Welcome

Did you know it only takes 14 days of doing something consistently to make it a habit?

So whether you’re a total newcomer to the fitness scene or you just need a little motivation and guidance, this 2 week training plan will help you become that uber confident version of yourself you know is hiding in there somewhere, one pushup at a time!

We reckon you deserve a high five for taking the leap towards better health. Before you know it you’ll be grabbing life by the kettlebells and owning it in the gym, the office, and on the dance floor at your best friend’s wedding.

But if you hit a bit of a roadblock or just can’t bear the thought of throwing off the doona and exercising when the alarm goes off each morning, we hear you. Sometimes you need your own personal cheer squad to tell you to “be aggressive, be, be, aggressive!”.

That’s why we’ll be waiting in the wings (well, on Facebook and Instagram) with more encouragement and motivational tips and tricks than an episode of Dr Phil.

So every time you hear yourself utter the words “I can’t be bothered”, “I’m too tired” or “I’ll do it tomorrow”, pick yourself up, dust yourself off, and remember, good things come to those who show up. Not just at the gym, but in life in general.

Yesterday you said tomorrow. So what are you waiting for?

IMPORTANT: PLEASE READ! This training plan has been devised for people with a moderate to advanced level of fitness. Goodlife Health Clubs accepts no responsibility for any injury that may result from completing these workouts. If you are a beginner, or only have a basic level of fitness, please consult a healthcare professional prior to completing these exercises to ensure they are suitable. You will notice that each week increases in intensity. Following the completion of this plan, the program can be reviewed and updated by a qualified Goodlife Personal Trainer at one of our 77 clubs across Australia.

Got a question? Email us on justwondering@goodlifehealthclubs.com.au

Yesterday you said tomorrow. So what are you waiting for?
# 2 Week Training Plan

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<td>Upper Body Dumbbell bench press 3 sets x 12 reps</td>
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<td><strong>WEEK 2</strong></td>
<td>Cardio 45 min walk or run</td>
<td>Balance Pilates Class (approx 6240 steps)</td>
<td>Cardio RPM/ Cycle class (approx 9649 steps)</td>
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## EXERCISE INSTRUCTIONS

### DUMBBELL BENCH PRESS

Lie down on a flat bench with a dumbbell in each hand resting on top of your thighs, palms facing each other. Then, using your thighs to help raise the dumbbells up, lift them one at a time so they’re just to the sides of your chest at shoulder-width, with your upper arm and forearm creating a 90 degree angle. Then rotate your wrists forward so that the palms of your hands are facing away from you. This will be your starting position. Then, as you breathe out, use your chest to push the dumbbells up. Lock your arms at the top of the lift and squeeze your chest, hold for a second and then begin coming down slowly. Tip: Ideally, lowering the weight should take about twice as long as raising it.

### DUMBBELL LUNGE

Stand with feet hip distance apart and a dumbbell in each hand. Step one foot backward aiming to keep most of your weight over your front heel. Bend your knees until they both make a 90 degree angle, aiming to drop straight down, rather than pushing forward. Squeeze the front heel into the ground and stand back up. After completing all repetitions on one leg, switch to the other. For increased intensity you can do the same movement as a walking lunge, stepping one leg forward at a time, aiming to keep the weight in the front leg.

### TRICEP DIPS

With your back facing a bench, box or low bar, crouch down and put your hands on the edge so that your fingers are hanging over and all the pressure of your body is on the heel of your palms. From this position, drop your hips down trying to keep your bum as close to the box as possible. Once you get as low as you can comfortably go, then press through the heels of the palms and focus on straightening the elbows to return to the starting position. To increase intensity you can adjust your feet position, the closer the feet to the body the lighter the load, the further away the heavier the load.

### SEATED ROWS

For this exercise you will need access to a low pulley row machine with a V-bar. First sit down on the machine and place your feet on the front platform or crossbar provided making sure that your knees are slightly bent and not locked. Lean over as you keep the natural alignment of your back and grab the V-bar handles. With your arms extended pull back until your torso is at a 90-degree angle from your legs. This is the starting position of the exercise. Breathing out and keeping the torso stationary, pull the handles back towards your torso while keeping the arms close to it until you touch your abs. Squeeze your back muscles hard, hold that contraction for a second and slowly go back to the original position while breathing in.

### DUMBBELL SQUAT

Start by standing tall, holding a dumbbell in each hand. With feet a little narrower than shoulder-width apart and hands beside hips, slightly bend the knees and sit backwards until you can feel most of the weight in your heels but toes still planted firmly. From this position, squat down aiming to match equal bend at the hips and knees (for every inch the knees bend, the hips bend an equal amount), while keeping the upper body as upright as possible. Once you reach a comfortable depth, push through the heels and stand up to your starting position. Try not to let your lower back round or knees rotate inwards or outwards throughout the movement.
**EXERCISE INSTRUCTIONS**

| **LAT PULL DOWNS** | Sit down on a pull-down machine with a wide bar attached. Make sure that you adjust the knee pad of the machine to fit your height, which will prevent your body from being raised by the weight. Grab the bar with the palms facing forward using your chosen grip. As you have both arms extended above you, push your torso back slightly to create a curve in your lower back and stick your chest out. This is your starting position. As you breathe out, and keeping your torso still, bring the bar down until it touches your upper chest by drawing the shoulders and the upper arms down and back. Squeeze your shoulder blades together for a second then slowly raise the bar back to the starting position when your arms are fully extended. |
| **ASSISTED CHIN UPS** | Step up and grasp bar with underhand shoulder-width grip. Kneel onto a platform or step onto a bar. Pull body up until elbows are to sides. Lower body until arms and shoulders are fully extended. |
| **PUSH UPS** | Lie on the floor face down and place your hands slightly wider than shoulder-width apart and feet less than shoulder-width apart. Have your arms straight, but not locked out. Next, lower yourself downward until your chest almost touches the floor as you inhale. Now breathe out and press your upper body back up to the starting position while squeezing your chest. After a brief pause at the top contracted position, you can begin to lower yourself downward again. |
| **STEP UPS** | Stand facing a bench, step or platform. Place foot of first leg on bench. Step up onto the bench by extending hip and knee of first leg and place foot of second leg on bench. Step down with second leg by flexing hip and knee of first leg. Return to original standing position by placing foot of first leg to floor. Repeat first step with opposite leg, alternating first steps between legs. Keep torso upright during exercise. For greater challenge, use taller bench or box. Barbells and dumbbells can also provide additional resistance. |
| **DEADLIFT** | Approach the bar with your feet hip distance apart, toes slightly pointing out. Then bend at the knees, hinge at the hips and grip the bar with your arms shoulder-width apart. With the bar close to your shins, keep head up, eyes looking forward, chest out, and back straight. From here, drive through the heels and stand to an upright body position with the bar at your hips. Then, maintaining a straight back, lower the bar slowly by bending at the knees and hinging at hips, until the weights touch the ground. |
**EXERCISE INSTRUCTIONS**

| **LEG PRESS** | Using a leg press machine, sit down and place your legs on the platform directly in front of you with feet shoulder-width apart. Lower the safety bars holding the weighted platform in place and press the platform all the way up until your legs are fully extended in front of you, but don’t lock your knees out. Your torso and legs should make a perfect 90-degree angle. This will be your starting position. As you inhale, slowly lower the platform until your upper and lower legs make a 90-degree angle. Then pushing mainly with the heels of your feet and using the quadriceps extend your legs and go back to the starting position as you exhale. |
| **ALTERNATING LUNGES** | Start with your feet about shoulder-width apart, your back straight, big proud chest and core engaged. Lunge forward until you reach approx. 90 degrees at both knees. Make sure not to extend your front knee past your toes because it puts a lot of stress on the knee. Push your body back up to the starting position through your front heel, switch legs and repeat. |
| **SEATED CALF RAISES** | Sit on the machine and place your toes on the lower portion of the platform provided with the heels off. Place your lower thighs under the lever pad, which will need to be adjusted according to your height. Now place your hands on top of the lever pad in order to prevent it from slipping forward. Lift the lever slightly by pushing your heels up and release the safety bar. This will be your starting position. Slowly lower your heels by bending at the ankles until the calves are fully stretched. Raise the heels by extending the ankles as high as possible as you contract the calves and breathe out. Hold the top contraction for a second. |
Welcome

We know life can get a bit crazy sometimes, and you don’t always feel like slaving over a hot stove, so we’ve designed this menu plan to suit your busy lifestyle. It’s full of delicious and nutritious breakfast, lunch and dinner recipes; some of which can be whipped up in a few minutes and others for when you want to don an apron and get your MasterChef on.

- We’ve made it super easy by providing a comprehensive shopping list, so you can prepare all the meals as they appear in the plan.
- If you’d rather choose only those recipes that appeal to you, that’s ok too. All the suggested meals are of similar nutritional value and can be swapped for another day or repeated throughout the week. You’ll need to create your own shopping list, though!
- Breakfasts and lunches are usually single serves. Dinner always serves 2 or more.
- Special dietary needs? Check our recipe labels for gluten-free and dairy-free alternatives also.

FOR VEGETARIANS

Not mad on meat? No worries! We’ve provided some dedicated meat-free options, or you can simply swap the meat out for a protein-rich alternative.

100g meat, chicken, fish can be substituted with any of these:

- 35g yellow cheese (eg. tasty, cheddar)
- 50g white cheese (eg. feta, bocconcini)
- 140g chickpeas, lentils or beans
- 20g nuts

IMPORTANT: PLEASE READ! The information in this e-book is not a substitute for medical advice. If you are pregnant, breastfeeding, diabetic, on medication, have a medical condition, and/or are embarking on this health or weight control program, you must consult your doctor or other professional healthcare provider before making any dietary changes. If you have any specific questions about any medical matter, you should consult your doctor or other professional healthcare provider.

Got a question? Email us on marketing@goodlifehealthclubs.com.au
2 Week Nutrition Plan

Actual recipes are in **BOLD** & can be found on the following pages.

**MONDAY**
- **BREAKFAST**: Banana Breakfast Smoothie
- **LUNCH**: Wholemeal wrap made with 1 tbs tzatziki, 1 tbs avocado, 50g poached chicken, 1 sliced tomato, ½ sliced cucumber & 20g mixed salad leaves.
- **DINNER**: Beef Burritos

**TUESDAY**
- **BREAKFAST**: Baked Eggs with Mushrooms & Tomatoes
- **LUNCH**: Tuna Salad with 200g tin tuna in springwater, ½ cup cooked brown rice & 1 cup steamed broccolini.
- **DINNER**: One Dish Steak & Chips

**WEDNESDAY**
- **BREAKFAST**: Simple Berry Bircher (prepare night before)
- **LUNCH**: Omelette made with 2 eggs, 4 chopped asparagus spears, 20g of peas & 1 tsp soy sauce.
- **DINNER**: Vegetarian Bolognese

**THURSDAY**
- **BREAKFAST**: Choc Hazelnut Smoothie
- **LUNCH**: Salad with 200g chickpeas, ½ cup cooked brown rice, ½ cup steamed broccoli, 1 tbs olive oil, ½ tsp curry powder & 1 tsp lemon juice.
- **DINNER**: Pocket Pitas with Grilled Fish

**FRIDAY**
- **BREAKFAST**: Mushroom & Spinach Omelette
- **LUNCH**: Salad with 200g chickpeas, ½ cup cooked brown rice, ½ cup steamed broccoli, 1 tbs olive oil, ½ tsp curry powder & 1 tsp lemon juice.
- **DINNER**: Complete Meal Burger

**SATURDAY**
- **BREAKFAST**: Poached Eggs with Smashed Avocado & Tomato
- **LUNCH**: Sandwich with 2 slices wholegrain bread, 20g tasty cheese, 1 tbs avocado & 50g mixed lettuce.
- **DINNER**: Chorizo Frittata with Perfect Garden Salad

**SUNDAY**
- **BREAKFAST**: Sticky Date Pancakes
- **LUNCH**: Turkish pide made with 20g prosciutto, 4 pitted black olives, 1 tbs avocado, 100g poached shredded chicken breast & 30g rocket.
- **DINNER**: Spaghetti Puttanesca with Tuna

**SNACKS**
We recommend 2 snacks a day. Refer to our Snacking Guide.
2 Week Nutrition Plan

WEEK 1

ALPS BLEND
Makes 4 cups worth of a healthy, crunch mix.

- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 1 cup toasted flaked almonds (omit if nut-free)
- ½ cup flax seeds
- ½ cup sesame seeds
- ¼ cup poppy seeds
- ¼ cup chia seeds

Combine all ingredients and store in an airtight container.

PER SERVE (2 TSP)
Energy: 177kJ (42 Cals)
Protein: 1.7g
Fat: 3.8g (sat 0.4g)
Carbs: 0.6g (Sugar 0.2g)
Fibre: 0.9g

BANANA BREAKFAST SMOOTHIE
SERVES 1

- 1 cup reduced-fat milk
- 2 scoops vanilla whey protein powder
- 1 tbs rolled oats
- 1 medium banana
- 1 ice cube

Put all ingredients in the blender and whiz for a few minutes

PER SERVE
Energy: 126kJ (30 Cals)
Protein: 1.7g
Fat: 2.8g (sat 1.5g)
Carbs: 15.6g (Sugar 1.9g)
Fibre: 4.6g

BEEF BURRITOS
SERVES 2

- 200g lean beef mince
- 220g tin baked beans in barbecue sauce
- 1 tsp Mexican chilli powder
- 200g tin crushed tomatoes
- ½ tsp salt
- ¼ cup water

TO SERVE
- 2 tbs avocado
- 2 tbs low-fat tzatziki
- ¼ iceberg lettuce
- 2 wholegrain wraps

Preheat oven to 180°C. Heat a non-stick pan sprayed with oil over a high heat and cook mince until browned, stirring frequently to break up the clumps of meat. Add baked beans, chilli, tomatoes, salt & water to the mince. Stir well and simmer for 10-15 minutes or until almost all liquid has been absorbed. Place wraps in loosely wrapped foil and heat for 5 minutes in oven. To assemble, place lettuce, ½ of the meat, avocado and tzatziki in centre of the wrap. Fold up the base of wrap and fold in the sides to serve.

PER SERVE
Energy: 1266kJ (303 Cals)
Protein: 27.9g
Fat: 14.2g (sat 5.3g)
Carbs: 15.6g (Sugar 6.6g)
Fibre: 4.6g

BAKED EGGS WITH MUSHROOMS & TOMATOES
SERVES 1

- olive oil spray
- 2 eggs
- 2 large (portobello) mushrooms, cleaned & stalk removed
- 4 cherry tomatoes
- 4 sprigs of thyme

Preheat oven to 200°C. Spray a small ovenproof dish with oil. Place mushrooms in the dish. Break an egg in each, top with tomatoes and scatter over the leaves of two sprigs of thyme. Season with salt and pepper and bake for 10 minutes, or until the egg is cooked to your liking. Scatter over remaining thyme sprigs to serve.

PER SERVE
Energy: 621kJ (149 Cals)
Protein: 14g
Fat: 9.3g (sat 3.2g)
Carbs: 2.1g (Sugar 1.9g)
Fibre: 1.5g

BREADED CHICKEN PARMIGIANO
SERVES 4

- 200g chicken breast fillets
- 200g jar tomato sauce
- 200g parmesan cheese, grated
- 1 cup panko breadcrumbs
- 1 egg
- 1 tbs olive oil

Coat chicken in egg then coat in panko breadcrumbs. Heat a small amount of olive oil in a frying pan and add chicken. Cook for a few minutes on each side. Remove from pan and place in oven. Cook for a further 20 minutes. Top with tomato sauce and parmesan cheese. Serve with a green salad.

PER SERVE
Energy: 1210kJ (292 Cals)
Protein: 30g
Fat: 8.4g (sat 2.3g)
Carbs: 22g (Sugar 3.9g)
Fibre: 4.4g

SIMPLE BERRY BIRCHER
SERVES 1

- 3 cup untoasted low-fat muesli
- 170g low-fat vanilla yoghurt
- ½ cup frozen mixed berries
- 2 tsp ALPS blend

Combine muesli and yoghurt in a small bowl, top with frozen berries, cover and leave overnight in the fridge. Sprinkle over ALPS blend to serve.

PER SERVE
Energy: 1271kJ (304 Cals)
Protein: 14.3g
Fat: 4g (sat 1.5g)
Carbs: 50g (Sugar 33g)
Fibre: 6.5g

VEGETARIAN BOLOGNESE
SERVES 4

- 200g wholemeal spaghetti
- 1 onion, chopped
- 1 carrot, grated
- 1 celery stalk, chopped
- 1 tbs Italian dried herbs
- 1 garlic clove, crushed
- 150g mushrooms, roughly chopped
- 1 tsp olive oil
- 400g tin brown lentils, rinsed
- 400g tin crushed tomatoes
- 700g bottle tomato passata
- 1 bay leaf
- salt & pepper, to taste
- 1 tbs parmesan, grated (optional)

Preheat oven to 200°C. Spray a small ovenproof dish with oil. Place mushrooms in the dish. Add lentils, tomatoes, oregano or thyme and a bay leaf. Bake in the oven for 30 minutes. Add pasta to the oven for the last 10 minutes. Serve with parmesan and fresh oregano leaves.
Process onion, carrot, celery, herbs, garlic and mushrooms to a very fine dice. Heat oil in a medium non-stick frypan over medium heat. Sauté vegetable mixture for a few minutes. Add lentils, tomatoes, passata and bay leaf. Bring to a simmer and cook for 20-25 minutes, or until sauce has thickened. Adjust seasonings. Meanwhile, bring a large pot of salted water to the boil. Add pasta and cook, stirring occasionally, until al dente. Drain. To serve, toss sauce through hot pasta and sprinkle with parmesan.

**POUR SERVE**
Energy: 1402kJ (335 Cals)  Protein: 17.8g  Fat: 3g (sat 0.9g)  Carbs: 57.8g (Sugar 13.8g)  Fibre: 10.1g

**CHOC HAZELNUT SMOOTHIE**
SERVES 1

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<th>1 scoop chocolate protein powder</th>
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<td>1 cup reduced-fat milk</td>
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<td>½ banana, sliced</td>
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<td>4 pitted dates</td>
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<td>15g hazelnuts</td>
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<td>2 ice cubes</td>
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Place all ingredients in a blender and whiz until thick and creamy.

**PER SERVE**
Energy: 1350kJ (322 Cals)  Protein: 26.9g  Fat: 9.9g (sat 4.1g)  Carbs: 29.3g (Sugar 5.5g)  Fibre: 7.6g

**POCKET PITAS WITH GRILLED FISH FILLETS**
SERVES 2

2 tomatoes, cut in wedges

⅛ small red onion, thinly sliced

2 tsp balsamic vinegar

cracked pepper

2 x 100g fish fillets (eg. flakehead)

½ tsp lemon pepper

2 wholemeal pocket pita breads

1 tbsp low fat tzatziki

50g mixed lettuce

Preheat BBQ or pan to high. Combine tomatoes, onion, vinegar and pepper and set aside. Spray fish with oil, dust with lemon pepper and cook on BBQ grill for 2-3 minutes each side. Split open pita breads on one side and spread with tzatziki, add lettuce, tomatoes and fish and serve immediately.

**POUR SERVE**
Energy: 704kJ (168 Cals)  Protein: 17g  Fat: 10.3g (sat 4.5g)  Carbs: 2g (Sugar 1.5g)  Fibre: 2.4g

**SWEET MUSHROOM & SPINACH OMELETTE**
SERVES 1

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<tbody>
<tr>
<td>50g mushrooms, quartered</td>
</tr>
<tr>
<td>1 spring onion, finely sliced</td>
</tr>
<tr>
<td>50g baby spinach</td>
</tr>
<tr>
<td>2 eggs</td>
</tr>
<tr>
<td>2 tbsp water</td>
</tr>
</tbody>
</table>

salt & pepper

10g grated parmesan cheese

¼ cup fresh parsley, chopped

Heat a non-stick frypan over medium heat. Spray with oil and sauté mushrooms for a few minutes. Add onion and cook a few minutes more. Add spinach leaves and cook until spinach has wilted. Remove from pan and set aside. Wipe pan clean with oil and sauté mushrooms for a few minutes. Add spring onion, finely chopped, and sauté for a few minutes more. Add mushrooms and cook for a few minutes. Add spinach and frypan mixture for a few minutes. Add lentils, tomatoes, bay leaf and passata. Bring to a simmer and cook for 20-25 minutes, or until sauce has thickened. Adjust seasonings. Serve topped with grated parmesan. Garnish with parsley, fold in half and serve.

**POUR SERVE**
Energy: 1141kJ (272 Cals)  Protein: 12.3g  Fat: 15.4g (sat 3.6g)  Carbs: 16.8g (Sugar 3.6g)  Fibre: 4g

**POACHED EGG WITH SMASHED AVOCADO & TOMATO**
SERVES 1

<table>
<thead>
<tr>
<th>1 tsp white vinegar</th>
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</thead>
<tbody>
<tr>
<td>1 egg, at room temperature</td>
</tr>
<tr>
<td>1 slice wholegrain bread (or gluten free bread)</td>
</tr>
<tr>
<td>2 tbs avocado</td>
</tr>
<tr>
<td>1 lemon wedge</td>
</tr>
<tr>
<td>1 tomato, sliced</td>
</tr>
<tr>
<td>salt &amp; pepper, to serve</td>
</tr>
</tbody>
</table>

Bring a small saucepan of water and vinegar to the boil, then reduce to a very gentle simmer. Crack egg into a cup or small bowl and add to simmering water VERY slowly and gently. Cook for a few minutes or until cooked to your liking, spooning water over the top of the egg to cook through. Remove poached egg with a slotted spoon and drain any extra water on a clean tea towel or paper towel. Toast bread, spread with avocado and squeeze of lemon. Pop egg on toast and top with tomato. Season with salt & pepper to serve.

**POUR SERVE**
Energy: 10.1g (sat 1.5g)  Fat: 5.7g (sat 1.5g)  Carbs: 36.6g (Sugar 7.2g)  Protein: 28.7g  Fibre: 7g
**CHORIZO FRITTATA**

**SERVES 2**

1 onion thinly sliced
1 tsp minced garlic
1 tsp sambal oelek (minced chilli)
40g chorizo sausage, cut into quarters lengthwise then in 1cm slices
1 punnet cherry tomatoes
100g rocket
50g dried spaghetti
2 eggs
⅓ cup milk
½ cup low fat Greek yoghurt
Salt & pepper
1 tbs grated parmesan cheese

Cook pasta as per packet instructions. Spray a non-stick fry pan with oil and heat over medium - low heat. Add onion, garlic, sambal oelek and chorizo to pan and cook, stirring regularly, for 10 minutes or until sausage is almost cooked. Add cherry tomatoes and cook for another 5 minutes until softened. Add rocket cook until wilt and stir through drained pasta. Preheat grill to high. Whisk together eggs, milk, yoghurt, salt & pepper and add to pan and continue to cook until the base is set. Sprinkle the top with cheese, place under the grill and cook until top is set and golden brown.

**PER SERVE**

Energy: 1251kJ (299 Cals)  
Protein: 21.9g  
Fat: 13.3g (sat 5.7g)  
Carbs: 22.6g (Sugar 8.9g)  
Fibre: 4.3g

---

**PERFECT GARDEN SALAD**

**SERVES 1**

2 cups (100g) mixed lettuce leaves
1 small tomato, cut in slices
1 small Lebanese cucumber, peeled and sliced
1 tbs chopped parsley
2 tsp Balsamic Mustard Dressing

**BALSAMIC MUSTARD DRESSING**

2 tbs balsamic vinegar
1 tbs extra virgin olive oil
1 tsp lemon juice
½ tsp wholegrain mustard
1 clove garlic, crushed
salt & cracked pepper
1 small red onion, thinly sliced

Whisk together vinegar, oil, mustard, lemon juice, garlic, salt & pepper and add onion to soften for as long as possible. Gently toss with salad ingredients in a bowl just before serving. Keep remaining dressing in a jar in the fridge.

**PER SERVE**

Energy: 209kJ (50 Cals)  
Protein: 2g  
Fat: 2.6g (sat 0.4g)  
Carbs: 4.4g (Sugar 4.2g)  
Fibre: 3g

---

**STICKY DATE PANCAKES**

**SERVES 4**

70g pitted dates, chopped
½ cup wholemeal flour
3 tbs plain flour
1 tsp soda bicarbonate
1 tsp ground cinnamon
½ tsp ground ginger
1 tbs golden syrup, plus an extra tbs to drizzle
2 eggs
1 cup buttermilk (add a little extra if batter becomes too thick)
1 medium banana
30g walnuts, chopped

Place dates in 3 tablespoons of boiling water in a small bowl and stand for 10 minutes. Drain and cool slightly. Sift flours, soda bicarbonate, cinnamon and ginger into a medium bowl. In a separate bowl, mix together golden syrup, egg and buttermilk until just combined. Add wet mix and date mixture to flours and mix well. Heat a small non-stick frypan over medium heat and grease or spray with a little oil. Add 3 cupful of mixture and cook for 2 minutes or until bubbles appear, turn and cook the other side. Keep warm whilst cooking other pancakes. To serve, top with banana slices, walnuts and drizzle with golden syrup.

**PER SERVE**

Energy: 1362kJ (325 Cals)  
Protein: 11g  
Fat: 9.4g (sat 2g)  
Carbs: 50g (Sugar 32g)  
Fibre: 5.3g

---

**SPAGHETTI PUTTANESCA WITH TUNA**

**SERVES 2**

75g wholemeal spaghetti (or gluten free)
2 tsp olive oil
1 small garlic clove, finely chopped
4 anchovy fillets, chopped
½ -1 tsp dried chilli flakes
400g tin chopped tomatoes
¼ cup black olives, pitted & chopped
2 tsp capers, rinsed
125g tinned tuna in brine, drained
¼ cup frozen peas, defrosted
¼ cup parsley, chopped
100g baby spinach leaves
salt & pepper to taste

Heat a non-stick frypan over medium heat. Heat oil and add garlic, anchovies, chili and oregano and cook for a few minutes, mashing the anchovies with a wooden spoon. Add tomatoes, olives, capers and tuna and cook over low heat for 20 minutes, stirring regularly. Meanwhile, cook spaghetti as per instructions on packet. Add peas during the last few minutes of cooking. Stir through parsley, baby spinach and adjust seasonings. Toss drained pasta through sauce and serve.

**PER SERVE**

Energy: 1289kJ (308 Cals)  
Protein: 25g  
Fat: 6.8g (sat 1.2g)  
Carbs: 33.3g (Sugar 7.8g)  
Fibre: 9.6g
# 2 Week Nutrition Plan

## Pantry
- 2 scoops vanilla protein powder
- 1 scoop chocolate protein powder
- 1 tbs rolled oats
- 220g tin baked beans in barbecue sauce
- 200g tin crushed tomatoes
- 2 x 400g tin crushed tomatoes
- 700g bottle tomato passata
- 2 tsp tomato paste
- 400g tin brown lentils
- 60g tin kidney beans
- 200g tin chickpeas
- 125g tin tuna in brine
- 200g tin tuna in springwater
- 13 eggs
- 2 tsp pine nuts
- 30g walnuts
- ½ cup untoasted muesli
- 325g wholemeal spaghetti
- 100g pitted dates
- 15g hazelnuts
- ½ cup wholemeal flour
- 3 tbs plain flour
- 1 tsp soda bicarbonate
- 4 anchovy fillets
- 2 tsp capers
- 1 cup cooked brown rice

## Vegetables
- 240g mixed lettuce leaves
- 60g rainbow salad mix (or grated carrot, beetroot, broccoli)
- 150g baby spinach leaves
- 180g rocket
- 4 asparagus spears
- 2 Lebanese cucumbers
- 1 cup parsley
- 4 sprigs thyme
- 1 rosemary sprig
- 1 cup whole grain mustard
- 1 tsp hot English mustard
- 1 tsp whole tomato sauce
- 1 tsp tomato paste
- 1 tsp Italian dried herbs
- ½ tsp lemon pepper
- ½ tsp dried thyme
- 1 tsp minced chilli (sambal oelek)
- 1 tsp dried chilli flakes
- 1 tsp ground cinnamon
- ½ tsp ground ginger
- 2 tbs golden syrup
- 1 tsp soy sauce
- ½ tsp curry powder

## Fruit
- 4 cherry tomatoes
- 2 x 250g cherry tomatoes
- 6 tomatoes
- 300g kipfler potatoes
- 1 carrot
- 1 celery stalk
- 1 spring onion
- 1 ½ cup broccoli

## Snacks
- 2 ½ banana
- 1 lemon

## Deli / Fridge / Freezer
- 4 tbs low fat tzatziki
- ½ cup frozen mixed berries
- 40g chorizo sausage
- 20g prosciutto

## Dairy
- 2 ½ cups reduced fat milk
- 1 cup buttermilk
- 170g low fat vanilla yoghurt
- 3 tbs parmesan
- 45g low fat cheese
- 20g goats cheese feta

## Meat / Fish
- 325g lean beef mince
- 250g filet steak

## Bakery
- 3 wholegrain wraps
- 1 Turkish pide
- 2 wholemeal pocket pita breads
- 2 wholegrain (or gluten free) rolls
- 3 slices wholegrain bread (or gluten free)
2 Week Nutrition Plan

Actual recipes are in BOLD & can be found on the following pages.

MONDAY

**BREAKFAST**
- Quinoa Porridge (prepare night before)
- Mushroom & Spinach Omelette
- Mango Breakfast Smoothie

**LUNCH**
- Mackerel Salad made with 200g springwater mackerel, 1 tsp capers, 2 tsp vinegar, 1 cup salad leaves, 2 sliced cherry tomatoes, ½ sliced cucumber, & squeeze of lemon
- Ham Quesadilla made with 2 tsp salsa, 50g ham, 10g baby spinach leaves & 1 tbs parmesan, in a wholemeal wrap.
- Omelette made with 2 eggs, 20g goat’s cheese feta & 6 chopped basil leaves.

**DINNER**
- Sesame Beef Skewers with Farro & Kale Salad
- Thai Chicken with Rice Noodles
- Smoky Prawn Tacos

**SNACKS**
We recommend 2 snacks a day. Refer to our Snacking Guide.

TUESDAY

**BREAKFAST**
- Smoked Chicken Wrap made with 1 tbs cream cheese, 1 tsp mustard, ½ cup pre-cut coleslaw mix, 4 slices of cucumber, 4 sliced cherry tomatoes and 75g smoked chicken fillet, in wholemeal wrap.
- Eumundi Muesli
- Heirloom Tomato & Spinach Omelette

**LUNCH**
- 2 slices wholegrain toast topped with 150g tinned sardines, ½ sliced cucumber, 1 diced tomato, 10g baby spinach, sprinkle of chilli flakes & cracked pepper
- Mango Chicken Salad made with ½ cup diced mango, 3 diced avocado, ½ cup tin chickpeas, 175g smoked chicken & 1 tsp chopped coriander
- Mango Chicken Salad made with ½ cup diced mango, ¼ diced avocado, ½ cup tin chickpeas, 175g smoked chicken & 1 tsp chopped coriander

**DINNER**
- Indian Chicken Quinoa Pilaf
- Chargrilled Vegetable Pizza
- Fish & Sweet Potato Chips

**SNACKS**

WEDNESDAY

**BREAKFAST**
- Poached Eggs with Smashed Avocado & Tomato

**LUNCH**
- Taco Bowl with 175g cooked beef mince, 1 diced tomato, 3 chopped avocado, ½ cup pre cooked rice, ½ tsp cumin & ½ tsp paprika
- 2 slices wholegrain toast topped with 150g tinned sardines, ½ sliced cucumber, 1 sliced tomato, 10g baby spinach, sprinkle of chilli flakes & cracked pepper

**DINNER**
- Stir-fry Beef & Vegetables with Rice Noodles

**SNACKS**

THURSDAY

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**

FRIDAY

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**

SATURDAY

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**

SUNDAY

**BREAKFAST**

**LUNCH**

**DINNER**

**SNACKS**
**ALPS BLEND**
Makes 4 cups worth of a healthy, crunchy mix.

<table>
<thead>
<tr>
<th></th>
<th>GF</th>
<th>DF</th>
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<tbody>
<tr>
<td>1 cup pumpkin seeds</td>
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<td></td>
</tr>
<tr>
<td>1 cup sunflower seeds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup toasted flaked almonds (omit if nut-free)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup flax seeds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup sesame seeds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup popped seeds</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup chia seeds</td>
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</tbody>
</table>

Combine all ingredients and store in an airtight container.

**PER SERVE (2 TSP)**

| Energy: 177kJ (42 Cals) | Protein: 1.7g | Fat: 3.8g (sat 0.4g) | Carbs: 6.6g (Sugar 0.2g) | Fibre: 0.9g |

---

**QUINOA BIRCHER**
SERVES 1

<table>
<thead>
<tr>
<th></th>
<th>GF</th>
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<tbody>
<tr>
<td>¼ cup quinoa, rinsed</td>
<td></td>
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<tr>
<td>½ tsp ground cinnamon</td>
<td></td>
</tr>
<tr>
<td>½ tsp ground cardamom</td>
<td></td>
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<tr>
<td>½ tsp ground ginger</td>
<td></td>
</tr>
<tr>
<td>¼ cup low-fat natural yoghurt</td>
<td></td>
</tr>
<tr>
<td>2 tbs orange juice, freshly squeezed</td>
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<tr>
<td>¼ tsp vanilla extract</td>
<td></td>
</tr>
<tr>
<td>10g dried cranberries</td>
<td></td>
</tr>
<tr>
<td>2 tsp ALPS Blend</td>
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</tr>
<tr>
<td>2 tbs blueberries, fresh or frozen</td>
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</tbody>
</table>

Combine all ingredients (except ALPS and blueberries) in a bowl or jar and stand in fridge overnight. If you’re using frozen blueberries, place those in a separate bowl in the fridge to defrost overnight. To serve, top with blueberries and ALPS.

**PER SERVE**

| Energy: 1333kJ (318 Cals) | Protein: 16.4g | Fat: 6.5g (sat 1g) | Carbs: 47.8g (Sugar 20g) | Fibre: 4.9g |

---

**SESAME BEEF SKEWERS**
SERVES 2 (MAKES 4 SKEWERS)

<table>
<thead>
<tr>
<th></th>
<th>GF</th>
<th>DF</th>
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</thead>
<tbody>
<tr>
<td>200g scotch fillet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 garlic clove, crushed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp sesame oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tbs soy sauce (can be gluten free)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1-2 tbs sambal oelek (minced chilli)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 spring onions, cut in half</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 baby corn, cut in half</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(or 4 if very small and left whole)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 okra</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4 bamboo skewers, soaked</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 tsp sesame seeds</td>
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<td></td>
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</tbody>
</table>

Cut steak into eight even pieces. Combine garlic, sesame oil, soy sauce and sambal oelek in a freezer bag, add steak and toss well. Preheat chargrill to high. Skewer meat with spring onion, corn and okra, alternating as you go, brush with remaining marinade and cook on grill for 3-5 minutes, turning once. Sprinkle with sesame seeds to serve.

**PER SERVE**

| Energy: 704kJ (168 Cals) | Protein: 17g | Fat: 10.3g (sat 4.5g) | Carbs: 2g (Sugar 1.5g) | Fibre: 2.4g |

---

**FARRO & KALE SALAD**
SERVES 2

<table>
<thead>
<tr>
<th></th>
<th>V</th>
<th>DF</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup farro, rinsed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 ½ cups vegetable stock</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tsp sesames oil</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tsp brown rice vinegar (or cider vinegar)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2 tsp soy sauce</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2 tsp lemon juice
1 tsp finely chopped red chilli
½ bunch of kale, washed & dried
8 Brussels sprouts, finely shredded
1 spring onion, finely sliced
2 tsp toasted sesame seeds

Place farro and stock in a saucepan and bring to a simmer and cook for 20 minutes or until all stock is absorbed and the grains are ‘al dente’. Combine oil, vinegar, soy, lemon juice and chilli in a bowl. Strip kale leaves from hard stems, roughly chop the leaves and massage the dressing into them. This will help soften them. Once farro is cooked, stir through shredded sprouts and cook for a few minutes, tossing constantly. Toss kale through farro mixture, add spring onion and scatter over sesame seeds to serve.

**PER SERVE**

| Energy: 1144kJ (273 Cals) | Protein: 11.6g | Fat: 8g (sat 1.4g) | Carbs: 40g (Sugar 4.1g) | Fibre: 8.3g |

---

**THAI CHICKEN WITH RICE NOODLES**
SERVES 2

200g skinless lean chicken thighs
3 bunches of baby bok choy, chopped (leaves & stems separate)
100g mushrooms, sliced
½ cup rice noodles
½ tbs chopped peanuts
¼ cup coriander, roughly chopped

Heat a non-stick frypan over medium heat. Spray with oil and saute mushrooms for a few minutes. Add finely minced garlic, 2 tbs water, salt & pepper. Add 1 tsp palm sugar syrup (from Asian section of supermarket) or caster sugar. Cook rice noodles as per packet instructions. Place chicken on a board, cover with cling wrap and pound with a mallet or rolling pin until flattened out to even thickness. Place in a freezer bag with marinade in a bowl and refrigerate for at least 30 minutes

**PER SERVE**

| Energy: 1144kJ (273 Cals) | Protein: 11.6g | Fat: 8g (sat 1.4g) | Carbs: 40g (Sugar 4.1g) | Fibre: 8.3g |

---

**MUSHROOM & SPINACH OMELETTE**
SERVES 1

Olive oil spray
50g mushrooms, quartered
1 spring onion, finely sliced
50g baby spinach
2 eggs
2 tbs water
Salt & pepper
10g grated parmesan cheese
1 cup fresh parsley, chopped

Heat a non-stick frypan over medium heat. Spray with oil and saute mushrooms for a few minutes. Add spring onion and cook a few minutes more. Add spinach leaves and cook until spinach has wilted. Remove from pan and set aside. Wipe pan clean, spray with oil and heat over medium to low heat. Whisk together eggs, water and salt and pepper. Pour egg mixture into pan and cook for a few minutes until egg starts to set. Add mushroom mixture and continue cooking. Sprinkle with parmesan and parsely, fold in half and serve.

**PER SERVE**

| Energy: 704kJ (168 Cals) | Protein: 17g | Fat: 10.3g (sat 4.5g) | Carbs: 2g (Sugar 1.5g) | Fibre: 2.4g |

---

**OMELETTE**

| Energy: 91g (22 Cals) | Protein: 1.7g | Fat: 3.8g (sat 0.4g) | Carbs: 6.6g (Sugar 0.2g) | Fibre: 0.9g |

---

**Omelette & Spinach**

| Energy: 1144kJ (273 Cals) | Protein: 11.6g | Fat: 8g (sat 1.4g) | Carbs: 40g (Sugar 4.1g) | Fibre: 8.3g |

---

**2 Week Nutrition Plan**

WEEK 2
(or overnight) turning regularly to marinate evenly. Heat a BBQ or grill pan to high heat and cook chicken until golden on both sides. Place remaining marinade in a small saucepan and bring to the boil for a minimum of 3 minutes, and set aside. Heat a large fry pan or wok over high heat and spray with oil. Add stems of bok choy and mushrooms and sauté for a few minutes until starting to soften. Add rice noodles and remaining marinade and cook for a few more minutes. Sprinkle with peanuts & coriander and sliced chicken.

**PER SERVE**

Energy: 1279kJ (305 Cals)  
Protein: 31.3g  
Fat: 12.6g (sat 3.1g)  
Carbs: 13.9g (Sugar 8.5g)  
Fibre: 10.1g

---

**MANGO BREAKFAST SMOOTHIE**  

SERVES 1

1 cup skim milk  
2 scoops vanilla protein powder  
1 tbs rolled oats  
1 cup sliced mango  
1 ice cube

Pop all ingredients in a blender, then whiz for a few minutes & serve.

**PER SERVE**

Energy: 1205kJ (288 Cals)  
Protein: 28g  
Fat: 2.3g (sat 0.9g)  
Carbs: 38.7g (Sugar 33g)  
Fibre: 3.3g

---

**SMOKY PRAWN TACOS**  

SERVES 2

1 tbs cornflour  
½ tsp cumin  
½ tsp smoked paprika  
½ tsp salt  
1 tsp olive oil  
200g green prawns, shelled, deveined & cleaned  
2 multigrain tortillas  
2-3 lettuce leaves (we used cos)  
1-2 cups precut coleslaw (shredded cabbage & carrot)  
2 tbs avocado, diced  
4 sprigs coriander  
½ lime, to serve

Place cornflour, cumin, paprika and salt in a freezer bag and shake to mix well. Add prawns and toss well to coat. Heat oil in a non-stick frypan over medium heat. Add prawns, cooking for a few minutes each side. Warm tortillas, then top with lettuce, shredded cabbage and carrot, avocado, cooked prawns, yoghurt, coriander and a squeeze of lime.

**PER SERVE**

Energy: 1319kJ (315 Cals)  
Protein: 27.8g  
Fat: 9.9g (sat 3.6g)  
Carbs: 27.9g (Sugar 5.6g)  
Fibre: 4g

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**EUMUNDI MUESLI**  

SERVES 1

½ cup non toasted muesli  
2 tbs orange juice  
¼ cup low fat Greek style yoghurt  
½ medium banana, sliced  
½ passionfruit  
2 tsp ALPS Blend  
1 tsp honey

Combine muesli & orange juice and chill overnight. Top with yoghurt, sliced banana, passionfruit pulp, ALPS Blend and a drizzle of honey.

**PER SERVE**

Energy: 1220kJ (290 Cals)  
Protein: 10.5g  
Fat: 8.2g (sat 1.9g)  
Carbs: 38.7g (Sugar 29.7g)  
Fibre: 6.8g

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**INDIAN CHICKEN WITH QUINOA PILAF**  

SERVES 2

200g lean chicken thigh fillets, cut into 2cm pieces  
1 red onion, finely chopped  
1 garlic clove, crushed  
1 long fresh green chilli, seeded, finely chopped  
½ tsp cumin seeds  
¼ tsp black mustard seeds  
¼ tsp ground turmeric  
⅓ cup quinoa  
⅔ cup chicken stock  
½ cup frozen peas (defrosted)  
2 cups broccoli florets  
10g toasted cashews  
¼ cup coarsely chopped coriander

Heat a large saucepan over high heat. Spray with oil, add half the chicken and cook, stirring occasionally, till brown all over. Set aside. Repeat process with the remaining chicken and set aside. Spray pan, add onion and tomatoes and cook until tomatoes begin to soften. Add garlic, chilli, cumin, mustard seeds and turmeric and cook, stirring, for 1 minute. Add quinoa, stock and chicken and bring to the boil. Reduce to a simmer, cover and cook for 15-20 minutes or until liquid is absorbed and quinoa is tender. Meanwhile, place peas and broccoli in a small bowl, cover with boiling water and cling wrap and stand for 5 minutes. Drain vegetables and stir through quinoa. Scatter over cashews and coriander to serve.

**PER SERVE**

Energy: 1343kJ (321 Cals)  
Protein: 29.9g  
Fat: 10.3g (sat 2.3g)  
Carbs: 25.7g (Sugar 4.5g)  
Fibre: 9.9g

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**HEIRLOOM TOMATO & SPINACH OMELETTE**  

SERVES 1

1 spring onion, sliced  
6 heirloom cherry tomatoes, cut in half  
30g baby spinach leaves  
1 egg  
2 egg whites  
¼ cup low fat yoghurt  
salt & pepper (to taste)  
2 tsp grated parmesan cheese  
1 tbs fresh parsley, chopped

Heat a grill to hot. Heat a non stick fry pan over a medium heat. Spray pan with oil, add onion and tomatoes and cook until tomatoes begin to soften. Add spinach and cook until almost wilted. Meanwhile, beat together egg, egg white, yoghurt and salt & pepper. Add mixture to pan and cook until the base of the omelette is set. Sprinkle with parmesan and place under hot grill to cook the top. Sprinkle with parsley.

**PER SERVE**

Energy: 676kJ (161 Cals)  
Protein: 19.6g  
Fat: 5.5g (sat 2.2g)  
Carbs: 7.4g (Sugar 7.4g)  
Fibre: 2.8g
**CHARGRILLED VEGETABLE PIZZA**
SERVES 2

- 280g jar chargrilled vegetables
- 2 wholegrain wraps (or gluten free)
- 2 tbs tomato paste
- 3 tbs light cream cheese
- 4 tbs parmesan cheese, grated
- 1 tbs fresh parsley, chopped

Preheat oven to 220°C. Drain oil from vegetables. Spread wraps with tomato paste. Divide vegetables between wraps, dollop cream cheese on top and sprinkle over parmesan. Place on baking tray and bake for 8-10 minutes. Sprinkle with parsley to serve.

**PER SERVE**

- Energy: 1280kJ (306 Cals)
- Protein: 13.5g
- Fat: 15.9g (sat 7.3g)
- Carbs: 24.5g (Sugar 5.3g)
- Fibre: 4.6g

---

**FISH & SWEET POTATO CHIPS**
SERVES 1

- 1 firm fish fillet, such as whiting or flathead
- olive oil spray
- BATTER
- 2 tbs corn flour
- 1 egg white, whisked with fork
- ½ tsp salt
- ½ tsp ground cumin
- ½ lemon, zested
- CHIPS
- 75g sweet potato, cut into wedges
- 1 lemon, to serve

Preheat oven to 200°C. To make chips, place sweet potato wedges on a baking tray lined with baking paper, spray with oil spray and bake for 25 minutes until crisp and browned. To make batter, combine all ingredients in a medium bowl, adding more water if necessary. Allow to stand for 15 minutes. Heat an oil-sprayed non-stick frypan over medium heat. Coat fish pieces in the batter. Cook fish for a few minutes on each side, being careful not to overcook. Serve fish immediately with sweet potato chips and a wedge of lemon.

**PER SERVE**

- Energy: 1242kJ (296 Cals)
- Protein: 32.5g
- Fat: 5.4g (sat 1.4g)
- Carbs: 28.8g (Sugar 4.3g)
- Fibre: 1.5g

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**POACHED EGG WITH SMASHED AVOCADO & TOMATO**
SERVES 1

- 1 tsp white vinegar
- 1 egg, at room temperature
- 1 slice wholegrain bread (or gluten free bread)
- 2 tbs avocado
- 1 lemon wedge
- 1 tomato, sliced
- salt & pepper, to serve

Bring a small saucepan of water and vinegar to the boil, then reduce to a very gentle simmer. Crack egg into a cup or small bowl and add to simmering water VERY slowly and gently. Cook for a few minutes or until cooked to your liking, spooning water over the top of the egg to cook through. Remove poached egg with a slotted spoon and drain any extra water on a clean tea towel or paper towel. Toast bread, spread with avocado and squeeze of lemon. Pop egg on toast and top with tomato. Season with salt & pepper to serve.

**PER SERVE**

- Energy: 1141kJ (272 Cals)
- Protein: 12.3g
- Fat: 15.4g (sat 3.6g)
- Carbs: 16.8g (Sugar 3.6g)
- Fibre: 4g

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**STIR-FRY BEEF & VEGETABLES WITH RICE NOODLES**
SERVES 2

- 100g packet dried rice noodles
- 200g beef stir fry strips
- 1 tbs soy sauce (tamari if gluten free)
- 150g broccoli, stem sliced & cut into florets
- 1 small red capsicum, deseeded & thinly sliced
- 200g coleslaw vegetables (from supermarket, fresh veg only, no dressing)
- 2 tbs hoisin
- Juice of a lemon
- Few sprigs fresh coriander to serve
- 1 tbs fried shallots

Cook rice noodles as per packet instruction. Marinate beef strips in soy sauce for as long as possible. Heat a wok to very hot & spray with oil. Cook beef in 2 batches tossing regularly. Add capsicum to the wok and cook for a few minutes. Add 1 tbs water and broccoli and cook for 2-3 minutes. Add beef, drained noodles and hoisin and stir to combine. Serve with a squeeze of lemon juice, coriander sprigs & shallots.

**PER SERVE**

- Energy: 1295kJ (308 Cals)
- Protein: 31.9g
- Fat: 3.3g (sat 1g)
- Carbs: 36.6g (Sugar 6.6g)
- Fibre: 4.7g
### Pantry
- ¼ cup quinoa
- 10g dried cranberries
- 4 bamboo skewers
- 3 tsp sesame seeds
- ¾ tsp peanuts
- 10g toasted cashews
- ½ cup farro
- 1 ½ cups vegetable stock
- ½ cup chicken stock
- 9 eggs
- 200g rice noodles
- 2 scoops vanilla protein powder
- 1 cup rolled oats
- ½ cup non toasted muesli
- 3 tbs cornflour
- 280g jar chargrilled vegetables
- 2 tbs tomato paste
- 1 tbs fried shallots
- 1 tsp capers
- 200g tin mackerel in springwater
- 150g tin sardines
- 200g tin chickpeas
- 2 tbs salsa
- ½ cup pre-cooked rice

### Alps Blend:
- 1 cup pumpkin seeds
- 1 cup sunflower seeds
- 1 cup toasted flaked almonds
- ½ cup flaxseeds
- ½ cup sesame seeds
- ¼ cup poppy seeds

### Condiments, Spreads & Other Staples:
- salt & pepper
- olive oil spray
- olive oil
- balsamic vinegar
- 2 tsp brown rice or apple cider vinegar
- 3 tsp white vinegar
- 1 tsp mustard
- 3 tsp sesame oil
- 3 ½ tsp soy sauce (tamari if gluten free)
- 2 tbs fish sauce
- 2 tbs hoisin
- 4 tsp minced chilli (sambal oelek)
- ¼ tsp ground cinnamon
- ¼ tsp ground cardamom
- 1 ½ tsp ground cumin
- 1 tsp smoked paprika
- ¼ tsp ground turmeric
- ¼ tsp chilli flakes
- ¼ tsp ground ginger
- ½ tsp cumin seeds
- ¼ tsp black mustard seeds
- ¼ tsp vanilla extract
- 1 tsp honey
- 1 tsp caster sugar or palm sugar

### Vegetables
- 3 garlic cloves
- 5 spring onions
- 1 red onion
- 2 baby corn
- 1 corn cob
- 4 okra
- 1 red chilli
- 1 green chilli
- ½ bunch kale
- 8 Brussels sprouts
- 150g mushrooms
- 100g baby spinach leaves
- 3 bunches baby bok choy

### Fruit
- 3 tbs orange juice
- 1 ½ cup coriander
- 6 basil leaves
- 2 heads broccoli
- 2 cups lettuce leaves
- 400g precut coleslaw + ½ cup
- 2 avocados
- 12 cherry tomatoes
- 2 Lebanese cucumbers
- 3 tomatoes
- 75g sweet potato
- 1 red capsicum

### Snacks
Snacks are personal! You'll need to buy 7 days worth of your preferred snacks. Refer to our Snacking Guide for your allocation, choose your preferred snacks, then list ingredients below.

### Deli / Fridge / Freezer
- 2 tbs frozen blueberries
- 1 ½ cup frozen mango
- ½ cup frozen peas

### Dairy
- 2 cups low fat natural yoghurt
- 110g parmesan cheese
- 1 cup skim milk
- 4 tbs cream cheese
- 20g goat’s cheese feta

### Meat / Fish
- 200g scotch fillet
- 200g beef stir fry strips
- 400g chicken thighs
- 175g beef mince
- 200g green prawns
- 1 fish filet

### Bakery
- 2 multigrain tortillas
- 4 wholegrain wraps (or gluten free)
- 3 slices wholegrain bread (or gluten free)