



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 leaf 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.
- Enjoy

Note: if packing for lunch wrap in cling wrap to hold shape.

Carbs: 5g



Dinner

Cauliflower Risotto in Creamy Pesto Sauce 2 Servings

INGREDIENTS

4 cups finely chopped (or grated) raw cauliflower

2 Tbsp butter

1/2 tsp salt

1/8 tsp black pepper

1/4 tsp garlic powder

1/3 cup Mascarpone cheese

2 Tbsp Parmesan cheese

1/4 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 colour.)
- Stir in the basil pesto and serve warm.
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Carbs: 7g

Lunch: Leftover Cauliflower Risotto in Creamy Pesto Sauce



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

200g 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

INGREDIENTS

4 boneless pork chops	1/2 cup crushed pork rinds
salt and pepper	1 tbsp minced fresh parsley
2 tbsp avocado oil or olive oil	1/2 tsp minced fresh garlic
4 cups broccoli	1/2 tsp lemon zest
Low Carb Parmesan Crust	1 large egg, beaten (for egg wash)
1/2 cup grated Parmesan cheese	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.

Low Carb 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 and wiggle it 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.
- Sauté broccoli in butter and cracked pepper.
- Let rest for 10 minutes and serve with sautéed broccoli.



Carbs:1g

LUNCH

Tasty Salad Serves 2

INGREDIENTS

1 cup of spinach leaves

1 roma tomato

½ cup diced cucumber

¼ cup diced red capsicum

¼ cup diced red onion

1 tablespoon of pumpkin seeds

1 teaspoon of sesame seeds

40g tasty cheese

Dressing:

2 tablespoons sour cream

1 teaspoon of dried dill

Salt and pepper

METHOD

- Chop and combine salad ingredients
- Mix together dressing ingredients.
- Drizzle dressing over top of salad and enjoy
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Note: if packing for lunch, place dressing in a small container and drizzle over when you are ready to eat.

Carbs:7g



Dinner

Frittata Serves 3

INGREDIENTS

6 Slices Bacon Diced

8 eggs

¼ cup thickened cream

2 cups Fresh Spinach Roughly Chopped

¼ Cup Chopped Red Capsicum

¼ Cup Crumbled Feta Cheese

1 tomato

Salt and pepper to taste

METHOD

- Mix all ingredients (except tomato) in a bowl.
- Pour into an oven safe dish
- Top with sliced tomato
- Bake in moderate oven for about 15 to 20 mins or until centre is solid.

Carbs: 4g



Lunch

Zucchini Pizza Boats Serves 4

INGREDIENTS

- 200g lean beef mince
- 4 zucchinis, sliced in half lengthwise
- 2 tablespoons tomato paste
- ½ cup mushrooms, sliced
- 1 small red onion, diced
- 1/2 green capsicum, diced
- 1 cup shredded mozzarella cheese
- 1 tbsp fresh chopped basil (optional)
- 1 tsp red chili flakes (optional)

METHOD

- Preheat olive oil in a large pan over med-high heat. Add mince and cook until fully cooked. Remove from heat and set aside.
- Preheat oven to moderate heat.
- Cut zucchini in half lengthwise and scoop out flesh. On a baking tray spread each zucchini boat with tomato paste, then top with mince, mushrooms, onion, capsicum and cheese.
- Bake in the oven for 15 minutes or until cheese is melted. Remove from oven and sprinkle with fresh basil and chili flakes.
- Serve and enjoy!

Carbs:8g



Lunch

Open Brunch Stack -Servings 2

INGREDIENTS

90 Second Cloud Bread (5g Carbs per serve)

1/4 Cup Almond Meal

1 Tbsp Coconut Flour

1 Tbsp Melted Butter or coconut oil for dairy free (15g / 0.5 oz)

1/8 tsp baking powder

1 large Egg

Brunch Stack (3g Carbs)

4 eggs (cooked to your liking; eg scrambled or fried)

4 pieces of middle rashers bacon • ½ avocado • Salt and pepper to taste •

METHOD Cloud Bread:

1. Place all the ingredients into a mug. Mix until combined with a fork. 2. Microwave for 90 seconds, remove from microwave, and loosen the bread from the edges of your mug using a knife. 3. Flip the mug upside down, and slice into a total of 4 slices. 4. I recommend toasting slices in a grill after you have sliced it. 5. Each serving is 2 slices.

Brunch Stack: 1. Cook eggs to your preferred liking. If using thickened cream in scrambled eggs, you will need to adjust your macros. 2. Cook bacon until it is at your preferred crunchiness. 3. Slice avocado 4. Place toasted bread on a plate and stack on your bacon, eggs and avocado. Enjoy!

Note: this will make quite a large serve, if needed, halve the serve and freeze any remaining cloud bread for future use.

Carbs: 5g



Dinner

Sundried Tomato Rissoles and 'Potato' Salad Serves 6

INGREDIENTS

Rissoles: (2g carbs)

500g beef mince	3 pieces of bacon middle rashers (diced)
2 tablespoons Sun dried tomato pesto	3 spring onions (sliced)
50g Feta cheese (finely diced)	4 eggs
1 x Onion (grated)	Salt and pepper
2 teaspoons of minced garlic	60g Sour cream

Potato Salad: (4g carbs)

1 head of cauliflower	125ml Thickened cream
1 tsp olive oil	1 tablespoon Dried dill

METHOD Rissoles:

- Mix together your mince, sun dried tomato pesto, feta, garlic and onion and let sit in the fridge for about 30 mins to allow flavour to infuse.
- After meat has rested, warm up bbq or fry pan. Add a tablespoon of olive oil. Roll mince into approx. 10 rissoles and cook until done.
- Potato Salad:
- Cut cauliflower into florets and steam until just tender. Take out of steamer and chop until it is largish bite size chunks.
- Heat approx. a teaspoon of oil in a pan and cook bacon until crispy.
- Boil eggs until cooked. Peel and dice into chunks.
- Mix sour cream, thickened cream and dried dill in a bowl and set aside in fridge until ready to combine.
- Once cauliflower and bacon have cooled, combine in a large bowl with sliced shallots and eggs. Then pour over dressing and serve.

Note: serving side for rissoles is approx. 2 per adult.



Carbs: 7g

Lunch

Sunday Fry Up Serves 2

INGREDIENTS

2 cups spinach leaves

1 cup mushrooms (sliced)

8 cherry tomatoes

4 eggs

½ avocado

METHOD

- Sautee spinach, tomatoes and mushrooms. The remove from heat
- Cook eggs to your preferred method (e.g. fried, scrambled, poached)
- Make a nest of spinach, mushrooms and tomatoes.
- Top with egg and sliced avocado
- Salt and pepper to taste
- Optional: for a nice spicy kick add a couple drops of Tabasco sauce to spinach mix when on plate.

Carbs: 5g



Dinner

Fish, 'Chips' and Salad Serves 4

INGREDIENTS

4 pieces of white flesh fish (adjust macros if you choose to use alternative protein)

320g Haloumi Cheese

1 cup cherry tomatoes

4 cups spinach leaves

1 cup diced cucumber

½ cup of red capsicum

2 tbs olive oil

METHOD

- Heat pan with a tablespoon of oil
- Season fish (or alternative protein of choice) with preferred herbs and spices.
- You can keep it simple with a bit of pepper and a drizzle of lemon juice
- Place fish into fry pan. Turn over after a couple minutes and cook the other side.
- Remove once cooked.
- Wipe out fry pan and recoat with a little oil.
- Slice haloumi into chip size and place into pan.
- Cook side until brown and then turn to cook the other side.
- Remove when completely cooked.
- Chop up salad ingredients and dinner is ready to serve.

Note: haloumi cheese chips are approx. 80g per person.

Carbs: 6g