



SPINACH & MUSHROOM QUICHE FOR DINNER/LUNCH



SERVINGS: 6

PER SERVE: 277 CAL / 17G PROTEIN / 7G CARBOHYDRATE / 20G FAT

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 225 g sliced fresh mixed wild mushrooms
- 1½ cups thinly sliced sweet onion
- 1 tablespoon thinly sliced garlic
- 8 cups fresh baby spinach, coarsely chopped
- 6 large eggs
- ½ cup milk
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh thyme leaves, plus more for garnish
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1½ cups shredded cheese

NOTES

Refrigerate for up to 5 days

DIRECTIONS

- Preheat oven. Coat a 9-inch pie pan with cooking spray; set aside.
- Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan.
- Add mushrooms; cook, stirring occasionally, until browned and tender, about 8 minutes.
- Add onion and garlic; cook, stirring often, until softened and tender, about 5 minutes.
- Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.
- Whisk eggs, milk, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan.
- Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice.



DUKKAH CHICKEN WITH ROAST VEGETABLES

SERVINGS: 4 PER SERVE: 450CAL / 42G PROTEIN / 26G CARBOHYDRATE / 15G FAT

INGREDIENTS

2 small skinless chicken breasts
1tbs Dukkah spice mix
400g tin of chickpeas, rinsed and drained
2 carrots, cut into batons
2 small zucchinis, cut into batons
1 yellow capsicum, sliced into thick strips
12 large Brussel Sprouts, halved
1tbs extra virgin olive oil
Green leaves, to serve

DIRECTIONS

1. Preheat oven to 220C. Place the chickpeas and vegetables in a roasting tray and drizzle with half the olive oil.
2. Toss well to coat and season with salt and pepper.
3. Roast for 30 minutes, or until tender.
4. Slice the chicken breast into 4-6 smaller pieces and coat with dukkah spice.
5. Heat a pan with the remaining olive oil and pan fry for 10 minutes, or until chicken is cooked through.
6. Remove from the pan and check to see that it is cooked through.
7. Serve the chicken with the roasted vegetables and chickpeas

NOTES



CHICKEN & LENTIL SALAD FOR LUNCH OR DINNER

SERVINGS: 1 PER SERVE: 433CAL / 43G PROTEIN / 18G CARBOHYDRATE / 21G FAT

INGREDIENTS

- 150g chicken breast
- 2 tsps olive oil
- 3/4 tsp dried mixed herbs
- 100g tinned lentils drained
- a handful of sugar snap peas
- 30g mixed lettuce leaves
- 5 fresh mint leaves

For the dressing:

- juice of 1/2 a lemon
- 2 tsps extra virgin olive oil
- a pinch of sea salt and ground black pepper

DIRECTIONS

1. Place the chicken breast between two pieces of baking paper.
2. Using a rolling pin, bash to around 2cm thickness.
3. Transfer to a bowl and top with the oil and mixed herbs.
4. Stir well to coat.
5. Place a frying pan or griddle over a medium flame.
6. Add the chicken and fry for 5-6 minutes on each side or until cooked through.
7. Rest on a plate for 5 minutes, then slice.
8. Mix the dressing ingredients in a large bowl.
9. Add the lentils, mangetout, salad leaves and fresh mint. Gently mix together.
10. Serve the salad topped with the chicken.

NOTES

Store any leftovers in an airtight container and refrigerate for up to 2 days



HASH BROWNS WITH MUSTARD & SMOKED SALMON FOR LUNCH/DINNER



SERVINGS: 4

PER SERVE: 153 CAL/ 9G PROTEIN / 18G CARBOHYDRATE / 6G FAT

INGREDIENTS

- 1 large potato (about 350g/12oz), washed
- 1 tbsp plain flour
- 1 tbsp mustard
- knob of butter
- 1 tbsp sunflower oil
- 4 slices smoked salmon

To serve:

- sour cream
- chives

NOTES

DIRECTIONS

1. Grate the unpeeled potato onto a clean tea towel. Bring up the edges of the towel, then squeeze over the sink to remove any excess water in the potatoes.
2. Tip into a bowl and add the flour and mustard. Season well and mix together.
3. Divide the mixture into 8 balls and flatten between your hands.
4. Heat a large frying pan with the butter and oil, then add the potatoes to the pan.
5. Cook for 2-3 mins on each side, over a medium heat, until golden.
6. Stack a couple of hash browns on each serving plate and top with a slice of smoked salmon, a dollop of soured cream and some chives to serve.



MOROCCAN WHITE FISH TAGINE FOR DINNER OR LUNCH

SERVINGS: 3 PER SERVE: 262CAL/ 33G PROTEIN / 10G CARBOHYDRATE / 10G FAT

INGREDIENTS

- 1 tbsp olive oil
- 100g chopped onion
- 2 garlic cloves, crushed
- 2 tsps fresh ginger, chopped
- ½ tsp dried red chilli flakes
- 1 heaped tsp ground cumin
- 1 heaped tsp ground coriander
- 2 heaped tsps Lebanese 7 spice
- juice of ½ a lemon
- 1½ tsps tomato purée
- 750ml cold water
- 600g cod fillet, diced
- 25g almonds, chopped
- a small bunch of fresh coriander

DIRECTIONS

1. Heat the oil in a tagine or large saucepan over a medium flame.
2. Add the onion and fry for 4 minutes, stirring occasionally until soft.
3. Add the garlic and ginger and fry for 1 minute, stirring. Add the chilli flakes, cumin, coriander, Lebanese 7 spice, lemon juice and tomato purée.
4. Stir well and cook for 1 minute.
5. Add the water, bring to a boil and simmer for 10 minutes. Add a drop more water if the mixture is too thick.
6. Add the fish. Cover and simmer for 5 minutes.
7. Serve topped with almonds and garnished with coriander.

NOTES

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



CHICKEN RICE BOWL FOR LUNCH/DINNER

INGREDIENTS

- 1 cup uncooked rice
- 1 cup chicken broth
- 1/2 cup chopped green capsicum
- 1/4 cup chopped onion
- 2 teaspoons olive oil
- 225 g cooked grilled chicken breast strips
- 1/2 can corn
- 1/2 cup frozen peas, thawed
- 1 teaspoon dried basil
- 1/8 teaspoon salt & pepper

DIRECTIONS

1. Cook rice in broth.
2. Meanwhile, in a large skillet, saute the green pepper and onion in oil until crisp-tender.
3. Stir in the chicken, corn, peas, basil.
4. Cook, uncovered, for 4-5 minutes over medium heat or until heated through.
5. Stir in the rice, salt and pepper.

SERVINGS: 2

PER SERVE

478CAL
38G PROTEIN

10G FAT
60G CARBOHYDRATE



CHICKEN KORMA FOR LUNCH/DINNER

INGREDIENTS

- 1 large potato, peeled and cut into cubes
- 1 large onion, chopped
- 1 cinnamon stick
- 3 whole cloves
- 1 tablespoon oil
- 450 g boneless skinless chicken breasts, cut into cubes
- 1 garlic clove, minced
- 1 teaspoon curry powder
- 1/2 teaspoon minced fresh gingerroot
- 2 medium tomatoes, chopped
- 1 teaspoon salt
- 1/2 cup sour cream

DIRECTIONS

1. Place potato in a small saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook until tender, 10-15 minutes. Drain.
2. In a large skillet, saute the onion, cinnamon and cloves in oil until onion is tender.
3. Add the chicken, garlic, curry and ginger; cook and stir 1 minute longer.
4. Stir in the tomatoes, salt and potato.
5. Cover and cook until chicken is no longer pink, 10-15 minutes. Remove from the heat;.
6. Stir in sour cream.

SERVINGS: 4

PER SERVE

313CAL
27G PROTEIN

12G FAT
24G CARBOHYDRATE



CHICKPEAS SALAD FOR DINNER/LUNCH



SERVINGS: 2.5

PER SERVE: 304 CAL / 22G PROTEIN / 40G CARBOHYDRATE / 9G FAT

INGREDIENTS

Dressing

- 1 avocado, peeled and pitted
- 1½ cups buttermilk
- ¼ cup chopped fresh herbs, such as mint and parsley
- 2 tablespoons vinegar
- ½ teaspoon salt

Salad

- 3 cups chopped lettuce
- 1 cup sliced cucumber
- 1 can chickpeas, rinsed
- ¼ cup diced low-fat cheddar
- 6 cherry tomatoes, halved if desired

DIRECTIONS

To prepare dressing:

1. Place avocado, buttermilk, herbs, vinegar and salt in a blender. Puree until smooth.

To prepare salad:

1. Toss lettuce and cucumber in a bowl with ¼ cup of the dressing. Top with chickpeas, cheese and tomatoes.

NOTES

Refrigerate the extra dressing covered for up to 3 days



TUNA SALAD FOR DINNER OR LUNCH

SERVINGS: 1 PER SERVE: 132CAL/ 15.9G PROTEIN / 12.5G CARBOHYDRATE / 1.6G FAT

INGREDIENTS

baby spinach
shredded carrot
tomato
cucumber
2 slices of beetroot
1 small tin of corn
1 tin of tuna in oil (drained)
2tbs cottage cheese
2tsp balsamic vinegar

DIRECTIONS

1. Mix all together
2. Enjoy your quick and easy recipe
3. Make sure to practise mindful eating and taste each bite with your fork :)

NOTES



WHITE BEAN & VEGGIE SALAD FOR LUNCH/DINNER



INGREDIENTS

- 2 cups mixed salad greens
- $\frac{3}{4}$ cup veggies of your choice, such as chopped cucumbers, cherry tomatoes
- $\frac{1}{3}$ cup canned white beans, rinsed and drained
- $\frac{1}{2}$ avocado, diced
- 1 tablespoon vinegar
- 2 teaspoons extra-virgin olive oil
- $\frac{1}{4}$ teaspoon salt
- Freshly ground pepper to taste

DIRECTIONS

1. Combine greens, veggies, beans and avocado in a medium bowl.
2. Drizzle with vinegar and oil and season with salt and pepper.
3. Toss to combine and transfer to a large plate.

SERVINGS: 4

PER SERVE

360CAL
10G PROTEIN

24G FAT
29G CARBOHYDRATE



MEDITERRANEAN BROCCOLI PASTA SALAD FOR LUNCH/DINNER

INGREDIENTS

- 225g whole-wheat pasta
- 6 cups broccoli florets
- ½ cup chopped red bell pepper
- ¼ cup chopped red onion
- 2 tablespoons chopped fresh basil & parsley
- ¾ cup mayonnaise
- ½ cup finely chopped sun-dried tomatoes in oil, drained
- 1 teaspoon lemon zest
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon crushed red pepper

DIRECTIONS

1. Cook pasta according to package directions, adding broccoli to the water during the final 2 minutes of cook time. Drain the pasta and broccoli; transfer to the ice water. Drain well. Transfer to a large bowl; add bell pepper, onion, parsley and basil.
2. Combine mayonnaise, sun-dried tomatoes, lemon zest, oregano, salt and crushed red pepper in a small bowl. Add to the pasta mixture; toss to coat.

SERVINGS: 10

PER SERVE

222CAL

5G PROTEIN

15G FAT

22G CARBOHYDRATE



SPINACH SHRIMP FETTUCCHINE FOR LUNCH/DINNER

INGREDIENTS

- 450 g uncooked fettuccine
- package (170 g) baby spinach
- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 450 g uncooked shrimp, peeled and deveined
- 2 medium tomatoes, chopped
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt
- 1/4 cup shredded Parmesan cheese

DIRECTIONS

1. Cook fettuccine according to package directions.
2. In a large skillet, saute spinach in oil for 2 minutes until spinach begins to wilt.
3. Add garlic; cook 1 minute longer.
4. Add the shrimp, tomatoes, Italian seasoning and salt
5. Saute 2-3 minutes until shrimp turn pink.
6. Drain fettuccine and add to skillet; toss to coat.
7. Sprinkle with cheese.

SERVINGS: 6

PER SERVE

377CAL
21G PROTEIN

7.5G FAT
50G CARBOHYDRATE