



28-DAY WEIGHT LOSS PROGRAM GUIDE

Lose up to 5kg in 28 days





Australian Guide to Healthy Eating

Enjoy a wide variety of nutritious foods from these five food groups every day.

Drink plenty of water.



Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties



Vegetables and legumes/beans



Lean meats and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans



Milk, yoghurt, cheese and/or alternatives, mostly reduced fat



Fruit



Use small amounts



Only sometimes and in small amounts





For more meal plans , videos, blogs and recipes visit
www.tonyferguson.com



Contact our Dietitian at
enquiries@tonyferguson.com



9343643027456

Introducing our Dietitian



DOM PUTTICK

Tony Ferguson Dietitian

Accredited Practicing Dietitian
and Personal Trainer

Tell us about your role as Tony Ferguson dietitian?

In my role I consult within a team of professionals and assist with product and brand development for both current and new products. I also write the Dietitian's Corner Blog on the website, assist with menu and recipe modifications for our shake support nutrition program and answer customer questions about Tony Ferguson products.

How does your role help with weight management?

As a dietitian, I provide support for customers with goal setting, motivation, nutrition, staying on track and more. I ensure the meal plans we offer are nutritionally balanced to support weight loss in conjunction with a shake program. I also develop tools to help customers overcome weight loss barriers.

What are the benefits of Tony Ferguson protein shakes for weight loss?

Drinking Tony Ferguson shakes as part of a weight loss program helps to provide the nutrition that every person needs - including lots of important minerals and vitamins! A high level of protein to ensure you stay full and energetic whilst dieting, can help with recovery from exercise and keep your muscles strong – all very important things when it comes to weight management.

What is your background?

I have a Bachelor of Applied Science and a Masters of Dietetics from La Trobe University in Melbourne. My background as a dietitian is consulting with clients in a private practice setting.



What are your personal goals?

How much weight do you want to lose?

How many weeks do you want to lose the weight in?

What are you going to change?

Remember changing at least one thing will help you improve your health!

- 1** Drink more water each day
- 2** Exercise & stretch for 30 minutes or more each day
- 3** Eat better, healthy foods
- 4** Find ways to sleep better
- 5** Reduce stress and be happy!

Motivational tips from our dietitian

We all can experience moments of weakness during a workout or while trying to stick to a healthy eating plan. Here are some tips we've created to help you stay motivated and successfully make it through the **Tony Ferguson 12 Week Program**.



1 Clean out out your pantry and fridge and restock with healthy ingredients needed for the 12 Week Program.



2 To tackle hunger, drink between 2-5 litres of water per day and increase your green vegetable intake.



3 Exercise is important for mental and physical health. Aim to exercise for 30 minutes per day.



4 Use portion control. Five smaller meals are better than three larger meals.



5 Record your calorie intake and ensure you don't exceed your recommended daily calories.



6 Limit saturated fat and include foods with monounsaturated or polyunsaturated fats containing omega-3 fats such as nuts, seeds, olive oil, avocado and fish.



7 Reduce your sugar intake. Healthy snack options containing natural sugar include yoghurt, nuts and fruit.



8 Maintain your gut health by increasing your fibre and vegetable intake and incorporating foods which naturally contain probiotics.



9 Lack of sleep slows down your metabolism. Try to get at least 7 hours of sleep each night.



10 If you struggle a bit with self-motivation, speak with family or friends that can help motivate you.



11 Don't revert to bad habits. Try to keep busy by getting involved with activities that interest you, like yoga or a cooking class.



12 Small changes make a difference and will help ensure you maintain your weight loss.



13 Continue to reduce your alcohol and sugar intake. Exercise and opt for healthy options at home and when eating out.

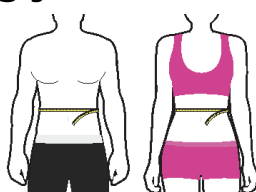
We're here with you every step of the way!

Any questions for the dietitian, please email enquiries@tonyferguson.com

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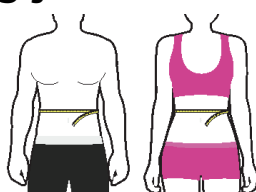
★ ★ ★ **FOOD & DRINKS: No more than 1200 calories a day. DRINK: 8 + cups of water or low calorie/no calorie drinks a day.** ★ ★ ★
EXERCISE: At least 30 minutes of exercise a day or 10,000 steps a day . SLEEP - 8 hours a day . GOLD STAR ACHIEVEMENT.

WEEKLY TOTAL	Total number of Calories 8400 or under.		<h3>Measuring your waist</h3> <p>88cm and above High Risk</p> <p>80 - 87cm At Risk</p> <p>79 cm and under Low Risk</p>  <p>To Measure waist , find the top of your hip bone and the bottom of your ribs</p>
	Total cups of water or low Calorie drinks. 56 cups or more.		
	Total exercise time- 3.5 hours a week, or 70,000 steps a week,		
	Weigh -in weekly at same time, same clothes ,before a meal.		
	BMI - Height , Weight, and Waist circumference		
	Total hours of sleep- 56 hours a week.		
		Healthy BMI Is 18.5 - 24.9 (BMI = kg/m ² where kg is a person's weight in kilograms and m ² is their height in metres square)	

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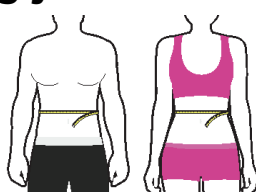


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SUGGESTED SHOPPING LIST OR CREATE YOUR OWN

Vegetables - Unlimited

Eat these in unlimited amounts with your meals or snack on them between meals. These are essential to not just help fill you up but to provide vitamins, minerals, fibre and other nutrients.

- Artichoke
- Asparagus
- Baby corn
- Bamboo shoots
- Beans (green, yellow)
- Broccoli
- Rhubarb
- Carrot
- Capsicum
- Cauliflower
- Eggplant
- Fennel
- Lettuce, rocket and salad greens
- Mushrooms
- Onion, chives, garlic, leek, shallots
- Radish
- Cabbage, Brussels sprouts
- Snow peas
- Spinach, silver beet, bok choy
- Sprouts
- Tomato
- Zucchini, squash

Carbohydrates

Breads, Grains, Cereals, Starchy Vegetables

(If including in the 1 meal replacement per day or maintenance plans)

Carbohydrate type	Serving Size
Bread (multigrain)	1 slice, ½ roll, 1 English muffin, 1 crumpet
Wraps (grain, high fibre)	1 thin wrap (40g), 1 tortilla (40g) or 1 small pita (40g)
Crackers (grain, seed)	3-4 regular size
Pasta, noodles, cous cous (cooked)	½ cup
Rice, quinoa, millet, amaranth, buckweat, barley, burghul, freekah (cooked)	½ cup
Corn, polenta	½ cup/small cob
Legumes e.g. lentils, kidney beans, 4 bean mix, chickpeas, green peas	½ cup
Cereal (choose higher fibre options)	<ul style="list-style-type: none">• untoasted Muesli (½ cup)• Traditional oats (½ cup) or 1 sachet• Bran pieces e.g. All Bran (½ cup)• Fruit & Flakes e.g. Uncle Toby's Fibre Plus (½ cup)m• Wheat-bix e.g. Wheat-Bix Hi-Bran (2 biscuits)
Starchy vegetables e.g. potatoes, sweet potatoes, pumpkin	1 medium potato or ½ cup pieces



Fluids

On average, try and drink around 2L of fluids each day. Aim to get most of your fluids from water. Other fluids that may be included in your plan are as follows.

Fluids	Daily Serving Size
Water with sugar-free cordial or tea	While low in calories/kilojoules, aim to limit this to no more than half your fluid intake, with the rest as plain water
Twinnings Infuse Cold Water Infusions	While low in calories/kilojoules, aim to limit this to no more than half your fluid intake, with the rest as plain water
Iced Tea - No added sugar e.g. Liptons Light Iced Tea	1-2 glasses (250-500ml) or 600ml bottle
Sports drinks - no added sugar/zero	1-2 glasses (250-500ml) or 600ml bottle
Soft drinks - no added sugar/zero	1 glass or 1 small can (250ml)
Tea - all types, no milk or sugar	While low in calories/kilojoules, aim to limit this to no more than half your fluid intake, with the rest as plain water
Coffee, black no milk or sugar	2-3
Milk, low fat/skim	½ cup (can add to coffee or tea)

Healthy Fats

These are essential for certain vitamin absorption and healthy skin and nails. Choose 1 option per day.

Healthy fat option	Serving Size
Raw or roasted nuts	<ul style="list-style-type: none"> • 30g OR • 15-20 small nuts e.g. almonds, cashews, peanuts OR • 8-10 big nuts e.g. walnuts, macadamias
Seeds e.g. chia, flaxseeds	2 tablespoons
Nut or seed meal or LSA	2 tablespoons
Nut/seed butter e.g. peanut or almond butter, tahini	1 tablespoon
Avocado	1/2 small or 1/4 medium
Oil e.g. olive oil, nut or seed oil	1 tablespoon

Condiments & Flavourings

It's important to make your food tasty so that it's appealing to eat but adding too much can add on extra calories and affect weight loss. Here's a guide to using condiments and flavourings. Limit to about 3 serves a day except for unlimited options.

Condiment or Flavouring	Serving Size
Herbs, spices, curry powder, pepper, chilli, garlic, ginger	Unlimited
Lemon or lime juice	Unlimited
Vinegar - white or balsamic	Unlimited
99% fat-free salad dressing e.g. Italian, French	2 tablespoons
Creamy dressing e.g. mayo, Caesar	1 teaspoon regular or 2 teaspoons low fat
Soy/tamari/fish/oyster sauce	1-2 tablespoons
Stock	½ cup
Curry or laksa paste	1-2 tablespoons
Gravy, pasta sauce	¼ cup
Milk, low fat/lite/skim/lite coconut milk/lite evaporated milk	¼ cup
Fruit juice	¼ cup
Sugar, all types e.g. white, raw, palm, coconut etc.	1 teaspoon
Honey, maple syrup, golden syrup, agave, rice malt syrup, jam, condensed milk	1 teaspoon
Peanut butter, nut butter, chocolate spread	1 teaspoon
Vegemite, Promite or Marmite	1 teaspoon
Oil, margarine, butter	½ teaspoon
Yoghurt/cottage/ricotta/cream cheese - low fat, lite, skim	1-2 tablespoons



Meat and Meat Alternatives

(Protein Serve)

Choose 1 option as part of your non-meal replacement meal. Always choose lean, heart smart and fat trimmed options.

Protein	Serving Size
Beef/lamb/pork/chicken/turkey/steak	160g
Mince, lean	160g
Fish, fresh, fillet	160g
Seafood (prawns, oysters, mussels)	160g
Eggs	2 medium eggs
Sausage, very lean (occasional options, not daily)	2 thin, lean
Deli meat e.g. ham, lean	4 slices
Mince meat, lean, all types	100-150g
tofu or tempeh	160g
Ricotta or cottage cheese, low fat	120-150g/1/2 cup
Cheese, low fat (cheddar, moz, feta)	40g/2 slices
Legumes e.g. lentils, kidney beans, chickpeas, 4 bean mix	1 cup



Fruit Serves

Choose 1-2 serves of fruit per day as a snack.

Fruit option	Serving Size
Medium fruit e.g. apple, pear, orange, persimmon	1 medium piece/150g
Banana	1 small to medium or 1/2 large
Small fruit e.g. apricot, kiwi fruit, peaches, nectarine, plums, mandarin, passionfruit	2 small or 1 large
Mango	1/2 medium
Grapefruit	1/2 medium
Large fruits e.g. Melons, paw paw	1/2 cup pieces
Grapes, cherries	15-20 small to medium pieces
Berries e.g. strawberries, raspberries, blueberries	1/2 -1 cup
Figs	3-4 small fresh or 2 dried
Lychees	6-8 medium fresh or 2 dried
Dried fruit pieces e.g. apples, apricots, dates, prunes	2 large pieces or 4 small pieces
Dried fruit snack pack	1 x 30-40g pack



Healthy Snacks

Choose 1 snack option per day.







Snack option	Serving Size
Yoghurt (No added sugar or plain natural, low fat)	1 tub/125-150g/½ cup
Milk or milky coffee e.g. cappucino, latte, flat white, hot chocolate, chai or turmeric latte (low fat/skim)	250-300ml
Cheese, lite/low fat	2 slices/30-40g
Cottage or ricotta cheese, low fat	1/3 cup
Smoothie	150ml skim milk + 1/2 fruit serve + ice + sweetener
Vegetable sticks + dip	<ul style="list-style-type: none"> • 1/4 cup dip e.g. hummus, avocado, tomato salsa, low fat cottage cheese etc + vegetable sticks • 1 tbspn peanut/nut butter + vegetable sticks
Beans e.g. baked beans, 4 bean mix	1/2 cup/125g tin
Grain crackers & cheese + tomato	2 crackers + 1 slice low fat cheese or 2 tablespoons low fat cottage cheese
Nut, high fibre or muesli bar (occasional option, not daily)	20-30g bar
Grain bread, thin grain wrap	1 slice 1 small thin wrap
Grain crackers	3 crackers + spread
Dried fruit & nuts	30g or 2 tbsp
Tinned frish or chicken	95g tin



Meal Plans

WEEK 1

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Shake 	Shake	¼ cup muesli + 1 tub/150g yoghurt	Shake	2 slices grain toast + 1 slice low fat cheese + tomato	Shake	2 eggs* + sautéed mushrooms, baby spinach, grilled tomato
MORNING TEA	1 serve fruit	Choice of 30g nuts	Boiled egg + vegetable sticks	1 serve fruit	Choice of 30g nuts	1 serve fruit	Small skim coffee 
LUNCH	Roast Beetroot & Pumpkin Salad GF V	Grilled chicken + steamed vegetables	Shake + salad 	Grilled chicken + thin grain wrap with salad	Shake + salad	Steamed vegetables + 95-125g tinned tuna/salmon	Shake + salad
AFTERNOON TEA	1 tub/150g yoghurt 	2 slices low fat cheese + vege sticks	Choice of 30g nuts 	95g tin tuna/salmon	1 serve fruit 	2 tbsp low fat cottage cheese + vege sticks	Choice of 30g nuts + vege sticks
DINNER	Stuffed Chicken Breast GF	Fish Cakes GF DF Notatoes GF V + salad	Beef Enchiladas	Steak with Onion Salsa GF DF	Pork Skewers with Stir Fried Vegetables GF DF	Shepherd's Pie GF	Grilled Vegetable Stack GF V
AFTER DINNER	Choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit		Choice of 30g nuts	1 tub/150g yoghurt	Choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit

WEEK 2

1 Shake Per Day Plan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Shake 	Shake	¼ cup muesli + 1 tub/150g yoghurt	Shake	Shake 	Shake	2 eggs* + sautéed mushrooms, baby spinach, grilled tomato
MORNING TEA	1 serve fruit	Choice of 30g nuts	Boiled egg + vege sticks	1 serve fruit	Choice of 30g nuts	1 serve fruit	Small skim coffee 
LUNCH		Grilled chicken + steamed vegetables	Shake + salad 	Leftover Zucchini & Ricotta Frittata GF V + salad	Grilled chicken + salad	Grain sandwich + salad + 2 slices cheese	Shake + salad
AFTERNOON TEA	1 tub/150g yoghurt 	2 slices low fat cheese + vege sticks	Choice of 30g nuts 	95g tin tuna/salmon	1 serve fruit 	2 tbsp hummus + vege sticks	Choice of 30g nuts + vege sticks
DINNER	Chili Con Carne GF DF + Cauliflower Rice GF DF V	Roast Tuna Steaks with Tomato GF DF	Zucchini & Ricotta Frittata GF V + salad	Asparagus & Chicken Stir Fry GF DF + ½ cup cooked rice or Cauliflower Rice GF DF VG	Lemon Spice Chicken with Crunchy Cabbage Salad GF DF	Hearty Beef Casserole GF DF + Notatoes GF V	Fish Cakes GF DF + Notatoes + salad GF V
AFTER DINNER	Choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit		Choice of 30g nuts	1 tub/150g yoghurt	Aeroplane Jelly Lite + choice of 30g nuts	Aeroplane Jelly Lite + 1 serve fruit

1 Shake per day Meal Plan - Calories may vary, around 1200 per day.

*poached/boiled/scrambled

GF Gluten Free **DF** Dairy Free **V** Vegetarian **VG** Vegan

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The importance of stretching daily to help achieve your weight loss goal

Supported by an accredited dietitian and personal trainer – Dom Puttick



Why stretching is important

Stretching keeps the muscles flexible, strong, and healthy, and we need that flexibility to maintain a range of motion in the joints. Without it, the muscles can shorten and become tight.

If you have ambitious weight loss goals, simply doing 10 to 20 minutes of stretching per day can help you burn a significant number of calories. Ideally, in the beginning, it will be enough to get you started on creating a daily calorie deficit to move increasingly closer to your ultimate goal weight.



Why these exercises are effective:

- 1 They can burn calories.** Maybe not as many as an active aerobics class, but many more than if you were sitting still.
- 2 They may improve metabolism.** Many of these poses help you balance out the digestive system.
- 3 They may reduce stress.** It's more difficult to lose weight if your body is stressed, as it tends to store fat. If you practice gentle stretching, it can help stay calm and balanced.
- 4 They can help build muscles.** Each of these poses involves various groups of muscles in the process and, therefore, helps you build a stronger body! Join us for an effective stretching workout!



This stretching exercise targets the following areas: back, shoulders, triceps and abs.

How to perform:

1. Stand tall with your feet apart and stretch arms upwards;
2. Bend your right elbow and hold it with your right hand;
3. Gently pull the elbow towards your head;
4. Hold this position for 15-20 seconds, then switch.



This stretching exercise targets the following areas: back, abs and obliques.

How to perform:

1. Sit down on the floor, with one leg stretched in front of you, the other one bent at the knee and crossed over the other;
2. Twist your body towards the bent knee;
3. Keep twisting your body and hold the pose for 20-30 seconds



This stretching exercise targets the following areas: shoulders, back, chest, abs, hips and obliques.

How to perform

1. Stretch your arms at your sides and lie down on mat with feet stretched out straight behind you;
2. Lift your upper body upwards;
3. Lean your head back;
4. Hold this position for 20-30 seconds.



This stretching exercise targets the following areas: abs, back and hips.

How to perform

1. Lie on your stomach and stretch your arms backwards behind you;
2. Bend your knees and hold onto your ankles behind you with your hands;
3. Keep the tops of your shoulders away from your ears;
4. Hold this pose for 20-30 seconds.



This exercise targets the following areas:
hips, back and abs.

How to perform:

1. From standing position make a big step with your left foot towards the front of your mat;
2. Bend your left foot 90 degrees, so that your knee is exactly above your ankle. Keep your back leg straight;
3. Reach your arms towards the ceiling;
4. Hold pose for 25-30 seconds and then switch legs and repeat.



This exercise targets the following areas:
hip flexors, quads and hamstrings.

How to perform:

1. Lunge your right leg to the side, until the knee is bent 90 degrees;
2. Your left leg is extended towards the left side, your left foot is on the floor;
3. Lean your upper body slightly forward;
4. Hold this pose for 25-30 seconds and then switch sides.



This exercise targets the following areas:
legs, hips, back, shoulders and arms.

How to perform:

1. Start on your hands and knees;
2. As you exhale, straighten your arms and knees;
3. Press your heels towards the floor and your head towards your feet;
4. Stay in this pose for 15-20 seconds.



This exercise targets the following areas:
chest

How to perform:

1. In a seated or standing position, clasp the hands together behind your back;
2. Feel the front of the chest open and stretch;
3. Hold for 5-10 seconds, then repeat.

TIP:

Exhale as you lift your hands up and pull your shoulders back.



This exercise targets the following areas:
inner thighs and groin muscles.

How to perform:

1. Sit on the floor with your back straight;
2. Bring the soles of your feet together, drop your knees out to the sides;
3. Using your forearms slightly press your knees towards the floor, feeling a gentle stretch;
4. Hold the pose for 25-30 seconds.



This stretching exercise targets the following areas:
obliques, back, abs and shoulders.

How to perform:

1. Sit on the floor with your legs crossed, or you may sit on a chair if it's more comfortable for you;
2. Lift your left arm straight up above your head, lean it to the left;
3. Feel a gentle stretch in your left side;
4. Hold this position for 10-15 seconds, then switch sides.



This exercise targets the following areas:
upper, middle and lower back muscles.

How to perform:

1. Lie on your back, then bend both knees and hold them with your arms;
2. Bring the knees towards your chest until you feel a gentle stretch;
3. Hold this pose for 25-30 seconds.



This exercise targets the following areas:
hips, glutes, legs and abs.

How to perform:

1. Lie on your back, with your arms stretched at your sides, knees bent 90 degrees;
2. Slowly lift your body upwards;
3. Press your shoulders/upper back to the floor;
4. Hold this pose for 10-15 seconds.

Stuffed Chicken Breast

Serves 4 | 330 calories per serve

Ingredients:

- 4 x 160g chicken breast fillet with skin removed
- 1 tablespoon olive oil

Stuffing:

- 80g frozen chopped spinach, thawed and drained
- 100g low-fat ricotta, drained
- 1 garlic clove, crushed
- 2 spring onions, finely chopped
- Salt and pepper to season

Salad:

- 200g green beans, steamed
- 250g grape tomatoes (yellow or red), halved
- 1/2 Spanish onion, thinly sliced
- 1 teaspoon capers, rinsed and drained
- 2 tablespoons tarragon leaves
- 1 tablespoon sherry vinegar
- 1 garlic clove, crushed
- 1 teaspoon olive oil

Method:

1. Preheat oven to 180°C.
2. In a medium bowl combine the ingredients for the stuffing. Season with salt and pepper.
3. Cut a deep pocket into the thickest part of each chicken breast and fill with the stuffing. Enclose the filling using toothpicks.
4. Heat the olive oil in an ovenproof pan over medium heat. Brown the chicken on each side until well coloured and transfer to the oven and bake for 15 minutes or until cooked through.
5. To prepare the salad combine the cooled green beans, tomatoes, onion and capers in a large bowl.
6. Add the tarragon, vinegar, garlic and oil and toss to combine. Serve with the chicken breast.

Nutritional Information

(per serve*)

Calories	330 cal
Kilojoules	1378kJ
Protein	38.9g
Fat Total	16.9g
Fat Saturated	4.9g
Cholesterol	116mg
Carbohydrates	3.6g
Dietary Fibre	3.2g
Sodium	160mg

*This recipe has 4 serves.



Chicken Provencale

Serves 4 | 315 calories per serve



Ingredients:

- 640g chicken thigh fillets, halved
- 1 tablespoon extra virgin olive oil
- 1 onion, finely chopped
- 200g button mushrooms, halved
- 2 cloves garlic, crushed
- 1 cup salt reduced chicken stock
- 6 sage leaves
- 1 stalk parsley
- 400g can chopped tomatoes
- 8 black olives (optional)
- ¼ cup chopped parsley
- Steamed vegetables or Notatoes to serve

Method:

1. Heat the oil in a large saucepan over medium heat.
2. Add the chicken and cook until golden on all sides. Remove and set aside.
3. Add the onion and cook for 5 minutes or until soft then add the mushrooms and garlic and cook for 2 minutes or until the mushrooms are starting to colour.
4. Add the stock, sage, stalk of parsley and tomatoes and bring to the boil.
5. Reduce the heat and simmer covered for 25 minutes.
6. If the sauce is not thick enough, remove the chicken and boil the sauce uncovered until it thickens.
7. Add the olives and parsley and serve with steamed vegetables or Notatoes.

Nutritional Information

(per serve*)

Calories	315 cal
Kilojoules	1315kJ
Protein	33.6g
Fat Total	16.6g
Fat Saturated	4.2g
Cholesterol	139mg
Carbohydrates	6.4g
Dietary Fibre	3.6g
Sodium	387mg

*This recipe has 4 serves.



Fish Cakes

Serves 4 | 300 calories per serve



Ingredients:

- 830g canned salmon, drained, bones and skin removed and mashed (500g should be left)
- 2 spring onions, finely chopped
- 1 teaspoon finely grated lemon zest
- 1 tablespoon finely chopped parsley
- ½ teaspoon Worcestershire sauce
- 1 teaspoon Dijon mustard
- 2 eggs
- 1 tablespoon olive oil

Salad:

- ½ bunch of watercress, trimmed, washed and dried
- 1 Lebanese cucumber, peeled, halved, deseeded and cut into 1cm slices
- 1 red grapefruit, segmented (reserve excess juice)
- ½ red onion, thinly sliced
- 1 teaspoon olive oil
- Cracked pepper, to season

Method:

1. Combine all ingredients except the oil, and form into 12 patties. Refrigerate for 1 hour.
2. Heat the oil in a frying pan and cook patties until golden on each side.
3. To prepare the salad combine all ingredients in a bowl, including any reserved grapefruit juice. Season with cracked black pepper.
4. Serve fish cakes with salad. You could also serve with Notatoes.

Nutritional Information

(per serve*)

Calories	300 cal
Kilojoules	1254kJ
Protein	32.1g
Fat Total	16.6g
Fat Saturated	4.0g
Cholesterol	191mg
Carbohydrates	4.4g
Dietary Fibre	1.7g
Sodium	214mg

*This recipe has 4 serves.



Italian Eggplant Bake

Serves 4 | 76 calories per serve



Ingredients:

- 2 large eggplants
- 1 teaspoon extra virgin olive oil
- 2 zucchinis, diced
- 2 garlic cloves, crushed
- 1 cup green beans, sliced
- 400g tinned chopped tomatoes, drained
- Fresh basil, chopped
- ½ teaspoon salt
- Black pepper

Method:

1. Preheat oven to 180°C.
2. Halve eggplants lengthwise and carefully scoop out the flesh with a spoon. Dice the flesh and set aside.
3. Bring a large saucepan of water to the boil, add the eggplant skins and simmer for 2 minutes or until just softened. Remove and allow to cool.
4. Heat the oil in a wok over high heat and stir fry the diced eggplant, zucchini, garlic, beans, tomatoes, basil, salt and pepper until the vegetables are soft.
5. Fill the eggplant shells with the vegetable mixture and place on a baking dish lined with baking paper.
6. Bake for 40 minutes.
7. Serve as a side dish.

Nutritional Information

(per serve*)

Calories	76 cal
Kilojoules	317kJ
Protein	3.5g
Fat Total	2.0g
Fat Saturated	0.2g
Cholesterol	0mg
Carbohydrates	8.0g
Dietary Fibre	5.9g
Sodium	118mg

*This recipe has 4 serves.



Beef Enchiladas

Serves 1 | 371 calories per serve

Ingredients:

- 160g sliced/diced lean beef
- 1 corn tortilla
- ½ cup capsicum
- ½ cup chopped tomato
- ¼ cup onion
- Mixed green salad to serve
- Sprinkle 50% reduced fat cheese (grated)
- ¼ can tinned tomatoes (no added salt)
- 2 teaspoons of reduced salt taco seasoning
- 1 clove garlic
- Chilli (optional to taste)
- Tabasco sauce (optional to taste)

Method:

1. Preheat oven to 180°C.
2. Spray a non-stick frypan with oil and heat over medium heat. Add beef, onion, and garlic and cook for 5 minutes, or until beef is brown. Add capsicum, taco seasoning, (chilli optional) and 1 tablespoon of water and cook for a further 3 minutes, or until sauce thickens.
3. Line an ovenproof dish with baking paper and place tortilla in baking dish.
4. Spoon beef mixture and chopped tomatoes down the middle of the tortilla and wrap it up so the edges of the tortilla join up. Pour tinned tomatoes over tortilla and sprinkle with cheese.
5. Cook in oven for 15 minutes, or until cheese is melted and golden.
6. Serve with tabasco sauce (optional).

Nutritional Information

(per serve*)

Calories	371 cal
Kilojoules	1552kJ
Protein	41.9g
Fat Total	10.6g
Fat Saturated	4.5g
Cholesterol	112mg
Carbohydrates	23.1g
Dietary Fibre	5.9g
Sodium	278mg

*This recipe has 1 serve.



Asparagus & Chicken Stir Fry

Serves 4 | 329 calories per serve



Ingredients:

- 2 tablespoons olive oil
- 1 onion, cut into thin wedges
- 640g chicken thigh fillets, cut into thin strips
- 1 garlic clove, crushed
- 1 tablespoon grated ginger
- 2 bunches asparagus, trimmed and sliced diagonally into 2cm pieces
- 1 large red capsicum, cut into thin strips
- 2 tablespoons fresh basil leaves
- 1 tablespoon lime juice
- Freshly cracked pepper

Method:

1. Heat the oil in a large wok or frying pan over high heat. Add the onion and stir fry for 1 minute then remove and set aside. Add the chicken strips to the wok and stir fry for 3-4 minutes or until just cooked.
2. Add the garlic, ginger and vegetables and continue to cook, stirring for 2-3 minutes or until vegetables are tender. Toss through the basil, lime juice and pepper.

Nutritional Information

(per serve*)

Calories	329 cal
Kilojoules	1374kJ
Protein	31.8g
Fat Total	20.8g
Fat Saturated	4.8g
Cholesterol	139mg
Carbohydrates	3.2g
Dietary Fibre	1.5g
Sodium	147mg

*This recipe has 4 serves.



Hearty Beef Casserole

Serves 4 | 325 calories per serve



Ingredients:

- 1 tablespoon olive oil
- 2 small onions, cut into wedges
- 2 cloves garlic, crushed
- 640g lean blade steak, cubed
- 2 cups salt reduced beef stock
- 400g tinned diced tomatoes
- 1 carrot, sliced
- 3 sticks of celery, sliced
- 1 teaspoon cumin
- 1 teaspoon coriander
- 2 button squashes, quartered

Method:

1. Preheat oven to 160°C.
2. Heat half the oil in a heatproof casserole dish, over medium heat. Cook the onions and garlic until soft. Remove from dish and set aside.
3. Heat half the remaining oil in the casserole dish on high. Season the beef with salt and pepper, add half to the dish and cook until brown. Remove and repeat with remaining beef.
4. To the empty dish, add the stock and bring to the boil. Return onion, garlic and beef to dish then add the tomatoes, carrots, celery and spices.
5. Return to the boil, cover and place in the preheated oven for 1 hour.
6. Remove, add squash and return to oven to cook for a further 20 minutes.
7. Serve with Notatoes (cauliflower mash) or Cauliflower Rice.

Nutritional Information

(per serve*)

Calories	325 cal
Kilojoules	1362kJ
Protein	37.6g
Fat Total	13.0g
Fat Saturated	4.2g
Cholesterol	107mg
Carbohydrates	10.8g
Dietary Fibre	4.9g
Sodium	582mg

*This recipe has 4 serves.



Mexican Beef, Beans & Vegetables



Serves 1 | 460 calories per serve

Ingredients:

- 80g lean beef mince meat
- 1 cup kidney beans (canned, rinsed and drained)
- ½ cup cooked basmati rice
- ½ cup capsicum
- ½ cup mushrooms
- ¼ cup diced onion
- ½ cup baby spinach
- ¾ tin tomatoes
- 1 garlic clove, crushed
- 1 teaspoon reduced salt taco seasoning
- 2 teaspoons of avocado
- 1 teaspoon extra light cream cheese
- 1 chilli (optional)
- Tabasco sauce (optional)

Method:

1. Cook rice as per instructions on packet.
2. Meanwhile, spray a non-stick pan with oil and heat over medium heat. Add onions, garlic and capsicum and cook for 3 minutes, or until soft. Add mince and cook for 5 minutes, or until brown.
3. Add chilli, taco seasoning, kidney beans and a tablespoon of water. Stir through well to combine ingredients and cook for 1-2 minutes. Add canned tomatoes and simmer for 5 minutes. Stir through mushrooms and spinach and cook for a further 5 minutes.
4. Serve with rice, avocado, extra light cream cheese and tabasco sauce (if preferred).

Nutritional Information

(per serve*)

Calories	460 cal
Kilojoules	1923kJ
Protein	30.7g
Fat Total	11.7g
Fat Saturated	3.4g
Cholesterol	44mg
Carbohydrates	52.8g
Dietary Fibre	12.4g
Sodium	705mg

*This recipe has 4 serves.

NOTE

For a lower calorie and carbohydrate version, substitute the 'rice' with 'cauliflower rice'.

TIP

For a vegetarian alternative swap beef for grated tempeh, tofu or veggie mince.



Zucchini & Ricotta Frittata

Serves 4 | 198 calories per serve



Ingredients:

- 4 eggs
- 4 egg whites, separated
- 2 garlic cloves, crushed
- 2 large zucchini, coarsely grated
- 200g reduced fat ricotta cheese, loosely crumbled
- Salt and pepper
- 2 teaspoons oil
- 1 punnet cherry tomatoes, halved
- ½ cup small basil leaves, loosely packed

Method:

1. Preheat grill to high.
2. Whisk eggs, egg whites and garlic in a bowl.
3. Gently fold in zucchini and ricotta and season with salt and pepper.
4. Heat oil in a 20cm diameter frypan (with metal handle) over medium heat. Pour in zucchini mixture and cook for 5-6 minutes until just set around the edges but still runny in the middle.
5. Remove from the heat and place under the grill about 6cm from the heat source for 2-3 minutes until golden brown and just set. Remove from the grill.
6. Cut into wedges and serve. Serve frittata with cherry tomatoes sprinkled with basil leaves and freshly cracked black pepper.

Nutritional Information

(per serve*)

Calories	198 cal
Kilojoules	827kJ
Protein	16.7g
Fat Total	12.1g
Fat Saturated	4.7g
Cholesterol	209mg
Carbohydrates	4.4g
Dietary Fibre	2.9g
Sodium	221mg

*This recipe has 4 serves.



Lemon Spice Chicken with Crunchy Cabbage

Serves 4 | 287 calories per serve



Ingredients:

- 4 x 160g chicken thigh pieces
- Olive oil spray
- 2 tablespoons paprika (smoky paprika is best)
- ½ teaspoon lemon pepper
- ½ teaspoon dried oregano
- ¼ teaspoon cayenne pepper
- ½ teaspoon salt

Crunchy Cabbage Salad:

- ¼ red cabbage finely shredded
- 1 large carrot, peeled and sliced into thin batons
- 2 shallots, sliced
- 1 Lebanese cucumber, seeded and cut into batons
- 2 tablespoons lemon juice
- 1 tablespoon white wine vinegar
- 1 tablespoon olive oil

Method:

1. Preheat oven to 200°C.
2. Line a baking tray with foil. Lightly spray chicken with olive oil.
3. Combine all dry ingredients in a large snap lock bag. Add chicken and toss until it is well coated.
4. Place the chicken onto the baking tray and bake for 30-35 minutes or until chicken is cooked through. When cold enough to handle, finely slice.
5. Combine with crunchy cabbage salad.

To make the salad:

1. Place all ingredients in a large bowl except the lemon juice, vinegar and oil.
2. Whisk lemon juice, vinegar and oil together in a small jug and drizzle over salad. Toss to combine.

Nutritional Information

(per serve*)

Calories	287 cal
Kilojoules	1200kJ
Protein	35.8g
Fat Total	13.6g
Fat Saturated	3.4g
Cholesterol	106mg
Carbohydrates	3.5g
Dietary Fibre	2.9g
Sodium	422mg

*This recipe has 4 serves.



Asian Style Mushroom Omelette



Serves 4 | 215 calories per serve

Ingredients:

- 2 teaspoons olive oil
- 1cm piece ginger, grated
- 1 garlic clove, crushed
- 4 spring onions, finely sliced
- 300g mixed mushrooms (shiitake, oyster, enoki)
- 2 tablespoons chopped coriander or parsley
- Large handful bean sprouts
- Salt and pepper to season

Omelette:

- 2 teaspoons olive oil
- 8 eggs

Sauce:

- 2 tablespoons rice vinegar
- 1 tablespoon salt reduced soy sauce*
- ½ teaspoon sesame oil
- Coriander or parsley leaves and sliced red chilli (optional) to serve

***Note:** Use gluten free soy sauce if you are gluten intolerant.

Method:

1. Combine sauce ingredients in a bowl.
2. To prepare the filling heat oil in a wok or frying pan and fry the ginger, garlic and spring onions for 30 seconds then add the mushrooms. Stir fry on high heat until mushrooms are just cooked. Remove mushroom mix from wok and wipe it clean.
3. Beat two of the eggs in a bowl and season. Reheat the wok or frying pan and add the oil. When the oil is hot, add the beaten eggs and swirl to spread. When the base is cooked, and the top is still slightly soft, place one quarter of the mushroom mix on half of the omelette, top with bean sprouts and fold over. Remove from the wok. Repeat with remaining eggs making a total of 4 omelettes.
4. Serve drizzled with the sauce and topped with coriander leaves and chilli.

Nutritional Information

(per serve*)

Calories	215 cal
Kilojoules	900kJ
Protein	16.0g
Fat Total	15.5g
Fat Saturated	3.8g
Cholesterol	375mg
Carbohydrates	1.9g
Dietary Fibre	2.2g
Sodium	373mg

*This recipe has 4 serves.



Cajun Chicken and Avocado Salad

Serves 4 | 398 calories per serve



Ingredients:

- 4 x 160g chicken breast pieces

Cajun Seasoning:

- 1 tablespoon dried basil
- 1 tablespoon paprika
- 1 teaspoon dried garlic powder
- 2 teaspoons cayenne pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- ½ teaspoon dried thyme

Avocado:

- 1 cup baby rocket or spinach
- 1 cup watercress
- 1 punnet cherry tomatoes, halved
- 2 shallots, thinly sliced
- 100g snow peas, blanched and halved
- 100g button mushrooms, thinly sliced
- 1 avocado, stone removed, cubed
- Fat-free French or Italian dressing

Method:

1. Mix all ingredients for Cajun seasoning in a small bowl until combined. Rub the seasoning over each of the pieces of chicken breast until well coated.
2. Cook chicken in a large lightly oiled frying pan until cooked through. Slice the chicken into 1-2 cm thick slices and serve over the avocado salad.

To make the salad:

1. Combine all ingredients in a large bowl and toss.
2. Top with Fat-free French or Italian dressing.

Nutritional Information

(per serve*)

Calories	398 cal
Kilojoules	1662kJ
Protein	38.1g
Fat Total	22.8g
Fat Saturated	5.7g
Cholesterol	106mg
Carbohydrates	7.8g
Dietary Fibre	3.8g
Sodium	333mg

*This recipe has 4 serves.

TIP

We need some healthy fats each day. Avocado is a good source of monounsaturated fat and is rich in numerous vitamins and minerals.



Chilli & Lime Salmon with Thai Herb Salad



Serves 4 | 339 calories per serve

Ingredients:

- Juice from 1 lime
- 1 clove garlic, crushed
- 2 tablespoons soy sauce (salt reduced)
- 1 small red chilli, finely chopped
- 2 tablespoons olive oil
- 4 x 160g salmon fillets

Thai Herb Salad:

- 1 Lebanese cucumber, halved lengthways, seeds removed and sliced thinly
- 150g grape tomatoes, halved
- ½ cup loosely packed basil leaves
- ½ cup loosely packed mint leaves
- ½ cup loosely packed coriander
- 1 cup bean sprouts
- 1 tablespoon lime juice
- 1 teaspoon olive oil
- 1 teaspoon soy sauce (salt reduced)
- Chopped red chilli (optional)

Method:

1. To prepare salmon: in a large bowl combine lime juice, garlic, soy sauce, chilli and 1 tablespoon of the oil. Mix with a fork. Place salmon fillets in the bowl and coat thoroughly in the marinade. Set aside for 30 minutes in the fridge.
2. Heat remaining oil in a large frying pan on high. Cook salmon until golden and crispy on the outside but pink on the inside.
3. Combine all salad ingredients in a large bowl and toss to combine. Serve salmon with extra chilli on top if desired. Drizzle any extra dressing over salmon.

Nutritional Information

(per serve*)

Calories	339 cal
Kilojoules	1415kJ
Protein	33.5g
Fat Total	20.7g
Fat Saturated	3.9g
Cholesterol	83mg
Carbohydrates	2.9g
Dietary Fibre	2.6g
Sodium	496mg

*This recipe has 4 serves.

TIP

Salmon is a rich source of omega-3 fatty acids and protein. Omega-3 is essential for good health and cannot be made within the body so needs to be consumed in your diet. When eaten in place of saturated fats, omega-3 helps maintain heart health and may reduce cholesterol levels.



Fish & Bean Salad

Serves 4 | 255 calories per serve



Ingredients:

- 640g thick white fish fillets, skinned and boned
- Olive oil spray
- 200g green beans, blanched and halved
- 1 punnet grape tomatoes, halved
- 2 cucumber, cut into batons
- 12 black pitted olives, halved
- ½ red onion, finely sliced
- 1 small handful basil leaves
- 1 tablespoon extra virgin olive oil
- 2 tablespoons white wine vinegar
- 1 teaspoon Dijon mustard
- Green salad leaves to serve

Method:

1. Heat a non-stick frying pan over medium heat.
2. Spray the fish with the olive oil spray, place in the frying pan and cook for 3-4 minutes on each side or until just cooked. Set aside.
3. Combine the beans, tomatoes, cucumber, olives, onion and basil in a bowl.
4. Mix together the olive oil, vinegar and mustard and pour over the vegetables, tossing well to combine.
5. Cut the fish into large chunks and combine with the salad.
6. Serve on a bed of green salad leaves with freshly ground black pepper.

Nutritional Information

(per serve*)

Calories	255 cal
Kilojoules	1065kJ
Protein	34.8g
Fat Total	8.5g
Fat Saturated	1.8g
Cholesterol	94mg
Carbohydrates	7.5g
Dietary Fibre	3.6g
Sodium	267mg

*This recipe has 4 serves.



Beef & Eggplant Curry

Serves 4 | 367 calories per serve



Ingredients:

- 1 tablespoon olive oil
- 640g stewing beef, diced
- 1 onion, chopped
- 3 tablespoons curry paste
- 400g can diced tomato
- 1 large eggplant, diced
- 50g baby spinach leaves
- 2 tablespoons chopped coriander

Topping:

- 2 tomatoes, finely diced
- ½ red onion, finely diced
- 2 tablespoons lemon juice

Method:

1. Heat the oil in a large saucepan over medium/high heat.
2. Brown the meat in batches and set aside.
3. Add the onion and cook for 5 minutes or until softening, then add the curry paste and cook for 1 minute or until fragrant.
4. Add the tomatoes with half a cup of water and the beef and bring to a simmer.
5. Cover and simmer for 45 minutes or until the beef is tender.
6. Add the eggplant and cook for a further 20 minutes or until it is very tender.
7. Stir the spinach through.
8. Combine all topping ingredients and serve with the curry.
9. Sprinkle with chopped coriander. Serve with cauliflower rice.

Nutritional Information

(per serve*)

Calories	367cal
Kilojoules	1535kJ
Protein	37.5g
Fat Total	18.2g
Fat Saturated	4.6g
Cholesterol	107mg
Carbohydrates	9.5g
Dietary Fibre	6.2g
Sodium	728mg

*This recipe has 4 serves.

