tomato paste	
	5 tbsp canola oil	1 cup vegetable stock	
	2 cups orange juice	3¾ cups Value trim low fat milk	



### WEEK 3 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

<b>Grains/Flours</b>	1 cup basmati rice (uncooked)	
<b>Fruits/Vegetables</b>	1 cup strawberries (frozen ok)	1 cup cherries (pitted)
	1 cup blackberries (frozen ok)	1½ cup blueberries (frozen ok)
	2 cups raspberries (frozen ok)	2 apples
	1½ lemon	4 bananas
	1½ kiwi	1 orange
	1 cup seedless grapes	½ small brown onion
	2 tbsp mint leaves (chopped)	1 clove garlic
	675 g pineapple chunks in juice	205 g peach slices in juice
	2 cups frozen mango chunks	120 g spinach (or kale) leaves (1 bag of Pam's)
	200 g (½ can) apricots in juice	
<b>Meats/Dairy</b>	¾ cup Yoplait 97% fat free yoghurt	
<b>Spices/Sugars</b>	1 tbsp honey	
<b>Sauces/Drinks</b>	½ cup orange juice	4 tsp tomato paste
	2 cups reduced salt chicken stock	4 tsp canola oil

#### Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you found that you bought not enough or too many ingredients last week, make sure you adjust accordingly for this week.

# WEEK 3, DAY 1

## Breakfast



**Raspberry-Peach-Mango Granola Smoothie Bowl**  
(430 Calories, 9.1 g Fat, 11.2 g Protein, 68.2 g Net Carbs, 9.6 g Fibre)



**Low Fat Milk (one cup)**  
(93 Calories, 0.2 g Fat, 8 g Protein, 12 g Net Carbs, 0 g Fibre)

## Lunch



**Salmon Salad**  
(209 Calories, 13.5 g Fat, 14.9 g Protein, 7.7 g Net Carbs, 0.8 g Fibre)



**Apple Crisp**  
(303 Calories, 10.8 g Fat, 6 g Protein, 42.3 g Net Carbs, 7 g Fibre)

Notes: Feel free to top the crisp with a tablespoon of honey!

## Dinner



**Hamburger**  
(519.1 Calories, 13.9 g Fat, 39.5 g Protein, 51.8 g Net Carbs, 3.9 g Fibre)



**Carrot & Cashew Salad (makes two serves; put one in the fridge)**  
(179.5 Calories, 14.1 g Fat, 3.6 g Protein, 9.4 g Net Carbs, 2.6 g Fibre)

## Calorie Booster



**Chunky Fruit Salad**  
(652 Calories, 1.2 g Fat, 4.9 g Protein, 152.3 g Net Carbs, 18.5 g Fibre)

### Water (Compulsory)



+PH +PH

### Coffee/Wine (Optional)



### Bedtime Blood Glucose/Ketones (Compulsory)

Glucose

Ketones

## WEEK 3, DAY 2

### Breakfast



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.9 g Fibre)



**Fried Eggs**  
(239 Calories, 19.6 g Fat, 14 g Protein, 0.8 g Net Carbs, 0 g Fibre)

### Lunch



**Carrot & Cashew Salad (makes two serves; put one in the fridge)**  
(179.5 Calories, 14.1 g Fat, 3.6 g Protein, 9.4 g Net Carbs, 2.6 g Fibre)



**Apple Crisp**  
(303 Calories, 10.8 g Fat, 6 g Protein, 42.3 g Net Carbs, 7 g Fibre)

Notes: Feel free to top the crisp with a tablespoon of honey!

### Dinner



**Chicken & Vegetable Soup (makes four serves; put three in the fridge)**  
(453.3 Calories, 3.8 g Fat, 29.5 g Protein, 64.4 g Net Carbs, 11.5 g Fibre)



**Stir-Fried Vegetables (makes two serves; put one in the fridge)**  
(99 Calories, 2.4 g Fat, 2.5 g Protein, 16.2 g Net Carbs, 2.9 g Fibre)

### Calorie Booster



**Sunshine Salad**  
(540.1 Calories, 1.9 g Fat, 4.9 g Protein, 119.3 g Net Carbs, 17.4 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

# WEEK 3, DAY 3

## Breakfast



**Granola Fruit Cereal**  
(450.3 Calories, 10.4 g Fat, 14.2 g Protein, 68.8 g Net Carbs, 8.1 g Fibre)



**Orange Juice (one cup)**  
(112 Calories, 0.5 g Fat, 1.7 g Protein, 25.8 g Net Carbs, 0 g Fibre)

Notes: Feel free to top the cereal with a tablespoon of honey or syrup!

## Lunch



**Chicken & Vegetable Soup**  
(453.3 Calories, 3.8 g Fat, 29.5 g Protein, 64.4 g Net Carbs, 11.5 g Fibre)



**Stir-Fried Vegetables**  
(99 Calories, 2.4 g Fat, 2.5 g Protein, 16.2 g Net Carbs, 2.9 g Fibre)



**Banana**  
(121 Calories, 0.4 g Fat, 1.5 g Protein, 27.6 g Net Carbs, 3.5 g Fibre)

## Dinner



**Beef Stroganoff (makes three serves; put two in the fridge)**  
(452.1 Calories, 15.8 g Fat, 30 g Protein, 43.4 g Net Carbs, 4.4 g Fibre)



**Low Fat Vegetable Medley (makes two serves; put one in the fridge)**  
(97.8 Calories, 4.7 g Fat, 2.8 g Protein, 10.7 g Net Carbs, 2.8 g Fibre)

## Calorie Booster



**Berry Fruit Salad**  
(494 Calories, 3.3 g Fat, 7.4 g Protein, 100.2 g Net Carbs, 53.4 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 3, DAY 4

### Breakfast



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.9 g Fibre)



**Fried Eggs**  
(239 Calories, 19.6 g Fat, 14 g Protein, 0.8 g Net Carbs, 0 g Fibre)

### Lunch



**Chicken & Vegetable Soup**  
(453.3 Calories, 3.8 g Fat, 29.5 g Protein, 64.4 g Net Carbs, 11.5 g Fibre)



**Low Fat Vegetable Medley**  
(97.8 Calories, 4.7 g Fat, 2.8 g Protein, 10.7 g Net Carbs, 2.8 g Fibre)

### Dinner



**Vermicelli & Homestyle Tomato Sauce**  
(389 Calories, 10.3 g Fat, 11.3 g Protein, 60.6 g Net Carbs, 2 g Fibre)



**Roast Vegetables (makes three serves; put two in the fridge)**  
(238.5 Calories, 2 g Fat, 3.8 g Protein, 44.1 g Net Carbs, 7.7 g Fibre)

### Calorie Booster



**Green Smoothie (double the recipe and have two serves tonight)**  
(399 Calories, 0.6 g Fat, 3.7 g Protein, 94.9 g Net Carbs, 10.7 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 3, DAY 5

### Breakfast



**Granola Fruit Cereal**  
(450.3 Calories, 10.4 g Fat, 14.2 g Protein, 68.8 g Net Carbs, 8.1 g Fibre)

Notes: Feel free to top the cereal with a tablespoon of honey or syrup!

### Lunch



**Beef Stroganoff**  
(452.1 Calories, 15.8 g Fat, 30 g Protein, 43.4 g Net Carbs, 4.4 g Fibre)



**Apple**  
(120 Calories, 0.4 g Fat, 0.6 g Protein, 26.3 g Net Carbs, 5.5 g Fibre)

### Dinner



**Bean Burritos (makes two serves; put one in the fridge)**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Roast Vegetables**  
(238.5 Calories, 2 g Fat, 3.8 g Protein, 44.1 g Net Carbs, 7.7 g Fibre)

Notes: Transfer the frozen Banana Bread serves into the fridge tonight.

### Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 3, DAY 6

### Breakfast



**French Toast**  
(486.4 Calories, 11.3 g Fat, 15.1 g Protein, 78.5 g Net Carbs, 5.2 g Fibre)



**Banana**  
(121 Calories, 0.4 g Fat, 1.5 g Protein, 27.6 g Net Carbs, 3.5 g Fibre)

### Lunch



**Chicken & Vegetable Soup**  
(453.3 Calories, 3.8 g Fat, 29.5 g Protein, 64.4 g Net Carbs, 11.5 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)

### Dinner



**Beef Stroganoff**  
(452.1 Calories, 15.8 g Fat, 30 g Protein, 43.4 g Net Carbs, 4.4 g Fibre)



**Orange**  
(86 Calories, 0.2 g Fat, 1.7 g Protein, 17.2 g Net Carbs, 4.4 g Fibre)

### Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 3, DAY 7

### Breakfast



**Scrambled Eggs On Toast**  
(419.8 Calories, 16.6 g Fat, 20.8 g Protein, 41.8 g Net Carbs, 4 g Fibre)

### Lunch



**Bean Burritos (makes two serves; put one in the fridge)**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Banana Bread**  
(222.4 Calories, 10.3 g Fat, 3.4 g Protein, 28.8 g Net Carbs, 2.1 g Fibre)

### Dinner



**Hamburger**  
(519.1 Calories, 13.9 g Fat, 39.5 g Protein, 51.8 g Net Carbs, 3.9 g Fibre)



**Roast Vegetables**  
(238.5 Calories, 2 g Fat, 3.8 g Protein, 44.1 g Net Carbs, 7.7 g Fibre)

Notes: Transfer the frozen Bran Muffins serves into the fridge tonight.

### Calorie Booster



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.1 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**



### WEEK 3 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1733.6	61.6	83.1	191.4	23.8
Day 2	1704.1	53.7	62.3	221.2	37
Day 3	1785.4	37.9	82.1	256.9	33.2
Day 4	1847.8	43.4	68.3	268.7	37.1
Day 5	1656.3	40.6	66.7	230.2	34.3
Day 6	1737.8	32.2	82.7	254.4	31.5
Day 7	1795.3	54.8	85.6	214.1	26.3
Average	1751.5	46.3	75.8	233.8	31.9

These totals are for the standard meal plan; they do not include calorie boosters.

## WEEK 4 - STANDARD SHOPPING LIST (1750 CALORIES PER DAY)

<b>Grains/Flours</b>	½ cup Hubbard's granola	1 cup basmati rice (uncooked)
	¾ cup penne (uncooked)	60 g (2 cm diameter) San Remo vermicelli
	7 Quality Bakers whole grain muffin splits	2 slices wholemeal bread
	4 Old El Paso regular size tortillas	
<b>Fruits/Vegetables</b>	½ peach (or persimmon)	3 bananas
	1 apple	1 orange
	3 cups strawberries	3½ lemons
	180 g spinach (or kale) leaves (1½ bags of Pam's)	7 spring onion stalks
	1 head of cabbage	½ short cucumber (or ½ courgette)
	5 tomatoes	8 carrots
	2 tbsp fresh basil (chopped)	4½ cloves garlic
	3 small brown onions	¾ cup fresh coriander (chopped)
	2 potatoes	2 celery stalks (or 1 courgette)
	½ green capsicum	1 red capsicum
	½ head of broccoli	4 small mushrooms
	1200 g canned kidney beans	¼ cup cashews
	400 g canned cannellini beans	210 g canned cream of mushroom soup
	5 cups frozen mango chunks	1 cup frozen peas
<b>Meats/Dairy</b>	240 g deboned chicken breast (skin OFF)	85 g (1 small can) Sealord canned salmon
	190 g canned tuna in spring water	60 g cheddar cheese
	60 g mozzarella cheese	5 eggs
	6 tbsp light sour cream	3 tbsp Anchor lite dairy blend
	1½ cup Yoplait 97% fat free yoghurt	
<b>Spices/Sugars</b>	2 tbsp honey (or maple syrup)	1 tsp pure vanilla extract
	2 tsp white vinegar	¼ tbsp brown sugar
<b>Sauces/Drinks</b>	2 tbsp lite mayonnaise	½ tsp mustard
	3 cups reduced salt chicken stock	5 cups vegetable stock
	4 tbsp canola oil	1 cup salsa
	4 tbsp tomato paste	3½ cups value trim low fat milk
	1 cup orange juice	

## WEEK 4 - CALORIE BOOSTERS SHOPPING LIST (+500 CALORIES PER DAY)

<b>Grains/Flours</b>	1 cup basmati rice (uncooked)	
<b>Fruits/Vegetables</b>	1 cup strawberries (frozen ok)	1 cup cherries (pitted)
	1 cup blackberries (frozen ok)	1½ cup blueberries (frozen ok)
	2 cups raspberries (frozen ok)	2 apples
	1½ lemon	4 bananas
	1½ kiwi	1 orange
	1 cup seedless grapes	½ small brown onion
	2 tbsp mint leaves (chopped)	1 clove garlic
	675 g pineapple chunks in juice	205 g peach slices in juice
	2 cups frozen mango chunks	120 g spinach (or kale) leaves (1 bag of Pam's)
	200 g (½ can) apricots in juice	
<b>Meats/Dairy</b>	¾ cup Yoplait 97% fat free yoghurt	
<b>Spices/Sugars</b>	1 tbsp honey	
<b>Sauces/Drinks</b>	½ cup orange juice	4 tsp tomato paste
	2 cups reduced salt chicken stock	4 tsp canola oil

### Remember:

- If your recommended daily caloric intake is 1500-2000 calories per day, we recommend that you buy nothing from the calorie boosters shopping list, and ignore the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2000-2500 calories per day, we recommend that you buy everything on the calorie boosters shopping list, and make the calorie booster meal at the end of each day.

- If your recommended daily caloric intake is 2500-3000+ calories per day, we recommend that you buy double everything on the calorie boosters shopping list, and double the calorie booster meal at the end of each day.

If you found that you bought not enough or too many ingredients last week, make sure you adjust accordingly for this week.

## WEEK 4, DAY 1

### Breakfast



**Poached Eggs & Split**  
(299 Calories, 11.3 g Fat, 19 g Protein, 24.1 g Net Carbs, 2.5 g Fibre)



**Strawberry Mango Smoothie**  
(276.5 Calories, 4.1 g Fat, 6 g Protein, 51.8 g Net Carbs, 5.6 g Fibre)

### Lunch



**Salmon Salad**  
(209 Calories, 13.5 g Fat, 14.9 g Protein, 7.7 g Net Carbs, 0.8 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Apple**  
(120 Calories, 0.4 g Fat, 0.6 g Protein, 26.3 g Net Carbs, 5.5 g Fibre)

### Dinner



**Baked Chicken (makes two serves; put one in the fridge)**  
(192 Calories, 8.5 g Fat, 27.3 g Protein, 0 g Net Carbs, 0 g Fibre)



**Indian Rice (makes four serves; put three in the fridge)**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)



**Banana Bread**  
(222.4 Calories, 10.3 g Fat, 3.4 g Protein, 28.8 g Net Carbs, 2.1 g Fibre)

Notes: Tomorrow's lunch is Minestrone Soup; you need 40 minutes to prepare and cook it. If you work tomorrow, make it tonight. The recipe makes two serves; put both in the fridge.

### Calorie Booster



**Sunshine Salad**  
(540.1 Calories, 1.9 g Fat, 4.9 g Protein, 119.3 g Net Carbs, 17.4 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**



**Ketones**



## WEEK 4, DAY 2

### Breakfast



**Bran Muffins**  
(393.6 Calories, 8.8 g Fat, 13.4 g Protein, 63 g Net Carbs, 6 g Fibre)



**Green Smoothie**  
(199.5 Calories, 0.3 g Fat, 1.8 g Protein, 47.4 g Net Carbs, 5.3 g Fibre)

Notes: Today's lunch includes the Carrot & Cashew Salad; if you work today, take a few minutes this morning to prepare it.

### Lunch



**Minestrone Soup**  
(274.5 Calories, 1.7 g Fat, 19.4 g Protein, 34.4 g Net Carbs, 14.4 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)



**Carrot & Cashew Salad (makes two serves; put one in the fridge)**  
(179.5 Calories, 14.1 g Fat, 3.6 g Protein, 9.4 g Net Carbs, 2.6 g Fibre)

### Dinner



**Bean Burritos (makes two serves; put one in the fridge)**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Indian Rice**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)

### Calorie Booster



**Berry Fruit Salad**  
(494 Calories, 3.3 g Fat, 7.4 g Protein, 100.2 g Net Carbs, 53.4 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 4, DAY 3

### Breakfast



**French Toast**  
(486.4 Calories, 11.3 g Fat, 15.1 g Protein, 78.5 g Net Carbs, 5.2 g Fibre)



**Banana**  
(121 Calories, 0.4 g Fat, 1.5 g Protein, 27.6 g Net Carbs, 3.5 g Fibre)

### Lunch



**Baked Chicken**  
(192 Calories, 8.5 g Fat, 27.3 g Protein, 0 g Net Carbs, 0 g Fibre)



**Indian Rice**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)



**Carrot & Cashew Salad**  
(179.5 Calories, 14.1 g Fat, 3.6 g Protein, 9.4 g Net Carbs, 2.6 g Fibre)

### Dinner



**Tuna Casserole (makes three serves; put two in the fridge)**  
(303.5 Calories, 6.6 g Fat, 26.2 g Protein, 31.5 g Net Carbs, 4.2 g Fibre)



**Banana Bread**  
(222.4 Calories, 10.3 g Fat, 3.4 g Protein, 28.8 g Net Carbs, 2.1 g Fibre)

### Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

# WEEK 4, DAY 4

## Breakfast



**Bran Muffins**  
(393.6 Calories, 8.8 g Fat, 13.4 g Protein, 63 g Net Carbs, 6 g Fibre)



**Green Smoothie**  
(199.5 Calories, 0.3 g Fat, 1.8 g Protein, 47.4 g Net Carbs, 5.3 g Fibre)

## Lunch



**Minestrone Soup**  
(274.5 Calories, 1.7 g Fat, 19.4 g Protein, 34.4 g Net Carbs, 14.4 g Fibre)



**Whole Grain Muffin Split**  
(139 Calories, 0.7 g Fat, 5 g Protein, 23.3 g Net Carbs, 2.5 g Fibre)

## Dinner



**Tuna Casserole**  
(303.5 Calories, 6.6 g Fat, 26.2 g Protein, 31.5 g Net Carbs, 4.2 g Fibre)



**Smokey Hotpot (makes two serves; put one in the fridge)**  
(416.3 Calories, 3.1 g Fat, 17 g Protein, 68.6 g Net Carbs, 16.4 g Fibre)

## Calorie Booster



**Wake-Up Smoothie**  
(430.3 Calories, 3 g Fat, 6.9 g Protein, 88.1 g Net Carbs, 13.1 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 4, DAY 5

### Breakfast



**Granola Fruit Cereal**  
(450.3 Calories, 10.4 g Fat, 14.2 g Protein, 68.8 g Net Carbs, 8.1 g Fibre)

Notes: Feel free to top the cereal with a tablespoon of honey or syrup!

### Lunch



**Bean Burritos**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Indian Rice**  
(229.9 Calories, 1.6 g Fat, 4.7 g Protein, 46.2 g Net Carbs, 3 g Fibre)

### Dinner



**Tuna Casserole**  
(303.5 Calories, 6.6 g Fat, 26.2 g Protein, 31.5 g Net Carbs, 4.2 g Fibre)



**Smokey Hotpot**  
(416.3 Calories, 3.1 g Fat, 17 g Protein, 68.6 g Net Carbs, 16.4 g Fibre)

### Calorie Booster



**Green Smoothie (double the recipe and have two serves tonight)**  
(399 Calories, 0.6 g Fat, 3.7 g Protein, 94.9 g Net Carbs, 10.7 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**



## WEEK 4, DAY 6

### Breakfast



**Bran Muffins**  
(393.6 Calories, 8.8 g Fat, 13.4 g Protein, 63 g Net Carbs, 6 g Fibre)



**Low Fat Milk (one cup)**  
(93 Calories, 0.2 g Fat, 8 g Protein, 12 g Net Carbs, 0 g Fibre)

### Lunch



**Bean Burritos (makes two serves; put one in the fridge)**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Strawberry Mango Smoothie**  
(276.5 Calories, 4.1 g Fat, 6 g Protein, 51.8 g Net Carbs, 5.6 g Fibre)

### Dinner



**Mini Pizzas**  
(642 Calories, 24.2 g Fat, 28.3 g Protein, 65.1 g Net Carbs, 8.4 g Fibre)

### Calorie Booster



**Spanish Rice**  
(445.7 Calories, 9.3 g Fat, 7.3 g Protein, 80.3 g Net Carbs, 1.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**



**Ketones**



# WEEK 4, DAY 7

## Breakfast



**Poached Eggs & Split**  
(299 Calories, 11.3 g Fat, 19 g Protein, 24.1 g Net Carbs, 2.5 g Fibre)



**Strawberry Mango Smoothie**  
(276.5 Calories, 4.1 g Fat, 6 g Protein, 51.8 g Net Carbs, 5.6 g Fibre)

## Lunch



**Bean Burritos**  
(395.5 Calories, 12 g Fat, 18.1 g Protein, 47.7 g Net Carbs, 8.6 g Fibre)



**Low Fat Milk (one cup)**  
(93 Calories, 0.2 g Fat, 8 g Protein, 12 g Net Carbs, 0 g Fibre)



**Orange**  
(86 Calories, 0.2 g Fat, 1.7 g Protein, 17.2 g Net Carbs, 4.4 g Fibre)

## Dinner



**Vermicelli & Homestyle Tomato Sauce**  
(389 Calories, 10.3 g Fat, 11.3 g Protein, 60.6 g Net Carbs, 2 g Fibre)



**Steamed Broccoli**  
(39 Calories, 0 g Fat, 3 g Protein, 5 g Net Carbs, 3 g Fibre)



**Orange Juice (one cup)**  
(112 Calories, 0.5 g Fat, 1.7 g Protein, 25.8 g Net Carbs, 0 g Fibre)

## Calorie Booster



**Chunky Fruit Salad**  
(652 Calories, 1.2 g Fat, 4.9 g Protein, 152.3 g Net Carbs, 18.5 g Fibre)

**Water (Compulsory)**



+PH +PH

**Coffee/Wine (Optional)**



**Bedtime Blood Glucose/Ketones (Compulsory)**

**Glucose**

**Ketones**

## WEEK 4 TOTALS

	Calories	Fats	Proteins	Net Carbs	Fibre
Day 1	1687.8	50.3	80.8	208.2	22
Day 2	1811.5	39	65.8	271.3	42.4
Day 3	1734.7	52.7	81.7	222	20.5
Day 4	1726.4	21.2	82.6	268.1	48.7
Day 5	1795.4	33.6	80	262.8	40.2
Day 6	1800.6	49.2	73.7	239.5	28.6
Day 7	1690	38.5	68.7	244.2	26.1
Average	1749.5	40.6	76.2	245.1	32.6

These totals are for the standard meal plan; they do not include calorie boosters.

# Breakfast Recipes

## French Toast & Honey

This recipe makes one serving (one serving = two slices bread).



### Ingredients:

1 egg	2 slices wholemeal bread
3 tablespoons Value trim low fat milk	2 tablespoons honey (or maple syrup)
1 teaspoon pure vanilla extract	1 teaspoon cinnamon
2 teaspoons Anchor lite dairy blend	

### Preparation:

- (1) Break the egg into a mixing bowl. Beat the egg slightly with a whisk or fork. Add the milk and vanilla and mix it all together to create the egg-and-milk mixture.
- (2) Melt the dairy blend in a pan over medium heat.
- (3) Dip each side of the bread quickly into the egg-and-milk mixture until it is well coated, but not entirely soaked with the mixture.
- (4) Put the bread in the hot pan and cook it over medium heat until it is golden brown on one side. Turn and cook the other side until it is also golden brown. Repeat with the other slice of bread (if you have a big enough pan, you can cook both slices together).
- (5) Pour the honey over top and sprinkle with cinnamon - serve hot!

### Nutrition Information:

Calories: 486.4  
Fat: 11.3 g  
Protein 15.1 g  
Net Carbs: 78.5 g  
Fibre: 5.2 g

## Bran Muffins

This recipe makes 12 muffins (one serving = two muffins).



### Ingredients:

½ cup wholemeal flour	¼ cup molasses
1 cup pure plain flour	1 tablespoon honey (or maple syrup)
1½ cups wheat germ	¼ cup brown sugar
1 teaspoon baking soda	1 egg
½ teaspoon salt	2 teaspoons pure vanilla extract
½ cup raisins	1 tablespoon (½ lemon) juice
1 cup Value trim low fat milk	2 tablespoons canola oil

### Preparation:

- (1) Preheat the oven to 200°C.
- (2) In a large bowl, mix the flours, wheat germ, baking soda, salt, and raisins. Set aside.
- (3) In another bowl, mix the milk with the molasses, honey, brown sugar, egg, vanilla, lemon juice, and oil.
- (4) Add the wet ingredients to the dry ingredients in the large bowl. Stir everything just enough to moisten everything - don't overmix.
- (5) Fill 12 muffin cups about two thirds full and bake for 12-14 minutes. Cool and serve.

### Nutrition Information:

Calories: 2361.5 (196.8 per muffin)  
Fat: 52.9 g (4.4 g per muffin)  
Protein 80.2 g (6.7 g per muffin)  
Net Carbs: 377.7 g (31.5 g per muffin)  
Fibre: 36.2 g (3 g per muffin)

## Green Smoothie

This recipe makes one serving.



### Ingredients:

1 cup frozen mango chunks  
60 g spinach (or kale) leaves  
½ cup water

½ banana  
2 tablespoons (1 lemon) juice

### Preparation:

- (1) Put the mangos, spinach, water, and banana into an electric blender. Squeeze all the lemon juice into the blender.
- (2) Blend together and serve.

### Nutrition Information:

Calories: 199.5  
Fat: 0.3 g  
Protein: 1.9 g  
Net Carbs: 47.5 g  
Fibre: 5.4 g

## Raspberry-Peach-Mango Granola Smoothie Bowl

This recipe makes one serving.



### Ingredients:

1 cup frozen mango chunks	¼ cup Hubbard's granola
½ cup Yoplait 97% fat free yoghurt	½ peach (or persimmon)
¼ cup Value trim low fat milk	½ cup raspberries (or blueberries)
1 teaspoon pure vanilla extract	

### Preparation:

- (1) Combine the mangos, yoghurt, milk, and vanilla in an electric blender. Pulse until you have created a smoothie. Pour the smoothie into a bowl.
- (2) Mix the granola into the smoothie.
- (3) Slice up the peach and rinse the berries; place on top. Enjoy!

### Nutrition Information:

Calories: 430  
Fat: 9.1 g  
Protein: 11.2 g  
Net Carbs: 68.2 g  
Fibre: 9.6 g



## Strawberry Mango Smoothie

This recipe makes one serving.



### Ingredients:

1 cup strawberries

1 cup frozen mango chunks

½ cup Yoplait 97% fat free yoghurt

6 ice cubes (optional)

### Preparation:

(1) Combine the strawberries, mangos, and yoghurt in an electric blender. Pulse until you have created a smoothie.

(2) If you want, add in the ice cubes and pulse until smooth. Serve.

### Nutrition Information:

Calories: 276.5

Fat: 4.1 g

Protein: 6 g

Net Carbs: 51.8 g

Fibre: 5.6 g

## Granola Fruit Cereal

This recipe makes one serving.



### Ingredients:

½ cup Hubbard's granola  
1 banana

½ peach (or persimmon)  
¾ cup Value trim low fat milk

### Preparation:

- (1) Place the granola into a bowl.
- (2) Chop up the banana and peach, and add to the granola.
- (3) Pour milk over top and enjoy!

### Nutrition Information:

Calories: 450.3  
Fat: 10.4 g  
Protein 14.2 g  
Net Carbs: 68.8  
Fibre: 8.1

## Poached Eggs & Split

This recipe makes one serving (one serving = two eggs).



### Ingredients:

1 teaspoon white vinegar  
2 eggs

1 Quality Bakers whole grain muffin split  
Salt and pepper to taste

### Preparation:

(1) Simmer a pot of water and add the vinegar. Crack one egg into a cup, create a gentle whirlpool, then slowly tip the egg into the water. Cook 2-4 minutes, depending how hard you want the egg. Remove with a slotted spoon. Repeat with one more egg.

(2) Toast the muffin split halves and place one egg on each half. Season with the salt and pepper, and serve.

### Nutrition Information:

Calories: 299  
Fat: 11.3 g  
Protein 19 g  
Net Carbs: 24.1 g  
Fibre: 2.5 g

## Wake-Up Smoothie

This recipe makes one serving.



### Ingredients:

½ cup orange juice  
200 g (½ can) apricots in juice  
1 banana

½ cup raspberries (or blueberries)  
¼ cup Yoplait 97% fat free yoghurt

### Preparation:

(1) Combine all ingredients in an electric blender and pulse until smooth. Serve!

### Nutrition Information:

Calories: 430.3  
Fat: 3 g  
Protein: 6.9 g  
Net Carbs: 88.1 g  
Fibre: 13.1 g

## Fried Eggs

This recipe makes one serving.



### Ingredients:

2 teaspoons canola oil  
2 eggs

Salt and pepper to taste

### Preparation:

- (1) Heat the oil in a pan on medium heat.
- (2) Once hot, crack the eggs into the oil in the pan and cook the eggs until the whites are solid. There should be no more raw egg whites on top of the egg.
- (3) Add salt and pepper and serve.

### Nutrition Information:

Calories: 239  
Fat: 19.6 g  
Protein: 14 g  
Net Carbs: 0.8 g  
Fibre: 0 g

## Scrambled Eggs On Toast

This recipe makes one serving (one serving = two eggs).



### Ingredients:

2 eggs	2 teaspoons Anchor lite dairy blend
1 tablespoon Value trim low fat milk	1 spring onion stalk
Salt and pepper to taste	2 slices wholemeal bread

### Preparation:

- (1) Break the eggs into a small bowl.
- (2) Add milk, salt, and pepper, then beat with a fork to blend the whites and yolks.
- (3) Melt the dairy blend in a pan over medium heat. Chop and add the spring onion; let it cook for 1-2 minutes.
- (4) Pour the egg mixture into the pan and cook over medium heat, very gently pulling the eggs across the pan to form large soft curds.
- (5) Toast the bread, place the eggs on the toast, and serve.

### Nutrition Information:

Calories: 419.8  
Fat: 16.6 g  
Protein 20.8 g  
Net Carbs: 41.8 g  
Fibre: 4 g

# Lunch Recipes

## Salmon Salad

This recipe makes one serving.



### Ingredients:

85 g (1 small can) Sealord canned salmon  
1 spring onion stalk  
½ short cucumber (or ½ courgette)  
2 tablespoons lite mayonnaise

½ teaspoon mustard  
1 tablespoon (½ lemon) juice  
Salt and pepper to taste

### Preparation:

- (1) Mash the salmon in a bowl.
- (2) Chop up and add the spring onion and cucumber.
- (3) Mix the mayonnaise, mustard, and lemon juice in a separate bowl (or a sealed container if you are going to work).
- (4) When ready to eat, mix the dressing into the salmon and season with salt and pepper. Serve.

### Nutrition Information:

Calories: 209  
Fat: 13.5 g  
Protein: 14.9 g  
Net Carbs: 7.7 g  
Fibre: 0.8 g



## Raw Energy Salad

This recipe makes two servings.



### Ingredients:

1 beetroot	¼ teaspoon salt
1 carrot	1 tablespoon Balsamic vinegar
½ cup mint leaves (chopped)	1 tablespoon honey
¼ cup raisins	¼ cup orange juice

### Preparation:

- (1) Mix together the beetroots, carrots, mint leaves, raisins, and salt in a bowl.
- (2) To prepare the dressing, add the vinegar, honey, and orange juice to a sealed container and shake until they are well combined, particularly the honey.
- (3) When ready to eat, pour over the dressing and serve.

### Nutrition Information:

Calories: 268.5 (134.3 per serving)  
Fat: 0.6 g (0.3 g per serving)  
Protein: 3.7 g (1.9 g per serving)  
Net Carbs: 62.3 g (31.2 g per serving)  
Fibre: 5.9 g (3 g per serving)

## Minestrone Soup

This recipe makes two servings.



### Ingredients:

3 cups reduced salt chicken stock	1 tomato
2 cups cabbage (chopped)	1 clove garlic
3 carrots	Salt and pepper to taste
1 teaspoon oregano	2 tablespoons fresh basil (chopped)
400 g canned kidney beans	

### Preparation:

- (1) Add the chicken stock to a large pot and bring to a boil over high heat. Meanwhile, chop up the cabbage and dice the carrots.
- (2) Turn the heat down to low-medium, then add the cabbage, carrots, and oregano to the pot.
- (3) Cover the pot and simmer until the vegetables are tender, about 15-20 minutes.
- (4) When the 15-20 minutes are up, drain and rinse the kidney beans, then add the kidney beans, sliced tomatoes, minced garlic, salt, and pepper to the pot.
- (5) Turn the heat up to medium, cover the pot and cook another 6-8 minutes. Top with the basil and serve.

### Nutrition Information:

Calories: 549 (274.5 per serving)  
Fat: 3.3 g (1.7 g per serving)  
Protein 38.7 g (19.4 g per serving)  
Net Carbs: 68.8 g (34.4 g per serving)  
Fibre: 28.7 g (14.4 g per serving)

## Banana Bread

This recipe makes six servings (one serving = one slice).



### Ingredients:

¼ cup canola oil	2 overripe bananas
¼ cup brown sugar	½ cup pure plain flour
1 egg	¼ cup wholemeal flour
1 teaspoon pure vanilla extract	½ teaspoon baking soda
1 tablespoon honey (or maple syrup)	Pinch of salt

### Preparation:

- (1) Preheat the oven to 180°C, then grease a small baking dish (or loaf pan, if you have one) with oil.
- (2) In a large bowl, mix together the oil and sugar. Add the eggs, vanilla, and honey, then mash the bananas and mix everything together as well as you can.
- (3) Add all the dry ingredients and mix until just combined - do not overmix.
- (4) Pour the batter into the baking dish and bake 45 minutes, or until a toothpick inserted into the centre comes out clean.
- (5) Lift the loaf out of the pan and put it on a rack to cool. Enjoy!

### Nutrition Information:

Calories: 1302.5 (217.1 per serving)  
Fat: 61.8 g (10.3 g per serving)  
Protein: 20.2 g (3.4 g per serving)  
Net Carbs: 165.1 g (27.5 g per serving)  
Fibre: 11.5 g (1.9 g per serving)

## Lemon Lime Fruit Salad

This recipe makes two servings.



### Ingredients:

450 g pineapple chunks in juice  
1 orange  
1 kiwi  
1 cup seedless grapes

1 cup raspberries (or blueberries)  
¼ teaspoon lime zest  
2 tablespoons (1 lemon) juice  
1 tablespoon honey

### Preparation:

- (1) Drain the can with the pineapple chunks, but save the juice in a small bowl (or a sealed container if you are going to work).
- (2) Peel and segment the orange, then peel and chop up the kiwi. Mix the pineapple, orange, kiwi, grapes, and raspberries together in a large bowl.
- (3) To zest the lime, grate the outer peel of the lime. You just want the outer layer - when you get to the white bit, roll the lime to new section of peel. Add the lime zest, lemon juice, and honey to the pineapple juice to create the dressing.
- (4) When ready to eat, pour the dressing over the fruit. Toss gently and serve.

### Nutrition Information:

Calories: 593.5 (296.8 per serving)  
Fat: 1.6 g (0.8 g per serving)  
Protein: 5.3 g (2.7 g per serving)  
Net Carbs: 134.5 g (67.3 g per serving)  
Fibre: 19.8 g (9.9 g per serving)

## Apple Crisp

This recipe makes four servings.



### Ingredients:

2 apples	1 tablespoon cinnamon
¼ cup brown sugar	1 teaspoon nutmeg
½ cup wholemeal flour	¼ cup Anchor lite dairy blend
½ cup wholegrain oats	

### Preparation:

- (1) Preheat the oven to 180°C.
- (2) Core and cut the apples into very small slices - the smaller the better. Then, place the slices in a cake pan or small baking dish.
- (3) Mix together the sugar, flour, oats, cinnamon, and nutmeg in a bowl. Melt the dairy blend for 30 seconds in a microwave, then thoroughly mix it with the dry ingredients to form the crumble mixture.
- (4) Sprinkle the crumble mixture over the apple slices.
- (5) Bake for 20 minutes, or until the topping is golden brown and the apples are soft. Serve and enjoy!

### Nutrition Information:

Calories: 1212 (303 per serving)  
Fat 43.3 g (10.8 g per serving)  
Protein: 23.8 g (6 g per serving)  
Net Carbs: 169.2 g (42.3 g per serving)  
Fibre: 27.8 g (7 g per serving)

## Carrot & Cashew Salad

This recipe makes two servings.



### Ingredients:

2 carrots	1 tablespoon canola oil
¼ cup cashews	½ clove garlic
1 teaspoon ground coriander	½ teaspoon cumin
2 tablespoons fresh coriander (chopped)	¼ teaspoon salt
¼ cup (2 lemons) juice	

### Preparation:

- (1) Grate the carrots.
- (2) Mix everything together in a bowl (or a sealed container if you are going to work) and serve.

### Nutrition Information:

Calories: 359 (179.5 per serving)  
Fat: 28.1 g (14.1 g per serving)  
Protein: 7.1 g (3.6 g per serving)  
Net Carbs: 18.7 g (9.4 g per serving)  
Fibre: 5.2 g (2.6 g per serving)

# Dinner Recipes

## Beef Stroganoff

This recipe makes three servings.



### Ingredients:

1 cup penne (uncooked)	¼ teaspoon salt
200 g prime (5% fat) beef mince	¼ teaspoon black pepper
½ small brown onion	Dash of garlic salt
¾ cup frozen peas	2 teaspoons Worcester sauce
150 g cream of mushroom soup	1 slice wholemeal bread
¼ cup Value trim low fat milk	1 tablespoon Anchor lite dairy blend
½ cup light sour cream	

### Preparation:

- (1) Preheat the oven to 180°C.
- (2) Measure 4 cups of water into a pot on high heat and bring to a boil. Once it boils, cook the penne for 7-9 minutes, then drain and set aside.
- (3) Meanwhile, saute the chopped onion and brown the beef in a pan over medium heat (cook in one teaspoon of canola oil if you like).
- (4) Mix the penne, peas, mushroom soup, milk, sour cream, salt, pepper, garlic salt, and Worcester sauce into the beef mixture, then transfer everything to a casserole dish.
- (5) To make the breadcrumbs, tear one slice of bread into small pieces and process it in an electric blender until small coarse crumbs form. Mix the breadcrumbs with the dairy blend and top the casserole with this mixture.
- (6) Bake for 30 minutes and serve!

### Nutrition Information:

Calories: 1356.2 (452.1 per serving)  
Fat: 47.4 g (15.8 g per serving)  
Protein: 89.9 g (30 g per serving)  
Net Carbs: 130.1 g (43.4 g per serving)  
Fibre: 13.3 g (4.4 g per serving)



## Low Fat Vegetable Medley

This recipe makes two servings.



### Ingredients:

2 teaspoons canola oil  
1 clove garlic  
2 small mushrooms  
¼ head of broccoli

½ green capsicum  
2 tablespoons raisins  
30 g spinach (or kale) leaves

### Preparation:

- (1) Prepare all the vegetables by chopping them into bite-size pieces.
- (2) Heat the oil in a pan on high heat. Once hot, add the minced garlic and mushrooms. Let the mushrooms soak up all the oil and cook for 1-2 minutes.
- (3) Add the broccoli and mix it all together. Cook another 1-2 minutes.
- (4) Add the capsicum and mix it all together. Cook another 1-2 minutes.
- (5) Turn off the stove and add the raisins and spinach, but don't mix the spinach in yet - wait until it wilts, then mix in with the vegetables and serve.

### Nutrition Information:

Calories: 195.5 (97.8 per serving)  
Fat: 9.3 g (4.7 g per serving)  
Protein: 5.6 g (2.8 g per serving)  
Net Carbs: 21.3 g (10.7 g per serving)  
Fibre: 5.6 g (2.8 g per serving)

## Baked Chicken

This recipe makes two servings.



### Ingredients:

1 teaspoon salt	½ teaspoon black pepper
240 g deboned chicken breasts (skin off)	½ teaspoon garlic salt
1 tablespoon canola oil	½ teaspoon paprika
½ teaspoon salt	

### Preparation:

- (1) Fill a big bowl with warm (not hot) water and stir in the salt. Brine the chicken breasts in the water for 15-20 minutes.
- (2) Remove the chicken breasts from the brine, rinse with cold water, and pat dry with paper towel.
- (3) Preheat the oven to 230°C.
- (4) Put the canola oil into a small bowl and melt it in the microwave. Coat both sides of the chicken breasts with the oil and place them in a baking dish.
- (5) Mix together the salt, pepper, garlic salt, and paprika in a separate bowl until they are combined, then sprinkle the mixture over both sides of the chicken breasts.
- (6) Bake for 15-18 minutes, or until the chicken is cooked through and no longer pink. Rest the chicken breasts for 5-10 minutes then serve.

### Nutrition Information:

Calories: 384 (192 per serving)  
Fat: 16.9 g (8.5 g per serving)  
Protein: 54.5 g (27.3 g per serving)  
Net Carbs: 0 g (0 g per serving)  
Fibre: 0 g (0 g per serving)

## Indian Rice

This recipe makes four servings.



### Ingredients:

1 teaspoon canola oil	1 cup basmati rice (uncooked)
1 small brown onion	3 cups vegetable stock
1 clove garlic	2 teaspoons ground coriander
2 tomatoes	Salt and pepper to taste
2 carrots	60 g spinach (or kale) leaves

### Preparation:

- (1) Heat the oil in a large pan over low-medium heat.
- (2) Chop up the onion and garlic, and heat them in the pan for 2-3 minutes.
- (3) Chop up the tomatoes and grate the carrots, then add the tomatoes, carrots, rice, stock, coriander, salt, and pepper to the pan.
- (4) Raise heat to high and bring to a boil, then reduce heat to low and gently simmer everything for 20-25 minutes, until the rice is tender.
- (5) Fold in the spinach and serve!

### Nutrition Information:

Calories: 919.5 (229.9 per serving)  
Fat: 6.3 g (1.6 g per serving)  
Protein: 18.7 g (4.7 g per serving)  
Net Carbs: 184.9 g (46.2 g per serving)  
Fibre: 12 g (3 g per serving)

## Stir-Fried Vegetables

This recipe makes two servings.



### Ingredients:

1 teaspoon canola oil	1 celery stalk (or ½ courgette)
1 clove garlic	1 teaspoon cornmeal flour
1 teaspoon minced ginger	2 tablespoons cold water
½ head of broccoli	1 tablespoon soy sauce
¼ small brown onion	1 tablespoon honey
1 carrot	Black pepper to taste

### Preparation:

- (1) Chop up the broccoli, onion, carrot, and celery.
- (2) Heat the oil in a pan over medium heat.
- (3) Add the minced garlic and ginger. Saute briefly, for 30-60 seconds.
- (4) Reduce to low-medium heat and add the broccoli, onion, carrot, and celery. Stir-fry until the vegetables are tender crisp, about 5-6 minutes.
- (5) While the vegetables are cooking, mix the cornmeal flour, water, soy sauce, and honey in a small bowl.
- (6) When the vegetables are done, stir in the sauce mixture and add pepper to taste. Cook and stir until the sauce thickens, about 2-3 minutes. Serve immediately.

### Nutrition Information:

Calories: 198 (99 per serving)  
Fat: 4.7 g (2.4 g per serving)  
Protein: 4.9 g (2.5 g per serving)  
Net Carbs: 32.4 g (16.2 g per serving)  
Fibre: 5.7 g (2.9 g per serving)

## Hamburger

This recipe makes one serving (one serving = one hamburger).



### Ingredients:

1 teaspoon canola oil	½ tomato
115 g prime (5% fat) beef mince (or steak)	¼ small brown onion
Salt and pepper to taste	2 lettuce leaves (optional)
1 Quality Bakers nature's fresh burger bun	1 tablespoon ketchup (or lite mayonnaise)

### Preparation:

- (1) Heat the oil in a pan over medium heat.
- (2) While it heats up, place the beef mince on a plate and shape it into an orb 3-4 cm high.
- (3) When you're ready to transfer the meat to the pan, turn the heat to high and put the orb into the pan. Very quickly, using a stiff metal spatula, press down on the orb to form a thin patty only 1 cm thick and 10-12 cm in diameter; it must be 1 cm thick or the patty may not cook through to the middle. Season with salt and pepper.
- (4) Cook the patty without moving it until it has achieved a deep, burnished crust; this takes roughly 90 seconds.
- (5) Slide your spatula under the patty, flip it, and cook the patty for another 60 seconds.
- (6) Check the middle of the burger - if the inside is still raw, reduce the heat to medium and place it on the pan another 30 seconds, flip it, cook the other side another 30 seconds. Check it again, and repeat until the inside is cooked.
- (6) Remove to the bun, slice up the tomato and onion and add them to the patty followed by the lettuce and ketchup, and serve.

### Nutrition Information:

Calories: 519.1  
Fat: 13.9 g  
Protein: 39.5 g  
Net Carbs: 51.8 g  
Fibre: 3.9 g

## Steamed Broccoli

This recipe makes one serving.



### Ingredients:

½ head of broccoli

Salt to taste

### Preparation:

- (1) Boil some water in a pot.
- (2) Chop the broccoli into florets and add them to the water.
- (3) Cook until desired doneness is reached.
- (4) Remove to a plate and add salt to taste.

### Nutrition Information:

Calories: 39

Fat: 0 g

Protein: 3 g

Net Carbs: 5 g

Fibre: 3 g

## Smokey Hotpot

This recipe makes two servings.



### Ingredients:

1 teaspoon canola oil	1 red capsicum
1 small brown onion	400 g cannellini beans
1 clove garlic	2 cups vegetable stock
1 celery stalk (or ½ courgette)	2 teaspoons paprika
1 carrot	Salt and pepper to taste
2 potatoes	

### Preparation:

- (1) Heat the oil in a large pan over medium heat.
- (2) Chop the onion and garlic and add them to the pan. Cook 2-3 minutes.
- (3) Chop the celery, carrot, potatoes, and capsicum and add them to the pan. Cook another 6-7 minutes, stirring frequently. Transfer everything to a large pot.
- (4) Drain and rinse the beans, then add the beans, stock, paprika, salt, and pepper to the pot. Raise the stove to high heat and bring to a boil, then reduce to low heat and simmer for 40 minutes with the lid on. Ready to serve.

### Nutrition Information:

Calories: 832.5 (416.3 per serving)  
Fat: 6.1 g (3.1 g per serving)  
Protein: 33.9 g (17 g per serving)  
Net Carbs: 137.1 g (68.6 g per serving)  
Fibre: 32.7 g (16.4 g per serving)

## Bean Burritos

This recipe makes two servings (one serving = one burrito).



### Ingredients:

2 Old El Paso regular size tortillas  
400 g canned kidney beans  
½ teaspoon chili powder  
½ cup salsa

30 g cheddar cheese  
2 spring onion stalks  
¼ cup fresh coriander (chopped)  
3 tablespoons light sour cream

### Preparation:

- (1) Preheat the oven to 180°C.
- (2) Drain and rinse the kidney beans.
- (3) Mash the beans with a potato masher in a large bowl. Add the chili powder and half the salsa - do not use the other half yet. Mix well.
- (4) Place the tortillas on a large plate. Spoon half of the bean mixture onto each tortilla, down the centre but not to the edge.
- (5) Grate the cheese and chop up the spring onion. Sprinkle half of the cheese, half of the spring onion, and half of the coriander over each tortilla. Fold up the tortillas.
- (6) Place the tortillas on an ungreased baking tray, seam side down. Bake in the oven for 10-15 minutes. Remove and top with sour cream and the rest of the salsa. Serve!

### Nutrition Information:

Calories: 791 (395.5 per serving)  
Fat: 23.9 g (12 g per serving)  
Protein: 36.1 g (18.1 g per serving)  
Net Carbs: 95.3 g (47.7 g per serving)  
Fibre: 17.2 g (8.6 g per serving)



## Vermicelli & Homestyle Tomato Sauce

This recipe makes one serving.



### Ingredients:

2 teaspoons canola oil	¼ teaspoon black pepper
¼ small brown onion	1 teaspoon basil
1 clove garlic	1 teaspoon thyme
1 tomato	1 teaspoon oregano
2 tablespoons tomato paste	1 tablespoon water
½ teaspoon brown sugar	60 g (2 cm diameter) San Remo vermicelli
¼ teaspoon salt	

### Preparation:

- (1) Heat the oil in a pan over medium heat.
- (2) Add the chopped onion and cook until soft and clear, about 5 minutes.
- (3) Add the minced garlic and cook for 30-60 seconds.
- (4) Stir in the chopped tomato, tomato paste, sugar, spices, and water. Turn the heat down to low and simmer for 10-12 minutes, stirring every 1-2 minutes.
- (5) To make the vermicelli, heat a pot containing 4-5 cups of water over high heat to boiling. Slowly add the vermicelli while maintaining a rapid boil, then cook 5-6 minutes; do not cover the pot. You can add one tablespoon of canola oil to prevent vermicelli sticking to the pot.
- (6) Drain the vermicelli, pour the sauce on top, and enjoy!

### Nutrition Information:

Calories: 389  
Fat: 10.3 g  
Protein: 11.3 g  
Net Carbs: 60.6 g  
Fibre: 2 g

## Tuna Casserole

This recipe makes three servings.



### Ingredients:

¾ cup penne (uncooked)	210 g cream of mushroom soup
1 cup frozen peas	½ cup Value trim low fat milk
1 teaspoon Anchor lite dairy blend	190 g canned tuna in spring water
½ small brown onion	1 teaspoon thyme
1 celery stalk (or ½ courgette)	

### Preparation:

- (1) Preheat the oven to 180°C.
- (2) Measure 4 cups of water into a pot and bring to a boil. Once it boils, add the penne and cook for 5-6 minutes, then add the peas. When it simmers again, reduce the heat to low-medium and simmer 2-3 minutes. Drain the noodles and peas mixture and set it aside.
- (3) Melt the dairy blend in a pan over medium heat and add the chopped onion and celery. Cook the onion and celery until they are tender, about 5 minutes. Set aside.
- (4) Mix the cream of mushroom soup with the milk in a large bowl, then add the noodles, vegetables, tuna, and thyme. Mix everything together well.
- (5) Transfer the mixture into a casserole dish and bake for 20-25 minutes, or until brown on top. Cool and serve!

### Nutrition Information:

Calories: 910.6 (303.5 per serving)  
Fat: 19.9 g (6.6 g per serving)  
Protein: 78.5 g (26.2 g per serving)  
Net Carbs: 94.6 g (31.5 g per serving)  
Fibre: 12.5 g (4.2 g per serving)

## Roast Vegetables

This recipe makes three servings.



### Ingredients:

1 tablespoon maple syrup (or honey)	1 small brown onion
1 teaspoon cinnamon	1 kumara (sweet potato)
1 tablespoon minced ginger	1 carrot
1 teaspoon canola oil	1 parsnip
1 cup vegetable stock	1 potato
Salt and pepper to taste	¼ cup prunes

### Preparation:

- (1) Preheat the oven to 180°C.
- (2) Mix the maple syrup, cinnamon, ginger, oil, stock, salt, and pepper together in a small bowl to create a liquid mixture. Set aside.
- (3) Chop the onion, kumara (your choice whether to peel it or not), carrot, parsnip, potato, and prunes into large chunks and place them into a large bowl.
- (4) Pour the liquid mixture over the vegetables and stir until they are evenly coated.
- (5) Place the vegetables in a baking dish and pour the remaining liquid mixture on top.
- (6) Cover the baking dish and roast for 30 minutes, then uncover the baking dish and roast for another 15 minutes. Serve!

### Nutrition Information:

Calories: 715.5 (238.5 per serving)  
Fat: 6.1 g (2 g per serving)  
Protein: 11.5 g (3.8 g per serving)  
Net Carbs: 132.2 (44.1 g per serving)  
Fibre: 23.1 g (7.7 g per serving)

## Homestyle Vegetable Lasagne

This recipe makes three servings.



### Ingredients:

2 servings Homestyle Tomato Sauce	¼ teaspoon black pepper
½ cup lite cottage cheese	1 teaspoon canola oil
60 g spinach (or kale) leaves	½ small brown onion
1 egg	4 small mushrooms
1 garlic clove	3 Diamond instant lasagne sheets
¼ teaspoon salt	60 g mozzarella cheese

### Preparation:

- (1) Preheat the oven to 190°C.
- (2) Double the Homestyle Tomato Sauce recipe and make it now, without the vermicelli. When the sauce is halfway done, increase the heat to low-medium, add the chopped onions and mushrooms, and simmer another 10 minutes. Set aside.
- (3) Use your hands to mix together the cottage cheese, spinach, egg, minced garlic, salt, and pepper in a large bowl. Set aside.
- (4) Spoon one third of the sauce into a casserole dish. Cover with one lasagne sheet (cut and add part of a second sheet if needed to fit the dish). Spread another third of the sauce over the sheet, then cover with another sheet. Spread the cheese and spinach mixture over the sheet and cover with the last sheet. Spoon the final third of the lasagne sauce over the sheet and top with grated mozzarella cheese.
- (5) Bake uncovered for 30-35 minutes until the cheese is melted. Serve.

### Nutrition Information:

Calories: 1115 (371.7 per serving)  
Fat: 45.4 g (15.1 g per serving)  
Protein: 56.7 g (18.9 g per serving)  
Net Carbs: 109 g (36.3 g per serving)  
Fibre: 9.8 g (3.3 g per serving)

## Mini Pizzas

This recipe makes one serving (one serving = two mini pizzas).



### Ingredients:

1 serving Homestyle Tomato Sauce	2 spring onion stalks
2 Quality Bakers whole grain muffin splits	½ green capsicum
Basil and oregano to taste	4 small mushrooms
Salt and pepper to taste	60 g mozzarella cheese

### Preparation:

- (1) Preheat the oven to 180°C.
- (2) Make the Homestyle Tomato Sauce now, without the vermicelli. Set aside.
- (3) Slice the muffin splits in half and place the four halves on a baking tray, then spread one quarter of the sauce on each muffin split half. Sprinkle basil, oregano, salt, and pepper over the top.
- (4) Finely chop the spring onion, green capsicum, and mushrooms. Layer them on top of each muffin split half. Sprinkle grated cheese over the top.
- (5) Bake until hot and bubbly, about 10-15 minutes. Serve.

### Nutrition Information:

Calories: 642  
Fat: 24.2 g  
Protein: 28.3 g  
Net Carbs: 65.1 g  
Fibre: 8.4 g

## Chicken & Vegetable Soup

This recipe makes four servings.



### Ingredients:

4 chicken drumsticks (skin off)  
2 cloves garlic  
1 teaspoon salt  
1 teaspoon black pepper  
2 teaspoons thyme

6 teaspoons parsley  
4 celery stalks (or 2 courgettes)  
4 potatoes  
2 cups frozen peas  
¼ cup brown rice (uncooked)

### Preparation:

- (1) Measure 8 cups of water into a large pot and place over high heat.
- (2) Add the drumsticks, minced garlic, salt, pepper, thyme, and parsley to the pot. Bring to a boil - once boiling, turn the stove down to low heat and simmer for 50-60 minutes.
- (3) Chop up the celery and cube the potatoes, then add the celery, potatoes, peas, and rice to the pot. Let the pot simmer another 30-50 minutes, until the rice and potatoes are soft.
- (4) When cooked, remove the meat from the drumsticks and put the meat back into the soup. Discard the bones. Ready to serve.

### Nutrition Information:

Calories: 1360 (453.3 per serving)  
Fat: 11.5 (3.8 g per serving)  
Protein: 88.4 (29.5 g per serving)  
Net Carbs: 193.3 (64.4 g per serving)  
Fibre: 34.4 (11.5 g per serving)

# Calorie Booster Recipes

## Spanish Rice

This recipe makes one serving.



### Ingredients:

2 teaspoons canola oil  
¼ small brown onion  
½ clove garlic  
½ cup basmati rice (uncooked)

1 cup chicken stock  
2 teaspoons tomato paste  
Pinch of oregano  
Dash of salt

### Preparation:

- (1) Heat the oil in a large pan set to medium high heat, then add the rice and stir until much of the rice has browned.
- (2) Chop up and add the onion and garlic, and cook another 2-3 minutes, then add the stock, tomato paste, oregano, and salt.
- (3) Reduce heat to low medium and simmer with the cover on for 15-25 minutes, until the rice has absorbed the stock. Remove from heat and cool for 5 minutes. Serve!

### Nutrition Information:

Calories: 445.7  
Fat: 9.3 g  
Protein: 7.3 g  
Net Carbs: 80.3 g  
Fibre: 1.5 g



## Berry Fruit Salad

This recipe makes one serving.



### Ingredients:

1 cup strawberries

1 cup cherries (pitted)

1 cup blackberries

1 cup blueberries

1 cup raspberries

2 tablespoons mint leaves (chopped)

1 tablespoon (½ lemon) juice

1 tablespoon honey

### Preparation:

(1) Cut the strawberries in half, then add the strawberries, cherries, blackberries, blueberries, raspberries, and chopped mint to a large bowl (if you can't find all the berry types in the fresh and frozen sections of the supermarket, compensate with those berry types you do have available). Set aside.

(2) Whisk together the lemon juice and honey in a separate bowl until well combined to create the dressing.

(3) Pour the dressing on top of the berries, then gently toss the fruit salad until everything is mixed together. Chill or serve, and enjoy!

### Nutrition Information:

Calories: 494

Fat: 3.3 g

Protein: 7.4 g

Net Carbs: 100.2 g

Fibre: 25.5 g

## Sunshine Salad

This recipe makes one serving.



### Ingredients:

1 apple	1½ kiwi
225 g pineapple chunks in juice	½ cup raspberries
205 g peach slices in juice	½ cup blueberries
1 banana	

### Preparation:

- (1) Chop up the apples, then place them in the reserved pineapple juice in a small bowl. Let sit for 5-10 minutes.
- (2) Combine the pineapple chunks and peach slices in a large bowl.
- (3) Remove the apples from the juice (but keep the juice) and add them to the pineapple and peach mixture.
- (4) Slice the bananas, then place them in the pineapple juice. Let sit for 5-10 minutes, then add them to the pineapple and peach mixture.
- (5) Peel and slice the kiwi, then add the kiwi and berries to the mixture. Chill and serve!

### Nutrition Information:

Calories: 540.1  
Fat: 1.9 g  
Protein: 4.9 g  
Net Carbs: 119.3 g  
Fibre: 17.4 g

## Chunky Fruit Salad

This recipe makes one serving.



### Ingredients:

1 apple  
1 banana  
1 orange

1 cup seedless grapes  
450 g pineapple chunks in juice

### Preparation:

- (1) Peel and chop up the apple and banana. Peel and segment the orange. Slice each of the grapes in half.
- (2) Place all the fruit in a large bowl and gently toss. Chill and serve.

### Nutrition Information:

Calories: 652  
Fat: 1.2 g  
Protein: 4.9 g  
Net Carbs: 152.3 g  
Fibre: 18.5 g

## Berry Hot Drink

This recipe makes one serving (try to have it every day).



### Ingredients:

$\frac{3}{4}$  cup grape juice  
2 tablespoons raisins

1 cup mixed berries  
2 tablespoons honey (or maple syrup)

### Preparation:

- (1) Add the grape juice to a saucepan, bring to a boil.
- (2) Meanwhile, place all the other ingredients in an electric blender.
- (3) Add the boiling mix to the blender and pulse until smooth.
- (4) Pour into a mug and enjoy!

### Nutrition Information:

Calories: 375  
Fat: 0.9 g  
Protein: 2 g  
Net Carbs: 90.1 g  
Fibre: 6.2 g

## Weekend Cycling Meal - Cream & Fruit

This recipe makes one serving.



**Pick ONLY ONE of the following cream options:**

¼ cup pure cream

¼ cup coconut cream

**Then pick ONLY ONE of the following fruit options:**

2/3 cup strawberry halves

2/3 cup mixed berries

2/3 cup raspberries

1 mandarin

1/3 cup blueberries

½ orange

2 apricots

1 kiwi

**Preparation:**

(1) Slice up the fruit option, if needed. Place in a bowl.

(2) Pour cream over the top and serve. If you like, mix in a teaspoon of pure vanilla extract (optional).

**Nutrition Information (Average):**

Calories: 242.2

Fat: 21.9 g

Protein: 2.7 g

Net Carbs: 8.7 g

Fibre: 3.1 g

**\*Please have ONE serving of Cream & Fruit on every Saturday morning, Saturday evening, Sunday morning, and Sunday evening (total of four serves per weekend).**

**\*Please do NOT have the Cream & Fruit on any weekday!**