



# January Recipes

# Disclaimer

The calorie and macronutrient information provided in this recipe book has been calculated to the best of our ability using commonly used ingredients. However, it is important to note that actual nutritional values may vary depending on factors such as brand names, variations in ingredient types, portion sizes, cooking methods, and other variables.

Barcodes placed on each recipe are generated from the ingredients and quantities provided by the nutritionists. While the barcodes are a useful tool for tracking, it is essential for users to make an effort to calculate nutritional information using the most up-to-date ingredients in the manner employed by their coach or nutritionist. Users should also take responsibility for checking the carbohydrate and fibre content of the ingredients used and ensuring it aligns with their specific dietary goals. The NUTTAB (Australian Nutrition Database), USDA and verified databases is utilised to track whole foods, and the data from the nutritional information panels is used for packaged foods.

Please note that in some entries, the calories and macros may not quite add up when scanned into MyFitnessPal. This is because the system uses the calories listed on the food labels and tracks fibre and sugar alcohols as calories. For ease of tracking for general population clients, the calories listed in the recipe book have been adjusted based on the general calculations: 4 calories per gram of protein, 4 calories per gram of carbohydrates, and 9 calories per gram of fat.

The images included in this recipe book are generated using AI to the best of our ability. While accuracy is the goal, the images may not reflect exactly how the recipe will look once prepared.

While every effort has been made to ensure accuracy, individuals with specific dietary concerns or requirements are encouraged to consult a qualified healthcare professional or nutritionist for personalised advice. Additionally, it is advisable to refer to nutritional labels on packaged ingredients for the most accurate information.

# MyFitnessPal Barcodes

## Scanning Instructions

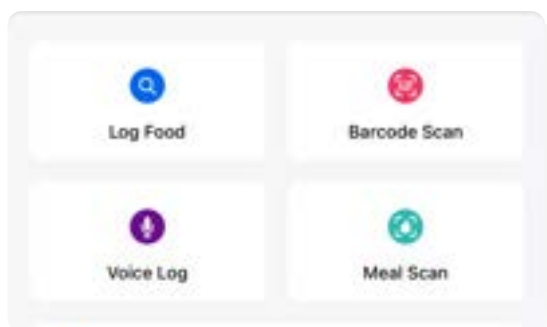
### Step One

Click the plus icon at the bottom of the screen.



### Step Two

Select Barcode Scan.



### Step Three

Scan the barcodes at the bottom of the recipe page. If it does not scan, type the number instead.

### Log it in MyFitnessPal

Scan or type the barcode into your app

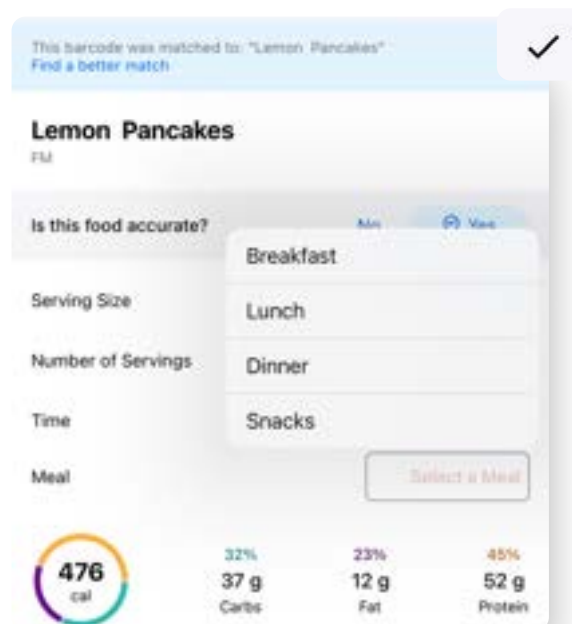


## Reminder when scanning:

When scanning the recipe into MFP, you may notice slight differences in the calorie count, due to additional calories being accounted for from fibre and sugar alcohols.

### Step Four

Select which meal and then click the tick icon in the top right corner.



# Contents



## BREAKFAST RECIPES

06. Biscoff Banana Crumble Oats
07. Spaghetti & Cheese Breakfast Toastie
08. Maple Bacon Pancake Bowl
09. Breaky Muffin



## MAIN MEAL RECIPES

11. Tuna Taco Crunch Bowls (Easy Eats)
12. Chilli Honey Beef Bowl (Easy Eats)
13. Cottage Cheese Alfredo (Easy Eats)
14. Hot Honey BLT Wrap (Easy Eats)
15. Satay Chicken, Broccoli and Rice (Easy Eats)
16. Lemon Pepper Salmon Bowl (Easy Eats)
17. Honey Mustard Chicken Pita Pockets (Easy Eats)
18. Mini Parmesan Pizza (Easy Eats)
19. Garlic Prawn Loaded Potatoes
20. Greek Chicken & Rice Tray Bake
21. Thai Red Curry Tray Bake
22. Taco Gnocchi Tray Bake
23. Peri Peri Chicken Pasta Bake
24. Hidden Veg Bolognese
25. Pulled Pork Burrito Bowl



## SNACKS & DESSERTS

27. Choc Mint Frozen Yoghurt Cup
28. Kinder Tiramisu
29. Biscoff Marshmallow Bites
30. Banana Split Yoghurt Bowl
31. Caramilk Protein Cookie Dough Bowl
32. Apple and Blackberry Pastry



# Breakfast

Recipes

# Biscoff Banana Crumble Oats

BREAKFAST 

TOTAL CALORIES  
600

Protein  
43g


Fats  
20g


Carbs  
62g


Fibre  
8g

V



Prep Time  
5 minutes 

Cook Time  
6 minutes 

Servings  
1 

## Ingredients

- 100g banana
- 50g whole egg
- 80g YoPRO vanilla yoghurt
- 120mL So Good unsweetened almond milk
- 20g Rule 1 vanilla whey protein
- 1g cinnamon
- 1g salt
- 50g rolled oats
- 2.5g olive oil spray
- 15g Biscoff spread

## Cooking Instructions

### Step 01.

Slice the **banana** into thin rounds and lay them across the bottom of your serving bowl.

### Step 02.

In a mixing bowl, whisk the **egg, yoghurt, almond milk, protein powder, cinnamon** and **salt** until smooth. Add the **oats** and stir well.

### Step 03.

Heat a non stick pan over medium, spray lightly with **olive oil**. Pour in the oat mixture.

### Step 04.

Pour the oat mixture into the pan. Use a silicone spatula to gently push and fold the mixture, similar to scrambling eggs. Cook for 3 to 4 minutes until it forms soft, fluffy, slightly chunky crumbled oats.

### Step 05.

Spoon the warm scrambled oats over the banana base.

### Step 06.

Place the **Biscoff spread** in a small microwave safe bowl and heat for 10 to 15 seconds until melted. Drizzle over the top.

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1 61023 10293 2

# Spaghetti & Cheese Breakfast Toastie

BREAKFAST 

TOTAL CALORIES  
417

Protein  
33g

Fats  
13g


Carbs  
42g

Fibre  
4g

V



Prep Time  
5 minutes 

Cook Time  
6 minutes 

Servings  
1 

## Ingredients

- 80g Bulla cottage cheese
- 78g Abbott's bakery high protein soy chickpea and quinoa bread (2 slices)
- 80g Woolworths spaghetti in tomato sauce
- 30g Woolworths light tasty shredded cheese
- 1g salt
- 1g cracked black pepper
- 2.5g olive oil spray

## Cooking Instructions

### Step 01.

Spread the **cottage cheese** evenly over one slice of **bread**.

### Step 02.

Spoon the **spaghetti** on top and spread to edges.

### Step 03.

Sprinkle the **cheese** over the spaghetti.

### Step 04.

Season with **salt** and **cracked pepper**.

### Step 05.

Place the second slice of bread on top and gently press down.

### Step 06.

Heat a non stick pan or sandwich press and spray with **olive oil**.

### Step 07.

Cook on medium heat for 3–4 minutes each side (or 4–5 minutes in a press) until golden and the cheese is melted.

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# Maple Bacon Pancake Bowl

BREAKFAST 

TOTAL CALORIES  
448

Protein  
52g

Fats  
12g

Carbs  
33g

Fibre  
2g

GF 



Prep Time  
5 minutes 

Cook Time  
22 minutes 

Servings  
1 

## Ingredients

- 50g Fettayleh premium smoked turkey bacon
- 2.5g olive oil spray
- 50g egg (1 large egg)
- 50g vanilla YoPRO
- 70mL So Good unsweetened almond milk
- 35g Woolworths free from gluten self raising flour
- 33g Rule 1 vanilla ice cream whey blend
- 15mL Queen sugar free maple syrup

## Cooking Instructions

### Step 01.

Preheat oven to 180°C fan forced.

### Step 02.

Dice the **bacon** into small pieces. Spray a non stick frypan with **olive oil** and cook the bacon for 3-4 minutes until lightly crisp. Set aside.

### Step 03.

Crack the **egg** into your oven safe glass bowl. Add **yoghurt** and almond milk. Whisk until smooth.

### Step 04.

Add the **self raising flour** and **protein powder**. Stir until a smooth, thick batter forms.

### Step 05.

Sprinkle the cooked turkey bacon evenly over the batter.

### Step 06.

Place the bowl into the oven and bake for 20-22 minutes or until risen and golden.

### Step 07.

Drizzle with **maple syrup** while warm.

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# Breaky Muffin

BREAKFAST 

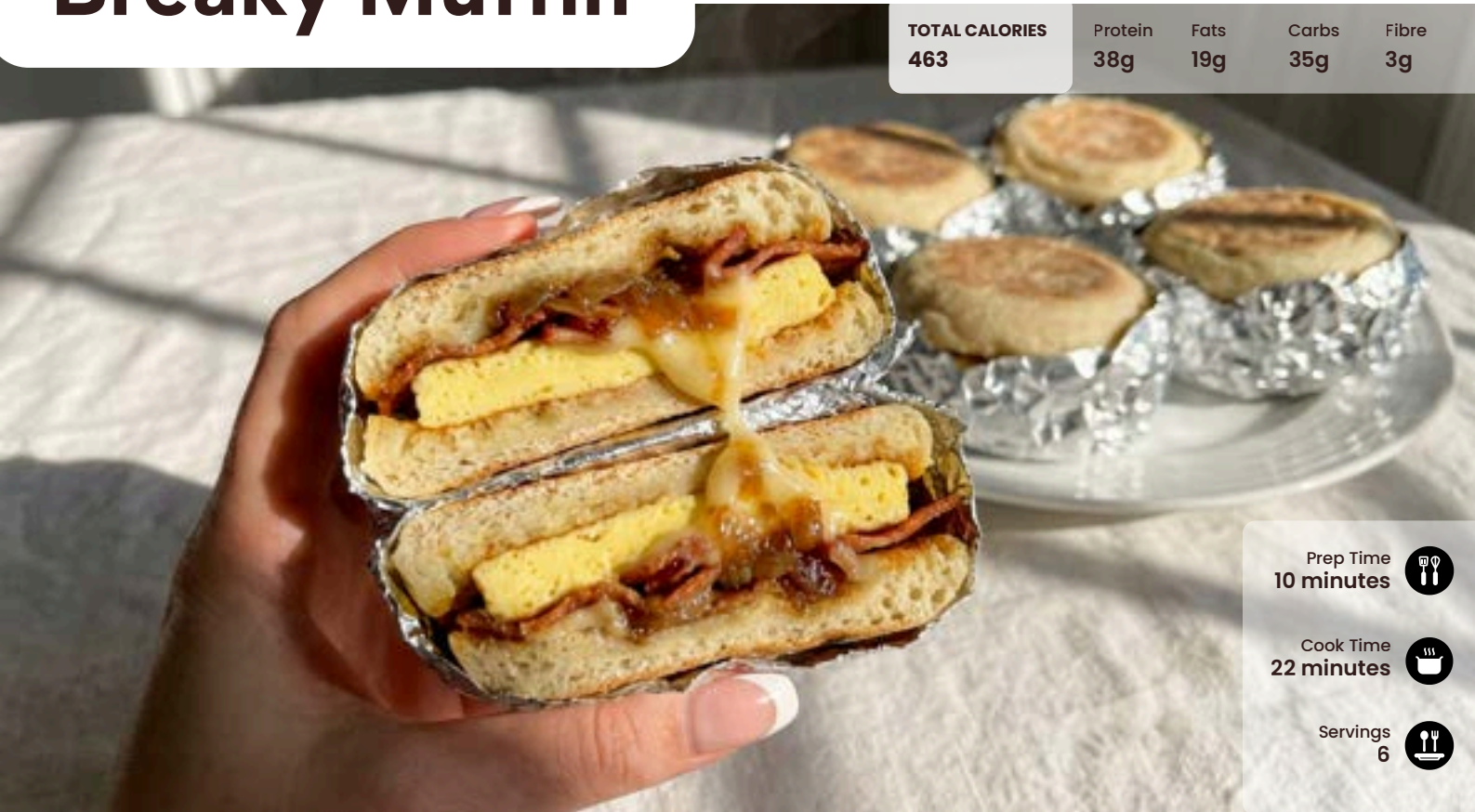
TOTAL CALORIES  
463


Protein  
38g


Fats  
19g

Carbs  
35g

Fibre  
3g



Prep Time  
10 minutes 

Cook Time  
22 minutes 

Servings  
6 

## Ingredients

- 250g whole eggs (approx. 6 eggs)
- 500g egg whites
- 500g Fettayleh premium smoked turkey bacon
- 400g Tip Top wholemeal english muffins (6 muffins)
- 120g Dairyworks cheddar cheese burger slices
- 180g Woolworths caramelised onion relish
- 2.5g olive oil spray

## Cooking Instructions

### Step 01.

Preheat oven to 180°C (fan forced) and spray a rectangle baking dish with olive oil.

### Step 02.

Crack **eggs** into a mixing bowl. add the **egg whites**. Whisk until fully combined and smooth. Pour the mixture into the greased baking dish.

### Step 03.

Place baking dish in the oven and bake for 18-22 minutes or until set through the centre. Once cooked, remove from oven and let cool for 5 minutes. Slice into 6 even squares.

### Step 04.

While the eggs bake, heat a non-stick pan, and cook the **turkey bacon** until golden.

### Step 05.

Slice all 6 **English muffins** in half. Place one baked egg square on each muffin base. Top with cooked turkey bacon, add one **cheese slice**, then spread **30g caramelised onion relish** on each muffin lid.

### Step 07.

Wrap each muffin tightly in foil so it holds shape and stays soft. Store in an airtight container in the fridge.

### Refrigeration reheat instructions

1. Remove foil.
2. Place muffin on a microwave safe plate.
3. Heat for 60-90 seconds until warm through.

### Freezer Meal Prep Instructions (Keep up to 2 months)

1. Let muffins cool completely after assembling.
2. Wrap each in foil, then place into a zip lock freezer bag.
3. Label with date.

### To thaw:

1. Place in the fridge overnight.
2. Reheat in the microwave for 60 to 90 seconds in the morning.

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# Main Meal

Recipes

# Tuna Taco Crunch Bowl

Easy Eats

MAIN MEAL



TOTAL CALORIES  
482

Protein  
41g

Fats  
22g

Carbs  
30g

Fibre  
5g



Prep Time  
5 minutes



Cook Time  
15 minutes



Servings  
1



## Ingredients

- 95g John West Tuna in spring water, drained
- 80g Bulla cottage cheese
- 5g Old El Paso taco spice mix
- 1g salt
- 1g cracked black pepper
- 200g Woolworths Mexican style salad kit
- 19g Doritos corn chips lunchbox snacks multipack cheese supreme
- 30g Woolworths taco sauce mild

## Cooking Instructions

### Step 01.

Add the drained **tuna** to a medium bowl.

### Step 02.

Add the **cottage cheese, taco seasoning, salt** and **pepper**. Mix until creamy.

### Step 03.

Add the **salad mix** and stir through gently.

### Step 04.

Transfer into your serving bowl.

### Step 05.

Crush the **Doritos** with your hands and scatter over the top of the salad.

### Step 06.

Serve with **salsa** on top.

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# Chilli Honey Beef Bowl

Easy Eats

MAIN MEAL



TOTAL CALORIES  
513

Protein  
48g

Fats  
9g

Carbs  
60g

Fibre  
2g

GF, DF



Prep Time  
5 minutes



Cook Time  
10 minutes



Servings  
1



## Ingredients

- 50g spring onion, sliced
- 2.5g olive oil
- 150g Woolworths extra lean beef stir fry strips
- 1g salt
- 1g cracked black pepper
- 20mL Kikkoman soy sauce gluten free soy
- 10g honey
- 10mL Trident sriracha hot chilli sauce
- 5g The Food Company garlic chopped
- 125g SunRice jasmine rice cup

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## Cooking Instructions

### Step 01.

Slice the **spring onions** finely (white and green parts).

### Step 02.

Heat a non stick pan on high and add 2.5g **olive oil**.

### Step 03.

Add the **beef strips**, season with **salt** and **pepper**, and cook for 3-4 minutes until browned.

### Step 04.

In a small bowl mix **soy sauce**, **honey**, **sriracha** and **chopped garlic**.

### Step 05.

Pour the sauce over the beef and stir, letting it bubble and thicken for 2-3 minutes until glossy.

### Step 06.

Microwave the **jasmine rice** according to packet instructions (usually 90 seconds).

### Step 07.

Add half the sliced spring onion into the beef and toss through.

### Step 08.

Serve the rice in a bowl, top with chilli honey beef, and finish with the remaining spring onion.

# Cottage Cheese Alfredo

Easy Eats

MAIN MEAL



TOTAL CALORIES  
390

Protein  
35g

Fats  
6g

Carbs  
49g

Fibre  
9g

V

Prep Time  
5 minutes



Cook Time  
10 minutes



Servings  
1



## Ingredients

- 1g salt
- 80g Vetta SMART protein spaghetti pasta
- 120g Bulla cottage cheese
- 10g Woolworths shredded parmesan cheese
- 5g The Food Company garlic chopped
- 1g cracked black pepper
- 20mL pasta water (from boiling)
- 1g dried parsley

## Cooking Instructions

### Step 01.

Bring a small pot of water to the boil, add **salt**, and cook **pasta** for 8-10 minutes.

### Step 02.

While the pasta cooks, add the **cottage cheese, parmesan, chopped garlic, cracked black pepper** and a pinch of additional salt only if desired to a blender.

### Step 03.

Add **20mL hot pasta water**.

### Step 04.

Blend until completely smooth and creamy.

### Step 05.

Once the pasta is cooked, drain and reserve a splash of the water.

### Step 06.

Pour the Alfredo sauce over the hot pasta in the pot.

### Step 07.

Stir over low heat for 1 minute until glossy and thickened.

### Step 08.

Adjust with extra pasta water if needed.

### Step 09.

Season with cracked pepper and parsley.

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# Hot Honey BLT Wrap

Easy Eats

MAIN MEAL



TOTAL CALORIES  
341

Protein  
26g

Fats  
13g

Carbs  
30g

Fibre  
14g

Prep Time  
5 minutes



Cook Time  
10 minutes



Servings  
1



## Ingredients

- 50g tomato
- 50g lettuce
- 50g Fettayleh premium smoked turkey bacon
- 70g Simson's Pantry high protein low carb wraps garlic & herb
- 40g Bulla cottage cheese
- 5g Kewpie mayonnaise 50% reduced fat
- 10g Capliano hot honey

## Cooking Instructions

### Step 01.

Slice the **tomato** thinly and shred the **lettuce**.

### Step 02.

Heat a non stick pan, and cook the **turkey bacon** for 3-4 minutes each side until golden and crisp.

### Step 03.

Lay your **wrap** flat and spread the **cottage cheese** down the centre.

### Step 04.

Add shredded lettuce and sliced tomato.

### Step 05.

Place the cooked turkey bacon on top.

### Step 06.

Drizzle over the **hot honey**.

### Step 07.

Add the mayonnaise on top.

### Step 08.

Roll tightly into a wrap, folding the ends in as you go.

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1 61023 21076 7

# Satay Chicken, Broccoli and Rice

Easy Eats

MAIN MEAL



TOTAL CALORIES  
487

Protein  
45g

Fats  
11g

Carbs  
52g

Fibre  
6g

GF



Prep Time  
3 minutes



Cook Time  
10 minutes



Servings  
1



## Ingredients

- 2.5mL olive oil spray
- 150g Macro free range diced chicken breast
- 1g salt
- 1g cracked black pepper
- 150g Woolworths broccoli florets
- 60mL Kan Tong peanut satay stir fry cooking sauce
- 125g SunRice jasmine cup

## Cooking Instructions

### Step 01.

Heat a non stick pan on medium-high, spray with **olive oil**, season **chicken** with **salt** and **pepper**, and cook for 4-5 minutes until browned.

### Step 02.

Microwave the **frozen broccoli** for 2-3 minutes until heated and tender.

### Step 03.

Pour the **satay sauce** over the chicken. Stir and let it bubble for 1-2 minutes until glossy and coated.

### Step 04.

Microwave the **rice cup** according to packet instructions (Usually 90 seconds.)

### Step 05.

Add the broccoli into the satay chicken and toss gently to combine.

### Step 06.

Serve the satay chicken and broccoli over the hot rice.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21077 4

# Lemon Pepper Salmon Bowl

Easy Eats

MAIN MEAL



TOTAL CALORIES  
569

Protein	Fats	Carbs	Fibre
30g	25g	56g	1g

GF, DF



Prep Time  
3 minutes



Cook Time  
12 minutes



Servings  
1



## Ingredients

- 80g cucumber
- 120g Salmon fillet with skin on
- 3g MasterFoods lemon pepper seasoning
- 2.5g olive oil spray
- 125g SunRice jasmine rice cup
- 30g Just Veg carrot shred
- 30g Blue Banner pickled red onion
- 10g lemon wedge

## Cooking Instructions

### Step 01.

Dice the **cucumber** into small cubes and set aside.

### Step 02.

Pat the **salmon** dry with paper towel. Sprinkle the **lemon pepper seasoning** over the top and spray lightly with **olive oil**.

### Step 03.

Place salmon skin-side down in the air fryer and cook at 200°C for 12 minutes.

### Step 04.

Microwave the **rice cup** according to packet instructions (Usually 90 seconds.)

### Step 05.

Add the hot rice to your serving bowl. Top with cucumber, **carrot shred** and **pickled onion**.

### Step 06.

Once salmon is cooked, place it whole on top or flake it over the bowl.

### Step 07.

Add the **lemon wedge** on the side for squeezing over before eating.

Log it in MyFitnessPal

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# Honey Mustard Chicken Pita Pocket

Easy Eats

MAIN MEAL



TOTAL CALORIES  
541

Protein  
46g

Fats  
13g

Carbs  
60g

Fibre  
7g



Prep Time  
5 minutes



Cook Time  
10 minutes



Servings  
1



## Ingredients

- 20g red onion
- 60g cucumber
- 60g tomato
- 40g Woolworths iceberg shredded lettuce
- 30g Just Veg carrot shred
- 2.5g olive oil spray
- 150g Macro free range diced chicken breast
- 1g salt
- 1g cracked black pepper
- 30g Birch and Waite honey mustard dressing sauce
- 105g Mission pita bread pockets wholemeal

## Cooking Instructions

### Step 01.

Thinly slice the **red onion**. Dice the **cucumber** and **tomato** into small pieces. Set aside with shredded **lettuce** and **carrot**.

### Step 02.

Heat a non-stick pan, spray with **olive oil**, season **chicken** with **salt** and **pepper**, and sauté for 6–8 minutes until cooked through and lightly golden.

### Step 03.

Reduce heat to low, pour in the **honey mustard sauce**, and stir for 1 minute until the chicken is coated and glossy.

### Step 04.

Microwave the **pita pocket** for 10–15 seconds to soften.

### Step 05.

Open the pita pocket.  
Layer in shredded lettuce, carrot, onion, cucumber, and tomato.  
Spoon the honey mustard chicken into the pocket.

### Step 06.

Press gently to hold everything in place and enjoy warm.

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# Mini Parmi Pizza

Easy Eats

MAIN MEAL



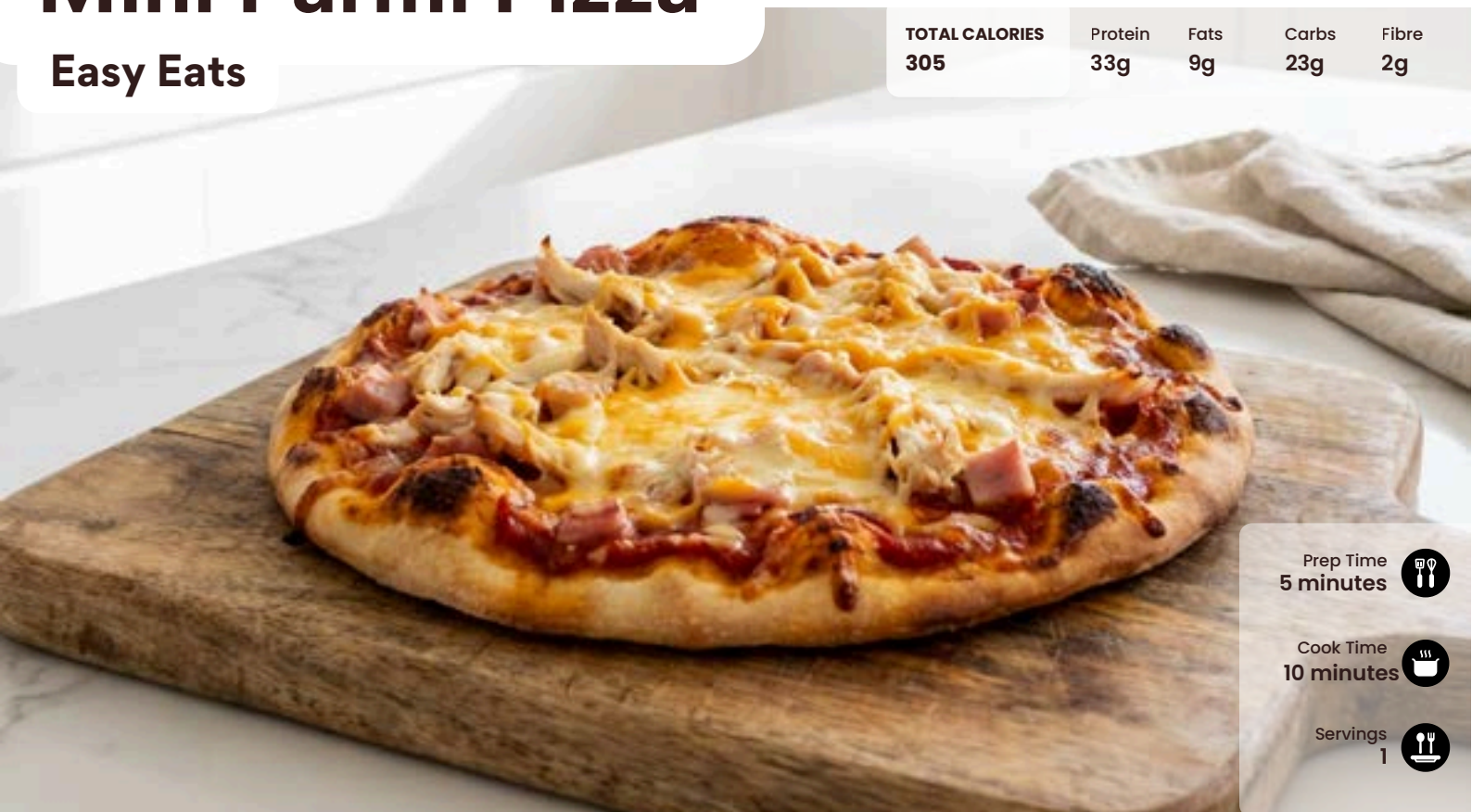
TOTAL CALORIES  
305

Protein  
33g

Fats  
9g

Carbs  
23g

Fibre  
2g



Prep Time  
5 minutes



Cook Time  
10 minutes



Servings  
1



## Ingredients

- 40g Simson's Pantry high protein mini pizza
- 30g Woolworths pizza sauce squeeze bottle
- 100g Mt Barker free range roasted carved chicken breast
- 20g Don premium shredded leg ham
- 15g Woolworths light tasty shredded cheese
- 10g parmesan cheese

## Cooking Instructions

### Step 01.

Place the **mini pizza base** on a plate or chopping board.

### Step 02.

Spread **pizza sauce** over the base.

### Step 03.

Add the **chicken** evenly across pizza base.

### Step 04.

Sprinkle **shredded ham** on top of the chicken.

### Step 05.

Top with both **tasty** and **parmesan cheese**.

### Step 06.

Air fry at 200°C for 8-10 minutes

Log it in MyFitnessPal

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1 61023 21080 4

# Garlic Prawn Loaded Potatoes

MAIN MEAL



TOTAL CALORIES  
604

Protein  
40g

Fats  
16g

Carbs  
75g

Fibre  
8g

GF



Prep Time  
15 minutes



Cook Time  
45 minutes



Servings  
5



## Ingredients

- 1.5kg baby potatoes
- 25mL olive oil
- 5g garlic powder
- 10g salt
- 8g cracked black pepper
- 750g raw peeled prawns
- 5g olive oil spray
- 400g Bulla cottage cheese
- 80mL light thickened cream
- 20g The Food Company garlic chopped
- 15g lemon juice
- 5g onion powder
- 5g paprika
- 50g parmesan cheese, grated
- 20g fresh parsley, chopped
- 50g lemon wedges

Log it in MyFitnessPal

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## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan-forced.

### Step 02.

Halve all **baby potatoes** and place into a large mixing bowl.

### Step 03.

Add **olive oil, garlic powder, salt, and pepper**. Toss well.

### Step 04.

Spread evenly across two lined baking trays to avoid overcrowding.

### Step 05.

Roast for 30- 35 minutes, flipping halfway, until golden and crispy.

### Step 06.

Pat **prawns** dry with paper towel.

### Step 07.

Heat a large non stick pan over medium high heat. Spray with **olive oil**, then cook the prawns in batches for 1 to 2 minutes per side until just pink. Remove and set aside.

### Step 08.

In a blender, add **cottage cheese, light cream, garlic, lemon juice, onion powder, paprika, salt, pepper, and grated parmesan**.

Blend until completely smooth and creamy.

### Step 09.

Pour the sauce into the pan on low heat. Warm gently, avoid boiling.

### Step 10.

Add prawns back into the sauce and simmer for 2-3 minutes until coated and glossy.

### Step 11.

Transfer roasted potatoes to a large serving dish or individual bowls.

Spoon the creamy garlic prawn sauce generously over the top.

Finish with **parsley, and lemon wedges**.

# Greek Chicken & Rice Tray Bake

MAIN MEAL



TOTAL CALORIES  
660

Protein  
54g

Fats  
36g

Carbs  
30g

Fibre  
1g

GF, DF



Prep Time  
10 minutes



Cook Time  
1 hour



Servings  
5



## Ingredients

- 2.5g olive oil spray
- 150g red onion
- 1 lemon (approx. 65g)
- 1kg chicken thighs
- 360g long grain rice
- 1L Maggie Beer natural free range chicken bone broth
- 40mL lemon juice
- 10mL olive oil
- 25g McCormick Greek style street food seasoning
- 5g garlic powder
- 5g paprika
- 5g salt
- 3g cracked black pepper
- 150g baby spinach

## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan-forced.

### Step 02.

Lightly spray a large ceramic or glass baking dish with **olive oil**.

### Step 03.

Slice the **red onion** into thin half moon slices. Rinse the **lemon** and slice it into thin rounds, removing any visible seeds. Trim excess fat from the **chicken thighs**.

### Step 04.

Rinse the **rice** under cold water until the water runs clear. Add the rice into the baking dish. Scatter sliced red onion over the top. Pour in the **chicken bone broth**. Add **lemon juice** and stir gently to distribute.

### Step 05.

Place chicken thighs in a bowl and rub with **olive oil**, **Greek seasoning**, **garlic powder**, **paprika**, **salt**, and **pepper**. Lay the seasoned thighs directly on top of the rice mixture. Add the lemon slices on top of each thigh.

### Step 06.

Cover tightly with foil and bake for 40 minutes. Remove foil and bake for another 15–20 minutes until the chicken is golden and rice is tender. In the final 5 minutes, stir the spinach through the rice so it wilts into the dish.

### Step 07.

Spoon the lemony Greek rice into bowls, top with a juicy chicken thigh.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21082 8

# Thai Red Curry Tray Bake

MAIN MEAL



TOTAL CALORIES  
502

Protein  
52g

Fats  
18g

Carbs  
33g

Fibre  
2g

GF, DF



Prep Time  
10 minutes



Cook Time  
1 hour



Servings  
5



## Ingredients

- 2.5g olive oil spray
- 150g brown onion
- 150g red capsicum
- 400ml Macro organic light coconut milk
- 360g long grain rice
- 400ml Maggie Beer natural free range chicken bone broth
- 120g Ayam paste Thai red curry
- 1kg chicken breast
- 10g olive oil
- 1g salt
- 1g cracked black pepper
- 150g baby spinach
- 1 lime, cut into wedges (65g)

## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan-forced.

### Step 02.

Lightly spray a large ceramic or glass baking dish with **olive oil**.

### Step 03.

Slice **brown onion** and the **red capsicum** into thin strips. Rinse the rice under cold running water until mostly clear. Shake **coconut milk** well before opening.

### Step 04.

Add the rinsed **rice** into the base of the dish.

### Step 05.

In a bowl, whisk together coconut milk, **chicken bone broth**, and **red curry paste**.

### Step 06.

Pour this mixture evenly over the rice and veg.

### Step 07.

Rub **chicken** with **olive oil, salt** and **pepper**. Place chicken directly on top of the curry rice mixture.

### Step 08.

Cover tightly with foil and bake for 40 minutes. Remove foil and bake for another 15-20 minutes until the chicken is golden and rice is tender.

### Step 09.

Remove tray from oven and stir baby spinach into the rice so it wilts through the hot curry.

### Step 10.

Scoop rice into bowls, top with chicken breast, and finish with lime wedges

Log it in MyFitnessPal

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1 61023 21083 5

# Taco Gnocchi Tray Bake

MAIN MEAL



TOTAL CALORIES  
536

Protein  
44g

Fats  
16g

Carbs  
54g

Fibre  
3g

GF

Prep Time  
12 minutes

Cook Time  
35 minutes

Servings  
5

## Ingredients

- 2.5g olive oil spray
- 150g red onion
- 150g red capsicum
- 125g Edgell Australian grown sweet corn kernels no added salt
- 10g fresh coriander
- 500g Simply Wize gluten free pumpkin gnocchi
- 700g extra lean beef mince
- 35g Woolworths taco seasoning mix
- 1g salt
- 1g pepper
- 400mL Maggie Beer natural beef bone broth
- 120g Perfect Italiano grated Mexican style cheese
- 80g Chobani Greek yoghurt natural light plain
- 60g Woolworths taco sauce mild

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## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan-forced.

### Step 02.

Lightly spray a large ceramic or glass baking dish with **olive oil**.

### Step 03.

Dice the **red onion** and **red capsicum** into small cubes. Drain the **corn**. Roughly chop the **coriander**. Break up the **gnocchi** to avoid clumping.

### Step 04.

Add **beef mince**, diced onion and capsicum directly into the baking dish.

### Step 05.

Bake for 10 minutes, breaking up the mince halfway.

### Step 06.

Remove dish from oven.

### Step 07.

Stir through **taco seasoning, salt** and **pepper**.

### Step 08.

Add gnocchi and drained corn.

### Step 09.

Pour the **beef bone broth** over everything.

### Step 10.

Cover tightly with foil and bake for 15 minutes.

### Step 11.

Remove foil, sprinkle the **Mexican style cheese** blend all over the top. Return to oven uncovered for 5–10 minutes until golden, melty, and bubbling.

### Step 12.

Scoop into bowls and top with **Greek yoghurt, taco sauce**, and chopped coriander.

# Peri Peri Chicken Pasta Bake

MAIN MEAL



TOTAL CALORIES  
457

Protein  
56g

Fats  
9g

Carbs  
38g

Fibre  
8g



Prep Time  
12 minutes



Cook Time  
40 minutes



Servings  
5



## Ingredients

- 2.5g olive oil spray
- 700g chicken breast
- 150g red onion
- 150g red capsicum
- 300g Vetta SMART protein spirals pasta
- 600mL Maggie Beer natural free range chicken bone broth
- 120g Nando's hot peri peri sauce
- 2.5g salt
- 2.5g cracked pepper
- 150g Woolworths spreadable light cream cheese
- 150g baby spinach

## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan-forced.

### Step 02.

Lightly spray a large ceramic or glass baking dish with **olive oil**.

### Step 03.

Dice **chicken breast** into small cubes. Slice **red onion** into thin strips. Dice **capsicum** into small cubes.

### Step 04.

Add **pasta** into the base of the dish. Scatter diced capsicum and sliced red onion over the pasta. Pour in the **chicken broth**. Add the **peri peri sauce** and gently stir to coat the pasta and vegetables.

### Step 05.

Season diced chicken breast with **salt** and **pepper**. Spread the chicken evenly across the top of the pasta mixture. Spoon the **light cream cheese** across the surface in small dollops.

### Step 06.

Cover tightly with foil and bake for 25 minutes.

### Step 07.

Remove foil, stir everything together so the melted cream cheese combines with the peri peri broth. Add **baby spinach** and fold through gently.

### Step 08.

Return to oven uncovered for 10–15 minutes until pasta is tender and chicken is cooked through.

### Step 09.

Remove dish from the oven and scoop into bowls while warm.

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# Hidden Veg Bolognese

MAIN MEAL



TOTAL CALORIES  
557

Protein  
55g

Fats  
13g

Carbs  
55g

Fibre  
13g



Prep Time  
15 minutes



Cook Time  
35 minutes



Servings  
5



## Ingredients

- 150g brown onion
- 150g carrot
- 150g zucchini
- 150g red capsicum
- 10g garlic cloves
- 10g olive oil
- 700g Macro organic passata
- 5g dried basil
- 5g dried oregano
- 2.5g salt
- 2.5g cracked pepper
- 750g extra lean beef mince
- 400g Vetta SMART protein spaghetti pasta
- 20g Perfect Italiano parmesan cheese grated extra sharp

## Cooking Instructions

### Step 01.

Dice **onion** into small cubes.

### Step 02.

Dice **carrot**, **zucchini** and **capsicum** into small chunks for sautéing (they'll be blended later).

### Step 03.

Crush the **garlic cloves** and set aside.

### Step 04.

Heat the **olive oil** in a large pot over medium heat. Add the onion, carrot, zucchini and capsicum. Cook for 8 to 10 minutes until soft and lightly golden.

### Step 05.

Add garlic and cook for 1 minute.

### Step 06.

Transfer cooked vegetables to a blender. Add the **passata**, **dried basil**, **dried oregano**, **salt** and **pepper**. Blend until completely smooth.

### Step 07.

Pour the blended sauce back into the pot.

### Step 08.

In a separate pan, brown the **beef mince**, breaking it up with a spoon.

### Step 09.

Add the cooked beef mince into the pot with the smooth hidden veg sauce. Simmer for 10 to 15 minutes, adding a splash of water if the sauce thickens too much.

### Step 10.

Bring a large pot of salted water to the boil. Cook **pasta** according to packet directions (usually 8–12 minutes). Drain, reserving ½ cup pasta water.

### Step 11.

Add cooked pasta into the bolognese sauce. Stir through, adding pasta water as needed for silkiness. Finish with **parmesan**.

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# Pulled Pork Burrito Bowl

MAIN MEAL



TOTAL CALORIES  
643

Protein  
46g

Fats  
19g

Carbs  
72g

Fibre  
10g



Prep Time  
15 minutes



Cook Time  
10 minutes



Servings  
5



## Ingredients

- 150g cherry tomatoes
- 80g red onion, diced
- 10g fresh coriander
- 5 × 125g SunRice microwave jasmine rice cup
- 5g olive oil
- 600g SunPork pulled BBQ pork
- 35g Old El Paso taco spice mix mild
- 50mL water
- 150g Edgell corn kernels no added salt
- 150g Edgell black beans
- 100g shredded lettuce
- 150g Woolworths taco sauce mild
- 100g Chobani Greek yoghurt natural light plain
- 80g Woolworths light tasty shredded cheese
- 60g lime, cut into wedges

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## Cooking Instructions

### Step 01.

Halve **cherry tomatoes**, dice **red onion**, and chop **coriander**.

### Step 02.

Microwave **rice cups** according to packet instructions.

### Step 03.

Heat a pan with **olive oil** over medium heat. Add the **pulled pork**, sprinkle over the **taco seasoning** and add the **water**. Stir and cook for 5 to 7 minutes until hot, coated and fragrant.

### Step 04.

Add cooked rice to each bowl.

### Step 05.

Arrange the **corn**, **black beans**, cherry tomatoes, red onion and **shredded lettuce** around the rice.

### Step 06.

Spoon seasoned pulled pork into the centre of each bowl.

### Step 07.

Add the **salsa**, **Greek yoghurt**, chopped coriander, **shredded cheese** and a **lime wedge**.



# Snacks & Desserts

Recipes

# Choc Mint Frozen Yoghurt Cup

TOTAL CALORIES  
285

Protein  
17g

Fats  
13g

Carbs  
25g

Fibre  
0g

GF V



Prep Time  
3 minutes

Freeze Time  
2-3 Hours

Servings  
1

## Ingredients

- 15g Cadbury Dairy Milk bubbly mint chocolate block, crushed
- 160g Yopro vanilla yoghurt
- 20g Cottee's ice magic choc mint ice cream topping

## Cooking Instructions

### Step 01.

Chop the **Bubbly Mint chocolate** into small pieces.

### Step 02.

Peel back the **yoghurt** lid half way.

### Step 03.

Drizzle the 20g **Cottee's Choc Mint Ice Magic** over the yoghurt. It will harden into a choc shell.

### Step 04.

Sprinkle the crushed Mint Bubbly Chocolate over the top.

### Step 05.

Cover the foil lid back over. Place in the freezer for 2-3 hours until firm and scoopable.

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# Kinder Tiramisu

TOTAL CALORIES  
341

Protein  
31g


Fats  
9g

Carbs  
34g

Fibre  
0g

V



Prep Time  
10 minutes 

Chill Time  
2 Hours 

Servings  
1 

## Ingredients

- 150g YoPRO vanilla yoghurt
- 10g Woolworths spreadable light cream cheese
- 15g Optimum Nutrition chocolate hazelnut protein powder
- 10g Cadbury baking Bournville cocoa powder
- 5g Queens sugar free maple syrup
- 12.5g Kinder chocolate
- 5ml milk
- 30ml espresso
- 22g Dolce Verona Savoiardi (approx. 2 biscuits)

## Cooking Instructions

### Step 01.

Add **yoghurt, protein powder, light cream cheese, 5g cocoa powder** and **maple syrup** into a bowl.

### Step 02.

Melt **Kinder chocolate** with 5g **milk** in the microwave (about 20–30 seconds).

### Step 03.

Pour melted Kinder into the cream mixture and mix until smooth.

### Step 04.

Chill in the fridge while prepping the rest.

### Step 05.

Brew **espresso** and let it cool slightly. Quickly dip each sponge finger into the coffee don't soak fully or they'll collapse.

### Step 06.

Add a layer of the soaked **biscuits** to the bottom of a bowl. Spoon a thick layer of the Kinder protein cream on top. Dust with remaining cocoa powder.

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# Biscoff Marshmallow Bites

TOTAL CALORIES  
252

Protein  
3g

Fats  
12g

Carbs  
33g

Fibre  
0g

V



Prep Time  
2 minutes



Cook Time  
30 Seconds



Servings  
1



## Ingredients

- 20g Biscoff spread
- 10g Marshmallows cake decoration mallows mini assorted
- 10g white chocolate chips
- 15.5g Biscoff biscuit
- 1g sea salt

## Cooking Instructions

### Step 01.

Add the 20g **Biscoff spread** to a small microwave safe ramekin and smooth the top.

### Step 02.

Place the **marshmallows** on top of the Biscoff.

### Step 03.

Scatter **white chocolate chips** around the marshmallow.

### Step 04.

Heat for 30-40 seconds until the marshmallow puffs up and the Biscoff is molten.

### Step 05.

Sprinkle crushed **Biscoff biscuit** over the top. Add a pinch of **sea salt**.

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# Banana Split Yoghurt Bowl

TOTAL CALORIES  
285


Protein  
19g

Fats  
5g

Carbs  
41g

Fibre  
7g

V

Prep Time  
5 minutes 

Cook Time  
30 Seconds 

Servings  
1 

## Ingredients

- 120g medium banana
- 20g strawberries
- 160g YoPRO vanilla yoghurt
- 20g blueberries
- 10g dark chocolate chips
- 5g crushed nuts
- 5mL sugar free maple syrup
- 1g cinnamon

## Cooking Instructions

### Step 01.

Slice the **banana** either lengthways (traditional banana split style). Slice the **strawberries**.

### Step 02.

Spoon the **yoghurt** into a shallow bowl and smooth the top.

### Step 03.

Lay the banana on top. Add strawberries and **blueberries** around the bowl.

### Step 04.

Sprinkle over the **chocolate chips**, add the **crushed nuts**, drizzle the **maple syrup** and finish with a pinch of **cinnamon**.

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# Caramilk Protein Cookie Dough

SNACKS & DESSERTS 

TOTAL CALORIES  
334

Protein  
29g

Fats  
14g

Carbs  
23g

Fibre  
1g

V



Prep Time  
5 minutes



Cook Time  
30 Seconds



Servings  
1



## Ingredients

- 100g Yopro vanilla yoghurt
- 15g Rule 1 vanilla ice cream protein powder
- 10g almond meal
- 1g salt
- 5g Queen sugar free maple syrup
- 15g Cadbury caramilk chocolate
- 5g Hersheys caramel syrup

## Cooking Instructions

### Step 01.

In a small bowl, add **yoghurt**, **protein powder**, **almond meal** and **salt**. Stir until it forms a thick, cookie dough texture. Add a splash of water only if needed.

### Step 02.

Add **maple syrup**.

### Step 03.

Fold the chopped **Caramilk** through the dough.

### Step 04.

Drizzle caramel sauce over the top.

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# Apple and Blackberry Pastry

TOTAL CALORIES  
50

Protein  
1g


Fats  
2g

Carbs  
7g

Fibre  
0g

V



Prep Time  
8 minutes 

Cook Time  
15 minutes 

Servings  
6 

## Ingredients

- 54g Pampas light puff pastry (approx. 1 sheet), defrosted
- 30g Beerenberg blackberry jam
- 60g Woolworths apple slices pie fruit
- 2.5g cinnamon
- 50g egg (approx. 1 egg), (for egg wash)

## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan forced.

### Step 02.

Line a baking tray with baking paper.

### Step 03.

Cut the **puff pastry sheet** into 6 even rectangles.

### Step 04.

Add 5g of **blackberry jam** to the centre of each piece and top with 10g of the **apple pie fruit**.

### Step 05.

Sprinkle a small amount of **cinnamon** over each.

### Step 06.

Fold each rectangle over into a small pocket, either a triangle or rectangle shape. Press the edges with a fork to seal.

### Step 07.

Brush the tops with a small amount of beaten **egg**.

### Step 08.

Bake for 12–15 minutes, until puffed and golden.

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