

## Nutrition and Mealtime Plan


<b>Client Name</b>	Rajdeep Ronnachit
<b>DOB</b>	25/03/1985
<b>NDIS #</b>	430306967
<b>Plan developed by</b>	Sally Jo-Hsin Juan
<b>Profession</b>	Dietitian
<b>Date</b>	June 2024

### Background and purpose of the meal plan

Rajdeep is a 39-year-old male living in a Supported Independent Living (SIL) home. He has a medical diagnosis of Chromosome 6 Deletion, intellectual disability, type 2 diabetes mellitus (non-insulin-dependent), proteinuria, iron deficiency, and is overweight.

**Objective:** This meal plan aims to provide meal ideas to help carers and support workers manage Rajdeep's carbohydrate intake for better glucose and weight control, and ensure he receives adequate nutrients to address his medical conditions.

Oral Nutrition	
Type of diet	Normal, cut up diet as per Speech Pathologist
Liquid	Thin Liquid as per Speech Pathologist
Special dietary requirements	<p>Low GI (for better Blood glucose control)</p> <p>Optimal Carbohydrate (for better Blood glucose control)</p> <p>High Fibre (to prevent constipation)</p> <p>Healthy fat</p>
Allergies	Nil known
Preferences	
Likes	<p><b>Vegetable:</b> All vegetables such as Broccoli, Brussel Sprout, bitter melon, pumpkin, avocado, zucchini, mushrooms, asparagus, beet root, corn</p> <p><b>Fruit:</b> All fruits such as apple, berries, banana, mandarin, oranges</p> <p><b>Protein (Meat/fish/plant-based):</b> All proteins such as chicken, eggs, salmon, tofu</p> <p><b>Carb:</b> Bread, basmati rice,</p> <p><b>Dishes:</b> Pizza, zatta, Rice Paper Rolls, Wrap, Sandwich, Sushi, Curry, Pasta</p> <p><b>Flavour:</b> Ok with most flavour, particularly likes peanut butter</p>
Dislike	<p><b>Vegetable: None</b></p> <p><b>Fruit: None</b></p> <p><b>Protein (Meat/fish/plant-based):</b></p> <p><b>Flour: Spicy Foods</b></p> <p><b>Texture: Tough texture</b></p>

Nutrition Strategies	
Area to Focus	Tips and changes
1. Encourage non-starchy vegetable intake	<ul style="list-style-type: none"> <li>• <b>Preference for Fresh Vegetables:</b> Rajdeep enjoys all vegetables when they are freshly prepared. Make sure to cook or serve them fresh to maintain his interest.</li> <li>• <b>Variety and Cooking Methods:</b> Experiment with different vegetables and diverse cooking methods (e.g., steaming, roasting, grilling, stir-frying) to keep meals exciting and nutritionally rich.</li> <li>• <b>Quantity:</b> Aim to include 150g of non-starchy vegetables in each meal.</li> <li>• <b>Colour Variety:</b> Ensure a "Rainbow" of colours on the plate. This variety helps provide a wide range of vitamins, minerals, and antioxidants. See list.</li> </ul>
2. Follow Portion Plate for Portion Control	<ul style="list-style-type: none"> <li>• <b>Use of Portion Plate:</b> Follow a portion plate to manage serving sizes effectively. The plate should be divided as follows:               <ul style="list-style-type: none"> <li>• Half of the plate for vegetables.</li> <li>• One-quarter for protein.</li> <li>• One-quarter for carbohydrates</li> </ul> </li> </ul> 
3. Ensure optimal carbohydrate portion, not excessive	<ul style="list-style-type: none"> <li>• <b>Balanced Carbohydrate Intake:</b> Keep carbohydrate portions moderate. Opt for whole grains and fiber-rich options to maintain energy levels and support digestive health.</li> <li>• <b>Avoid Excess:</b> Monitor and adjust portions to avoid excessive carbohydrate intake, which can lead to unwanted weight gain or blood sugar spikes.</li> </ul>
4. Ensure good quality protein intake	<ul style="list-style-type: none"> <li>• <b>Focus on Salmon:</b> Incorporate salmon into the diet regularly. It is rich in omega-3 fatty acids and high-quality protein.</li> <li>• <b>Vegetarian Days:</b> Plan at least 3 vegetarian meals per week to diversify protein sources and incorporate more plant-based nutrients. Include beans, lentils, tofu, and other plant-based proteins.</li> </ul>
5. Increase Iron intake and include Vit C with meals	<ul style="list-style-type: none"> <li>• Ensure Raj receives adequate iron-rich foods to address his iron deficiency.</li> <li>• See below list of heme and non-heme iron with vitamin C for optimal absorption</li> </ul>
6. Meal Planning	<ul style="list-style-type: none"> <li>• <b>Meal Planning:</b> Plan meals ahead of time to ensure a balanced diet and prevent last-minute unhealthy choices.</li> <li>• <b>Variety and Rotation:</b> Incorporate a wide range of foods into your meal plans to ensure a variety of nutrients and prevent nutrient deficiencies. Rotate different proteins, vegetables, and grains to keep meals interesting and nutritionally diverse.</li> </ul>

## Meal Planning and Grocery Shopping Guidelines

### Meal Planning

#### 1. Weekly Meal Schedule:

- Create a weekly meal plan, including breakfast, lunch, dinner, and snacks.
- Incorporate a variety of foods to ensure balanced nutrition.

#### Extra Notes

- Plan for 3- 5 vegetarian/ Plant based meals per week
- Regular inclusion of salmon (3-4 times per week) or other high-quality proteins.
- Raj will require higher iron food
  - Heme Iron: Found in animal products and more easily absorbed by the body. Sources include lean meats, poultry, and fish (e.g., lean beef, chicken breast, salmon).
  - Non-Heme Iron: Found in plant-based foods and will need vit c to assist with absorption. Sources include lentils, tofu, spinach, beans, and fortified cereals.
  - Pair iron-rich foods with vitamin C-rich foods like tomatoes, , citrus fruits, strawberries, and broccoli.
- Raj will benefit from 3 serves of dairy per day (ie yoghurt, white cheese and milk)

#### 2. Balanced Meals:

- Follow the portion plate guidelines: half the plate with vegetables, one-quarter with protein, and one-quarter with carbohydrates.
- Ensure each meal includes a variety of colours and textures, particularly non-starchy vegetables.

#### 3. Recipe Selection:

- Choose recipes that use fresh ingredients and minimal processed foods.
- Explore different cooking methods to keep meals interesting and enjoyable.

#### 4. Preparation:

- Prepare ingredients in advance (e.g., washing and chopping vegetables) to save time during the week.

#### 5. Snacks and Hydration:

- Plan for healthy snacks like fruits, nuts, yogurt, and vegetable sticks.
- Ensure adequate water intake throughout the day.

## Grocery Shopping

### 1. Make a Shopping List:

- Based on your meal plan, create a detailed shopping list.
- Organise the list by categories (e.g., vegetables, proteins, grains) to make shopping more efficient.

### 2. Shop Fresh and Seasonal:

- Focus on buying fresh, seasonal produce for better taste and nutrition.

### 3. Stock Up on Staples:

- Stock up on basic spices, herbs, and condiments to enhance flavors.

### 4. Choose Quality Proteins:

- Purchase high-quality proteins such as salmon, lean meats, and plant-based options like tofu and legumes.
- Consider buying in bulk and freezing portions to save time and money. (Ensure following Food Hygiene and safety instructions)

### 5. Read Labels:

- Check labels and avoid added sugars, unhealthy fats, and sodium in packaged foods.
- Opt for whole, unprocessed foods whenever possible.

## Additional Tips

- **Stay Flexible:** Be open to adjusting the meal plan based on what's available

*By following these guidelines, you can ensure that meal planning and grocery shopping are efficient, budget-friendly, and supportive of a healthy, balanced diet for Rajdeep.*

## Grocery List

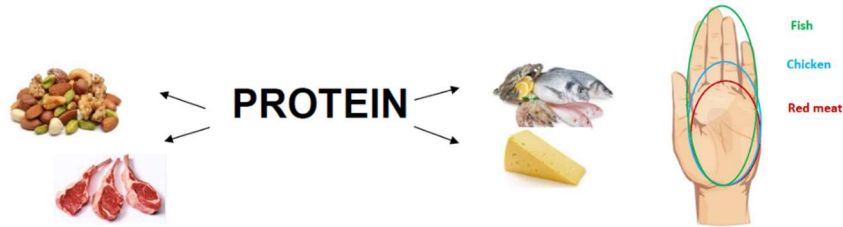
Below are examples. However, this list is not exhaustive, please customize options based on his preferences. Please feel free to contact us at [hello@dietitiansj.com.au](mailto:hello@dietitiansj.com.au) or Raj's mother, Rattana, for further guidance.

<p><b>Vegetable</b></p> <ul style="list-style-type: none"> <li>• Avocado</li> <li>• Baby Spinach</li> <li>• Broccoli</li> <li>• Brussel Sprout</li> <li>• Cabbage</li> <li>• Carrot</li> <li>• Cucumbers</li> <li>• Garlic</li> <li>• Ginger</li> <li>• Lettuce</li> <li>• Mushroom</li> <li>• Onion</li> <li>• Shiitake Mushroom</li> <li>• Spinach</li> <li>• Tomatoes</li> <li>•</li> </ul>	<p><b>Protein</b></p> <ul style="list-style-type: none"> <li>• Lean Beef</li> <li>• Chicken breast</li> <li>• Egg</li> <li>• Greek Yoghurt</li> <li>• Lentil</li> <li>• Salmon</li> <li>• Tofu</li> <li>•</li> </ul>
<p><b>Fruit</b></p> <ul style="list-style-type: none"> <li>• Berries</li> <li>• Fig</li> <li>• Green Apple</li> <li>• Kiwi</li> <li>• Lemons</li> <li>• Paw paw</li> <li>• Small Apple</li> <li>•</li> </ul>	<p><b>Carb</b></p> <ul style="list-style-type: none"> <li>• Basmati rice</li> <li>• Corn</li> <li>• Low carb potato</li> <li>• Low GI bread</li> <li>• Sweet potato / pumpkin</li> <li>• Wrap / Lebanese Bread</li> <li>•</li> </ul> <p><b>Other</b></p> <ul style="list-style-type: none"> <li>• Granola</li> <li>• Honey</li> <li>• Hummus</li> <li>• Nuts (Almonds, Walnut)</li> <li>• Olive Oil</li> <li>• Soy sauce</li> <li>• Spices (cumin, coriander, turmeric, curry powder, dill)</li> <li>• Peanut butter</li> <li>•</li> </ul>

## Understanding Nutrients

### Protein

- Helps our bodies grow, heal, and stay strong
- Helps us stay healthy and active
- Like building blocks for our muscles, skin, and other parts
- You can find protein in foods like **meat, fish, eggs, milk, beans, and nuts**



### Fats

- Fats help our bodies use certain vitamins, gives us energy and helps us stay healthy
- Found in foods like **oils, butter, avocados, nuts, and fish**
- There are good fats, like those in olive oil and fish, which help keep our hearts healthy, and bad fats, like those in some junk foods, which we should eat less of

### Carbohydrates

- Give us the energy we need to play, learn, and stay active
- Found in foods like **bread, rice, pasta, fruits, and vegetables**
- Our bodies turn these foods into sugar, which gives us quick energy or saves it for later
- Super important for our brains and bodies to work well



Cereals & starchy vegetables  
 Potato, pumpkin, sweet potato, corn, peas, rice, pasta, wheat, oats, barley, rye, cereal, bread

Provides - Energy & B vitamins

### Micronutrients

- **Vitamin C** is found in **oranges and strawberries** and helps us not get sick
- **Calcium** is found in **milk and cheese** and makes our bones strong
- **Iron** is found in **meat and spinach** and helps our blood carry oxygen

All of these are important for keeping us healthy!

**Build your own meal. General Guide**

1 serve of carbohydrate: Choose one low GI carbohydrate from below	2 cups of vegetables: Choose a mix of vegetables from the list below	1 serve of protein: Choose a protein from below	Suggestions to add flavour and/or texture																																												
<ul style="list-style-type: none"> <li>● 50g dried Pasta</li> <li>● 50g dried Noodle (soba/egg etc)</li> <li>● 100g cooked Noodle (Hokkian/ Udon)</li> <li>● 120g cooked rice</li> <li>● 200g cooked potato/sweet potato</li> <li>● Pea, corn, pumpkin are starchy vegetables. To be used mindfully with other carbohydrates</li> </ul>	<table border="0"> <tr> <td>● Alfalfa</td> <td>● Choko</td> </tr> <tr> <td>● Artichoke</td> <td>● Cucumber</td> </tr> <tr> <td>● Asparagus</td> <td>● Fennel</td> </tr> <tr> <td>● Avocado</td> <td>● Green beans</td> </tr> <tr> <td>● Broccolini</td> <td>● Kale</td> </tr> <tr> <td>● Baby spinach</td> <td>● Kohlrabi</td> </tr> <tr> <td>● Bamboo</td> <td>● Lettuce / Mixed leaves</td> </tr> <tr> <td>● Bean sprouts</td> <td>● Mint</td> </tr> <tr> <td>● Bitter melon</td> <td>● Rocket</td> </tr> <tr> <td>● Bok choy</td> <td>● Seaweed/ Dulse</td> </tr> <tr> <td>● Broccoli</td> <td>● Silverbeet</td> </tr> <tr> <td>● Brussel sprouts</td> <td>● Spinach</td> </tr> <tr> <td>● Cabbage</td> <td>● Watercress</td> </tr> <tr> <td>● Capsicum</td> <td>● Zucchini</td> </tr> <tr> <td>● Cauliflower</td> <td>● Beetroot</td> </tr> <tr> <td>● Celery</td> <td>● Carrots</td> </tr> <tr> <td>● Mushroom</td> <td>● Chicory</td> </tr> <tr> <td>● Okra</td> <td>● Squash</td> </tr> <tr> <td>● Onion/Garlic/leek</td> <td>● Tomato</td> </tr> <tr> <td>● Radish</td> <td>● Eggplant</td> </tr> <tr> <td>● Rhubarb</td> <td>● Purple cabbage</td> </tr> <tr> <td>● Chinese cabbage</td> <td>● Shiitake mushrooms</td> </tr> </table>	● Alfalfa	● Choko	● Artichoke	● Cucumber	● Asparagus	● Fennel	● Avocado	● Green beans	● Broccolini	● Kale	● Baby spinach	● Kohlrabi	● Bamboo	● Lettuce / Mixed leaves	● Bean sprouts	● Mint	● Bitter melon	● Rocket	● Bok choy	● Seaweed/ Dulse	● Broccoli	● Silverbeet	● Brussel sprouts	● Spinach	● Cabbage	● Watercress	● Capsicum	● Zucchini	● Cauliflower	● Beetroot	● Celery	● Carrots	● Mushroom	● Chicory	● Okra	● Squash	● Onion/Garlic/leek	● Tomato	● Radish	● Eggplant	● Rhubarb	● Purple cabbage	● Chinese cabbage	● Shiitake mushrooms	<ul style="list-style-type: none"> <li>● 80g cooked (100g raw) chicken breast</li> <li>● 100g cooked (115g raw) fish fillet</li> <li>● 65g cooked (90g raw) lean red meat</li> <li>● 2 large eggs</li> <li>● 170g tofu</li> </ul>	<ul style="list-style-type: none"> <li>● Pasta sauce / curry etc</li> <li>● Spring onion</li> <li>● Crushed nuts (eg. peanuts, almonds, cashews)</li> <li>● Fresh herbs (eg. mint, coriander, Thai basil)</li> <li>● Sesame seeds</li> </ul>
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<p>This table is to help provide a general structure for lunch and dinner meals or can be used as a menu to select the components</p>																																															





## Bread or Wrap

- On days **Raj** would like bread for breakfast or lunch
  - Select a low glycaemic bread option
  - If Bread or Wrap is the main carbohydrate, Raj is able to have 2 slices or bread or 2 low Carb wrap each meal.



## Meal Pictures and Recipes For ideas

(Some Pictures are not from actual recipe. )

## Green Juice Options/Alternatives

**Refreshing Cucumber**



**Spinach-Apple**



**Golden Sweet**



## GREEN JUICE RECIPES

	Refreshing Cucumber	Spinach-Apple	Golden Sweet
Ingredients	<ul style="list-style-type: none"> <li>• 1/2 large cucumber</li> <li>• 1/2 large green apple</li> <li>• 2/3 cups chopped kale</li> <li>• 1/6 medium lemon</li> </ul>	<ul style="list-style-type: none"> <li>• 1/2 medium celery stalk</li> <li>• 3 slices (1 inch diameter) ginger</li> <li>• 1/3 medium green apple</li> <li>• 2 1/4 cups spinach</li> <li>• 1/8 medium lemon</li> <li>• 1/3 cups chopped parsley</li> <li>• 1 1/2 cups chopped romaine</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup chunked pineapple</li> <li>• 1/3 cucumber</li> <li>• 1/4 medium green apple</li> <li>• 3-4 mint leaves</li> </ul>
Method	<ol style="list-style-type: none"> <li>1. Wash all ingredients</li> <li>2. Cut lemon into four pieces (leaving skin on) and place directly into the press</li> <li>3. Grind remaining ingredients together and press</li> </ol>	<ol style="list-style-type: none"> <li>1. Wash all ingredients</li> <li>2. Juice all ingredients together</li> </ol>	<ol style="list-style-type: none"> <li>1. Wash all ingredients</li> <li>2. Cut the pineapple into chunks</li> <li>3. Juice all ingredients together</li> </ol>
Nutrition Profile	Energy: 92 kcal Protein: 2.6 g Carbohydrates: 22.2 g Fat: 0.6 g	Energy: 75 kcal Protein: 3.7 g Carbohydrates: 16.8 g Fat: 0.6 g	Energy: 105 kcal Protein: 1.2 g Carbohydrates: 27.8 g Fat: 0.3 g
Notes	<ul style="list-style-type: none"> <li>• Choose cucumbers that are firm without any spots or blemishes.</li> <li>• Leave the stems on the kale – these have a lot of flavour and juice.</li> </ul>	<ul style="list-style-type: none"> <li>• Leave the stems on the leafy greens – these have a lot of flavour and juice</li> <li>• Avoid peeling apples – the skin is high in antioxidants</li> <li>• Peel the lemon if you prefer a lighter flavour</li> <li>• If you prefer a sweeter juice, add more apple or add pear to the recipe</li> </ul>	<ul style="list-style-type: none"> <li>• Leave skin on the pineapple if press can handle – it contains lots of valuable nutrients</li> <li>• When mixing ingredients together, use a mix of greens and softer fruits so it doesn't get clogged</li> <li>• If mint stems are tender and green, you can use them as well as the leaves!</li> </ul>

## Breakfast Options

**Greek Yoghurt with Granola and mixed berries**



**Toast with scrambled eggs, spinach and tomatoes**



**Zucchini Slice**



**2 Weet-bix with Berries**



**Peanut Butter and Hummus/Tomato Toast**



**Poached egg and avocado toast**





## Breakfast Options

**Cheese and Tomato Toastie**



**Overnight Oats**



**Porridge with fruit**



**omelette with Vegetables or Chicken**



## Lunch Options

**Egg Sandwich or Wrap**



**Salmon Wrap or Sandwich**



**Bread Based Chicken Pizza + salad**



**Chicken Salad**



**Chicken Pesto Pasta**



**Salmon Sandwich or Wrap**





## Lunch Options (Plant Based)

**Daal with Naan**



**Tacos**



**tofu stir-fry**



**Thai Tofu Curry**



**Mexican Wrap**



**Palak paneer curry with naan**





## Dinner Options

**Pasta + salad**



**Grilled Salmon with Vegetables**



**Grilled chicken with Salad**



**Curry with Roti and Salad**



**Beef Stir-fry**



**Italian Basil Chicken**

(RPA p.37)



## Dinner Options (Plant Based)

**Vegetable Stir Fry**



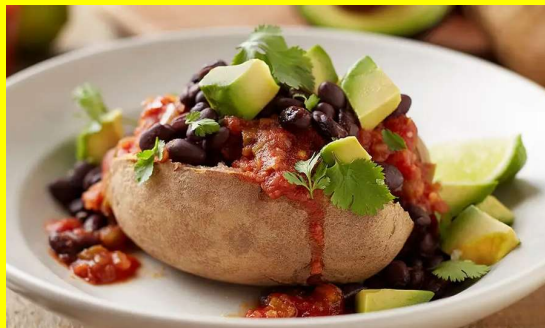
**Pasta Bake (RPA P.24)**



**Tofu Curry + vege**



**“Nacho” Baked Potato**



**Rice Bowl**



**Zucchini Fritters**





## Dinner Options

**Egg Curry**



**Chicken**



**Steak sandwich**



**Fried Rice with chicken and vege**



**Simply Herbed Fish  
With mash potato and salad**



**Quick and Easy Quiche  
(RPA page 50)**



## Dinner Options

**Burrito Bowl**



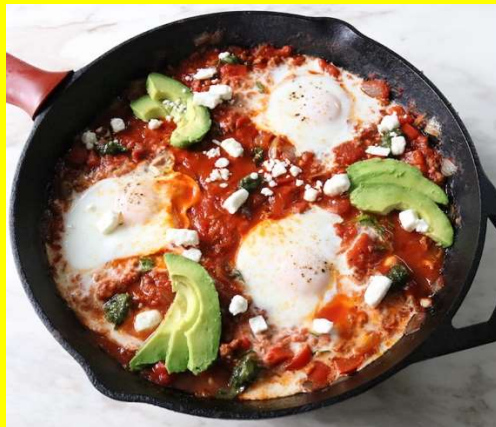
**Beetroot Curry**



**Salmon Rice Bowl**



**Shakshuka**



**Tofu Salad**



**Roast Beetroot Falafels**

With ½ lebanese bread and salad





# Overnight Oats

Serves 1

Time to prep: 5 min

## Ingredients

1/3 cup (30 g) Rolled oats

½ cup (120 ml) milk of choice

¼ cup (57 g) Greek yogurt

1 tablespoon diet maple syrup

## Topping:

1 cup mixed fruit (e.g. blueberry/ mango/ strawberry)



## Instructions

1. **Make the base recipe:** In a small bowl or jar, combine the oats, milk, yogurt, and diet maple syrup.
2. Cover and let rest overnight (or for at least 8 hours).
3. The next morning, add in the mix-ins of your choice. (ie fruit / syrup)
4. Give the mixture a stir and enjoy! Store in the fridge for up to 24 hours.

## Nutrition info

Energy 368 kcal; Protein 13 g ; Carb 45 g ; Fat 14 g ; Fiber: 7 g

# Yoghurt Bowl

**Serves:** 1

**Time to make:** 2 minutes

## Ingredients

½ cup Greek Yoghurt (125g)

50 g mixed berries (Strawberries, blueberries, raspberries)

30g granola

## Instructions

1. Mix the Greek yoghurt with oats or granola in a bowl
2. Top with mixed berries

## Nutrition info

Energy 325 kcal; Protein 10 g ; Carb 32 g ; Fat 16 g ; Dietary Fibre 4 g



# Weetbix with Fruit

**Serves:** 1

**Time to make:** 2 minutes

## Ingredients

2 weetbix

2/3 cup (160mL) milk of choice

1 cup mixed berries

## Instructions

1. Place weetbix in a bowl and pour milk over the top
2. Top with berries and serve.

## Nutrition info

Energy 287 kcal; Protein 11 g ; Carb 41 g ; Fat 7 g ; Dietary Fibre 8 g



# Cheese and Tomato Toastie

**Serves:** 1

**Time to make:** 10 minutes

## Ingredients

2 slices wholemeal or low GI bread

2 slices light cheese

1 small tomato, sliced thickly

1 tbsp margarine



## Instructions

1. Lay out 2 slices of the bread on a work surface. Layer one with 2 slices of cheese. Follow with 4 slices of tomato.
2. Close the sandwich with the remaining slice bread. Thinly and evenly spread the butter on both sides of the bread.
3. Place 2 sandwiches into a nonstick medium skillet over medium heat. Cover the skillet with a lid and cook until the bread is evenly golden brown, about 2 minutes.
4. Flip, cover again and cook until the bread is golden brown and the cheese is visibly melted, about 2 minutes more.
5. Serve.

## Nutrition info

Energy 412 kcal; Protein 23 g ; Carb 43 g ; Fat 15 g ; Dietary Fibre 8 g



# Toast with Peanut Butter and Hummus/Tomato

**Serves:** 1

**Time to make:** 5 minutes

## Ingredients

2 slices wholemeal or low GI bread

1 tbsp hummus

1 small tomato, sliced thickly

1 tbsp peanut butter



## Instructions

1. Toast the bread then lay out on a plate
2. Spread one piece of toast with peanut butter.
3. Spread the hummus on the other piece of toast, and layer on the tomato slices.
4. Serve.

## Nutrition info

Energy 345 kcal; Protein 14 g ; Carb 43 g ; Fat 11 g ; Dietary Fibre 7 g

# Poached Eggs and Avocado Toast

**Serves:** 1

**Time to make:** 15 minutes

## Ingredients

2 slices wholemeal or low GI bread

½ medium avocado

2 eggs



## Instructions

1. Bring a pot of water to boil (use enough water to cover the eggs when they lay in the bottom).
2. When the water is boiling, turn off the heat and carefully crack the eggs directly into the pot.
3. Cover the pot and poach for 5 minutes (4 for super soft, 4:30 for soft, 5 or more for semi-soft yolks).
4. While the eggs are cooking, toast the bread and mash the half the avocado onto each piece of toast.
5. When the eggs are done, use a spatula to lift the eggs out of the water and onto the toast.

## Nutrition info

Energy 444 kcal; Protein 22 g ; Carb 39 g ; Fat 20 g ; Dietary Fibre 11 g

## Bread Based Chicken Pizza

**Serves:** 1

**Time to cook:** 20 min

**Ingredients:**

2 slices bread

2 teaspoons tomato sauce

75g chicken thigh, small chunk

60g zucchini, diced

30g carrot, finely grated

Mozzarella cheese



**Instructions:**

1. Preheat oven on fan force at 180 degrees.
2. Spread free bread with tomato sauce. Then top with chicken, zucchini, carrot and cheese
3. Place on a baking tray. Turn oven to grill at 180 degree for 2 to 3 minutes or until cheese is golden and melted.
4. Serve with mixed salads

**Nutrition Info:**

Energy: 510 kcal, Protein: 24g, Carb: 43g, Fat: 17g, Sodium: 320mg

## Tacos

**Serves:** 1

**Time to make:** 20 mins

### Ingredients

2 small whole grain or corn tortillas

50g red kidney beans (no added salt) (drained)

30g shredded lettuce

30g shredded low-fat cheese

30g diced tomatoes

30g diced avocado

Salsa and Greek yoghurt for topping

Taco seasoning



### Instructions

1. In a pan, cook the drained beans. Add taco seasoning, and mix well.
2. Warm the tortillas in a separate pan or microwave
3. Fill each tortilla with beans, shredded lettuce, diced tomatoes, diced avocado and shredded cheese.
4. Serve with salsa and Greek yoghurt within or on the side

### Nutrition info

Energy 402 kcal; Protein 18g ; Carb 45g ; Fat 14g ; Fibre 5 g

## Mexican Wraps

**Serves:** 1

**Time to make:** 20 mins

### Ingredients

1 wholegrain wrap bread  
50g red kidney beans (no added salt) (drained)  
30g shredded lettuce  
20g shredded low-fat cheese  
30g diced tomatoes  
30g diced avocado  
Salsa and Greek yoghurt for topping  
Taco seasoning



### Instructions

1. In a pan, cook the drained beans. Add taco seasoning, and mix well.
2. Warm the tortillas in a separate pan or microwave
3. Fill the wrap with beans, shredded lettuce, diced tomatoes, diced avocado and shredded cheese.
4. Serve with salsa and Greek yoghurt within or on the side.

### Nutrition info

Energy 401 kcal; Protein 17g ; Carb 41g ; Fat 16g ; Fibre 11 g

## Egg Lettuce Sandwich

**Serves:** 1

**Time to make:** 10 mins

### Ingredients

2 slices low GI bread

50g lettuce, diced

2 hard boiled eggs, mashed

20g Praise Whole Egg Mayonnaise



### Instructions

1. Mix mashed egg, lettuce and mayonnaise in a small bowl and stir to combine.
2. Place bread slices on a clean work surface. Spread one bread with the mixture. Top with remaining slice of bread. Serve.

Nutrition Info:

Energy: 509 kcal; Protein 19 g; Carb 40 g; Fat 30 g; Fibre 4 g

## Salmon Sandwich/Wrap

**Serves:** 1

**Time to make:** 10 mins

### Ingredients

2 slices low GI bread (or 1 wrap bread)

For salmon sandwich:

1 salmon fillet, grilled

½ tbsp mayonnaise

1 cup rocket

1 small tomato

2 slices canned beetroot

### Instructions

1. Lay out two slices bread (or wrap bread) and spread grilled salmon evenly across one slice of bread (or half the wrap).
2. Follow with salad ingredients.
3. On the other slice of bread, spread mayonnaise (or squeeze onto the toppings on the wrap)
4. Place the mayonnaise-layered bread slice on top (or wrap the wrap bread) and serve.

Nutrition Info:

Energy: 423 kcal; Protein 31 g; Carb 38 g; Fat 15 g; Fibre 5 g





## Omelette with Low GI bread

**Serves:** 1

**Time to make:** 10 mins

### Ingredients

2 eggs

2 slices Wounder White low GI Bread

Italian herb or dried Rosemary

25g light cheese, grated

### Toppings:

100g chicken, stringed OR

50 green capsicum, diced and

50g diced carrot and

50g diced onion



### Instructions

1. Heat the oil in a non-stick frying pan, add toppings to cook for 3-4 minutes, stirring occasionally. Arrange evenly over base of pan.
2. Beat eggs in a small bowl; season with Italian herbs or dried rosemary. Pour whisked eggs over toppings, tilting pan from side to side so that the egg coats the edges.
3. Sprinkle cheese over the omelette.
4. Cover pan with lid and cook for 5 minutes over a low heat, or until omelette is set.
5. Turn the omelette onto a plate and serve with bread.

### Nutrition info

Energy 510 kcal; Protein 42 g ; Carb 30g ; Fat 22 g ; Sodium 550mg



## Quick and Easy Quiche (RPA booklet page 50) - a meal to share

Serves 4

### Ingredients

2 teaspoons margarine, melted

8 slices wholegrain bread, crusts removed

### FILLING

½ cup broccoli, cut into florets

½ red capsicum chopped

125 g corn kernels, drained

100 g button mushrooms, sliced

4 eggs lightly beaten

¾ cup skim milk

½ cup grated reduced fat tasty cheese

freshly ground black pepper



### Instructions

1. Brush a 23 cm flan dish with margarine. Line dish with bread, trimming slices to fit base and sides.
  2. To make filling, arrange broccoli, capsicum, corn and mushrooms over bread.
  3. Combine eggs and milk and pour over vegetables. Sprinkle with cheese, and black pepper to taste.
  4. Bake for 30-35 minutes or until filling is firm.
- Can be served hot, warm or cold with vegetables or salad.

# Chicken Pesto Pasta

**Serves:** 1

**Prep:** 10 min

**Cook:** 15 min

## Ingredients:

50g penne rigate, to boil

1 tablespoon light cream

1 tablespoon basil pesto

1/2 cup chicken breast, cooked and shredded

30g baby spinach leaves

5 cherry tomatoes, halved

Finely grated parmesan cheese, to serve



## Instructions:

1. Cook pasta in a saucepan of boiling, salted water, following packet directions, until tender. Drain, reserving some liquid.
2. Return pasta to pan over medium-low heat. Add reserved liquid, cream, pesto, baby spinach, tomato and chicken. Stir to combine. Cook, stirring, for 1 to 2 minutes or until heated through.
3. Top with parmesan to serve

## Nutrition Info:

Energy: 350kcal, Protein: 22g, Carb: 35g, Fat: 15g, Sodium: 300mg

## Simply Herbed Fish (RPA booklet page 42)

Serves 1

### Ingredients

1 fish cutlet or fillet **check hand serving size**  
1 teaspoon fresh parsley, snipped  
lemon juice  
freshly ground black pepper

### Instruction

1. Place fish on grill plate. Sprinkle with lemon juice and black pepper.
2. Grill 5-7 minutes each side.
3. Place on serving plate and sprinkle with fresh parsley.
4. Serve with  $\frac{1}{2}$  cup of mashed potato and salad.



# Curry \*

\* Adapted from Recipes provided from group home to comply with criteria -> Carb < 45g, Protein <30g, Low Salt

**Serves:** 1

**Time to make:** 25-30 min

## Ingredients:

1/4 onion sliced

1 teaspoon oil

Pinch of cumin and mustard seeds (optional)

150g your choice of protein (beef, lamb, fish, prawns, poultry, vegetables or legumes)

1/2 teaspoon crushed garlic

Pinch of black pepper

(Only for CHICKEN OR SEAFOOD 1 tablespoon of lemon juice )

1/2 teaspoon curry powder (adjust to taste and use low sodium if available)

1/4 small soft tomato diced or 1/4 tin diced tomato (choose low sodium if using canned)

1 small potato or any other vegetables peeled and diced (Optional)

Coriander garnish (optional)

Salt to taste



## Instructions:

1. In a pot add oil, onion, cumin and mustard seeds, sauce till golden
2. In a bowl with washed and cut protein add salt, pepper, garlic, curry powder, lemon add to the pot iced onions are golden
3. Stir and cook on medium heat until water from protein evaporates and you can see the oil again
4. Add tomato and any other vegetables and cook on low till tomatoes soften
5. Add boiling water just enough so protein is almost covered
6. Simmer on low to allow vegetables and protein to cook through till soft and until sauce reaches desired consistency
7. Add salt to taste and stir through coriander
8. Serve with rice

## Nutrition Info: (depending on protein choice and potato portion)

Energy: 150-250kcal, Protein: 6-10g, Carb: 26-30g, Fat: 4g, Sodium: 50-100 mg

# Egg Curry \*

\* Adapted from Recipes provided from group home to comply with criteria -> Carb < 45g, Protein <30g, Low Salt

**Serves:** 1

**Time to make:** 35-45 min

## Ingredients:

1 tablespoon oil

2 boiled eggs

1/2 sliced onion

Pinch of cumin and mustard seeds

1 teaspoon crushed garlic

1/2 teaspoon curry powder

1 small soft tomato diced

1 medium potato peeled and diced

Salt to taste



## Instructions:

1. Heat oil in a saucepan add whole peeled boiled eggs and cook till outside is nicely golden
2. Take the eggs out and set aside
3. In the saucepan add onions, cumin and mustard seeds saute till golden
4. Add in garlic and curry powder saute for a minute then add potatoes stir
5. Add in eggs tomato and salt cook till tomatoes dissolve
6. Pour in enough boiling water to almost cover eggs
7. Simmer on low till potatoes cook through and sauce thickens, check salt
8. Serve with rice

## Nutrition Info:

Energy: 484kcal, Protein: 17.1g, Carb: 39.5g, Fat: 32.1g, Sodium: ~300mg (depending on salt added)



# Fried Rice \*

\* Adapted from Recipes provided from group home to comply with criteria -> Carb < 45g, Protein <30g, Low Salt

**Serves:** 1

**Time to make:** 30 min

## Ingredients:

- 1 portion of boiled rice - can be day old
- 1-2 tablespoon oil
- 150g cleaned and cut protein of choice (sliced or diced chicken breast, beef, prawns)
- 1 teaspoon chicken stock vegeta (or any other chicken stock, low sodium if possible)
- 1 teaspoon crushed garlic
- 1/2 small purple onion finely diced
- 1 egg whisked
- 1/4 to 1/2 cup mixed frozen vegetables (peas, corn, carrots)
- 2-4 button mushrooms diced
- 1/4 to 1/2 teaspoon IDOFOODS nasi goreng paste (or any other fried rice pastes, low sodium if available)
- 1 tablespoon light soy sauce (low sodium if available)



## Instructions:

1. Mix washed and cut protein with garlic and chicken stock (can be done earlier and left in the fridge)
2. In a large frypan or wok heat oil, add egg and let it puff up (do not stir) flip it over so there are no runny bits once cooked take it out onto a chopping board and dice 1cm roughly
3. Add protein to the pan cook till slightly browned
4. Add onions, eggs and all vegetables mix through
5. Add nasi goreng paste, soy sauce and cook for 5 minutes or until vegetables are cooked (add more sauce according to taste)
6. Stir through rice little at a time until its all in and stirred through
7. Cook till everything is mixed well and hot

## Nutrition Info:

Energy: 575-715kcal, Protein: 23-33g, Carb: 34-45g (mainly from rice), Fat: 19-38g, Sodium: ~400mg

# Naan \*

\* Adapted from Recipes provided from group home to comply with criteria -> Carb < 45g, Protein <30g, Low Salt

**Serves:** 6

**Time to make:** 2 hrs

## Ingredients:

450g (3 cups) bread flour  
7g sachet (2 tsp) dried yeast  
1 tsp salt  
1 tsp caster sugar  
185ml (3/4 cup) warm water  
90g (1/3 cup) Greek Style Yoghurt  
2 tbsp vegetable oil  
30g ghee, melted  
Sesame seeds, toasted



## Instructions:

1. Combine the 450g (3 cups) bread flour, 7g sachet (2 tsp) dried yeast, 1 tsp salt and 1 tsp caster sugar in a bowl (use a flat-bladed knife in a cutting motion to mix until the dough just comes together). Mix in 185ml (3/4 cup) warm water, 90g (1/3 cup) Greek Style Yoghurt and 2 tbsp vegetable oil. Knead dough for 5 minutes or until smooth.
2. Place dough in a bowl. Cover with plastic wrap and set aside in a warm place for 1 hour or until the dough has doubled in size.
3. Meanwhile, preheat pan and Punch down dough then divide it into 6 portions.
4. Roll out each portion of dough on a lightly floured surface into a 12 x 20cm oval shape.
5. Spray both sides of the dough with oil. Cook on pan for 5 minutes or until puffed and light golden.
6. Brush with 30g ghee, melted and top with Sesame seeds, toasted. Wrap in foil to keep warm. Repeat with the remaining dough.

## Nutrition Info (per serving):

Energy: 350kcal, Protein: 16g, Carb: 53g, Fat: 10g, Sodium: 383mg

# Pasta \*

\* Adapted from Recipes provided from group home to comply with criteria -> Carb < 45g, Protein <30g, Low Salt

**Serves:** 1

**Time to make:** 20-25 min

## Ingredients:

50g dried pasta

1/2 cup low-sodium bottled pasta sauce of your choice

150g protein of your choice (minced beef, sliced chicken thigh or breast or prawns)

1/4 onion diced

1 teaspoon olive oil

1/2 teaspoon crushed garlic

1/2 teaspoon low-sodium vegeta stock powder (vegetarian, chicken or beef)

Salt and pepper to taste



## Instructions:

1. Boil water in a saucepan add a pinch of salt
2. Once water is boiling add pasta cook as to packet instructions or until cooked approximately 10 -12 min
3. In a saucepan sauté onion and oil on medium heat until translucent, add in garlic, vegeta and protein of choice cook until protein is cooked through and browned
4. Strain pasta water and put pasta back into the saucepan with protein
5. Add in enough sauce to coat the pasta, warm through on low heat
6. Add ½ plate of salad to serve

## Nutrition Info:

Energy: 300kcal, Protein: 9g, Carb: 46g, Fat: 7.5g, Sodium: 211mg

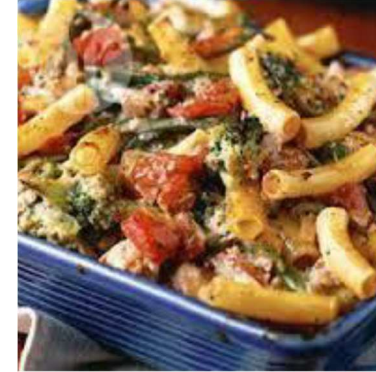


## Pasta Bake (RPA booklet page 24)

Serves 1

### Ingredients

100g Macaroni cooked  
1 vegetarian sausage sliced or 100g tofu  
80g of crushed tomato  
1 stalk of celery  
¼ green capsicum, chopped  
1 small carrot, grated  
50ml of low salt vegetable stock (pre-prepared)  
Pinch of dried mixed herbs  
Touch of crushed garlic  
1 teaspoon of soy sauce  
A sprinkle of fat reduced cheese



### Instructions

1. Pre heat oven 180°C. Cook macaroni according to packet instructions until al dente.
2. Drain well. Place in bowl and add all the other ingredients, except for the cheese.
3. Stir until well combined. Transfer to an ovenproof casserole dish.
4. Sprinkle the cheese over the top, and bake for 30-40 minutes or until heated through and the cheese is golden and bubbling.
5. Serve with salad or cooked vegetables

## Italian Basil Chicken (RPA booklet page 37)

Serves 1

### Ingredients

1 chicken fillet **check hand serving size**  
½ clove garlic very thinly sliced or crushed  
2 teaspoons Balsamic vinegar  
Ground black pepper  
1 teaspoon olive oil  
½ tin tomatoes and their juice  
Finely snipped fresh basil  
Oil spray



### Instructions

1. Marinate the chicken breast in the olive oil, balsamic vinegar, pepper and half the snipped basil for 2-3 hours before cooking if time allows.
2. Spray heated non-stick frypan with spray oil.  
Cook chicken for 7 minutes each side or until browned and cooked through. Add tinned tomatoes (chopped or whole) and their juice. Heat through and serve.

Serve with ½ cup cooked rice and salad or zucchinis and broccoli sprinkled with lemon juice and black pepper.

# Roti \*

\* Adapted from Recipes provided from group home to comply with criteria -> Carb < 45g, Protein <30g, Low Salt

**Serves:** 12

**Time to make:** 45-60 min

## Ingredients:

2 cups atta whole wheat flour, 270 grams + 1/4 cup for rolling the roti

1-2 teaspoons oil optional, 5-10 ml

water as needed to knead a soft dough, I used around 3/4 cup (180 ml) + 1 tablespoon (15 ml)

ghee to brush the rotis



## Instructions:

### Knead the dough

1. Take 2 cups (270 grams) atta in a large bowl. Usually a round flat plate with shallow edges called paraat is used but I just had a round mixing bowl so that's what I used.  
You can add little oil if you like here, I did not add any.
2. Start adding water, little by little. As you add water, mix with your hands and bring the dough together. I needed around 3/4 cup (180 ml) +1 tablespoon (15 ml) water here. You may need more or less water depending on the kind of flour.
3. Once the dough comes together, start kneading the dough. Knead with the knuckles of your finger, applying pressure.
4. Fold the dough using your palms and knead again applying pressure with your knuckles.  
Keep kneading until the dough feels soft and pliable. If it feels hard/tight, add little water and knead again. If it feels too sticky/soft, add some dry flour and mix.
5. Once done, the dough should be smooth. Press the dough with your fingers, it should leave an impression.
6. Cover the dough with a damp cloth or paper towel for 20 to 30 minutes.  
I placed my paper towel under tap water and then squeezed all the water from it and used that damp paper towel to cover the cloth.

### Roll the roti

1. After the dough has rested, give it a quick knead again.  
Divide the dough into 12 equal parts, each weighing around 35 to 37 grams.
2. Start working with one ball, while keep the remaining dough balls covered with a damp cloth so that they don't dry out.
3. Take one of the balls and press it between your fingers to make it smooth. Then roll it between your palms to make it round and smooth. There should be no cracks. Press the round dough ball and flatten it slightly.
4. Now take around 1/4 cup atta in a plate for dusting the roti while rolling it. Dip the prepared dough ball into the dry flour and dust it from all sides.

5. Then start rolling the roti, using a rolling board and rolling pin.  
Move the rolling pin lengthwise across the dough applying gentle pressure as you roll. If you are rolling it correctly, the dough will move in circular motion on its own and the roti will roll evenly. This comes with practice.
6. You can also roll a little and then take the roti and move it a little with your hands and roll again. Roll it thin until you have a 5 to 6 inch diameter circular roti. You will have to dip the roti in dry flour several time while rolling the roti. Anytime the dough starts sticking to the rolling pin, dip the roti into the atta from both sides and then continue rolling.

### **Cook the roti**

1. Heat the tawa (skillet) on medium-high heat. Make sure the tawa is hot enough before you place the roti on the tawa.  
Dust excess flour off the rolled roti and place it on the hot tawa.
2. Let it cook for 15-30 seconds until you see some bubbles on top side. At this point flip the roti, you don't want the first side to cook too much.  
Now, let the other side cook more than the first side, around 30 seconds more. Use a tong to see how much it has cooked from the second side now. If you see brown spots all over, means it has cooked enough.
3. Now, remove the roti from the tawa using a tong and place it directly on flame with the first side (which was little less cooked) directly on the flame.  
The roti if rolled evenly will puff up, flip with a tong to cook the other side as well. The roti is done when it has brown spots, don't burn it.
4. Apply ghee on the rotis immediately. Make all the roti/phulka similarly. Serve warm.

### **Making Roti/Chapati on Induction top (without puffing on flame)**

1. ***Here's how you can make chapati (or roti whatever you call it) on tawa without putting it directly on flame to puff.***  
Roll the roti as usual and place it on the hot tawa. Let it cook for 30 seconds until you see some bubbles on top. At this point flip the roti. You don't want the first side to cook a lot.
2. Now, let the other side cook until it has nice brown spots (so it should cook more than the first side). Now flip again (with the first side now at the bottom), press the roti with a paper cloth, any cotton cloth or spatula. It will puff up.
3. Flip again to cook the other side some more. Remove from tawa and brush with ghee.

### **Nutrition Info (per serving):**

Energy: 99kcal, Protein: 3g, Carb: 18g, Fat: 2g, Sodium: 62mg

# Shakshuka

**Serves:** 1

**Time to make:** 20 min

**Ingredients:**

50g medium green capsicum, roughly diced

50g carrot

75g mince, defrost

100g no-added-salt chopped tomato can

1 egg

2 teaspoons parsley, chopped, to garnish

1 slices low GI toast, to serve



**Instructions:**

1. Heat a small non-stick frying pan with olive oil. Cook capsicum for 3 minutes, then add mince and carrot to cook for a further 3 minutes.
2. Add tomatoes, bring to boil for 2 minutes, then reduce heat to a gentle simmer.
3. Make one wells in the tomato mixture and crack one egg into each. Cover the lid and cook over medium heat for 10 minutes, or until egg whites are cooked through but yolks are half cooked.
4. Sprinkle with chopped parsley and serve with toasted sourdough.

**Nutrition Info:**

Energy: 507kcal, Protein: 24g, Carb: 36g , Fat: 19g, Sodium: 416mg



# Steak Sandwich

**Serves:** 1

**Time to make:** 20 min

## Ingredients:

½ medium red capsicum, thinly sliced

½ medium zucchini, thinly sliced

1 tip top thins

100g beef minute steaks

1 tablespoons lactose free plain yoghurt

½ teaspoon lemon juice

1 teaspoon (10g) Dijon mustard Mayonnaise

30g baby spinach



## Instructions:

1. Heat a pan with oil. Place pan over medium-high heat. Cook the capsicum and zucchini, turning, for 5–7 minutes, or until lightly charred and tender. Transfer the vegetables to a plate.
2. Heat pan with oil again and cook steaks for 1 minute each side, or until they are cooked to your liking. Transfer the minute steaks to a plate and thickly slice.
3. Toast the bread until golden and transfer to a board.
4. Meanwhile, combine yoghurt, lemon juice and mustards in bowl.
5. To assemble, spread base of the bread with a little of the mustard yoghurt. Layer with salad leaves, charred vegetables, beef and the remaining mustard yoghurt. Sandwich with roll top. Cut into four portions and serve.

## Nutrition Info:

Energy: 486kcal, Protein 23g, Carb: 30g, Fat: 22g, Sodium: 326mg

## Stir Fry \*

\* Adapted from Recipes provided from group home to comply with criteria -> Carb < 45g, Protein <30g, Low Salt

**Serves:** 1

**Time to make:** 25 min

### Ingredients:

150g chosen protein (sliced or diced chicken breast, beef, prawns)  
1 teaspoon oil  
1/2 teaspoon vegeta low sodium chicken stock (any chicken stock)  
1 teaspoon crushed garlic  
1/4 sliced onion  
1 baby bok choy sliced  
2 -4 button mushrooms sliced  
1/4 green capsicum sliced  
1/2 carrot sliced  
1/2 can baby corn (choose low sodium if available)  
1 small bunch broccoli or broccolini (Any other vegetables you like)  
1 stalk spring onions sliced  
1/4 to 1/2 teaspoon INDOFOOD nasi goreng paste or any other alternative stir fry pastes (choose low sodium if available)  
1 tablespoon low sodium soy sauce  
1 teaspoon low sodium oyster sauce

### Instructions:

1. Mix washed and cut protein with garlic and chicken stock (can be done earlier and left in the fridge)
2. In a large frypan or wok heat oil add protein and cook till golden brown
3. Add all cut and prepped vegetables into the pan stir
4. Add nasi goreng paste, soy sauce and oyster sauce, cook for 5 min stirring regularly to cook through vegetables (add more sauce to taste)
5. Stir through hokkien noodles (serving suggestion on pack) or serve with boiled rice

### Nutrition Info: (depending on protein choice and sauce/paste amount)

Energy: 150-300kcal, Protein: 10-15g, Carbohydrate: 15-20g, Fat: 5-10g, Sodium: 360- 630mg



# Beetroot Curry

**Serves:** 1

**Time to make:** 30 min

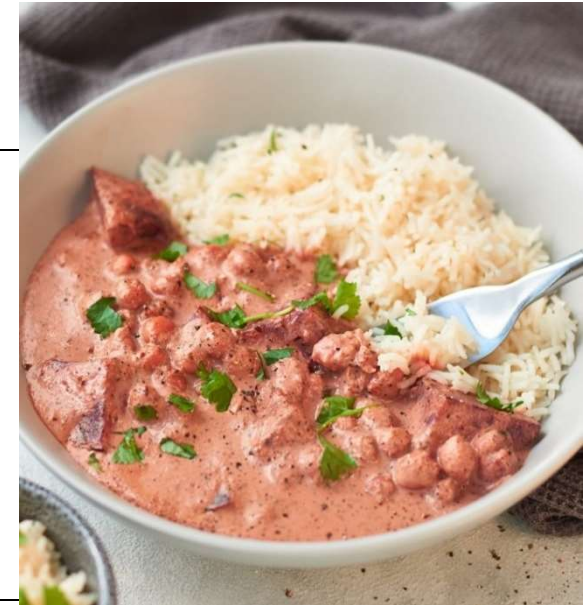
## Ingredients

### *For the curry paste*

- 1/2 tsp coriander seeds
- 1/2 tsp cumin seeds
- 1/4 tsp black peppercorns
- 1/4 tsp cardamon seeds (from pods)
- 1/2 clove
- 1/8 tsp fennel seeds
- 1/8 tsp mustard seeds
- 1/4 small onion chopped
- 3/4 cloves garlic roughly chopped
- 1/2 green chillies de-seeded and chopped
- 1/4 inch ginger peeled and chopped

### *For the Curry*

- 1/4 tbsp rapeseed oil
- 1 dried curry leaf
- 1/4 tsp paprika
- 100 g cooked beetroot chopped
- 100 ml coconut milk canned
- 100 g can chickpeas drained and rinsed
- 1/4 tbsp apple cider vinegar
- 1/4 tsp lemon juice



## Instructions:

### *To make the paste*

1. Add the coriander seeds, cumin seeds, black peppercorns, cardamon seeds, cloves, fennel seeds and mustard seeds to a dry frying pan. Toast over a medium heat until aromatic, about 3 minutes.
2. Add the toasted seeds to a blender or nutribullet along with the onion, garlic, green chillis and ginger. Pulse to make a paste.

### *To make the curry*

1. Heat the oil in large pan or wok over a medium heat, and add the paste. Fry for 3 minutes until sizzling, then throw in the curry leaves, paprika, and chopped beetroot.
2. Continue frying and stirring for around 4 minutes until the beetroot is well coated in the spice paste.
3. Add the coconut milk and chickpeas, stir well, and simmer for 15 minutes.
4. After 15 minutes, remove the curry leaves. Add the vinegar and lemon juice, season to taste, and enjoy!

**Nutrition Info:** Energy: 414kcal, Protein: 12g, Carb: 41g, Fat: 23g, Sodium: 216mg

## Thai Tofu Curry

**Serves:** 1

**Prep:** 5 mins

**Cook:** 20 mins

**Ingredients:**

- 100g firm tofu, diced
- 20g Thai curry paste (mild)
- 2 cups mixed vegetables (e.g. carrot, onion, broccoli, baby spinach)
- ½ cup coconut milk
- 1/2 cup Steamed rice, to serve
- Drizzle olive oil

**Instructions:**

1. Heat oil in a small pan over medium heat.
2. Add tofu and cook until outside is slightly browned, about 5 minutes.
3. Stir in Mild Thai curry paste and coconut milk and bring to a simmer. Cook for 10-15 minutes, stirring occasionally.
4. In a separate pan, steam mixed vegetables until tender, about 5-7 minutes.
5. Add the steamed vegetables to the curry and stir to combine.
6. Serve hot over steamed rice.

**Nutrition Info (per serving):**

Energy: 472 kcal, Protein: 21 g, Carbohydrates: 45 g, Fat: 20 g, Fibre 13 g



## Burrito Bowl

**Serves:** 1

**Time to make:** 20 min

### Ingredients:

1/3 cup cooked brown rice  
1/3 cup canned black beans, drained and rinsed  
1/4 cup corn kernels (frozen or canned, drained)  
1/4 cup cherry tomatoes, halved  
1/4 avocado, sliced  
1/4 cup shredded lettuce  
1 tablespoon salsa  
1 tablespoon chopped fresh cilantro  
1 tablespoon lime juice  
Salt and pepper to taste

### Instructions:

1. Prepare rice.
2. Drain and rinse canned black beans to reduce sodium content.
3. Thaw or drain corn kernels (if using canned, rinse to reduce sodium).
4. In a bowl, layer the cooked brown rice, black beans, corn, cherry tomatoes, avocado slices, shredded lettuce, and fresh cilantro.
5. Drizzle salsa over the bowl and squeeze lime juice on top.
6. Season with salt and pepper to taste.

### Nutrition Info:

Energy: 254kcal, Protein: 10g, Carb: 42g, Fat: 11g, Sodium: 188mg





## “Nacho” Baked Potato

**Serves:** 1

**Time to make:** 50 min

**Ingredients:**

1/2 medium baking potato  
1 1/2 teaspoons nutritional yeast (optional)  
1/4 cup black beans, either canned or prepared  
2 tablespoons low-sodium salsa  
1/4 avocado, cubed, sliced, or smashed  
Salt and pepper to taste  
Cilantro for garnish  
Lime wedges for garnish



**Instructions:**

1. Preheat the oven to 450°F (230°C) if baking the potato (rather than microwaving it).
2. Pierce the potato with a fork or knife a few times to allow the steam to escape. Bake in the oven for about 40 minutes, or microwave for 4 to 6 minutes, depending on the size of the potato. Pierce the potato with a fork or knife to check if it is soft and cooked through.
3. When the potato is done, slice it open, and sprinkle on the nutritional yeast, if using.
4. Layer on the black beans, salsa, and avocado. Season with salt and pepper, if using, and garnish with cilantro and lime.
5. Enjoy your yummy, healthy meal!

**Nutrition Info:**

Energy: 279kcal, Protein: 11g, Carb: 45g, Fat: 7g, Sodium: 189mg

## Rice Bowl

**Serves:** 1

**Time to make:** 35 min

### Ingredients:

- 1/2 can (approximately 7.5 oz.) reduced-sodium red kidney beans, rinsed and drained
- 1/2 cup frozen mixed vegetables, thawed
- 1/2 cup fresh spinach leaves, shredded
- 1/3 cup cooked brown rice, warmed
- 1/4 cup finely chopped tomatoes
- 1 tablespoon finely chopped green onions
- 2 tablespoons Cilantro-Cashew Dressing
- 1/2 tablespoon finely snipped fresh cilantro

### Instructions:

1. In a medium saucepan combine beans and  $\frac{1}{2}$  cup water. Cook over medium heat just until heated through, stirring occasionally.
2. Meanwhile, in a small saucepan cook frozen vegetables in a small amount of boiling water 5 minutes or just until tender; drain.
3. Divide spinach among soup or salad bowls. Add beans, vegetables, and rice. Top with tomatoes and green onions, and drizzle with Cilantro-Cashew Dressing. Sprinkle fresh cilantro over the top. Serve warm.

### Nutrition Info:

Energy: 435kcal, Protein: 19g, Carb: 51g, Fat: 14g, Sodium: 246mg

\* Adjust rice portion further for lower carbohydrate quantity



## Roast Beetroot Falafels

**Serves:** 1

**Time to make:** 16 min

### Ingredients:

1. 1/2 beetroots (just under tennis ball size)
2. 1/2 large garlic cloves
3. 1/2 cup cooked chickpeas
4. 1/4 handful fresh coriander leaves (optional)
5. 1/4 tablespoon ground coriander
6. 1/4 heaped teaspoon ground cumin
7. Tahini Sauce (to serve)



### Instructions:

1. Add all ingredients into a food processor and blend until everything has broken down. It doesn't need to be pureed completely, just broken down into tiny pieces so that when you compress, everything binds together.
2. Please watch my video (below) for a visual guide and you can't go wrong. If it seems a little too crumbly then I recommend adding a teaspoon or two of water or olive oil. Moisture depends on how much the chickpeas have been drained or how the moisture level of the baked beetroot.
3. Roll into balls (a little smaller than golf balls in size).
4. Press the balls down into mini patty shapes.
5. Place onto a grill tray and grill on a medium/low heat for about 8 minutes on each side. *(You can also bake these in the oven as an alternative to grilling).*
6. Serve right away.

### Nutrition Info:

Energy: 164kcal, Protein: 9g, Carb: 30g, Fat: 2g, Sodium: 207mg

# Tofu Curry

**Serves:** 1

**Time to make:** 35 min

## Ingredients:

### *Tofu and Vegetables*

- 100g firm tofu, pressed and cubed
- 1 small onion, finely chopped
- 1 small carrot, sliced
- 50g green beans, cut into 2-inch pieces
- 50g baby corn, halved
- 1 small capsicum, sliced

### *Curry Sauce*

- 1 teaspoon vegetable oil
- 1 garlic clove, minced
- 1 small piece of ginger, grated
- 1 teaspoon curry powder
- 1/4 teaspoon ground turmeric
- 1/4 teaspoon ground cumin
- 1 small tomato, chopped
- 200ml light coconut milk
- 1/2 cup low-sodium vegetable broth
- 1 teaspoon low-sodium soy sauce

### *To Serve*

- Fresh cilantro, chopped
- Cooked rice or Naan bread

## Instructions:

1. Press the tofu to remove excess water, then cut it into cubes.
2. In a large pan, heat the vegetable oil over medium heat. Add the tofu cubes and cook until golden brown on all sides. Remove and set aside.
3. In the same pan, add the chopped onion and cook until soft. Add the garlic, ginger, and spices (curry powder, turmeric, cumin) and cook for another minute.
4. Add the carrot, green beans, baby corn, and bell pepper. Cook for a few minutes until they start to soften.
5. Add the chopped tomato, light coconut milk, and vegetable broth. Stir to combine.
6. Bring to a simmer and cook for about 10-15 minutes, until the vegetables are tender and the sauce has thickened.
7. Stir in the cooked tofu and soy sauce. Adjust seasoning as needed.
8. Serve the tofu curry hot with rice and salad

**Nutrition Info:** Energy: 463kcal, Protein: 18g, Carbohydrate: 39g, Fat: 19g, Sodium: 247mg





# Tofu Salad

**Serves:** 1

**Time to make:** 25 min

## Ingredients:

100g firm tofu, drained and cubed

1 cup mixed salad greens (such as lettuce, spinach, arugula)

1/4 cup cherry tomatoes, halved

1/4 cucumber, sliced

1/4 avocado, sliced

1 tablespoon olive oil

1 tablespoon balsamic vinegar

Salt and pepper to taste

Optional: 1 tablespoon chopped fresh herbs (such as parsley or basil)



## Instructions

1. Heat a non-stick pan over medium heat. Add the tofu cubes and cook for about 5-7 minutes, turning occasionally, until golden brown on all sides. You can use a little oil spray if needed to prevent sticking.
2. In a bowl, combine the mixed salad greens, cherry tomatoes, cucumber slices, and avocado slices.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, salt, pepper, and optional chopped herbs.
4. Add the cooked tofu cubes to the salad. Drizzle the dressing over the salad and tofu, and toss gently to combine.
5. Transfer the salad to a serving plate or bowl and enjoy immediately.

## Nutrient Info:

Energy: 399kcal, Protein: 21g, Carb: 14g, Fat: 32g, Sodium: Depends on brand of tofu / added salt



## Vegetable Stir Fry

Serves: 1

Time to make: 15 min

### Ingredients:

1/6 Tablespoon Olive Oil  
1/6 Red Capsicum, Sliced  
1/6 Yellow Capsicum, Sliced  
2 Tablespoons Sugar Snap Peas  
2 Tablespoons Carrots, Sliced  
2 Tablespoons Mushrooms, Sliced  
1/3 Cup Broccoli  
2 Tablespoons Baby Corn  
1 Tablespoon Water Chestnuts  
1 Teaspoon Low-Sodium Soy Sauce  
1/2 Garlic Clove, Minced  
1/2 Tablespoon Brown Sugar  
1/6 Teaspoon Sesame Oil  
4 Tablespoons Sodium-Free Chicken Broth or Water  
1 Teaspoon Cornstarch  
225g firm tofu, cubed  
Chopped green onions and sesame seeds for garnish (optional)

### Instructions:

1. Add olive oil over medium-high heat in a wok or large skillet. Add bell pepper, peas, carrots, mushrooms, broccoli, baby corn, and water chestnuts. Sauté 2-3 minutes until veggies are almost tender.
2. In a small whisk together soy sauce, garlic, brown sugar, sesame oil, chicken broth, and cornstarch.
3. Pour over veggies and tofu and cook until the sauce has thickened. Garnish with chopped green onions and sesame seeds if desired

### Nutrition Info:

Energy: 253kcal, Protein: 20g, Carb: 26g, Fat: 12g, Sodium: 186mg



## Zucchini Fritters

**Serves:** 1

**Time to make:** 40 min

**Ingredients:**

1/4 tablespoon fresh lemon juice

1/4 tablespoon tahini

3/4 cup grated zucchini

3 tablespoons chickpea flour (see tip in intro)

1/4 teaspoon Dijon mustard (optional)

3/4 to 1 tablespoons chives or sliced green onions (green portion only)

1/8 teaspoon sea salt

1/8 teaspoon dill seed (see tip in intro)

1/2 cup cooked chickpeas, mashed slightly

Freshly ground black pepper to taste



**Instructions:**

1. Stir together lemon juice and tahini. In a large bowl, combine all the remaining ingredients and pour over the lemon-tahini mixture. Combine with a spoon or spatula until you have a uniform mixture. As the zucchini releases moisture (from the added salt), the chickpea flour will absorb that liquid. Allow mixture to sit for 15 to 20 minutes.
2. Heat a nonstick skillet over medium-high heat. Scoop a portion of the mixture onto the skillet. Use a spatula to flatten it into a fritter shape. Cook on one side for 3 to 4 minutes, until golden. Flip and cook for another 2 to 4 minutes, until golden on both sides and cooked through. If the fritters are browning too quickly, reduce the heat to allow the centres to cook more fully.

**Nutrition Info:**

Energy: 250kcal, Protein: 15g, Carb: 41g, Fat: 4g, Sodium: 295mg