



# HEALTHY MEAL IDEAS

To help you stay on track with your health around the busy periods

# BREAKFAST IDEAS



## Breakfast Smoothie (Df, Vf)

15 minutes

### Ingredients

- 50 g Mixed Berries
- 1 scoop Protein Powder (30G Scoop)
- 1 x Fruit - Banana (Medium ~98G/3.46oz)
- 200 ml Almond Milk (Unsweetened)
- 35 g Oats (Raw)
- 5 g Seeds - Linseeds (Flaxseeds)

### Instructions

1. Add all ingredients to a blender and blend until smooth.
2. (Note: if required add additional water to reach preferred consistency)



**31g**  
Proteins

**10g**  
Fats

**45g**  
Carbs

**401**  
Calories



## Tuna & Avo on Toast (Df)

10 minutes

### Ingredients

- 115 g Fish - Tuna (Canned in Water, Drained)
- 0.5 x Avocado (Medium Sized 160G/5.6oz)
- 2 pc Whole Wheat Bread (Sliced)

### Instructions

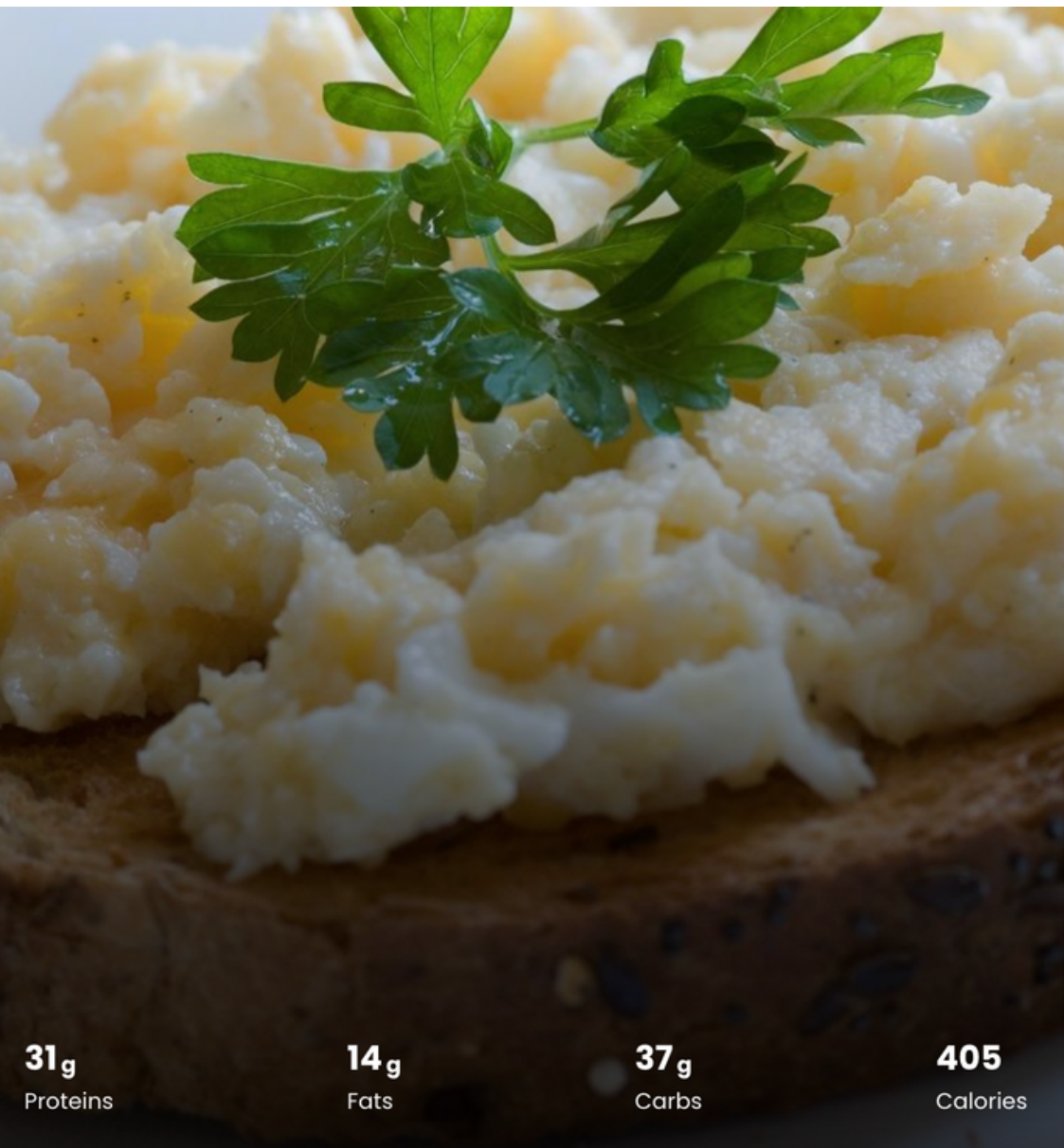
1. Toast bread, drain tuna and peel and slice \ mash avocado.
2. Top bread with avocado and tuna.
3. Optional: top with sliced red onion.

**37g**  
Proteins

**15g**  
Fats

**24g**  
Carbs

**389**  
Calories



## Egg Whites on Toast

10 minutes

### Ingredients

- 200 ml Egg White
- 3 pc Whole Wheat Bread (Sliced)
- 15 g Dairy - Butter
- 1 pinch Salt and Pepper

### Instructions

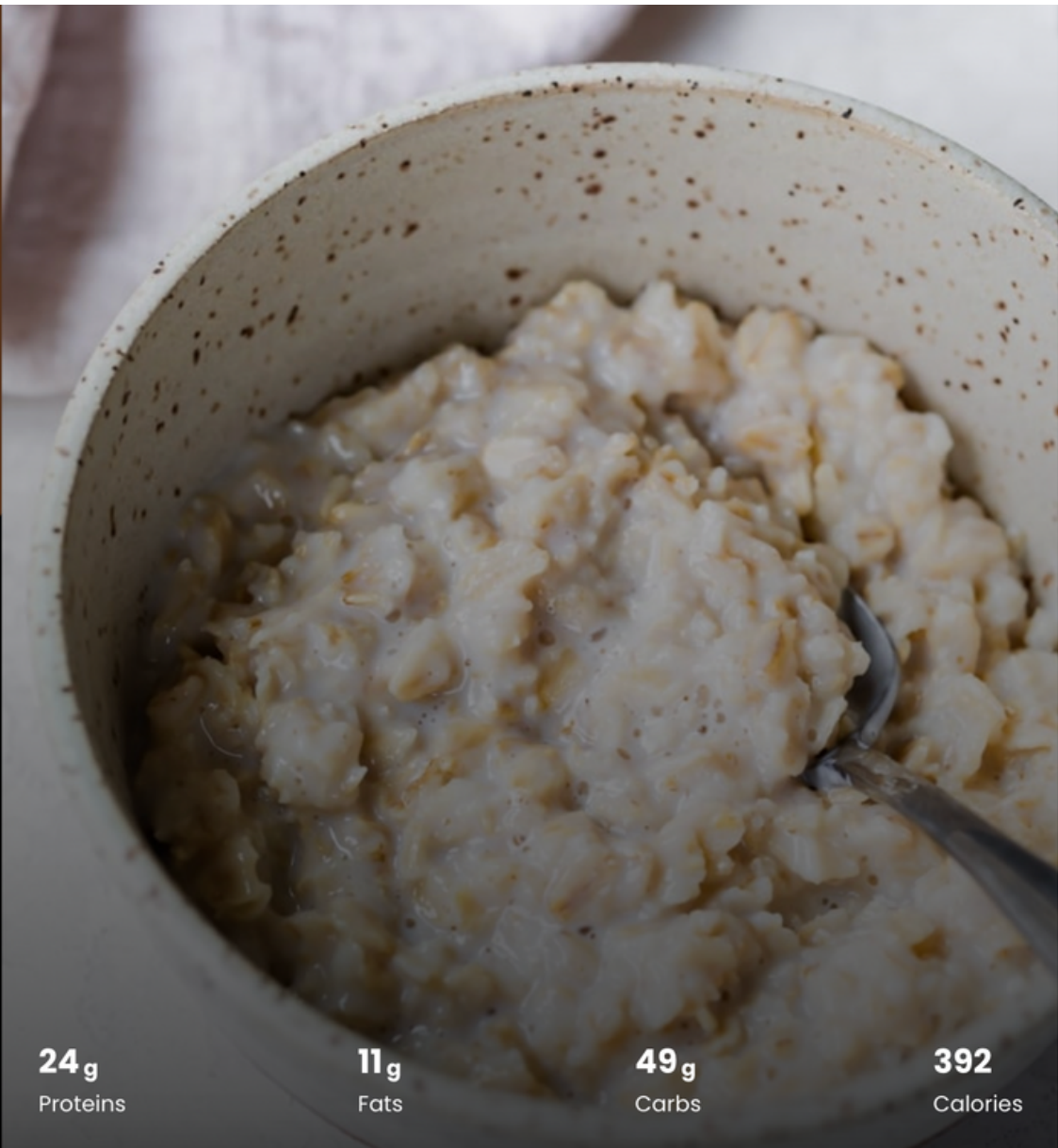
1. In a frying pan, over medium heat, add egg whites.
2. Scramble egg whites, until cooked.
3. Toast bread or keep fresh.
4. Spread butter on bread and then top with egg whites.
5. Season with salt and pepper and enjoy.

**31g**  
Proteins

**14g**  
Fats

**37g**  
Carbs

**405**  
Calories



**24 g**  
Proteins

**11 g**  
Fats

**49 g**  
Carbs

**392**  
Calories



## Protein Oats

5 minutes

### Ingredients

- 0.5 scoop Protein Powder (30G Scoop)
- 70 g Oats (Raw)
- 140 ml Dairy - Milk (Whole - Full Fat)

### Instructions

1. Add oats and milk to a pot and bring to a boil.
2. Reduce to simmer and cook, stirring occasionally, until milk is absorbed and oats are tender.
3. Note: if milk absorbs, but oats are still raw, add additional water.
4. Pour cooked oats into a bowl and mix well with protein powder.



## Peanut Butter Protein Smoothie (Gf)

5 minutes

### Ingredients

- 1 scoop Protein Powder (30G Scoop)
- 0.5 x Fruit - Banana (Medium ~98G/3.46oz)
- 255 ml Dairy - Milk (Whole - Full Fat)
- 0.5 tbsp Nuts - Peanut Butter

### Instructions

1. Add all ingredients to a blender, and blend until smooth.
2. If required, add additional water to reach the desired consistency.

# LUNCH / DINNER IDEAS



## Chicken Mince and Quinoa (Df, Gf)

20 minutes

### Ingredients

- 110 g Chicken Mince (Uncooked Weight)
- 200 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 1 tsp Olive Oil
- 150 g Quinoa (Cooked)  
*or 45 g Quinoa (Uncooked)*
- 70 g Onion

### Instructions

1. Heat a frypan with oil and add onion and mince. Cook until mince has browned - breaking apart as it cooks.
2. In a pot, add 2 parts water to 1 part quinoa and cook until water has evaporated and quinoa is tender.
3. Steam the vegetables until tender.
4. Top the cooked quinoa with the beef and vegetables.

**34 g**  
Proteins

**17 g**  
Fats

**39 g**  
Carbs

**423**  
Calories



## Chicken, Sweet Potato and Vegetables (Df, Gf)

10 minutes

### Ingredients

- 150 g Poultry - Skinless Chicken Breast (Uncooked)
- 120 g Sweet Potato (Raw)
- 150 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 70 g Red Onion
- 0.5 x Avocado (Medium Sized 160G/5.6oz)

### Instructions

1. Pre heat oven to 350°F (180°C)
2. Cut sweet potato in cubes and both red onion and avocado in slices.
3. Bake sweet potato, onion and chicken breasts in a single layer for 40-50 minutes until chicken is cooked through and sweet potato is soft.
4. Prep vegetables, and steam (or cook as preferred).
5. Serve sweet potato with chicken and vegetables.

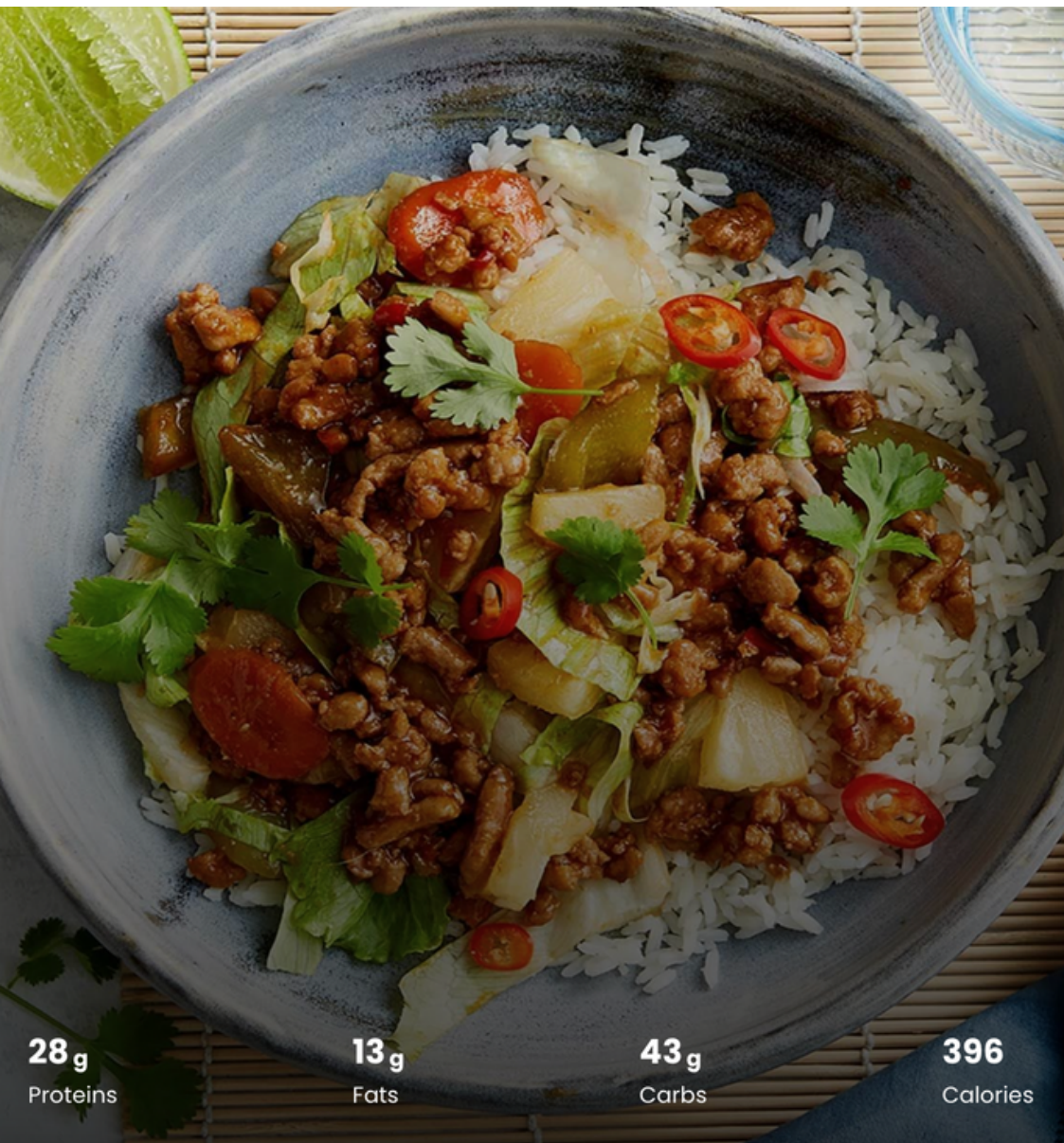
**41g**  
Proteins

**14g**  
Fats

**24g**  
Carbs

**391**  
Calories





**28 g**  
Proteins

**13 g**  
Fats

**43 g**  
Carbs

**396**  
Calories



## Chicken Mince Stirfry (Df, Gf)

10 minutes

### Ingredients

- 105 g Chicken Mince (Uncooked Weight)
- 1 cup Frozen Mixed Vegetables
- 100 g Brown Rice (Cooked Weight)  
*or 45 g Brown Rice (Uncooked Weight)*
- 3 tsp Soy Sauce (Gluten Free)
- 0.5 tsp Olive Oil

### Instructions

1. Use a ratio of 1 rice to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add rice and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender and water is evaporated (~15 minutes)
4. Meanwhile, in a frying pan, over medium heat, add oil and chicken mince (optional: garlic, ginger and herbs). Cook until brown, breaking apart mince while it cooks.
5. Break apart mince as it cooks. Then add vegetables and soy sauce.
6. Stir fry mixture until vegetables are warm and cooked throughout.
7. Serve rice topped with stir fry.



**35 g** Proteins      **16 g** Fats      **29 g** Carbs      **392** Calories



## Fish with Quinoa and Salad (Df, Gf)

10 minutes

### Ingredients

- 120 g White Fish (Uncooked Weight)
- 2.5 cup Leafy Salad Greens (Of Your Choice, 1 Cup = 77.5G/2.7oz)
- 0.5 tsp Olive Oil
- 110 g Quinoa (Cooked)  
*or 35 g Quinoa (Uncooked)*
- 15 g Seeds - Sunflower Seeds
- 0.5 tbsp Sweet Chilli Sauce

### Instructions

1. Use a ratio of 1 quinoa to 2 water. Add water to a pot and place over medium heat.
2. When boiling, add quinoa and allow it to come to a gentle simmer.
3. Cover the saucepan and reduce heat to low. Allow to simmer until quinoa is tender and water is evaporated (~15 minutes)
4. Heat oil in a fry pan over medium heat and cook fish till it is white throughout and flaky.
5. Prepare salad using sweet chilli as a dressing.



## Grilled Chicken Wrap with Salad (Df)

10 minutes

### Ingredients

- 125 g Poultry - Skinless Chicken Breast (Uncooked)
- 0.5 cup Leafy Salad Greens (Of Your Choice, 1 Cup = 77.5G/2.7oz)
- 1 tsp Olive Oil
- 1 pc Tortilla - Large (Wholemeal)

### Instructions

1. Heat a fry pan with oil over medium heat. Add chicken and cook well, until white throughout. Turn occasionally to ensure well cooked.
2. Meanwhile prepare salad to your preference.
3. Lye the tortilla flat and fill with the chicken and salad, then wrap.
4. Enjoy fresh, or grill slightly.

**35 g**  
Proteins

**13 g**  
Fats

**34 g**  
Carbs

**390**  
Calories



**36 g**  
Proteins

**14 g**  
Fats

**33 g**  
Carbs

**389**  
Calories



## Beef Served with Wild Rice (Df, Gf)

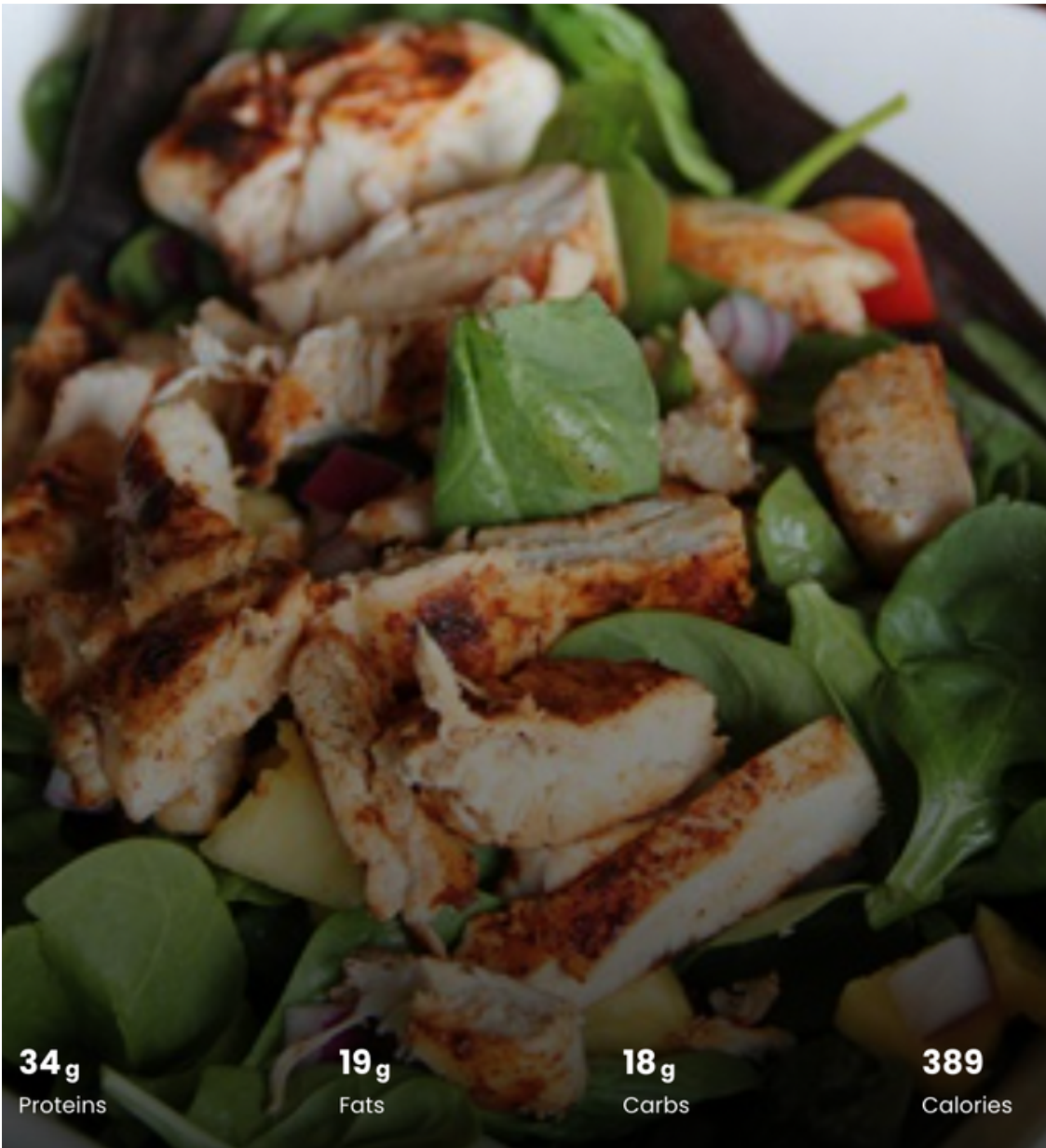
35 minutes

### Ingredients

- 110 g Meat - Lean Beef (Uncooked Weight)
- 200 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 1 tsp Olive Oil
- 130 g Wild Rice (Cooked Weight)  
*or 35 g Wild Rice (Uncooked Weight)*
- 1 clove Minced Garlic
- 1 tsp Sesame Seeds
- 12 g Ginger (Fresh)

### Instructions

1. Crush garlic and grate ginger (optional).
2. Use a ratio of 1 rice to 4 water. Add water to a pot and place over medium heat.
3. When boiling, add rice and allow it to come to a gentle simmer.
4. Cover the saucepan and reduce heat to low. Allow to simmer until rice is tender (~45 minutes). Drain off any excess liquid.
5. Meanwhile, heat a fry-pan with oil, add crushed garlic, grated ginger and beef. Cook beef until browned.
6. Steam vegetables until tender.
7. Top the wild rice with the beef, vegetables and garnish with sesame seeds.
8. Enjoy.



**34 g**  
Proteins

**19 g**  
Fats

**18 g**  
Carbs

**389**  
Calories



## Sweet Potato and Spinach Salad (Gf)

30 minutes

### Ingredients

- 50 g Spinach or Baby Spinach
- 0.5 tsp Olive Oil
- 200 g Mixed Green Vegetables (Of Your Choice) - Non Starch
- 120 g Poultry - Skinless Chicken Thigh (Uncooked Weight)
- 30 g Dairy - Feta Cheese
- 100 g Sweet Potato (Raw)

### Instructions

1. Heat oil in a fry pan over medium heat. Add diced chicken and cook for 15 minute, or until well cooked, stirring occasionally.
2. Meanwhile, dice sweet potato.
3. Add water to a pot and allow to boil. Add sweet potato and boil for 10 minutes, or until sweet potato is tender.
4. Meanwhile prep vegetables and cook to your preference.
5. Serve vegetables, sweet potato and chicken together and top with feta cheese.
6. Enjoy.

# SNACK IDEAS



## Rice Cake, Hummus and Tomatoes (Df, Gf, Vf)

10 minutes

### Ingredients

- 60 g Hummus (Regular)
- 30 g Cherry Tomatoes
- 2 pc Rice Cake (Thin)

### Instructions

1. Cut tomatoes in half.
2. Spread hummus on rice cakes and top with tomatoes.

**5g**  
Proteins

**13g**  
Fats

**16g**  
Carbs

**203**  
Calories



## Rice Cakes with Ham & Cheese (Gf)

5 minutes

### Ingredients

- 50 g Meat - Ham (Deli Shaved)
- 30 g Dairy - Cheddar Cheese (Regular Fat)
- 2 pc Rice Cake (Thin)

### Instructions

1. Slice or grate cheese, to your preference.
2. Top rice cakes with ham and cheese.

**15 g**  
Proteins

**12 g**  
Fats

**13 g**  
Carbs

**219**  
Calories



**Peaches 'N' Yoghurt  
(Gf)**

15 minutes



**Brazil Nuts - Raw (Df, Gf,  
Vf)**

1 minute



**6g**  
Proteins

**16g**  
Fats

**14g**  
Carbs

**211**  
Calories





## Salmon & Avocado on Rice Cakes

(Df, Gf)

5 minutes

### Ingredients

- 2 pc Rice Cake (Thin)
- 60 g Fish - Smoked Salmon
- 0.25 x Avocado (Medium Sized 160G/5.6oz)

### Instructions

1. Peel avocado and slice/mash to your preference.
2. Top rice cakes with avocado and salmon.
3. Enjoy!

**15g**  
Proteins

**11g**  
Fats

**9g**  
Carbs

**213**  
Calories



## Celery Stems and Nut Butter (Df, Gf, Vf)

5 minutes

### Ingredients

- 45 g Celery
- 1.5 tbsp Nuts - Peanut Butter  
*or 1.5 tbsp Nuts - Almond Butter*

### Instructions

1. Weigh and cut celery
2. Measure nut butter and use as a dip for the celery.
3. Enjoy!

**9g**  
Proteins

**18g**  
Fats

**4g**  
Carbs

**214**  
Calories



## Rice Cakes with Avocado (Df, Gf, Vf)

2 minutes

### Ingredients

- 0.75 x Avocado (Medium Sized 160G/5.6oz)
- 2 pc Rice Cake (Thin)

### Instructions

1. Peel avocado and mash/slice to your preference.
2. Top rice cakes with avocado. Sprinkle with salt/pepper (optional)

**3g**  
Proteins

**16g**  
Fats

**9g**  
Carbs

**210**  
Calories



**14g** Proteins  
**4g** Fats  
**32g** Carbs  
**221** Calories



## Rice Cakes with Ham, Tomato and Cucumber (Df, Gf)

5 minutes

### Ingredients

- 85 g Meat - Ham (Deli Shaved)
- 95 g Tomatoes (Common)
- 40 g Cucumber
- 5 pc Rice Cake (Thin)

### Instructions

1. Slice tomato and cucumber
2. Top rice cake with sliced ham, tomato and cucumber.