



# March 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

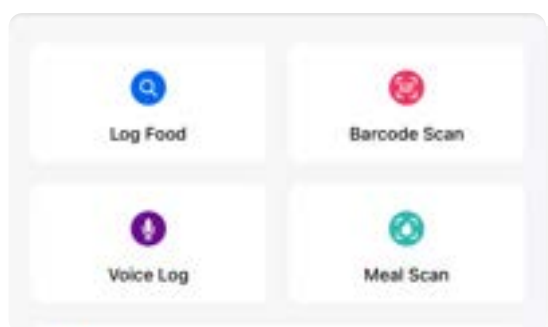
### Step One

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

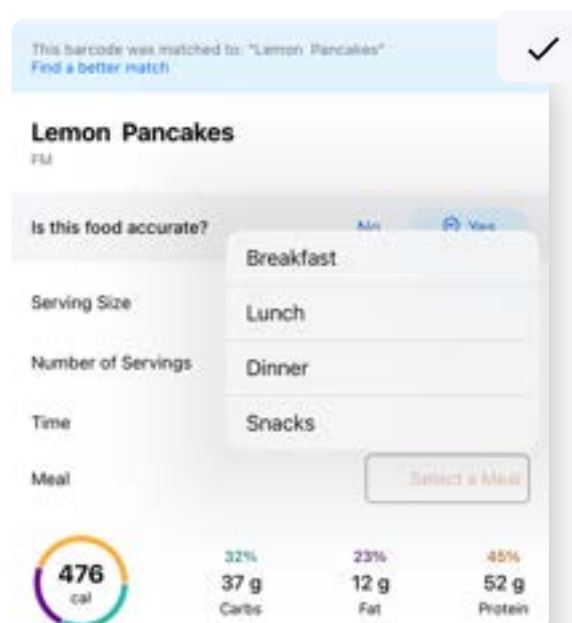


## Reminder when scanning:

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.



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# Breakfast

Recipes

# Vanilla Berry Rice Pudding Pot

BREAKFAST 

TOTAL CALORIES  
465

Protein  
48g

Fats  
5g

Carbs  
57g

Fibre  
4g

V, GF



Prep Time  
3 minutes



Cook Time  
5 minutes



Servings  
1



## Ingredients

- 125g Sunrice Microwave Jasmine Rice Cup
- 150ml So Good Unsweetened Almond Milk
- 100g YoPRO High Protein Yoghurt Vanilla
- 5ml Queen Organic Vanilla Extract
- 33g Rule 1 Whey Blend Vanilla Ice Cream
- 50g Frozen Mixed Berries
- 5g Honey
- 1g Cinnamon

Log it in MyFitnessPal

Scan or type the barcode into your app



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## Cooking Instructions

### Step 01.

Microwave the **rice cup** according to packet instructions.

### Step 02.

Transfer hot rice to a small saucepan. Add the **almond milk** and place over low heat, stirring for 2-3 minutes until creamy and loosened.

### Step 03.

Remove from heat. Add the **vanilla extract** and **protein powder**, stirring well until fully smooth (no clumps).

### Step 04.

Allow the mixture to cool for 2 minutes, then gently stir through the yoghurt until fully combined.

### Step 05.

Spoon into a jar or container.

### Step 06.

Top with **frozen berries**, drizzle with **honey**, and sprinkle with **cinnamon**.

### Step 07.

Refrigerate for at least 1 hour or overnight to thicken.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Cheesy Zucchini & Egg White Breakfast Slice

BREAKFAST 

TOTAL CALORIES  
189


Protein  
24g

Fats  
9g

Carbs  
3g

Fibre  
1g

V, GF

Prep Time  
10 minutes 

Cook Time  
40 minutes 

Servings  
4 

## Ingredients

- 300g zucchini
- 40g red onion
- 500g liquid egg whites
- 120g Mozzarella
- 40g grated parmesan cheese
- 2g garlic powder
- 2g salt
- 1g cracked black pepper
- 2g Olive oil spray

## Cooking Instructions

### Step 01.

Preheat oven to 180°C fan forced. Line a rectangular baking dish with baking paper and lightly spray with olive oil.

### Step 02.

Wash **zucchini**, trim ends and coarsely grate. Place grated zucchini into a clean tea towel and squeeze firmly to remove as much liquid as possible (important so the slice sets).

### Step 03.

Peel and finely dice the **red onion**.

### Step 04.

In a large mixing bowl, add **egg whites**, grated zucchini, **diced onion**, mozzarella, **parmesan**, **garlic powder**, **salt** and **pepper**.

### Step 05.

Stir well until fully combined.

### Step 06.

Pour mixture evenly into the prepared baking dish and smooth the top.

### Step 07.

Bake for 35 to 40 minutes, or until firm in the centre and lightly golden on top.

### Step 08.

Remove from oven and allow to cool for 10 minutes, then slice into 4 equal portions.

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# Choc Orange Overnight Oats

BREAKFAST 

TOTAL CALORIES  
420

Protein  
50g

Fats  
8g

Carbs  
37g

Fibre  
5g

V, GF



Prep Time  
5 minutes



Chill Time  
4 hours



Servings  
1



## Ingredients

- 40g quick oats
- 150mL So Good Unsweetened Almond Milk
- 100g YoPRO Vanilla Yoghurt
- 33g Rule 1 Whey Blend Chocolate Fudge
- 5g Cadbury Baking Bournville Cocoa Powder
- 10mL fresh orange juice
- 2g orange zest
- 5g honey

## Cooking Instructions

### Step 01.

In a bowl or jar, add **rolled oats, almond milk, yoghurt, protein powder** and **cocoa powder**.

### Step 02.

Whisk or stir thoroughly until the protein powder is fully dissolved and the mixture is smooth.

### Step 03.

Stir through the **fresh orange juice, orange zest** and **honey** until well combined.

### Step 04.

Seal the jar and refrigerate for at least 4 hours, preferably overnight, until thick and creamy.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Apple Pie Protein Crumble Cups

BREAKFAST 

TOTAL CALORIES  
371


Protein  
50g


Fats  
11g

Carbs  
18g

Fibre  
2g

V

Prep Time  
5 minutes 

Cook Time  
0 minutes 

Servings  
1 

## Ingredients

- 150g Woolworths Apple Slices Pie Fruit
- 150g YoPRO High Protein Yoghurt Vanilla
- 33g Rule 1 Whey Blend Vanilla Ice Cream
- 20g Vogels Low Carb Granola Macadamia & Manuka Honey

## Cooking Instructions

### Step 01.

Spoon **apple pie fruit** into the base of a jar or container.

### Step 02.

In a bowl, mix **yoghurt** and **protein powder** until smooth and thick.

### Step 03.

Spoon the protein yoghurt layer over the apple base.

### Step 04.

Sprinkle the **granola** over the top.

### Step 05.

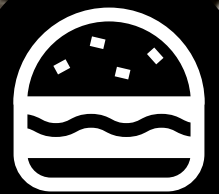
Refrigerate for 30 to 60 minutes to set, or eat immediately.

Log it in MyFitnessPal

Scan or type the barcode into your app



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# Main Meal

Recipes

# Creamy Capsicum Arborio Rice

MAIN MEAL



TOTAL CALORIES  
597

Protein  
53g

Fats  
17g

Carbs  
58g

Fibre  
2g

GF

Prep Time  
15 minutes



Cook Time  
25 minutes



Servings  
5



## Ingredients

- 750g chicken breast fillet
- 375g red capsicum
- 250g green capsicum
- 50g red onion
- 20g garlic
- 10g olive oil
- 4g smoked paprika
- 3g salt
- 2g cracked black pepper
- 300g arborio rice
- 1L Maggie Beer Natural Free Range Chicken Bone Broth
- 200ml Bulla Cooking Light Thickened Cream
- 100g Woolworths Light Tasty Cheese Shredded

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Dice the **chicken breast** into bite sized pieces.

### Step 02.

Deseed and thinly slice the **capsicums**. Peel and finely dice the **red onion**. Crush the **garlic**.

### Step 03.

Heat the **olive oil** in a large deep non stick skillet or wide pot over medium heat.

### Step 04.

Add the chicken, **smoked paprika**, **salt** and **cracked black pepper**. Cook for 5 to 6 minutes until lightly golden.

### Step 05.

Add capsicum, onion and garlic. Cook for 3 to 4 minutes, stirring, until fragrant and starting to soften.

### Step 06.

Stir through the **arborio rice**, coating it well in the pan juices.

### Step 07.

Pour in the **chicken bone broth**. Stir well, reduce the heat to medium low, cover and simmer for 18 to 20 minutes, stirring every few minutes to prevent sticking.

### Step 08.

Once the rice is tender and creamy, stir through the **cooking cream** and **shredded cheese** until fully combined.

### Step 09.

Cook uncovered for a further 3 to 4 minutes until thick and glossy.

### Step 10.

Remove from heat and rest for 5 minutes before serving.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Honey Garlic Beef Rissoles with Mash

MAIN MEAL



TOTAL CALORIES  
377

Protein  
37g

Fats  
13g

Carbs  
28g

Fibre  
3g



Prep Time  
15 minutes



Cook Time  
20 minutes



Servings  
5



## Ingredients

### Rissoles

- 750g extra lean beef mince
- 50g egg, lightly whisked
- 40g Essentials Breadcrumbs
- 20g onion, grated
- 10g garlic cloves, crushed
- 20mL Kikkoman Soy Sauce Reduced Salt
- 15g honey
- 2g salt
- 2g cracked black pepper
- 10mL olive oil

### Mash

- 1kg Spud Lite potatoes
- 40mL Woolworths Lite Milk
- 20g Western Star Unsalted Butter Block
- 1g salt

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Wash the **potatoes** and cut into even chunks. Place into a large pot, cover with water and bring to the boil. Cook for 15 to 18 minutes until fork tender. Drain well.

### Step 02.

While the potatoes are cooking, add the **beef mince, lightly whisked egg, breadcrumbs, grated onion, crushed garlic, soy sauce, honey, salt** and **cracked black pepper** to a large bowl. Mix until just combined.

### Step 03.

Divide the mixture into 10 rissoles, approximately 75g each, and flatten slightly.

### Step 04.

Heat the **olive oil** in a large non stick pan over medium heat. Cook the rissoles for 4 to 5 minutes per side until golden and cooked through.

### Step 05.

Return the drained potatoes to the pot. Add the **milk, butter** and **salt**. Mash until smooth and creamy.

### Step 06.

Serve two rissoles per person with the mash.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Lemon Pepper Chicken with Parmesan Green Beans

MAIN MEAL



TOTAL CALORIES  
247

Protein  
40g

Fats  
7g

Carbs  
6g

Fibre  
00g

GF



Prep Time  
10 minutes



Cook Time  
15 minutes



Servings  
5



## Ingredients

### Chicken:

- 750g chicken breast
- 10g olive oil
- 6g MasterFoods Large Lemon Pepper Seasoning
- 2 g salt
- 2 g cracked black pepper
- 40mL lemon juice
- 5g lemon zest

### Green Beans

- 750g green beans
- 10g olive oil
- 10g garlic
- 40g parmesan cheese
- 1 g cracked black pepper

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## Cooking Instructions

### Step 01.

Slice **chicken breast** lengthways into cutlets for even cooking. Place into a bowl with **olive oil, lemon pepper seasoning, salt, pepper, lemon juice** and **zest**. Toss well to coat.

### Step 02.

Heat a large non stick pan over medium high heat. Add the chicken and cook for 5 minutes per side until golden and cooked through. Remove from the pan, cover loosely and rest.

### Step 03.

Trim the ends from the **green beans**. Bring a pot of water to the boil, add the beans and cook for 4 minutes until just tender. Drain well.

### Step 04.

Heat the **olive oil** in a large pan over medium heat. Add the **crushed garlic** and cook for 30 seconds until fragrant.

### Step 05.

Add the drained green beans to the pan and toss for 2 to 3 minutes. Remove from the heat and toss through the **parmesan** and **cracked black pepper** until evenly coated.

### Step 06.

Slice chicken and serve with parmesan green beans.

# Creamy Chicken & Cauliflower Bake

MAIN MEAL



TOTAL CALORIES  
467

Protein  
54g

Fats  
23g

Carbs  
11g

Fibre  
2g

GF



Prep Time  
15 minutes



Cook Time  
30 minutes



Servings  
5



## Ingredients

- 2g Olive oil spray
- 800g chicken breast
- 2g salt
- 2g cracked black pepper
- 2g onion powder
- 1kg cauliflower
- 10g garlic cloves, crushed
- 10g olive oil
- 300mL light cooking cream
- 4g Vegeta Chicken Stock Powder
- 150g light shredded cheese
- 40g parmesan cheese, finely grated

## Cooking Instructions

### Step 01.

Preheat the oven to 180°C fan forced. Lightly spray a large baking dish with **olive oil spray**.

### Step 02.

Cut the **chicken breast** into bite sized pieces. Place into a bowl and season with **salt, cracked black pepper** and **onion powder**. Toss well to coat evenly.

### Step 03.

Remove outer leaves from the **cauliflower**, wash thoroughly and cut into small florets.

### Step 04.

Fill a large pot with water and bring to the boil. Add cauliflower florets and cook for 4-5 minutes until just tender. Drain well and set aside.

### Step 05.

Peel **garlic cloves** and crush or finely mince.

### Step 06.

Heat **olive oil** in a large non stick pan over medium heat. Add crushed garlic and cook for 30 seconds until fragrant.

### Step 07.

Add **chicken pieces** to the pan and cook for 5-6 minutes, stirring, until just cooked through. Remove pan from heat.

### Step 08.

In a bowl, whisk together **cooking cream** and **chicken stock powder**.

### Step 09.

Add cooked chicken and drained cauliflower to the prepared baking dish. Pour over the creamy sauce and gently stir to combine.

### Step 10.

Sprinkle over the **shredded cheese** and **parmesan** evenly.

### Step 11.

Bake uncovered for 25-30 minutes until bubbling and golden on top.

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NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Sweet Chilli Lime Stir Fry

Easy Eats

MAIN MEAL



TOTAL CALORIES  
441

Protein  
39g

Fats  
5g

Carbs  
60g

Fibre  
2g

DF, GF



Prep Time  
5 minutes

Cook Time  
10 minutes

Servings  
5



## Ingredients

- 750g chicken breast
- 2g salt
- 1g cracked black pepper
- 120mL Trident Sweet Chilli Sauce
- 40mL fresh lime juice
- 10g lime zest
- 5g cornflour
- 30mL water
- 250g Sunrice Microwave Basmati Rice Pouch (1 pouch)
- 15g olive oil
- 15g The Food Company Garlic Chopped
- 10g Woolworths Crushed Ginger
- 300g Woolworths Classic Stir Fry Vegetables

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Remove **chicken** from packaging, pat dry and slice thinly into stir fry strips. Place into a bowl and season with **salt** and **cracked black pepper**.

### Step 02.

In a small bowl, add **sweet chilli sauce**, **lime juice**, **lime zest**, **cornflour** and **water**. Whisk until smooth and set aside.

### Step 03.

Microwave the **rice pouch** according to the packet instructions. Fluff with a fork and set aside, keeping warm.

### Step 04.

Heat the **olive oil** in a large non stick wok or frying pan over high heat. Add the sliced chicken and cook for 5 minutes, stirring, until just cooked through.

### Step 05.

Add **chopped garlic** and **crushed ginger** to the pan. Stir for 30 seconds until fragrant.

### Step 06.

Add **stir fry vegetables** straight to the pan. Stir fry for 3 minutes until heated through and tender-crisp.

### Step 07.

Pour the prepared sauce into the pan. Stir well and cook for 1 to 2 minutes until the sauce thickens and coats the chicken and vegetables.

### Step 08.

Remove from the heat and serve immediately with the rice.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Cheesy Chicken & Corn Stuffed Flatbreads

Easy Eats

MAIN MEAL



TOTAL CALORIES  
545

Protein  
43g

Fats  
21g

Carbs  
46g

Fibre  
3g

Prep Time  
5 minutes

Cook Time  
3 minutes

Servings  
5

## Ingredients

- 600g Woolworths Country Style Hot Roast Chicken
- 300g Woolworths Corn Sweet Kernels
- 150g Woolworths Mozzarella Shredded Cheese
- 100g Bulla Cottage Cheese
- 2g garlic powder
- 2g smoked paprika
- 2g salt
- 1g cracked black pepper
- 320g Mission Souvlaki Bread (5 flatbreads)
- 5g olive oil

Log it in MyFitnessPal

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## Cooking Instructions

### Step 01.

Remove skin from **chicken**, then shred or finely chop the meat using a knife or forks.

### Step 02.

Drain the **corn** thoroughly.

### Step 03.

In a large mixing bowl, combine the shredded chicken, drained corn, **shredded cheese** and **cottage cheese**. Add the **garlic powder**, **smoked paprika**, **salt** and **cracked black pepper**. Stir until fully combined and creamy.

### Step 04.

Microwave the **flatbreads** for 30 seconds to soften slightly.

### Step 05.

Lay the flatbreads on a clean bench. Spoon the chicken mixture evenly across one half of each flatbread, spreading slightly while leaving a small border around the edge.

### Step 06.

Fold each flatbread over to enclose the filling and press gently to seal.

### Step 07.

Heat the **olive oil** in a large non stick frying pan over medium heat. Add the stuffed flatbreads and cook for 2 to 3 minutes per side until golden, crisp and the cheese has melted inside.

### Step 08.

Remove from pan, cut in half if desired, and serve hot.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Paprika Schnitzel with Wedges & Yoghurt Sauce

MAIN MEAL



TOTAL CALORIES  
379

Protein  
46g

Fats  
7g

Carbs  
33g

Fibre  
4g

GF



Prep Time  
15 minutes



Cook Time  
35 minutes



Servings  
5



## Ingredients

### Schnitzel

- 2.5g Extra Virgin Olive Oil Spray
- 800g chicken breast
- 80g Woolworths Free From Gluten Breadcrumbs
- 4g smoked paprika
- 2g garlic powder
- 2g onion powder
- 2g salt
- 2g cracked black pepper
- 100g large eggs (Approx. 2 large eggs)

### Wedges

- 1kg Spudlite potatoes
- 20g olive oil
- 2g smoked paprika
- 1g salt
- 1g cracked black pepper

### Garlic Yoghurt

- 200g Chobani Greek Yoghurt
- 10mL lemon juice
- 5g garlic clove, crushed
- 1g salt

## Log it in MyFitnessPal

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## Cooking Instructions

### Step 01.

Preheat the oven to 200°C fan forced. Line two large oven trays with baking paper and lightly spray with **olive oil spray**.

### Step 02.

Wash **potatoes** thoroughly, leave skins on and cut lengthways into wedges of even size.

### Step 03.

Place the wedges into a large bowl and add the **olive oil, 4g smoked paprika, 1g salt** and **1g cracked black pepper**. Toss well until evenly coated.

### Step 04.

Spread wedges in a single layer on one prepared tray. Place wedges in the oven and cook for 15 minutes.

### Step 05.

Remove **chicken** from packaging, pat dry and slice each breast horizontally to create thin schnitzel pieces. Place between baking paper and gently flatten using a rolling pin or the palm of your hand.

### Step 06.

In a shallow bowl, combine the following ingredients for schnitzel crumb: **breadcrumbs, 4g smoked paprika, garlic powder, onion powder, 2g salt** and **2g cracked black pepper**. Mix thoroughly.

### Step 07.

Crack **eggs** into a separate bowl and whisk thoroughly with a fork.

### Step 08.

Dip each chicken piece into the egg wash, allowing excess to drip off, then press into the breadcrumb mixture. Turn and press firmly so the coating adheres evenly. Place the crumbed chicken onto the second prepared tray.

### Step 09.

After the wedges have baked for 15 minutes, remove from the oven and turn them. Return the wedges to the oven and place the schnitzel tray in at the same time.

### Step 10.

Bake both trays together for 18 to 20 minutes, turning the schnitzel once halfway through, until golden and the chicken is cooked through.

### Step 11.

Meanwhile, combine the **yoghurt, lemon juice, crushed garlic** and **1g salt** in a bowl. Stir until smooth and refrigerate until ready to serve.

### Step 12.

Remove the trays from the oven and allow to rest for 5 minutes before serving with the garlic yoghurt.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Greek Pasta Salad

MAIN MEAL



Easy Eats

TOTAL CALORIES  
423

Protein  
32g

Fats  
19g

Carbs  
31g

Fibre  
6g



Prep Time  
10 minutes



Cook Time  
0 minutes



Servings  
1



## Ingredients

- 50g Vetta SMART Protein Spirals Pasta
- 100g Woolworths Zeus Street Greek Hot Roast Chicken, skin removed
- 50g cucumber, diced
- 50g cherry tomatoes, halved
- 25g red onion, finely sliced
- 20g Always Fresh Organic Kalamata Pitted Olives 220g | Woolworths
- 15g Woolworths Greek Style Fetta, crumbled
- 2.5mL extra virgin olive oil

## Cooking Instructions

### Step 01.

Bring a saucepan of water to the boil. Add the **pasta** and cook according to the packet instructions until al dente.

### Step 02.

While the pasta is cooking, remove the skin from the **chicken** and shred or finely chop into bite sized pieces.

### Step 03.

Wash and dice the **cucumber**, halve the **cherry tomatoes** and finely slice the **red onion**.

### Step 04.

Drain the cooked pasta and transfer to a large bowl. Allow to cool slightly.

### Step 05.

Add the chicken, cucumber, cherry tomatoes, red onion, **olives** and **crumbled fetta** to the pasta.

### Step 06.

Drizzle over the **olive oil** and toss gently to combine. Serve immediately or refrigerate until ready to eat.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Creamy Garlic Mince Skillet

MAIN MEAL



TOTAL CALORIES  
661

Protein  
46g

Fats  
21g

Carbs  
72g

Fibre  
4g

GF



Prep Time  
5 minutes



Cook Time  
15 minutes



Servings  
4



## Ingredients

- 5g Extra Virgin Olive Oil
- 500g extra lean beef mince
- 15g garlic cloves, crushed
- 3g salt
- 2g cracked black pepper
- 300g Buontempo Pasta Shells Gluten Free
- 500mL Maggie Beer Natural Beef Bone Broth
- 200g frozen peas
- 200mL Woolworths Light Thickened Cream
- 60g Perfect Italiano Parmesan Cheese Grated

## Cooking Instructions

### Step 01.

Heat a large deep non stick skillet over medium high heat and add the **olive oil**.

### Step 02.

Add the **beef mince** and break it up with a spoon. Cook for 5 to 6 minutes until browned.

### Step 03.

Peel and crush the **garlic**. Add to the mince along with the **salt** and **cracked black pepper**. Stir for 30 seconds until fragrant.

### Step 04.

Add the dry **pasta shells** directly to the skillet and stir to coat in the mince and oil.

### Step 05.

Pour in the **beef bone broth**, stir well and bring to a gentle simmer.

### Step 06.

Reduce the heat to medium, cover with a lid and cook for 8 to 10 minutes, stirring every 1 to 2 minutes to prevent sticking, until the pasta is tender and most of the liquid has been absorbed.

### Step 07.

Stir through the **frozen peas** and cook for 1 to 2 minutes until heated through.

### Step 08.

Pour in the **thickened cream** and stir to combine.

### Step 09.

Add the **grated parmesan** and stir until creamy and evenly coated. Remove from the heat and serve.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Lemon Dill Chicken with Buttered Veg Rice

Easy Eats

MAIN MEAL



TOTAL CALORIES  
365

Protein  
41g

Fats  
5g

Carbs  
39g

Fibre  
5g

GF



Prep Time  
5 minutes



Cook Time  
10 minutes



Servings  
5



## Ingredients

- 800g chicken breast
- 1 lemon (40 ml juice + 5 g zest)
- 5g fresh dill
- 5g olive oil
- 4g salt (3g for chicken, 1g for rice)
- 2g cracked black pepper
- 500g Sunrice Microwave White Long Grain Rice Pouch
- 200g McCain Frozen Mixed Vegetables Peas, Corn & Carrots
- 20g Western Star Unsalted Butter Block Chef's Choice

## Cooking Instructions

### Step 01.

Remove **chicken** from packaging, pat dry and slice into even strips or thin fillets for quicker cooking.

### Step 02.

Wash the **lemon** thoroughly. Using a fine grater, zest the lemon to collect 5g zest. Cut in half and juice to measure 40mL. Finely chop the **fresh dill**.

### Step 03.

Place the sliced chicken into a bowl. Add the **olive oil**, lemon juice, lemon zest, dill, **3g salt** and **cracked black pepper**. Toss well to coat evenly.

### Step 04.

Heat a large non stick skillet over medium high heat. Add the chicken in a single layer and cook for 4 to 5 minutes per side until golden and cooked through. Remove from the pan and allow to rest.

### Step 05.

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

### Step 06.

In the same skillet, add the **frozen mixed vegetables** and cook for 2 to 3 minutes, stirring, until heated through.

### Step 07.

Add the cooked rice to the skillet with the vegetables. Add the **butter** and **1g salt**. Stir until the butter has melted and the rice is evenly coated.

### Step 08.

Serve the lemon dill chicken over the buttered vegetable rice.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Cheesy Broccoli & Chicken Rice Bake

MAIN MEAL



TOTAL CALORIES  
496

Protein  
57g

Fats  
20g

Carbs  
22g

Fibre  
3g

GF



Prep Time  
15 minutes



Cook Time  
45 minutes



Servings  
5



## Ingredients

- 800g chicken breast
- 300g broccoli
- 15g garlic
- 5g olive oil
- 250g Essentials Long Grain Rice
- 3g salt
- 2g cracked black pepper
- 750ml Maggie Beer Natural Free Range Chicken Bone Broth
- 200ml Bula Light Thickened Cream
- 120 g Woolworths Light Tasty Shredded Cheese
- 40g Perfect Italiano Parmesan Cheese Grated

## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan forced.

### Step 02.

Remove the **chicken** from packaging, pat dry and cut into small bite sized cubes for even cooking.

### Step 03.

Wash the **broccoli** thoroughly and cut into small florets. If the stems are thick, slice them thinly.

### Step 04.

Peel and finely crush the **garlic**.

### Step 05.

Lightly grease a large deep baking dish with the **olive oil**.

### Step 06.

Add the **dry rice** evenly across the base of the baking dish. Scatter the diced chicken and crushed garlic over the rice. Sprinkle with **salt** and **cracked black pepper**.

### Step 07.

Pour the **chicken bone broth** evenly over everything. Gently stir once to ensure the rice is submerged.

### Step 08.

Cover tightly with foil and bake for 25 minutes.

### Step 09.

Remove the foil. Scatter the broccoli evenly over the tray, drizzle over the **thickened cream**, then sprinkle with the **shredded cheese** and **parmesan**.

### Step 10.

Return to the oven uncovered and bake for a further 15 to 20 minutes until the rice is tender, the chicken is cooked through and the cheese is golden.

### Step 11.

Remove from the oven and allow to rest for 5 minutes before serving.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21241 9

# BBQ Honey Chicken Drumstick Tray Bake

MAIN MEAL



TOTAL CALORIES  
576

Protein  
52g

Fats  
24g

Carbs  
38g

Fibre  
3g

DF GF



Prep Time  
15 minutes



Cook Time  
55 minutes



Servings  
5



## Ingredients

- 5g olive oil (2.5mL for greasing, 2.5mL for beans)
- 300g green beans, trimmed
- 250g Essentials Long Grain Rice (dry)
- 750mL Maggie Beer Natural Free Range Chicken Bone Broth
- 1kg chicken drumsticks (Approx. 8 to 10 drumsticks)
- 120mL Beerenberg BBQ Sauce
- 50g honey
- 3g salt
- 2g cracked black pepper

## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan-forced and lightly grease a deep tray with **2.5ml olive oil**.

### Step 02.

Wash and trim the ends of the **green beans**. Set aside.

### Step 03.

Spread the **dry rice** evenly across the base of the tray.

### Step 04.

Carefully pour the **chicken bone broth** evenly over the rice. Stir gently once to ensure all rice is submerged.

### Step 05.

Pat **drumsticks** dry with paper towel.  
In a bowl, combine **BBQ sauce, honey**, remaining 2.5ml olive oil, **salt** and **cracked black pepper**. Mix well.

### Step 06.

Coat the drumsticks thoroughly in the BBQ honey mixture and place them on top of the rice layer.

### Step 06.

Cover the tray tightly with foil and bake for 35 minutes.

### Step 07.

Remove the foil and scatter the trimmed green beans evenly around the drumsticks. Spoon a little of the tray sauce over the beans.

### Step 08.

Return to the oven uncovered and bake for a further 15 to 20 minutes, until the drumsticks are caramelised and cooked through to an internal temperature of 75°C and the rice is tender.

### Step 09.

Remove from the oven and rest for 5 minutes before serving to allow the rice to absorb any remaining liquid.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21259 4

# Creamy Chicken & Mushroom Stuffed Potatoes

MAIN MEAL



TOTAL CALORIES  
444

Protein  
50g

Fats  
16g

Carbs  
25g

Fibre  
4g

GF



Prep Time  
15 minutes



Cook Time  
70 minutes



Servings  
5



## Ingredients

- 1.2kg Spudlite potatoes
- 800g chicken breast, diced
- 250g mushrooms, thinly sliced
- 15g garlic cloves, crushed
- 5g olive oil
- 3g salt
- 2g cracked black pepper
- 200mL Bula Light Thickened Cream
- 100g Woolworths Light Tasty Shredded Cheese
- 40g Perfect Italiano Parmesan Cheese Grated

Log it in MyFitnessPal

Scan or type the barcode into your app



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## Cooking Instructions

### Step 01.

Preheat the oven to 200°C fan forced.

### Step 02.

Wash the **potatoes** thoroughly and pat dry. Use a fork to pierce each potato several times. Place directly on the oven rack or a lined tray and bake for 45 to 60 minutes, depending on size, until tender when pierced with a knife.

### Step 03.

While the potatoes are baking, remove the **chicken** from packaging, pat dry and dice into small bite sized pieces.

### Step 04.

Wash **mushrooms** and slice thinly.

### Step 05.

Peel **garlic cloves** and finely crush or mince.

### Step 06.

Heat the **olive oil** in a large non stick pan over medium heat. Add the diced chicken and cook for 5 to 6 minutes until lightly golden.

### Step 07.

Add the sliced mushrooms, crushed garlic, **salt** and **cracked black pepper**. Cook for 3 to 4 minutes, stirring, until the mushrooms soften.

### Step 08.

Pour in the **thickened cream** and simmer for 3 to 4 minutes until slightly thickened. Remove from the heat.

### Step 09.

Remove the baked potatoes from the oven. Carefully slice each potato lengthways and gently fluff the inside with a fork.

### Step 10.

Spoon the creamy chicken and mushroom mixture evenly into each potato.

### Step 11.

Sprinkle with the **shredded cheese** and **parmesan**. Return to the oven for 10 to 15 minutes until the cheese is melted and golden.

### Step 12.

Remove from the oven and serve immediately.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Mediterranean Chicken & Veg Sheet Pan

MAIN MEAL



TOTAL CALORIES  
295

Protein  
40g

Fats  
11g

Carbs  
9g

Fibre  
3g

GF



Prep Time  
15 minutes



Cook Time  
30 minutes



Servings  
5



## Ingredients

- 800g chicken breast
- 300g zucchini
- 250g red capsicum
- 250g cherry tomatoes
- 80g red onion
- 80g Sandhurst Pitted Kalamata Olives
- 20g garlic
- 1 lemon (40 ml juice + 5 g zest)
- 20g olive oil
- 5g dried oregano
- 3g salt
- 2g cracked black pepper
- 40g Woolworths Greek Style Fetta, crumbled

## Cooking Instructions

### Step 01.

Preheat oven to 200°C fan-forced. Line a large baking tray with baking paper.

### Step 02.

Remove **chicken** from packaging, pat dry and cut into thick strips or large chunks.

### Step 03.

Wash and prepare the vegetables. Slice the **zucchini** into thick rounds. Deseed and slice the **capsicum** into strips. Wash the **cherry tomatoes** and leave whole or halve if large. Peel and slice the **red onion** into thin wedges. Drain the **olives** well and halve if not already halved.

### Step 04.

Peel and finely crush the **garlic**. Wash the **lemon**, zest first to collect 5g zest, then cut and juice to measure 40mL.

### Step 05.

Place the chicken, prepared vegetables and olives into a large mixing bowl.

### Step 06.

Add **olive oil**, lemon juice, lemon zest, **oregano**, crushed garlic, **salt** and **cracked black pepper**. Toss thoroughly until evenly coated.

### Step 07.

Spread the mixture evenly onto the prepared tray in a single layer.

### Step 08.

Bake for 25 to 30 minutes, turning the chicken once halfway through, until the chicken is cooked through and the vegetables are tender.

### Step 09.

Remove from the oven and allow to rest for 5 minutes.

### Step 10.

Sprinkle with crumbled **feta** before serving.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21244 0

# Creamy Dijon Sausage & Veg Bake

MAIN MEAL



TOTAL CALORIES  
431

Protein  
28g

Fats  
23g

Carbs  
28g

Fibre  
9g



Prep Time  
15 minutes



Cook Time  
45 minutes



Servings  
5



## Ingredients

- 400g baby potatoes
- 250g zucchini
- 200g carrot
- 120g brown onion
- 10g garlic
- 10g Extra Virgin Olive Oil
- 3g salt
- 2g cracked black pepper
- 900g Peppercorn Beef Sausages Extra Lean
- 200ml Bula Light Thickened Cream
- 30g Your Condiment Co Dijon Mustard

## Cooking Instructions

### Step 01.

Preheat the oven to 200°C fan forced. Line a large deep baking tray with baking paper.

### Step 02.

Wash the **baby potatoes** thoroughly and cut into halves or quarters depending on size.

### Step 03.

Prepare the vegetables. Slice the **zucchini** into thick rounds. Peel and slice the **carrot** into thin rounds. Peel and slice the **onion** into wedges. Peel and finely crush the **garlic**.

### Step 04.

Place the potatoes, zucchini, carrot and onion into a large mixing bowl. Add the **olive oil, 1g salt and 1g cracked black pepper**. Toss thoroughly to coat.

### Step 05.

Spread the vegetables evenly across the prepared tray. Place the **sausages** on top.

### Step 06.

Bake for 25 minutes, turning sausages halfway through cooking.

### Step 07.

While the tray is baking, prepare the sauce. In a bowl, whisk together the **thickened cream, Dijon mustard, crushed garlic, remaining 2g salt and 1g cracked black pepper** until smooth.

### Step 08.

Remove the tray from the oven and pour the Dijon cream sauce evenly over the sausages and vegetables.

### Step 09.

Return to the oven uncovered and bake for a further 15 to 20 minutes, until the sausages are cooked through and the sauce is bubbling and slightly thickened.

### Step 10.

Remove from the oven and rest for 5 minutes before serving.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.



# Snacks & Desserts

Recipes

# Jam Donut Yoghurt Bowl

TOTAL CALORIES  
257


Protein  
31g


Fats  
1g

Carbs  
31g

Fibre  
1g

V

Prep Time  
5 minutes 

Cook Time  
0 minutes 

Servings  
1 

## Ingredients

- 160g vanilla YoPRO yoghurt
- 15g Rule 1 Vanilla Ice Cream Whey Blend protein powder
- 20g Strawberry Jam
- 18g Woolworths Mini Cinnamon Donut
- 2g cinnamon

## Cooking Instructions

### Step 01.

Add **yoghurt** to a bowl.

### Step 02.

Add **protein powder** and stir thoroughly until smooth, thick and fully combined (no lumps).

### Step 03.

Spoon **jam** over the yoghurt and gently swirl using the back of a spoon.

### Step 04.

Crumble **donut** using your fingers over the yoghurt bowl.

### Step 05.

Finish with a light dusting of cinnamon

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Choc Hazelnut Freezer Fudge

TOTAL CALORIES  
54

Protein  
5g

Fats  
2g

Carbs  
4g

Fibre  
0g

GF V



Prep Time  
5 minutes



Freeze Time  
3 hours



Servings  
8



## Ingredients

- 160g Pauls Plus Protein Chocolate Yoghurt
- 20g Rule 1 Chocolate Fudge Whey Blend Protein Powder
- 5g Cadbury Baking Bournville Cocoa Powder
- 30g Nutella
- 10mL Queen Sugar Free Maple Syrup
- 1g salt

## Cooking Instructions

### Step 01.

Line a small square container or loaf tin with baking paper, leaving overhang on the sides.

### Step 02.

Add **yoghurt** to a mixing bowl.

### Step 03.

Add **protein powder, cocoa powder, hazelnut spread, maple syrup** and **salt**.

### Step 04.

Stir thoroughly using a spoon or spatula until the mixture is completely smooth, thick and evenly combined with no streaks remaining.

### Step 05.

Spoon the mixture into the prepared container and smooth the top evenly using the back of a spoon.

### Step 06.

Place in the freezer for 2 to 3 hours until firm.

### Step 07.

Remove from freezer, lift out using baking paper and cut into 8 equal squares.

### Step 08.

Store in an airtight container in the freezer.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Strawberry Shortcake Cups

TOTAL CALORIES  
209

Protein  
31g

Fats  
1g

Carbs  
19g

Fibre  
2g

V

Prep Time  
5 minutes 

Cook Time  
0 minutes 

Servings  
1 

## Ingredients

- 80g fresh strawberries, finely diced
- 12g Arnott's Marie Biscuits, crushed
- 160g vanilla YoPRO yoghurt
- 15g Rule 1 Vanilla Ice Cream Whey Blend Protein Powder
- 5mL Queen Organic Vanilla Extract

## Cooking Instructions

### Step 01.

Wash the **strawberries**, remove the green tops and finely dice into small pieces. Set aside.

### Step 02.

Place the **biscuits** into a small bowl and crush using your fingers or the back of a spoon until fine crumbs form.

### Step 03.

In a separate bowl, combine the **yoghurt, protein powder** and **vanilla extract**. Stir thoroughly until smooth, thick and fully combined.

### Step 04.

Spoon half of the crushed biscuits into the base of a jar or cup. Add half of the yoghurt mixture on top.

### Step 05.

Spoon over half of the diced strawberries.

### Step 06.

Repeat the layers with the remaining biscuits, yoghurt mixture and strawberries.

### Step 07.

Eat immediately or refrigerate for 30 to 60 minutes to set slightly before serving.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Ham, Tomato & Cottage Cheese Cruskits

TOTAL CALORIES  
240

Protein  
26g

Fats  
4g

Carbs  
25g

Fibre  
3g



Prep Time  
2 minutes



Cook Time  
0 minutes



Servings  
1



## Ingredients

- 60g Primo Double Smoked Leg Ham
- 80g cherry tomatoes
- 22.8g Arnott's Cruskits 98% Fat Free Crispbreads (4 biscuits)
- 120g Bulla Cottage Cheese
- 1g cracked black pepper
- 1g salt

## Cooking Instructions

### Step 01.

Lay the **ham slices** flat on a chopping board and finely dice into small pieces.

### Step 02.

Wash the **cherry tomatoes** and dice finely. Place the diced tomatoes onto paper towel and gently pat dry to remove excess moisture.

### Step 03.

Lay the **crispbreads** flat on a plate. Spoon the **cottage cheese** evenly over each one.

### Step 04.

Sprinkle the diced ham evenly over the cottage cheese, then add the diced tomatoes on top.

### Step 05.

Finish with **cracked black pepper** and **salt**. Serve immediately.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Lemon Coconut Slice

TOTAL CALORIES  
81

Protein  
7g


Fats  
5g

Carbs  
2g

Fibre  
1g

GF V



Prep Time  
10 minutes 

Chill Time  
3 Hours 

Servings  
8 

## Ingredients

- 40mL fresh lemon juice
- 5g lemon zest
- 200g vanilla YoPRO yoghurt
- 33g Rule 1 Vanilla Ice Cream Whey Blend Protein Powder
- 40g Macro Shredded Coconut
- 30g Macro Almond Meal
- 20mL Queen Sugar Free Maple Syrup
- 1g salt

## Cooking Instructions

### Step 01.

Line a small square container or loaf tin with baking paper, leaving an overhang on the sides for easy removal.

### Step 02.

Wash the **lemon** thoroughly. Using a fine grater, zest the lemon to collect **5g zest**. Cut the lemon in half and juice to measure 40mL fresh lemon juice.

### Step 03.

Add the **yoghurt, protein powder, shredded coconut, almond meal, lemon juice, lemon zest, maple syrup** and **salt** to a mixing bowl.

### Step 04.

Stir thoroughly using a spoon or spatula until the mixture is thick, smooth and fully combined.

### Step 05.

Spoon the mixture into the lined container and press down firmly. Smooth the top using the back of a spoon so it sets evenly.

### Step 06.

Refrigerate for 2 to 3 hours until firm.

### Step 07.

Lift out using the baking paper and cut into 8 equal slices.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

# Choc Banana Rice Cakes

TOTAL CALORIES  
202

Protein  
4g

Fats  
6g

Carbs  
33g

Fibre  
5g

GF V



Prep Time  
5 minutes



Chill Time  
15 minutes



Servings  
1



## Ingredients

- 25g Sunrice Rice Cakes Original (2 rice cakes)
- 50g banana
- 15g Noshu No Sugar Added Milk Choc Melts 140g

## Cooking Instructions

### Step 01.

Place the **rice cakes** on a plate or lined tray.

### Step 02.

Peel the **banana** and thinly slice into rounds using a knife.

### Step 03.

Arrange banana slices evenly on top of each rice cake.

### Step 04.

Place **chocolate** into a microwave safe bowl.

### Step 05.

Microwave chocolate in 20 second increments, stirring between each, until fully melted and smooth.

### Step 06.

Use a spoon to drizzle melted chocolate over the banana topped rice cakes.

### Step 07.

Refrigerate for 2 to 3 hours until firm.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.