



April 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

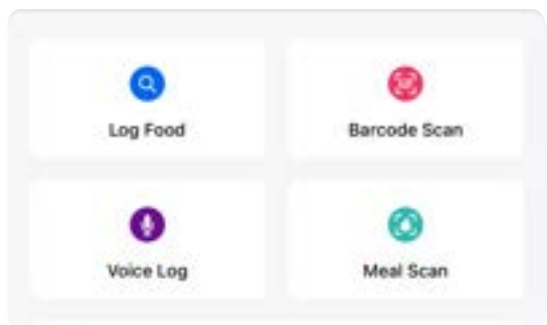
Step One

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

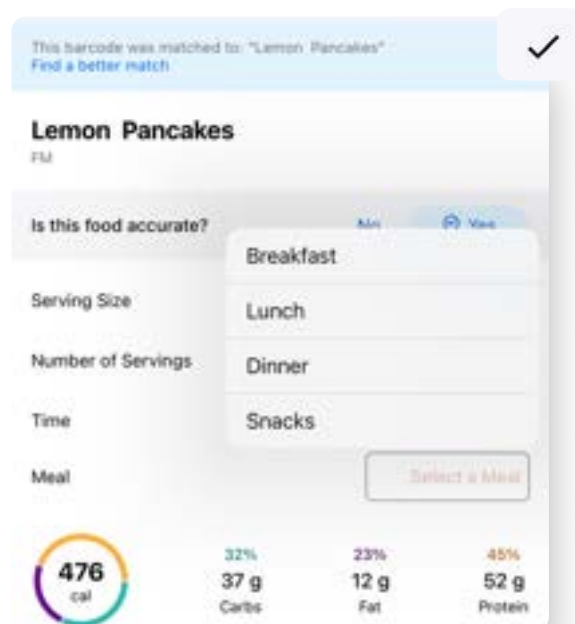


Reminder when scanning:

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

Easter Egg Custard Toast

BREAKFAST 

TOTAL CALORIES
275

Protein
15g

Fats
11g

Carbs
29g

Fibre
1g

V

Prep Time
5 minutes

Cook Time
10 minutes

Servings
1

Ingredients

- 23.5g slice Buttercup Country Split White Bread (Approx. 1 slice)
- 50g egg (Approx. 1 egg)
- 40g Chobani Light Plain Greek Yoghurt
- 5mL Queen Vanilla Extract
- 5g Queen Sugar Free Maple Syrup
- 16.6g Cadbury Dairy Milk Easter Egg (Approx 2 eggs)
- 2g Lakanto Monkfruit Sweetener Icing Powder

Cooking Instructions

Step 01.

Using the back of a spoon, press down the centre of the **bread slice** to create a shallow well.

Step 02.

In a bowl, whisk together **egg**, **Greek yoghurt**, **vanilla extract** and **maple syrup** until smooth.

Step 03.

Pour the custard mixture into the centre of the bread.

Step 04.

Sprinkle the chopped **Easter egg** pieces over the top.

Step 05.

Bake for 8-10 minutes in the air fryer for 180°C until the custard is set and lightly golden.

Step 06.

Dust with **icing sugar** and serve warm.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Malteser Overnight WeetBix

BREAKFAST 

TOTAL CALORIES
386

Protein
51g

Fats
6g

Carbs
32g

Fibre
7g

V

Prep Time
5 minutes 

Chill Time
Overnight 

Servings
5 

Ingredients

- 150g WeetBix biscuits (Approx 10 WeetBix)
- 250mL water
- 600g Yopro Vanilla Yoghurt
- 150g Bulk Nutrients WPI Chocolate
- 75g Freshlife Soy Protein Crisps
- 75g Noshu 95% Sugar Free Chocolate Baking Chips

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Scan or type the barcode into your app



Cooking Instructions

Step 01.

Divide the **WeetBix** evenly between 5 meal prep containers and crush using the back of a spoon until broken into small pieces.

Step 02.

Pour the **water** evenly across the containers and mix until the WeetBix softens and forms a thick base. Press the mixture evenly across the bottom.

Step 03.

In a large bowl, combine the **yoghurt** and **chocolate protein powder**, mixing until smooth and creamy.

Step 04.

Divide and spread the chocolate yoghurt mixture evenly over each WeetBix base.

Step 05.

Sprinkle the **soy protein crisps** evenly over each container.

Step 06.

Place the **chocolate chips** into a microwave safe bowl and microwave for 20 to 30 seconds, stirring until melted and smooth.

Step 07.

Drizzle the melted chocolate evenly over each container.

Step 08.

Cover and refrigerate overnight to set.

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Mini Egg Pancake Bowl

BREAKFAST 

TOTAL CALORIES
408


Protein
42g


Fats
8g

Carbs
42g

Fibre
3g

V, GF

Prep Time
5 minutes 

Cook Time
2 minutes 

Servings
1 

Ingredients

- 35g Woolworths Free From Gluten Self Raising Flour
- 30g Rule 1 Vanilla Whey Protein Powder
- 1g salt
- 50g egg (Approx. 1 egg)
- 50g YoPRO Vanilla Yoghurt
- 50mL So Good unsweetened almond milk
- 10g Cadbury Mini Eggs, roughly chopped
- 40g frozen strawberries
- 5g Queen Sugar Free Maple Syrup

Cooking Instructions

Step 01.

In a microwave safe glass container, combine the **self raising flour**, **protein powder** and **salt**, stirring to combine.

Step 02.

Add the **egg**, **yoghurt** and **almond milk**, then mix until a smooth batter forms.

Step 03.

Roughly chop the **mini eggs**, then sprinkle over the batter along with the **frozen strawberries**.

Step 04.

Drizzle the **maple syrup** over the top.

Step 05.

Microwave on high for 2 minutes, or until the pancake bowl is set and fluffy in the centre.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Mega Breaky Wrap

BREAKFAST 

TOTAL CALORIES
522

Protein
40g

Fats
26g

Carbs
32g

Fibre
11g



Prep Time
5 minutes 

Cook Time
10 minutes 

Servings
1 

Ingredients

- 50g Extra Lean Beef Mince
- 1.5g dried ground sage
- 1.5g dried thyme
- 3g onion powder
- 2g black pepper
- 2g salt
- 75g McCain Hash Browns
- 50g Short Cut Bacon
- 50g egg (Approx. 1 egg)
- 45g Simson's Pantry Low Carb High Protein (Approx. 1 wrap)
- 20g Fountain Barbecue BBQ Sauce Reduced Sugar
- 15g Woolworths Mozzarella Shredded Cheese

Cooking Instructions

Step 01.

In a bowl, combine the **beef mince, dried sage, dried thyme, onion powder, black pepper** and **salt**. Mix until evenly combined.

Step 02.

Shape the mixture into a flat breakfast patty.

Step 03.

Cook the **hash brown** for 8 minutes in an air fryer at 200°C until golden and crispy.

Step 04.

Heat a non stick frying pan over medium heat. Cook the beef patty for 3-4 minutes per side until browned and cooked through. Add the **bacon** to the pan and cook for 3 minutes, turning once until lightly crispy.

Step 05.

Crack the **egg** into the same pan and cook to your preferred doneness.

Step 06.

Warm the **wrap** in a microwave for 20 seconds.

Step 07.

Spread **barbecue sauce** over the wrap, then layer with the **mozzarella**, beef patty, hash brown, bacon and egg.

Step 08.

Fold the wrap tightly and serve.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Main Meal

Recipes

One Pot French Onion Pasta

MAIN MEAL



TOTAL CALORIES
507

Protein
33g

Fats
23g

Carbs
42g

Fibre
9g

V

Prep Time
10 minutes



Cook Time
20 minutes



Servings
5



Ingredients

- 450g medium brown onion, peeled and thinly sliced
- 15g garlic, finely diced
- 20g butter
- 10mL olive oil
- 1L Maggie Beer Chicken Bone Broth
- 300g Vetta SMART Protein Spaghetti Pasta
- 200mL light thickened cream
- 80g Woolworths Grated Mozzarella
- 30g parmesan cheese
- 2g salt
- 2g cracked black pepper
- 5g fresh thyme leaves, roughly chopped

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Peel the **brown onions**, cut them in half and thinly slice them into long strips. Finely dice the **garlic cloves**.

Step 02.

Heat a large deep frying pan or wide pot over medium heat and add the **butter** and **olive oil**.

Step 03.

Add the sliced onions and cook for 10–12 minutes, stirring occasionally, until soft, golden and caramelised.

Step 04.

Add the garlic and cook for 1 minute until fragrant.

Step 05.

Pour in the **chicken broth** and bring to a gentle simmer.

Step 06.

Add the **pasta** directly into the pan, pressing the pasta into the liquid so it is mostly submerged.

Step 07.

Cook for 10–12 minutes, stirring occasionally so the pasta doesn't stick, until the pasta is tender and the liquid has reduced slightly.

Step 08.

Stir in the **light cream**, **mozzarella** and **parmesan**, mixing until melted and creamy.

Step 09.

Season with **salt**, **cracked black pepper** and **thyme leaves**.

Step 10.

Cook for another 1–2 minutes until the sauce thickens and coats the pasta.

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Perinaise Chicken Salad

Easy Eats

MAIN MEAL



TOTAL CALORIES
289

Protein
34g

Fats
9g

Carbs
18g

Fibre
2g

GF



Prep Time
10 minutes



Cook Time
12 minutes



Servings
1



Ingredients

- 150g Chicken Breast
- 2g salt
- 2g cracked black pepper
- 2g garlic powder
- 5g Olive oil spray
- 40g iceberg lettuce
- 40g cucumber
- 50g cherry tomatoes
- 30g Woolworths Beetroot Sliced
- 30g Always Fresh Cucumbers Bread & Butter
- 20g red onion
- 20g carrot
- 15g Nando's Perinaise Sauce

Cooking Instructions

Step 01.

Season the **chicken breast** with **salt**, **cracked black pepper** and **garlic powder**. Lightly spray with **olive oil spray**.

Step 02.

Place the chicken into the air fryer basket and cook for 10-12 minutes at 200°C, turning halfway through, until cooked through and golden.

Step 03.

While the chicken cooks, roughly chop the **iceberg lettuce**, dice the **cucumber**, halve the **cherry tomatoes**, dice the **beetroot** and slice the **pickled cucumbers**.

Step 04.

Thinly slice the **red onion**, then peel and grate the **carrot**.

Step 05.

Add all prepared vegetables to a large salad bowl and mix to combine.

Step 06.

Once cooked, allow the chicken to rest for 2 minutes, then slice it into thin strips.

Step 07.

Add the sliced chicken to the salad and drizzle over the **Perinaise**.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Toasted Turkey Triangle Wrap

Easy Eats

MAIN MEAL



TOTAL CALORIES
382

Protein
27g

Fats
22g

Carbs
19g

Fibre
16g



Prep Time
5 minutes



Cook Time
4 minutes



Servings
1



Ingredients

- 70g Simson's Pantry Low Carb High Protein + Fibre Large Wrap
- 40g avocado
- 50g tomato
- 30g iceberg lettuce
- 10g Woolworths Mild American Mustard
- 80g Primo Turkey Breast Sliced
- 20g Woolworths Mozzarella Shredded Cheese
- 2.5g Olive oil spray

Cooking Instructions

Step 01.

Preheat a sandwich press.

Step 02.

Lay the **wrap** flat on a chopping board.

Step 03.

Using a knife, make one cut from the bottom edge of the wrap to the centre.

Step 04.

Slice the **avocado** and **tomato**, and shred the **lettuce**.

Step 05.

Spread the **mustard** evenly across the wrap.

Step 06.

Divide the wrap into four quarters. Place the **turkey** in the bottom left, **mozzarella** in the top left, tomato and lettuce in the top right, and avocado in the bottom right.

Step 07.

Starting at the cut edge, fold the bottom left section up, then across, then down to form a layered triangle.

Step 08.

Lightly spray with **olive oil** and place in the sandwich press. Toast for 3 to 4 minutes, or until golden and the cheese has melted.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Garlic Butter Steak & Parmesan Linguine

MAIN MEAL



TOTAL CALORIES
558

Protein
44g

Fats
22g

Carbs
46g

Fibre
2g



Prep Time
10 minutes



Cook Time
12 minutes



Servings
1



Ingredients

- 50g San Remo Linguine Pasta
- 150g beef rump steak
- 1g salt
- 1g cracked black pepper
- 10g butter
- 10g garlic
- 20ml light thickened cream
- 20g parmesan cheese
- 5g fresh parsley

Cooking Instructions

Step 01.

Bring a pot of water to the boil. Add the **linguine** and cook for 8 to 10 minutes, or until al dente. Drain and set aside.

Step 02.

Season the **steak** with **salt** and **cracked black pepper**.

Step 03.

Heat a non stick frying pan over high heat. Cook the steak for 2 to 3 minutes per side, depending on thickness, until browned. Remove from the pan and rest for 3 minutes, then slice thinly against the grain.

Step 04.

Reduce the heat to medium. In the same pan, add the **butter** and **garlic** and cook for 1 minute until fragrant.

Step 05.

Pour in the **cream** and stir, allowing the sauce to gently simmer.

Step 06.

Add the cooked linguine to the pan and toss to coat in the sauce.

Step 07.

Add the **parmesan** and mix until melted and combined.

Step 08.

Plate the pasta, top with the sliced steak, sprinkle with **parsley** and serve.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Smashed Potato Salad with Chicken

MAIN MEAL



TOTAL CALORIES
237

Protein
32g

Fats
5g

Carbs
16g

Fibre
2g

GF



Prep Time
15 minutes



Cook Time
30 minutes



Servings
5



Ingredients

- 800g Spudlite potatoes
- 10mL light taste olive oil
- 3g salt
- 3g cracked black pepper
- 600g chicken breast
- 2g salt
- 2g cracked black pepper
- 3g garlic powder
- 5g extra virgin olive oil spray

Salad

- 150g Chobani Light Greek yoghurt
- 20g Praise Whole Egg Light Mayonnaise
- 10g Your Condiment Co Dijon Mustard
- 20g Always Fresh Cucumbers Bread & Butter, chopped
- 10mL lemon juice
- 30g red onion, diced
- 10g fresh dill, finely chopped

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Preheat oven to 200°C and line a large tray with baking paper.

Step 02.

Place the **potatoes** into a saucepan of salted water and bring to the boil. Cook for 12–15 minutes until fork tender.

Step 03.

Drain the potatoes and place them onto the prepared baking tray. Using the bottom of a glass, gently smash each potato until flattened but still intact.

Step 04.

Drizzle the potatoes with **olive oil**, then season with **salt** and **cracked black pepper**.

Step 05.

Roast in the oven for 18–20 minutes until crispy and golden.

Step 06.

While the potatoes cook, season the **chicken breast fillets** with **salt**, **pepper** and **garlic powder**.

Step 07.

Spray lightly with **olive oil spray** and place into an air fryer at 200°C for 10–12 minutes, turning halfway through until cooked through.

Step 08.

Allow the chicken to rest for 3 minutes, then dice it into bite sized pieces.

Step 09.

In a large bowl combine the **Greek yoghurt**, **mayonnaise**, **Dijon mustard**, **lemon juice**, **chopped pickles**, diced **red onion** and **fresh dill**, stirring to make a creamy dressing.

Step 10.

Add the crispy smashed potatoes and diced chicken to the bowl and gently toss until coated in the dressing.

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Crispy Rice Salad

MAIN MEAL



TOTAL CALORIES
275

Protein
16g

Fats
11g

Carbs
28g

Fibre
7g

DF



Prep Time
15 minutes



Cook Time
25 minutes



Servings
5



Ingredients

- 250g Essentials Long Grain Rice
- 30mL Ayam sesame oil
- 40mL Ayam Light Soy Sauce
- 400g Macro Firm Tofu
- 2g salt
- 10g cornflour
- 100g cucumber
- 40g spring onion
- 120g carrot
- 10g fresh coriander, roughly chopped
- 150g Edgell Edamame Beans
- 15mL rice vinegar
- 15g honey
- 5g fresh ginger, grated
- 5g garlic, finely diced
- 5mL sriracha

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Cook the **rice** according to packet instructions. Once cooked, spread onto a tray and allow to cool slightly.

Step 02.

Preheat the oven to 200°C and line a large tray with baking paper.

Step 03.

Drizzle the rice with **5mL sesame oil** and **5mL soy sauce**, then toss to coat.

Step 04.

Spread the rice evenly over the tray and bake for 18 to 20 minutes, stirring halfway, until golden and crispy.

Step 05.

While the rice cooks, drain the **tofu** and cut into 2cm cubes.

Step 06.

Place the tofu in a bowl and toss with **5mL soy sauce**, **5mL sesame oil**, **salt** and **cornflour** until evenly coated.

Step 07.

Heat a non stick frying pan over medium heat and cook the tofu for 6 to 8 minutes, turning occasionally, until golden and crispy.

Step 08.

Dice the **cucumber**, finely slice the **spring onion**, peel and grate the **carrot**, and roughly chop the **coriander**.

Step 09.

In a large bowl combine the **edamame**, cucumber, carrot, spring onion and coriander.

Step 10.

In a small bowl, whisk together the remaining soy sauce, sesame oil, **rice vinegar**, **honey**, **ginger**, **garlic** and **sriracha** to make the dressing.

Step 11.

Add the crispy rice and cooked tofu to the salad, pour over the dressing and toss until evenly coated.

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Chicken, Bacon & Garlic Pasta

Easy Eats

MAIN MEAL



TOTAL CALORIES
571

Protein
50g

Fats
27g

Carbs
32g

Fibre
6g

Prep Time
10 minutes



Cook Time
15 minutes



Servings
5



Ingredients

- 275g Vetta SMART Protein Spirals Pasta
- 600g Chicken Breast
- 2g salt
- 2g cracked black pepper
- 200g Primo shortcut bacon
- 10g The Food Company Garlic Chopped
- 250ml light thickened cream
- 100g Woolworths Pesto Basil

Log it in MyFitnessPal

Scan or type the barcode into your app



1 61023 21266 2

Cooking Instructions

Step 01.

Fill a large saucepan with water, add a pinch of salt, and bring to the boil.

Step 02.

Add the **pasta** and cook according to packet instructions until al dente.

Step 03.

While the pasta cooks, dice the **chicken breast** into bite sized pieces and season lightly with **salt** and **pepper**.

Step 04.

Heat a large non stick fry pan over medium heat

Step 05.

Add the **bacon** & chicken pieces to the pan and cook for 5–6 minutes, stirring occasionally, until browned and cooked through.

Step 06.

Add the **garlic** and cook for 30–60 seconds until fragrant.

Step 07.

Pour in the **cream** and stir, allowing the sauce to gently simmer for 2–3 minutes.

Step 08.

Stir through the **pesto** until combined.

Step 09.

Drain the pasta and add it directly to the pan, tossing until evenly coated in the sauce.

Step 10.

Divide into 5 meal prep containers

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Dumpling Lasagna

MAIN MEAL



TOTAL CALORIES
298

Protein
23g

Fats
10g

Carbs
29g

Fibre
1g

DF

Prep Time
15 minutes



Cook Time
17 minutes



Servings
5



Ingredients

- 50g spring onion, finely sliced
- 200g Woolworths Raw Prawn Meat, finely chopped
- 350g Woolworths Heart Smart Extra Lean Pork Mince
- 10g The Food Company Garlic Chopped
- 10g Galiko All Natural Ginger Minced Jar
- 50mL Ayam light soy sauce
- 15mL rice wine vinegar
- 15mL Ayam sesame oil
- 5g sugar
- 2g ground black pepper
- 250g Evergreen Wonton Wrappers (Approx. 25 wrappers)
- 75mL water
- 15mL Laoganma Crispy Chilli Oil
- 5g chives, finely chopped
- 5g sesame seeds

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Finely slice the **spring onion** and finely chop the **prawns**.

Step 02.

In a large bowl, combine the **pork mince**, chopped prawns, spring onion, **garlic**, **ginger**, **30mL soy sauce**, **rice wine vinegar**, **sesame oil**, **sugar** and **black pepper**.

Step 03.

Mix thoroughly until the filling becomes smooth and slightly sticky.

Step 04.

Spread one third of the filling evenly across the base of a heatproof dish.

Step 05.

Lay **wonton wrappers** over the filling with minimal overlap, similar to layering lasagne sheets.

Step 06.

Repeat layering the filling and wonton wrappers until finished, ending with a layer of wonton wrappers on top.

Step 07.

Carefully pour **75mL water** evenly over the dish. Place into a steaming basket over a pot with 5 to 7cm of simmering water.

Step 08.

Cover and steam on high heat for 17 minutes, or until the wrappers are soft and the filling is cooked through.

Step 09.

Remove from the steamer. Drizzle with the remaining 20mL soy sauce, **chilli oil** and sprinkle with **chives** and **sesame seeds**. Slice and serve.

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Air Fryer Lasagne Tacos

MAIN MEAL



TOTAL CALORIES
751

Protein
57g

Fats
31g

Carbs
61g

Fibre
13g

Prep Time
10 minutes



Cook Time
15 minutes



Servings
4



Ingredients

- 120g brown onion
- 15g garlic
- 500g extra lean beef mince
- 500g Mutti Parma Sugo Semplice Parmigiano Reggiano Pasta Sauce
- 2g cracked black pepper
- 10g fresh basil
- 5g fresh parsley
- 30g light butter
- 250g Old El Paso Mini Taco Tortilla Wraps (Approx. 10 wraps)
- 120g Dolmio Lasagne Béchamel Sauce
- 200g mozzarella, grated

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Peel and finely dice the **brown onion**, and mince the **garlic**.

Step 02.

Heat a large frying pan over medium heat and add the **beef mince** and diced onion, cooking for 5-6 minutes while breaking up the mince with a spoon until browned.

Step 03.

Add 10g minced garlic and cook for 30 seconds until fragrant. Pour in the **pasta sauce** and add the **cracked black pepper**. Stir to combine and simmer for 7 minutes until slightly thickened.

Step 04.

While the filling cooks, roughly chop the **basil** and **parsley**.

Step 05.

Melt the **butter**, then mix with the remaining 5g garlic and parsley to make the garlic butter.

Step 06.

Lay the **mini tortillas** on a board and spread 1 tablespoon of **Béchamel Sauce** inside each taco.

Step 07.

Spoon 2-3 tablespoons of the lasagne mince mixture into each taco and sprinkle with **mozzarella** and chopped basil.

Step 08.

Fold the tacos in half and brush the outside with garlic butter.

Step 09.

Place into the air fryer in a single layer and cook for 7 to 8 minutes, or until golden, crispy and the cheese has melted.

Step 10.

Remove from the air fryer and serve immediately.

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Big Mac Rice Paper Pinwheels

MAIN MEAL



TOTAL CALORIES
532

Protein
32g

Fats
20g

Carbs
56g

Fibre
1g

GF

Prep Time
15 minutes



Cook Time
18 minutes



Servings
5



Ingredients

- 60g brown onion
- 60g Fehlbergs Burger Pickles
- 100g iceberg lettuce
- 500g extra lean beef mince
- 3g paprika
- 3g garlic powder
- 2g salt
- 2g cracked black pepper
- 120g Woolworths Mozzarella Shredded Cheese
- 100g egg
- 15 Valcom Rice Paper Sheets (300g)
- 120mL Woolworths Secret Burger Sauce
- 10g sesame seeds

Cooking Instructions

Step 08.

Dip one **rice paper sheet** into the egg mixture for 2 to 3 seconds until softened, then place onto a board.

Step 09.

Repeat with two more rice paper sheets, slightly overlapping them in a line to create a larger base.

Step 10.

Spoon the beef mixture in a line across the centre, add shredded lettuce and drizzle with **burger sauce**.

Step 11.

Roll tightly into a long cylinder, then gently curl into a spiral. Place onto the prepared tray, brush with egg and sprinkle with **sesame seeds**.

Step 12.

Repeat with the remaining ingredients to form additional spirals.

Step 13.

Bake for 18 minutes, or until golden and crispy.

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.

Crispy Skin Lemon Pepper Barramundi with Rice & Green Beans

Easy Eats

MAIN MEAL



TOTAL CALORIES
491

Protein
41g

Fats
15g

Carbs
48g

Fibre
1g

GF, DF



Prep Time
5 minutes



Cook Time
10 minutes



Servings
1



Ingredients

- 120g green beans, trimmed
- 2.5g Extra Virgin Olive oil Spray
- 180g barramundi fillet, skin on
- 2g Masterfoods lemon pepper seasoning
- 1g salt
- 1g cracked black pepper
- 125g SunRice Microwave Jasmine Rice
- 10mL lemon juice

Cooking Instructions

Step 01.

Trim the ends off the **green beans**.

Step 02.

Place the green beans in a microwave safe bowl with a small amount of water. Cover loosely and microwave for 2 to 3 minutes, or until tender. Drain and set aside.

Step 03.

Heat a non stick frying pan over medium to high heat and lightly spray with **olive oil spray**.

Step 04.

Pat the **barramundi** dry with paper towel.

Step 05.

Season both sides with **lemon pepper seasoning, salt** and **cracked black pepper**.

Step 06.

Place the fish skin side down in the hot pan and cook for 4–5 minutes until the skin becomes crispy and golden.

Step 07.

Flip the fish and cook the other side for 2–3 minutes until the flesh is cooked through.

Step 08.

While the fish cooks, microwave the **rice** according to packet instructions (90 seconds).

Step 09.

Place the rice and green beans onto a plate.

Step 10.

Top with the crispy skin barramundi and drizzle with **fresh lemon juice** 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.

Chicken Breast with Veg, Spuds & gravy

Easy Eats

MAIN MEAL



TOTAL CALORIES
331

Protein
47g

Fats
3g

Carbs
29g

Fibre
6g

GF, DF



Prep Time
5 minutes



Cook Time
12 minutes



Servings
1



Ingredients

- 180g Chicken Breast
- 2g salt
- 2g cracked black pepper
- 2.5g Extra Virgin Olive oil spray
- 250g Spudlite Microwave Bag
- 75g Heinz Steam Fresh Broccoli Carrots & Cauliflower Frozen Vegetables
- 55g Gravox Traditional Liquid Gravy Pouch

Cooking Instructions

Step 01.

Season the **chicken** with **salt** and **cracked black pepper**, then lightly spray with **olive oil spray**.

Step 02.

Place the chicken into the air fryer basket and cook for 12 minutes, turning halfway through, until cooked through and golden.

Step 03.

While the chicken cooks, microwave the **potatoes** according to packet instructions (approximately 7 minutes).

Step 04.

Microwave the **frozen vegetables** according to packet instructions (approximately 3 to 4 minutes).

Step 05.

Heat the **gravy** according to packet instructions (approximately 1 minute).

Step 06.

Allow the chicken to rest for 2 minutes, then slice into thick pieces.

Step 07.

Plate the potatoes and vegetables, top with the chicken, and pour over the gravy.

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.

Slow Cooked Lamb Ragu with Mash

MAIN MEAL



TOTAL CALORIES
496

Protein
53g

Fats
16g

Carbs
35g

Fibre
7g

GF



Prep Time
10 minutes



Cook Time
6 Hours



Servings
5



Ingredients

- 150g brown onion, finely diced
- 200g carrots, diced
- 15g garlic, minced
- 800g Sebago potatoes, peeled and chopped
- 700g boneless lamb shoulder
- 700g passata
- 30g tomato paste
- 250mL Campbells Salt Reduced Beef Stock
- 10g fresh rosemary, finely chopped
- 2g dried oregano
- 4g salt
- 2g cracked black pepper
- 40g Mainland Unsalted Butter
- 120mL full cream milk

Cooking Instructions

Step 01.

Peel and finely dice the **onion**. Peel and dice the **carrots**. Mince the **garlic**.

Step 02.

Peel the **potatoes**, cut into large chunks and place in a bowl of water until ready to cook.

Step 03.

Place the **lamb** into the slow cooker.

Step 04.

Add the onion, carrots and garlic over the lamb.

Step 05.

Pour in the **passata**, **tomato paste** and **beef stock**. Add the **rosemary**, **oregano**, **salt** and **cracked black pepper**, then stir gently to combine.

Step 06.

Cover and cook on low for 6 hours, or until the lamb is very tender.

Step 07.

Shred the lamb using two forks and mix through the sauce.

Step 08.

Place the potatoes into a saucepan of salted water. Bring to the boil and cook for 15 minutes, or until soft. Drain well.

Step 09.

Add the **butter** and **milk**, then mash until smooth and creamy.

Step 10.

Divide the mash into bowls and top with the lamb ragu. 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.

Caesar Pita Pocket

MAIN MEAL



Easy Eats

TOTAL CALORIES
534

Protein
37g

Fats
18g

Carbs
56g

Fibre
9g



Prep Time
5 minutes



Cook Time
0 minutes



Servings
1



Ingredients

- 145g Woolworths Caesar Salad Kit (including dressing)
- 105g Mission Pita Bread Pockets Wholemeal
- 120g Mt Barker Free Range Roasted Shredded Chicken

Cooking Instructions

Step 01.

Open the **Caesar salad kit** and combine all components in a bowl.

Step 02.

Add the **chicken** and mix until evenly combined.

Step 03.

Warm the **Pita Pocket** in the microwave for 20 seconds until soft.

Step 04.

Carefully cut open the pita pocket to create space for the filling.

Step 05.

Fill the pita with the Caesar salad mixture.

Step 06.

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.

Pulled Beef & Spinach Cauliflower Gnocchi

Easy Eats

MAIN MEAL



TOTAL CALORIES
492

Protein
35g

Fats
16g

Carbs
52g

Fibre
10g

GF, DF



Prep Time
5 minutes



Cook Time
10 minutes



Servings
2



Ingredients

- 5mL olive oil
- 400g Earth's Kitchen Cauliflower Gnocchi
- 250g Coles Slow Cooked Pulled Beef, shredded
- 350g Dolmio Extra Tomato Onion & Roast Garlic Pasta Sauce
- 1g salt
- 1g cracked black pepper
- 80g baby spinach

Cooking Instructions

Step 01.

Heat a large frying pan over medium heat and add the **olive oil**.

Step 02.

Add the **gnocchi** and cook for 5 to 6 minutes, stirring occasionally, until lightly golden and heated through.

Step 03.

Add the **pulled beef** and break it apart slightly with a spoon.

Step 04.

Pour in the **pasta sauce** and stir until evenly combined.

Step 05.

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

Step 06.

Add the **baby spinach** and stir until wilted.

Step 07.

Cook for a further 2 to 3 minutes, or until heated through and the gnocchi is coated in the sauce.

Step 08.

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.



Snacks & Desserts

Recipes

Pasta Chips

TOTAL CALORIES
333

Protein
16g

Fats
17g

Carbs
29g

Fibre
5g

V

Prep Time
5 minutes



Cook Time
15 hours



Servings
4



Ingredients

- 200g Vetta SMART Protein Spirals Pasta
- 10mL olive oil
- 8g Mingle Garlic & Herb All Natural Seasoning
- 2g salt
- 150g NUFFIN Fetta and Cracked Pepper Dip

Cooking Instructions

Step 01.

Fill a saucepan with water, add a pinch of salt, and bring to the boil.

Step 02.

Add the pasta and cook for 8 to 10 minutes, or until al dente.

Step 03.

Drain well and allow to cool slightly to remove excess moisture.

Step 04.

Place the cooked pasta into a bowl and add the olive oil, Mingle Garlic & Herb seasoning and salt. Toss to coat.

Step 05.

Spread the pasta into the air fryer basket in a single layer.

Step 06.

Air fry for 10–12 minutes at 200°C, shaking the basket halfway through, until the pasta becomes golden and crispy.

Step 07.

Serve with the dip.

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.

Easter Egg Nests

TOTAL CALORIES
247


Protein
8g


Fats
15g

Carbs
20g

Fibre
0g

V

Prep Time
10 minutes 

Chill Time
30 minutes 

Servings
6 

Ingredients

- 60g Freshlife soy protein crisps
- 40g Mainland Unsalted butter
- 120g Dairy Milk Milk chocolate
- 60g Cadbury Mini Eggs

Cooking Instructions

Step 01.

Line 6 patty pan moulds with paper liners.

Step 02.

Place the **soy protein crisps** into a mixing bowl.

Step 03.

Place the **butter** into a microwave safe bowl and microwave for 20 to 30 seconds, or until melted.

Step 04.

In a separate bowl, microwave the **chocolate** in 20 second intervals, stirring between each interval until smooth and melted.

Step 05.

Pour the melted butter and chocolate over the crisps and mix until evenly coated.

Step 06.

Spoon the mixture into the patty pan liners and use the back of a spoon to press slightly up the sides to form a nest shape.

Step 07.

Place the **mini eggs** into the centre of each nest.

Step 08.

Transfer to the refrigerator for 30 minutes, or until 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.

Carrot Cake Protein Balls



TOTAL CALORIES
113

Protein
7g

Fats
5g

Carbs
10g

Fibre
1g

V

Prep Time
10 minutes 

Chill Time
30 minutes 

Servings
12 

Ingredients

- 80g carrot
- 120g rolled oats
- 60g Rule 1 Vanilla Ice Cream Protein Powder
- 30g desiccated coconut
- 5g ground cinnamon
- 2g ground nutmeg
- 40g Mayver's Smooth Peanut Butter
- 40g honey
- 40mL So Good Unsweetened Almond Milk (add gradually)

Cooking Instructions

Step 01.

Peel and finely grate the **carrot**.

Step 02.

Place the **rolled oats** into a food processor and blend for 10 to 15 seconds until they resemble a coarse flour.

Step 03.

Add the **protein powder, desiccated coconut, cinnamon** and **nutmeg**, then pulse briefly to combine.

Step 04.

Add the grated carrot, **peanut butter** and **honey**.

Step 05.

Gradually add the **almond milk** while blending until the mixture comes together into a soft dough.

Step 06.

Scoop portions of the mixture and roll into 12 small balls using your hands.

Step 07.

Place the balls onto a lined tray.

Step 08.

Refrigerate for 30 minutes until firm.

Step 09.

Store in an airtight container in the fridge.

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.

Cottage Cheese Garlic Bread

TOTAL CALORIES
233

Protein
9g

Fats
13g

Carbs
20g

Fibre
1g

V, GF



Prep Time
10 minutes



Cook Time
20 Minutes



Servings
6



Ingredients

- 250g Bulla Cottage Cheese
- 120g Gluten Free Flour
- 3g Baking Powder
- 3g salt
- 20g garlic
- 70g Mainland Unsalted butter
- 5g salt
- 3g cracked black pepper
- 3g red chilli flakes
- 100g Shredded Mozzarella
- 10g fresh parsley

Cooking Instructions

Step 01.

Preheat oven to 190°C and line a baking tray with baking paper.

Step 02.

In a mixing bowl combine the **cottage cheese, flour, baking powder** and **3g salt**.

Step 03.

Mix until a dough forms. If too sticky, add extra flour (Approx. 10g at a time) until workable.

Step 04.

Lightly flour a surface and knead the dough for 1 to 2 minutes until smooth.

Step 05.

Roll into a rectangle (approximately 1 to 2cm thick) and place onto the prepared tray.

Step 06.

Mince the **garlic cloves** and place them into a bowl with the softened **butter, 5g salt, cracked black pepper** and **red chilli flakes**.

Step 07.

Mix until the garlic butter is well combined.

Step 08.

Spread the garlic butter mixture evenly over the dough.

Step 09.

Sprinkle the **shredded mozzarella** evenly over the top.

Step 10.

Bake for 18 to 20 minutes, or until the cheese is melted, bubbly and golden around the edges.

Step 11.

Remove from the oven and blot any excess liquid with a paper towel if needed. Then sprinkle with **fresh chopped parsley**, slice 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.

Biscoff Cheesecake Easter Eggs

TOTAL CALORIES
190

Protein
8g


Fats
10g

Carbs
17g

Fibre
0g

V



Prep Time
15 minutes 

Chill Time
3 Hours 

Servings
12 

Ingredients

- 4g McKenzie's Baking Aids Gelatine
- 20mL cold water
- 250g Woolworths Spreadable Light Cream Cheese
- 60g Rule 1 Vanilla Ice Cream Protein Powder
- 30g Biscoff Spread
- 4 drops Nirvana Organics Liquid Stevia Caramel Flavour Sweetener
- 2mL Queen Fairtrade Vanilla Extract With Seeds
- 1g salt
- 59.2g McVitie's Digestives Original (Approx. 4 biscuits),
- 204g Cadbury Dairy Milk Hollow Easter Eggs (Approx. 12 eggs)
- 46.8g Biscoff biscuits (Approx. 6 biscuits),

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Place the **gelatin** into a small bowl with cold water and allow it to set for 5 minutes.

Step 02.

Once set, microwave the gelatin for 15 seconds until fully melted and smooth, then set aside.

Step 03.

In a mixing bowl, combine the **cream cheese, protein powder, 20g Biscoff spread, stevia, vanilla extract** and salt.

Step 04.

Whisk until smooth and creamy with no lumps.

Step 05.

Pour in the melted gelatine and whisk quickly until fully combined.

Step 06.

Crush the **digestive biscuits** into fine crumbs, then mix with the remaining 10g Biscoff spread until it forms a wet sand texture.

Step 07.

Carefully slice each **chocolate egg** in half using a warm knife.

Step 08.

Press a small amount of the biscuit base into each egg half.

Step 09.

Spoon the cheesecake filling over the base and smooth the tops.

Step 10.

Sprinkle over the crushed **Biscoff biscuits**.

Step 11.

Refrigerate for 3 hours, or until set.

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.

French Onion Dip with Carrot Sticks

SNACKS & DESSERTS

TOTAL CALORIES
166

Protein
13g

Fats
2g

Carbs
24g

Fibre
5g

V



Prep Time
10 minutes



Cook Time
0



Servings
2



Ingredients

- 300g carrots, peeled
- 200g Bulla Cottage Cheese Original
- 35g Essentials French Onion Soup

Cooking Instructions

Step 01.

Peel the **carrots** and slice into sticks.

Step 02.

In a mixing bowl, combine the **cottage cheese** and **French onion soup mix**.

Step 03.

Stir well until the mixture is fully combined and smooth.

Step 04.

Serve with the fresh carrot sticks.

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.