

A top-down view of several pink raspberry popsicles arranged on a white marble surface. The popsicles are rectangular with rounded ends and have several fresh raspberries embedded in them. Some raspberries are also scattered on the marble surface around the popsicles. The text "SUMMER FOOD RECIPES" is overlaid in the center in a large, bold, black sans-serif font.

# SUMMER FOOD RECIPES

KIRSTY PALMER FITNESS



# Foods To Avoid

Breads

Too much soft cheeses

Milk

Refined sugars

Processed foods

Not too much fruit (two pieces per day)

Soft drinks, energy drinks, protein drinks already made

No alcohol (or limited)



# LUNCH & DINNER



# Apple Cider Chicken With Parmesan

## INGREDIENTS

- 1. 1kg chicken pieces
- 1/4 cup olive oil
- 1 lemon, sliced
- 3/4 cup grated parmesan
- 600g small washed white potatoes, halved
- 1 cup apple cider
- 2 tbs Macro Organic honey
- 100g baby leaf salad mix
- 1 cucumber, halved lengthways, deseeded, thinly sliced
- 125g cherry tomatoes, halved
- 1/2 small red onion, thinly sliced
- 1 1/2 tbs Woolworths balsamic vinegar

## METHOD - Serves 4

1. Preheat oven to 220° c. Line a baking tray with baking paper.
2. Place chicken on paper-lined tray. Drizzle with 1 tbs oil and add lemon slices. Bake for 30 minutes.
3. Drizzle remaining oil into a baking dish. Scatter cheese evenly over base of dish. Place potatoes, just touching, cut-side down, over cheese. Season. Bake for 30-40 minutes or until potatoes are tender.
4. Meanwhile, bring apple cider and honey to the boil over high heat in a small saucepan. Boil for 8-10 minutes or until reduced by two-thirds.
5. Remove chicken from oven. Baste with half the honey mixture. Return chicken to oven, basting occasionally, for 10-15 minutes or until golden and cooked through.
6. Meanwhile, combine salad leaves, cucumber, tomato, onion and vinegar in a large bowl. Season. Serve chicken with potatoes and salad.







# Cajun Chicken With Sweet Potato

## INGREDIENTS

200g Sweet Potato, cut into wedges  
1g Olive Oil Spray  
200g Lean Chicken Breast  
1 Teaspoons Cajun Spice (2g)  
250g Cherry Tomatoes, halved  
80g Avocado, chopped  
40g Baby Spinach  
1 Fresh Lemon (99g), cut into wedges

## METHOD - serves 2

1. Preheat oven to 200° c. Line 2 baking trays with non-stick baking paper.
2. Place sweet potato wedges onto one baking tray and lightly spray with oil. Bake for 30 minutes or until golden and crisp.
3. Meanwhile, place chicken onto other tray, lightly spray with oil and sprinkle with spice mix. Bake for 15-20 minutes or until cooked through. Set aside to rest for 5 minutes.
4. Combine cherry tomatoes, avocado and spinach leaves in a small bowl.
5. Slice chicken. Divide sweet potato, chicken and salad between serving plates. Serve with lemon wedges.



# Kale Chicken & Apple Salad

## INGREDIENTS

2-3 leaves of kale, stem removed and leaves roughly chopped (about 3 cups of chopped kale)

½ teaspoon sea salt

2 tablespoons of lemon juice

100 - 150 g / 4-5 oz of sliced cooked chicken

½ medium carrot, grated

½ medium red or green apple, sliced and chopped

¼ cup chopped green onion/scallions

2 tablespoons mayonnaise

½ teaspoon mustard like Dijon or yellow

Pinch of cracked pepper

## METHOD - Serves 1

1 Sprinkle the kale with salt and drizzle with lemon juice. Using your hands, massage and rub the leaves for 20-30 seconds, until slightly softened.

2 Add the kale and the rest of the ingredients to a mixing bowl. Mix together really well, allowing the mayo and mustard to incorporate evenly. Serve then and there, or store for a day or overnight as it will keep okay till the next day.







# Mediterranean Stuffed Chicken

## INGREDIENTS

1 large red bell pepper  
1/4 cup crumbled feta cheese  
2 tablespoons finely chopped pitted kalamata olives  
1 tablespoon minced fresh basil  
8 skinless, boneless chicken breasts  
1 cup mixed green cooked vegetable of choice

## METHOD - Serves 8 (meal prep)

Preheat broiler. Cut bell pepper in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened. Place in a zip-top plastic bag; seal. Let stand 15 minutes. Peel and finely chop. Prepare grill to medium-high heat. Combine bell pepper, cheese, olives, and basil. Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket. Stuff 2 tablespoons bell pepper mixture into each pocket; close opening with a wooden pick. Sprinkle chicken with 1/4 teaspoon salt and 1/4 teaspoon black pepper. Place chicken on a grill rack coated with cooking spray. Grill 6 minutes on each side or until done. Remove from grill; cover loosely with foil, and let stand 10 minutes.



# Chicken & Salad Omelette Rolls

## INGREDIENTS

1 tbs olive oil  
8 eggs, whisked  
3 cups shredded cooked chicken meat  
250g pkt rainbow coleslaw  
1 Lebanese cucumber, shredded

## METHOD - Serves 4

1. Heat 1 tsp oil in a large non-stick frying pan over medium heat. Ladle quarter of the egg into pan and swirl to cover base. Cook for 2 minutes or until just set. Transfer to a plate. Repeat to make 3 more omelettes.
2. Top omelettes with chicken, coleslaw and cucumber..







# No Bun Burgers

## INGREDIENTS

Patties:

500g beef mince

1 large zucchini, grated

1 medium carrot, grated

2 tbsp parsley, finely chopped

1/4 cup onion, finely chopped

1/2 cup cheddar cheese, finely grated

1 garlic clove, finely grated

1 egg

Extras:

1 brown onion, sliced thinly

6 large lettuce leaves

2 tomatoes, sliced thinly

2-4 slices of cheese (optional)

1 avocado, sliced

## METHOD - Serves 4-6

1 Heat a small splash of olive oil over a medium to high heat.

2 Add 1 brown onion (under "extras") to the pan and cook for 5-6 minutes, or until cooked through and beginning to brown. Set aside once cooked.

3 Place all ingredients under "patties" into a bowl and mix together thoroughly.

4 Using a small handful of the mixture, roll into a ball and then flatten into a patty.

5 On a non stick pan, heat a small splash of olive oil over medium to high heat.

6 Cook each patty on each side for 3 minutes, or until cooked to your liking.

7 In a lettuce cup, add the patty, cheese, tomato, avocado and cooked onion. Top with the sauce of your choice.

8 EAT!



# Salmon and Roast vegetable cous cous

## INGREDIENTS

1 salmon fillet, skin on  
1/3 cup of plain pearl couscous  
1/4 Red Onion – finely chopped  
1/2 red capsicum, grilled  
1 fresh chilli – finely chopped  
1/2 red tomato, chopped finely  
Juice of one lemon  
5 fresh basil leaves  
2 Tbsp. Of Chopped Coriander  
Salt And Pepper To Taste  
1/2 Cup pumpkin, raw

## METHOD - Serves 1

- 1 Cook couscous according to packet instructions.
- 2 Chop pumpkin and toss in bowl with olive oil, salt and pepper and roast in oven 180 degrees for 20 minutes or until soft.
- 3 Place cooked couscous into a large bowl with lemon, salt and pepper and a dash of olive oil and mix through. Add onion, chilli, tomatoes and the fresh herbs and mix thoroughly.
- 4 Grill the capsicums under the grill on a high setting, turning them constantly until blackening most of it. While still hot, place into a bowl and cover with glad wrap so they steam. Leave for 5 minutes and then peel the skin off and chop the finely and place into the bowl with the cous cous.
- 5 Add pumpkin and mix.
- 6 Season salmon with salt and pepper.
- 7 On a non-stick pan, heat olive oil on a medium to high heat.
- 8 Add salmon to the pan skin side down. Cook for 3-4 minutes on each side (or until you like it!)
- 9 Serve with the salad mixture :)







# Chilli Lime Chicken Meal Prep

## INGREDIENTS

600g Sweet Potato, peeled, raw and chopped into bite sized pieces  
500g Chicken breast, uncooked, sliced into strips  
1 teaspoon smoked paprika  
¼ teaspoon cayenne pepper  
½ ground coriander  
1 tbsp tomato paste  
2 fresh garlic cloves, crushed  
2 tbsp olive oil  
Pinch of pepper  
Pinch of salt  
6 broccolini stalks  
1 tsp. Chives, finely chopped  
1/2 lime, juiced  
1 small red chilli, deseeded and chopped

## METHOD

After peeling and chopping the sweet potato, place into a deep pot and cover with water and place onto a high heat, bring to a boil and then leave to simmer for 20-25 minutes or until soft.  
In a small bowl, mix paprika, cayenne pepper, ground coriander, tomato paste, 1 crushed garlic clove, olive oil, lime juice, salt and pepper. Combine thoroughly.  
Add chicken strips into this bowl and coat well. Leave to marinate in the fridge for 2 hours (or overnight if you can!).  
Cook chicken in batches in a small pan with a splash of olive oil until fully cooked through.  
Drain water from sweet potato and transfer into a large bowl. Begin to mash with a fork or potato masher until smooth. Add fresh chives and a pinch of salt and pepper. Mix thoroughly.  
Wiping the pan used for the chicken, add another splash of olive oil and add in the remaining garlic clove and the fresh chilli. Add in the broccolini and cook for 4-5 minutes or until it begins to soften (you still want a crunch!).  
Divide the ingredients into three containers. I used 1/2 cup sweet potato mash, 3 broccolini stalks and around 120g of chicken.



# Thai-style zucchini noodles with prawns

## INGREDIENTS

2 tablespoons lime juice  
2 tablespoons fish sauce  
2 tablespoons sweet chilli sauce  
2 tablespoons olive oil  
1 teaspoon honey  
1 bunch asparagus, trimmed, cut into 4cm lengths  
1 cup (120g) frozen peas, thawed  
2 x 250g Coles Australian Zucchini Noodles  
350g pkt Coles Cooked Peeled Prawns, thawed  
2 spring onions, thinly sliced  
1 long red chilli, thinly sliced (optional)  
Lime wedges, to serve

## METHOD

### Step 1

Combine the lime juice, fish sauce, sweet chilli sauce, half the oil and honey in a screw-top jar. Shake well to combine.

### Step 2

Heat the remaining oil in a large frying pan over high heat. Add the asparagus and peas. Cook, stirring, for 2 mins. Add the zucchini noodles and prawns. Cook, tossing once, for 2 mins or until vegetables have softened. Season.

### Step 3

Divide the zucchini noodle mixture among serving bowls. Sprinkle with spring onion and chilli, if using. Drizzle with the lime juice mixture. Serve with lime wedges







# Zucchini and sweet potato zoodle bake

## INGREDIENTS

800g sweet potato, peeled  
4 green zucchini, trimmed  
2 yellow zucchini, trimmed  
2 tablespoons olive oil  
2 garlic cloves, finely chopped  
1 teaspoon dried oregano leaves  
1/2 teaspoon dried chilli flakes  
300g cherry truss tomatoes  
100g drained Castello Feta Cubes  
100g (1 cup) coarsely grated mozzarella  
Baby rocket, to serve

## METHOD

Step 1

Preheat the oven to 180C/160C fan forced. Grease a 2L (8 cup) baking dish.

Step 2

Use a spiraliser to cut the sweet potato and zucchini into noodles. Transfer to a large bowl. Add the olive oil, garlic, oregano and chilli. Season. Gently toss to combine. Transfer the vegie noodle mixture to the prepared dish. Arrange the tomatoes on top. Bake for 40 minutes or until the tomatoes are blistered and the sweet potato is tender.

Step 3

Preheat the grill on high. Scatter the feta cubes and grated mozzarella over the vegetables. Grill for 5 minutes or until the mozzarella is melted and golden. Top with the rocket



# Mexican bean and sweet potato bowl

## INGREDIENTS

500g sweet potato, peeled, cut into 2cm pieces  
1 teaspoon olive oil  
1 red onion, finely chopped  
2 garlic cloves, crushed  
1 teaspoon smoked paprika  
1 teaspoon ground cumin  
2 large vine-ripened tomatoes, chopped  
400g can black beans, rinsed, drained  
4 eggs  
100g baby rocket  
1/2 avocado, roughly mashed  
2 teaspoons hot chilli sauce, to drizzle

## METHOD - serves 4

### Step 1

Preheat the oven to 200C/180C fan forced. Line a baking tray with baking paper. Place sweet potato on prepared tray and spray lightly with oil. Bake for 25 minutes or until golden and tender.

### Step 2

Meanwhile, heat oil in a large non-stick frying pan over medium heat. Cook onion, stirring, for 5 minutes or until soft. Add garlic, paprika and cumin and cook, stirring, for 1 minute or until aromatic. Add the tomato and black beans and cook for 5 minutes or until the tomato has softened. Season. Roughly mash the beans with a fork.

### Step 3

Lightly spray a separate large non-stick frying pan with oil. Heat over medium-high heat. Fry the eggs until cooked to your liking. Remove from the heat.







# Spring vegetable and haloumi bowl

## INGREDIENTS

200g (1 cup) brown rice  
1 bunch baby carrots, trimmed, peeled  
1 bunch broccolini, trimmed  
1 bunch asparagus, trimmed  
60ml (1/4 cup) extra virgin olive oil, plus 2 teaspoons, extra  
2 tablespoons fresh lemon juice, (plus lemon halves and lemon zest), to serve  
1 teaspoon honey  
250g haloumi, thinly sliced  
1/4 red cabbage, shredded  
Guacamole, to serve  
Snow pea tendrils or baby spinach, to serve

## METHOD - serves 4

### Step 1

Cook the rice in a large saucepan of boiling water for 25 minutes or until tender. Drain and set aside to cool.

### Step 2

Meanwhile, steam the baby carrots until tender. Place the broccolini and asparagus in a large heatproof bowl and cover with boiling water. Set aside for 2 minutes or until tender-crisp. Drain and transfer to a large bowl of iced water to cool. Drain and pat dry. Cut any thick stems of broccolini in half lengthways. Cut the asparagus in half lengthways.

### Step 3

Combine the olive oil, lemon juice and honey in a small screw-top jar. Season. Seal tightly and shake to combine.

### Step 4

Drizzle 2 tablespoons dressing over rice. Stir to combine. Divide rice among serving bowls.

### Step 5

Heat the extra 2 teaspoons olive oil in a frying pan over medium heat. Cook haloumi for 1 minute each side or until golden. Divide haloumi, carrots, broccolini, asparagus and cabbage among serving bowls. Top with guacamole, snow pea tendrils or spinach, and lemon zest. Drizzle with remaining dressing. Serve with lemon halves.



# Moroccan apricot chicken

## INGREDIENTS

1 tablespoon olive oil  
4 (150g each) chicken breast fillets, trimmed  
1 medium brown onion, halved, thinly sliced  
2 garlic cloves, crushed  
1 tablespoon Moroccan seasoning mix  
1 tablespoon tomato paste  
2 tablespoons honey  
400g can whole peeled tomatoes  
1 cup Massel chicken style liquid stock  
1 cup dried apricots  
400g can chickpeas, drained, rinsed  
Fresh coriander leaves, to serve

## METHOD - serves 4

### Step 1

Heat oil in a large frying pan over medium-high heat. Cook chicken for 2 minutes each side or until browned. Transfer to a plate.

### Step 2

Add onion to pan. Cook, stirring, for 5 minutes or until softened. Add garlic and seasoning. Cook for 1 minute or until fragrant. Add tomato paste and honey. Cook, stirring, for 1 minute. Add tomatoes, stock, apricots and chickpeas. Bring to the boil.

### Step 3

Return chicken to pan. Reduce heat to low. Simmer, uncovered, turning chicken occasionally, for 20 minutes or until chicken is cooked through and sauce has reduced and thickened slightly. Serve chicken mixture with couscous and coriander.







# LSA chicken with beetroot and silverbeet

## INGREDIENTS

2 tablespoons linseeds (see note)  
2 tablespoons sunflower seeds  
2 tablespoons almonds, finely chopped  
2 tablespoons pumpkin seeds (pepitas)  
1 tablespoon sesame seeds  
4 x 180g chicken breast fillets  
2 tablespoons wholemeal or plain flour  
1 egg, lightly beaten  
500g silverbeet, stalks removed, roughly chopped  
400g canned whole baby beetroots, cut into wedges  
2 tablespoons olive oil  
1 tablespoon lemon juice

## METHOD - serves 4

Step 1  
Preheat the oven to 200° C. Line a baking tray with baking paper and set aside.

Step 2  
Combine the linseeds, sunflower seeds, almonds, pumpkin seeds and sesame seeds, then transfer to a plate. Dust chicken in flour, then dip in the beaten egg to coat.

Step 3  
Press the chicken into the seed mixture until coated. Place on the tray and bake for 15 minutes or until cooked through.

Step 4  
Meanwhile, cook silverbeet in a pan of boiling, salted water for 3 minutes or until wilted. Drain, then toss with the beetroot, oil and lemon juice, then serve with the chicken.



# Garlic and thyme chicken skewers

## INGREDIENTS

4 chicken breast fillets  
3 garlic cloves, crushed  
1 tablespoon finely grated lemon rind  
60ml (1/4 cup) fresh lemon juice  
2 tablespoons olive oil  
1/4 cup fresh thyme leaves  
3 teaspoons honey  
100g baby rocket leaves  
250g punnet cherry tomatoes, halved  
1/2 cup fresh continental parsley leaves  
1/2 cup shaved parmesan  
2 tablespoons olive oil  
1 tablespoon fresh lemon juice  
Olive oil, to grease  
567g pkt Original Mission Wraps

## METHOD - serves 4

### Step 1

Remove tenderloin from each chicken breast. Cut each tenderloin in half diagonally. Cut chicken into 4-5 strips diagonally. Combine garlic, lemon rind, lemon juice, oil, thyme and sugar in a bowl. Add chicken and mix well to coat. Thread 2-3 chicken pieces onto each skewer. Place in an airtight container in the fridge overnight to marinate.

### Step 2

Combine rocket, tomato, parsley and parmesan in a bowl. Combine oil and lemon juice in a bowl. Drizzle over salad. Season with salt and pepper. Toss gently to combine.

### Step 3

Preheat a barbecue grill and flat plate on medium-high. Brush flat plate with oil. Cook skewers on grill, turning, for 2-3 minutes or until cooked. Cook wraps on flat plate for 1 minute each side or until warm and lightly browned.

### Step 4

Serve the skewers with the wraps and salad.







# Chicken, zucchini and squash stir-fry

## INGREDIENTS

500g chicken stir-fry strips  
3 garlic cloves, crushed  
4cm piece fresh ginger, peeled, finely grated  
1 tablespoon sweet soy sauce  
2 tablespoons blanched almonds  
2 1/2 tablespoons peanut oil  
2 zucchini, trimmed, cut into batons  
4 yellow squash, quartered  
1 bunch choy sum, leaves and stems separated, roughly chopped  
2 tablespoons oyster sauce  
1 long red chilli, thinly sliced  
Steamed jasmine rice, to serve

## METHOD - serves 4

**Step 1**  
Combine chicken, garlic, ginger and soy sauce in a medium bowl. Toss to coat.

**Step 2**  
Heat a wok over high heat until hot. Add almonds. Stir-fry for 3 to 4 minutes or until golden. Transfer to a bowl.

**Step 3**  
Add 1 tablespoon oil to wok. Swirl to coat. Add half the chicken. Stir-fry for 2 to 3 minutes or until golden. Transfer to a plate. Repeat with 1 tablespoon oil and remaining chicken.

**Step 4**  
Add remaining oil to wok. Swirl to coat. Add zucchini and squash. Stir-fry for 2 to 3 minutes or until golden and just tender. Return chicken and any juices to wok. Add almonds, choy sum stems, oyster sauce and chilli. Stir-fry for 2 to 3 minutes or until chicken is cooked through. Add choy sum leaves. Stir-fry for 1 minute or until leaves have wilted. Serve with steamed rice.



# Rainbow rice paper rolls

## INGREDIENTS

12 round 22cm rice paper wrappers  
2 avocados, thinly sliced  
24 fresh coriander sprigs  
24 large fresh mint leaves  
300g red cabbage, finely shredded  
2 large carrots, cut into matchsticks  
2 Lebanese cucumbers, deseeded, cut into matchsticks  
100g bean sprouts, trimmed  
3 green shallots, thinly sliced diagonally

## METHOD - serves 4

### Step 1

Dip 1 rice paper wrapper in cold water for 10-20 seconds or until starting to soften. Drain on a clean tea towel. Place on a work surface. Top with 2 avocado slices, 2 coriander sprigs, 2 mint leaves, a little cabbage, carrot, cucumber, bean sprouts and shallot. Fold in ends and roll up firmly to enclose. Repeat with the remaining wrappers.







# Apple, quinoa & lentil salad with maple pork

## INGREDIENTS

2 small red apples, cut into thin wedges  
1 large red onion, cut into thin wedges  
2 teaspoons extra virgin olive oil  
2 tablespoons lemon juice  
1 tablespoon maple syrup  
1 tablespoon water  
1/4 teaspoons dried chilli flakes  
450g pork fillet  
100g (1/2 cup) quinoa, rinsed  
185ml (3/4 cup) water  
400g can brown lentils, rinsed, drained  
1/2 cup continental parsley leaves, coarsely chopped  
1/2 cup fresh mint leaves, coarsely chopped  
2 celery sticks, cut into matchsticks  
Baby herbs, to serve  
Lemon wedges, to serve

## METHOD - serves 4

### Step 1

Preheat oven to 180° C/160° C fan forced. Line a baking tray with baking paper. Place apple and onion on tray. Drizzle with oil. Season. Toss to combine. Roast for 20 minutes or until golden and tender.

### Step 2

Meanwhile, combine half the lemon juice, syrup, water and chilli in a bowl. Heat a non-stick oven-proof frying pan over medium-high heat. Spray pork with olive oil. Season. Cook, turning, for 5 minutes or until brown. Remove from heat. Pour over lemon juice mixture. Roast for 10-12 minutes or until just cooked through. Transfer to a plate to rest for 5 minutes. Slice pork. Allow pan juices to stand for 5 minutes to thicken.

### Step 3

Place quinoa and water in a small saucepan over medium heat. Bring to the boil. Reduce heat to low. Simmer, stirring occasionally, for 8-10 minutes or until water is absorbed and quinoa tender.

### Step 4

Combine quinoa, apple mixture, lentils, parsley, mint, celery and remaining lemon juice in bowl. Season. Divide among plates. Top with pork and pan juices. Sprinkle with herbs and serve with lemon wedges.



# Ultimate 5-a-day power salad

## INGREDIENTS

4 eggs  
1 large carrot, peeled, cut into long thin strips (see note)  
1 large beetroot, peeled, cut into thin strips (see note)  
6 Brussels sprouts, thinly sliced  
1 small fennel bulb, trimmed, thinly sliced  
1/4 small head broccoli, thinly sliced lengthways (see note)  
2 tablespoons finely chopped fresh chives

## DRESSING

2 tablespoons fresh orange juice  
2 tablespoons extra virgin olive oil  
1 tablespoon fresh lemon juice  
1 garlic clove, smashed  
2 teaspoons poppy seeds

## METHOD - serves 4

### Step 1

For the dressing, combine all the ingredients in a small screw top jar. Season. Seal tightly and shake to combine. Set aside.

### Step 2

Place the eggs in a small saucepan and cover with boiling water. Bring to the boil, stirring occasionally. Cook for 3 minutes. Drain and run eggs under cold water. Peel. Slice eggs in half.

### Step 3

Combine the carrot, beetroot, brussels sprouts, fennel and broccoli in a large bowl. Drizzle with the dressing and toss to coat. Divide among serving bowls. Top with egg. Sprinkle with chives.







# One-pot healthy Mexican beef mince

## INGREDIENTS

2 teaspoons extra virgin olive oil  
1 red onion, halved, sliced  
1 red capsicum, chopped  
1 green capsicum, chopped  
2 garlic cloves, crushed  
2 teaspoons smoked paprika  
2 teaspoons dried oregano  
1 teaspoon ground cumin  
500g lean beef mince  
2 tablespoons no-added-salt tomato paste  
1 cup salt-reduced beef stock  
250g packet 2-minute brown and wild rice blend  
Light sour cream, to serve  
chopped avocado, to serve  
Fresh coriander sprigs, to serve  
Sliced red chilli, to serve  
Lime halves, to serve

## METHOD - serves 4

### Step 1

Heat oil in large frying pan over medium-high heat. Add onion and capsicums. Cook, stirring occasionally, for 5 minutes or until starting to brown. Add garlic, paprika, oregano and cumin. Cook, stirring, for 30 seconds or until fragrant. Add mince. Cook, breaking up mince with a wooden spoon for 6 to 8 minutes or until browned.

### Step 2

Add tomato paste, stock and 1/2 cup water. Bring to a simmer. Stir in rice. Reduce heat to medium-low. Cook, uncovered, for 8 to 10 minutes or until liquid is absorbed. Top with sour cream, avocado, coriander and chilli. Serve with lime wedges.



# Vegetable frittata

## INGREDIENTS

Olive oil spray  
200g sweet potato (kumara), peeled, cut into 1cm pieces  
120g green round beans, trimmed, halved  
80g (1/2 cup) frozen peas  
1 shallot, trimmed, thinly sliced  
125ml (1/2 cup) low-fat milk  
4 eggs, lightly whisked  
60g (1/4 cup) low-fat cottage cheese  
35g (1/3 cup) coarsely grated cheddar

## METHOD - serves 2

### Step 1

Preheat grill on medium-high. Spray a 20cm (base measurement) non-stick ovenproof frying pan with oil. Heat over medium heat. Cook sweet potato, stirring, for 3-4 minutes or until slightly softened. Add beans. Cook, stirring, for 1 minute. Add peas and cook for a further minute or until beans and peas are tender. Stir in the shallot and season with salt and pepper.

### Step 2

Whisk milk, egg and cottage cheese in a jug. Pour over vegetables. Tilt to evenly distribute egg. Reduce heat to medium-low and cook for 8 minutes or until almost set.

### Step 3

Top with the cheddar. Cook under grill for 3-5 minutes or until golden.







# Sweet potatoes with chicken and jalapeño slaw

## INGREDIENTS

4 small (about 200g each) sweet potatoes  
400g can black beans, rinsed, drained  
150g chopped skinless cooked chicken  
1 vine-ripened tomato, deseeded, diced  
3 green shallots, thinly sliced  
1 long fresh green chilli, deseeded, finely chopped  
250g (1 cup) cottage cheese  
2 tablespoon chopped fresh coriander, plus extra leaves, to serve  
180g (2 cups) shredded red cabbage  
2 tablespoon drained, chopped pickled jalapeños  
2 teaspoon fresh lime juice, plus lime wedges, to serve  
1 teaspoon olive oil, plus extra, to serve

## METHOD - serves 4

### Step 1

Preheat oven to 200C/180C fan forced. Line a large baking tray with baking paper. Prick the sweet potatoes all over with a fork and place on the prepared tray.

### Step 2

Bake the sweet potatoes, turning halfway through cooking, for 50-55 minutes or until tender when pierced with a skewer. Set aside to cool slightly.

### Step 3

Meanwhile, combine the black beans, chicken, tomato, shallot, chilli, cottage cheese and half the coriander in a large bowl. Season.

### Step 4

Place the cabbage, jalapeño, remaining coriander, lime juice and olive oil in a bowl and toss to combine.

### Step 5

Make a long cut along the top of each potato. Gently separate the sides and use a fork to lightly mash the flesh. Divide the black bean filling among the sweet potatoes. Return to the oven and bake for 10 minutes or until heated through. Top with the jalapeño slaw and extra coriander. Drizzle with extra olive oil. Serve with lime.



# Sesame butterflied chicken

## INGREDIENTS

100 g fine rice noodles  
2 x 120 g skinless free-range chicken breasts  
groundnut oil  
4 spring onions  
½ a Chinese cabbage , (150g)  
200 g sugar snap peas  
½-1 fresh red chilli  
2 limes  
1 tablespoon low-salt soy sauce  
1 tablespoon peanut butter  
2 tablespoons natural yoghurt  
2 cm piece of ginger  
2 teaspoons sesame seeds

## METHOD - serves 2

### Step 1

Put a griddle pan on a high heat.

In a bowl, cover the noodles with boiling kettle water to rehydrate them.

### Step 2

Use a sharp knife to slice into the chicken breasts, then open each one out flat like a book. Rub with 1 teaspoon of groundnut oil and a small pinch of sea salt and black pepper, then griddle for 8 minutes, or until golden and cooked through, turning halfway.

### Step 3

Trim the spring onions and rattle them through the finest slicer on your food processor, followed by the Chinese cabbage, sugar snap peas and chilli.

### Step 4

Dress with the juice of 1 lime and the soy sauce. In a small bowl, mix the peanut butter with the yoghurt and the juice of the remaining lime, peel and finely grate in the ginger, mix again, taste, and season to perfection.

### Step 5

Remove the chicken to a board and slice, lightly toasting the sesame seeds in the residual heat of the griddle pan and sprinkling them over the chicken before serving.

### Step 6

Drain the noodles, divide between your plates with the chicken, slaw and peanut sauce, mix it all up and tuck on in.







## Easy Healthy Taco Salad w/ Ground Turkey

### INGREDIENTS

16 oz organic lean ground turkey  
3 tsp organic chili powder  
1 serving 3 Ingredient Creamy Avocado Lime Dressing (link in recipe notes)  
8 oz canned corn  
1 avocado  
1 lime  
5 cups spinach  
4 Tbsp crushed corn tortilla chips

### METHOD - serves 4

1 Combine 2 tsp chili powder and the ground turkey, cook thoroughly.  
2 While the turkey is cooking, make the avocado lime dressing in a small blender.  
3 Slice the avocado into squares and the lime into 4 slices.  
4 Put the salad together, starting with the spinach and adding the avocado, corn, turkey, dressing, and tortilla chips.  
5 Top each salad with the remaining chili powder and serve with a slice of lime. Enjoy!



# Meal Prep Southwest Chicken Burrito

## INGREDIENTS

2 cups kale (or lettuce of choice)  
1 cup grape tomatoes  
3 cups shredded or cubed chicken cooked  
(about 2 chicken breasts)  
3/4 cup corn, canned  
1 1/2 cup black beans, canned  
1 cup rice, cooked  
1 tsp paprika  
1/2 tsp cumin  
1/4 tsp cayenne  
1/4 tsp pepper

## METHOD - serves 4

1 Cook the rice according to directions. Mix in paprika, cumin, cayenne, and pepper when the rice has about 5 minutes left. Set aside.

2 Layer each bowl or container with kale, tomatoes, shredded chicken, corn, beans, and rice. Top with optional dressing and enjoy immediately or refrigerate for later!







# Peri peri turkey and mango salsa rice bowl

## INGREDIENTS

1 1/2 cups mountain blend rice  
400g piece cold cooked turkey breast, no skin (see notes)  
2 tablespoons medium peri peri sauce  
1 mango, cut into 1cm pieces  
1 Lebanese cucumber, seeded, cut into 1cm pieces  
1 small red capsicum, cut into 1cm pieces  
1/2 small red onion, finely chopped  
2 tablespoons lime juice  
1 cos lettuce heart, leaves separated  
Lime wedges, to serve  
Parsley sprigs, to serve

## METHOD - serves 4

### Step 1

Place rice and 2 cups water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 35 minutes or until liquid is absorbed. Remove from heat. Stand, covered, for 5 minutes.

### Step 2

Meanwhile, preheat oven to 200C/180C fan-forced. Line a baking tray with baking paper. Place turkey on prepared tray. Brush with peri peri sauce. Bake for 10 minutes or until heated through.

### Step 3

Place mango, cucumber, capsicum, onion and lime juice in a bowl. Toss to combine.

### Step 4

Slice turkey. Divide rice among serving bowls. Top with turkey and lettuce. Spoon over salsa. Serve with lime wedges and parsley sprigs.



# Turkey san choy bau

## INGREDIENTS

2 teaspoons sesame oil  
500g lean turkey mince  
2 garlic cloves, crushed  
100g fresh shiitake mushrooms, sliced  
1 small red capsicum, deseeded, thinly sliced  
2 1/2 tablespoons Oyster Sauce  
227g can sliced water chestnuts, drained  
2 green shallots, chopped  
1/2 cup roughly chopped fresh coriander leaves, plus extra, to serve  
Butter lettuce leaves, to serve

## METHOD - serves 4

Step 1 Heat oil in a large frying pan over medium heat. Add the turkey mince. Cook, breaking up any lumps with a wooden spoon, for 3-4 minutes, until lightly browned. Add the garlic and cook, stirring, for 1 minute.

Step 2

Add the mushroom and capsicum and cook, stirring, for 2-3 minutes or until just softened. Add the oyster sauce, stir to combine. Add the water chestnuts and shallot and cook, stirring, for 2 minutes. Remove from the heat and stir through the coriander. Spoon the mixture into lettuce leaves. Sprinkle with extra coriander.







## Healthier turkey chilli con carne

### INGREDIENTS

1 tablespoon extra virgin olive oil  
1 red capsicum, deseeded, finely chopped  
1 red onion, finely chopped, plus extra, to serve  
1 long fresh green chilli, chopped, plus extra, to serve  
3 garlic cloves, finely chopped  
500g turkey mince  
2 tablespoons tomato paste  
400g can finely chopped tomatoes  
375ml (1 1/2 cups) salt-reduced chicken stock or water  
1 tablespoon dried oregano  
3 teaspoons ground cumin  
2 teaspoons Masterfoods Paprika Smoked  
1 cinnamon stick  
400g can black beans, rinsed, drained  
Steamed brown rice, to serve  
Greek-style yoghurt, to serve  
Avocado, sliced, to serve  
Fresh coriander sprigs, to serve

### METHOD - serves 4

#### Step 1

Heat the oil in a large, deep frying pan over high heat. Add the capsicum, onion, chilli and garlic. Reduce heat to medium-low. Cook, stirring often, for 10 minutes or until soft.

#### Step 2

Increase heat to high. Add the mince and cook, breaking up any lumps with a wooden spoon, for 5 minutes or until the mince changes colour. Add the tomato paste and stir to combine. Add the tomato, stock or water, oregano, cumin, paprika and cinnamon. Season. Bring to the boil. Reduce heat to medium-low and simmer for 25 minutes or until liquid has reduced. Stir in the beans. Cook for 3 minutes or until warmed through.

#### Step 3

Serve the chilli con carne with brown rice, topped with extra red onion and chilli, yoghurt, avocado and coriander.



# Snapper with macadamia pesto and bean

## INGREDIENTS

500g sweet potato, peeled, cut into 2cm pieces

1 1/2 tablespoons extra virgin olive oil

1 small red onion, thinly sliced into rounds

1 tablespoon lime juice

4 (about 180g each) snapper fillets

300g green beans, trimmed, blanched

### MACADAMIA PESTO

75g macadamias, toasted

1 cup fresh coriander leaves, firmly packed

1 small garlic clove, coarsely chopped

1 lime, rind finely grated, juiced

60ml (1/4 cup) extra virgin olive oil

1 tablespoon water

## METHOD - serves 4

### Step 1

Preheat the oven to 200C/ 180C fan-forced. Line a baking tray with baking paper. Place potato on the prepared tray. Drizzle with 1 tbs of the oil. Season. Roast, stirring halfway, for 30 minutes or until golden and tender.

### Step 2

Meanwhile, for the pesto, process the macadamias, coriander, garlic and lime rind in a food processor until finely chopped. Combine the lime juice, oil and water in a jug. Add to macadamia mixture, with the motor running, in a slow steady stream until well combined and smooth. Season.

### Step 3

Place the onion in a heatproof bowl and cover with boiling water. Stand for 3 minutes. Drain well. Place the onion and lime juice in a large bowl. Season, then set aside to macerate.

### Step 4

Heat the remaining oil in a large non-stick frying pan over medium-high heat. Pat the skin of the snapper dry with paper towel. Season. Cook snapper, skin side down, for 2 minutes or until crisp. Turn and cook for 1-2 minutes or until just cooked through. Transfer snapper to a plate to rest.

### Step 5

Add the sweet potato, beans and 1 tbs of the pesto to the onion mixture. Toss gently to combine. Divide among serving plates. Top each with snapper and a spoonful of the pesto.







## Mediterranean tuna salad

### INGREDIENTS

1 baby cos lettuce, leaves torn  
200g red grape tomatoes, halved  
1 small red onion, halved, thinly sliced  
1 Lebanese cucumber, cut into 2cm cubes  
1 green capsicum, cut into 2cm cubes  
2/3 cup feta  
2/3 cup pitted kalamata olives  
2 tablespoons chopped fresh oregano  
2 x 185g cans tuna in oil  
1/4 cup red wine vinegar

### METHOD - serves 4

#### Step 1

Place lettuce, tomatoes, onion, cucumber, capsicum, feta, olives and oregano in a large bowl.

#### Step 2

Add tuna (undrained). Drizzle with vinegar. Season with pepper. Toss gently to combine. Serve.



# Lemon-pepper bbq fish with greens and salsa

## INGREDIENTS

2 large vine-ripened tomatoes, finely chopped  
1/2 red onion, finely chopped  
1 long green chilli, seeded, finely chopped (optional)  
2 tablespoons drained baby capers, chopped  
2 tablespoons mint leaves, finely shredded  
1 tablespoon olive oil  
4 white fish fillets (such as basa, pink ling or barramundi)  
1 teaspoon coarsely ground black pepper  
1 teaspoon finely grated lemon rind  
1/2 teaspoons salt  
2 bunches baby broccoli, ends trimmed  
2 bunches asparagus, woody ends trimmed

## METHOD - serves 4

### Step 1

Combine tomato, onion, chilli, if using, caper, mint and oil in a bowl. Season.

### Step 2

Place fish on a clean work surface. Combine pepper, lemon rind and salt in a small bowl. Sprinkle over the fish.

### Step 3

Heat a barbecue grill or chargrill on medium-high. Spray baby broccoli and asparagus with olive oil spray. Season. Cook for 1-2 mins each side or until lightly charred and tender crisp. Transfer to a plate. Spray fish with oil. Cook on grill for 2-3 mins each side or until just cooked through. Transfer to a plate.

### Step 4

Divide baby broccoli and asparagus among serving plates. Top with fish and spoon over the tomato mixture.





# BREAKFAST





# Roasted sweet potato, wilted garlic kale, poached egg and almonds

## INGREDIENTS

300g peeled sweet potato, cut into 1cm thick rounds

1 teaspoon extra virgin olive oil

1 garlic clove, thinly sliced

75g trimmed kale, coarsely chopped

2 eggs, poached

1 tablespoon natural almonds, chopped

## METHOD - serves 2

### Step 1

Preheat oven to 200C/180C fan forced. Line a baking tray with baking paper. Place potato on prepared tray and lightly spray with olive oil. Roast for 20-25 minutes or until golden and tender.

### Step 2

Heat the oil in a large non-stick frying pan over medium-high heat. Add garlic and cook, stirring, for 30 seconds or until aromatic. Add kale and stir until just wilted.

### Step 3

Divide potato among serving plates. Top with wilted kale mixture and poached eggs. Sprinkle with the almonds.





# Fall Breakfast Quinoa Bowl

## INGREDIENTS

½ cup uncooked quinoa  
1 cup water  
dash of salt  
1-3 tbps coconut milk any milk will do  
1 tbsp pure maple syrup  
1 tsp chia seeds  
1 tbsp slivered almonds  
1 tbsp pumpkin seeds  
½ sliced pear  
½ sliced apple

## METHOD - serves 1

- 1 Rinse quinoa in a fine mesh sieve.
- 2 Place quinoa, water and a dash of salt in a microwave safe bowl. I used a Pyrex measuring glass.
- 3 Top with a lid or a small plate.
- 4 Cook in microwave on high for 7 minutes total. Stir once during cooking time. (Microwave ovens vary in temperature so you may have to adjust this time.)
- 5 Remove and let sit with lid on for two minutes or until water is absorbed. Fluff with fork.
- 6 Pour quinoa into a small bowl and add milk to desired consistency.
- 7 Top with toppings and enjoy!





# Easy Chocolate Banana Smoothie

## INGREDIENTS

1 banana frozen  
1 scoop protein powder  
1 Tbsp cacao powder  
1 cup almond milk  
3-4 ice cubes

## METHOD - serves 1

1 Blend everything together.  
2 Enjoy!







## Granola & Yogurt Bowl

### INGREDIENTS

1/2 cup plain coconut yogurt  
1/4 cup blueberries  
1/4 cup raspberries  
1/2 cup cantaloupe  
1/2 Tbsp goji berries  
1/2 Tbsp pumpkin seeds  
1/2 Tbsp sliced almonds  
1/2 Tbsp coconut shavings  
1/4 cup refined sugar free granola

### METHOD - serves 1

1 Place the yogurt in a bowl.  
2 Add the washed fruit.  
3 Top with the seeds, nuts, coconut, and granola.  
4 Serve and enjoy!





## Poached Egg & Avocado Breakfast Salad

### INGREDIENTS

2 eggs  
1 avocado  
7 grape tomatoes  
2 cups lettuce  
1/4 cup cooked quinoa  
1 Tbsp pistachios  
salt/pepper

### METHOD - serves 2

- 1 Poach the eggs.
- 2 Create the salads by layering the lettuce, tomatoes, cooked quinoa, avocado, and pistachios.
- 3 Add the poached eggs and top with salt/pepper to taste.
- 4 Enjoy!





# Poached eggs with bacon, asparagus & herbed ricotta

## INGREDIENTS

150g fresh low-fat ricotta  
1 tablespoon chopped fresh continental parsley  
1 tablespoon chopped fresh chives  
1 teaspoon finely grated lemon rind  
4 rashers short-cut bacon, fat trimmed  
1 teaspoon olive oil  
2 bunches asparagus  
2 garlic cloves, thinly sliced  
4 eggs

## METHOD - serves 4

### Step 1

Combine the ricotta, parsley, chives and lemon rind in a bowl. Set aside.

### Step 2

Heat a non-stick frying pan over medium-high heat. Cook bacon for 2 minutes each side or until golden brown. Transfer to a plate. Keep warm.

### Step 3

Reduce heat to medium. Add oil, asparagus and garlic. Cook, covered, shaking the pan occasionally, for 5 minutes or until asparagus is tender. Set aside. Keep warm.

### Step 4

Meanwhile, fill a deep frying pan with 3cm water. Bring to a simmer over medium-low heat. Gently crack in eggs. Poach for 4 minutes or until white is just set and yolk runny. Spoon on ricotta mixture and top with a poached egg. Season with pepper. Serve with bacon and asparagus mixture.



# Cottage cheese omelette

## INGREDIENTS

4 eggs  
2 tablespoons cold water  
1 tablespoon chopped fresh mint leaves  
20g butter  
1/2 cup frozen peas  
1/3 cup (65g) cottage cheese

## METHOD - serves 2

### Step 1

Beat eggs, cold water and mint leaves in a bowl until combined. Season with salt and pepper. Preheat grill on high.

### Step 2

Heat a medium frying pan over medium-high heat until just warm. Add butter. Tilt pan back and forth until butter sizzles.

### Step 3

Beat eggs again. Pour into pan. Tilt pan so eggs cover base. Using a wooden spoon, drag cooked egg from outer edge into centre. Tilt pan so uncooked egg comes into contact with base.

### Step 4

Meanwhile, cook peas in a saucepan of boiling water for 2 minutes. Drain.

### Step 5

Sprinkle peas over omelette. Dollop with cottage cheese. Place pan under grill. Cook until omelette is set. Cut omelettes in half. Slide onto plates. Serve.







## Avocado, rocket & semi-dried tomato omelette

### INGREDIENTS

4 eggs  
Olive oil spray  
1/2 large firm ripe avocado, stone removed, diced, plus extra to serve  
55g (1/4 cup) semi dried tomatoes, drained from oil, sliced  
20g baby rocket leaves, plus extra to serve

### METHOD - serves 2

Step 1

Break 2 of the eggs into a small bowl, add 1 tablespoon cold water and whisk with a fork until combined.

Step 2

Heat a medium size non-stick frying pan over a medium heat, spray with olive oil spray. Add the egg mixture, as the eggs start to cook, use a wooden spoon to carefully drag the cooked egg to the centre, allowing the uncooked egg to flow to the edges.

Step 3

When the omelette is almost cooked, sprinkle half of the avocado, tomatoes and rocket over one half of the omelette and season with salt and pepper. Carefully fold other side of omelette over to enclose filling and slide out onto a clean board. Repeat with remaining eggs and filling to make a second omelette.



# Bacon & Egg Bites

## INGREDIENTS

12 eggs  
120g short cut bacon  
24 basil leaves  
generous pinch of pepper  
generous pinch of salt  
2 tbsp parmesan cheese

## METHOD - makes 12

- 1 Preheat oven to 180 degrees Celsius.
- 2 Crack eggs into a bowl and whisk.
- 3 Add parmesan, salt & pepper to the bowl and mix thoroughly.
- 4 Heat a splash of olive oil on a non-stick pan, over medium heat.
- 5 Cut bacon in to long thin strips and then cook bacon for 4-5 minutes on the pan, until slightly crispy.
- 6 Spray a muffin tin with olive oil (this will avoid anything sticking).
- 7 Divide bacon equally between the 12 muffin tins, then divide egg mixture equally between the 12 muffin tins.
- 8 Sprinkle a pinch of pepper over each muffin tin and place 2-3 basil leaves in each tin.
- 9 Bake in the oven for 15 minutes





# SNACKS



# CHOCOLATE CHIP COOKIE DOUGH ENERGY BITES

## INGREDIENTS

4 Scoops Vanilla Protein Powder  
1/4 Cup Almond Butter  
1/4 Cup Honey  
1/4 Cup Agave or Maple Syrup  
1/4 Cup Rolled Oats  
1 Tbsp Unsweetened Almond Milk  
1 Tbsp Dark Chocolate Chips  
Pinch of Salt

## METHOD - makes 18

1 Mix all ingredients well (except for chocolate chips) by hand, mixer, or food processor.  
2 Mix in chocolate chips.  
3 Roll out dough if making into bars, or place in container. Enjoy!







## Honey Oatmeal No-Bake Energy Bites

### INGREDIENTS

1 1/2 cups rolled oats  
1/4 cup honey  
1/3 cup cashew butter  
1 Tbsp ground flaxseed  
2 Tbsp shredded coconut

### METHOD - makes 30 bites

1 Mix all of the ingredients together except for the shredded coconut.  
2 Place the "dough" in the freezer for about 15 minutes.  
3 Remove from the freezer and roll into small bites with the palms of your hands.  
4 Roll each energy bite in the shredded coconut.  
5 Serve and enjoy or refrigerate for up to 2 weeks!



# Tahini-Chocolate Dipped Watermelon Wedges

## INGREDIENTS

10 seedless watermelon wedges  
1/4 cup tahini  
1 1/2 Tbsp cacao powder  
2 Tbsp agave syrup  
1/4 cup unsweetened almond milk or  
more, depending on desired consistency  
Toppings of choice

## METHOD - makes 10 wedges

- 1 Slice a watermelon into 10 (or more) watermelon wedges.
- 2 In a bowl, mix the tahini, cacao powder, syrup, and almond milk together. Add more almond milk if a thinner consistency is desired.
- 3 Drizzle or spoon the tahini-chocolate over the watermelon wedges.
- 4 Top each wedge with desired toppings.
- 5 Serve and enjoy!







## Game Day Popcorn Party Mix

### INGREDIENTS

(small handful worth)  
popcorn  
Salted Macadamia Nuts  
Sliced Almonds  
Mulberry Berries  
Goji Berries  
Cacao Nibs  
Coconut Shavings

### METHOD

Mix ingredients together and enjoy!



# Peanut butter & coffee protein smoothie

## INGREDIENTS

1 frozen banana,  
1 teaspoon peanut butter  
1 teaspoon cacao powder  
1 cups almond milk  
1 shot of instant espresso coffee  
optional added ice and protein powder

## METHOD - makes 1 smoothie

Mix ingredients in a food processor till they're crumbly and sprinkle on top of smoothie. If you don't have a processor, you can roughly chop into a crumble consistency.







**Small Handful mixed unsalted nuts**

**1 cup plain greek yoghurt & 1/4 cup mixed berries**

**1/2 cup cottage cheese & 2tsp flaxseeds & cinnamon**

**5 small celery sticks & 60g cream cheese**

**2 squares dark lint choc 70% plus & 10 almonds**

**1 cup sliced cucumbers & 100g hummus**

**1 piece of fruit**

**2 large boiled eggs**

**small handful beef jerky**

**Simple protein shake** (1 scoop protein, 200g unsweetened almond milk, 1/2 cup crushed ice)

**Turkey roll ups** (4 Slices turkey breast & 4 cucumber strips & 1 slice cheddar cheese)





## GREEN SMOOTHIE (MILD) - AT

### INGREDIENTS

1 1/2 cups spinach leaves  
1 small banana  
1/2 peeled medium ripe pear  
1 peeled small orange  
1/2 chopped Lebanese cucumber  
1/2 cup filter water or coconut water

### METHOD makes 1

Blend all ingredients together and blitz until smooth. Serve in a glass.





## GREEN SMOOTHIE (MODERATE) - at

### INGREDIENTS

2 medium kale leaves  
1 peeled medium green apple  
1 cup seedless green grapes  
8 fresh mint leaves  
1/2 cup filtered water or coconut water

### METHOD - makes 1 smoothie

Blend all ingredients together and blitz until smooth. Serve in a glass.







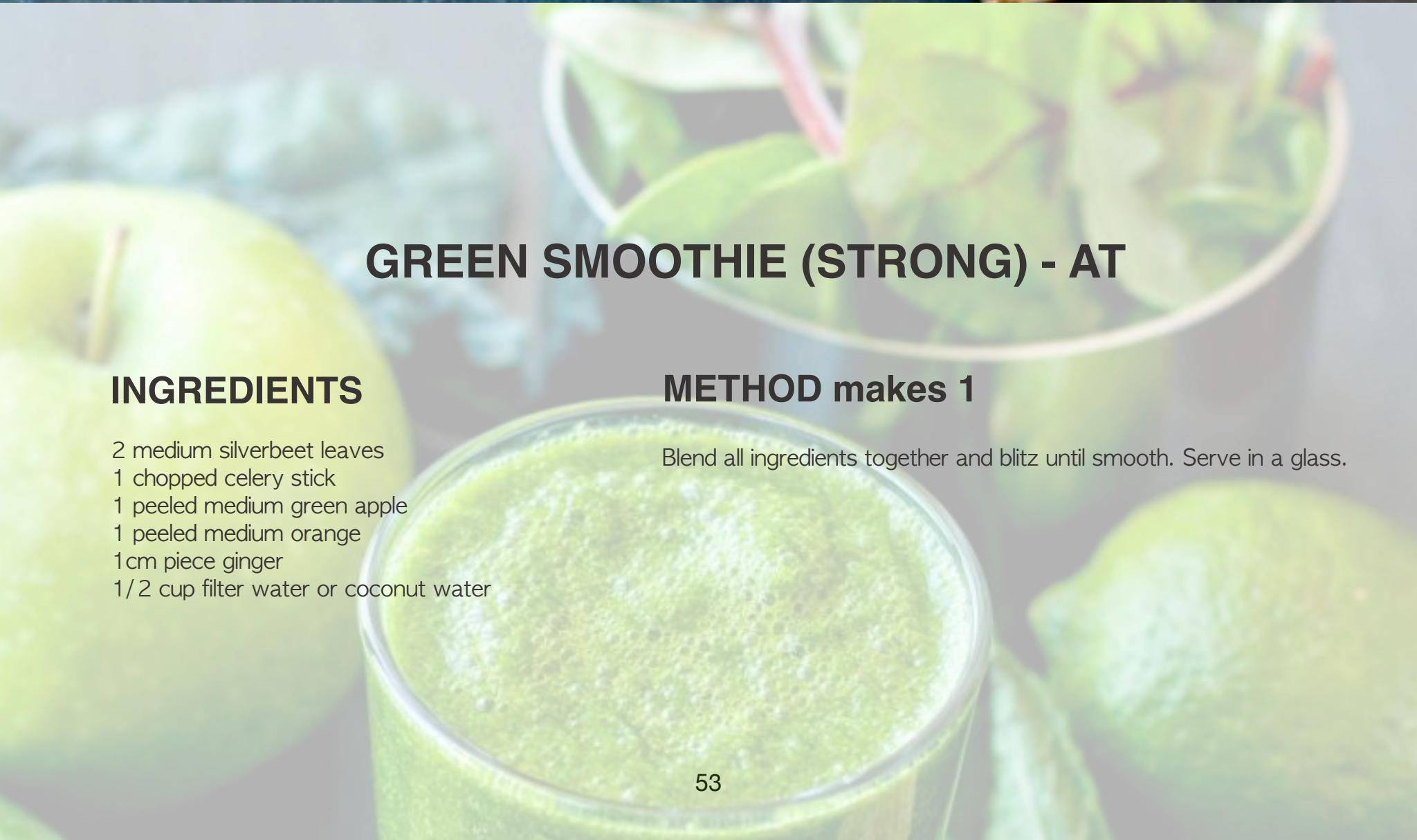
## GREEN SMOOTHIE (STRONG) - AT

### INGREDIENTS

2 medium silverbeet leaves  
1 chopped celery stick  
1 peeled medium green apple  
1 peeled medium orange  
1cm piece ginger  
1/2 cup filter water or coconut water

### METHOD makes 1

Blend all ingredients together and blitz until smooth. Serve in a glass.





# GREEN SMOOTHIE (HARDCORE) - AT

## INGREDIENTS

1 medium kale leaf  
1/2 cup spinach leaves  
1 chopped Lebanese cucumber  
1/3 cup loosely. chopped parsley leaves  
2T lemon juice  
1/2 tsp spirulina powder  
1/2 cup filter water or coconut water

## METHOD - makes 1 smoothie

Blend all ingredients together and blitz until smooth. Serve in a glass.







## Blueberry Oat On The Go

### INGREDIENTS

1/4 cup rolled oats  
1/2 medium frozen banana  
1/4 cup frozen blueberries  
1 cup almond milk  
1 scoop protein powder  
1/2 tsp cinnamon  
optional added ice and water if needed

### METHOD makes 1

Blend all ingredients together and blitz until smooth. Serve in a glass.