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Your Guide to Calcium

Calcium is essential for the development and maintenance of bones, but also plays a role in neuromuscular and cardiac function.

Vitamin D status also plays an important role in calcium regulation and bone maintenance

We must consume enough calcium to prevent the risk of low bone mineral density, which contributes to:

Osteoporosis

Increased risk of falls and fractures

Calcium and Menopause

The need for calcium increases for women throughout (and post) menopause as intestinal absorption of calcium decreases, and urinary excretion of calcium increases.

Genetics Determines Calcium Absorption Rates

Our genes play a crucial role in our ability to absorb calcium or not. How we absorb calcium is different for each individual. What may be considered normal for one person, may not be normal for another.

Your bones are constantly being renewed, and this process is really important for overall health, especially as we get older. When it comes to bone health, your genetic makeup shows a few key things about Vitamin D and calcium. While one gene involved in how your body uses Vitamin D seems to work fine, other gene variations may affect the collagen in your bones to not form perfectly, which can lead to weaker bones and a higher chance of bone loss or fractures, especially if your calcium intake isn't sufficient.

Because of this, making sure you get enough calcium is highly recommended. For Vitamin D itself, some genes may indicate the likeliness of having low Vitamin D levels, and even if you take Vitamin D supplements, your levels might not go up as much as expected. To help with this, it's suggested to ensure you have enough Vitamin D through diet, sun exposure, and supplements when needed, to keep your levels normal for good bone health.

Dietary Calcium Intake

There are many factors that affect the bioavailability of calcium from the foods we eat such as lactose intolerance (reduced ability to absorb calcium) and other natural food constituents such as phytates and oxalates. Understanding how you absorb calcium is critical here as just because you are eating calcium-rich foods or taking supplements, doesn't mean you are absorbing it.

Recommended Daily Intake

Age	RDI
Birth -6 months	200mg
Infants 7-12 months	260mg
Children 1-3 years	700mg
Children 4-8 years	1000mg
Children 9-13 years	1300mg
Teens 14 - 18 years	1300mg
Adults 19 - 50 years	1000mg
Adult Men 51 - 70 years	1000mg
Adult Women 51 - 70 years	1200mg
Adults >71 years	1200mg
Pregnancy & Lactation Women 14 - 18 years	1300mg
Pregnancy & Lactation Women >19 years	1000mg



Meal Prepping Tips

1. **Set aside 1 day of the week to do your food shopping and meal prep** for the week ahead. Saturdays and Sundays work best for most people, but pick what works best for you.
2. **Plan your meals!** Decide what meals you want for the week - breakfast, lunch, dinner and snacks. Write up your shopping list to make grocery shopping quick and easy.
3. **If you work on the go,** invest in a good-quality freezable lunch bag to keep your meals fresh until lunchtime. Have a look at the ones from <https://www.coolpod.com.au> which stay frozen and cold for up to 8 hours!
4. **Invest in some good quality meal prep containers** - Kmart has a great variety of glass and BPA-free containers.
5. **Make breakfast the night before** so you don't need to rush in the mornings or leave without having any breakfast. Chia puddings, fruit and yoghurt bowls or precooked veggies for eggs on toast work really well.
6. **Cook your protein ahead of time** and store it in the fridge (lasts up to 3 - 4 days) or freezer. This is great when making salads so the lettuce doesn't go soggy overnight. Simply add protein to your container in the morning and off to work you go.
7. **Make extra for dinner and use leftovers for your lunch.** This works great if you can't meal prep for an entire week of food. It will actually save you money and prevent you from buying lunch out.
8. **Make freezer-friendly meals** for nights when you may come home really late or are super busy. Anything from lasagne to casseroles or stews is great as they can be made in bulk.
9. **Pre-bag your smoothie ingredients** and put them in the freezer until ready to blend. Did you know that you can make your smoothie for the next day the night before?
10. **Look for shortcuts.** There is nothing wrong with buying a roast chicken, beef or pork from Woolworths or Coles. It will save you time in the kitchen for meal prep days and they can be stored in the fridge for up to 4 - 5 days.



Non-Dairy Food Sources of Calcium

Disclosure: This data was extracted from the United States Department of Agriculture Agricultural Research Service National Nutrient Database for Standard Reference, Release 28 and the International Osteoporosis Foundation. Most fruits, vegetables, seeds, and nuts contain some amount of calcium, but the above selections are limited to class leaders in each category. Spinach, rhubarb, beet greens, and Swiss chard are all very high in calcium. However, due to their very low absorption rates (approximately 5%), they have been excluded from the list. With the exception of mung beans, the dried beans do have a fairly low absorption rate (approximately 17%), so only those with over 100mg of calcium have been included. These numbers are intended for use as general information only. Actual calcium levels may vary. For comparison, 1 cup of 2% cow milk has 297 mg of calcium. Please note that the calcium content given for the foods listed is approximate. This is because calcium content varies depending on the method of production, recipe, or brand. Some of the foods listed may be available as calcium-enriched products in some countries (e.g. soy, non-dairy drinks, cereals, bread).

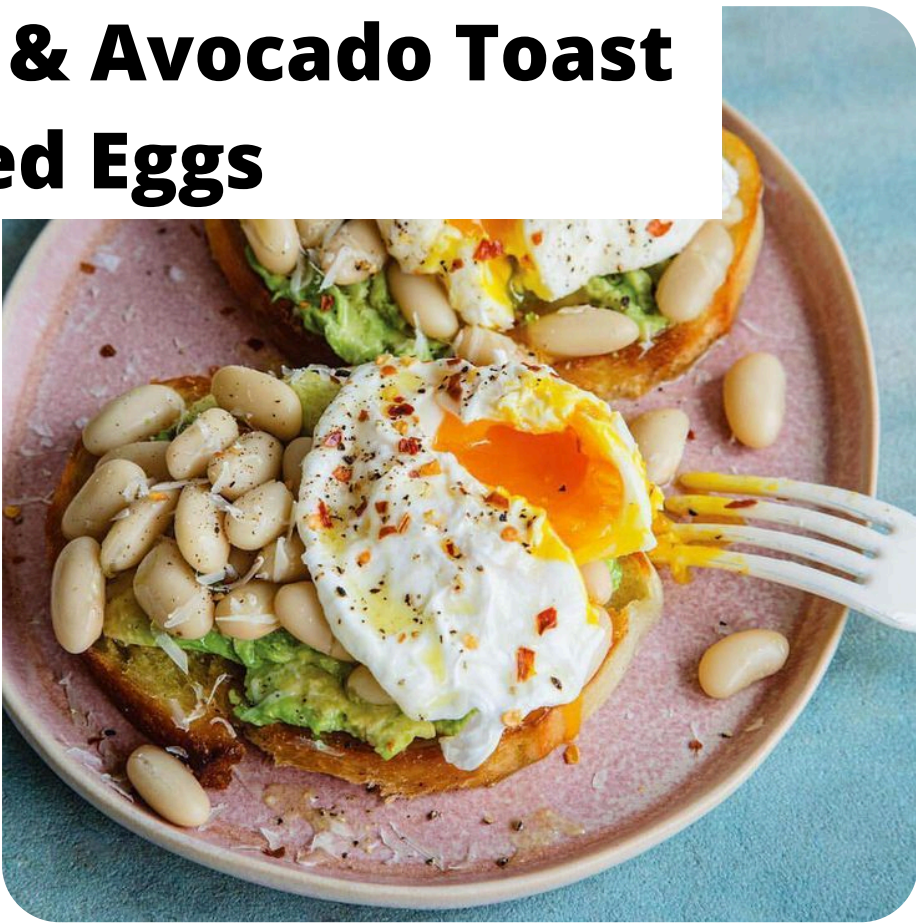
SOY FOODS	Serving Size	Calcium (mg)
Edamame beans	1/2 cup cooked	49
Natto	1 cup	380
Soybeans	1 cup cooked	175
Soybeans	1 cup roasted	237
Soy Flour, defatted	1 cup	253
Soymilk	1 cup	61
Soymilk, Calcium-Fortified	1 cup	340*
Tempeh	1 cup	184*
Tofu, Firm, set w/ calcium	1/2 cup	253*
Tofu, Raw, Firm, set w/ calcium	1/2 cup	861
NUTS & SEEDS	Serving Size	Calcium (mg)
Almonds	1/4 cup	96
Almond Butter	1 tablespoon	56
Brazil Nuts	1/4 cup	53
Chia Seeds	2 tbsp	179
Hazelnuts	1/4 cup	32
Pistachios	1/4 cup	32
Sesame Seeds, Hulled	1/4 cup toasted	42
Tahini	1 tablespoon	64
Meat, Fish & Eggs	Serving Size	Calcium (mg)
Eggs	1 large	27
Red meat	120g	7
Chicken	120g	17
Fish	120g	20
Tuna, canned	120g	34
Sardines, in oil	60g	240g
Smoked salmon	60g	9
Prawns	150g	45

VEGETABLES	Serving Size	Calcium (mg)
Artichoke, Globe	1 medium	56
Asparagus	1 cup cooked	36
Bok Choy	1 cup cooked	158
Broccoli	1 cup raw	43
Brussels Sprouts	1 cup raw	37
Butternut Squash	1 cup cooked	84
Cabbage, Chinese (Pak Choi)	1 cup raw (shredded)	74
Cabbage, Green	1 cup raw	36
Cabbage, Red	1 cup raw	40
Carrots	1 carrot	20
Cauliflower	1 cup raw	24
Celeraic	1 cup raw	67
Celery	1 cup raw (chopped)	44
Chicory Greens	1 cup raw	29
Chinese Broccoli	1 cup cooked	88
Collard Greens	1 cup raw	84
Daikon	1 (7-inch) radish	103
Fennel	1 cup sliced	43
French Beans / Haricot Verts	1 cup cooked	111
Garlic	1 tablespoon raw	15
Green Beans	1 cup cooked	58
Kale	1 cup raw	101
Kohlrabi	1 cup raw	32
Leeks	1 leek	53
Mustard Greens	1 cup raw	64
Okra	1 cup raw	82
Parsley	1 cup raw	83
Parsnips	1 parsnip	59
BEANS	Serving Size	Calcium (mg)
Baked Beans	1 cup canned	126*
Black-Eyed Peas (Cowpeas)	1/2 cup cooked	105
Black Turtle Beans	1 cup cooked	102
Great Northern Beans	1 cup canned	139
Lima Beans	1/2 cup canned	35
Mung Beans	1 cup cooked	55
Navy Beans	1 cup canned	123
Pinto Beans	1 cup canned	108
Refried Beans	1 cup cooked	88*
Snap Beans	1/2 cup cooked	32
White Beans	1 cup canned	191
Winged Beans	1 cup cooked	244
Yellow Beans	1 cup cooked	110

Gluten Free Grains	Serving Size	Calcium (mg)
Teff, cooked	1/2 cup	65
Amaranth, cooked	1/2 cup	58
Goats & Sheep Milk	Serving Size	Calcium (mg)
Goats milk	250ml	335
Goats milk yoghurt	122g	340
Goats cheese slices	2 slices	351
Goats cheese, soft	1/4 cup	126
Sheep milk	250ml	482
Sheep milk yoghurt	122g	222
Sheep milk feta	28g	60
Pecorino cheese	10g	89
Buffalo mozzarella	2 balls	160

White Bean & Avocado Toast with Poached Eggs

Nutrition Information		
Serving Size: 1 full recipe		
	Average Quantity per Serving	%Daily Intake*
Energy	1849.6 kJ	21 %
Protein	21.6 g	43 %
Fat, total	26.7 g	38 %
- saturated	7.9 g	33 %
Carbohydrate	23.6 g	8 %
- sugars	2.8 g	
- lactose	0 g	
- galactose	0 g	
- starches	8.3 g	
Dietary Fibre	8 g	27 %
Sodium	872.6 mg	38 %
Vitamin C	5.2 mg	
Vitamin A	88.1 µg	
Calcium	170 mg	
Iron	2.1 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com		



SERVINGS: 1

INGREDIENTS

- 1 slice gluten free bread
- 1 large egg, poached or fried
- 80g cannellini beans, mashed
- 28g sheep feta
- 1/4 cup avocado mash
- 1 tbsp alfalfa sprouts
- 2 tsp sesame seeds

DIRECTIONS

1. Toast the bread.
2. In a pan, cook the egg to your liking or poach the egg for 3 minutes in hot water (once the water has boiled, bring to a simmer then add the egg),
3. Top your toast with avocado mash, smashed cannellini beans, alfalfa sprouts and egg topped with feta and sesame seeds.

Greek Yoghurt & Berry Parfait

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	756.9 kJ	9 %
Protein	8.5 g	17 %
Fat, total	7.8 g	11 %
- saturated	5.2 g	22 %
Carbohydrate	18.1 g	6 %
- sugars	9.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	6.5 g	
Dietary Fibre	2.7 g	9 %
Sodium	61.9 mg	3 %
Vitamin C	25.9 mg	
Vitamin A	1.2 µg	
Calcium	228.4 mg	
Iron	0.5 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com </>		



SERVINGS: 1

SUITABLE FOR BREAKFAST AND SNACKS!

INGREDIENTS

- 120g sheep milk Greek yoghurt
- 1/4 cup blueberries
- 1/4 cup strawberries
- 1 tbsp buckwheat groats

DIRECTIONS

1. In a wide cup or bowl, layer with yoghurt, berries and buckwheat groats. Serve and enjoy.

Looking for something warm?

1. In a small pot, add the berries with a dash of water and gently heat.
2. Once heated, mash with a fork. Serve with the yoghurt and buckwheat groats.

Easy Chia Seed Pudding

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	482.3 kJ	6 %
Protein	3.8 g	8 %
Fat, total	7.3 g	10 %
- saturated	0.9 g	4 %
Carbohydrate	2.9 g	1 %
- sugars	1.2 g	
- lactose	0 g	
- galactose	0 g	
- starches	1.3 g	
Dietary Fibre	7.1 g	24 %
Sodium	89.6 mg	4 %
Vitamin C	0.3 mg	
Vitamin A	0.4 µg	
Calcium	347 mg	
Iron	3.6 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
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Full Info at cronometer.com </>		



SERVINGS: 2

SUITABLE FOR BREAKFAST AND SNACKS!

INGREDIENTS

- 4 tbsp chia seeds
- 1 cup almond milk (calcium fortified)
- 1/4 tsp vanilla extract

Toppings:

- 1/2 cup mixed berries or other low fructose fruit of choice
- Food for health granola clusters

DIRECTIONS

1. In a bowl or jar, stir together chia seeds, milk, and vanilla. If you're using a jar, you can put the lid on and shake the mixture to combine everything.
1. Once the chia pudding mixture is well combined, let it sit for 5 minutes, give it another stir/shake to break up any clumps of chia seeds, cover and put the mixture in the fridge to "set" for 1-2 hours or overnight. The chia pudding should be nice and thick, not liquidy. If it's not thick enough, just add more chia seeds (about 1 Tablespoon), stir and refrigerate for another 30 minutes or so.
2. Chia pudding can be stored for up to 5-7 days in an airtight container in the refrigerator.

Berry Smoothie with Yoghurt



Nutrition Information		
Serving Size: 1 full recipe		
	Average Quantity per Serving	%Daily Intake*
Energy	478 kJ	5 %
Protein	3.2 g	6 %
Fat, total	4.7 g	7 %
- saturated	1.5 g	6 %
Carbohydrate	13.2 g	4 %
- sugars	10.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.2 g	
Dietary Fibre	3.2 g	11 %
Sodium	196.7 mg	9 %
Vitamin C	24.2 mg	
Vitamin A	2.6 µg	
Calcium	528 mg	
Iron	1.2 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
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Full Info at cronometer.com </>		

SERVINGS: 2

SUITABLE FOR BREAKFAST AND SNACKS!

INGREDIENTS

- 250ml almond milk
- 2 tbsp sheep's milk yoghurt
- 1/4 cup frozen strawberries
- 1/4 cup blueberries
- 1/2 tsp cinnamon
- 1/4 tsp vanilla extract

DIRECTIONS

- 1.Add all ingredients to a blender, blend until smooth.

Healthy Yoghurt Bowls

Nutrition Information		
Serving Size: 1 full recipe		
	Average Quantity per Serving	%Daily Intake*
Energy	488.8 kJ	6 %
Protein	7 g	14 %
Fat, total	7.6 g	11 %
- saturated	5.4 g	22 %
Carbohydrate	5.1 g	2 %
- sugars	4.1 g	
- lactose	- g	
- galactose	- g	
- starches	- g	
Dietary Fibre	- g	- %
Sodium	62.5 mg	3 %
Vitamin C	- mg	
Vitamin A	- µg	
Calcium	227.5 mg	
Iron	- mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
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SERVINGS: 1

A QUICK AND EASY WAY TO ADD MORE CALCIUM!

TOPPINGS

Blueberry & Lemon

- 1/2 cup blueberries
- 1 tsp grated lemon rind

Strawberry & Lemon

- 1/2 cup strawberries
- 1 tsp grated lemon rind
- 1 tbsp almond flakes

Mandarin & Walnut

- 1 small mandarin
- 1 tbsp chopped walnuts

Almond Butter & Banana

- 1 small banana
- 1 tbsp almond butter

Kiwi Strawberry

- 1/2 cup strawberries
- 1/2 kiwi fruit
- 1 tbsp almond flakes

Orange & Chocolate

- 1/2 an orange
- 1 square 78% Lindt dark chocolate

Other optional toppings: flaked coconut, crushed mixed nuts and seeds, fructose free granola & clusters, any low fructose fruit of your choice.

Avocado Hummus Toast

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1912.3 kJ	22 %
Protein	17.4 g	35 %
Fat, total	32.5 g	46 %
- saturated	8.4 g	35 %
Carbohydrate	20.5 g	7 %
- sugars	3.3 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	8.5 g	
Dietary Fibre	6.7 g	22 %
Sodium	776.5 mg	34 %
Vitamin C	6 mg	
Vitamin A	70.8 µg	
Calcium	193.9 mg	
Iron	2.5 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
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SERVINGS: 2

SUITABLE FOR BREAKFAST AND SNACKS!

INGREDIENTS

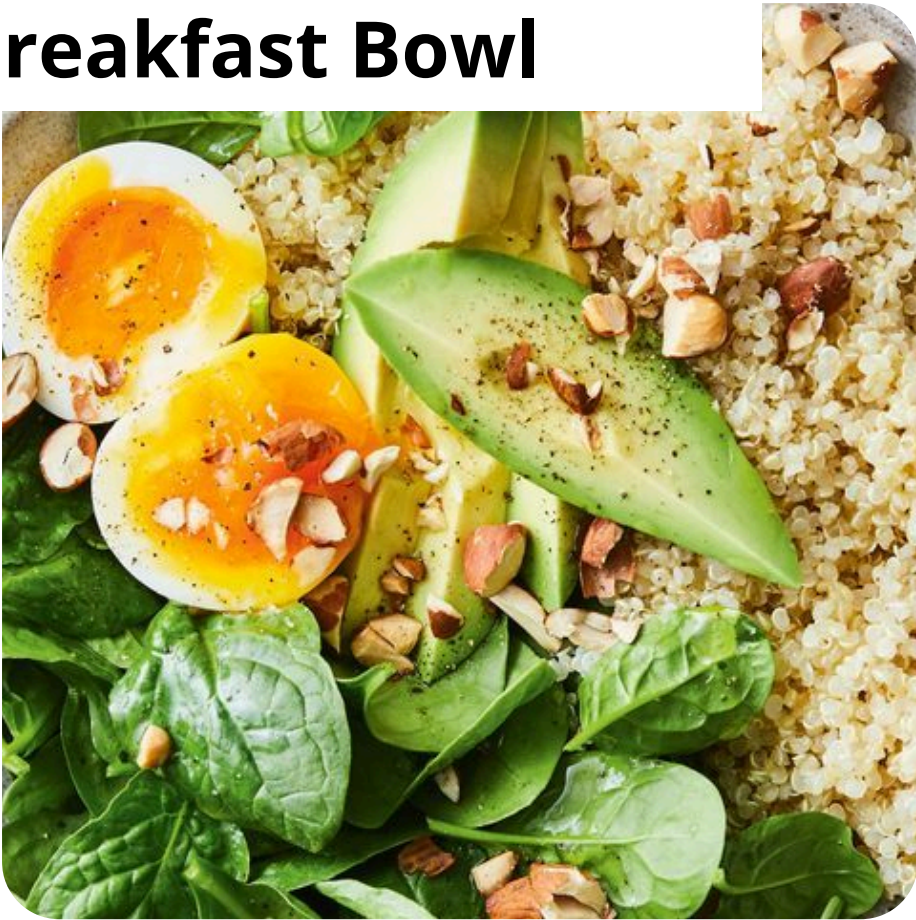
- 1 slice of gluten-free bread
- 1 tbsp Yumi's hummus dip
- 1/2 small avocado, mashed
- 28g sheep feta, crumbled
- 1 tbsp sesame seeds
- a squeeze of lime juice
- 1 fried egg

DIRECTIONS

- 1.Toast the bread.
- 2.Smear the hummus onto the toast first, topped with avocado mash or slices with a squeeze of lime juice.
- 3.Fry one egg (or poached/ scrambled), add to the toast and top with feta and sesame seeds.

Green Teff Breakfast Bowl

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1912.3 kJ	22 %
Protein	17.4 g	35 %
Fat, total	32.5 g	46 %
- saturated	8.4 g	35 %
Carbohydrate	20.5 g	7 %
- sugars	3.3 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	8.5 g	
Dietary Fibre	6.7 g	22 %
Sodium	776.5 mg	34 %
Vitamin C	6 mg	
Vitamin A	70.8 µg	
Calcium	193.9 mg	
Iron	2.5 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com </>		



SERVINGS: 2

INGREDIENTS

- 1/2 cup Teff
- 1 cup water
- 1/2 cup edamame, thawed
- 2 cups spinach
- 1/2 avocado, sliced
- 2 tbsp sesame seeds
- 4 eggs, poached/ soft boiled

DIRECTIONS

1. Poor the teff into a medium-sized pot. Add the water and a pinch of salt. Bring to the boil.
2. Reduce to a simmer with the lid on and leave for 6 minutes or until the water has been absorbed.
3. Remove from heat and let sit for 10 minutes (lid on).
4. In a preheated pan, add the edamame and cook until heated. Add the spinach and wilt.
5. Assemble all ingredients in a bowl with 2 poached or soft-boiled eggs each.

Spinach & Mushroom Quiche

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	816.1 kJ	9 %
Protein	11.9 g	24 %
Fat, total	14 g	20 %
- saturated	4.8 g	20 %
Carbohydrate	3.7 g	1 %
- sugars	1.9 g	
- lactose	0.5 g	
- galactose	0 g	
- starches	0 g	
Dietary Fibre	2.1 g	7 %
Sodium	266 mg	12 %
Vitamin C	13.6 mg	
Vitamin A	1409.5 µg	
Calcium	112.2 mg	
Iron	3 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com </>		



SERVINGS: 6

SUITABLE FOR BREAKFAST, LUNCH, DINNER & SNACKS

INGREDIENTS

- 2 tbsp garlic-infused olive oil
- 230g king oyster mushrooms
- 280g bag baby spinach
- 6 large eggs
- 1/4 cup of goats milk
- 65g sheep greek yoghurt
- 1 tbsp dijon mustard
- 1/2 tbsp thyme, dried
- 1/4 tsp salt
- 1/2 tsp pepper
- 50g buffalo mozzarella, grated

DIRECTIONS

1. Preheat oven to 375 degrees F. Coat a 9-inch pie pan with cooking spray; set aside.
2. Heat oil in a large nonstick skillet over medium-high heat; swirl to coat the pan. Add mushrooms; cook, stirring occasionally until browned and tender, about 8 minutes. Add spinach; cook, tossing constantly, until wilted, 1 to 2 minutes. Remove from heat.
3. Whisk eggs, milk, yoghurt, mustard, thyme, salt and pepper in a medium bowl. Fold in the mushroom mixture and cheese. Spoon into the prepared pie pan. Bake until set and golden brown, about 30 minutes. Let stand for 10 minutes; slice. Garnish with fresh thyme and serve.

Zucchini and Kale Frittata

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1302.2 kJ	15 %
Protein	24.4 g	49 %
Fat, total	19.4 g	28 %
- saturated	5.9 g	25 %
Carbohydrate	6 g	2 %
- sugars	5.5 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.8 g	
Dietary Fibre	4.6 g	15 %
Sodium	195.3 mg	8 %
Vitamin C	45.9 mg	
Vitamin A	269.4 µg	
Calcium	264.4 mg	
Iron	3.3 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com		



SERVINGS: 3 SUITABLE FOR BREAKFAST, LUNCH, DINNER & SNACKS

INGREDIENTS

- 1 tsp garlic infused olive oil
- 1 zucchini, thinly sliced
- 100g kale, raw, chopped
- 150g edamame beans, thawed
- 8 eggs
- 2 tbsp almond milk
- 85g sheep yoghurt

DIRECTIONS

1. Heat half the oil in a large, ovenproof non-stick frying pan over medium-high heat. Add zucchini and cook, turning, for 2-3 minutes or until golden. Transfer to a plate.
2. Add the remaining oil and cook, stirring, for 1 minute or until aromatic. Add kale and edamame and cook, stirring, for 2 minutes or until kale is wilted. Return zucchini to the pan.
3. Whisk together the eggs and milk in a large jug. Season. Pour the egg mixture evenly over the vegetables and dollop with the yoghurt. Reduce heat to low and cook, covered, for 15 minutes or until egg mixture is almost set.
4. Preheat the oven grill to high. Place frittata under the grill and cook for 5 minutes or until golden, set and puffed. Set aside for 5 minutes before cutting into 4 wedges. Serve with gluten-free toast and lemon wedges.

Lentil and Mushroom Toasts

Nutrition Information		
Serving Size: 1 full recipe		
	Average Quantity per Serving	%Daily Intake*
Energy	1616 kJ	19 %
Protein	21.3 g	43 %
Fat, total	12 g	17 %
- saturated	4.7 g	20 %
Carbohydrate	40.5 g	13 %
- sugars	6.6 g	
- lactose	0 g	
- galactose	0 g	
- starches	29.7 g	
Dietary Fibre	11.4 g	38 %
Sodium	975.1 mg	42 %
Vitamin C	12.5 mg	
Vitamin A	93.5 µg	
Calcium	204.5 mg	
Iron	4.5 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com		



SERVINGS: 1 SUITABLE FOR BREAKFAST AND A QUICK SNACK!

INGREDIENTS

- 1 - 2 slices of gluten-free bread
- 2 tsp garlic infused olive oil
- 1 large portabella mushroom
- 1/2 cup lentils, canned
- 1 cup kale, chopped
- 4 leaf's fresh basil, chopped
- 1 tbsp sheep milk feta

DIRECTIONS

1. Toast the bread.
2. In a pan, saute the mushrooms with olive oil. Once cooked through, add the lentils and heat through. Remove from te heat.
3. Top the toast with mushrooms, and lentils and sprinkle with feta and basil.

Chicken & Teff Salad



Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1856.7 kJ	21 %
Protein	31.1 g	62 %
Fat, total	24.7 g	35 %
- saturated	3.6 g	15 %
Carbohydrate	14.8 g	5 %
- sugars	2.5 g	
- lactose	0 g	
- galactose	0.1 g	
- starches	7.1 g	
Dietary Fibre	11.8 g	39 %
Sodium	1408 mg	61 %
Vitamin C	27.2 mg	
Vitamin A	186.2 µg	
Calcium	246.7 mg	
Iron	3.8 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
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Full Info at cronometer.com		

SERVINGS: 2

INGREDIENTS

- 200g chicken breast, raw
- 1/2 cup Teff, cooked
- 1 cup water
- 1 teaspoon salt
- 2 cups Kale, raw
- 1 small avocado
- 1 tbsp sesame seeds

Salad Dressing

- 1 tbsp garlic infused olive oil
- 1 tbsp dijon mustard
- 1/4 cup apple cider vinegar
- 2 tbsp water

DIRECTIONS

1. Poor the teff into a medium-sized pot. Add the water and a pinch of salt. Bring to the boil.
2. Reduce to a simmer with the lid on and leave for 6 minutes or until the water has been absorbed.
3. Remove from heat and let sit for 10 minutes (lid on).
4. Cut the chicken into slices, and fully cook the chicken.
5. Chop the kale into bite-size pieces and cook with the chicken until wilted.
6. Add all of the salad dressing ingredients to a jar and shake until combined.
7. In a bowl, add the teff, chicken and kale and mix together. Top with slices of avocado, sesame seeds and salad dressing.

Tuna Patties & Salad

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	786.6 kJ	9 %
Protein	14.5 g	29 %
Fat, total	9.2 g	13 %
- saturated	1.5 g	6 %
Carbohydrate	9.9 g	3 %
- sugars	1.1 g	
- lactose	0 g	
- galactose	0 g	
- starches	0.5 g	
Dietary Fibre	2.8 g	9 %
Sodium	369.8 mg	16 %
Vitamin C	0.1 mg	
Vitamin A	22.3 µg	
Calcium	587.7 mg	
Iron	1.6 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div><div></div></div>		
Full Info at cronometer.com </>		



SERVINGS: 2

INGREDIENTS

- 200g John West calcium-fortified tuna
- 1 large egg
- 1/2 cup gluten-free bread crumbs
- 2 tbsp fresh dill, chopped
- 2 tbsp tahini
- 2 tsp dijon mustard
- 1/4 tsp pepper
- 2 lime wedges
- 2 cups mixed salad leaf

DIRECTIONS

1. Drain tuna. Place the tuna in a medium bowl. Add egg, bread crumbs, dill, tahini, mustard and pepper; stir gently until combined. Shape the mixture into four patties.
2. In a pan, cook the patties on each side for around 4 minutes or until golden brown. Adding olive oil to the pan as needed.
3. Divide the mixed salad leaf into bowls and squeeze the lime over the top. Serve with tuna patties.

Kale & Broccoli Salad with Salmon

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	2462.8 kJ	28 %
Protein	41.9 g	84 %
Fat, total	43.7 g	62 %
- saturated	13.6 g	57 %
Carbohydrate	5.5 g	2 %
- sugars	2.7 g	
- lactose	0 g	
- galactose	0 g	
- starches	1.4 g	
Dietary Fibre	3.9 g	13 %
Sodium	702.5 mg	31 %
Vitamin C	39.5 mg	
Vitamin A	132.1 µg	
Calcium	493.3 mg	
Iron	2.3 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com		



SERVINGS: 2

INGREDIENTS

- 2 fillets of salmon
- 1/2 cup sheep milk yoghurt
- 1 tbsp tahini
- 2 tbsp pecorino cheese, grated
- 1 tbsp fresh parsley, chopped
- 1 tbsp fresh chives, chopped
- 2 tsp gluten-free tamari
- 2 tsp garlic-infused olive oil
- 4 cups kale, chopped
- 2 cups broccoli, chopped
- 1/4 cup sunflower seeds

DIRECTIONS

1. In a pan, add some olive oil to coat and add the salmon skin side down. Cook for around 5 minutes or until the skin is crisp before turning over and cooking the other side.
2. In a small bowl, whisk the yoghurt, tahini, lemon juice, pecorino, parsley, chives, tamari, olive oil and pepper.
3. In a separate pan/ wok, lightly steam the kale and broccoli with a dash of water until tender. Remove from the heat.
4. In a bowl, toss the kale & broccoli with the dressing mixture and top with sunflower seeds.
5. Serve with cooked salmon and enjoy with a lemon wedge.

Notes: Substitute salmon for chicken breast.

Greek Edamame Salad

Nutrition Information		
Serving Size: 1 Serving		
	Average Quantity per Serving	%Daily Intake*
Energy	1752.3 kJ	20 %
Protein	33.1 g	66 %
Fat, total	22.8 g	33 %
- saturated	5 g	21 %
Carbohydrate	12.8 g	4 %
- sugars	6.4 g	
- lactose	0 g	
- galactose	0 g	
- starches	3.6 g	
Dietary Fibre	13.7 g	46 %
Sodium	672.3 mg	29 %
Vitamin C	18 mg	
Vitamin A	355.7 µg	
Calcium	249.3 mg	
Iron	6.1 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <div></div>		
Full Info at cronometer.com		



SERVINGS: 2

ADD 100G COOKED CHICKEN FOR EXTRA PROTEIN

INGREDIENTS

- 1.5 cups edamame, thawed
- 3 cups cos lettuce, chopped
- 1 small cucumber, chopped
- 40g sheep feta
- 1/4 cup fresh basil, chopped
- 9 kalamata olives, halved

Dressing:

- 1/8 cup red wine vinegar
- 1.5 tbsp onion-infused olive oil
- 2 tbsp sheep yoghurt
- 1/4 tsp salt
- 1/4 tsp pepper
- salt & pepper to season

DIRECTIONS

1. Whisk vinegar, oil, yoghurt, salt and pepper in a large bowl.
2. Add romaine, edamame, tomatoes, cucumber, feta, basil, and olives and toss to coat.
3. Enjoy on its own or add 100g of cooked chicken for extra protein.