



LUNCH

CAESAR SALAD (PREPARE NIGHT BEFORE) Serves 4

Ingredients

4 rashers of Bacon – diced and cooked

1 whole lettuce (I prefer cos) shredded

500g Chicken – diced and cooked (can use a precooked BBQ chicken from supermarket - 200g per

Person

4 eggs soft boiled

4 tablespoons whole egg mayonnaise

1 teaspoon of garlic salt

1 cup of cherry tomatoes – quartered

2 Avocados

Method

- Dice and cook your chicken in bacon in a hot frying pan until fully cooked
- Shred your lettuce, dice tomatoes and avocado and add to a bowl to mix
- Once eggs are boiled peel and slice in half
- In a separate bowl add your mayonnaise and garlic salt and mix well to combine
- Assembling your salad: add salad mix to your container, top with cooked chicken and bacon, add one egg per serving to container – dollop your garlic aioli over the top

Carbs: 6g



Dinner

Chicken Fried Rice-Serves 4

Ingredients

½ head of cauliflower (fresh)

1 bunch of broccoli (fresh)

2 middle rashers of bacon

2 eggs

½ onion (diced)

1 teaspoon Garlic

400g of chicken breast (or protein of choice; e.g.: prawns)

1 tablespoon Tamari sauce

Method:

- Grate cauliflower and broccoli
- Dice bacon and chicken (or protein choice)
- Dice onion • Heat oil in pan • Cook onion and garlic until onion is translucent
- Add chicken and cook until no longer raw
- Add bacon and cook for 2-3 minutes
- Move to the side and cook egg (scramble) and then remove egg
- Add broccoli and cauliflower to pan and mix into existing ingredients
- Cover and cook for 5 mins
- Add soy sauce and mix. Continue to cook (uncovered) for a further 5 mins.
- Mix in scrambled egg.
- Serve.

Carbs: 6g



Lunch: Leftover Chicken Fried Rice

Dinner: Parmesan Crusted Pork Chops-Serves 4

4 boneless pork chops

salt and pepper

2 tbsp avocado oil or olive oil

4 cups broccoli

1 tbsp minced fresh parsley,

1/2 tsp minced fresh garlic

1/2 tsp lemon zest

Low Carb Parmesan Crust

1/2 cup grated Parmesan cheese

1/2 cup crushed pork rinds

1 large egg, beaten (for egg wash)

2 tsp water

Method

• Let the pork come to room temperature for 20-30 minutes before beginning. Pat the pork dry with a paper towel. Season well with salt and pepper. Beat the egg and water in a shallow bowl large enough to fit a pork chop.

Coating:

- Place the grated Parmesan cheese and crushed pork rinds onto a large dinner plate. Mince the garlic and parsley and add to the cheese.
- Heat a large frying pan over medium heat until hot. Pick up a chop with a fork and put it in the beaten egg. Flip it over a few times to fully cover. Place it into the Parmesan coating and push into the mixture to make sure it is completely coated.
- Pour the oil into the pan and swirl to coat. Add the crumbed pork chop and put it into the pan. Repeat the breading procedure with the remaining pork chops.
- When the pork chops are all in the pan, set the timer for 3 minutes. When time is up flip the 1st pork chop. Wait 1 minute and flip the next. Wait another minute and flip the third pork chop. Wait 1 minute and flip the last pork chop.
- Set the timer again for 3 minutes. Check the pork by pressing the top lightly with the finger. If it's squishy, it's not done. If it's firm, it's done.



Carbs: 7g

Lunch

Ham and Cheese Roll-ups-Serves 1

Ingredients

- 4 leaves of iceberg lettuce
- 4 slices of thinly sliced swiss cheese
- 8 pieces of shaved ham
- 30g kewpie mayo
- ¼ cup grated carrot
- ¼ cup grated cucumber

Method

- Lay out lettuce leaves
- Top each lettuce leave with 2 pieces of sliced ham
- Spread mayo over each stack
- Add grated carrot and cucumber.
- Top with swiss cheese
- Roll up each lettuce leaf until they resemble a rollup.

Carbs: 5g



Dinner

Cauliflower Risotto in Creamy Pesto Sauce-Serves 4

Ingredients

8 cups finely chopped (or grated) raw cauliflower

2 Tbsp butter

1 tsp salt

1/4 tsp black pepper

1/2 tsp garlic powder

2/3 cup Mascarpone cheese

4 Tbsp Parmesan cheese

1/2 cup basil pesto

Method

- Combine the cauliflower, butter, salt, pepper, and garlic powder in a microwave safe bowl.

- Microwave on high for six minutes – or until the cauliflower is tender and done to your liking.

- Add the mascarpone cheese and microwave on high for 2 more minutes.

- Add the parmesan cheese and stir until fully blended and creamy. Cool for 2 minutes (so you don't cook the pesto when you add it and lose the green color.)



- Stir in the basil pesto and serve warm.

Carbs: 7g

Lunch: Leftover Cauliflower Risotto

Dinner

Mega Chicken Nuggets-Serves 4

Ingredients

600 grams Chicken Breast

2 Eggs

100 grams Crushed Pork Crackle

60 grams grated Parmesan Cheese

1 tsp Paprika

½ tsp Onion Powder

½ tsp Garlic Powder

Method

- Preheat the oven to 180 and spray a baking tray with oil.
- Pat dry the chicken breast with paper toweling.
- Slice chicken breast into 4-5 pieces.
- Add egg to a bowl and beat.
- In another bowl add the pork crumbs, parmesan cheese, onion powder, garlic powder and paprika and mix well.
- Place a chicken piece into the egg and coat. Then take the chicken out of the egg and place into the crumb mixture and coat well.



- Continue until all the chicken is coated.
- Bake in the oven for 15-20 mins or until the chicken is cooked.
- Enjoy with your choice of side, either steamed veggies or a simple garden salad.

Carbs: 2 g plus veggies

LUNCH

EASY CHEESY ZUCCHINI serves 4

Ingredients

4 Zucchini, SLICED

1 Small onion, SLICED

1 1/2 cups of grated cheese

1/2 cup parmesan cheese

1/2 tsp garlic powder

2 tbsp butter

1/2 cup of cream

1/4 tsp xanthan gum

Salt & pepper to taste

METHOD

- Heat oven to 200 degrees
- Grease a slice tin tray or casserole dish
- Place zucchini and onion in a layer adding salt and pepper, then do these another 2 times
- Sprinkle cheese throughout each layer
- Combine all other left-over ingredients in a microwave dish and heat for about 60 seconds, until butter is soft



- Pour the wet mixture over the zucchini layers in tray
- Bake for around 45 minutes or until golden brown
- Serve warm

Carbs: 7g

DINNER

Indian Roasted Vegetables and Chicken-SERVES 4

INGREDIENTS

½ a cauliflower head	2 tsp ginger, crushed
2 cups of green beans, top and tailed	1 tsp mince garlic
1 ½ cup of mushrooms cut in half	½ tsp chili powder or flakes
½ tsp butter	½ tbs tomato puree
800g of diced chicken breast	¼ tsp garam masala
	¼ tsp turmeric powder
	Salt & pepper to taste

Sauce

2 tbs olive oil, or butter

METHOD

Pre heat oven to 200 degrees

- Cut up your veggies and mince the ginger and garlic.
- Dice chicken breasts and put to the side.
- Add tomato puree, spices, garlic and ginger together and mix.
- Stir in oil/butter.
- Add the chopped veggies and toss and coat with the mixture, place to the side.



- With a ½ tsp of butter cook the diced chicken until golden brown.
- Grab the veggies and place on baking tray, add salt and pepper.
- Roast in the oven for around 15 to 20 minutes.
- Remove from the oven and toss in the golden-brown diced chicken and serve.

Carbs: 8

LUNCH: LEFTOVERS FROM THE NIGHT BEFORE

DINNER

Fresh Tuna Salad-serves 1

INGREDIENTS

150g tuna in brine

1 small cucumber

5 cherry tomatoes

½ red or green capsicum

1 cup of broccoli

½ cup green beans, top and tailed

¼ tsp pf chili flakes

Salt & pepper to taste

Lemon juice to taste

METHOD

- Slice OR dice all vegetables
- Put broccoli, capsicum and green beans in frypan and gently cook for 15 minutes, place aside to cool for 5 minutes
- Add the remainder veggies/salad to a plate or bowl



- Add tuna to bowl and toss
- Add a splash of lemon juice
- A pinch of chili flakes
- And salt & pepper to taste

Carbs: 13g

LUNCH

SAUSAGE AND CHEESE OMLETTE- Serves 2

INGREDIENTS

4 EGGS

4 SAUSAGES

½ CUP CREAM

½ CUP CHEESE

1 TBSP CHIVES

1TBSP OLIVE OIL/BUTTER

SALT AND PEPPER TO TASTE

METHOD

- cook sausages in a frypan until golden brown, place aside in a covered container
 - whisk the eggs and the cream together with salt and pepper
 - 1 tbsp of olive oil, butter
 - melt in frypan
 - pour half of the egg mixture into the fry pan and let cook like a omelet until bottom of omelet is nice and brown, make sure egg is almost cooked on top of pan then add the 2
- Week 12



sausages to the right hand side of the omelet then sprinkle half the cheese over the sausage and omelet, let the cheese slightly melt.

- then use a spatula and tongs and gently roll the sausages in the omelet while still in the pan, then remove and put on plate and garnish with a sprinkle of chives

Carbs: 7g

DINNER

Tuscan Chicken serves 4

Ingredients

1 kilo of chicken breasts, cut breast long ways in half

1 cup of cream

½ cup of chicken broth

2 tbsp of olive oil or butter

1 tsp minced garlic

1 tsp Italian seasoning

1 ½ cups of loose-leaf spinach or frozen

½ cup of sun-dried tomatoes

½ cup of parmesan cheese

METHOD

- In frypan place olive oil or butter, cook chicken on high to brown for up to 5 mins.
- Make sure thoroughly cooked, move chicken to a bowl on the side.
- Add cream, garlic, Italian seasoning, chicken broth, and cheese and whisk in frypan on medium temperature.



- Cook until mixture starts to become thick then add sundried tomatoes and loose-leaf spinach and simmer, until spinach wilts.
- Add chicken back into pan and serve on its own or you can add zucchini zoodles (make sure you add them to your macros)
- If you want extra sauce, make a double batch.

Carbs: 4 g