



February 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

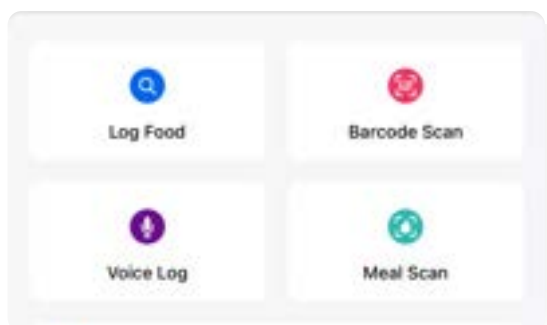
Step One

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

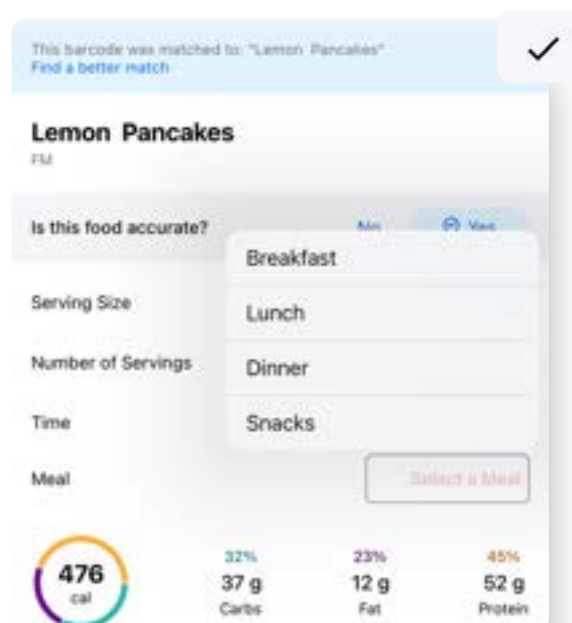


Reminder when scanning:

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

Chorizo, Dill Cottage Cheese & Soft Egg Toast

BREAKFAST 

TOTAL CALORIES
523


Protein
45g


Fats
31g

Carbs
16g

Fibre
7g



Prep Time
5 minutes 

Cook Time
8 minutes 

Servings
1 

Ingredients

- 100g eggs (Approx. 2 eggs)
- 40g Primo Chorizo, sliced
- 44g Burgen Lower Carb High Protein Sunflower & Linseed Bread
- 150g Bulla cottage cheese
- 2.5mL extra virgin olive oil
- 3g fresh dill, finely chopped
- 1g salt
- 1g cracked black pepper

Cooking Instructions

Step 01.

Bring a small saucepan of water to the boil. Carefully lower in the eggs and cook for 6½ minutes for soft boiled.

Step 02.

While the eggs are cooking, heat a non stick pan over medium heat. Add the sliced chorizo and cook for 3 to 4 minutes, turning once, until crispy. Remove from the pan and set aside.

Step 03.

Toast the bread until golden and crisp.

Step 04.

In a small bowl, mix the cottage cheese, olive oil, chopped dill, salt and pepper until creamy.

Step 05.

Peel the eggs and slice in half.

Step 06.

Spread the cottage cheese mixture generously over the toast.

Step 07.

Top with crispy chorizo and soft boiled eggs.

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Beef & Egg Bake

BREAKFAST 

TOTAL CALORIES
265

Protein
36g

Fats
13g

Carbs
1g

Fibre
0g



Prep Time
10 minutes 

Cook Time
35 minutes 

Servings
5 

Ingredients

- 5 g olive oil spray
- 375 g extra lean beef mince
- 2 g salt
- 2 g black pepper
- 2 g white pepper
- 2 g onion granules
- 2 g garlic powder
- 75 g baby spinach
- 250 g Puregg Simply Egg Whites
- 250 g large eggs
- 50 g Woolworths Shredded Mozzarella Cheddar & Pecorino Blend

Cooking Instructions

Step 01.

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

Step 02.

Heat a non stick pan over medium heat and spray lightly with olive oil.

Step 03.

Add the beef mince and break it up with a spoon. Cook for 6-8 minutes until browned.

Step 04.

Sprinkle over the salt, black pepper, white pepper, garlic powder, and onion granules. Stir well and remove from heat.

Step 05.

Stir the spinach through the hot beef until just wilted.

Step 06.

Spread the beef and spinach mixture evenly into the prepared baking dish.

Step 07.

In a bowl, whisk together the egg whites and whole eggs until fully combined.

Step 08.

Pour the egg mixture evenly over the beef layer.

Step 09.

Sprinkle grated cheese evenly across the top.

Step 10.

Bake for 30-35 minutes, until set in the centre and lightly golden.

Step 11.

Rest for 5 minutes, then slice into 5 even portions.

Log it in MyFitnessPal

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Biscoff Protein Oats

BREAKFAST 

TOTAL CALORIES
435

Protein
36g

Fats
11g

Carbs
48g

Fibre
5g



Prep Time
2 minutes 

Cook Time
90 Seconds 

Servings
1 

Ingredients

- 40 g quick oats
- 160 mL water
- 30 g Rule 1 Vanilla Ice Cream Whey Protein Powder
- 15 g Biscoff spread
- 7.8 g Biscoff biscuit, crushed
- 50 g banana, sliced

Cooking Instructions

Step 01.

Add the oats and water to a microwave safe bowl.

Step 02.

Microwave on high for 1 minute 30 seconds, until oats are soft and thickened.

Step 03.

Remove from the microwave and immediately stir through the protein powder until smooth and creamy.

Step 04.

Dollop the Biscoff spread over the hot oats.

Step 05.

Sprinkle the crushed Biscoff biscuit over the top.

Step 06.

Finish with sliced banana and serve warm.

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1 61023 10324 3

Blueberry Protein Waffles

BREAKFAST 

TOTAL CALORIES
500

Protein
49g

Fats
16g

Carbs
40g

Fibre
7g



Prep Time
5 minutes



Cook Time
8 minutes



Servings
1



Ingredients

- 5g olive oil spray
- 40g quick oats
- 5g baking powder
- 30g Rule 1 Vanilla Ice Cream protein powder
- 50g egg (Approx. 1 large egg)
- 80mL So Good Unsweetened Almond Milk
- 100g frozen blueberries
- 80g Vanilla YoPRO
- 15mL Queen Sugar Free Maple Syrup

Cooking Instructions

Step 01.

Preheat waffle maker until hot and lightly spray with olive oil spray.

Step 02.

Blend oats to create an oat flour.

Step 03.

In a bowl, add the oat flour, protein powder and baking powder. Stir to combine.

Step 04.

Crack in the egg and pour in the almond milk. Whisk until a smooth batter forms.

Step 05.

Gently fold through 60g frozen blueberries.

Step 06.

Pour batter into the waffle maker and cook for 6-8 minutes, until golden and cooked through.

Step 07.

Serve warm topped with the yoghurt, maple syrup and the remaining 40g frozen blueberries.

Log it in MyFitnessPal

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Main Meal

Recipes

Chicken Fajita Kebabs with Tajín Yoghurt

MAIN MEAL



TOTAL CALORIES
272

Protein
51g

Fats
4g

Carbs
8g

Fibre
2g

GF



Prep Time
15 minutes



Cook Time
15 minutes



Servings
4



Ingredients

- 800g chicken breast, cut into even bite sized pieces
- 180g green capsicum, sliced
- 180g yellow capsicum, sliced
- 150g red onion, cut into wedges
- 10mL olive oil
- 8g Mingle Mexican Fiesta Recipe Base
- 2g smoked paprika
- 1g garlic powder
- 1g salt
- 1g cracked black pepper
- 200g Coles Perform High Protein Greek Yoghurt
- 3g Tajín seasoning
- 10mL lime juice

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Cooking Instructions

Step 01.

If using wooden skewers, soak them in water for 10 minutes to prevent burning.

Step 02.

Chop the chicken breast into even chunks. Dice the capsicum and cut the onion into wedges.

Step 03.

Add chicken, capsicum and onion to a large bowl. Drizzle over olive oil, sprinkle with fajita seasoning, smoked paprika, garlic powder, salt and pepper. Toss well to coat everything evenly.

Step 04.

Thread chicken and vegetables alternately onto skewers until all ingredients are used.

Step 05.

Cook on the barbecue over medium/high heat for 10–12 minutes, turning regularly.

Step 06.

In a small bowl, mix yoghurt, Tajín seasoning and lime juice until smooth.

Step 07.

Drizzle or dollop Tajín yoghurt over the hot kebabs and serve immediately.

Thai Beef Pita Pocket

Easy Eats

MAIN MEAL



TOTAL CALORIES
483

Protein
44g

Fats
11g

Carbs
52g

Fibre
8g

DF



Prep Time
5 minutes



Cook Time
8 minutes



Servings
1



Ingredients

- 2.5g extra virgin olive oil spray
- 150g beef rump steak
- 100g Woolworths Thai Style Salad Kit
- 105g Mission Pita Bread Pockets Wholemeal

Cooking Instructions

Step 01.

Heat a non stick pan over high heat and lightly spray with olive oil.

Step 02.

Cook the rump steak for 2-3 minutes per side for medium-rare.

Step 03.

Remove steak from the pan and rest for 2 minutes, then thinly slice across the grain.

Step 04.

While the steak rests, add the Thai salad mix to a bowl and drizzle over the included dressing. Toss well.

Step 05.

Warm the pita pocket in the microwave for 20-30 seconds until soft.

Step 06.

Fill the pita with Thai salad, then top with sliced beef.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21204 4

Crispy Japanese Chicken & Slaw Burger

Easy Eats

MAIN MEAL



TOTAL CALORIES
557

Protein
48g

Fats
17g

Carbs
53g

Fibre
6g

DF



Prep Time
5 minutes



Cook Time
10 minutes



Servings
1



Ingredients

- 2.5g olive oil spray
- 150g FroPro FPFC Southern Style Chicken Burger
- 80g Woolworths Finely Shredded Coleslaw
- 5g Kewpie mayonnaise
- 20g Kikkoman Gluten Free Tonkatsu Sauce
- 62.5g Brioche Gourmet Brioche Burger Buns With Sesame Seeds

Cooking Instructions

Step 01.

Preheat air fryer to 200°C.

Step 02.

Place the frozen FroPro Southern Style Chicken Burger into the air fryer basket and lightly spray with olive oil spray.

Step 03.

Air fry for 8-10 minutes, turning halfway, until golden, crispy and heated through.

Step 04.

While the chicken cooks, add the shredded coleslaw to a bowl.

Step 05.

Add the Kewpie mayonnaise and 10g of the tonkatsu sauce. Toss well until evenly coated.

Step 06.

Slice the brioche bun in half and lightly toast until warm and golden.

Step 07.

Place the slaw on the bun base, followed by chicken, remainder of tonkatsu sauce, then finish with the bun lid.

Step 08.

Serve immediately while hot and crispy.

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Prawn & Roasted Tomato Spaghetti

MAIN MEAL



TOTAL CALORIES
441

Protein
44g

Fats
9g

Carbs
46g

Fibre
12g

DF GF



Prep Time
5 minutes



Cook Time
15 minutes



Servings
1



Ingredients

- 75g Vetta SMART Protein Spaghetti Pasta
- 200g cherry tomatoes
- 5mL extra virgin olive oil
- 1g salt
- 1g cracked black pepper
- 180g raw prawns, peeled and deveined
- 2g garlic, finely minced
- 2g chilli flakes
- 5g fresh basil, torn
- 10g Essentials Shaved Parmesan

Cooking Instructions

Step 01.

Preheat oven to 200°C fan forced.

Step 02.

Add cherry tomatoes to a small baking tray, drizzle with 2.5ml olive oil, season with salt and pepper, and toss to coat.

Step 03.

Roast for 12-15 minutes until blistered and jammy.

Step 04.

While the tomatoes roast, bring a saucepan of salted water to the boil.

Step 05.

Add spaghetti and cook according to packet instructions until al dente. Drain, reserving 30 ml pasta water.

Step 06.

Heat a non stick pan over medium heat and add remaining 2.5ml olive oil.

Step 07.

Add garlic and chilli flakes and cook for 30 seconds until fragrant.

Step 08.

Add prawns and cook for 2-3 minutes per side until pink and just cooked through.

Step 09.

Add roasted tomatoes and gently crush slightly with a spoon.

Step 10.

Add cooked spaghetti and reserved pasta water, tossing to coat.

Step 11.

Season with cracked black pepper and fold through fresh basil. Serve topped with parmesan.

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1 61023 21206 8

Lemon Dill Chicken & Egg Salad Bowl

MAIN MEAL



TOTAL CALORIES
405

Protein
60g

Fats
13g

Carbs
12g

Fibre
2g

GF



Prep Time
8 minutes



Cook Time
7 minutes



Servings
1



Ingredients

- 150g raw chicken breast
- 100g large eggs
- 2.5g olive oil spray
- 80g cos lettuce, chopped
- 80g grape tomatoes, halved
- 60g cucumber, sliced
- 120g Chobani Greek Yogurt Natural Light Plain
- 5g fresh dill, finely chopped
- 10mL lemon juice
- 10g lemon wedges, to serve
- 2g salt
- 2g cracked black pepper

Cooking Instructions

Step 01.

Bring a small saucepan of water to the boil. Carefully add the eggs and cook for 6½ minutes for soft boiled. Remove and place into cold water.

Step 02.

While the eggs are cooking, heat a non stick pan over medium heat and lightly spray with olive oil spray.

Step 03.

Season the chicken breast with 1g salt and 1g cracked black pepper.

Step 04.

Add chicken to the hot pan and cook for 3-4 minutes per side, until golden and cooked through.

Step 05.

Remove chicken from the pan, rest for 2 minutes, then slice thinly.

Step 06.

Peel the eggs and cut in half.

Step 07.

Chop the lettuce, halve the tomatoes and slice the cucumber.

Step 08.

In a small bowl, mix the yoghurt, dill and lemon juice until smooth. Season lightly with 1g salt and 1g pepper.

Step 09.

Arrange lettuce, tomatoes and cucumber in a bowl.

Step 10.

Drizzle over dill yoghurt sauce and finish with lemon wedges to squeeze over before eating.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21207 5

Tuscan Chicken Tacos

MAIN MEAL



TOTAL CALORIES
361

Protein
46g

Fats
9g

Carbs
24g

Fibre
1g



Prep Time
8 minutes



Cook Time
12 minutes



Servings
4



Ingredients

- 600g chicken breast, sliced
- 12 Old El Paso Mini Tortillas Flour (300g)
- 5g olive oil spray
- 240g Chobani Greek Yogurt Natural Light Plain
- 60g Bryne Co Sundried Tomato Halves, finely chopped
- 3g garlic, minced
- 2g dried oregano
- 2g dried basil
- 2g paprika
- 2g salt
- 2g cracked black pepper
- 100g baby spinach, roughly chopped
- 160g cherry tomatoes, halved
- 40g Woolworths Shaved Parmesan

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Finely chop the sun dried tomatoes, mince the garlic, roughly chop the baby spinach, and halve the cherry tomatoes. Set all aside separately.

Step 02.

Heat a large non stick pan over medium high heat and spray with olive oil spray.

Step 03.

Add the sliced chicken breast and cook for 5-6 minutes, stirring, until golden and cooked through.

Step 04.

Reduce heat to medium. Add the minced garlic, dried oregano, dried basil and paprika. Stir and cook for 30 seconds until fragrant.

Step 05.

Add the chopped sun dried tomatoes and chopped spinach. Stir through and cook until the spinach has just wilted.

Step 06.

Remove the pan from the heat. Add the Greek yoghurt and stir until the chicken is evenly coated and creamy. Season with salt and cracked black pepper.

Step 07.

Warm the tortillas in a microwave for 20-30 seconds until soft and pliable.

Step 08.

Spoon the Tuscan chicken mixture evenly across the tortillas.

Step 09.

Top with halved cherry tomatoes and grated parmesan.

Peanut Curry Soup

MAIN MEAL



TOTAL CALORIES
655

Protein
47g

Fats
31g

Carbs
47g

Fibre
4g

DF GF



Prep Time
10 minutes



Cook Time
15 minutes



Servings
4



Ingredients

- 600g raw chicken breast, thinly sliced
- 3g olive oil spray
- 2g garlic, finely grated
- 2g fresh ginger, finely grated
- 30g Ayam Paste Thai Red Curry
- 30g Mayvers smooth peanut butter
- 400mL Ayam 100% Natural Light Coconut Milk
- 500mL Maggie Beer Natural Chicken Stock
- 180g Chen's Vermicelli Rice Noodles
- 180g red capsicum, thinly sliced
- 120g carrot, julienned
- 80g baby spinach, roughly chopped
- 15mL lime juice
- 10mL Ayam fish sauce
- 1g salt
- 1g cracked black pepper

Log it in MyFitnessPal

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1 61023 21209 9

Cooking Instructions

Step 01.

Slice the chicken breast into thin strips and set aside.

Step 02.

Thinly slice the red capsicum, julienne or thinly slice the carrot, roughly chop the baby spinach, finely grate the garlic and ginger, and set everything aside.

Step 03.

Heat a large pot over medium heat and lightly spray with olive oil spray.

Step 04.

Add the sliced chicken to the pot and cook for 4-5 minutes, stirring, until lightly golden.

Step 05.

Add the grated garlic and ginger and cook for 30 seconds until fragrant.

Step 06.

Stir in the red curry paste and peanut butter, cooking for 1 minute to coat the chicken.

Step 07.

Pour in the light coconut milk and chicken stock. Stir well until the broth is smooth and combined.

Step 08.

Bring to a gentle simmer, then cook for 5 minutes.

Step 09.

Add the rice noodles, capsicum and carrot. Simmer for 4-5 minutes, or until noodles are tender.

Step 10.

Stir through the chopped spinach, lime juice and fish sauce. Season with salt and cracked black pepper.

Step 11.

Remove from heat and rest for 2 minutes before serving.

Margarita Chicken

MAIN MEAL



TOTAL CALORIES
232

Protein
45g

Fats
4g

Carbs
4g

Fibre
2g

DF GF



Prep Time
12 minutes



Cook Time
12 minutes



Servings
4



Ingredients

- 800g raw chicken breast, sliced into strips
- 8mL olive oil
- 40mL tequila
- 80mL fresh lime juice
- Lime zest (Approx. 4g, from 2 limes)
- 2g garlic, finely minced
- 2g ground cumin
- 2g paprika
- 3g salt
- 2g cracked black pepper
- 20g fresh coriander, roughly chopped
- 120g cos lettuce, roughly chopped
- 200g tomatoes, diced
- 80g red onion, finely sliced
- 10g jalapeño, finely sliced

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21210 5

Cooking Instructions

Step 01.

Slice the chicken breast into strips and set aside.

Step 02.

Zest the limes, then juice them. Finely mince the garlic and roughly chop the coriander.

Step 03.

In a large bowl, add the olive oil, tequila, 60mL lime juice, lime zest, garlic, cumin, paprika, 2g salt and 1g cracked black pepper. Add the chicken and toss until evenly coated.

Step 04.

Heat a large non stick pan over medium-high heat.

Step 05.

Add the chicken and marinade, cook for 6 minutes, stirring, until chicken is cooked through and lightly golden.

Step 06.

Reduce heat and cook for another 2-3 minutes until the sauce reduces and coats the chicken.

Step 07.

Remove from heat and sprinkle with 10g coriander.

Step 08.

Roughly chop the cos lettuce and place into a large bowl, dice the tomatoes, finely slice the red onion, and finely slice the jalapeño (remove seeds if you want less heat, add all vegetables to a bowl).

Step 09.

Add remainder lime juice, coriander, salt and cracked black pepper to the salad, and toss gently until well combined.

Step 10.

Divide Margarita Chicken between plates, serve with the Mexican chopped salad on the side or pile the chicken straight on top.

Cloud Pizza

MAIN MEAL



TOTAL CALORIES
384

Protein
51g

Fats
8g

Carbs
27g

Fibre
0g

GF

Prep Time
8 minutes

Cook Time
20 minutes

Servings
1

Ingredients

- 200g Pure Egg Liquid Egg Whites
- 15g cornflour
- 2g Italian herbs
- 1g salt
- 40mL Woolworths Pizza Sauce Squeeze Bottle
- 100g Mt Barker Free Range Roasted Carved Chicken Breast
- 20g baby spinach
- 30g red onion, thinly sliced
- 15g Woolworths Barbecue Sauce Squeeze
- 30g Woolworths Light Tasty Shredded Cheese

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Preheat the oven to 200°C fan forced and line a flat baking tray with baking paper.

Step 02.

Pour the liquid egg whites into a clean bowl, using electric beaters or a whisk, beat until stiff peaks form.

Step 03.

Sprinkle over the cornflour, Italian herbs and salt.

Step 04.

Gently fold through until just combined, keeping the mixture light and fluffy.

Step 05.

Spoon the mixture onto the lined tray and spread into a round pizza shape (approximately 20–22 cm wide). Bake for 12–15 minutes, until the base is set, lightly golden and firm to touch.

Step 06.

Shred or dice the precooked chicken breast, and thinly slice the red onion.

Step 07.

Remove the cloud base from the oven, spread the pizza sauce evenly over the base, top with chicken, spinach and red onion, drizzle over the BBQ sauce, and sprinkle grated cheese evenly across the top.

Step 08.

Return the pizza to the oven for 5 minutes, or until the cheese is melted and bubbly.

Valentine's Day Pink Pasta with Dukkah Crumbed Chicken

MAIN MEAL



TOTAL CALORIES
655

Protein
69g

Fats
15g

Carbs
61g

Fibre
11g



Prep Time
12 minutes



Cook Time
18 minutes



Servings
2



Ingredients

- 300g chicken breast
- 50g egg
- 30g Table Of Plenty Dried Spices Dukkah Pistachio
- 20g Woolworths Panko Bread Crumbs
- 2.5g olive oil spray
- 2g salt
- 2g cracked black pepper
- 150g Vetta SMART Protein Spaghetti Pasta
- 150g Woolworths Whole Fresh Beetroot, peeled and chopped
- 120g Chobani Greek Yogurt Natural Light Plain
- 20g Essentials Parmesan Cheese Grated
- 5g garlic
- 10mL lemon juice
- 10g fresh basil, finely chopped

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21212 9

Cooking Instructions

Step 01.

Place the chicken breast on a chopping board and slice in half horizontally to create two thinner fillets, season both sides with 1g salt and 1g cracked black pepper.

Step 02.

Crack the egg into a bowl and whisk lightly, in a second bowl, mix the dukkah and panko breadcrumbs, Dip each chicken fillet into the egg, then coat evenly in the dukkah crumb mixture.

Step 03.

Heat a non stick pan over medium heat and spray with olive oil spray.

Step 04.

Add the crumbed chicken and cook for 4-5 minutes per side, until golden, crispy and cooked through.

Step 05.

Remove from the pan, rest for 2 minutes, then slice into strips.

Step 06.

Bring a large pot of salted water to the boil.

Step 07.

Add the pasta and cook according to packet instructions until al dente, reserve 60 ml pasta water, then drain.

Step 08.

Add the beetroot, yoghurt, parmesan, garlic, lemon juice, remaining 1g salt and remaining 1g cracked black pepper to a blender or food processor. Blend until completely smooth and bright pink.

Step 09.

Return the cooked pasta to the pot over low heat, add the pink beetroot sauce and a splash of reserved pasta water, toss gently until the pasta is evenly coated and silky.

Step 10.

Divide the pasta between bowls. Top with the sliced crumbed chicken and finish with the chopped basil.

Bibimbap

Easy Eats

MAIN MEAL



TOTAL CALORIES
472

Protein
41g

Fats
16g

Carbs
41g

Fibre
6g

DF



Prep Time
5 minutes



Cook Time
10 minutes



Servings
2



Ingredients

- 335g Aldi Urban Eats Korean Style Bibimbap Meal Kit (includes rice, bibimbap sauce, dried shiitake mushrooms & sesame seeds)
- 250 g extra lean beef mince
- 100g eggs (Approx. 2 large eggs)
- 120g carrot
- 150g Zucchini
- 5ml Sesame Oil

Cooking Instructions

Step 01.

Peel the carrot and julienne or grate it, trim the zucchini and slice into thin matchsticks. Set aside.

Step 02.

Place the dried shiitake mushrooms from the kit into a small bowl. Cover with boiling water and set aside for 5 minutes, then drain.

Step 03.

Heat a large non stick pan over medium-high heat and add 2.5ml sesame oil.

Step 04.

Add the beef mince and cook for 5 minutes, breaking it up, until browned. Stir through half of the bibimbap sauce and remove from heat.

Step 05.

In the same pan, add the carrot, zucchini and rehydrated mushrooms. Cook for 2-3 minutes until just tender but still fresh.

Step 06.

Heat a small non stick pan over medium heat with remainder of the sesame oil.

Step 07.

Fry the eggs until whites are set and yolks are still runny.

Step 08.

Heat the rice pouch from the kit according to packet instructions.

Step 09.

Divide rice between two bowls, arrange beef, vegetables and egg on top, drizzle over remaining bibimbap sauce and sprinkle with sesame seeds from the kit.

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21213 6

Beef and Cheese Family Pie

MAIN MEAL



TOTAL CALORIES
459

Protein
41g

Fats
19g

Carbs
31g

Fibre
3g



Prep Time
15 minutes



Cook Time
35 minutes



Servings
6



Ingredients

- 150g brown onion, finely diced
- 5g garlic, finely minced
- 2.5g olive oil spray
- 750g extra lean beef mince
- 40g Essentials Tomato Paste
- 300mL Maggie Beer Natural Beef Bone Broth
- 15g Woolworths Worcestershire Sauce
- 2g paprika
- 2g dried thyme
- 2g salt
- 1g cracked black pepper
- 15g Essentials Cornflour
- 40mL water
- 120g Woolworths Light Tasty Shredded Cheese
- 200g Woolworths Shortcrust Pastry Sheet, thawed
- 167g Pampas Reduced Fat Puff Pastry Sheet, thawed
- 50g egg, beaten

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Cooking Instructions

Step 01.

Peel and finely dice the brown onion. Finely mince the garlic cloves. Set aside.

Step 02.

Heat a large non stick pan over medium-high heat and lightly spray with olive oil spray.

Step 03.

Add the beef mince to the pan and cook for 5 minutes, breaking it up, until browned.

Step 04.

Add the diced onion and garlic to the pan. Cook for 2 minutes until softened.

Stir in tomato paste, paprika, thyme, salt and cracked black pepper.

Step 05.

Pour in the beef stock and worcestershire sauce. In a small bowl, mix cornflour with water until smooth. Add to the pan and stir well. Simmer for 5 minutes until thick and glossy.

Step 06.

Remove pan from heat and allow filling to cool slightly for 5 minutes. Stir through grated cheese until melted and combined.

Step 07.

Preheat oven to 200°C fan forced. Lightly grease a deep pie dish. Line the base with shortcrust pastry, trimming edges. Spoon in the beef and cheese filling evenly.

Step 08.

Place puff pastry over the top. Trim and crimp edges to seal. Brush the top with the beaten egg and use a knife to make 3 small slits in the pastry for steam.

Step 09.

Bake for 30-35 minutes, until puffed and golden brown.

Step 10.

Rest for 5 minutes before slicing and serving.

Tofu & Cauliflower Curry

MAIN MEAL



TOTAL CALORIES
430

Protein
21g

Fats
30g

Carbs
19g

Fibre
9g

VG, V, DF, GF



Prep Time
12 minutes



Cook Time
20 minutes



Servings
4



Ingredients

- 400g Macro firm tofu
- 600g (1 medium) cauliflower
- 150g brown onion
- 5g cloves garlic
- 2g fresh ginger
- 20g Patak's Korma Curry Paste
- 400ml Ayam 100% Natural Light Coconut Milk
- 200ml Campbell's Real Stock Vegetable Liquid Stock
- 5g olive oil spray
- 1g salt
- 1g cracked black pepper

Optional extras (not tracked in MFP Barcode)

- 80g baby spinach
- 10g Fresh coriander, to serve
- 10g Lime wedges, to serve

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Cooking Instructions

Step 01.

Remove tofu from packaging and pat dry with paper towel. Cut into 2–3 cm cubes and set aside.

Step 02.

Cut the cauliflower into small florets. Peel and finely dice the brown onion. Finely mince the garlic. Grate the ginger.

Step 03.

Heat a large non stick pan or pot over medium heat and lightly spray with olive oil spray.

Step 04.

Add the diced onion and cook for 3–4 minutes until softened, add the garlic and ginger and cook for 30 seconds until fragrant, stir in the curry paste and cook for 1 minute, allowing the spices to bloom.

Step 05.

Add the cauliflower florets, coconut milk and vegetable stock. Stir well to combine.

Step 06.

Bring to a gentle simmer and cook for 10 minutes, until the cauliflower is just tender.

Step 07.

Add the tofu cubes and gently stir through. Cook for a further 5 minutes to heat through and absorb flavour.

Step 08.

Stir through baby spinach if using and cook until just wilted.

Step 09.

Season with salt and cracked black pepper.

Step 10.

Remove from heat and rest for 2 minutes before serving

Spinach & Ricotta Ravioli

MAIN MEAL



TOTAL CALORIES
546

Protein
51g

Fats
18g

Carbs
45g

Fibre
7g

V



Prep Time
30 minutes



Cook Time
10 minutes



Servings
4



Ingredients

- 200g Vetta Smart Protein Plain Flour
- 100g vital wheat gluten
- 200g large eggs
- 10ml olive oil
- 4g salt (2g salt for dough, 1g for filling and 1g for boiling water)
- 250g Woolworths Light Ricotta
- 200g Woolworths Creamed Cottage Cheese
- 120g baby spinach
- 40g Woolworths Shaved Parmesan
- 5g The Food Company Garlic Chopped
- 1g cracked black pepper
- 400g Barilla Napoletana Pasta Sauce

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Cooking Instructions

Step 01.

Add the flour, vital wheat gluten and 2g salt to a large bowl and mix well. Create a well in the centre, crack in the eggs and add the olive oil. Using a fork, whisk the eggs while gradually bringing in the flour.

Once combined, knead by hand for 8 to 10 minutes until smooth and elastic. Wrap the dough tightly and rest at room temperature for 15 minutes.

Step 02.

Bring a small saucepan of water to the boil. Add the baby spinach and blanch for 30 seconds until wilted. Drain well, squeeze out all excess liquid, then finely chop.

Step 03.

In a bowl, combine ricotta, cottage cheese, chopped spinach, garlic, parmesan, remaining 1g salt and cracked black pepper.

Mix until smooth and thick. Set aside.

Step 04.

Divide the rested dough into 4 pieces. Roll each piece thin using a pasta machine or rolling pin. Place teaspoons of filling evenly spaced along one sheet of pasta. Lay another sheet over the top, pressing around the filling to remove air. Cut into ravioli squares using a cutter or knife and seal the edges firmly.

Step 07.

Bring a large pot of salted water to a gentle boil.

Step 08.

Add ravioli and cook for 3-4 minutes, until they float.

Step 09.

Remove carefully with a slotted spoon.

Step 10.

Heat pasta sauce in a saucepan.

Step 11.

Serve ravioli with pasta sauce.



Snacks & Desserts

Recipes

Strawberry Choc Peanut Butter Slice

SNACKS & DESSERTS 

TOTAL CALORIES
125

Protein
4g


Fats
9g


Carbs
7g

Fibre
5g

GF V



Prep Time
10 minutes 

Freeze Time
2 Hours 

Servings
8 

Ingredients

- 300g fresh strawberries
- 80g Mayver's Smooth Peanut Butter
- 1g salt
- 100g Noshu sugar-free milk chocolate, melted

Cooking Instructions

Step 01.

Line a flat tray or baking dish with parchment paper.

Step 02.

Wash the strawberries, remove the green tops, then slice thinly lengthways.

Step 03.

Arrange the sliced strawberries tightly in a single layer on the lined tray, slightly overlapping if needed to form a rectangle.

Step 04.

Spoon the peanut butter over the strawberries and gently spread into an even layer using the back of a spoon.

Step 05.

Sprinkle evenly with the salt.

Step 06.

Melt the chocolate in the microwave in 10 second increments until smooth, then drizzle evenly over the peanut butter layer.

Step 07.

Place the tray into the freezer for 1–2 hours, or until completely firm.

Step 08.

Remove from freezer and slice into 8 pieces. Store remaining slices in the freezer.

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Banoffee Pudding Cup

TOTAL CALORIES
228

Protein
17g

Fats
0g

Carbs
40g

Fibre
2g

GF V



Prep Time
5 minutes 

Chill Time
15 Minutes 

Servings
1 

Ingredients

- 160g Pauls Plus Protein Dairy Snack Caramel
- 100g Banana
- 10g Hershey's Caramel Sauce

Cooking Instructions

Step 01.

Peel the banana and slice into thin rounds.

Step 02.

Add banana to the top of the caramel pudding.

Step 03.

Top with caramel sauce.

Step 04.

Enjoy immediately, or chill for 10–15 minutes for a firmer texture.

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Savoury Snack Bagel

TOTAL CALORIES
236

Protein
17g

Fats
4g

Carbs
33g

Fibre
2g

V



Prep Time
5 minutes



Cook Time
0 Minutes



Servings
1



Ingredients

- 50g Abe's Bagels Thins Everything
- 100g Bulla cottage cheese
- 2g Mingle Everything Bagel All-Natural Seasoning
- 80g cucumber

Cooking Instructions

Step 01.

Slice the bagel thin in half and lightly toast until golden.

Step 02.

Wash the cucumber and slice thinly into rounds.

Step 03.

Spread the cottage cheese evenly over both halves of the toasted bagel thin.

Step 04.

Sprinkle evenly with everything bagel seasoning.

Step 05.

Arrange sliced cucumber over the cottage cheese.

Step 06.

Enjoy immediately.

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1 61023 40259 9

Egg White Garlic Bread

TOTAL CALORIES
319

Protein
43g

Fats
15g

Carbs
3g

Fibre
2g

GF V



Prep Time
5 minutes



Cook Time
12 minutes



Servings
3



Ingredients

- 100g egg whites (Approx. 3 eggs)
- 100g Coles Light Shredded Mozzarella
- 2g garlic powder
- 2g dried parsley flakes

Cooking Instructions

Step 01.

Add the egg whites to a clean, dry bowl. Using electric beaters or a whisk, whip until stiff peaks form.

Step 02.

Sprinkle the garlic powder and parsley flakes over the whipped egg whites.

Step 03.

Gently fold in the shredded cheese until just combined, keeping the mixture light and fluffy.

Step 04.

Spoon the mixture onto baking paper in three separate rounds or into an air fryer safe tray.

Step 05.

Cook at 180°C for 12 minutes, until puffed, golden and lightly crisp on top.

Step 06.

Remove carefully, slice and enjoy immediately while fluffy and warm.

Log it in MyFitnessPal

Scan or type the barcode into your app



Valentine's Strawberry Chocolate Yogurt Hearts

TOTAL CALORIES
223

Protein
23g


Fats
7g


Carbs
17g

Fibre
7g

GF V



Prep Time
8 minutes 

Freeze Time
45 minutes 

Servings
2 

Ingredients

- 125g fresh strawberries
- 200g YoPRO Strawberry Yoghurt
- 2mL Queen Organic Vanilla Extract
- 20g Noshu sugar free milk chocolate

Cooking Instructions

Step 01.

Wash the strawberries, remove the green tops and finely dice.

Step 02.

Add the yoghurt to a bowl. Stir through the diced strawberries and vanilla extract until evenly combined.

Step 03.

Spoon the yoghurt mixture into heart shaped silicone moulds, smoothing the tops with the back of a spoon.

Step 04.

Melt the chocolate in the microwave in 10 second increments. Drizzle a small amount over each heart.

Step 05.

Place the filled moulds into the freezer for 30-45 minutes, until set.

Step 06.

Gently pop the hearts out of the moulds. Serve immediately or return to the freezer until ready to eat.

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Skinny Margarita

SNACKS & DESSERTS

TOTAL CALORIES
108

Protein
0g

Fats
0g

Carbs
3g

Fibre
0g

GF, DF, V

Prep Time
3 minutes



Cook Time
0



Servings
1



Ingredients

- 10g lime wedge
- 2g salt (optional, for rim)
- 45mL tequila
- 30mL fresh lime juice
- 10mL Nudie Nothing But Oranges Pulp Free Juice
- 10mL Splenda Stevia Liquid Sweetener
- 3 ice cubes

Cooking Instructions

Step 01.

Run a lime wedge around the rim of a glass and dip into salt. Set aside.

Step 02.

Add tequila, fresh lime juice, orange juice, sweetener, and ice to a shaker.

Step 03.

Shake well for 10–15 seconds until ice-cold.

Step 04.

Strain into the prepared glass over fresh ice.

Step 05.

Garnish with a lime wedge and enjoy immediately.

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1 61023 40262 9

Tuna salad with mountain bread chips

TOTAL CALORIES
187

Protein
21g

Fats
3g

Carbs
19g

Fibre
2g

GF



Prep Time
10 minutes



Cook Time
5 minutes



Servings
1



Ingredients

- 25g Mountain Bread Rye Wraps
- 2.5g olive oil spray
- 80g cucumber, finely diced
- 40g celery, finely chopped
- 30g red onion, finely diced
- 5g fresh parsley, finely chopped
- 95g John West Tuna Chunks In Springwater, drained
- 20g Chobani Greek Yogurt Natural Light Plain
- 5g Your Condiment Co Dijon Mustard
- 1g salt
- 1g cracked black pepper

Cooking Instructions

Step 01.

Preheat air fryer to 180°C.

Step 02.

Cut the Mountain Bread sheet into triangle or chip shapes using kitchen scissors.

Step 03.

Lay in the air fryer basket in a single layer and lightly spray with olive oil spray. Air fry for 4-5 minutes, until crisp and lightly golden. Set aside.

Step 04.

Finely dice the cucumber, chop the celery, dice the red onion, chop the fresh parsley.

Step 05.

Add drained tuna to a bowl and gently flake with a fork, add the chopped cucumber, celery, red onion and parsley.

Step 06.

Add Greek yoghurt and Dijon mustard, season with salt and cracked black pepper. Mix until well combined and creamy.

Step 07.

Spoon the tuna salad into a bowl. Serve with crispy Mountain Bread chips on the side for dipping.

Log it in MyFitnessPal

Scan or type the barcode into your app

