



Katrina - High Protein Recipes Ideas

LISA HAYNE

MON



BREAKFAST

Air Fryer Sweet Potato & Egg Spinach Salad



SNACK 1

Blackberry Chia Pudding



LUNCH

Smashed Edamame & Mushroom Sandwich



DINNER

Chicken and lentil soup

TUE



BREAKFAST

Strawberry Vanilla Pineapple Smoothie



SNACK 1

Macadamia Nuts & Pear



LUNCH

Fresh Salad Rolls



DINNER

Pork, apple and walnut burgers

WED



BREAKFAST

Banana Protein Oats



SNACK 1

Apple Walnut Overnight Oats



LUNCH

Shredded Chicken (w/ Thermi instructions), Sweet Potato &...



DINNER

Chickpea Shakshuka

THU



BREAKFAST

Dragon Fruit & Kiwi Smoothie



SNACK 1

Pineapple Chia Pudding



LUNCH

Sticky chilli tofu poké bowl



DINNER

Parmesan Crusted Chicken with Broccoli

FRI



BREAKFAST

Yogurt Overnight Oats



SNACK 1

Apple with Peanut Butter



LUNCH

Egg & Arugula Wrap



SNACK 2

Beef and vegetable family pie

SAT



BREAKFAST

Mango Lime Smoothie



SNACK 1

Blender banana muffins



LUNCH

Tuna Couscous Salad



DINNER

Teriyaki chicken drumsticks with pickled veggies

SUN



BREAKFAST

Blueberry Melon Smoothie



SNACK 1

Hard Boiled Eggs



LUNCH

Tuna, Chickpea & Avocado Salad



DINNER

Crispy-skinned barramundi with Vietnamese-style salad

FRUITS

- 4 1/2 Apple
- 3 Avocado
- 1/2 Banana
- 2 Bananas
- 1 1/2 cups Blackberries
- 1/4 cup Blueberries
- 1 Green Apple
- 1/4 Honeydew Melon
- 1/2 Kiwi
- 1 1/2 Lemon
- 1 1/3 tbsps Lemon Juice
- 2 Lime
- 2 Limes
- 1 Pear
- 1/3 cup Pineapple
- 2 cups Pomegranate Seeds
- 1/2 cup Raspberries
- 1 1/2 cups Strawberries

BREAKFAST

- 1/2 cup All Natural Peanut Butter
- 1/2 cup Maple Syrup

SEEDS, NUTS & SPICES

- 2 tsps Cajun Seasoning
- 1/2 cup Chia Seeds
- 1 1/2 tsps Cinnamon
- 1 1/2 tsps Ground Flax Seed
- 1 tsp Harissa
- 1/4 cup Macadamia Nuts
- 1 tbsp Pumpkin Seeds
- 1/2 cup Raw Peanuts
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 3/4 cup Walnuts

FROZEN

- 1 Brown Rice Tortilla

VEGETABLES

- 1 1/3 cups Arugula
- 4 1/2 cups Baby Spinach
- 1/3 cup Basil Leaves
- 250 gs Beet
- 1 head Broccoli
- 5 Carrot
- 2 Carrots
- 2 stalks Celery
- 2 2/3 cups Cherry Tomatoes
- 350 gs Coleslaw Mix
- 2 1/2 Cucumber
- 1 ea French Shallot
- 1 tbsp Fresh Sage
- 2 eas Garlic
- 7 Garlic
- 2 Garlic Clove
- 2 1/2 tbsps Ginger
- 60 gs Green Lettuce
- 1 stalk Green Onion
- 1 1/4 heads Iceberg Lettuce
- 1 Leeks
- 1 tbsp Mint Leaves
- 1/4 bunch Mint Leaves
- 2/3 cup Mushrooms
- 300 gs Mushrooms
- 1/2 cup Parsley
- 2 cups Purple Cabbage
- 1 Red Bell Pepper
- 1 Red Hot Chili Pepper
- 3/4 cup Red Onion
- 1 cup Snap Peas
- 2 1/2 Sweet Potato
- 1/2 bunch Thai Basil
- 1 tbsp Thyme
- 2 Yellow Onion
- 1 kilogram Yellow Potato

BOXED & CANNED

BREAD, FISH, MEAT & CHEESE

- 4 eas Barramundi Fish
- 100 gs Blue Cheese
- 1/3 cup Cheddar Cheese
- 1.5 kilograms Chicken Breast
- 1 kilogram Chicken Drumsticks
- 1 kilogram Diced Beef
- 500 grams Lean Ground Pork
- 99 grams Sourdough Bread
- 300 grams Tofu
- 4 eas Whole Wheat Hamburger Buns

CONDIMENTS & OILS

- 1/3 cup Apple Cider Vinegar
- 1 1/2 tsps Avocado Oil
- 2 grams Avocado Oil Spray
- 1/3 cup Chilli Ginger Marinade
- 1/2 cup Extra Virgin Olive Oil
- 1/4 cup Fish Sauce
- 1/3 cup Garlic Aioli
- 1/4 cup Italian Dressing
- 2 1/3 tbsps Olive Oil
- 8 Rice Paper Wraps
- 1 1/2 tbsps Rice Vinegar
- 1/3 cup Soy Sauce
- 2 tbsps Tamari
- 1 tbsp Worcestershire Sauce

COLD

- 1/2 cup Cow's Milk, Whole
- 12 Egg
- 1/3 cup Egg Whites
- 2 Eggs
- 3 tbsps Guacamole
- 118 milliliters Pineapple Juice
- 4 1/2 cups Plain Coconut Milk
- 1 1/3 cups Plain Greek Yogurt
- 2 3/4 cups Unsweetened Almond Milk

- 113 grams Dragon Fruit
- 1 cup Frozen Blueberries
- 1 cup Frozen Cauliflower
- 1/2 cup Frozen Edamame
- 1 cup Frozen Mango
- 1/2 cup Frozen Peas
- 1 cup Frozen Pineapple
- 5 Ice Cubes
- 3 Puff Pastry Sheet

- 500 gs Ancient Grains Microwavable Rice
- 2 1/16 cups Bone Broth
- 2/3 cup Bread Crumbs
- 1 cup Brown Rice
- 1/2 cup Canned Coconut Milk
- 2 cups Chickpeas
- 400 gs Chickpeas
- 1/2 cup Couscous
- 800 gs Crushed Tomatoes
- 1/2 cup Dry Red Lentils
- 700 mls Passata
- 185 grams Rice Vermicelli Noodles
- 1 cup Risoni
- 1 tbsp Tomato Paste
- 1/4 cup Tomato Purée
- 2 cans Tuna

- 1 tbsp Unsweetened Coconut Yogurt

OTHER

- 1/3 cup Coconut Meat
- 19 grams Collagen Powder
- 1 1/16 cups Vanilla Protein Powder
- 1 3/4 cups Water

BAKING

- 1 cup Almond Flour
- 1 tsp Baking Powder
- 1/4 cup Cane Sugar
- 1/4 cup Coconut Sugar
- 3 cups Oats
- 3 tbsps Tapioca Flour
- 1 1/2 tsps Unsweetened Shredded Coconut
- 2 tsps Vanilla Extract
- 2 tbsps Whole Wheat Flour

Air Fryer Sweet Potato & Egg Spinach Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 Sweet Potato (large, cubed)
2 grams Avocado Oil Spray
6 Egg
Sea Salt & Black Pepper (to taste)
4 cups Baby Spinach
2/3 cup Cherry Tomatoes (halved)
3 tbsps Guacamole

DIRECTIONS

- 01 Preheat your air fryer to 400°F (205°C). Spray the sweet potato with avocado oil. Add to the air fryer and cook for 12 to 15 minutes, or until desired crispiness, tossing halfway through.
- 02 Meanwhile, heat a pan over medium heat. Spray with oil. In a bowl, whisk the eggs and add them to the pan. Stir the eggs to scramble them for five minutes or until thoroughly cooked. Season with salt and pepper.
- 03 Divide the spinach, cherry tomatoes, potatoes, eggs, and guacamole evenly between bowls. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Grated cheese and/or add salsa.

MAKE IT VEGAN

Use crumbled tofu or chickpeas in place of the eggs.

AVOCADO OIL SPRAY

One gram (or 0.03 ounces) of avocado oil spray is equal to a one-second spray.

Strawberry Vanilla Pineapple Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 1/2 cups Strawberries (chopped)
1 cup Frozen Pineapple
1/3 cup Vanilla Protein Powder

DIRECTIONS

01 Add all of the ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

NUT-FREE

Use coconut milk, cow's milk, or other nut-free milk.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

Banana Protein Oats

1 SERVING 10 MINUTES



INGREDIENTS

- 1/2 cup Oats
- 1 cup Plain Coconut Milk (unsweetened from the carton)
- 1/2 Banana (sliced, plus extra for garnish)
- 1 tsp Maple Syrup
- 1/2 tsp Vanilla Extract
- 1/8 tsp Sea Salt
- 1/2 tsp Cinnamon (plus extra for garnish)
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Blueberries
- 1 tbsp Unsweetened Coconut Yogurt
- 1 tbsp Pumpkin Seeds
- 1 1/2 tps Unsweetened Shredded Coconut

DIRECTIONS

- 01 Add the oats, coconut milk, banana, maple syrup, vanilla, and sea salt to a pot over medium heat. Stir to combine. Cook for five to seven minutes or until the oats thicken.
- 02 Turn off the heat and stir in the cinnamon and protein powder.
- 03 Transfer to a bowl and garnish with blueberries, coconut yogurt, pumpkin seeds, shredded coconut, sliced banana, and cinnamon. Enjoy!

NOTES

LEFTOVERS

Best enjoyed right away.

GLUTEN-FREE

Use certified gluten-free oats.

PROTEIN POWDER

This recipe was tested using plant-based vanilla protein powder.

NO COCONUT MILK

Use another plant-based milk like cashew, oat, or almond.

Dragon Fruit & Kiwi Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Plain Coconut Milk (unsweetened from the carton)
113 grams Dragon Fruit (red, cubed, fresh or frozen)
1/2 Kiwi
1/2 Lime (juiced)
1 tsp Maple Syrup
19 grams Collagen Powder
5 Ice Cubes

DIRECTIONS

01 Add all of the ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

NO COCONUT MILK

Use cow's milk or any other alternative milk.

ADDITIONAL TOPPINGS

Add chia seeds or hemp seeds before blending.

MAKE IT VEGAN

Omit collagen powder and use plant-based protein powder.

NO RED DRAGON FRUIT

Use a white flesh dragon fruit or strawberries.

DRAGON FRUIT SIZE

Four ounces or 113 grams of dragon fruit is equal to approximately 1/2 of a small dragon fruit.

Yogurt Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tsp Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

DIRECTIONS

- 01 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 02 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately one cup.

MAKE IT VEGAN

Use plant-based yogurt and milk of choice.

ADDITIONAL TOPPINGS

Top with cinnamon, coconut flakes, nut butter, nuts and seeds.

Mango Lime Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Frozen Mango
1 cup Frozen Cauliflower
1 Lime (large, zest and juice)
1/4 cup Vanilla Protein Powder
1 1/2 cups Plain Coconut Milk
(unsweetened, from the carton)

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

ADDITIONAL TOPPINGS

Add spinach, avocado, kale, pineapple, or chia seeds to your smoothie.

NO COCONUT MILK

Use almond or oat milk.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.

Blueberry Melon Smoothie

1 SERVING 2 MINUTES



INGREDIENTS

1 cup Frozen Blueberries
1/4 Honeydew Melon (small, peeled,
seeds removed, and chopped)
1 cup Plain Coconut Milk (unsweetened,
from the carton)
1 1/2 tsps Ground Flax Seed
1/4 cup Vanilla Protein Powder

DIRECTIONS

01 Add all ingredients to a blender and blend until smooth. Pour into a glass and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately.

SERVING SIZE

One serving is approximately two cups.

NO PROTEIN POWDER

Omit or use a few tablespoons of hemp seeds instead.

MELON

1/4 small honeydew melon is approximately equal to one cup.

Blackberry Chia Pudding

2 SERVINGS 25 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1 cup Blackberries
1 tbsp Maple Syrup
1/2 tsp Vanilla Extract
1/4 cup Chia Seeds

DIRECTIONS

- 01 Add the almond milk, blackberries, maple syrup, and vanilla to a blender and blend well until combined.
- 02 Pour the blackberry mixture into a medium-sized bowl and add the chia seeds. Whisk well to combine. Divide into smaller jars or bowls and refrigerate for at least 20 minutes to thicken.
- 03 Top with additional blackberries if desired. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

ADDITIONAL TOPPINGS

Granola, nuts, seeds, yogurt.

NUT-FREE

Use oat milk or coconut milk instead of almond milk.

Macadamia Nuts & Pear

1 SERVING 5 MINUTES



INGREDIENTS

1/4 cup Macadamia Nuts
1 Pear

DIRECTIONS

01 Place all ingredients on a plate and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NUT-FREE

Use sunflower seeds instead of macadamia nuts.

Apple Walnut Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

3/4 cup Oats
3/4 cup Unsweetened Almond Milk
1 tbsp Chia Seeds
1 1/2 tps Maple Syrup
1/2 tsp Cinnamon
1/4 cup Water
1/2 Apple (cored and diced)
1/2 cup Walnuts (chopped)

DIRECTIONS

- 01 Combine oats, almond milk, chia seeds, maple syrup, cinnamon, and water in a large glass container. Stir well to evenly mix. Cover and store in the fridge overnight.
- 02 Remove from fridge. Use single-serving size jars (250 mL or 500 mL in size) and place a few spoonfuls of the oat mixture in the bottom of each. Then add a layer of diced apple followed by a layer of chopped walnuts. Repeat until all ingredients are used up. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE PROTEIN

Add hemp seeds or a spoonful of nut butter.

WARM IT UP

Heat in the microwave for 30 to 60 seconds before eating.

NO MAPLE SYRUP

Use another sweetener instead.

Pineapple Chia Pudding

2 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Canned Coconut Milk
118 milliliters Pineapple Juice
1/4 cup Chia Seeds
1/2 Lime (zested)
1/3 cup Pineapple (chopped)
1 tbsp Mint Leaves (chopped, optional garnish)

DIRECTIONS

- 01 Combine the coconut milk, pineapple juice, chia seeds, and lime zest in a bowl. Refrigerate for at least 30 minutes or until chilled and the chia seeds have set.
- 02 Stir well then divide between bowls or jars. Top with pineapple and mint, if using. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately one cup.

MORE FLAVOR

Add vanilla extract.

ADDITIONAL TOPPINGS

Coconut flakes.

LIKES IT SWEETER

Add honey or maple syrup.

Apple with Peanut Butter

4 SERVINGS 3 MINUTES



INGREDIENTS

4 Apple

1/2 cup All Natural Peanut Butter

DIRECTIONS

01 Cut apple into slices and remove the core. Dip into peanut butter and enjoy!

NOTES

KEEP IT FRESH

To avoid brown apple slices, assemble the slices back into the shape of the apple and tie an elastic band around it.

Blender banana muffins

12 SERVINGS 30 MINUTES



INGREDIENTS

- 1 cup Oats (rolled)
- 1 cup Almond Flour
- 1/3 cup Coconut Meat (desiccated)
- 1 tsp Baking Powder
- 2 Eggs
- 2 Bananas (mashed)
- 1/3 cup Maple Syrup
- 1/3 cup Plain Greek Yogurt (or coconut yoghurt for DF)
- 2 tbsps Oats (rolled, extra)
- 1/2 tsp Cinnamon (ground)

DIRECTIONS

- 01 Preheat oven to 180°C and line a 12-hole, 1/3 cup (80ml) muffin pan.
- 02 Blend the oats, almond meal, desiccated coconut and baking powder in a blender until well combined.
- 03 Add the eggs, banana, maple-flavoured syrup and yoghurt and pulse until just combined.
- 04 Pour among the prepared holes. Sprinkle with extra oats and cinnamon.
- 05 Bake for 25 mins or until a skewer inserted in the centres comes out clean. Transfer to a wire rack to cool slightly. To freeze, wrap individually and freeze for up to 1 month.

Hard Boiled Eggs

1 SERVING 15 MINUTES



INGREDIENTS

2 Egg

DIRECTIONS

- 01 Place eggs in a saucepan and cover with water. Bring to a boil over high heat.
- 02 Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 03 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and enjoy!

NOTES

LEFTOVERS

Refrigerate in a covered container with the shell on for up to 7 days.

EASIER TO PEEL

Add salt to the water while boiling.

Smashed Edamame & Mushroom Sandwich

1 SERVING 20 MINUTES



INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil (divided)
2/3 cup Mushrooms (sliced)
Sea Salt & Black Pepper (to taste)
1/2 cup Frozen Edamame (thawed)
1 tsp Lemon Juice
1/3 cup Arugula
99 grams Sourdough Bread (toasted)

DIRECTIONS

- 01 In a pan over medium-high heat, add half of the oil and mushrooms. Sauté until golden brown and season with salt and pepper.
- 02 In a bowl, add the edamame, lemon juice, and the remaining oil. Lightly smash with a fork and season with salt and pepper.
- 03 Spread the smashed edamame on the toasted bread. Top with mushrooms and arugula. Close the sandwich and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to one sandwich.

MORE FLAVOR

Add chili flakes and onion powder.

ADDITIONAL TOPPINGS

Add cucumber and tomato.

GLUTEN-FREE

Use gluten-free bread instead of sourdough.

SOURDOUGH BREAD

One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.

Fresh Salad Rolls

4 SERVINGS 15 MINUTES



INGREDIENTS

85 grams Rice Vermicelli Noodles
2 tbsps Tamari
1 1/2 tbsps Rice Vinegar
2 Garlic (cloves, minced)
1 1/2 tsps Ginger (minced)
1 tbs Water
8 Rice Paper Wraps
1/4 head Iceberg Lettuce (leaves pulled apart)
1 Red Bell Pepper (medium, sliced)
1 Carrot (large, shredded)
2 cups Purple Cabbage (thinly sliced)

DIRECTIONS

- 01 Cook the rice vermicelli noodles according to the directions on the package. Rinse under cold water and drain. Set aside.
- 02 In a bowl, whisk together the tamari, rice vinegar, garlic, ginger, and water. Adjust to taste as needed.
- 03 Soften a sheet of rice paper underwater by submerging it in a shallow dish for five seconds. Transfer to a plate. Arrange the lettuce, vermicelli, bell pepper, carrot, and cabbage near the bottom of the wrap. Fold the bottom over the filling, then fold the sides. Tightly roll the rice paper until it is completely wrapped. Transfer to a separate plate and repeat this process until all ingredients are used up.
- 04 Dip into the sauce and enjoy!

NOTES

LEFTOVERS

Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Separate the rolls with a damp cloth or lettuce leaves to prevent sticking.

SERVING SIZE

One serving equals approximately two rolls.

ADDITIONAL TOPPINGS

Add bean sprouts, crushed peanuts, cilantro, Thai basil, mint, or cucumbers.

HOISIN LOVER

Instead of the tamari sauce, make a hoisin dipping sauce by mixing equal parts of peanut butter and hoisin sauce. Dilute with water to your preferred consistency.

Shredded Chicken (w/ Thermi instructions)

2 SERVINGS 20 MINUTES



INGREDIENTS

1 tsp Sea Salt

227 grams Chicken Breast (skinless, boneless)

DIRECTIONS

- 01 Bring a pot of water to a boil with the salt. Reduce to a gentle simmer, add chicken and cover. Let simmer until chicken is cooked through, about 15-20 minutes.
- 02 Remove chicken and shred into pieces using two forks.
- 03 THERMI - place halved chicken into bowl with splash of olive oil, salt and pepper. 18 mins / 100 degrees / rev sp 1. Once cooked, shred for 5 sec / rev sp 4.

NOTES

LEFTOVERS

Store covered in the fridge up to 3 days. Freeze in an airtight bag for up to 6 months.

SERVE IT WITH

Any of our sides, salads or vegetarian pastas.

SERVING SIZE

One serving is approximately 4 ounces (113 grams) of chicken.

Sweet Potato & Pomegranate Salad

4 SERVINGS 35 MINUTES



INGREDIENTS

2 Sweet Potato (cubed)
1 tbsp Extra Virgin Olive Oil (divided)
1/8 tsp Sea Salt (to taste)
1 tbsp Lemon Juice
1 tsp Maple Syrup
2 cups Pomegranate Seeds
1/2 cup Red Onion (diced)
1/4 cup Parsley (chopped)

DIRECTIONS

- 01 Preheat the oven to 400°F (205°C). Toss the sweet potato with 1/3 of the oil and salt. Arrange on a baking sheet and bake in the oven for 30 minutes.
- 02 In a small bowl, whisk together the remaining oil, lemon juice, and maple syrup.
- 03 Add the pomegranate seeds, red onion, and parsley to a large bowl. Add the sweet potato and pour on the dressing. Mix well to coat. Season with additional salt if needed. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 3/4 cup.

MORE FLAVOR

Add mixed greens or romaine and your protein of choice to turn this into a main dish.

Sticky chilli tofu poké bowl

4 SERVINGS 10 MINUTES



INGREDIENTS

300 grams Tofu (cut into 2cm pieces)
1/3 cup Chilli Ginger Marinade
500 gs Ancient Grains Microwavable Rice
350 gs Coleslaw Mix
1 Avocado (thinly sliced)

DIRECTIONS

- 01 Combine tofu and half the marinade in a bowl. Spray a medium frying pan with olive oil spray and heat over medium-high heat. Add tofu mixture and cook, tossing, for 5 mins or until brown all over and heated through. Transfer to a heatproof bowl.
- 02 Add the remaining marinade and 1 tbs water to the pan. Bring to the boil, then remove from heat.
- 03 Heat rice following packet directions. Reserve dressing and seed sachet from the salad kit. Arrange the rice and salad mix from kit in serving bowls. Top with tofu and avocado. Drizzle the salad with the reserved dressing. Drizzle tofu with sauce from the pan. Season. Sprinkle with the reserved seeds to serve.

Egg & Arugula Wrap

1 SERVING 10 MINUTES



INGREDIENTS

1 1/2 tsps Avocado Oil
1 Egg
1/3 cup Egg Whites
1/4 tsp Sea Salt (to taste)
1/2 Avocado (mashed)
1 Brown Rice Tortilla
1 cup Arugula

DIRECTIONS

- 01 Heat the oil in a large pan over medium-high heat. Add the egg and egg whites into the pan. Cook for 15 seconds, then shake the pan gently to break the yolk. Rotate the pan to spread and cook the eggs evenly. Season with salt and fold into an omelette.
- 02 Spread the avocado onto the tortilla and top with the arugula and omelette. Roll up the wrap and enjoy!

NOTES

LEFTOVERS

This recipe is best enjoyed immediately. Refrigerate in an airtight container for up to one day.

MORE FLAVOR

Add sauerkraut, pickled red onion, kimchi, and/or mayonnaise.

ADDITIONAL TOPPINGS

Add tomatoes, snap peas, fresh dill, cucumber, bell pepper, and/or grated carrot.

Tuna Couscous Salad

2 SERVINGS 20 MINUTES



INGREDIENTS

1/2 cup Couscous (uncooked)
1 can Tuna (drained)
1 cup Cherry Tomatoes (halved)
1 stalk Green Onion (thinly sliced)
1 cup Snap Peas (trimmed, sliced)
1/2 Lemon (juiced)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Cook the couscous according to the package directions and let cool.
- 02 Mix all the ingredients together and adjust the seasoning to your taste.
- 03 Divide the salad evenly between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately two cups.

GLUTEN-FREE

Use quinoa instead of the couscous.

MORE FLAVOR

Add avocado and/or your favorite dressing.

ADDITIONAL TOPPINGS

Chopped cilantro or parsley.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Tuna, Chickpea & Avocado Salad

2 SERVINGS 15 MINUTES



INGREDIENTS

1 can Tuna (drained, flaked with a fork)
1 cup Chickpeas (cooked, drained)
1/2 Cucumber (medium, chopped)
1 cup Cherry Tomatoes (halved)
1/2 Avocado (cubed)
1/4 cup Red Onion (sliced)
1/4 cup Italian Dressing
2 tbsps Parsley (fresh, chopped)

DIRECTIONS

01 Divide the tuna, chickpeas, cucumber, tomatoes, avocado, and onion evenly between bowls. Top evenly with the dressing and parsley. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

NO ITALIAN DRESSING

Use olive oil and lemon juice instead.

NO TUNA

Use other canned fish like salmon or mackerel.

CANNED TUNA

One can of tuna is equal to 165 grams or 5.8 ounces, drained.

Beef and vegetable family pie

6 SERVINGS 2 HOURS 50 MINUTES



INGREDIENTS

- 2 tbsps Olive Oil
- 1 kilogram Diced Beef
- 1 Yellow Onion (coarsely chopped)
- 1 Carrot (coarsely chopped)
- 2 stalks Celery (coarsely chopped)
- 2 tbsps Whole Wheat Flour
- 2 cups Bone Broth (or stock)
- 1 tbsp Tomato Paste
- 1 tbsp Worcestershire Sauce
- 1 tbsp Thyme (coarsely chopped)
- 1/2 cup Frozen Peas
- 2 tbsps Tapioca Flour (or corn flour)
- 3 Puff Pastry Sheet (thawed)
- 1 Egg (lightly whisked)

DIRECTIONS

- 01 Heat half the oil in a large flameproof casserole pan over medium-high heat. Add one-third of the beef and cook, turning, for 2-3 mins or until brown all over. Transfer to a heatproof bowl. Repeat, in 2 more batches, with the remaining beef.
- 02 Heat the remaining oil in the pan. Add the onion, carrot and celery and cook, stirring, for 5 mins or until onion softens. Return the beef to the pan and sprinkle over the flour. Cook, stirring, for 1 min or until the mixture is grainy. Add the stock, tomato paste, Worcestershire sauce and thyme. Bring to the boil. Reduce heat to low and cook, covered, stirring occasionally, for 2 hours or until beef is tender. Increase heat to medium.
- 03 Combine cornflour with 2 tbs water in a small bowl. Add to the beef mixture and stir to combine. Cook, stirring, for 5 mins or until sauce thickens. Season. Stir in the peas and set aside to cool.
- 04 Preheat oven to 200°C. Spoon the beef mixture into a 29cm fluted pie dish. Use a heart-shaped pastry cutter to cut shapes from the pastry. Brush with a little egg. Arrange over the top of the beef mixture. Bake for 30 mins or until golden brown and puffed.

Chicken and lentil soup

4 SERVINGS 30 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 Leeks (thinly sliced)
2 Garlic (2 cloves crushed)
2 Carrot (chopped)
300 gs Mushrooms (thinly sliced)
1/2 cup Dry Red Lentils (rinsed and drained)
800 gs Crushed Tomatoes
500 grams Chicken Breast (chopped)
400 gs Chickpeas (tin, rinsed and drained)
1/3 cup Basil Leaves

DIRECTIONS

- 01 Heat half the oil in a medium saucepan over medium-high heat.
- 02 Add the leek, garlic, carrot and mushroom. Cook, stirring, for 5 mins or until vegetables are just tender.
- 03 Add the lentils, tomatoes, chicken and 6 cups (1.5L) water and bring to the boil. Reduce heat to low and simmer for 10 mins or until the chicken is cooked through.
- 04 Meanwhile, preheat the grill on medium-high. Place the chickpeas on a baking tray and drizzle with the remaining oil. Toss to coat. Cook under the grill, tossing occasionally, for 4 mins or until the chickpeas are golden.
- 05 Divide the soup among serving bowls. Season with pepper. Top with the chickpeas and basil to serve.

Pork, apple and walnut burgers

4 SERVINGS 40 MINUTES



INGREDIENTS

1 kilogram Yellow Potato (cut into wedges)
2 tsps Cajun Seasoning
500 grams Lean Ground Pork
1 Green Apple (coarsely grated)
1 tbsp Fresh Sage (coarsely chopped)
1/3 cup Bread Crumbs
1 Egg
1/3 cup Walnuts (toasted, coarsely chopped)
100 gs Blue Cheese (thickly sliced)
4 eas Whole Wheat Hamburger Buns (toasted)
1/3 cup Garlic Aioli
250 gs Beet (thickly sliced)
60 gs Green Lettuce (rocket)

DIRECTIONS

- 01 Preheat oven to 220°C. Line a large baking tray with baking paper. Place potato on the tray. Spray with olive oil spray. Sprinkle with seasoning and toss to combine. Bake, turning occasionally, for 30 mins or until golden brown.
- 02 Meanwhile, place the mince, apple, sage, breadcrumbs, egg and walnut in a large bowl. Use your hands to mix until well combined. Divide the mixture into 4 even portions. Shape each portion into a 10cm patty and place on a plate. Cover and place in the fridge for 15 mins to rest.
- 03 Heat a large frying pan over medium-high heat. Cook the patties for 3-4 mins each side or until cooked through. Top each patty with cheese and place on a lined baking tray. Bake for 2-3 mins or until cheese just melts.
- 04 Divide the bun bases among serving plates and spread evenly with aioli. Top with rocket, beetroot, patties and bun tops. Serve immediately with wedges. Serve with sour cream and sweet chilli sauce

Chickpea Shakshuka

1 SERVING 15 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked)
1/4 cup Tomato Purée
1 tsp Harissa
1/2 cup Baby Spinach
1 Egg
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 In a small pan over medium heat add the chickpeas, tomato purée, and harissa. Bring to boil, reduce the heat down to simmer, and let cook for about 10 minutes.
- 02 Add the spinach and cook for another two minutes. Create a pocket in the middle and crack the egg into the pocket. Cover the pan and cook until the egg is set, about five to six minutes.
- 03 Season with salt and pepper and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately 1 1/2 cups.

MORE FLAVOR

Add onion and bell pepper.

ADDITIONAL TOPPINGS

Add feta cheese and fresh herbs.

Parmesan Crusted Chicken with Broccoli

4 SERVINGS 40 MINUTES



INGREDIENTS

800 grams Chicken Breast
1 Yellow Onion (finely chopped)
2 eas Garlic (finely chopped)
700 mls Passata
1 Lemon (finely grated, juiced)
1 cup Risoni
1 head Broccoli (cut into florets)
1/3 cup Bread Crumbs
1/3 cup Cheddar Cheese (or parmesan, grated)
2 tbsps Parsley (chopped)
1/4 cup Extra Virgin Olive Oil
1 tbsps Bone Broth (paste or stock cube)
1 1/2 cups Water

DIRECTIONS

- 01 Heat 2 tbs oil in a flameproof roasting pan over medium heat. Season chicken fillets. Add to pan and cook for 3 minutes each side or until browned. Transfer to a plate.
- 02 Add onion and garlic and cook for 3 minutes or until softened. Add passata, 1½ cups water, bone broth/stock, lemon juice and rind. Stir to combine. Bring to a boil. Add risoni and stir to combine.
- 03 Return chicken to pan and simmer for 10 minutes. Add broccoli and cook for 10 minutes or until broccoli is tender and chicken cooked through.
- 04 Preheat grill on high. Combine breadcrumbs, parmesan, parsley and remaining oil. Season with pepper. Pour mixture over chicken. Place under grill and cook for 5 minutes or until topping is golden. Serve.

Teriyaki chicken drumsticks with pickled veggies

4 SERVINGS 2 HOURS 5 MINUTES



INGREDIENTS

- 1 tsp Olive Oil
- 1 kilogram Chicken Drumsticks
- 3 Garlic (thinly sliced cloves)
- 2 tbsps Ginger (4cm piece, cut into matchsticks)
- 1/3 cup Soy Sauce
- 1/4 cup Cane Sugar (brown sugar)
- 1/3 cup Apple Cider Vinegar
- 2 Carrots (cut into long matchsticks)
- 2 Cucumber (cut into long matchsticks)
- 1 tbsps Tapioca Flour (or cornflour)
- 1 cup Brown Rice (or quinoa)
- 1 Avocado (sliced)

DIRECTIONS

- 01 Heat the oil in a large frying pan over medium-high heat. Add the chicken and cook, turning, for 2-3 mins or until golden brown all over. Transfer to a slow cooker. Add the garlic, ginger, soy sauce, 2 tbs sugar and half the vinegar. Cover and cook for 2 hours on high (or 4 hours on low) or until the chicken is falling off the bone.
- 02 Meanwhile, combine remaining sugar and vinegar with 1 tbs water in a bowl. Add carrot and cucumber. Season with salt. Toss to combine. Set aside for 2 hours to develop the flavours. Drain.
- 03 Cook rice and quinoa in a saucepan of boiling water following packet directions.
- 04 Remove chicken from the slow cooker. Transfer 1/2 cup (125ml) of the cooking liquid to a small bowl. Stir in cornflour. Return to the slow cooker and stir to combine. Season. Return chicken to the slow cooker and stir to coat in sauce.
- 05 Divide the rice and quinoa, avocado, pickled vegetables and chicken among serving plates. Spoon over the sauce.

Crispy-skinned barramundi with Vietnamese-style salad

4 SERVINGS 18 MINUTES



INGREDIENTS

100 grams Rice Vermicelli Noodles
1 ea French Shallot (thinly sliced)
1/4 cup Fish Sauce
1/4 cup Coconut Sugar
2 Limes (juiced, plus 1 extra cut into wedges to serve)
1 Red Hot Chili Pepper (thinly sliced)
2 Garlic Clove (thinly sliced)
4 ea Barramundi Fish (skin on)
1 tbsp Extra Virgin Olive Oil
1 head Iceberg Lettuce (or cos lettuce, trimmed, leaves separated)
1 Carrot (julienned)
1/4 bunch Mint Leaves (leaves picked)
1/2 bunch Thai Basil (leaves picked)
1/2 cup Raw Peanuts (toasted, roughly chopped)

DIRECTIONS

- 01 Cook noodles according to packet instructions.
- 02 Meanwhile, combine shallot, fish sauce, sugar, lime juice, chilli and garlic in a small bowl. Set aside until needed.
- 03 Heat a large non-stick frying pan over medium heat. Pat barramundi skin with paper towel. Drizzle oil over both sides of barramundi, then cook, skin-side down, for 6 minutes or until skin is golden and crisp. Turn barramundi and cook for 7 minutes or until just cooked through. Remove pan from heat and rest for 2 minutes.
- 04 Divide barramundi, noodles, lettuce, carrot and herbs among plates. Drizzle with dressing and scatter over peanuts. Serve with lime wedges.