













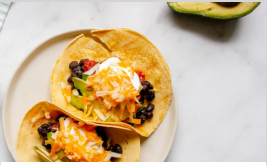







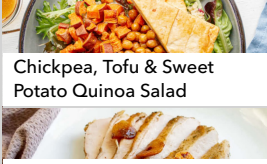









Rylee - Lunch and Dinner Ideas

Lisa Hayne | Herb + Spice
<https://herbandspice.net.au>

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Apple Walnut Overnight Oats	 Banana & Nut Chia Oats	 Spiced Apple Oatmeal	 Mixed Berry Protein Overnight Oats	 Air Fryer Chocolate Lava Baked Oats	 Breakfast Tart	 Sweet Potato Brekky Hash with Egg
Snack 1	 Pureed Pumpkin Hummus	 Blender banana muffins	 Pink Energy Bites	 English Muffin with Peanut Butter & Banana	 Carrot Cake Bites	 Apple with Peanut Butter	 Peanut Butter Banana Oat Smoothie
Lunch	 Black Bean Tacos	 Ranch & Spicy Chicken Wrap	 Pumpkin Chickpea Curry	 Mediterranean Chicken Salad	 Lentil & Chickpea Pasta Salad	 Roast Beef, Avocado & Pesto Wrap	 Steak Skewers with Pita & Hummus
Dinner	 Beef & Shirataki Noodles	 Chickpea, Tofu & Sweet Potato Quinoa Salad	 Creamy Chicken & Mushrooms	 Satay beef with cabbage salad	 Mongolian Beef	 Beef and vegetable family pie	 Crispy-skinned barramundi with Vietnamese-style salad

Fruits

- ☐ 6 1/2 Apple
- ☐ 1 1/2 Avocado
- ☐ 4 1/2 Banana
- ☐ 2 Bananas
- ☐ 1/2 cup Blueberries
- ☐ 1 Green Apple
- ☐ 1 Lemon
- ☐ 1 1/2 tbsps Lemon Juice
- ☐ 1 1/2 tsps Lime Juice
- ☐ 2 Limes
- ☐ 1/2 cup Raspberries

Breakfast

- ☐ 1 1/4 cups All Natural Peanut Butter
- ☐ 1/4 cup Cashew Butter
- ☐ 1 1/8 cups Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 cup Cashews
- ☐ 1/3 cup Chia Seeds
- ☐ 3/4 tsp Chili Flakes
- ☐ 1 tbsps Cinnamon
- ☐ 1/2 cup Coriander
- ☐ 1/2 bunch Coriander
- ☐ 2 tsps Cumin
- ☐ 1 tsp Everything Bagel Seasoning
- ☐ 10 Fresh Curry Leaves
- ☐ 1 tsp Ground Mustard
- ☐ 2 tsps Hemp Seeds
- ☐ 2 tsps Herbes De Provence
- ☐ 3/4 tsp Nutmeg
- ☐ 1/2 cup Raw Peanuts
- ☐ 1 1/4 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 2 tsps Taco Seasoning
- ☐ 1 tsp Turmeric
- ☐ 1/2 cup Walnuts

Frozen

- ☐ 1 Brown Rice Tortilla

Vegetables

- ☐ 4 1/3 cups Arugula
- ☐ 2 cups Asparagus
- ☐ 4 cups Baby Kale
- ☐ 2 cups Baby Spinach
- ☐ 100 gs Bean Sprouts
- ☐ 2 Carrot
- ☐ 2 stalks Celery
- ☐ 3 cups Cherry Tomatoes
- ☐ 1/4 cup Chives
- ☐ 1 tbsps Cilantro
- ☐ 8 Cremini Mushrooms
- ☐ 1 Cucumber
- ☐ 1 ea French Shallot
- ☐ 1/4 cup Fresh Dill
- ☐ 10 Garlic
- ☐ 7 Garlic Clove
- ☐ 3 1/3 tbsps Ginger
- ☐ 1 cup Grated Carrot
- ☐ 200 gs Green Beans
- ☐ 1 Green Bell Pepper
- ☐ 2 cups Green Cabbage
- ☐ 3 stalks Green Onion
- ☐ 1 head Iceberg Lettuce
- ☐ 1/4 bunch Mint Leaves
- ☐ 2 cups Mixed Greens
- ☐ 1/4 cup Parsley
- ☐ 800 gs Pumpkin
- ☐ 3 Red Bell Pepper
- ☐ 1 Red Chilli
- ☐ 1 Red Hot Chili Pepper
- ☐ 1 cup Red Onion
- ☐ 2 heads Romaine Hearts
- ☐ 3 Sweet Potato
- ☐ 1/2 bunch Thai Basil
- ☐ 1 tbsps Thyme
- ☐ 3 Yellow Onion

Boxed & Canned

- ☐ 2 cups Black Beans
- ☐ 2 cups Bone Broth

Bread, Fish, Meat & Cheese

- ☐ 4 slices Bacon
- ☐ 4 slices Bacon, Cooked
- ☐ 4 ea Barramundi Fish
- ☐ 43 grams Cheddar Cheese
- ☐ 567 grams Chicken Breast
- ☐ 142 grams Chicken Breast, Cooked
- ☐ 454 grams Chicken Thighs
- ☐ 10 Corn Tortilla
- ☐ 1/3 cup Cream Cheese, Regular
- ☐ 76 grams Deli Roast Beef
- ☐ 1 kilogram Diced Beef
- ☐ 57 grams English Muffin
- ☐ 227 grams Extra Lean Ground Beef
- ☐ 1/3 cup Feta Cheese
- ☐ 283 grams Flank Steak
- ☐ 3/4 cup Gruyere Cheese
- ☐ 1 kilogram Stewing Beef
- ☐ 397 grams Tofu
- ☐ 454 grams Top Sirloin Steak
- ☐ 2 Whole Wheat Pita

Condiments & Oils

- ☐ 1 tbsps Avocado Oil
- ☐ 1/4 cup Balsamic Vinaigrette
- ☐ 2 1/2 tbsps Coconut Aminos
- ☐ 1/3 cup Coconut Oil
- ☐ 1 tsp Dijon Mustard
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 1/4 cup Fish Sauce
- ☐ 2 tsps Ghee Or Coconut Oil
- ☐ 1/4 cup Hot Sauce
- ☐ 2 tsps Italian Dressing
- ☐ 2 1/3 tbsps Olive Oil
- ☐ 3/4 cup Pitted Kalamata Olives
- ☐ 1/4 cup Ranch Dressing
- ☐ 1 tbsps Rice Vinegar
- ☐ 1 1/2 tbsps Soy Sauce
- ☐ 1/4 cup Soy Sauce, Low Sodium
- ☐ 2 tsps Sun Dried Tomato Pesto
- ☐ 2 tsps Sweet Chilli Sauce

- ☐ 1/2 cup Frozen Peas
- ☐ 227 grams Puff Pastry
- ☐ 3 Puff Pastry Sheet

- ☐ 400 milliliters Canned Coconut Milk
- ☐ 200 mls Canned Coconut Milk
- ☐ 227 grams Chickpea Pasta
- ☐ 4 1/2 cups Chickpeas
- ☐ 425 gs Chickpeas
- ☐ 1/2 cup Jasmine Rice
- ☐ 4 cups Lentils
- ☐ 2/3 cup Quinoa
- ☐ 100 grams Rice Vermicelli Noodles
- ☐ 3 tbsps Salsa
- ☐ 340 grams Shirataki Noodles
- ☐ 1 tbsp Tomato Paste

Baking

- ☐ 1 cup Almond Flour
- ☐ 1 1/4 tsps Baking Powder
- ☐ 1 tbsp Brown Sugar
- ☐ 1/2 cup Coconut Flour
- ☐ 1/4 cup Coconut Sugar
- ☐ 2 tbsps Cornstarch
- ☐ 28 grams Dark Chocolate
- ☐ 5 2/3 cups Oats
- ☐ 1/2 cup Pitted Dates
- ☐ 1/2 cup Pureed Pumpkin
- ☐ 2 tbsps Tapioca Flour
- ☐ 7 grams Unbleached All Purpose Flour
- ☐ 3/4 cup Unsweetened Shredded Coconut
- ☐ 1 1/3 tbsps Vanilla Extract
- ☐ 2 tbsps Whole Wheat Flour

- ☐ 1/4 cup Thai Red Curry Paste
- ☐ 1/3 cup Vietnamese Salad Dressing
- ☐ 1 tsp Whole Grain Mustard
- ☐ 1 tbsp Worcestershire Sauce

Cold

- ☐ 2 tbsps Cream, Half & Half
- ☐ 11 Egg
- ☐ 2 Eggs
- ☐ 1 cup Hummus
- ☐ 2 1/3 cups Plain Greek Yogurt
- ☐ 3 tbsps Sour Cream
- ☐ 1 cup Soy Milk
- ☐ 6 cups Unsweetened Almond Milk
- ☐ 1/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 8 Barbecue Skewers
- ☐ 1/3 cup Coconut Meat
- ☐ 40 grams Freeze Dried Strawberries
- ☐ 0 Rice
- ☐ 1 cup Vanilla Protein Powder
- ☐ 1/2 cup Water



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

- 1 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.
- 2 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.



Banana & Nut Chia Oats

4 servings

8 hours

Ingredients

2 cups Plain Greek Yogurt
2 cups Unsweetened Almond Milk
1/4 cup Oats (rolled)
1/4 cup Chia Seeds
1 1/3 tbsps All Natural Peanut Butter
1 1/3 tbsps Maple Syrup
2 tsps Vanilla Extract
2 Banana (sliced)

Directions

- 1 In a medium bowl, mix together the yogurt, almond milk, oats, chia seeds, peanut butter, maple syrup, and vanilla. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Divide into containers and add the sliced banana. Serve and enjoy!

Notes

Leftovers: Refrigerate in a sealed container for up to four days.

Nut-Free: Use a nut-free milk such as oat or soy.

More Flavor: Add a pinch of cinnamon.

No Banana: Use mixed berries instead of banana.

Make it Vegan: Use a vegan yogurt.

Consistency: For a thicker consistency, add more chia seeds.



Spiced Apple Oatmeal

2 servings

15 minutes

Ingredients

2 tbsps Coconut Oil
2 Apple (cored, chopped)
1/2 tsp Vanilla Extract
2 tbsps Maple Syrup (divided)
1 tsp Cinnamon (divided)
1/2 tsp Nutmeg (divided)
1 1/2 cups Unsweetened Almond Milk
1 cup Oats

Directions

- 1 Add the coconut oil, apples, vanilla, maple syrup, cinnamon, and nutmeg to a saucepan over medium heat. Cook the apples for four to five minutes or until they have softened, stirring continuously so they don't stick.
- 2 Add the milk and oats. Stir to combine. Lower the heat and cook for five to seven minutes or until the oats thicken, stirring as needed.
- 3 Divide evenly between bowls and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate for up to three days and reheat before serving.

Serving Size: One serving is equal to approximately one cup.

No Almond Milk: Use cow's milk or any other alternative milk.

Additional Toppings: Hemp seeds, chia seeds, nut butter, coconut butter, and/or sea salt.



Mixed Berry Protein Overnight Oats

2 servings

8 hours

Ingredients

1 cup Oats (rolled)
1/2 cup Vanilla Protein Powder
1 cup Soy Milk
1/4 cup Unsweetened Coconut Yogurt
2 tbsps Maple Syrup
1/2 cup Blueberries
1/2 cup Raspberries
2 tbsps Hemp Seeds

Directions

- 1 In a bowl, add the oats and protein powder. Mix to combine. Stir in the milk, coconut yogurt, and maple syrup until smooth.
- 2 Divide evenly between jars and top with blueberries, raspberries, and hemp seeds. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup.

No Soy Milk: Use any type of milk.

Additional Toppings: Cinnamon, coconut flakes, nut butter, nuts, and seeds.



Air Fryer Chocolate Lava Baked Oats

2 servings

15 minutes

Ingredients

1 cup Oats
3/4 cup Unsweetened Almond Milk
3 tbsps Maple Syrup
1 Egg
1/4 tsp Baking Powder
1 tsp Vanilla Extract
28 grams Dark Chocolate (cut into squares)

Directions

- 1 Preheat the air fryer to 350°F (175°C). Grease the ramekins with oil.
- 2 In a blender, combine the oats, milk, maple syrup, egg(s), baking powder, and vanilla. Blend on high until very smooth, about one minute.
- 3 Divide the oat mixture evenly between ramekins and then place the chocolate in the center, pressing down so it's covered. Place in the air fryer and bake for ten to eleven minutes, until the tops are golden brown. Let cool slightly and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: This recipe uses two eight ounce (120-mL) ramekin dishes for two servings. One ramekin is one serving.

More Flavor: Add vanilla protein powder.

Additional Toppings: Top with extra dark chocolate, nut or seed butter, or berries.

Cook Time: If you want a firmer center, bake for an additional four to five minutes at a lower temperature so it doesn't burn.



Breakfast Tart

4 servings

30 minutes

Ingredients

7 grams Unbleached All Purpose Flour
 (for dusting)
 227 grams Puff Pastry (thawed)
 5 Egg (divided)
 1 tsp Everything Bagel Seasoning
 1/3 cup Cream Cheese, Regular
 3/4 cup Gruyere Cheese (shredded)
 Sea Salt & Black Pepper (to taste)
 4 slices Bacon, Cooked (chopped)
 1/3 cup Arugula

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Use the flour to lightly dust a flat surface. Roll out the puff pastry into a rectangle, about 1/2-inch (13 mm) thick. Use a knife to run a one-inch border around the edges, being careful not to pierce all the way through. Poke holes with a fork throughout the center of the tart to prevent bubbling while baking.
- 3 In a medium-sized bowl, whisk 1/5 of the egg. Brush on the edges of the puff pastry and scatter the everything bagel seasoning on top. Place in the fridge for ten minutes.
- 4 Add the cream cheese, gruyère, salt, and pepper to the bowl with the leftover whisked egg. Mix well. Remove the puff pastry from the fridge and spread the cream cheese mixture over top with a spatula. Transfer to the oven and bake for 12 minutes.
- 5 Remove the pastry from the oven and use a spoon to push down slightly to make little divots. Carefully crack the remaining eggs into the divots. Top with bacon. Bake for eight to nine minutes more, or until the whites are set and the yolks are still runny.
- 6 Top with arugula and cut into slices. Enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days. Reheat in the oven.

Serving Size: 8 oz of puff pastry was used to make four servings. One serving is approximately one slice.



Sweet Potato Brekky Hash with Egg

2 servings

30 minutes

Ingredients

4 slices Bacon (diced)
 1 tbsp Extra Virgin Olive Oil
 1 Sweet Potato (medium, peeled and cut into small cubes)
 1/2 cup Red Onion (chopped)
 1 Green Apple (diced)
 2 cups Baby Spinach
 Sea Salt & Black Pepper (to taste)
 2 Egg

Directions

- 1 Heat a pan over medium heat and add half the oil. Add the sweet potato and cook, stirring for 5-6 minutes. Add the bacon and onion and continue to cook until potato is tender and bacon is crispy.
- 2 Add the apple and spinach at the end to warm through. Season with salt and pepper to taste.
- 3 Heat the remaining oil in a second pan over medium heat. Cook the eggs to your liking. Season with salt and pepper to taste. Divide the sweet potato hash and eggs between plates. Enjoy!
- 4 Note: Add any extra veggies you like, or that need using up from the fridge. Brussel sprouts, broccoli, mushrooms are all great additions.

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cook eggs just before serving.

Serving Size: One serving is approximately equal to one cup of the sweet potato hash and one egg.

More Flavor: Add dried herbs and spices like garlic powder, chili powder, or smoked paprika to the sweet potato hash.

Sweet Potato: One medium sweet potato yields approximately two cups of sweet potato cubes.

No Spinach: Use kale instead.

No Red Onion: Use yellow onion instead.



Pureed Pumpkin Hummus

4 servings

10 minutes

Ingredients

1/2 cup Pureed Pumpkin
2 cups Chickpeas (cooked, drained and rinsed)
2 Garlic (clove)
1 1/2 tbsps Lemon Juice
1/4 cup Extra Virgin Olive Oil
1/2 tsp Sea Salt

Directions

1

Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days, or in the freezer for up to six months.

Make it Spicy: Add chili powder, cayenne pepper or chili flakes.

Extra Toppings: Top with a drizzle of olive oil, cinnamon, cayenne pepper, pumpkin seeds or hemp seeds.

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread!



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

- 1 Preheat oven to 180°C and line a 12-hole, ⅓ cup (80ml) muffin pan.
- 2 Blend the oats, almond meal, desiccated coconut and baking powder in a blender until well combined.
- 3 Add the eggs, banana, maple-flavoured syrup and yoghurt and pulse until just combined.
- 4 Pour among the prepared holes. Sprinkle with extra oats and cinnamon.
- 5 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.



Pink Energy Bites

8 servings

10 minutes

Ingredients

40 grams Freeze Dried Strawberries
1/2 cup Pitted Dates
1 cup Cashews (raw)
1/4 cup Cashew Butter
1/4 tsp Sea Salt

Directions

- 1 Add the dried strawberries to a food processor and blend until the mixture is powdery. Remove and set aside on a plate.
- 2 Add the dates, cashews, cashew butter, and salt to the bowl of a food processor. Blend until a smooth consistency is achieved and the mixture holds together.
- 3 Remove the mixture and form into small balls with your hands, using about one tablespoon of dough. Roll into the strawberry powder. Repeat until the mixture is used up. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week. Freeze for up to three months.

Serving Size: One serving is two bites.

No Cashew Butter: Use almond or peanut butter instead.



English Muffin with Peanut Butter & Banana

1 serving

5 minutes

Ingredients

2 tbsps All Natural Peanut Butter
57 grams English Muffin (halved,
toasted)
1/2 Banana (sliced)

Directions

- 1 Spread the peanut butter evenly over the English muffin and top with banana slices. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Additional Toppings: Top with a sprinkle of cinnamon or a drizzle of honey.

Gluten-Free: Use a rice cake, gluten-free bread slice or toasted sweet potato slice instead of an english muffin.

English Muffin: One English muffin is roughly two ounces or 57 grams.



Carrot Cake Bites

12 servings

30 minutes

Ingredients

1/2 cup Coconut Flour
1/2 cup Vanilla Protein Powder
1 tsp Cinnamon
1/4 tsp Nutmeg
1/4 tsp Sea Salt
1/4 cup Maple Syrup
1/2 tsp Vanilla Extract (alcohol-free)
1/4 cup Coconut Oil (melted)
3/4 cup Unsweetened Shredded Coconut (divided)
1 cup Grated Carrot

Directions

- 1 In a bowl, add the coconut flour, protein powder, cinnamon, nutmeg, and salt. Stir to combine.
- 2 Add the maple syrup, vanilla, and melted coconut and stir again.
- 3 Fold in a quarter of the shredded coconut and all of the grated carrot.
- 4 Form into even balls with your hands, approximately one inch in diameter. Add the remaining shredded coconut to a plate for rolling. If the batter is too sticky, add some more coconut flour.
- 5 Place in a sealed container in the fridge for about 20 minutes to slightly harden. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week or freeze for up to three months.

Serving Size: One serving is equal to one ball.

Protein Powder: This recipe was tested using a paleo protein powder.

Coconut Flour: This recipe was tested using Bob's Red Mill Coconut Flour. If using a different brand of coconut flour, results may vary.



Apple with Peanut Butter

4 servings

3 minutes

Ingredients

4 Apple
1/2 cup All Natural Peanut Butter

Directions

- 1 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.



Peanut Butter Banana Oat Smoothie

2 servings

5 minutes

Ingredients

1/2 cup Oats (quick or traditional)
1/4 cup All Natural Peanut Butter
2 Banana
1 cup Unsweetened Almond Milk

Directions

1

Place all ingredients into a blender and blend well until smooth. Divide into glasses and enjoy! (Note: This smoothie will thicken if not had right away. Just add a splash of almond milk until you reach your desired consistency.)

Notes

No Banana: Sweeten with raw honey, maple syrup or a few soaked dates.

No Peanut Butter: Use any nut or seed butter.

Storage: Store in a mason jar with lid in the fridge up to 48 hours.

More Protein: Add hemp seeds or a scoop of protein powder.

More Fibre: Add ground flax seed.



Black Bean Tacos

3 servings

15 minutes

Ingredients

- 2 tsps Extra Virgin Olive Oil
- 2 cups Black Beans (cooked)
- 2 tsps Taco Seasoning
- 6 Corn Tortilla (small)
- 3 tbsps Sour Cream
- 3 tbsps Salsa
- 43 grams Cheddar Cheese (shredded)
- 1 Avocado (sliced)

Directions

- 1 Heat the oil in a large pan over medium heat. Once hot, add the black beans and taco seasoning. Mix well until the beans are coated. Heat for three to five minutes, stirring often.
- 2 Divide the beans evenly between the tortillas and top with the sour cream, salsa, cheese, and avocado. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days. Store the black beans separately from the tortillas and toppings. Cut the avocado when ready to serve.

Serving Size: One serving is two tacos.

Make it Vegan: Omit the sour cream and cheese or use vegan versions of both.

More Flavor: Add tomato paste, minced garlic and shallot to the oil before adding the beans.

Additional Toppings: Chopped cilantro, pickled jalapeños, green onions, and/or hot sauce.



Ranch & Spicy Chicken Wrap

4 servings
 35 minutes

Ingredients

454 grams Chicken Thighs (boneless, skinless)
 1 tbsp Avocado Oil
 1/4 cup Hot Sauce
 2 heads Romaine Hearts (chopped)
 1 cup Cherry Tomatoes (cut in half)
 1/4 cup Fresh Dill (chopped)
 1/4 cup Chives (chopped)
 1/4 cup Ranch Dressing
 Sea Salt & Black Pepper (to taste)
 4 Corn Tortilla (small)

Directions

- 1 In a bowl, add the chicken thighs, oil, and hot sauce. Mix to combine.
- 2 Preheat the grill over medium heat. Place the chicken thighs on the grill and cook for about seven to eight minutes per side or until cooked through. Remove the chicken from the grill and let it rest for five minutes. Chop into bite-sized pieces.
- 3 Add the romaine, tomatoes, dill, chives, chicken, and ranch dressing to a large bowl. Toss to combine and season with salt and pepper.
- 4 Plate the tortillas and evenly divide the chicken and salad between them.
- 5 Optional: Preheat a pan over medium heat. Carefully fold the wraps together and place them face down on the skillet. Cook for one to two minutes before flipping over to cook for another one to two minutes. Repeat with the remaining wraps. Enjoy!

Notes

Leftovers: Make the salad ahead of time, leaving the dressing on the side. The wraps are best enjoyed fresh.

Serving Size: One serving is equal to one wrap.

More Flavor: Add more ranch dressing onto the tortillas.

No Ranch Dressing: Use your favorite dressing of choice.

No Corn Tortillas: Use any other tortilla.

No Grill: Use a cast-iron pan to cook the chicken.



Pumpkin Chickpea Curry

4 servings
 30 minutes

Ingredients

2 tbsps Ghee Or Coconut Oil (or olive oil)
 1 Yellow Onion (diced)
 5 Garlic Clove (minced)
 2 tbsps Ginger (finely grated)
 1 Red Chilli (optional, finely chopped)
 2 tsps Cumin
 2 tsps Coriander (ground)
 1 tsp Turmeric (ground)
 1 tsp Ground Mustard (seeds)
 10 Fresh Curry Leaves (optional)
 400 milliliters Canned Coconut Milk
 425 gs Chickpeas (can, drained and rinsed)
 800 gs Pumpkin (approx, peeled and diced)
 Sea Salt & Black Pepper (to taste)
 1/2 bunch Coriander (fresh leaves)
 Rice (to serve, quinoa or cauliflower rice)

Directions

- 1 Start with heating the ghee or oil in a large saucepan.
- 2 Add the onion and saute over a moderate heat to soften it for 4-5 minutes.
- 3 Add the garlic, ginger, chilli and spices (including curry leaves) and stir for a couple of minutes until the spices release their aroma. Add the coconut milk, chickpeas, pumpkin and seasoning and simmer until the pumpkin softens (about 20 minutes).
- 4 Serve with fresh coriander leaves, rice, quinoa or cauliflower rice.
- 5 Re-heat in a pot over a low heat until just hot.
- 6 Store in an airtight container in the fridge or freezer.



Mediterranean Chicken Salad

2 servings

15 minutes

Ingredients

2 Egg
 1/4 cup Extra Virgin Olive Oil
 1 Lemon (juiced)
 1 tsp Dijon Mustard
 Sea Salt & Black Pepper (to taste)
 4 cups Arugula
 1 cup Cherry Tomatoes
 1/4 cup Pitted Kalamata Olives
 142 grams Chicken Breast, Cooked (sliced or cubed)
 1/3 cup Feta Cheese (crumbled)

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Let the eggs sit until cool enough to handle. Peel and set aside.
- 3 In a small jar, combine the oil, lemon juice, mustard, salt, and pepper. Shake to combine and set aside.
- 4 Place the arugula, tomatoes, olives, and chicken in a bowl. Top with the egg and feta. When ready to eat, drizzle the dressing on top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about three cups.

Meal Prep: Use pre-cooked or meal prepped hard-boiled eggs for a quick meal.

Additional Toppings: Pickled or sliced red onion.

Dairy-Free: Use a dairy-free feta cheese or omit.



Lentil & Chickpea Pasta Salad

4 servings

15 minutes

Ingredients

227 grams Chickpea Pasta
4 cups Lentils (from the can, drained and rinsed)
1/4 cup Red Onion (finely chopped)
2 Red Bell Pepper (diced)
1 Cucumber (diced)
1/2 cup Pitted Kalamata Olives (finely chopped)
4 cups Baby Kale
1/4 cup Balsamic Vinaigrette
Sea Salt & Black Pepper (to taste)

Directions

- 1 Cook the pasta according to the directions on the package and set aside. Drain, rinse well, and set aside to cool.
- 2 In a large bowl, mix the pasta, lentils, red onion, bell pepper, cucumber, olives, and baby kale. Add the dressing and mix well. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.
Serving Size: One serving is equal to approximately three cups.
More Flavor: Serve with parmesan cheese and basil leaves.



Roast Beef, Avocado & Pesto Wrap

1 serving
10 minutes

Ingredients

2 tsps Sun Dried Tomato Pesto
1 Brown Rice Tortilla
76 grams Deli Roast Beef (sliced)
1/2 Avocado (sliced thick)
2 tbsps Red Onion (sliced)

Directions

- 1 Spread the pesto evenly on top of the tortilla. Arrange the roast beef, avocado, and red onion on top.
- 2 Tightly roll up the tortilla and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one day.

Serving Size: One serving is equal to one wrap.

More Flavor: Add bell pepper, spinach, and/or arugula.



Steak Skewers with Pita & Hummus

4 servings

20 minutes

Ingredients

454 grams Top Sirloin Steak (cut into 1-inch pieces)
1 Green Bell Pepper (medium, chopped)
1 cup Cherry Tomatoes
8 Barbecue Skewers
Sea Salt & Black Pepper (to taste)
2 Whole Wheat Pita (sliced in half)
1 cup Hummus

Directions

- 1 Pierce the steak, bell pepper, and tomatoes onto the barbecue skewers. Season with salt and pepper.
- 2 Grill over medium-high heat, rotating occasionally for about eight to nine minutes or your desired doneness is reached.
- 3 Serve the skewers with pita and hummus. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

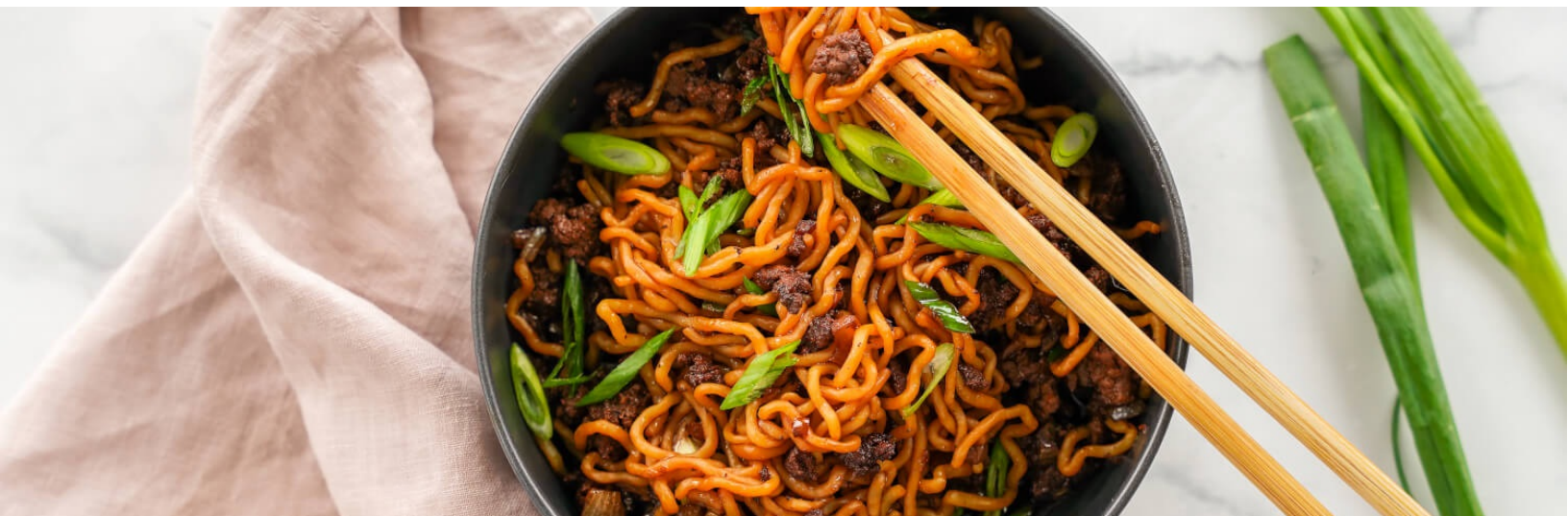
Serving Size: One serving equals approximately two 12-inch skewers, half a pita, and 1/4 cup of hummus.

Gluten-Free: Use lettuce wraps instead of pita bread.

Additional Toppings: Add pickled veggies, lettuce, cilantro, parsley, red onion, or olives.

Barbecue Skewers: If using wooden skewers, be sure to soak in water for at least 30 minutes before grilling.

No Hummus: Use baba ganoush or tzatziki instead.



Beef & Shirataki Noodles

2 servings

15 minutes

Ingredients

1/3 tsp Extra Virgin Olive Oil
2 tbsps Red Onion (diced)
227 grams Extra Lean Ground Beef
1 1/2 tbsps Coconut Aminos
1 tsp Coconut Sugar
340 grams Shirataki Noodles (rinsed)
1 stalk Green Onion (chopped)

Directions

- 1 Warm the oil in a pan over medium heat. Add the onion and sauté for two to three minutes or until soft. Add the beef, breaking it up as it cooks. Cook for seven to eight minutes, stirring occasionally.
- 2 In a small bowl, whisk together the coconut aminos and coconut sugar. Add the mixture to the pan along with noodles. Stir and cook for two to three minutes until the noodles are reheated.
- 3 Divide evenly between bowls and top with green onion. Enjoy!

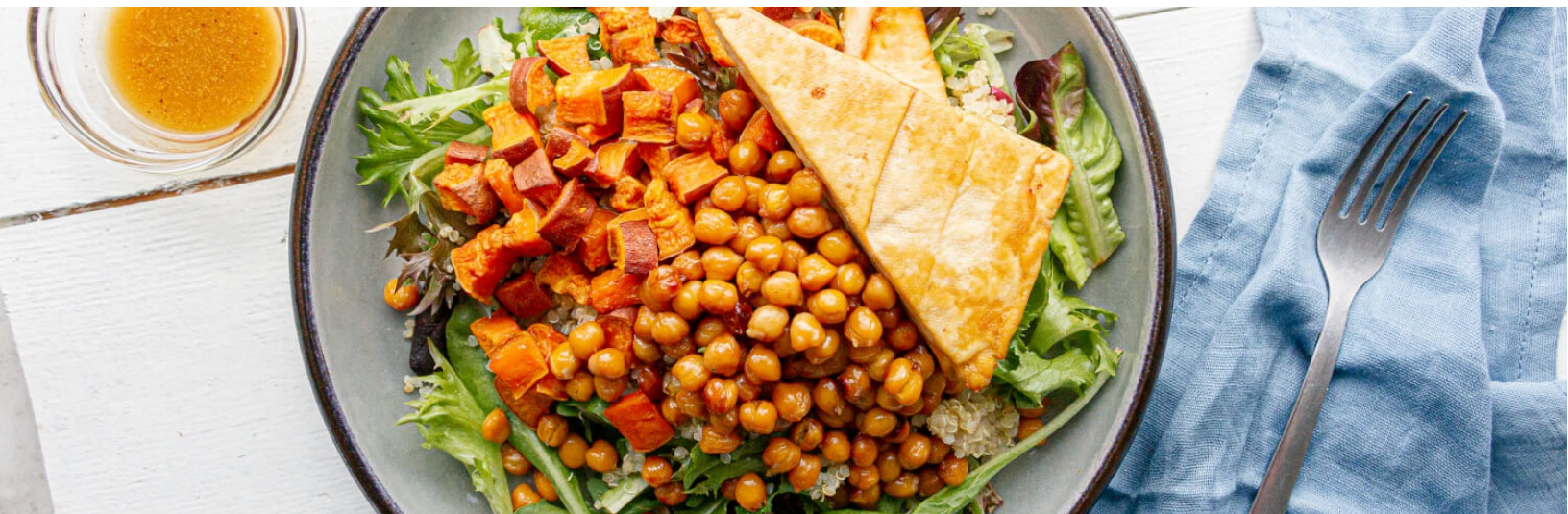
Notes

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 ginger and garlic.

No Green Onion: Omit or use cilantro instead.



Chickpea, Tofu & Sweet Potato Quinoa Salad

3 servings
 30 minutes

Ingredients

2/3 cup Quinoa (dry)
 397 grams Tofu (cut into triangles)
 2 1/2 cups Chickpeas (cooked)
 1 Sweet Potato (cubed)
 1 tbsp Coconut Aminos
 2 tbsps Extra Virgin Olive Oil
 1 tbsp Rice Vinegar
 2 cups Mixed Greens
 2 tbsps Italian Dressing

Directions

- 1 Cook the quinoa according to package directions.
- 2 Preheat oven to 375°F (190°C). Line a baking sheet with parchment paper. Place the tofu, chickpeas and sweet potato on the baking sheet.
- 3 Mix together the coconut aminos, oil, and rice vinegar. Brush this marinade onto the tofu and pour the rest onto the sweet potato and chickpeas, mixing well with your hands. Bake for 20 minutes or until the tofu edges brown.
- 4 Divide the mixed greens evenly between bowls. Top with the quinoa, sweet potatoes, chickpeas, tofu, and Italian dressing. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for three days. Store the Italian dressing separately.

Serving Size: One serving is 2/3 cup of mixed greens, 4.6 oz (130g) of tofu, 3/4 cup of chickpeas, and 1/3 of a sweet potato.

More Flavor: Add minced garlic, shallots, and rosemary to the marinade. Cook the quinoa in vegetable broth.

Additional Toppings: Hemp hearts, dried cranberries and/or goat cheese.

No Coconut Aminos: Use soy sauce or tamari instead.

No Italian Dressing: Use your favourite premade dressing or make your own.



Baked Herbes de Provence Chicken

2 servings

25 minutes

Ingredients

- 1 tsp Extra Virgin Olive Oil
- 2 tsps Herbes de Provence
- 1 Garlic (clove, large, thinly sliced)
- 227 grams Chicken Breast (boneless)

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 Spread the oil and Herbes de Provence onto the chicken breast. Add the sliced garlic on top. Cook the chicken in the oven for 25 to 30 minutes or until cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add honey, maple syrup, minced garlic, and/or shallots to make a marinade.



Creamy Chicken & Mushrooms

2 servings

25 minutes

Ingredients

1/4 tsp Extra Virgin Olive Oil
340 grams Chicken Breast
1/4 tsp Sea Salt (divided)
8 Cremini Mushrooms (large, sliced)
1 tsp Whole Grain Mustard
1/4 cup Water
2 tbsps Cream, Half & Half
1 tbsp Cilantro (chopped)

Directions

- 1 Warm the oil in a skillet over medium heat and season the chicken breast with half of the salt.
- 2 Add the chicken to the pan and cook for six to eight minutes per side or until browned and almost cooked through. Add the mushrooms to the pan and cook for three to four minutes or until soft and browned.
- 3 Add the mustard to the pan, cook another minute, then add water and cream. Bring to a boil, reduce the heat down to a simmer, and simmer for two to three minutes or until the sauce has thickened. Season with the remaining salt.
- 4 Divide the chicken and sauce evenly between plates. Top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add lemon juice.

Dairy-Free: Use canned coconut milk or cream instead.

No Cilantro: Omit or use parsley instead.



Satay beef with cabbage salad

6 servings
 2 hours 30 minutes

Ingredients

- 1 tsp Olive Oil
- 1 kilogram Stewing Beef (cut into 5cm pieces)
- 1 Yellow Onion (thinly sliced)
- 3 Garlic (sliced cloves)
- 1/4 cup Thai Red Curry Paste
- 200 mls Canned Coconut Milk
- 1/3 cup All Natural Peanut Butter
- 1 1/3 tbsps Ginger (finely grated)
- 1 1/2 tbsps Soy Sauce
- 2 tbsps Sweet Chilli Sauce
- 1/2 cup Jasmine Rice (to serve)
- 200 gs Green Beans
- 2 cups Green Cabbage (shredded)
- 100 gs Bean Sprouts
- 1 Red Bell Pepper (capsicum, thinly sliced)
- 1/2 cup Coriander (shredded)
- 1/3 cup Vietnamese Salad Dressing

Directions

- 1 Heat half the oil in a large frying pan over medium-high heat. Add half the beef and cook, turning occasionally, for 3-4 mins or until brown all over. Transfer to a slow cooker. Repeat with remaining oil and beef. Add the onion and garlic to the pan. Cook, stirring, for 1 min or until onion softens slightly. Add curry paste and cook for 1 min or until aromatic.
- 2 Add the coconut milk, peanut butter, ginger, soy sauce and sweet chilli sauce and stir until the mixture is well combined. Pour over the beef in the slow cooker. Cover and cook for 2 hours on high (or 4 hours on low) or until the beef is very tender.
- 3 To make the cabbage salad, cook beans in a saucepan of boiling water for 2 mins or until tender-crisp. Refresh under cold water. Drain. Place in a bowl with cabbage, bean sprouts, capsicum, coriander and sauce. Toss to combine.
- 4 Divide the rice, satay beef and cabbage salad among serving bowls.



Mongolian Beef

2 servings

25 minutes

Ingredients

283 grams Flank Steak (sliced thin against the grain)
2 tbsps Cornstarch
1 tsp Extra Virgin Olive Oil
1/4 cup Soy Sauce, Low Sodium
1 tbs Brown Sugar
2 Garlic (cloves, minced)
1/2 tsp Chili Flakes
2 stalks Green Onion (finely chopped)

Directions

- 1 Mix the sliced steak with cornstarch in a bowl.
- 2 Warm the oil in a heavy bottom skillet. Once hot, add the steak and cook over medium-high heat for about 10 minutes or until browned on all sides.
- 3 In a small bowl, mix together the soy sauce, brown sugar, garlic, and chili flakes. Add the sauce to the steak, turn the heat down to low and let it simmer until thickened. Stir occasionally.
- 4 Once the sauce has reached your desired consistency, remove the skillet from the heat. Mix in the green onion and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add ginger.

Optional Serving: Serve over steamed rice.

Freezer Meal: Add all the ingredients except for the olive oil to a freezer bag. Freeze for up to one month. Let it thaw in the refrigerator overnight. Once defrosted, cook according to directions. If the sauce is too thick, add water one tablespoon at a time as needed.



Grilled Sweet Potato & Asparagus with Chimichurri

2 servings

30 minutes

Ingredients

1 Sweet Potato (large, cut into wedges)
2 cups Asparagus (trimmed)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1/4 cup Parsley (chopped)
1 1/2 tps Lime Juice
2 Garlic (clove, minced)
1/4 tsp Chili Flakes

Directions

- 1 Turn the grill to medium-low heat. Toss the sweet potato and asparagus with 1/3 of the oil. Season with salt and pepper.
- 2 Add the sweet potato to the grill and cook for approximately 15 minutes, flipping halfway through. Add the asparagus to the grill and cook for another five minutes or until everything is cooked through.
- 3 Meanwhile, in a small bowl, add the parsley, remaining oil, lime juice, garlic, and chili flakes. Season with salt.
- 4 Place the grilled asparagus and sweet potato on a serving plate. Drizzle with the chimichurri and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up three days.

Serving Size: One serving is equal to approximately two cups.

More Flavor: Add bell pepper and mushrooms.

Additional Toppings: Top with parmesan cheese.



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

- 1 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.
- 2 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.
- 3 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.
- 4 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.



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

- 1 Cook noodles according to packet instructions.
- 2 Meanwhile, combine shallot, fish sauce, sugar, lime juice, chilli and garlic in a small bowl. Set aside until needed.
- 3 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.
- 4 Divide barramundi, noodles, lettuce, carrot and herbs among plates. Drizzle with dressing and scatter over peanuts. Serve with lime wedges.