



# May 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.



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# Breakfast

Recipes

# Strawberry Shortcake Chia Pudding

BREAKFAST 

TOTAL CALORIES  
337


Protein  
36g


Fats  
11g

Carbs  
20g

Fibre  
8g

V

Prep Time  
10 minutes 

Chill Time  
4 Hours 

Servings  
5 

## Ingredients

- 250ml So Good Almond milk unsweetened
- 100g Black Chia Seeds
- 150g Rule 1 Vanilla Ice Cream Protein Powder
- 250g Strawberries
- 50g Queen Sugar Free Maple Syrup
- 500g YoPro Strawberry Yoghurt
- 50g Arnott's Nice Biscuits

## Cooking Instructions

### Step 01.

Dice **strawberries** into small cubes.

### Step 02.

In a bowl, whisk **almond milk**, protein powder and maple syrup.

### Step 03.

Stir through **chia seeds**.

### Step 04.

Fold through diced strawberries.

### Step 05.

Divide into 5 glass containers.

### Step 06.

Place chia puddings in the fridge and chill for 4 hours minimum.

### Step 07.

Place **Nice biscuits** in a ziplock bag and crush them with a rolling pin.

### Step 08.

Place crushed biscuits on top of chia pudding 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.

# CHICK-FIL-A

## Egg White Grill Fakeaway

BREAKFAST 

TOTAL CALORIES  
335

Protein  
42g

Fats  
8g

Carbs  
21g

Fibre  
3g



Prep Time  
5 minutes



Cook Time  
15 minutes



Servings  
5



## Ingredients

- 500g Egg Whites
- 500g Chicken Breast
- 5 Tip Top Wholemeal English Muffins (335g)
- 100g Dairyworks Cheddar Cheese Burger Slices
- 5g salt
- 5g pepper
- 5ml Lemon Juice
- 5ml Olive oil spray

## Cooking Instructions

### Step 01.

Slice **chicken breast** into 5 thin fillets.

### Step 02.

Season with **Lemon Juice, Salt, and Pepper.**

### Step 03.

Spray pan with **oil** and cook chicken 5 mins each side.

### Step 04.

Remove chicken from the pan and pour in **egg whites**. Cook for 5 minutes or until cooked, and slice into five strips.

### Step 05.

Cut **muffin** in half and assemble.

### Step 06.

Wrap the muffin in baking paper and then foil. Refrigerate for 5 days or freeze for 3 months.

### Reheat method:

**From fresh:** in the sandwich press or in the microwave for 90 seconds.

**From frozen:** Defrost for 24 hours before heating.

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# Apple Crumble Baked Oats

BREAKFAST 

TOTAL CALORIES  
559

Protein  
39g

Fats  
25g

Carbs  
40g

Fibre  
7g

V



Prep Time  
10 minutes



Cook Time  
20 minutes



Servings  
5



## Ingredients

- 275g rolled oats
- 150g Rule 1 Vanilla Ice Cream Protein Powder
- 500ml So Good Unsweetened Almond Milk
- 250g Eggs
- 385g Woolworths Apple Slices Pie Fruit
- 10g Cinnamon
- 50g Queen Sugar Free Maple Syrup
- 40g Mainland Organic Spreadable Butter Tub
- 50g Noya Almond Butter

## Cooking Instructions

### Step 01.

Preheat the oven to 180°C fan forced.

### Step 02.

Mix **all of the ingredients** except the almond butter together in a large mixing bowl.

### Step 03.

Divide between 5 different oven proof glass containers.

### Step 04.

Place containers in the oven and cook for 20 minutes, until set and golden.

### Step 05.

Top each dish with **10g of almond butter**.

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Scan or type the barcode into your app



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# Bacon and Avocado Omelette Bowl

BREAKFAST 

TOTAL CALORIES  
264


Protein  
34g


Fats  
12g

Carbs  
7g

Fibre  
3g

GF

Prep Time  
10 minutes 

Cook Time  
15 minutes 

Servings  
5 

## Ingredients

- 1000g Egg Whites
- 150g Primo Shortcut Bacon
- 200g Bulla Cottage Cheese
- 2.5g Salt
- 2.5g Pepper
- 200g Avocado
- 15g Mingle Everything Bagel All-Natural Seasoning
- 5g Olive Oil Spray

## Cooking Instructions

### Step 01.

Preheat the oven to 180°C fan forced.

### Step 02.

Spray 5 oven proof glass containers with **Olive Oil Spray**.

### Step 03.

**Dice bacon** into small pieces.

### Step 04.

Mix **egg whites, cottage cheese, salt and pepper**.

### Step 05.

Fold **bacon** through mixture.

### Step 06.

Pour into containers.

### Step 07.

Bake or air fry at 180°C for 15 mins.

### Step 08.

Top each bowl with **avocado and bagel seasoning**.

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# Main Meal

Recipes

# Creamy Gochujang Noodles

MAIN MEAL



TOTAL CALORIES  
561

Protein  
37g

Fats  
9g

Carbs  
81g

Fibre  
2g



Prep Time  
10 minutes



Cook Time  
15 minutes



Servings  
4



## Ingredients

- 400g Wu Mu Hand Pulled Noodles
- 500g Extra Lean Beef Mince
- 150g Bulla Cottage Cheese
- 40g Ottogi Gochujang
- 20ml Ayam Light Soy Sauce
- 15ml Rice Wine Vinegar
- 20ml Queen Sugar Free Maple Syrup
- 10ml Water
- 40g Spring Onion
- 10g Sesame Seeds

## Cooking Instructions

### Step 01.

Thinly slice **spring onions**, separating white and green parts.

### Step 02.

Bring a large pot of water to the boil for the **noodles**.

### Step 03.

In a blender, add **cottage cheese, gochujang paste and water**. Blend until completely smooth and creamy. Set aside.

### Step 04.

In a small bowl, mix **soy sauce, rice wine vinegar, maple syrup** and the white parts of the **spring onion**. Set aside.

### Step 05.

Heat a large pan over medium-high heat and add **beef mince**. Break apart and cook until fully browned.

### Step 06.

Pour the sauce into the cooked beef. Stir briefly, then allow to cook for 2–3 minutes until slightly thickened and caramelised.

### Step 07.

At the same time, add **noodles** to boiling water and cook for 4 minutes.

### Step 08.

Before draining, reserve 125ml of the noodle water.

### Step 09.

Drain noodles and return to the pot.

### Step 10.

Pour over the creamy gochujang sauce and toss to coat, adding reserved water gradually until silky.

### Step 11.

Plate noodles and top with caramelised beef, remaining spring onion and sesame seeds.

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# Crispy Chicken Rice Paper Rolls

MAIN MEAL



TOTAL CALORIES  
402

Protein  
25g

Fats  
14g

Carbs  
39g

Fibre  
2g

DF

Prep Time  
15 minutes



Cook Time  
15 minutes



Servings  
5



## Ingredients

- 10 Valcom Rice Paper Sheets (approx 200g total)
- 500g Chicken Breast
- 100g Eggs
- 120g Kellogg's Cornflakes
- 150g Butter Lettuce
- 150g Cucumber
- 100g Kewpie Mayonnaise 50% Reduced Fat
- 5g Olive Oil Spray

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Slice **chicken breast** into thin, even strips.

### Step 02.

Place **cornflakes** into a bowl and crush into fine crumbs using your hands or a food processor.

### Step 03.

Crack **eggs** into a separate bowl and whisk until fully combined and smooth.

### Step 04.

Dip each piece of chicken into the whisked egg, ensuring it is fully coated.

### Step 05.

Transfer chicken into crushed cornflakes and press firmly to coat evenly on all sides.

### Step 06.

Place coated chicken into the air fryer basket in a single layer and lightly spray with **olive oil**.

### Step 07.

Air fry at 180°C for 12–15 minutes, turning halfway, until golden, crispy and cooked through.

### Step 08.

While chicken cooks, wash and shred **butter lettuce** into thin strips.

### Step 09.

Slice **cucumber** into thin sticks

### Step 10.

Fill a large bowl with **warm water**. Dip each rice paper sheet into water for 2–3 seconds until just softened.

### Step 11.

Place softened **rice paper** onto a clean flat surface.

### Step 12.

Add **shredded lettuce, julienned cucumber, crispy chicken** and drizzle with **kewpie mayo**.

### Step 13.

Fold the sides inward, then roll tightly from the bottom to form a secure wrap.

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# Marry Me Chicken Meatball Risotto

MAIN MEAL



TOTAL CALORIES  
490

Protein  
42g

Fats  
24g

Carbs  
31g

Fibre  
4g



Prep Time  
15 minutes



Cook Time  
20 minutes



Servings  
5



## Ingredients

- 500g Coles RSPCA Approved Chicken Breast Mince
- 8g salt
- 8g black pepper
- 3g sweet paprika
- 3g garlic powder
- 3g dried onion flakes
- 30g Essentials Breadcrumbs
- 50g egg
- 10g fresh basil
- 10ml olive oil
- 10g unsalted butter
- 12g garlic cloves
- 100g Brown onion
- 200g Woolworths Arborio Risotto Rice
- 5g dried oregano
- 30g Essentials Tomato Paste
- 600ml Maggie Beer Chicken Bone Broth
- 250ml Woolworths Light Thickened Cream
- 100g Byrne Co Sundried Tomato Halves
- 10ml lemon juice
- 60g Woolworths Shaved Parmesan
- 2g chilli flakes (optional)

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## Cooking Instructions

### Step 01.

Finely chop **brown onion**, **mince garlic**, **chop basil**, and **sun-dried tomatoes**. Set aside.

### Step 02.

In a large bowl, add **chicken mince**, **breadcrumbs**, **egg** and **chopped basil**.

### Step 03.

Add **3g salt**, **3g black pepper**, **3g sweet paprika**, **3g garlic powder**, and **3g dried onion**.

### Step 04.

Using clean hands, mix until just combined.

### Step 05.

Roll mixture into small meatballs (approx 30g each) to make 16–18 meatballs.

### Step 06.

Heat **olive oil** and **butter** in a large deep pan over medium heat.

### Step 07.

Add meatballs and cook, turning, until browned on all sides (not fully cooked). Remove and set aside.

### Step 08.

In the same pan, add **chopped onion and garlic**, cook for 2 minutes until fragrant.

### Step 09.

Add **Arborio rice** and stir for 1 minute to lightly toast.

### Step 10.

Add **5g salt**, **5g black pepper**, **5g dried oregano**, **tomato paste** and **bone broth**.

### Step 11.

Reduce heat to low and simmer uncovered for 8–10 minutes, stirring occasionally, until Arborio rice is almost cooked and liquid mostly absorbed.

### Step 12.

Pour in **cream** (250ml), then add **sun-dried tomatoes and basil**. Stir to combine.

### Step 13.

Add **lemon juice** (10ml) and **grated parmesan** (60g), stirring until creamy.

### Step 14.

Return meatballs to the pan, nestling them into the risotto. Cover and simmer for 5 minutes until meatballs are fully cooked through.

### Step 15.

Finish with **chilli flakes**.

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# Easy Sticky Beef Ramen

MAIN MEAL



TOTAL CALORIES  
383

Protein  
31g

Fats  
13g

Carbs  
32g

Fibre  
4g

DF

Prep Time  
15 minutes



Cook Time  
17 minutes



Servings  
1



## Ingredients

- 70g Ayam Instant Noodles
- 120g Extra Lean Beef Mince
- 100g Woolworths Carrots Peas & Corn
- 20ml Ayam Light Soy Sauce
- 10ml Honey

## Cooking Instructions

### Step 01.

Bring a small pot of water to the boil for the noodles.

### Step 02.

Add **ramen noodles** to boiling water and cook for 2–3 minutes until just tender. Drain and set aside.

### Step 03.

Heat a non-stick pan over medium-high heat and add **beef mince**.

### Step 04.

Break mince apart using a spoon and cook until browned and fully cooked through.

### Step 05.

Add **peas, carrot, and corn** to the pan. Stir and cook for 2–3 minutes until softened.

### Step 06.

Add **soy sauce and honey**, stirring to coat the beef and vegetables.

### Step 07.

Add **cooked noodles** to the pan and toss everything together until well combined.

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# Crispy Rice Greek Chicken Bowl

MAIN MEAL



TOTAL CALORIES  
495

Protein  
35g

Fats  
19g

Carbs  
44g

Fibre  
2g



Prep Time  
15 minutes



Cook Time  
40 minutes



Servings  
5



## Ingredients

- 500g Woolworths Microwave Jasmine Rice
- 10ml Ayam Light Soy Sauce
- 15g Mingle Greek Garlic Seasoning
- 20ml Olive Oil
- 600g Chicken Thigh
- 2.5g Salt
- 2.5g Black Pepper
- 350g Cucumber
- 250g Cherry Tomatoes
- 100g Red Onion
- 80g Woolworths Pitted Kalamata Olives
- 100g Woolworths Greek Style Fetta
- 150g Chobani Greek Yoghurt Natural Light Plain
- 20ml Lemon Juice
- 10g Garlic Cloves
- 10ml Honey

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Preheat oven to 200°C and line two trays with baking paper.

### Step 02.

In a large bowl, add **jasmine rice**. Pour over **soy sauce, olive oil** and **5g Greek seasoning**. Toss well until evenly coated.

### Step 03.

Spread **rice** onto a tray in a thin layer. Bake for 30-40 minutes, tossing halfway, until golden and crispy. Set aside.

### Step 04.

While rice cooks, trim **chicken thighs** and slice into even portions. Season chicken with remaining **Greek seasoning, salt, black pepper**.

### Step 05.

Place chicken onto a lined tray and roast for 25-30 minutes, or until cooked through and golden.

### Step 06.

Remove chicken and slice into strips.

### Step 07.

**Dice cucumber (300g), halve cherry tomatoes (250g), thinly slice red onion (100g), and crumble feta (100g).**

### Step 08.

For dressing, finely dice remaining **cucumber** and **mince garlic**.

### Step 09.

In a bowl, combine **Greek yoghurt, cucumber, lemon juice, garlic** and **honey**. Mix until smooth. Season with **salt and black pepper**.

### Step 10.

In a large bowl or meal prep containers, add **salad, crispy rice** and **sliced chicken**.

Drizzle over **dressing** and toss gently to combine or keep separate for meal prep.

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# Chicken Fajita Mac and Cheese

MAIN MEAL



TOTAL CALORIES  
535

Protein  
51g

Fats  
17g

Carbs  
45g

Fibre  
2g



Prep Time  
15 minutes



Cook Time  
20 minutes



Servings  
5



## Ingredients

- 750g Chicken Breast
- 5g Salt
- 2g Dried Oregano
- 3g Garlic Powder
- 3g Onion Powder
- 3g Paprika
- 3g Cumin
- 10ml Olive Oil
- 45ml Lime Juice
- 20g Mainland Buttersoft Pure Butter Tub Salted
- 75g White Onion
- 75g Red Onion
- 75g Red Capsicum
- 75g Green Capsicum
- 280ml Woolworths Lite Milk
- 150g Woolworths Spreadable Light Cream Cheese
- 35g Light Cheddar Cheese
- 35g Mozzarella
- 250g Woolworths Pasta Macaroni

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## Cooking Instructions

### Step 01.

Finely dice **white onion, red onion, red capsicum, and green capsicum**. Set aside.

### Step 02.

In a small bowl, combine **salt, oregano, garlic powder, onion powder, paprika, and cumin**.

### Step 03.

Cut **chicken breast** into even bite sized cubes.

### Step 04.

In a bowl, add **chicken**, 0.8 of the seasoning mix, **olive oil**, and **lime juice**. Mix well to coat evenly.

### Step 05.

Heat a large pan over medium-high heat and add **butter**.

### Step 06.

Add marinated chicken and cook for 6-8 minutes, stirring occasionally, until browned and cooked through. Remove and set aside.

### Step 07.

Bring a large pot of water to the boil and cook **macaroni** according to packet instructions. Drain and set aside.

### Step 08.

In the same pan, add **diced onion and capsicum**. Cook for 3-4 minutes until softened.

### Step 09.

Add remaining **spice mix** and pour in **milk** and bring to a gentle simmer.

### Step 10.

Add **cream cheese, cheddar, and mozzarella** and stir until melted and smooth.

### Step 11.

Add cooked macaroni and cooked chicken back into the pan. Toss until evenly coated.

### Step 12.

Finish with **lime juice** and mix through.

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# Lazy Chicken Ravioli Bake

## Easy Eats

MAIN MEAL



TOTAL CALORIES  
690

Protein  
46g

Fats  
19g

Carbs  
44g

Fibre  
3g



Prep Time  
10 minutes



Cook Time  
25 minutes



Servings  
5



## Ingredients

- 325g Rana Fresh Ricotta & Spinach Ravioli
- 500g Woolworths Country Style Hot Roast Chicken
- 500g Dolmio Extra Tomato Onion & Roast Garlic Pasta Sauce
- 500g Woolworths Creamed Cottage Cheese
- 100g Woolworths Mozzarella Shredded Cheese

## Cooking Instructions

### Step 01.

Preheat oven to 180°C and lightly grease a baking dish.

### Step 02.

Shred **roast chicken breast** into small pieces using hands or a fork.

### Step 03.

In a bowl, combine **shredded chicken** with **pasta sauce** and mix well.

### Step 04.

Bring a pot of water to the boil and cook **ravioli** for 3–4 minutes until just tender. Drain well.

### Step 05.

Spread half of the chicken and sauce mixture across the base of the baking dish.

### Step 06.

Add a layer of cooked ravioli evenly over the top.

### Step 07.

Spoon half of the **cottage cheese** over the ravioli and spread gently.

### Step 08.

Sprinkle over half of the **mozzarella**.

### Step 09.

Repeat layers: remaining chicken mixture, ravioli, cottage cheese, mozzarella.

### Step 10.

Bake for 20–25 minutes until cheese is melted and golden.

### Step 11.

Allow to rest for 5 minutes before serving.

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Scan or type the barcode into your app



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# Lasagna Loaded Spuds

MAIN MEAL



TOTAL CALORIES  
703

Protein  
49g

Fats  
35g

Carbs  
52g

Fibre  
1g



Prep Time  
15 minutes



Cook Time  
70 minutes



Servings  
5



## Ingredients

- 5 Large Baking Potatoes (approx 1kg total)
- 5g Olive Oil Spray
- 7g Salt
- 5g Black Pepper
- 75g Mainland Buttersoft Pure Butter Tub Salted
- 500g Extra Lean Mince
- 500g Macro Organic Pasta Sauce Chunky Bolognese
- 100g Brown Onion
- 50g Plain Flour
- 625ml Woolworths Lite Milk
- 100g Woolworths Light Tasty Shredded Cheese
- 50g Woolworths Shaved Parmesan
- 100g Woolworths Mozzarella Cheese

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Scan or type the barcode into your app



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## Cooking Instructions

### Step 01.

Preheat air fryer to 180°C (or oven to 200°C).

### Step 02.

Wash **potatoes** thoroughly and pat dry. Pierce each potato several times using a fork, spray with olive oil and rub to coat evenly. Season with 5g salt and 2g black pepper.

### Step 03.

Air fry at 180°C for 45 minutes, then cook an additional 10 minutes until crispy. (Oven option: bake 60 minutes until soft inside and crispy outside)

### Step 04.

In a saucepan, melt **butter (25g)** over medium heat. Add **flour** and whisk continuously for 1 minute to form a paste.

### Step 05.

Gradually pour in **milk**, whisking constantly to avoid lumps. Season with **2g salt and 3g pepper**.

### Step 06.

Add **mince** to a non-stick pan and cook until browned. Add **pasta** sauce and simmer for 5 minutes.

### Step 07.

Remove cooked **potatoes** and carefully slice open down the centre.

### Step 08.

Using a fork, mash the inside of each potato lightly. Add 10g **butter** into each potato and mix through the fluffy centre. Place potatoes into a large baking dish.

### Step 09.

Spoon **1 tablespoon (approx 20g) béchamel** into each potato and mix gently.

Continue on the next page →

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# Lasagna Loaded Spuds

MAIN MEAL



TOTAL CALORIES  
703

Protein  
49g

Fats  
35g

Carbs  
52g

Fibre  
1g



Prep Time  
15 minutes



Cook Time  
70 minutes



Servings  
5



## Ingredients

- 5 Large Baking Potatoes (approx 1kg total)
- 5g Olive Oil Spray
- 7g Salt
- 5g Black Pepper
- 75g Mainland Buttersoft Pure Butter Tub Salted
- 500g Extra Lean Mince
- 500g Macro Organic Pasta Sauce Chunky Bolognese
- 100g Brown Onion
- 50g Plain Flour
- 625ml Woolworths Lite Milk
- 100g Woolworths Light Tasty Shredded Cheese
- 50g Woolworths Shaved Parmesan
- 100g Woolworths Mozzarella Cheese

## Cooking Instructions

### Step 10.

Spoon **bolognese** evenly into each potato.

### Step 11.

Pour over extra **béchamel** sauce.

### Step 12.

Sprinkle **mozzarella (200g total across all)**.

### Step 13.

Bake at 180°C for 10–12 minutes until cheese is melted and golden.

OR

Air fry at 180°C for 4–5 minutes until bubbly.

### Step 14.

Serve hot.

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Scan or type the barcode into your app



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# Tofu & Rice With Curry Sauce

MAIN MEAL



TOTAL CALORIES  
665

Protein  
25g

Fats  
33g

Carbs  
54g

Fibre  
9g

DF, VG, V

Prep Time  
15 minutes



Cook Time  
15 minutes



Servings  
5



## Ingredients

- 250g Jasmine Rice (uncooked)
- 500g Pak Choy
- 10g Nuttelex Buttery Table Spread
- 675g Macro firm tofu
- 150g Lemon
- 15g Minced Garlic
- 10g Crushed Ginger
- 10g Cornflour
- 270ml Ayam Light Coconut Milk
- 270ml Ayam Light Coconut Cream
- 35ml ABC Kecap Manis Sweet Soy Sauce
- 15g WholeEarth Stevia
- 2.5g Onion Powder
- 5g Keen's Curry Powder
- 45g Valcom Paste Yellow Curry

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Cook **jasmine rice** (250g uncooked) according to packet instructions. Set aside.

### Step 02.

Bring a pot of **water** to the boil and set up a steamer.

### Step 03.

Trim and wash **pak choy**, then steam for 2–3 minutes until just tender. Remove and set aside.

### Step 04.

Drain **tofu** and pat dry thoroughly using paper towel.

### Step 05.

Slice tofu into bite sized cubes.

### Step 06.

In a bowl, lightly toss tofu with **cornflour** to coat evenly.

### Step 07.

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

### Step 08.

Cook tofu for 6–8 minutes, turning until golden on all sides. Remove and set aside.

### Step 09.

Finely zest and **juice lemon (150g)**, reserving juice.

### Step 10.

In a saucepan, heat **nuttelex** over medium heat.

### Step 11.

Add crushed **garlic** and **ginger**, cooking for 30 seconds until fragrant.

### Step 12.

Stir in **curry paste, onion powder and curry powder**, cooking for 30 seconds.

### Step 13.

Add **coconut milk, coconut cream, kecap manis, and stevia**. Stir until smooth.

### Step 14.

Simmer on low heat for 1–2 minutes until slightly thickened, then add **lemon juice** to taste.

### Step 15.

Add cooked tofu back into the sauce and toss to coat. Serve with rice and pak choy.

**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.

# Slow Cooker Beef & Black Bean

MAIN MEAL



TOTAL CALORIES  
487

Protein  
31g

Fats  
8g

Carbs  
70g

Fibre  
6g

DF



Prep Time  
10 minutes



Cook Time  
6 Hours



Servings  
5



## Ingredients

- 500g Woolworths Beef Stir Fry
- 20g Cornflour
- 150g Brown Onion
- 150g Capsicum
- 10g Garlic
- 20g Ginger
- 200ml Ayam Black Bean Sauce
- 30ml Ayam Light Soy Sauce
- 20ml Ayam Oyster Sauce
- 10ml Ayam Sesame Oil
- 100ml Water
- 420g Macro Organic Black Beans
- 3g Black Pepper
- 250g Uncooked Jasmine Rice

Log it in MyFitnessPal

Scan or type the barcode into your app



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## Cooking Instructions

### Step 01.

Add **beef** to a bowl and coat evenly with cornflour.

### Step 02.

Thinly slice **onion and capsicum** into strips.

### Step 03.

Drain and rinse **black beans** thoroughly.

### Step 04.

Add **beef, onion, capsicum and black beans** into the slow cooker.

### Step 05.

Crush **ginger and garlic**, add into the slow cooker.

### Step 06.

Pour in **black bean sauce, soy sauce, oyster sauce, sesame oil, and water**.

### Step 07.

Season with **black pepper** and mix well to combine.

### Step 08.

Cook on LOW for 5–6 hours or HIGH for 3–4 hours until beef is tender.

### Step 09.

In the last 30 minutes, stir gently to allow sauce to thicken and coat everything.

### Step 10.

Cook **jasmine rice** according to packet instructions.

### Step 11.

Serve beef and black bean over 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.

# Slow Cooker Chicken Cacciatore

MAIN MEAL



TOTAL CALORIES  
475

Protein  
38g

Fats  
13g

Carbs  
50g

Fibre  
3g

DF



Prep Time  
15 minutes



Cook Time  
6 Hours



Servings  
5



## Ingredients

- 700g Chicken Thigh
- 150g Brown Onion
- 150g Capsicum
- 200g Mushrooms
- 10g Garlic
- 410g Leggo's Australian Grown Crushed Tomatoes
- 100g Essentials Tomato Paste
- 150ml Good Bones Organic Bone Broth Chicken
- 80g Woolworths Pitted Kalamata Olives
- 10ml Olive Oil
- 5g Dried Oregano
- 5g Dried Basil
- 3g Salt
- 2g Black Pepper
- 250g Blu Gourmet Pearl Couscous (uncooked)
- 500ml Water

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Thinly slice onion, capsicum and mushrooms.

### Step 02.

Trim chicken thighs and leave whole or cut into large chunks.

### Step 03.

Add onion, capsicum, mushrooms and olives into the slow cooker.

### Step 04.

Crush garlic and add into the slow cooker.

### Step 05.

Place chicken on top of vegetables.

### Step 06.

Pour in crushed tomatoes, tomato paste, and chicken broth.

### Step 07.

Season with oregano, basil, salt, and black pepper. Stir gently to combine.

### Step 08.

Cook on LOW for 5–6 hours or HIGH for 3–4 hours until chicken is tender.

### Step 09.

Bring water to the boil in a saucepan.

### Step 10.

Add Pearl Couscous and cook for 8–10 minutes until tender. Drain if needed.

### Step 11.

Serve chicken cacciatore over couscous.

**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.

# Prawns Saganaki

## Easy Eats

MAIN MEAL



TOTAL CALORIES  
427

Protein  
46g

Fats  
14g

Carbs  
26g

Fibre  
7g



Prep Time  
10 minutes



Cook Time  
10 minutes



Servings  
5



## Ingredients

- 750g Raw Prawns, peeled and deveined
- 750g Leggo's Australian Grown Crushed Tomatoes
- 250g Cherry Tomatoes
- 150g Woolworths Greek Style Fetta
- 50g Red Onion
- 25g Garlic
- 25ml Olive Oil
- 10g Dried Oregano
- 5g Salt
- 3g Black Pepper
- 312.5g Woolworths Rustic White Sourdough Loaf

## Cooking Instructions

### Step 01.

Thinly slice **red onion**, halve **cherry tomatoes**, and **crush garlic**.

### Step 02.

Heat **olive oil** in a large pan over medium heat.

### Step 03.

Add **onion and garlic**, cooking for 2–3 minutes until softened and fragrant.

### Step 04.

Add **crushed tomatoes and cherry tomatoes**, stirring to combine.

### Step 05.

Season with **oregano, salt, and black pepper**.

### Step 06.

Simmer for 5–6 minutes until slightly thickened.

### Step 07.

Add **prawns** and cook for 4–5 minutes until pink and cooked through.

### Step 08.

Crumble **fetta** evenly over the top and allow to soften slightly.

### Step 09.

Serve hot with toasted **sourdough** for dipping.

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.

# Pesto Chicken & Cheese Melt

## Easy Eats

MAIN MEAL



TOTAL CALORIES  
495

Protein  
30g

Fats  
14g

Carbs  
49g

Fibre  
3g



Prep Time  
5 minutes



Cook Time  
5 minutes



Servings  
1



## Ingredients

- 80g Coles Stone Baked By Laurent Turkish Rolls
- 100g Mt Barker Free Range Roasted Carved Chicken Breast
- 10g Woolworths Pesto Basil
- 50g Bulla Cottage Cheese
- 20g Woolworths Mozzarella Cheese
- 20g Baby Spinach

## Cooking Instructions

### Step 01.

Pre-heat sandwich press.

### Step 02.

Slice **Turkish roll** in half horizontally.

### Step 03.

Shred **chicken** into small pieces using hands or a fork.

### Step 04.

In a bowl, combine **chicken, cottage cheese and pesto**. Mix until creamy and well combined.

### Step 05.

Spoon chicken mixture evenly onto the base of the roll.

### Step 06.

Top with **spinach** and sprinkle over **mozzarella**.

### Step 07.

Place top half of roll on and press down gently.

### Step 08.

Place into a sandwich press and cook for 4–6 minutes until golden and cheese is melted.

### Step 09.

Slice and serve hot.

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.

# Chicken & Cranberry Turkish Melt

## Easy Eats

MAIN MEAL



TOTAL CALORIES  
484

Protein  
30g

Fats  
9g

Carbs  
57g

Fibre  
3g



Prep Time  
5 minutes



Cook Time  
5 minutes



Servings  
1



## Ingredients

- 80g Coles Stone Baked by Laurent Turkish Roll
- 100g Mt Barker Free Range Roast Chicken Breast
- 20g Beerenberg Cranberry Sauce
- 50g Bulla Cottage Cheese
- 20g Woolworths Mozzarella Cheese
- 20g Baby Spinach

## Cooking Instructions

### Step 01.

Slice **Turkish roll** in half horizontally.

### Step 02.

Shred **chicken** into small pieces using hands or a fork.

### Step 03.

In a bowl, combine **shredded chicken and cottage cheese**. Mix until creamy.

### Step 04.

Spread **cranberry sauce** evenly over the base of the roll.

### Step 05.

Spoon chicken mixture on top.

### Step 06.

Place **spinach and mozzarella** on top of chicken mixture.

### Step 07.

Place top half of roll on and press gently.

### Step 08.

Cook in a sandwich press for 4–6 minutes until golden and cheese is melted.

### Step 09.

Slice and serve hot.

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 Gochujang Tuna Rice Bowl

## Easy Eats

MAIN MEAL



TOTAL CALORIES  
470

Protein  
31g

Fats  
13g

Carbs  
55g

Fibre  
3g

GF, DF



Prep Time  
3 minutes



Cook Time  
2 minutes



Servings  
1



## Ingredients

- 125g Sunrice Jasmine Rice Cup
- 95g John West Tuna Chunks In Springwater, drained
- 15g O'Food Korean Gochujang
- 15g Kewpie Mayonnaise 50% Reduced Fat
- 80g Woolworths Finely Shredded Coleslaw
- 5g Sesame Seeds

## Cooking Instructions

### Step 01.

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

### Step 02.

Drain **tuna** thoroughly and place into a bowl.

### Step 03.

Add **gochujang paste and kewpie mayo** to tuna and mix well.

### Step 04.

Place hot rice into a serving bowl.

### Step 05.

Top with creamy tuna mixture.

### Step 06.

Add **coleslaw** mix over the top.

### Step 07.

Sprinkle with **sesame seeds**.

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

# Apricot Yoghurt Bowl

TOTAL CALORIES  
368

Protein  
28g

Fats  
3g

Carbs  
53g

Fibre  
4g

V, GF



Prep Time  
5 minutes



Servings  
1



## Ingredients

- 160g YoPro Vanilla
- 20g Muscle Nation Custard
- 60g Turkish Dried Apricots

## Cooking Instructions

### Step 01.

Add **YoPro** to a bowl.

### Step 02.

Add **custard powder** and mix until a thick consistency.

### Step 03.

Chop **dried apricots** and add them to the top of the yoghurt bowl.

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.

# Malteser Style Pudding

TOTAL CALORIES  
230

Protein  
29g

Fats  
4g

Carbs  
13g

Fibre  
1g

V, GF



Prep Time  
2 minutes



Chill Time  
30 Minutes



Servings  
1



## Ingredients

- 160g Paul's Chocolate Pudding
- 20g FreshLife Soy Protein Crisps
- 10g Noshu 95% Sugar Free Choc Baking Chips
- 10ml Lite Milk

## Cooking Instructions

### Step 01.

Add **chocolate and milk** to a small bowl.

### Step 02.

Microwave in 10 second increments, until melted.

### Step 03.

Top **pudding** with **protein crisps**.

### Step 04.

Top with **melted chocolate**.

### Step 05.

Refrigerate for 30 minutes until chocolate is set.

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.

# Weetbix Cups

TOTAL CALORIES  
209


Protein  
7g


Fats  
12g

Carbs  
13g

Fibre  
2g

V, VG

Prep Time  
10 minutes 

Freeze Time  
1 Hour 

Servings  
6 

## Ingredients

- 6 x Weetbix (90g)
- 90g Mayvers Peanut Butter
- 60ml Queen Sugar Free Maple Syrup
- 60g Noshu 95% Sugar Free Choc Baking Chips
- 2g Maldon Salt Flakes

## Cooking Instructions

### Step 01.

In a bowl crush **Weetbix** into a crumb.

### Step 02.

Add **peanut butter and maple syrup** to the bowl and combine.

### Step 03.

Melt **chocolate chips** in the microwave in 10 second increments.

### Step 04.

Press the weetbix mix into the bottom of 6 **patty pans**.

### Step 05.

Top each base with **melted chocolate and salt flakes**.

### Step 06.

Place in the freezer for 1 hour.

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.

# Viral Pickle Dip

TOTAL CALORIES  
**143**

Protein  
**9g**

Fats  
**5g**

Carbs  
**9g**

Fibre  
**0g**

V, GF

Prep Time  
**10 minutes**



Chill Time  
**60 Minutes**



Servings  
**6**



## Ingredients

- 680g Always Fresh Cucumbers Dill
- 50ml Always fresh cucumber juice
- 10g Fresh Jalapeño
- 25g Spring Onion
- 120g Chobani Greek Yoghurt Natural Light Plain
- 120g Woolworths Light Sour Cream
- 115g Woolworths Light Cream Cheese
- 55g Woolworths Light Tasty Shredded Cheese
- 5ml Franks Hot Sauce
- 15g Mingle Garlic & Dill Ranch Seasoning

Log it in MyFitnessPal

Scan or type the barcode into your app



## Cooking Instructions

### Step 01.

Drain **pickles** well, then finely dice into small pieces.

### Step 02.

Finely slice **jalapeño**, removing seeds if you want less heat.

### Step 03.

Thinly slice **spring onion**.

### Step 04.

In a large bowl, add **cream cheese** and soften slightly (microwave 10–15 seconds if needed).

### Step 05.

Add **Greek yoghurt, sour cream and pickle juice**, then mix until smooth and creamy.

### Step 06.

Stir through **ranch seasoning** and hot sauce.

### Step 07.

Fold through **diced pickles, jalapeño and spring onion**.

### Step 08.

Add **shredded cheese** and mix until evenly combined.

### Step 09.

Chill in the fridge for at least 30–60 minutes to thicken and develop flavour.

**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 and Cheese Bites


TOTAL CALORIES  
267

Protein  
16g

Fats  
8g

Carbs  
30g

Fibre  
1g

Prep Time  
10 minutes 

Cook Time  
22 Minutes 

Servings  
5 

## Ingredients

- 200g Self-Raising Flour
- 200g Chobani Greek Yoghurt Natural Light Plain
- 120g Woolworths Shredded Mozzarella
- 100g The Deli Ham Off The Bone
- 80g Woolworths Pizza Sauce Squeeze Bottle
- 2g Salt
- 5g Olive Oil Spray

## Cooking Instructions

### Step 01.

Preheat oven to 180°C and line a tray with **baking paper**.

### Step 02.

Dice **ham** into small bite-sized pieces.

### Step 03.

In a large bowl, add **flour and salt**.

### Step 04.

Add **Greek yoghurt** and mix until a dough forms.

### Step 05.

Lightly **flour** a surface and knead dough for 2–3 minutes until smooth.

### Step 06.

Roll dough into a ball and cut into 10 pieces.

### Step 07.

Roll into individual balls.

### Step 08.

Top balls with **pizza sauce, ham, and mozzarella**.

### Step 09.

Place onto tray and lightly spray with **olive oil**.

### Step 10.

Bake for 18–22 minutes or until golden and cooked through.

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.

# Chicken & Cheese Toastie

TOTAL CALORIES  
284

Protein  
27g

Fats  
9g

Carbs  
23g

Fibre  
4g



Prep Time  
5 minutes



Cook Time  
6 Minutes



Servings  
1



## Ingredients

- 40g Wholemeal Tip Top Sandwich Thin
- 80g Mt Barker Free Range Roasted Carved Chicken Breast
- 15g Woolworths Mozzarella
- 30g Woolworths Cottage Cheese
- 5g Mingle Garlic & Dill Ranch Seasoning
- 2.5g Olive Oil Spray

## Cooking Instructions

### Step 01.

Shred **roast chicken** into small pieces using hands or a fork.

### Step 02.

In a bowl, combine **shredded chicken, cottage cheese and ranch seasoning**. Mix well until creamy.

### Step 03.

Slice **sandwich thin** in half.

### Step 04.

Spoon chicken mixture evenly onto one side.

### Step 05.

Sprinkle **mozzarella** over the top.

### Step 06.

Close sandwich and cook in a sandwich press for 4–6 minutes, flipping if using a pan, until golden and cheese is melted.

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.