

### Flavour Burst Bowl



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	300
<b>Total Preparation Time:</b>	5 minutes	<b>Fat:</b>	1.4
<b>Region :</b>	Swiss	<b>Protein:</b>	28.2
<b>Gluten Free:</b>	No	<b>Carbohydrates:</b>	38.5
<b>Vegetarian:</b>	Yes	<b>Fibre:</b>	5.8
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
Instructions			
<p>1. For each serving, put aside 2 raspberries and 3 blueberries; put the remaining berries in a microwavable dish with the honey and 1Tbsp of water (per serve) and cook on medium-high for 1 minute or until the juices begin to run. Stir well.</p> <p>2. Combine the yogurt with the protein powder.</p> <p>3. Spoon half of the yogurt mix into a serving bowl or suitable glass, then spoon in half the berry mix and a little muesli. Repeat the layer and top with the reserved berries.</p> <p>You can use other berries (e.g. strawberries and blackcurrants) if you prefer.</p>			

Quantity	Recipe Name
2 tsp	honey, clear & runny
20 grams	muesli, natural Swiss style
30 grams	blueberries
150 grams	yogurt, natural bio, fat-free
50 grams	raspberries
20 grams	vanilla flavour whey protein powder - OPTIONAL

### Turkey, Rocket and Cranberry Pitta Pockets



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	213
<b>Total Preparation Time:</b>	5 minutes	<b>Fat:</b>	1.5
<b>Region :</b>	Western	<b>Protein:</b>	17.7
<b>Gluten Free:</b>	No	<b>Carbohydrates:</b>	31.3
<b>Vegetarian:</b>	No	<b>Fibre:</b>	2.4
<b>Dairy Free:</b>	Yes		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions</b>			
<ol style="list-style-type: none"> <li>1. Warm the pitta pockets under a grill or in the toaster until puffy but still soft.</li> <li>2. Slice the warm pitta pockets along one side to make an opening.</li> <li>3. Stuff the pitta pockets with the turkey slices, rocket, sliced tomato and cranberry sauce and eat immediately.</li> </ol>			

Quantity	Ingredient
1	tomatoes, small
1 tsp	cranberry sauce
70 grams	turkey meat, lean, sliced
2	bread, mini pita pockets, wholemeal, approx 20g each
1 cups	rocket leaves

### Tofu, Noodle & Lime Stir Fry



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	347
<b>Total Preparation Time:</b>	15 minutes	<b>Fat:</b>	10.0
<b>Region :</b>	Chinese	<b>Protein:</b>	21.1
<b>Gluten Free:</b>	No	<b>Carbohydrates:</b>	42.0
<b>Vegetarian:</b>	No	<b>Fibre:</b>	4.2
<b>Dairy Free:</b>	Yes		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions :</b>			
<ol style="list-style-type: none"> <li>1. Prepare the noodles as per the pack instructions; Udon noodles tend to be pre-cooked, so in most cases you can simply rinse under cold water to separate.</li> <li>2. Cut the tofu into cubes and chop the broccolini.</li> <li>3. Heat the oil in a large wok, adding the garlic, ginger, tofu and broccolini. Stir fry until the broccolini is just tender.</li> <li>4. Add the noodles and remaining ingredients and heat through.</li> <li>5. Transfer to a serving bowl and eat immediately.</li> </ol>			

Quantity	Recipe Name
2 sprigs	fresh mint leaves
100 grams	broccolini
100 grams	tofu, hard
2	spring onions
5 grams	oyster sauce
1 tsp	garlic, minced
15 mls	tamari (wheat-free soy sauce)
20 mls	lime juice, bottled
100 grams	noodles, udon
1 tsp	bottled ginger, crushed
5 mls	sesame oil

### Fruit Salad with Cottage Cheese



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	220
<b>Total Preparation Time:</b>	5 minutes	<b>Fat:</b>	1.0
<b>Region :</b>	Western	<b>Protein:</b>	16.5
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	37.2
<b>Vegetarian:</b>	Yes	<b>Fibre:</b>	3.6
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions</b>			
<p>1. Spoon the cottage cheese into a mound in the centre of a low set bowl or plate.</p> <p>2. Slice the banana, chop the apple and halve the grapes; then arrange the fruit around the edge of the cottage cheese.</p> <p>Chef's suggestions: Try pear instead of apple and any berries in place of the grapes.- This dish tastes great with a sprinkle of cinnamon on top too.</p>			

Quantity	Ingredient
0.25	apple
25 grams	green seedless grapes
1	banana
150 grams	cheese, cottage, low-fat

### Rice, Salmon and Pesto Salad



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	462
<b>Total Preparation Time:</b>	10 minutes	<b>Fat:</b>	18.7
<b>Region:</b>	Italian	<b>Protein:</b>	35.4
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	47.0
<b>Vegetarian:</b>	No	<b>Fibre:</b>	5.7
<b>Dairy Free:</b>	Yes		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	No		
Instructions			
<ol style="list-style-type: none"> <li>1. Grill the salmon fillets for 2-3 minutes a side or until just cooked through; cut into 2-3 pieces (per serving) and set aside.</li> <li>2. Meanwhile, toast the pine nuts in a small dry non-stick frying pan over high heat for a minute or so, taking care they don't over-brown.</li> <li>3. Chop the basil leaves and combine in a bowl with the Italian dressing and the ready-made pesto.</li> <li>4. Cook the 2-minute rice in the microwave as per the packet instructions and then place the cooked rice into a bowl with three-quarters of the Italian pesto dressing. Chop the red capsicum and add to the bowl along with most of the pine nuts.</li> <li>5. Arrange the salmon, lettuce and rice salad onto a serving plate. Drizzle the remaining pesto dressing over the salmon and garnish the rice with the remaining pine nuts before serving.</li> </ol>			

Quantity	Recipe Name
25 mls	Italian dressing, fat free
5 grams	pine nuts
100 grams	rice, brown basmati, 2-minute microwave
0.25	red lettuce, small
30 grams	ready made basil pesto, reduced fat
1 sprigs	fresh basil leaves
125 grams	salmon fillets, boned and skinned
0.25	red capsicums (peppers), large

### Fromage Frais with Walnuts



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	366
<b>Total Preparation Time:</b>	1 minutes	<b>Fat:</b>	21.6
<b>Region:</b>	French	<b>Protein:</b>	12.6
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	29.1
<b>Vegetarian:</b>	Yes	<b>Fibre:</b>	3.6
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions</b>			
<p>A great snack for when you have little time to prepare. You can empty the fromage frais into a bowl and top with chopped walnuts or simple open the fromage frais and eat the walnuts on the side.</p>			

Quantity	Recipe Name
1 150g tub	fromage frais, strawberry
30 grams	walnuts, raw

### Creamy Tuna & Chickpea Salad



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	341
<b>Total Preparation Time:</b>	5 minutes	<b>Fat:</b>	2.1
<b>Region:</b>	Western	<b>Protein:</b>	39.2
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	38.4
<b>Vegetarian:</b>	No	<b>Fibre:</b>	5.8
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	No		
<b>Instructions:</b>			
1. Place the mayonnaise, lemon juice, salt and pepper into a bowl and stir to combine.			
2. Chop up the baby spinach and finely slice the red onion; add to the bowl along with the chickpeas and tuna.			
For gluten free, ensure the brand of mayonnaise you are purchasing is gluten free.			

Quantity	Recipe Name
120 grams	tuna in spring water (drained weight)
15 mls	lemon juice, bottled
1 pinch	black pepper
140 grams	tinned chickpeas (drained weight)
30 grams	baby spinach leaves
1 pinch	sea salt
0.25	red onions, small (approx 60g each)
20 grams	mayonnaise, 97% fat-free

### Superfood Anytime Breakfast



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	277
<b>Total Preparation Time:</b>	5 minutes	<b>Fat:</b>	3.2
<b>Region:</b>	Swiss	<b>Protein:</b>	20.1
<b>Gluten Free:</b>	No	<b>Carbohydrates:</b>	40.1
<b>Vegetarian:</b>	Yes	<b>Fibre:</b>	2.9
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions:</b>			
<ol style="list-style-type: none"> <li>1. Heat the pan over a medium heat, spray two bursts of the cooking oil spray then add the oats and soy flakes, and cook 45 seconds stirring all the time to begin toasting the oats.</li> <li>2. Add the mixed dried fruits and stir continuously for another minute to heat through.</li> <li>3. Serve hot or cold, scattered, sprinkled or stirred into Greek yogurt.</li> </ol>			
<p>Alternative serving suggestion: Make into hot fruit porridge by mixing 1 portion of Anytime Breakfast with 100mls water: - Microwave: pour into a bowl and microwave on high power for 2 minutes, stirring after 1 minute. Stand 1 minute, pour into a dish and enjoy with Greek yogurt. - Hob: pour into a saucepan and cook over medium heat stirring continuously till thick and creamy. Pour into a dish and enjoy with Greek yogurt.</p>			
<p>This recipe can be prepared the day before or made in bulk in advance to store in an airtight container in a cool dark place for up to 2 weeks.</p>			
<p>Take a bag of Anytime Breakfast with you to work or on picnics as a quick nutritional meal with a tub of Greek yogurt.</p>			

Quantity	Ingredient
20 grams	oats, wholegrain, rolled
5 grams	dried cranberries
5 grams	dried apricots
5 grams	sultanas
5 grams	cereal, soy flakes (or grits)
225 grams	greek yogurt, low fat
1 pump	cooking oil spray

### Asparagus soup with chicken



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	278
<b>Total Preparation Time:</b>	35 minutes	<b>Fat:</b>	1.6
<b>Region:</b>	Western	<b>Protein:</b>	34.6
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	25.4
<b>Vegetarian:</b>	No	<b>Fibre:</b>	4.7
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions :</b>			
<p>1. Place chicken and half a cup of water (per serve if cooking for more than 1) in a large saucepan and bring to the boil. Reduce heat. Simmer, covered, for about 10-12 minutes or until chicken is cooked. Remove chicken, slice thinly and set aside.</p> <p>2. Meanwhile, peel and slice the potatoes, slice the celery and chop the onion; place in the saucepan along with the stock to the chicken liquid. Simmer for about 10 minutes or until potato is soft when pierced with a knife.</p> <p>3. Add asparagus tips and yoghurt. Puree in batches in blender until smooth. Add chicken pieces and reheat gently, taking care not to boil as the yoghurt will curdle. Ensure the brand of chicken stock you are using is gluten free.</p>			

Quantity	Recipe Name
50 grams	tinned asparagus spears (drained weight)
125 grams	chicken breast fillets, skinless and boneless
125 grams	charlotte new potatoes
1	celery stalks
90 mls	chicken stock, liquid
0.25	brown onion
50 grams	yogurt, natural bio, fat-free

### Puy Lentil and Chilli Rice Salad



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	368
<b>Total Preparation Time:</b>	10 minutes	<b>Fat:</b>	3.2
<b>Region :</b>	Indian	<b>Protein:</b>	21.2
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	60.3
<b>Vegetarian:</b>	Yes	<b>Fibre:</b>	13.8
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions :</b>			
<ol style="list-style-type: none"> <li>1. Cook the lentils and rice in the microwave according to pack instructions and tip both into a mixing bowl; stir well to combine.</li> <li>2. Cook the peas using a microwaveable bowl in a little water in the microwave for 3 minutes or until just tender, drain and add to the lentil mix.</li> <li>3. Chop the onion, tomato, and cucumber and add to the lentil mix along with the cheese.</li> <li>4. Combine the vinaigrette with the chilli sauce and then stir into the lentil mix.</li> <li>5. Transfer the salad into a serving bowl, top with the chopped fresh herbs and serve.</li> </ol> <p>If you can't find microwave lentils, use canned, well drained cooked brown or green lentils. We used a mix of fresh parsley, mint and coriander for our herbs, but you can use whatever combination you prefer.</p>			

Quantity	Recipe Name
50 grams	petit pois (baby peas)
20 mls	vinaigrette, fat free
1	tomatoes,
60 grams	rice, brown basmati, 2-minute microwave
6 cm	cucumber
1 tsp	hot chilli sauce (eg tabasco)
15 grams	cheese, cheddar, reduced fat, grated
0.5	red onion
0.5 Tbsp	mixed fresh herbs (parsley, basil, chives)
125 grams	2-minute microwave merchant gourmet puy lentils

### Super Smoothie



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	341
<b>Total Preparation Time:</b>	5 minutes	<b>Fat:</b>	8.8
<b>Region:</b>	Australian	<b>Protein:</b>	15.1
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	44.6
<b>Vegetarian:</b>	Yes	<b>Fibre:</b>	12.5
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	NA		
<b>No Seafood:</b>	Yes		
<b>Instructions</b>			
Place all ingredients in a blender or processor. Process for 30 seconds or until blended and frothy.			

Quantity	Ingredient
1 tsp	honey, clear & runny
40 grams	rice bran
0.5 tsp	vanilla essence
1	banana, small (approx 130g each)
250 mls	Skim milk

### Turkey & Pastrami Sandwich



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	236
<b>Total Preparation Time:</b>	5 minutes	<b>Fat:</b>	4.2
<b>Region :</b>	German	<b>Protein:</b>	21.5
<b>Gluten Free:</b>	No	<b>Carbohydrates:</b>	26.9
<b>Vegetarian:</b>	No	<b>Fibre:</b>	1.0
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	No		
<b>No Seafood:</b>	Yes		
<b>Instructions:</b>			
1. Spread the cream cheese onto the slice of bread and top with the pastrami and turkey slices.			
2. Thinly slice the apple and place on top of the open sandwich and then top with sauerkraut and the second slice of bread.			

Quantity	Recipe Name
0.25	apple
20 grams	sauerkraut
2 slice	oat bread, organic, ancient grains
40 grams	turkey meat, lean, sliced
40 grams	pastrami, lean, sliced
20 grams	cheese, Philadelphia, extra light

### Honey Seared Salmon with Sweet Potato Mash



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	308
<b>Total Preparation Time:</b>	15 minutes	<b>Fat:</b>	11.3
<b>Region :</b>	Western	<b>Protein:</b>	24.8
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	27.2
<b>Vegetarian:</b>	No	<b>Fibre:</b>	3.2
<b>Dairy Free:</b>	Yes		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	No		
<b>Instructions:</b>			
<ol style="list-style-type: none"> <li>1. Peel and then cut the potato into 1 inch chunks and place into a saucepan, just covered with water, and bring to the boil over high heat. Reduce the heat and simmer until soft and tender, about 8 minutes, then drain.</li> <li>2. Meanwhile, coat the salmon portion with the honey and season with the freshly ground black pepper.</li> <li>3. Heat a non-stick frying pan over high heat and cook the salmon for approximately 2 minutes each side, or until the honey is golden (the salmon should still be slightly pink in the centre).</li> <li>4. Chop the chives and add to the drained sweet potato along with the coconut milk; mash until well mixed.</li> <li>5. Transfer the salmon fillet onto a warmed serving plate and serve with the sweet potato mash on the side.</li> </ol>			

Quantity	Recipe Name
1 tsp	honey, clear & runny
1 pinch	black pepper
1	sweet potato (approx 150g each)
2 sprigs	fresh chives
100 grams	salmon fillets, boned and skinned
45 mls	coconut milk, reduced fat

### Spinach, Watercress and Potato Omelette



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	286
<b>Total Preparation Time:</b>	15 minutes	<b>Fat:</b>	6.2
<b>Region :</b>	Spanish	<b>Protein:</b>	31.3
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	21.7
<b>Vegetarian:</b>	Yes	<b>Fibre:</b>	2.7
<b>Dairy Free:</b>	No		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
Instructions			
<ol style="list-style-type: none"> <li>1. Cut the potato into rounds approximately half cm thick and cook gently in lightly salted boiling water until just tender (about 5 minutes), do not overcook. Drain.</li> <li>2. Meanwhile, rinse the spinach leaves, put into a saucepan and cook over a medium heat, stirring from time to time, until all the leaves are soft.</li> <li>3. Press the surplus water out of the spinach.</li> <li>4. In a bowl, beat together the egg, egg whites, whey protein powder and season with sea salt and freshly ground black pepper, set aside.</li> <li>5. Turn on the grill to preheat and also heat a 20cm oven-proof non-stick frying pan sprayed lightly with cooking oil spray over medium heat. Add the watercress to the frying pan, stir for half a minute until it has cooked, then remove and set aside.</li> <li>6. Add the potato to the frying pan in one layer and cook until the undersides are golden; turnover and repeat, adding more spray.</li> <li>7. Add the spinach and watercress to the frying pan evenly and then pour over the egg mix, tipping the frying pan so it is distributed well.</li> <li>8. Leave it to cook over a medium-high heat until the underside is golden, and then flash under the grill for a minute to cook the top.</li> <li>9. Serve immediately (you can also serve this dish at room temperature).</li> </ol> <p>You can use other green vegetables in this omelette; small broccoli florets are good, as is Swiss chard.</p>			

Quantity	Ingredient
1 pinch	black pepper
1 cups	watercress
125 grams	charlotte new potatoes
1 pinch	sea salt
15 grams	natural whey protein powder - OPTIONAL
100 grams	baby spinach leaves
1 pump	cooking oil spray
1	Large egg
2	egg whites

### Grilled Chicken Skewers with Satay Sauce



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	356
<b>Total Preparation Time:</b>	10 minutes	<b>Fat:</b>	8.7
<b>Region:</b>	Chinese	<b>Protein:</b>	33.4
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	32.0
<b>Vegetarian:</b>	No	<b>Fibre:</b>	0.6
<b>Dairy Free:</b>	Yes		
<b>White Meat Only:</b>	Yes		
<b>No Seafood:</b>	Yes		
<b>Instructions:</b>			
<ol style="list-style-type: none"> <li>1. Preheat a sandwich grill to medium-high and spray lightly with cooking oil spray.</li> <li>2. Place half of the satay sauce mixture into a small dipping dish.</li> <li>3. Thread the tenderloins onto the skewers and brush lightly with the remaining satay sauce.</li> <li>4. Place the skewers into the sandwich grill for approximately 8 minutes or until cooked through.</li> <li>5. Meanwhile, prepare the rice according to the packet instructions.</li> <li>6. Transfer the rice onto a serving plate along with the satay sauce and place the skewers on top of the hot rice.</li> <li>7. Serve immediately.</li> </ol> <p>For gluten free, ensure the brand of Satay sauce is gluten free.</p>			

Quantity	Recipe Name
125 grams	chicken tenderloins
60 grams	rice, brown basmati, 2-minute microwave
3	wooden skewers
1 pump	cooking oil spray
80 grams	satay sauce

### Thai Beef & Noodle Salad



Details		Nutritional details per serve	
<b>Serves :</b>	1	<b>Calories:</b>	361
<b>Total Preparation Time:</b>	25 minutes	<b>Fat:</b>	15.8
<b>Region:</b>	Thai	<b>Protein:</b>	28.5
<b>Gluten Free:</b>	Yes	<b>Carbohydrates:</b>	25.6
<b>Vegetarian:</b>	No	<b>Fibre:</b>	2.6
<b>Dairy Free:</b>	Yes		
<b>White Meat Only:</b>	No		
<b>No Seafood:</b>	Yes		
<b>Instructions</b>			
1. Place the beef in a bowl, drizzle with the tamari sauce and half of the sesame oil and turn to coat evenly.			
2. Place the noodles into a large bowl and cover with boiling water. Leave to stand until the noodles are just tender and then drain; rinse under cold water and drain once more.			
3. Thinly slice the red onion, carrot and cucumber and coarsely chop the basil; place into a serving bowl along with the coriander leaves and noodles; toss.			
4. Combine the lime juice, sweet chilli sauce, fish sauce and remaining sesame oil into a small jug.			
5. Lightly spray a non-stick frying pan with cooking oil spray and heat over medium heat. Drain the beef, discarding the marinade, and cook until browned on both sides and cooked to			

desired preference.

6. Remove the beef from the frying pan, over and let stand for 10 minutes.

7. Thinly slice the beef and add it to the serving bowl along with the dressing; toss gently to combine.

This dish is great served with lime wedges for a bit of extra zest. Bean 'thread' noodles are also known as glass or cellophane noodles and are made from mung beans.

Quantity	Ingredient
60 grams	noodles, thread (dry weight)
2 sprigs	fresh coriander
0.5	red onions, small (approx 60g each)
4 sprigs	fresh basil leaves
2 inches	cucumber (approx 15g per inch)
15 mls	lime juice, bottled
100 grams	beef, steak, fillet
1 pump	cooking oil spray
10 mls	tamari (wheat-free soy sauce)
0.5	carrots, small (approx 100g each)
15 grams	Thai sweet chilli sauce, light
5 mls	sesame oil