



Blueberry Pancakes

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SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 15 MIN

Ingredients

- 2 Eggs
- 1/2 scoop (16g) Protein Powder
- 1 medium banana, ripe (very spotty)
- 1/2c blueberries, halved
- 24g Rolled Oats, blended
- 1/4 tsp cinnamon
- 1/4 tsp salt
- 1/4 tsp baking powder
- 40g SF maple syrup (*optional*)

Directions

1. Preheat non-stick pan on a low-med heat.
2. Blend oats on their own until they resemble a grainy flour
3. In a bowl, mash banana and combine with eggs using whisk or electric mixer.
4. To your bowl, add the powdered oats, protein powder, cinnamon, salt, and baking powder to the wet ingredients until no lumps remain.
5. Gently fold blueberries into mixture- *do not whisk*.
6. Cook until golden each side. TIP: pancakes are ready to flip when bubbles form and pop, leaving behind small holes.
7. Drizzle with SF maple syrup (optional) before consuming.



Baked Eggs with Chickpeas

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SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 2 Eggs
- 81g Egg Whites
- 80g canned Chickpeas, drained & rinsed
- 1 slice Multigrain bread, toasted
- 3g EVOO
- White onion, fine diced
- Red capsicum, roughly diced
- Baby spinach, roughly chopped
- Garlic, minced
- 1/2tsp paprika, 1/4tsp cumin, pinch chili powder
- 1/2 can (200g) crushed tomatoes

Directions

1. Pre-heat oven to 190°C (170°C fan-forced)
2. On stovetop, heat EVOO in non stick pan, on low-med heat. (Best in pan which is oven safe too)
3. Sautee onion until translucent in colour, then add capsicum, stirring regularly to avoid burning (~4mins)
4. Once capsicum has begun to soften, add chickpeas and garlic, cooking until fragrant (~1min)
5. Sprinkle paprika, cumin, and chili powder evenly over ingredients, quickly tossing to coat before adding crushed tomatoes to pan. Stir to combine.
6. Bring pan to a simmer, and gradually add baby spinach a handful at a time. Stir until combined.
7. Remove pan from heat and create hollows in mixture for each egg to be cracked into. Allow additional room for egg whites. **NOTE: transfer to oven dish first, if pan is not oven safe.**
8. Transfer to oven until eggs are cooked through. Serve with toast.



Tiramisu Overnight Weet-Bix

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SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 170g low-fat Greek Yoghurt (vanilla)
- 2x 10g sugar-free maple syrup (optional)
- 2x 1/4 scoop (8g each) Protein Powder
- 5g cocoa powder (to dust)
- 3 Weet-Bix, crushed
- 1 Espresso Shot/50mL Instant Coffee
- 100mL unsweetened Almond Milk

Directions

1. Combine crushed Weet-Bix with almond milk, espresso shot, 10g sugar-free maple syrup, and 1/4 scoop (8g) protein powder.
2. Set aside in fridge for 5mins to thicken.
3. Combine yoghurt with remainder of protein powder (1/4 scoop; 8g) and sugar-free maple syrup (10g)
4. Assemble Weet-Bix base and yoghurt mixture. Recommended to alternate as layers.
5. When ready to serve dust with cocoa powder (Tip: add to sieve and hold 20cm above to distribute evenly.)



Breakfast Wrap

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SERVINGS: 1

PREPPING TIME: 10 MIN

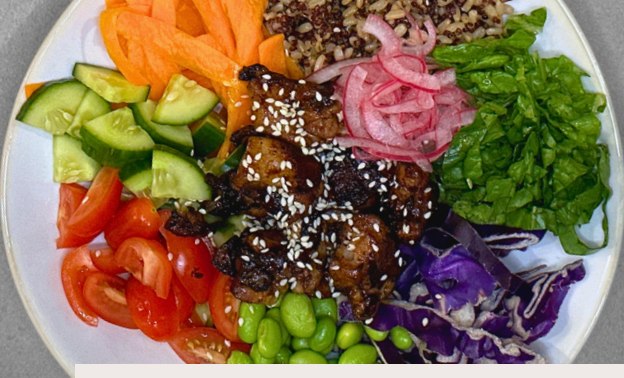
COOKING TIME: 10 MIN

Ingredients

- 162g Egg Whites
- 1 Egg
- 1 Rasher Shortcut Bacon, fat removed
- 1 Multigrain Wrap
- 3g EVOO
- White onion, diced
- Cherry tomatoes, halved/sliced
- Baby Spinach, fresh
- 30g Tomato Relish/Chutney

Directions

1. On low heat, cook onion until soft in a non-stick pan.
2. Whisk egg with egg whites and add to pan, slowly folding until scrambled.
3. Remove egg once cooked turn pan to high. Cook bacon rasher
4. Microwave wrap for 30 seconds to soften before adding avocado, baby spinach, tomato, egg and bacon to centre.
5. Season with salt and pepper to taste and finish with tomato relish before folding
6. Enjoy as is, or toast in sandwich press for a crispier texture.



Teriyaki Poke Bowl

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SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 20 MIN

Ingredients

- 160g chicken thigh, skin removed
- 50g edamame beans, shell removed
- 48g brown rice
- 12g quinoa
- 3g sesame seeds
- Red onion, thinly sliced
- Cucumber & cherry tomatoes, equal sizes
- Cabbage, carrot, & lettuce, shredded
- 43g *Masterfoods* Teriyaki Chicken meal base
- 2 Tbsp white vinegar + 1 Tbsp water

Directions

1. Cut chicken thigh into equal sized cubes (2-3cm) and marinate in Teriyaki meal base [NOTE: longer marination time will result in stronger flavour].
2. Cook brown rice & quinoa per instructions. If cooking in same pot, add quinoa after 15mins.
3. When rice has 15mins left to cook, preheat non-stick pan to low-med heat
4. Rest red onion in a small bowl with vinegar and water mix, ensuring onion is fully submerged.
5. Cook chicken thigh in pan, until cooked through.
6. If edamame beans are not 'ready to eat', prepare per instructions (can buy frozen and defrost).
7. Assemble bowl together with all non-starchy vegetables, rice mixture, cooked chicken, beans, pickled onion (liquid drained).
8. Serve with sesame seeds



Prawn & Avo Rice Paper Rolls

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SERVINGS: 1

PREPPING TIME: 20 MIN

COOKING TIME: 0 MIN

Ingredients

- 8 (~130g) fresh king prawns, cooked & peeled
- 3 rice paper sheets
- 1/2 medium mango, very thinly sliced (~2mm thick)
- 32g avocado, very thinly sliced (~2mm thick)
- 3g sesame seeds
- Non-starchy vegetables of choice (pictured: cucumber & *Woolworths* rainbow coleslaw)
- Ginger & garlic, minced, to taste
- 1 Tbsp brown sugar
- Chilli, thinly sliced (with seeds)
- 1/2 Tbsp fish sauce
- 1/2 Tbsp white vinegar
- 1/4 lime & 1/4 orange, juiced

Directions

1. Add cold water to a dinner plate and submerge rice paper sheets one at a time until they become slightly flexible (~30s each side) They should still hold their original shape: Do NOT soak.
2. Transfer to moist tea towel, laying flat on benchtop.
3. Cut prawns in half length ways and assemble in centre of rice paper with mango, avocado, and non-starchy vegetables.
4. To wrap, fold bottom over filling, then fold each side inwards. Continue rolling towards top edge until enclosed. (Tip: wet your fingers before rolling to avoid sticking and tearing)
5. Combine ginger, garlic, brown sugar, chilli, fish sauce, lime, and orange juice together.
6. Stir until sugar dissolves and use as dipping sauce for rice paper rolls.



Bento Box

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SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 0 MIN

Ingredients

- 120g Turkey breast, sliced
- 1/2 Lebanese bread, wholemeal
- 1c fruit (pictured: 1/2c grapes & 1/2c blueberries)
- 1 wedge (20g) Laughing Cow Cheese, light
- Non-Starchy Vegetables (pictured; carrot, cucumber)
- 60g Tzatziki, *Chris' Dip* (optional)

Directions

1. Fold turkey slices, and stack horizontally
2. Cut Lebanese bread into triangles. NOTE: place in a separate compartment to avoid moisture
3. Cut non-starchy vegetables into sticks, after washing
4. Portion Tzatziki into a mini container or reusable muffin liner
5. Wash fruit and dry before storing
6. Finish with cheese wedge (in wrapper)
7. Assemble all ingredients into your bento box per your preferred arrangement. The only ingredient you need to consider storing on it's own is the flat bread, to avoid sogginess from moisture.



Sweet Potato Nachos

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SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 125g extra lean beef mince
- 15g plain Greek yoghurt (to dress)
- 40g mixed beans, drained & rinsed
- 165g sweet potato, thinly sliced (2-3mm)
- 41g avocado, diced
- Taco seasoning
- Tomato, diced
- Non-starchy vegetables (fresh or frozen)

Directions

1. If using oven instead of air-fryer, pre-heat to 180C (160C fan-forced)
2. Thinly slice sweet potato into equal width disks (3-5mm thick). Mandoline slicers are useful if you struggle to cut straight.
3. Place on oven tray or in air-fryer and cook until slightly crispy (the centre may still be soft)
4. On a high heat, brown beef mince on stove top.
5. Add mixed beans, non-starchy vegetables, and taco seasoning to mince and stir until combined
6. Assemble mixture on top of sweet potato, and dress with tomato, avocado and plain Greek Yoghurt (is used as a substitute for sour cream)



San Choy Bao

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SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

Ingredients

- 140g extra lean pork mince
- 240g potato, washed, skin on
- 6g EVOO
- 25g *Lee Kum Kee* San Choy Bao sauce
- White onion, diced
- Garlic, minced
- Mixed herbs, dried
- Non-starchy vegetable mix (frozen works well)
- Lettuce leaves (iceberg/mini cos), rinse & dry

Directions

1. If using oven instead of air-fryer, pre-heat to 200C (175C fan-forced)
2. Cut potato into equal sizes and coat with EVOO and
3. Place on oven tray or in air-fryer (high heat) and cook until crispy.
4. On a low-medium heat, cook onion until slightly softened, in a non-stick pan
5. Add garlic and cook until fragrant (~1min)
6. Increase heat to high and add pork mince. Cook until browned.
7. Reduce to medium heat. Add non-starchy vegetable mix and San Choy Bao sauce, combine well.
8. Assemble mixture onto lettuce leaves and serve with potatoes.



Loaded Beef Fries

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SERVINGS: 1

PREPPING TIME: 20 MIN

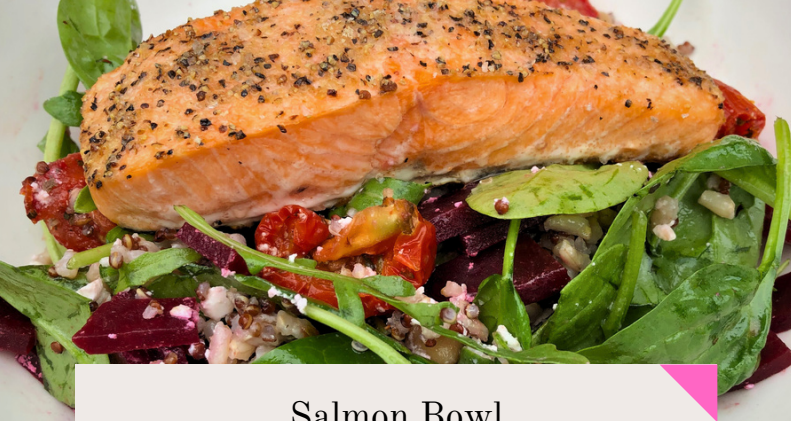
COOKING TIME: 8 HRS

Ingredients

- 100g Chuck Steak, fat removed
- 20g plain Greek yoghurt (to dress)
- 320g Spud Lite Potatoes, chip lengths
- 18g Mozzarella cheese, shredded
- 10g (1/4 packet) McCormick BBQ Rub
- 30g Masterfoods Smokey BBQ Marinade
- Chives, finely sliced to garnish (optional)
- 20mL reduced-sugar BBQ sauce

Directions

1. Cube chuck steak and coat in BBQ rub, pressing firmly into meat. Sear on high heat until browned before transferring to slow cooker or deep oven tray.
2. Add BBQ marinade and cover with slow cooker lid (or tightly cover foil on deep oven tray).
3. Cook on low heat in slow cooker or oven for 7-8hrs.
4. When ready to eat, air-fry or oven bake chips on high heat until cooked through and crispy.
5. Shred beef and assemble on top of chips in oven safe dish/container
6. Top with Mozzarella and place under grill on high heat until melted.
7. Finish with drizzle of reduced sugar BBQ sauce, plain Greek yoghurt, and fresh chives.



Salmon Bowl

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SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 30 MIN

Ingredients

- 120g salmon fillet, skin removed
- 40g canned chickpeas, rinsed & drained
- 12g Quinoa
- 32g Brown Rice
- 10g low-fat feta
- 25g Sundried tomatoes, cut, pat excess oil dry
- Baby spinach & rocket salad mix
- Beetroot, fresh or canned, diced
- Lemon pepper seasoning

Directions

NOTE: This recipe is designed to have as a cold salad, but if you have not pre-cooked grains (rice & quinoa) you may serve warm. Be mindful this may slightly wilt spinach & rocket when serving.

1. Cook brown rice and quinoa per instructions. Best pre-cooked and cooled before serving.
2. Sprinkle lemon pepper seasoning onto salmon fillet and cook in oven at 180°C (160°C fan forced) or in air-fryer at 160°C for 12-15mins.
3. In a bowl, combine pre-cooked and cooled brown rice & quinoa with canned chickpeas. Toss in baby spinach, sundried tomatoes, beetroot, and crumble feta throughout
4. Add freshly cooked salmon fillet on top of salad.

NOTE: if you substitute salmon for non-oily meat, i.e. chicken, do not pat sundried tomatoes oil dry



Satay Skewers

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SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 30 MIN

Ingredients

- 160g chicken breast, cubed
- 64g basmati rice
- 3g EVOO
- 6g sesame seeds
- *Marion's Kitchen* Satay Marinade
- Non-starchy stir-fry vegetables (frozen works well. I used *Birds Eye* 'Oriental Stir Fry')

Directions

1. Preheat non-stick pan to high heat with EVOO
2. Cut chicken breast into equal sized cubes (2-3cm) and marinate in Satay marinade [NOTE: longer marination time will result in stronger flavour]. Soak wooden skewers in water.
3. Cook basmati rice per instructions.
4. Assemble marinated chicken onto pre-soaked wooden skewers.
5. Sear on high heat until all sides are browned, then reduce pan to medium heat until chicken is cooked through. Rotate skewers regularly to avoid burning.
6. Remove skewers from pan and cover with foil to maintain heat. Toss non-starchy vegetables in pan (do not clean pan before doing this so vegetables can get some left over flavour). You may wish to add a dash of water to help lightly steam
7. Serve together with rice and dressed with sesame seeds.



Berry & Nut Smoothie

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SERVINGS: 1

PREPPING TIME: 5 MIN

COOKING TIME: 2 MIN

Ingredients

- 1c mixed berries, frozen
- 70g LF Greek yoghurt
- 10g peanut butter, natural
- Ice or water or frozen zucchini (optional)

OR

- 100mL skim/LF/soy milk
- 1/2 scoop (15g) protein powder

Directions

1. Add berries, protein powder, peanut butter and yoghurt or milk to blender.
2. Combine on high speed.
3. Gradually add water, ice, or frozen zucchini to achieve desired texture See below to understand which option is best for you to use.

Water: for thinner texture

Ice: for moderate texture (note: this will turn to thinner texture if not consumed immediately)

Zucchini: for moderate to thick texture (this is a better option if not consuming immediately as it won't melt like ice. You can't taste it, and is an extra serve of vegetables for every 75g added.



Meatballs

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SERVINGS: 1

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Ingredients

- 100g turkey breast mince, 98% fat-free
- Choice of seasoning and/or herbs
- 1 biscuit (~15g) weet-bix, crushed
- Garlic, minced
- 1/2 egg, whisked
- Non-starchy vegetable sticks
- 15mL (3tsp) milk
- White onion, finely diced

Directions

1. Combine turkey mince with onion, garlic, and seasoning herbs of choice.
2. Add whisked egg and milk to meat mixture, using hands to combine.
3. Gradually add crushed weet-bix biscuit until meat mixture starts to thicken.
4. Roll into 2cm balls and cook on high heat in non-stick pan or in air fryer at 160C
5. Serve with non-starchy vegetable sticks for added food volume

Note: If cooking in pan, reduce heat to medium once outside is browned, to cook through without burning.



Chocolate Mousse

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SERVINGS: 1

PREPPING TIME: 90 MIN

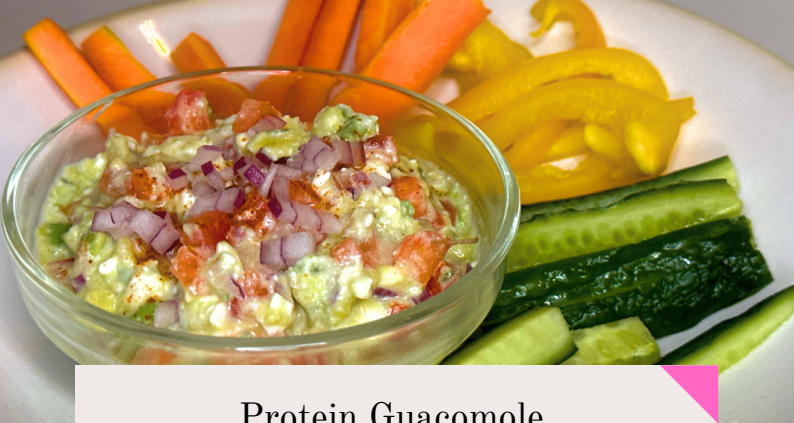
COOKING TIME: 0 MIN

Ingredients

- 1/4c (65mL) Lite/Skim/Soy Milk
- 70g Yopro Greek Yoghurt (vanilla or caramel)
- 1/4 packet (16g) Aeroplane Creamy Mousse Mix
- 1c Fruit of choice

Directions

1. Combine milk, yoghurt, and mousse mixture into large mixing bowl and beat with electric mixer on low speed for 1 minute until powder is no longer dry.
2. Increase speed to high and beat for an additional 4 minutes to achieve fluffy texture
3. Spoon into single serve container and set in fridge for minimum 1hr
4. Serve with 1c of fruit of your choice



Protein Guacomole

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SERVINGS: 1

PREPPING TIME: 10 MIN

COOKING TIME: 0 MIN

Ingredients

- 70g Avocado
- 100g low-fat Cottage Cheese
- 1/2 Roma Tomato, diced
- 1/4 red Onion, finely diced
- 1/2 Lime, juice
- Coriander, finely diced (optional)
- Non-starchy vegetables, cut into sticks

Directions

1. Mix tomato, onion, & coriander in a small bowl and set aside to allow flavours to fuse together.
2. Mash avocado in separate bowl/container, and combine with cottage cheese.
3. Fold in vegetable mixture, and squeeze juice of 1/2 lime
4. Season with salt & pepper to taste and serve with vegetable sticks