

Recipe Inspiration

**HOW TO USE YOUR
RECOMMENDED EXTRAS
CREATIVELY**



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Carrot & Snow Pea Salad

Ingredients

- Shredded carrot – ½ packet
- 100g snow peas, trimmed and thinly sliced
- 2 celery stalks
- 1 cup of bean sprouts, trimmed
- ½ cucumber cut into ribbons
- Juice of a lemon and lime
- Optional - coriander

Method

1. Place carrot, snow peas, celery and bean sprouts in a bowl.
2. Ribbon cucumber and place in the bowl.
3. Add juice of lemon & lime as desired and garnish with coriander.

Serve with

Naked Burrito Bowl
Satay Chicken

Kale Slaw & Salad

Ingredients

- Kale slaw
- Snow pea sprouts
- Lime juice
- Coriander
- Red chilli (fresh or dried)

Method

Combine kale slaw with snow pea sprouts, lime juice, coriander & red chilli (fresh chopped or dried flakes).

Serve with

Naked Burrito Bowl
Satay Chicken



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Kale Slaw & Salad
+ SATAY CHICKEN

Crunchy Beans

Ingredients

- Crunchy sprouts (mung beans)
- Alfalfa sprouts
- Snow peas

Method

Combine beans, snow peas and alfalfa sprouts and serve with your prepared Be Fit Food meal.

Serve with

Satay Chicken
Naked Burrito Bowl
Trio of Green Soup

Grilled Zucchini & Mushrooms

Ingredients

- Balsamic vinegar
- Zucchini ½ cup chopped
- Mushrooms ½ cup chopped
- Garlic 1 clove chopped

Method

1. Chop zucchini, mushrooms and garlic.
2. Transfer garlic to a small non-stick fry pan on low heat, saute until it starts to brown, then add zucchini and mushrooms and saute for 5 – 10 minutes.
3. Glaze with balsamic vinegar.

Serve with

Wholemeal Beef Lasagna
Protein Bolognese
Chilli Con Carne

South American Chilli Bean & Vegetables
Italian Beef Meatballs
Trio of Green Soup



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Crunchy Beans
+ TRIO OF GREEN SOUP



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***Grilled Zucchini
& Mushrooms***

+ SOUTH AMERICAN CHILLI BEAN
& VEGETABLES



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***Grilled Zucchini
& Mushrooms***

+ WHOLE MEAL BEEF LASAGNA

Grilled Mushroom & Asparagus

Ingredients

- 1 bunch of asparagus
- 100g brown mushrooms
- cut up
- Chilli flakes as desired

Method

1. Chop and grill asparagus and mushrooms on a non-stick fry pan (approx 10 minutes or until browned and softened).
2. Add chilli flakes on top.

Serve with

Wholemeal Beef Lasagna
Protein Bolognese
Chilli Con Carne

Baked Bean Feta Bowl
Italian Beef Meatballs

Zoodles (Carrot/Zucchini)

Ingredients

- Zucchini (zoodles 1 cup)
(prepackaged from super market)
- Spiralised carrot (1 cup)
(prepackaged from super market) - ½ packet
- Chilli flakes
- Parsley

Method

1. Prepare zoodles and spiralised carrot as per the instructions and transfer to a serving bowl.
2. Serve Be Fit Food meal on top and garnish with chilli flakes & parsley.

Serve with

Protein Bolognese
Italian Beef Meatballs
Satay Chicken

South American Chilli Bean & Vegetables
Naked Burrito Bowl



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***Grilled Mushroom
& Asparagus***

+ BAKED BEAN & FETA BOWL



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Zoodles
+ PROTEIN BOLOGNESE

Cauliflower Fried Rice

Ingredients

- Cauliflower Rice (pre-packaged from super market)
- Coriander

Method

1. Prepare cauliflower rice as per the packet instructions.
2. Serve underneath Be Fit Food meal and garnish with coriander.

Serve with

Indian Chicken Curry

Beef Madras Curry

Cauliflower Fried Rice & Chicken

Chilli Con Carne

Satay Chicken

San Choy Bow

Ingredients

SAUCE

- 1 garlic clove (crushed)
- 1cm of ginger (crushed)
- ¼ teaspoon dried chilli flakes
- 1 tsp soy sauce
- 1 tbsp oyster sauce
- ½ tsp rice wine vinegar
- 1 sprig of shallots (chopped finely)

BASE

- Two leaves of iceberg lettuce
- 20g fresh shiitake mushrooms
- Handful of bean sprouts
- Crunchy sprouts
- Fresh mint (quantity as desired)

Method

1. Prepare sauce with ingredients listed.
2. Serve mushrooms and bean sprouts in lettuce cups with Be Fit Food meal on top.
3. Garnish with mint.

Serve with

Cauliflower Fried Rice & Chicken

Chilli Con Carne

South American Chilli Bean & Vegetables

Naked Burrito Bowl



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***Cauliflower
Fried Rice***
+ SATAY CHICKEN



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San Choy Bow
+ CHILLI CON CARNE

Stuffed Capsicum

Ingredients

- 1 large red capsicum
- Chilli flakes & coriander (optional)

Method

1. Chop the top off capsicum and roast on a baking tray in a preheated oven at 180 degrees until browned, then remove (usually 20-30 minutes depending on your oven).
2. Stuff the Be Fit Food meal in capsicum.
3. Garnish with chilli flakes and coriander.

Serve with

Cauliflower Fried Rice & Chicken

Chilli Con Carne

South American Chilli Bean & Vegetables

Naked Burrito Bowl

Kachumber

Ingredients

- Onion, chopped (quantity as desired)
- 1 Tomato, chopped
- ¼ cucumber, chopped
- 4 mint leaves, chopped
- Bunch of coriander leaves, chopped (quantity as desired)
- ½ or 1 teaspoon lemon juice
- ½ teaspoon roasted cumin powder
- Chilli powder (optional and quantity as desired)
- Plain Greek Yoghurt (as per the Allowed Extras Guide)

Method

Serve mixed salad ingredients as a side to accompany Be Fit Food meal and dollop yoghurt as desired.

Serve with

Spiced Lentil Dahl

Thai Green Curry

Beef Madras Curry

Yellow Vegetable Curry



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Stuffed Capsicum
+ CAULIFLOWER FRIED RICE
& CHICKEN



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Kachumber
+ YELLOW VEGETABLE CURRY

Green Vegetables

Ingredients

- Bunch of green beans
- Bunch of asparagus
- 4 broccolini
- ½ cup of brussel sprouts
- Chilli or nutmeg (sprinkle to own taste)

Method

1. Prepare greens, cut off stems, chop brussel sprouts in half.
2. Place ingredients in microwave safe bowl, add a dash of water and cover, microwave for 5-7 minutes.
3. Remove from microwave, drain and serve alongside Be Fit Food meal.
4. Sprinkle with nutmeg or chilli depending on taste preference.

Serve with

Vegetarian Bolognese
Cottage Pie
Italian Meatball Soup

Mexican Beef & Vegetable Soup
Moroccan Lamb & Lentil Soup

Zoodles & Cauliflower Rice

Ingredients

- Zoodles (pre-packaged from supermarket)
- Cauliflower rice (pre-packaged from supermarket)
- Sliced capsicum
- Chilli flakes
- Garnish with coriander

Method

1. Heat and prepare zoodles and cauliflower rice as per packet instructions.
2. Slice capsicum.
3. Serve with Be Fit Food meal top of zoodles and cauliflower rice.

Serve with

Beef Madras Curry
Thai Green Chicken Curry
Italian Meatball Soup

Smokey Chicken & Chorizo Paella
Moroccan Lamb & Lentil Soup



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Green Vegetables
+ COTTAGE PIE



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Green Vegetables
+ ITALIAN MEATBALL SOUP



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**Zoodles &
Cauliflower Rice**
+ THAI GREEN CHICKEN CURRY

Curried Vegetables

Ingredients

- ¼ eggplant (chopped up)
- 1 carrot (diced)
- ½ zucchini (diced)
- 3 florets of cauliflower (whole)
- Spray olive oil
- 1 tsp curry powder (optional)

Method

1. Prepare ingredients, coat fry pan with spray olive oil and heat fry pan, transfer ingredients to frypan until softened and add 1 tsp of curry powder, mix until combined.
2. Once softened, remove from fry pan and combine with Be Fit Food meal.

Serve with

Spiced Lentil Dahl
Beef Madras Curry
Thai Green Chicken Curry

Smokey Chicken & Chorizo Paella
Yellow Vegetable Curry
Vegetable Chickpea Frittata

Garden Salad

Ingredients

- 1 cup of mixed lettuce leaves and spinach
- ½ tomato
- ½ cucumber
- ¼ red salad onion
- ½ cup grated carrot

Method

1. Prepare salad ingredients.
2. Serve with Be Fit Food meal.

Serve with

Mexican Pulled Beef
Naked Burrito Bowl
Cottage Pie

Vegetable Chickpea Frittata
Vegetarian Bolognese



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Curried Vegetables
+ SMOKEY CHICKEN &
CHORIZO PAELLA



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Curried Vegetables
+ YELLOW VEGETABLE CURRY



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Garden Salad
+ COTTAGE PIE

Veggies

Ingredients

- ½ carrot (diced)
- ½ zucchini (diced)
- 3 florets of broccoli & cauliflower (cut up/roughly chopped)
- ¼ eggplant (cubed)
- Herbs as desired - chilli, coriander, parsley

Method

1. Prepare and steam carrot, zucchini, eggplant, cauliflower and broccoli.
2. Add vegetables to any Be Fit Food soup.
1. Add herbs as desired - chilli, coriander, parsley.

Serve with

Italian Meatball Soup

Moroccan Lamb & Lentil Soup

Cauliflower, Leek & Bacon Soup

Vegetarian Bolognese

Cottage Pie

Mexican Beef & Vegetable Soup

Chunky Chicken, Ham & Sweet Corn Soup

Curried Pumpkin & Chicken Soup

Country Chicken, Pea & Ham Soup

Trio of Greens Soup

Asian Inspired Infusion

Ingredients

- Spiralised Carrot – ½ packet
- 100g snow peas, trimmed and thinly sliced
- ½ cucumber cut into ribbons
- 1 cup of bean sprouts, trimmed
- 1 serve of konjac noodles
- Juice of a lemon and lime

Method

1. Place carrot, snow peas, beansprouts and cucumber ribbons in a bowl.
2. Serve in a separate bowl and drizzle with lemon and lime juice.
3. Garnish with chilli and coriander.
4. Add konjac noodles (optional and cooked as per instructions).

Serve with

Vietnamese Chicken Pho



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Veggies
+ MOROCCAN LAMB &
LENTIL SOUP



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Veggies

+ COUNTRY CHICKEN, PEA
& HAM SOUP



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***Asian Inspired
Infusion***
+ VIETNAMESE CHICKEN PHO

Salsa Verde & Low Carb Wrap

Ingredients

- 1 Mission Low Carb wrap from supermarket (~100cal, 8g protein, 10g carbs) (Use as 'allowed extra' snack)
- ½ tomato sliced
- ¼ cucumber slices
- Handful of spinach leaves
- Handful of premixed coleslaw mix from the supermarket
- Squeezed lime juice
- Bunch of coriander
- Chilli as desired

Method

1. Fill wrap with spinach, coleslaw, tomato, cucumber and top with Be Fit Food meal.
2. Add lime juice, coriander, chilli as desired.

Serve with

Spicy Mexican Pulled Beef
Naked Burrito Bowl

Stir Fry

Ingredients

- ½ packet (200g) Stir fry mix from super market
- 1 tbs Salt reduced soy sauce
- 1 clove garlic (sliced)
- 2 cm ginger (sliced)

Method

1. Sauté garlic and ginger in hot wok or fry pan until aromatic then add the stir fry mix, stir fry until softened, add reduced salt soy sauce.
2. Remove from heat and serve with Be Fit Food meal.

Serve with

Naked Burrito Bowl



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***Cauliflower
Fried Rice***
+ BEEF MADRAS CURRY



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**Cauliflower
Fried Rice**
+ INDIAN CHICKEN CURRY

Pan-roasted Garlic Broccoli

Ingredients

- 1 packet broccoli florets (approx 170g fresh broccoli)
- Extra-virgin olive oil to spray
- 1-2 garlic cloves
- 1 tbsp balsamic vinegar (or as required)
- Pepper to season

Method

1. Spray olive oil over medium heat in a large nonstick skillet (this can also be done in oven).
2. Add broccoli & garlic; cook for up to 8 minutes or until lightly browned, turning occasionally.
3. Stir in vinegar and pepper.

Serve with

Italian Beef Balls

Spicy Greens

Ingredients

- 250 gm Choice of greens - kale, spinach, silverbeet etc
- Extra-virgin olive oil to spray
- ½ tsp cumin seeds
- ½ tsp mustard seeds
- ¼ tsp turmeric powder
- ¼ tsp ground coriander powder
- green chillies (as per taste - 1 or 2), finely chopped
- Fresh ginger julienned
- ½ lemon juice

Method

1. Heat a large non-stick pan & spray olive oil.
2. Add cumin and mustard seeds – cook for 1 min, then add chilli and turmeric. Fry until aromatic, then add the greens.
3. Cover the pan and cook for 4-5 minutes until the greens have wilted.

Serve with

Spiced Lentil Dahl
Beef Madras Curry



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Stuffed Capsicum
+ CHILLI CON CARNE



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Kachumber
+ BEEF MADRAS CURRY

Easy Rocket Salad

Ingredients

- 2 cups baby rocket leaves
- 1 small shallot
- Extra virgin olive oil to spray
- ½ tbsp lemon juice + zest of ¼
- Lemon

Method

1. Thinly slice shallot.
2. Place the baby rocket, olive oil, lemon zest, lemon juice in a large bowl. Use your hands to toss everything so it is evenly coated.

Serve with

Wholemeal Beef Lasagna
Protein Bolognese
Satay Chicken

Naked Burrito Bowl
Chilli & Ginger Baked Fish

Herbed Sugar Snap Peas

Ingredients

- 1 ½ cup sugar snap peas
- Extra-virgin olive oil to spray
- 1/8 tsp red chilli flakes
- ½ garlic clove, minced
- 1 ½tsp sesame seeds (optional)

Method

1. Spray olive oil in a pan, cook garlic and chilli flakes for 1-2 minutes until nice and fragrant.
2. Add the sugar snap peas and cook for 4-5 minutes until tender but crisp.
3. Turn off the heat and toss with sesame seeds.

Serve with

Chilli & Ginger Baked Fish
Cottage Pie
Naked Burrito Bowl

Cauliflower Fried Rice & Chicken
South American Chilli Bean & Vegetables
Indian Chicken Curry



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Green Vegetables
+ MOROCCAN LAMB &
LENTIL SOUP



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***Zoodles &
Cauliflower Rice***
+ ITALIAN MEATBALL SOUP



Roasted Carrots with Garlic & Thyme

Ingredients

- 15 small carrots
- ½ cup medium garlic cloves (about 8), unpeeled
- Extra virgin olive oil to spray
- 2 fresh thyme sprigs (dried is okay too)
- ½ ts lemon juice

Method

1. Cook garlic cloves in a small saucepan using spray olive oil. Cook, stirring occasionally, until they are very soft.
2. Preheat oven to 260 degree.
3. Cook carrots in a pan gently turning occasionally, until browned in spots, 3 to 4 minutes.
4. Add the garlic cloves and thyme.
5. Transfer the pan to the oven.
6. Roast for 10 to 15 minutes.
7. Drizzle with lemon juice and serve.

Serve with

Cottage Pie

Wholemeal Beef Lasagna

Vegetarian Bolognese

Chilli & Ginger Baked Fish



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***Zoodles &
Cauliflower Rice***

+ SMOKEY CHICKEN &
CHORIZO PAELLA



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Curried Vegetables
+ BEEF MADRAS CURRY