



# Wheyless

RECIPE COLLECTION



**BREAKFAST**



## APPLE OAT & CINNAMON MUFFINS

### INGREDIENTS

- |   |                                      |
|---|--------------------------------------|
| 2 cups almond meal                            | 1 tsp. cinnamon                      |
| 2 tsp. baking powder                          | 2 tsp. vanilla extract               |
| 3 tsp. Natvia                                 | 2 tbsp. cream                        |
| 2 tbsp. oats                                  | 3 tbsp. natural, unsweetened yoghurt |
| 2 eggs  | 3 scoops French Vanilla Wheyless     |
| 1 large Granny Smith apple, cored and chopped |                                      |

### METHOD

1. Preheat oven to 175°C.
2. Mix almond meal, baking powder, Natvia, oats and cinnamon together in a bowl.
3. Blend eggs, apple, vanilla extract, cream, yoghurt and Wheyless together in a separate bowl until an even consistency and colour is achieved.
4. Pour liquid into the dry ingredients and mix together thoroughly, stirring with a fork will do.
5. Distribute mixture evenly into a greased muffin tray or muffin moulds.
6. Bake for 16 mins or until muffins are golden brown.

*\*Variation: You may use 1 tablespoon of psyllium instead of oats if you want the recipe to be gluten free.*

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 9)*

<b>960.5kJ</b>	<b>10.6G</b>	<b>16.1G</b>	<b>13.2G</b>	<b>3.7G</b>
ENERGY (228.7 CAL)	PROTEIN	FAT	CARBS	FIBRE



# BACON & TOMATOES

## INGREDIENTS

3 rashers bacon, rind removed  
2 tomatoes, halved  
1 tbsp. fresh parsley, chopped  
1 tbsp. fresh chives, chopped  
Pinch cayenne powder

## METHOD

1. Grill bacon and tomatoes.
2. Serve topped with fresh herbs and cayenne powder

## NUTRITIONAL INFORMATION

*Recipe Serves 1*

**1119.0kJ**  
ENERGY (267.3 CAL)

**29.6G**  
PROTEIN

**12.2G**  
FAT

**7.2G**  
CARBS

**4.3G**  
FIBRE



## **BANANA & BLUEBERRY MUFFIN**

### **INGREDIENTS**

2 cups almond meal  
2 tsp. baking powder  
3 tsp. Natvia  
1 tbsp. psyllium  
2 eggs  
1 banana

1 cup blueberries  
2 tsp. vanilla extract  
2 tbsp. cream  
3 tbsp. natural, unsweetened yoghurt  
3 scoops Banana Smoothie Wheyless

### **METHOD**

1. Preheat oven to 175°C.
2. Mix almond meal, baking powder, Natvia and psyllium together in a bowl.
3. Blend eggs, banana, vanilla extract, cream, yoghurt and Wheyless together in a separate bowl until an even consistency and colour is achieved.
4. Pour liquid into the dry ingredients and mix together thoroughly, stirring with a fork will do.
5. Fold blueberries through the mixture.
6. Distribute mixture evenly into a greased muffin tray or muffin moulds.
7. Bake for 16 mins or until muffins are golden brown.

### **NUTRITIONAL INFORMATION**

*Per Serving (recipe serves 9)*

**974.0kJ**  
ENERGY (231.9 CAL)

**10.6G**  
PROTEIN

**16.1G**  
FAT

**13.2G**  
CARBS

**3.7G**  
FIBRE



# BIRCHER MUESLI

## INGREDIENTS

- ¼ cup rolled oats
- ⅛ cup organic apple juice
- ⅛ cup low-fat milk
- 1 tbsp. low-fat yoghurt

## METHOD

1. Mix rolled oats with apple juice, milk and yoghurt.
2. Soak overnight.
3. Optional extras:  
Serve with berries, chopped pear, chopped almonds or soaked prunes.

## NUTRITIONAL INFORMATION

*Recipe Serves 1*

**543.5kJ**  
ENERGY (129.8 CAL)

**4.8G**  
PROTEIN

**2.4G**  
FAT

**21.2G**  
CARBS

**1.6G**  
FIBRE



## CORN FRITTERS WITH BACON & TOMATO

### INGREDIENTS

- |  |                               |
|--|-------------------------------|
| 2 eggs                                   | Vegetable salt, if desired    |
| ½ cup low-fat milk                       | Black pepper                  |
| ¼ cup plain flour                        | 2 rashers bacon, rind removed |
| 1 cup corn kernels                       | Grilled ½ tomato, sliced      |
| ¼ cup fresh Continental parsley, chopped |                               |

### METHOD

1. Whisk eggs and milk together.
2. Mix in flour followed by corn kernels and parsley.
3. Season with salt and pepper.
4. Heat up a large non-stick frypan.
5. Place spoonfuls of corn mixture into pan to make 4 equal-sized fritters, each containing approx 2 tbsp. of mixture.
6. Use a knife to shape fritters into neat circles in the pan.
7. Cook for 3-4 mins each side or until golden and firm to touch in the centre.
8. Serve with grilled bacon and sliced tomato.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

<b>1397.5kJ</b>	<b>23.0G</b>	<b>11.0G</b>	<b>33.5G</b>	<b>4.4G</b>
ENERGY (333.8 CAL)	PROTEIN	FAT	CARBS	FIBRE



# FRUIT SALAD WITH YOGHURT

## INGREDIENTS

Choose fresh fruit in season.

½ cup grapes

½ cup blueberries

½ cup strawberries, sliced

2 small apricots, stone removed, chopped

1 nectarine, stone removed, chopped

1 cup chopped rockmelon

Pulp of 2 passionfruits

2 tbsp., low-fat yoghurt

Fresh mint leaves, chopped.

## METHOD

1. Combine fruit in a bowl.
2. Mix passionfruit pulp with yoghurt and serve over fruit.
3. Sprinkle with mint leaves.

## NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**208kJ**  
ENERGY (49.7 CAL)

**1.6G**  
PROTEIN

**0.2G**  
FAT

**8.0G**  
CARBS

**4.0G**  
FIBRE





# GRATED APPLE WITH SULTANAS AND ALMONDS

## INGREDIENTS

- 1 small apple, grated
- Juice of ½ orange
- 2 tbsp. of yoghurt mixed with 1 scoop Wheyless French Vanilla
- 1 tbsp. natural sultanas
- 6 almonds, chopped.

## METHOD

1. Combine all ingredients
2. Enjoy!

## NUTRITIONAL INFORMATION

*Recipe Serves 1*

**1347.0kJ**  
ENERGY (267.3 CAL)

**19.7G**  
PROTEIN

**6.3G**  
FAT

**41.0G**  
CARBS

**4.3G**  
FIBRE



## OMELETTE WRAP

### INGREDIENTS

2 organic eggs  
 1 tbsp. of chopped fresh parsley  
 Sea salt, black pepper and chili flakes to taste  
 ½ tsp ghee or olive oil for sautéing

A few small lettuce leaves  
 2 thin slices of avocado  
 3 grape tomatoes, sliced  
 A pinch of sumac

### METHOD

1. Beat the eggs, then add parsley, salt and chili flakes.
2. In a small frying pan (20cm diameter), heat up the ghee until liquid.
3. Pour the egg mix into the pan, and cook on low heat to make an omelette (roughly 3 minutes on one side, flip it, turn the heat off and allow to cook for another minute on the other side).
4. Place the omelette on a plate, and in the centre of the omelette stack the greens, avocado and tomato.
5. Sprinkle sumac, salt and pepper on top.
6. Roll up the omelette into a wrap, and enjoy!

### NUTRITIONAL INFORMATION

*Recipe Serves 1*

**1377.8kJ**  
 ENERGY (329.3 CAL)

**14.5G**  
 PROTEIN

**28.2G**  
 FAT

**7.1G**  
 CARBS

**2.1G**  
 FIBRE



## PEAR AND RASPBERRY MUFFINS

### INGREDIENTS

- |                           |                                      |
|---------------------------|--------------------------------------|
| 2 cups almond meal        | 1 cup raspberries                    |
| 2 tsp. baking powder      | 2 tsp. vanilla extract               |
| 3 tsp. Natvia             | 2 tbsp. cream                        |
| 1 tbsp. psyllium          | 3 tbsp. natural, unsweetened yoghurt |
| 2 eggs                    | 3 scoops French Vanilla Wheyless     |
| 1 pear, cored and chopped |                                      |

### METHOD

1. Preheat oven to 175°C.
2. Mix almond meal, baking powder, Natvia and psyllium together in a bowl.
3. Blend eggs, pear, vanilla extract, cream, yoghurt and Wheyless together in a separate bowl until an even consistency and colour is achieved
4. Pour liquid into the dry ingredients and mix together thoroughly, stirring with a fork will do.
5. Fold raspberries through the mixture
6. Distribute mixture evenly into a greased muffin tray or muffin moulds
7. Bake for 16 mins or until muffins are golden brown.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 9)*

**974.4kJ**  
ENERGY (232.0 CAL)

**10.7G**  
PROTEIN

**16.1G**  
FAT

**13.8G**  
CARBS

**45.0G**  
FIBRE



# POACHED EGGS AND SMOKED SALMON

## INGREDIENTS

- 2 eggs
- 2 slices smoked salmon
- 1 slice 100% rye bread, toasted, lightly buttered

## METHOD

1. Poach the eggs
2. Assemble on a plate with salmon and toast.

## EGG POACHING TIPS

### *Easy method:*

Bring water to a gentle simmer on the pot with just small bubbles in the water. Crack your egg into a tea cup or mug. Gently lower your mug into the water and tip out the egg, using this method you can make more than one egg at a time.

### *Advanced method:*

Bring water to a gentle simmer as above. Use a spoon to create a whirlpool, tip your egg into the centre of the whirlpool and the water will form it into a right shape.

## NUTRITIONAL INFORMATION

*Recipe Serves 1*

<b>1332kJ</b>	<b>27.3G</b>	<b>14.2G</b>	<b>18.9G</b>	<b>2.9G</b>
ENERGY (318.1 CAL)	PROTEIN	FAT	CARBS	FIBRE



# QUICK SPANISH OMELETTE

## INGREDIENTS

1 cup vegetables (onions, asparagus, capsicum, tomato, spinach, parsley, chives, etc), finely chopped  
1 whole egg  
2 egg whites  
1 tbsp. water  
Pinch of cayenne powder

## METHOD

1. Heat up a non-stick frypan.
2. Lightly stir-fry vegetables, then remove from pan.
3. Whisk egg with egg whites, water and cayenne powder.
4. Pour into pan and cook lightly.
5. When almost cooked, top with vegetables and flip to heat through.

## NUTRITIONAL INFORMATION

*Recipe Serves 1*

**629.0kJ**  
ENERGY (150.2 CAL)

**17.4G**  
PROTEIN

**6.2G**  
FAT

**4.4G**  
CARBS

**3.3G**  
FIBRE



## SHAKSHUKA

### INGREDIENTS

2 tbsp. extra virgin olive oil  
 ½ brown onion, finely diced  
 1 small clove garlic, grated  
 A handful of coriander stems, finely chopped  
 Chilli flakes to taste  
 3 tsp. sweet paprika  
 1 tsp. ground cumin  
 6 large vine-ripened tomatoes, finely diced  
 Sea salt and cracked black pepper to taste  
 1 tsp. coconut or rapadura sugar  
 4 organic eggs  
 Handful of fresh coriander leaves  
 A sprinkle of ground sumac

### METHOD

1. Heat the olive oil in a pan for which you have a lid and add the onion, garlic, coriander stems, chilli flakes, paprika and cumin and sauté for a couple of minutes. Add the tomatoes, salt, pepper and sugar. Cover with the lid and simmer on low-medium heat for 10 minutes. Taste the sauce and adjust to your liking. Cover again and simmer for a further 15 minutes, until you get a nice and chunky sauce.
2. Crack the eggs into the sauce, evenly spacing them in the pan and cover.
3. Cover and allow cook for 5-10 minutes, depending on how you like your eggs cooked.
4. Serve in individual bowls and garnish with fresh coriander leaves and a sprinkle of sumac.

### Variations:

- For a bit of a kick, add a 1 tsp. of Harissa blend when sautéing the onion.
- For a richer flavour add some roasted capsicum strips during the cooking of the tomatoes.
- You could use diced tinned tomatoes instead of fresh ones.
- Add some chopped mushrooms when adding the tomatoes.
- When serving, sprinkle a little goat's feta or add a dollop of labneh (yoghurt cheese) or tahini.
- Serve with a few little pieces of chopped preserved lemon.
- Instead of coriander use parsley.

## NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**1515.4kJ**  
ENERGY (362.2 CAL)

**19.4G**  
PROTEIN

**16.6G**  
FAT

**39.3G**  
CARBS

**9.0G**  
FIBRE



# SPICY BAKED BEANS

## INGREDIENTS

1 can organic baked beans in tomato sauce  
½ tsp. turmeric  
½ tsp. ground coriander  
Few drops of Tabasco sauce (to taste)  
1 slice 100% rye bread, toasted  
Sprinkle of grated hard yellow cheese

## METHOD

1. Heat baked beans in a saucepan.
2. Once warm, add spices, stir and heat through.
3. Serve on toast with a sprinkle of cheese.

## NUTRITIONAL INFORMATION

*Recipe Serves 1*

**1275kJ**  
ENERGY (304.7 CAL)

**17.9G**  
PROTEIN

**8.3G**  
FAT

**34.7G**  
CARBS

**9.6G**  
FIBRE



## TASTY OMELETTE

### INGREDIENTS

10g leg ham, diced

½ cup mushrooms, sliced

¼ cup chopped red and green capsicum

1 spring onion, finely sliced

3 eggs

2 tsp. milk

2 tsp. water

½ cup grated hard yellow cheese

Black pepper

Vegetable salt, if desired

¼ cup fresh Continental parsley, chopped

1 slice 100% rye bread

Sliced tomatoes to serve (optional)

### METHOD

1. Heat up a non-stick frypan.

2. Fry the ham, mushrooms, capsicum and spring onions for two minutes or until vegetables begin to soften, then turn down the heat.

3. Lightly whisk eggs with milk and water, then pour over vegetables in pan.

4. When omelette is cooked on the bottom, sprinkle cheese on top.

5. Fold one half of omelette over the other and let cheese melt in the centre.

6. Season to taste.

7. Top with parsley.

8. Serve with rye bread and tomatoes, if desired.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**851.8kJ**  
ENERGY (203.4 CAL)

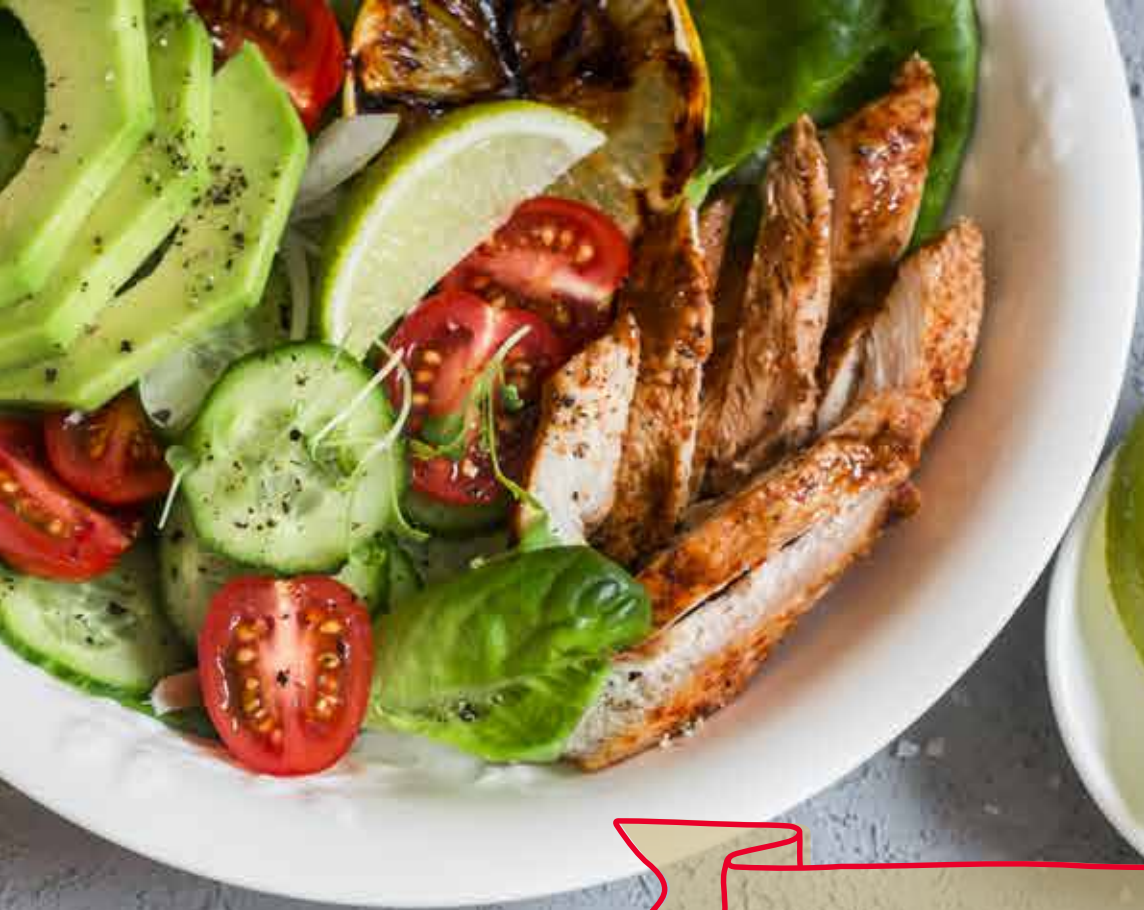
**15.0G**  
PROTEIN

**10.5G**  
FAT

**10.3G**  
CARBS

**2.8G**  
FIBRE





**LUNCHES & DINNERS**





## AROMATIC FISH SKEWERS

### INGREDIENTS

350g wild ling (2 fillets), cut into cubes  
 1 ½ tbsp. olive oil  
 1 ½ tbsp. lemon juice  
 1 tbsp. minced fresh parsley  
 1 clove garlic, grated  
 ½ tsp. sweet paprika  
 ½-¾ tsp. salt

¼ tsp ground cumin  
 ¼ tsp ground turmeric  
 ¼ tsp sumac  
 ¼ tsp cayenne pepper  
 Ghee or olive oil for cooking  
 Chopped fresh parsley or coriander leaf  
 Lemon wedges

### METHOD

#### *Marinade:*

In a jar, add the olive oil, lemon juice and all of the herbs and spices. Give the jar a good shake.

- Place the ling in a glass dish and pour over the marinade. Cover with cling wrap and refrigerate for at least 30 minutes.
- Remove fish from the fridge and skewer (you'll roughly get 4 skewers).
- Grease a griddle with olive oil or ghee and heat on medium heat. Place some or all of the skewers on the griddle. Cook for about 7-8 minutes, turning once.
- Garnish with chopped parsley or coriander and serve with lemon wedges.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**1436.8kJ**  
ENERGY (343.4 CAL)

**41.6G**  
PROTEIN

**17.9G**  
FAT

**7.8G**  
CARBS

**0.9G**  
FIBRE



## GRILLED TUNA STEAKS WITH PINE NUTS AND CAPSICUM

### INGREDIENTS

2 x 160g tuna steaks	½ green capsicum, sliced
2 tbsp. pine nuts, lightly toasted	½ yellow capsicum, sliced
1 tsp. olive oil	Dash white wine
1 tbsp. sultanas	Black pepper
1 red capsicum, sliced	Lemon juice

*Variation:* Swap sesame seeds for pine nuts

### METHOD

1. English spinach, blanched, to serve
2. Saute sultanas in olive oil for 1 minute.
3. Add white wine and pine nuts.
4. Cover and reduce heat
5. Continue to simmer for 10-15 mins.
6. Meanwhile, grill or fry tuna fillets in non-stick pan. Tuna should be slightly undercooked.
7. Season with black pepper, lemon juice and white wine to taste.
8. Serve on a generous bed of blanched English spinach.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

<b>1629.9kJ</b>	<b>29.8G</b>	<b>20.7G</b>	<b>14.1G</b>	<b>11.1G</b>
ENERGY (389.3 CAL)	PROTEIN	FAT	CARBS	FIBRE



## HEALING BROTH WITH SPICY WILD SALMON

### INGREDIENTS

*For the broth:*

- 4 cups vegetable stock
- 2 tbsp. quinoa, rinsed
- A few drops sesame oil
- 2 tsp. tamari
- A splash of mirin
- A small handful of arame
- 2 shallots, white parts sliced, green parts reserved
- ½ bunch coriander stems finely chopped, leaves reserved
- 1 carrot, finely chopped
- 2 stalks celery, finely chopped
- 3 fresh shiitake mushrooms, thinly sliced
- ½ tsp grated ginger

*For the salmon:*

- 2 fillets wild caught salmon\*
- Shichimi togarashi\*\*

\* Visit [www.thecanadianway.com.au](http://www.thecanadianway.com.au) for your nearest supplier.

\*\*Herbie's spicy Japanese style sprinkle. If unable to obtain, simply sprinkle the fillets with sea salt, pepper and chili flakes to taste.

### METHOD

1. Preheat oven to 180°C.
2. In a shallow pot, add the stock, quinoa, sesame oil, tamari, mirin, arame, white parts of the shallot and coriander stems. Bring to a gentle boil. Add the carrots, celery, mushrooms and ginger. Reduce the heat and cook for a further 10-15 minutes, or until the quinoa is cooked. Adjust flavour to taste.
3. Line a baking tray with baking paper and place the fillets on top.
4. Sprinkle with Shichimi togarashi to taste.
5. Bake for about 15 minutes, or until done to your liking.
6. Serve with coriander leaves and a handful of sliced green parts of the shallot.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**2588.2kJ**  
ENERGY (618.6 CAL)

**67.4G**  
PROTEIN

**21.6G**  
FAT

**30.3G**  
CARBS

**7.2G**  
FIBRE



## HERB CRUSTED WILD FISH

### INGREDIENTS

- ½ cup raw almonds
- ½ cup finely chopped coriander
- ½ cup finely chopped parsley
- 1 tsp. lemon zest
- 2 tbsp. olive oil
- Sea salt and pepper to taste
- 1 organic egg, lightly beaten
- 4 medium wild white fish fillets (such as ling, barramundi, cod, snapper)

### METHOD

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Place almonds in the food processor and grind to a chunky meal. Place almond meal in a small mixing bowl. Add chopped herbs into bowl along with lemon zest, olive oil, salt and pepper. Mix all ingredients well.
3. Place fish fillets on prepared baking tray. Brush each fillet with beaten egg and coat with the herb mixture.
4. Bake the fish for approximately 15 minutes, or until fish is cooked through.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**1664.0 kJ**  
ENERGY (397.7 CAL)

**50.0G**  
PROTEIN

**19.9G**  
FAT

**3.9G**  
CARBS

**2.2G**  
FIBRE



## POACHED SALMON WITH SALSA, SNOW PEAS & GREEN BEANS

### INGREDIENTS

1 x 200g salmon fillet  
 1 knob ginger  
 1 cup green beans, steamed al dente  
 1 cup snow peas, blanched in boiling water  
 Black pepper or cayenne powder  
 Vegetable salt, if desired

*Salsa:*  
 1 small capsicum  
 3 small tomatoes  
 3 spring onions  
 2 anchovies  
 ¼ cup fresh basil

### METHOD

*Salmon:*

1. Gently poach salmon fillet in water with ginger for 10 minutes or until cooked.
2. Remove salmon from water and serve topped with salsa and snow peas and green beans on the side.
3. Season to taste.

*Salsa:*

1. Prepare salsa ahead of time
2. Finely chop and combine all ingredients and allow the flavours to infuse for at least one hour.

### NUTRITIONAL INFORMATION

*Recipe Serves 1*

**2073.0kJ**  
 ENERGY (495.1 CAL)

**54.7G**  
 PROTEIN

**16.2G**  
 FAT

**23.5G**  
 CARBS

**15.1G**  
 FIBRE



## CHICKEN TIKKA

### INGREDIENTS

350g chicken breasts, cubed or sliced  
Mint peas, chopped tomato  
and red onion salad, to serve

#### *Marinade:*

1 small onion  
1 clove garlic  
3 tbsp. yoghurt  
2 tbsp. mint  
1 knob ginger  
1 tbsp. lemon juice  
1 tsp. ground coriander  
1 tsp. garam masala  
1/2 tsp. ground cumin

### METHOD

1. Combine marinade ingredients in a food processor.
2. Marinate chicken in marinade for several hours.
3. Chicken can be made into kebabs, barbequed as slices, baked at a high temperature or grilled.
4. Serve with mint peas, chopped tomato and red onion salad.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

<b>1560.8kJ</b>	<b>48.9G</b>	<b>10.3G</b>	<b>18.0G</b>	<b>7.9G</b>
ENERGY (372.8 CAL)	PROTEIN	FAT	CARBS	FIBRE



## EASY PEASY BAKED CHICKEN

### INGREDIENTS

500g organic chicken thigh fillets  
 1 tbsp. extra virgin olive oil  
 3 tsp. tamari  
 ½ tsp. sweet paprika  
 ½ tsp. smoked paprika  
 ¼ tsp. ground turmeric  
 3 small cloves garlic, grated

A couple of pinches sea salt  
 Chilli flakes to taste  
 2 tsp. honey, warmed\*

*\* To warm the honey, dispense the required amount into a small jar. Place jar in a pot with some boiled water until runny enough to brush.*

### METHOD

1. Place all of the ingredients except for the honey in a baking dish. Mix around to ensure the chicken is well coated.
2. Place in the fridge to marinate for an hour or so. If time does not permit, skip this step.
3. Heat the oven to 180°C.
4. Brush each fillet with a little honey and bake for 30 minutes.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**1692.9kJ**  
 ENERGY (404.6 CAL)

**50.5G**  
 PROTEIN

**16.9G**  
 FAT

**11.2G**  
 CARBS

**0.6G**  
 FIBRE





## **BOLOGNESE SAUCE**

### **INGREDIENTS**

- |   |  |
|---|--|
| 150g lean mince   | 1 tbsp. tomato paste   |
| 2 tsp. olive oil  | 2 medium tomatoes, finely chopped,<br>or 400g tin diced tomatoes |
| 1 onion, finely diced   | Vegetable stock, as required                                     |
| 1 clove garlic, minced  | Black pepper   |
| 2 cups vegetables<br>(carrot, capsicum, celery), finely chopped | ½ cup fresh herbs (parsley, basil, oregano), chopped             |

### **METHOD**

1. Brown mince in 1 teaspoon olive oil. Set aside.
2. Saute onion, garlic and carrots for 2 minutes in remaining olive oil.
3. Add remaining vegetables and saute for 2 minutes.
4. Add browned mince, tomato paste and stock.
5. Season with black pepper.
6. Simmer on low heat for at least 30 minutes.
7. Stir in fresh herbs just before serving.

### *Variation:*

Vegetarians may substitute finely chopped tofu or tempeh for mince.

### *How to serve:*

During weight loss phase try zoodles or konjac noodles. During the Maintenance Phase, an accompanying serving of cooked pasta, not exceeding 1/3 cup may be included.

## **NUTRITIONAL INFORMATION**

*Recipe Serves 1*

<b>2069.8kJ</b>	<b>39.2G</b>	<b>21.4G</b>	<b>30.0G</b>	<b>11.1G</b>
ENERGY (494.5 CAL)	PROTEIN	FAT	CARBS	FIBRE



## BOLOGNESE LETTUCE CUPS

### INGREDIENTS

1 tbsp. olive oil  
 1 large brown onion, diced  
 2 garlic cloves, crushed  
 A handful of rosemary leaves, chopped  
 Chili flakes (optional) to taste  
 2 celery sticks, finely chopped  
 3 medium carrots, finely chopped  
 2 sprigs fresh thyme, leaves removed from the stem (stem discarded)  
 500g grass-fed beef mince  
 1 glass (150ml) red wine  
 1 tsp. dried oregano (or a tbsp of freshly picked leaves)  
 500g fresh tomatoes, finely chopped  
 200g passata (tomato puree)  
 5 mushrooms (button or Swiss brown), wiped and chopped  
 3 sun-dried tomatoes, finely chopped  
 1 tsp. dried oregano (or a tbsp of freshly picked leaves)  
 A small handful of fresh basil leaves, torn  
 2 tsp. coconut/rapadura sugar  
 Sea salt and cracked black pepper to taste  
 ½ cup quinoa, rinsed  
 Cos lettuce leaves, rinsed and dried

### METHOD

1. Preheat oven to 180°C.
2. Heat the olive oil in a large, heavy based pan for which you have a lid.
3. Add the onion, garlic, rosemary and chili flakes (if using) and sauté on low-medium heat for a couple of minutes. Add the carrot, celery and thyme and sauté for a further couple of minutes.
4. Add the meat and continue frying for 2-3 minutes, and then add the wine. Add the chopped tomatoes, passata, mushrooms, sun-dried tomatoes, oregano, basil and sugar.
5. Season with salt and pepper to taste, stir well and bring to a gentle simmer. Cover with a lid and place in the oven for 90 minutes, tasting after one hour and adding more salt/pepper if needed.
6. Towards the end of the cooking time, cook quinoa as per instructions.
7. To serve, grab a lettuce leaf, add a little quinoa and top with bolognese.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**1859.0kJ**  
ENERGY (444.3 CAL)

**32.9G**  
PROTEIN

**18.4G**  
FAT

**35.2G**  
CARBS

**7.3G**  
FIBRE



## CAULIFLOWER PIZZA BASE

### INGREDIENTS

- 1 large head of cauliflower, trimmed and chopped
- 2 eggs
- 40g finely grated parmesan cheese
- 1 tsp. dried mixed herbs

### METHOD

1. Preheat oven to 230°C (210 fan forced). Line a baking tray with baking paper.
2. Process the cauliflower in a food processor until it reaches a rice consistency.
3. Microwave or steam the cauliflower until tender.
4. Drain thoroughly and wring cauliflower in a cloth until as dry as possible (the more water you remove, the better the base texture).
5. Place cauliflower in a mixing bowl.
6. Add lightly beaten egg, grated cheese and mixed herbs and stir until combined.
7. Turn mixture onto the lined tray and spread evenly over the tray.
8. Bake for 20 minutes or until golden.
9. Top with topping of choice and return to oven until cooked.

### NUTRITIONAL INFORMATION

*Recipe Serves 1*

**1543.9kJ**  
ENERGY (369 CAL)

**28.5G**  
PROTEIN

**21.7G**  
FAT

**17.4G**  
CARBS

**4.3G**  
FIBRE



# CHICKEN CAKES IN TOMATO SAUCE

## INGREDIENTS

*For the chicken cakes:*

500g minced organic chicken thigh fillets  
 1 small onion, diced  
 2 garlic cloves, grated  
 2 handfuls fresh parsley leaf, finely chopped  
 1 handful fresh coriander leaf, finely chopped,  
 plus extra for garnish  
 ⅓ cup almond meal (see note above)  
 1½ tsp. ground cumin  
 2 organic eggs, beaten  
 1 tsp. fine sea salt  
 Cracked pepper to taste  
 Extra virgin olive oil for pan frying

*For the tomato sauce:*

3 tbsp. olive oil  
 2 tsp. sweet paprika  
 2 tsp. ground cumin  
 1 tsp. ground coriander  
 1 large onion, diced  
 Dried chilli flakes to taste  
 150ml white wine  
 2 x 400g tin chopped tomato  
 2 cloves garlic, grated  
 1¼ tsp fine sea salt  
 Cracked black pepper to taste  
 4 tsp coconut sugar

## METHOD

1. Begin by making the sauce.
2. Heat the olive oil in a large pan for which you have a lid. Add the paprika, ground cumin and coriander, onion and chilli flakes and sauté on low-medium heat for about 5 minutes. Add the wine and simmer for 3 minutes. Add the tomatoes, garlic, salt, pepper and sugar and simmer for about 25 minutes.
3. While the sauce is simmering, make the cakes. Combine all the ingredients except for the olive oil in a mixing bowl and mix together well. Shape the mixture into 8 cakes (80g each). Refrigerate for 30-60 minutes.
4. Heat up a little olive oil in a frying pan on medium heat and sear the cakes for about 3 minutes on each side, until golden on both sides. You will probably have to do this in two batches.
5. Place the cakes in the tomato sauce, partially covering each cake in the sauce. Cover the pan with the lid and simmer on low heat for 20 minutes.
6. Garnish with coriander leaf and serve.

## NUTRITIONAL INFORMATION

*Per Serving (recipe serves 8)*

**948.9kJ**  
ENERGY (226.8 CAL)

**16.3G**  
PROTEIN

**14.4G**  
FAT

**6.0G**  
CARBS

**1.4G**  
FIBRE



## DELICIOUS DHAL

### INGREDIENTS

2 small sweet potatoes, scrubbed, chopped into cubes  
 1 ¼ cup dried red lentils  
 Extra virgin olive oil  
 1 tsp. organic ghee  
 1 brown onion, diced  
 ¼ tsp. ground turmeric  
 1 tsp. ground cumin  
 3 cups water

1 cup full fat coconut milk  
 3 small tomatoes, chopped  
 ½ tsp. freshly grated ginger  
 Fine sea salt to taste  
 A few handfuls of chopped fresh coriander  
 1 tsp. Pancha Phora\*

\* A Herbie's Spices blend of whole brown mustard, nigella, cumin, fenugreek and fennel seeds

### METHOD

1. Preheat oven to 180°C.
2. Place sweet potato in a bowl. Drizzle with a little olive oil (enough to coat) and mix.
3. Line a baking tray with baking paper. Evenly spread sweet potato on the tray and bake for about 25-30 minutes, until soft and slightly crispy on the edges. Once ready, turn oven off and keep the sweet potato inside (it will keep warm).
4. Heat the ghee over medium heat in a medium saucepan. Add the onion, turmeric, cumin, and Pancha Phora and sauté for 2 minutes. Add the lentils and sauté for a further minute.
5. Add the water, coconut milk and tomatoes. Bring to a gentle boil, add the ginger and salt, cover the and continue to simmer on low heat for about 15-20 minutes, until the lentils have fully collapsed.
6. Serve in individual bowls, topped with sweet potato and coriander.

### NUTRITIONAL INFORMATION

Per Serving (recipe serves 3)

**1310.4kJ**  
ENERGY (313.2 CAL)

**10.9G**  
PROTEIN

**9.8G**  
FAT

**48.7G**  
CARBS

**10.5G**  
FIBRE



## FRITTAZZA

### INGREDIENTS

10g leg ham, diced  
 ½ cup mushrooms, sliced  
 ¼ cup chopped red and green capsicum  
 1 spring onion, finely sliced  
 3 eggs  
 2 tsp. milk  
 2 tsp. water

½ cup grated hard yellow cheese  
 Black pepper  
 Vegetable salt, if desired  
 ¼ cup fresh Continental parsley, chopped  
 1 slice 100% rye bread  
 Sliced tomatoes to serve (optional)

### METHOD

1. Preheat oven to 180°C.
2. Crack eggs into a mixing bowl and beat. Add the feta and season with salt and pepper. Set aside.
3. Heat a little olive oil in a deep oven proof frying pan approximately 28cm diameter. Add the onion and sauté for 3 minutes or until translucent.
4. With the frying pan still on medium heat,

- pour the egg mixture on top. Arrange the bocconcini (or buffalo mozzarella), sun-dried tomatoes, olives and basil leaves on top. Sprinkle with chilli flakes.
5. Transfer pan into the oven and bake for 20 minutes, or until eggs are cooked through.
  6. Remove from oven and allow to cool slightly before serving.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**1848.1kJ**  
ENERGY (441.7 CAL)

**35.5G**  
PROTEIN

**30.3G**  
FAT

**11.8G**  
CARBS

**4.5G**  
FIBRE



# LAMB FILLET WITH SICILIAN VEGETABLES

## INGREDIENTS

1 x150g lamb fillet	½ red capsicum, chopped
2 baby eggplant, cubed	4 black olives
1 zucchini, cubed	1 tsp. chopped parsley
1 clove garlic, minced	1 tbsp. vinegar
1 tbsp. olive oil	Black pepper
2 tomatoes, chopped	Vegetable salt, if desired

## METHOD

1. Saute eggplant, zucchini and garlic in olive oil for 2 mins.
2. Add tomatoes and capsicum.
3. Cover and simmer for 20 mins.
4. Stir in olives, chopped parsley and vinegar
5. Season to taste.
6. Bake, grill or barbeque whole lamb fillet until cooked to your liking.
7. Serve in slices with vegetables.

## NUTRITIONAL INFORMATION

*Recipe Serves 1*

<b>2206.2kJ</b>	<b>47.8G</b>	<b>27.1G</b>	<b>17.5G</b>	<b>9.0G</b>
ENERGY (527.0 CAL)	PROTEIN	FAT	CARBS	FIBRE



## LEMONY LEEK MEATBALLS

### INGREDIENTS

(makes ~ 12 patties)

2 large leeks, trimmed, well washed and roughly chopped  
 500g grass-fed minced beef  
 150g homemade almond meal  
 3 organic eggs, beaten

Cracked black pepper to taste  
 Olive oil  
 200-300mL vegetable or chicken stock  
 120mL fresh lemon juice  
 Freshly chopped parsley

### METHOD

1. Steam the leeks for approximately 20 minutes, until completely soft. Place leeks on some paper towel, dry off a little, then place them in a clean tea towel, wrap them up and allow them to cool and for excess moisture to be dried.
2. Transfer the leeks to a food processor and pulse briefly.
3. Place the meat in a large mixing bowl, along with the leeks, almond meal, eggs, salt and pepper. Mix to combine well. Shape the mix into balls (roughly 80g) placing them on a large plate and slightly flatten them into patties.
4. Refrigerate for 30 minutes.
5. Heat up about one tablespoon of olive oil in a frying pan over medium-high heat and sear patties on both sides until golden brown. Transfer to a clean plate. You will have to do this in a few batches, depending on the size of your pan. Wipe the pan in between batches and re-oil the pan.
6. In a large deep pan for which you have a lid, place the patties (slightly overlapping if needed) and cook over medium heat. Pour over enough stock, almost covering the patties. Add the lemon juice. Bring to the boil, reduce the heat, cover and gently simmer for 30 minutes.
7. Remove the patties from the remaining liquid.
8. Serve warm and garnish with parsley.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 12)*

**521.3kJ**  
ENERGY (124.6 CAL)

**12.4G**  
PROTEIN

**6.7G**  
FAT

**4.6G**  
CARBS

**0.8G**  
FIBRE





## MARINATED LAMB FILLED WITH FRESH HERBS

### INGREDIENTS

1 x 150g lamb fillet  
 2 cups vegetables (sweet potato, red capsicum, eggplant, red onion), chopped  
 ½ tsp. balsamic vinegar  
 8 black olives  
 2 tsp. capers  
 Fresh parsley and basil, chopped

Rocket salad to serve

#### *Marinade:*

100mL olive oil  
 2 tbsp. balsamic vinegar  
 1 clove garlic, chopped  
 Grated rind of 1 lemon

### METHOD

1. Mix together ingredients for marinade marinate lamb for at least one hour.
2. Saute each vegetable lightly in olive oil before mixing together in a large baking dish.
3. Bake for 40 mins in a preheated oven at 180°C.
4. Bake, grill or barbeque whole lamb filled until cooked to your liking.
5. Toss lamb in balsamic vinegar, capers, chopped olives and fresh herbs before serving in slices.
6. Serve with baked vegetables and rocket salad.

### NUTRITIONAL INFORMATION

*Recipe Serves 1*

**2513.9kJ**  
 ENERGY (600.2 CAL)

**48.1G**  
 PROTEIN

**29.5G**  
 FAT

**31.0G**  
 CARBS

**8.3G**  
 FIBRE



## MOROCCAN LENTIL SALAD

### INGREDIENTS

2 cups vegetables (red capsicum, baby spinach leaves, rocket, shallots, etc), chopped  
 1 cup small brown (Puy) lentils, cooked until tender and drained  
 2 tbsp. olive oil  
 1 tbsp. lemon juice

2 tsp. ground coriander  
 1 tsp. ground cumin  
 Grated lemon rind  
 Pinch turmeric  
 Black pepper  
 Vegetable salt, if desired

### METHOD

1. Combine all ingredients.
2. Season to taste.

### *Variation:*

Serve with king prawns, chicken breast or hummus and a salad of cucumber, natural yoghurt, lemon juice and chopped mint.

### NUTRITIONAL INFORMATION

*Recipe Serves 2*

**1569.8kJ**  
ENERGY (375.0 CAL)

**29.7G**  
PROTEIN

**20.1G**  
FAT

**15.7G**  
CARBS

**5.9G**  
FIBRE



## QUINOA & FRENCH LENTIL SALAD

### INGREDIENTS

600g Japanese pumpkin, peeled and diced  
(optional to leave the skin on)  
Olive oil  
1 cup quinoa (red, black, white or mixed), rinsed  
¾ cup French (Puy) lentils, rinsed  
(preferably soaked overnight)

6 radicchio leaves, finely chopped  
10 cherry tomatoes, halved  
30g feta, crumbled  
A handful of freshly chopped parsley  
Juice of half a lemon  
Salt & pepper to taste

### METHOD

1. Preheat oven to 180°C.
2. Line a baking tray with baking paper. Place pumpkin in a mixing bowl, drizzle 2 teaspoons of olive oil, mix well and spread evenly across the tray. Bake for 30 minutes, or until soft.
3. While the pumpkin is baking, place quinoa in a small pot with 2 cups of water. Bring to a gentle boil, cover and simmer over low heat until fluffy, about 15-20 minutes.
4. While the quinoa is cooking, place the lentils in a small pot along with 3 cups of water. Cook over

medium heat until cooked through, about 25 minutes, stirring occasionally and adding a little water if needed.

#### *Time to layer the salad!*

1. Spread quinoa across a platter or a shallow bowl. Place the cooked lentils on top.
2. Add the baked pumpkin, radicchio, cherry tomatoes, feta and parsley.
3. Drizzle with a little olive oil and lemon juice and season with salt and pepper. Toss to combine.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**1266.5kJ**  
ENERGY (302.7 CAL)

**14.5G**  
PROTEIN

**7.4G**  
FAT

**47.3G**  
CARBS

**8.6G**  
FIBRE



## SALMON SALAD

### INGREDIENTS

- |   |                                      |
|---|--------------------------------------|
| 1 x 150g salmon fillet  | ½ cucumber, sliced                   |
| 2 cups mixed greens including rocket, sprouts and/or watercress | 1 tbsp. olive oil                    |
| ¼ red onion   | 2 tsp. apple cider vinegar           |
| 1 tomato, cut into wedges                                       | 1 tsp. capers                        |
|   | 1 tbsp. semi-dried tomato (optional) |

### METHOD

1. Poach salmon until cooked through.
2. Combine mixed greens, red onion, tomato and cucumber and dress with olive oil and apple cider vinegar.
3. Toss through capers and semi-dried tomato.
4. Serve salmon with salad.

### *Variation:*

Substitute poached salmon with slices of smoked salmon, canned salmon or mussels or occasionally slices of parmesan cheese.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**1276.1kJ**  
ENERGY (305 CAL)

**17.9G**  
PROTEIN

**21.7G**  
FAT

**10.6G**  
CARBS

**2.1G**  
FIBRE



## MEDITERRANEAN SALAD

### INGREDIENTS

Small can of tuna  
 1 cup bitter salad greens (rocket, watercress, etc)  
 1 tomato, cut into wedges  
 1 hard-boiled egg, quartered lengthwise  
 4 black olives  
 1 dessertspoon extra virgin olive oil  
 Vinegar (apple cider, red wine or balsamic) to taste.

### METHOD

1. Toss salad with olive oil and sprinkle with vinegar.
2. Slices of red onion and cucumber may also be added as desired.

#### *Optional Extras:*

Blanched green beans, asparagus, anchovies, ¼ avocado, 1 artichoke.

#### *Hint:*

It may be convenient to have a jar of homemade vinaigrette prepared ahead of time. Simply combine 1 cup virgin olive oil, 4 tbsp. vinegar (apple cider or red wine), and 2 tbsp. French Dijon mustard in a screw-top jar. Close lid tightly and shake well. This dressing will keep for some weeks without refrigeration.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 1)*

**2326kJ**  
ENERGY (555.6 CAL)

**41.1G**  
PROTEIN

**33.6G**  
FAT

**16.4G**  
CARBS

**9.2G**  
FIBRE



## **CHICKEN AND BEAN SALAD**

### **INGREDIENTS**

1 cup steamed chicken fillets, chopped  
 2 cups vegetables (celery, red onion, parsley, capsicum etc), chopped  
 400g can white beans or 1 cup cooked beans  
 Juice of ½ lemon  
 2 tbsp. olive oil

### **METHOD**

1. Combine all ingredients and dress with lemon juice and olive oil.

### **NUTRITIONAL INFORMATION**

*Per Serving (recipe serves 2)*

<b>1494.1kJ</b>	<b>25.0G</b>	<b>21.0G</b>	<b>14.9G</b>	<b>7.8G</b>
ENERGY (356.9 CAL)	PROTEIN	FAT	CARBS	FIBRE



## SALMON & RICOTTA PATTIES

### INGREDIENTS

800g tinned wild Alaskan salmon  
 1 onion, diced  
 Olive oil for sautéing  
 A handful of finely chopped fresh dill  
 2 tsp. salted capers

160g fresh ricotta cheese  
 Black pepper and chilli flakes to taste  
 2 organic eggs, beaten  
 Ghee for pan-frying

### METHOD

1. Drain the salmon well, place in a mixing bowl and pat dry with paper towel to remove any excess liquid.
2. Heat a little olive oil in a pan. Add the onion and sauté on low heat until nice and golden, about 5 minutes. Add the onion to the bowl.
3. Add in the dill, capers, ricotta, eggs, pepper and chilli flakes and combine well.
4. Form the mix into roughly 80g patties.
5. In a large frying pan, heat 2 tsp. of ghee.
6. Pan fry patties for about 3 minutes on each side, until golden brown. Repeat this process for the remainder of the mix.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 12)*

**488.7kJ**  
 ENERGY (116.8 CAL)

**18.0G**  
 PROTEIN

**4.5G**  
 FAT

**1.4G**  
 CARBS

**0.3G**  
 FIBRE



## SAN CHOY BAU (PORK MINCE IN LETTUCE CUPS)

### INGREDIENTS

350g pork fillet, minced  
 1 tsp. olive oil  
 1 knob ginger, finely sliced  
 1 cup water chestnuts, sliced  
 2 tbsp. sherry  
 1 tbsp. chilli bean sauce  
 1 tbsp. tamari or soy sauce  
 Iceberg lettuce leaves, cut carefully into cups

### METHOD

1. Sauté ginger quickly in olive oil before browning pork mince.
2. Add sherry, sauces and water chestnuts.
3. Simmer for 5 minutes, thin with a little water, if needed.
4. Spoon mince mix into lettuce cups for serving.
5. Accompany with steamed mixed Chinese vegetables.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

<b>1233.1kJ</b>	<b>40.8G</b>	<b>5.3G</b>	<b>13.3G</b>	<b>4.6G</b>
ENERGY (294.6 CAL)	PROTEIN	FAT	CARBS	FIBRE





## SLOW COOKED LAMB

### INGREDIENTS

(Serves 4-6, depending on meat to bone ratio)

2-2.5 Kg lamb shoulder (on the bone)

3 oranges, juiced (keep the peel of 2)

2 tbsp. honey

2 tbsp. tamari

3 small rosemary stems, leaves roughly picked

3 garlic cloves, smashed

Peel of 2 oranges

2 tbsp. olive oil

Fine sea salt & black pepper to taste

3 medium onions, quartered

### METHOD

- Place the lamb shoulder in a baking dish fat side up. The dish should be a little larger than the lamb, but not too roomy.
- With a sharp knife, score the lamb by cutting through the fat at roughly every three centimetres.
- To make the marinade, whisk the orange juice, honey and tamari in a bowl and pour over the lamb. Add the rosemary and garlic, ensuring that you get some into the slashes you have made. Throw in the orange peel.
- If marinating, simply cover with cling wrap and refrigerate overnight.
- Preheat oven to 250°C.
- Drizzle the olive oil over the lamb, season well with salt and pepper and let it stand at room temperature for 30-45 minutes. Add in the onions.
- Cover the baking dish with two layers of tin foil, ensuring a good seal. Place lamb on the top rack of the oven and immediately turn the temperature down to 150°C.
- Roast for five hours, basting hourly.
- Remove foil and roast for another 30 minutes, basting if you notice that it's drying up.

*Note:*

Some people prefer a less fatty dish. If so, at the end of cooking, transfer the cooking liquid into a glass dish and cover the lamb with foil. Leave the liquid to stand for about 10-15 minutes or until the fat has solidified at the top (it will be white). Scoop off the fat and pour the remaining liquid on the lamb.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 6)*

**3829.6kJ**

ENERGY (915.3 CAL)

**97.3G**

PROTEIN

**46.9G**

FAT

**20.8G**

CARBS

**3.5G**

FIBRE



## SPICY SEAFOOD AND VEGETABLE SOUP

### INGREDIENTS

12 peeled green prawns or  
400g cubed white fish fillets  
4 cups homemade stock  
(fish, chicken or vegetable) or water  
1 small carrot, sliced  
½ cup broccoli florets  
½ cup sliced mushrooms  
½ cup Chinese cabbage, thinly sliced

1 stalk lemongrass, chopped and grinded  
3 lemon or lime leaves, thinly sliced,  
or the rind of 1 lime  
1 knob of ginger or galangal, thinly sliced  
Lime juice to taste  
Fresh coriander leaves, shallots and  
1 fresh chilli (seeded and sliced) to garnish

### METHOD

1. Bring water or stock to boil.
2. Add lime leaves, lemongrass and ginger/galangal, simmer for 20 mins.
3. Strain and add broccoli, carrot and mushrooms and cook for 2 mins.
4. Add prawns or fish and cabbage.
5. Stir in lime juice and garnish with chopped coriander, shallots and chilli.

#### *Variation:*

Use tofu or chicken fillet instead of fish/prawns. During the Maintenance Phase, a small amount of cooked brown rice or konjac noodles may be added as a side dish.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**1048.7kJ**  
ENERGY (250.4 CAL)

**50.3G**  
PROTEIN

**1.8G**  
FAT

**4.2G**  
CARBS

**3.7G**  
FIBRE



## THAI GREEN CHICKEN CURRY

### INGREDIENTS

1 cup chopped chicken breast	1 cup coconut milk
1 tsp. olive oil	½ cup water
1 onion, cut into thin wedges	½ cup peas
1 tbsp. green curry paste	2 tsp. basil leaves, chopped
2 kaffir lime leaves, finely sliced, or grated rind of 1 lime	Cucumber salad, to serve

### METHOD

1. Saute onion in olive oil.
2. Stir through curry paste.
3. Add coconut milk, water and lime leaves/rind.
4. Simmer for 5 minutes.
5. Poach chicken in this liquid until just tender.
6. Add peas in the last 5 minutes and garnish with basil leaves.
7. Serve with a cucumber salad.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

<b>1654.7kJ</b>	<b>22.9G</b>	<b>28.5G</b>	<b>9.7G</b>	<b>5.9G</b>
ENERGY (395.2 CAL)	PROTEIN	FAT	CARBS	FIBRE



## TRADITIONAL STIR-FRY

### INGREDIENTS

200 - 250g lean protein  
(seafood, chicken breast, lean beef,  
lamb or tofu), thinly sliced  
4 cups of vegetables, finely sliced  
1 tsp. olive oil  
1 small onion, cut into thin wedges

1 tbsp. minced garlic  
1 tbsp. freshly grated ginger  
Dash tamari or soy sauce  
Fresh chilli or chilli paste (optional)  
Squeeze of lemon or lime juice (optional)

### METHOD

1. Saute onion, garlic and ginger in olive oil.
2. Add firm vegetables such as carrots, broccoli and cauliflower.
3. Cook for 2 mins.
4. Add protein and cook for 2 mins.
5. Follow with more watery vegetables such as spinach, snow peas, capsicum, mushrooms and Chinese greens.
6. Stir through tamari/soy sauce.
7. Add chilli and lemon/lime juice, if using.
8. Serve immediately.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**1508.6kJ**  
ENERGY (360.3 CAL)

**25.8G**  
PROTEIN

**16.1G**  
FAT

**11.9G**  
CARBS

**10.5G**  
FIBRE



## WHITE BEAN MASH

### INGREDIENTS

800g cooked or tinned butter beans  
 4 tbsp. extra virgin olive oil  
 A handful of coriander leaves (with fine stalks)  
 A squeeze of fresh lemon juice  
 Sea salt and pepper to taste  
 A splash of oat/soy/dairy milk (optional)

### METHOD

1. In a food processor, combine all ingredients and blend until smooth. Easy!
2. If adding some milk, do it gradually until you get the desired creaminess.

### *Variations*

Use other white beans such as navy or cannellini.  
 Play around with the herbs – try thyme, dill, sage, tarragon.  
 Add some caramelized onion.  
 Add a teaspoon of red curry paste for a bit of a kick.

## NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

<b>940.1kJ</b>	<b>6.4G</b>	<b>14.1G</b>	<b>19.1G</b>	<b>5.2G</b>
ENERGY (224.7 CAL)	PROTEIN	FAT	CARBS	FIBRE



## WHITE BEAN PATTIES

### INGREDIENTS

1/3 Japanese pumpkin, peeled and cut into small cubes  
 1 cup whole raw almonds  
 800g canned or freshly cooked Lima beans (butter beans)  
 Extra virgin olive oil  
 1 onion, peeled and diced  
 1 tbsp. finely chopped fresh coriander root  
 Pinch dried chili flakes

2 cups finely chopped kale or silverbeet leaves  
 (main white stem removed)  
 1/2 cup finely chopped parsley leaf  
 1/2 cup finely chopped coriander leaf  
 1/2 tsp. lemon zest  
 2 organic eggs  
 Sea salt and black pepper to taste

### METHOD

1. Preheat oven to 180°C. Line a baking tray with baking paper.
2. Place the pumpkin cubes in a bowl, drizzle a little olive oil and mix with your hands to cover evenly with the oil. Place on baking tray and bake for approximately 25 minutes, or until the pumpkin begins to brown on the edges.
3. While the pumpkin is baking, place the almonds in a food processor and process to a crunchy meal. Transfer almond meal to a large mixing bowl and set aside.
4. Heat a little olive oil in a large frying pan and sauté the onion, coriander root and chili flakes on medium heat for about 3 minutes. Add the silverbeet and toss for a minute or so. Allow it to cool slightly and place in a food processor.
5. Add the butter beans, chopped herbs and cooked pumpkin into the food processor.  
Crack the eggs in and then add the lemon zest.
6. Season with salt and pepper to taste.
7. Process briefly, just to combine (you don't want the mix to be too smooth).
8. Transfer the mix into the bowl with the almond meal. Fold the almond meal through the mix.
9. Line the baking tray with fresh baking paper (oven still on 180°C).
10. Place an egg or burger ring (roughly 9cm dia) on the baking tray. Fill with two tablespoons of the mix, flatten to form a patty and then remove the ring. Continue to do this for the remainder of the mix.
11. Bake for 20 minutes or until the edges just start to crisp up. Transfer to a cooling tray.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 10)*

**1015.0kJ**  
ENERGY (242.6 CAL)

**12.9G**  
PROTEIN

**10.1G**  
FAT

**27.7G**  
CARBS

**9.7G**  
FIBRE



## MISO MUSTARD DRESSING

### INGREDIENTS

2 tbsp. white (shiro) miso  
1 tbsp. wholegrain mustard  
1 tbsp. honey  
¼ cup apple cider vinegar  
½ cup extra virgin olive oil  
Juice of half an orange

### METHOD

1. Place all the ingredients in a bowl and whisk until combined.
2. Transfer to a jar and refrigerate.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 6)*

**785.3kJ**  
ENERGY (187.7 CAL)

**0.8G**  
PROTEIN

**18.7G**  
FAT

**5.3G**  
CARBS



## PESTO DRESSING

### INGREDIENTS

- 70g freshly picked basil leaves
- ½ tsp. fine sea salt
- ¼ cup pine nuts
- ¼ cup grated Pecorino or Parmesan cheese
- ⅓ cup extra virgin olive oil
- ¼ cup natural yoghurt (sheep's or cow's milk)

### METHOD

1. Place all ingredients in a mini food processor and process until smooth.
2. Store in a glass jar in the fridge for up to 4 days.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 8)*

**510.4kJ**  
ENERGY (122 CAL)

**2.1G**  
PROTEIN

**12.3G**  
FAT

**1.5G**  
CARBS

**0.5G**  
FIBRE





## ZESTY SUMAC DRESSING

### INGREDIENTS

4 tbsp. extra virgin olive oil  
 Zest of one small lemon  
 2 tbsp. fresh lemon juice  
 1 small clove of garlic, minced  
 2 tsp. runny honey  
 2 pinches of sumac  
 A pinch of sea salt

### METHOD

1. Whisk together all the ingredients in a bowl.
2. Store in an airtight jar in the fridge for up to one week.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 2)*

**657.3kJ**  
 ENERGY (157.1 CAL)

**4.7G**  
 PROTEIN

**9.3G**  
 FAT

**15.8G**  
 CARBS

**1.6G**  
 FIBRE



## **TAHINI DRESSING**

### **INGREDIENTS**

1/3 cup hulled tahini paste  
4 tbsp. (80mL) lemon juice  
1 garlic clove, grated  
A handful of roughly chopped parsley leaves  
1 tsp. honey  
A pinch or two of sea salt  
120mL filtered water  
1 tbsp. extra virgin olive oil

### **METHOD**

1. Combine all the ingredients in a small food processor and process until smooth.
2. Adjust to taste and desired consistency.

### **NUTRITIONAL INFORMATION**

*Per Serving (recipe serves 4)*

**747.3kJ**  
ENERGY (178.6 CAL)

**4.0G**  
PROTEIN

**15.5G**  
FAT

**9.1G**  
CARBS

**2.3G**  
FIBRE



**SNACKS**



## CHOC MALT ENERGY SNACK BALLS

### INGREDIENTS

10 medjool dates, pips removed  
 ½ cup Wheyless Choc Malt protein powder  
 1 tsp. vanilla extract  
 2 tbsp. raw cacao powder  
 2 cups almond meal  
 1 cup shredded coconut  
 Pinch sea salt

### *Rolling ingredient options:*

Roasted and finely chopped almonds  
 Chia seeds  
 Desiccated coconut  
 Raw cacao powder

### METHOD

1. Place all ingredients into your food processor and blitz on low until you form a sticky dough, adding a tablespoon of water to the mixture to help it come together, as needed.
2. Pick up tablespoonfuls of mixture and roll into a ball in your hands. Roll the ball into your desired “rolling ingredient”.

### NUTRITIONAL INFORMATION

*Recipe Serves 6*

**1338kJ**  
ENERGY (319 CAL)

**9G**  
PROTEIN

**12G**  
FAT

**47G**  
CARBS

**12G**  
FIBRE



## CHOCOLATE CHIP PEPPERMINT CREME FROZEN YOGHURT

### INGREDIENTS

100g plain, unsweetened, full-fat yoghurt  
 3 tbsp. cream  
 2 tbsp. milk  
 2 heaped scoops of Double Chocolate Wheyless  
 25g 70% cocoa, dark chocolate or 1 tbsp. Cadbury Milk Chocolate Melts (10 buttons)  
 1 tsp. pure, unsweetened cocoa powder  
 1 tsp. Natvia (natural erythritol/stevia sweetener)  
 ¼ tsp. peppermint extract

### METHOD

1. Blend until an even consistency and colour is achieved
2. Pour into four ice-cream moulds
3. Freeze for four hours and enjoy at your leisure.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

<b>634.2kJ</b>	<b>9.15G</b>	<b>7.8G</b>	<b>10.9G</b>	<b>1.1G</b>
ENERGY (151.0 CAL)	PROTEIN	FAT	CARBS	FIBRE



## DOUBLE CHOC NUT SLICE

### INGREDIENTS

- ⅓ cup coconut oil
- ⅓ cup unsalted almond or peanut butter
- ½ cup milk, regular or almond
- 1 ½ cups Wheyless Double Chocolate protein powder
- Pinch sea salt
- ⅓ cup almond meal
- 70g dark chocolate, melted
- 2 tbsp. chopped almonds or hazelnuts, toasted

### METHOD

1. Add coconut oil, almond or peanut butter and milk to a small saucepan. Heat over a low-medium heat, stirring, until combined. Remove from the heat and stir through the protein powder, sea salt and almond meal.
2. Scoop into a small container lined with baking paper and press the mixture into the mould, using the back of a spoon to flatten and compact the mixture well.
3. Pour the chocolate over the top and spread a thin layer across the slice and sprinkle over the chopped nuts.
4. Place into the fridge for 3 hours or the freezer for 1 hour, to set.
5. Cut into 12 bars.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**840kJ**  
ENERGY (201 CAL)

**9.15G**  
PROTEIN

**15G**  
FAT

**9G**  
CARBS

**49G**  
FIBRE



## MANGO COCONUT FROZEN YOGHURT

### INGREDIENTS

200g coconut yoghurt  
 Flesh from 1 mango - chopped roughly  
 2 scoops Mango Smoothie Wheyless

### METHOD

1. Blend ingredients together until smooth.
2. Pour into ice-block moulds and freeze for 4 hours.
3. Makes 4-6 depending on the size of the mango and the moulds.

#### *Variations:*

Swap coconut yoghurt for regular yoghurt or coconut water for different textures.  
 Swap mango with banana or other summer fruits like peaches, nectarines or apricots.  
 Swirl fresh passionfruit pulp through mixture in the ice-block mould.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**380kJ**  
 ENERGY (91 CAL)

**6G**  
 PROTEIN

**15G**  
 FAT

**12G**  
 CARBS



## MANGO COCONUT TRUFFLES

### INGREDIENTS

1 cup almond meal  
 1 cup shredded coconut  
 3 scoops Mango Smoothie Wheyless  
 1½ tbsp. melted coconut oil  
 1 tsp. vanilla extract

#### *Optional:*

Desiccated coconut for rolling  
 For extra sweetness, add 2-4 tsp. of pure maple syrup.

### METHOD

1. Blitz shredded coconut and almond meal in a food processor until they are starting to form a paste.
2. Add all other ingredients and blend until well combined.
3. Roll teaspoonfuls of mixture into balls
4. Roll into desiccated coconut, if desired
5. Store in fridge or freezer

*Makes 12 - 14 truffles.*

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 12)*

**539kJ**  
 ENERGY (129 CAL)

**6G**  
 PROTEIN

**8G**  
 FAT

**9G**  
 CARBS

**5G**  
 FIBRE





## TANGY FRUIT SALAD FROZEN YOGHURT

### INGREDIENTS

100g plain, unsweetened, full-fat yoghurt  
 2 tbsp. cream  
 2 tbsp. milk  
 3 scoops Banana Smoothie Wheyless  
 1 apricot  
 1 passionfruit  
 1 tsp. Natvia (natural erythritol/stevia sweetener)

### METHOD

1. Blend until an even consistency and colour is achieved.
2. Pour into four ice-cream moulds.
3. Freeze for four hours and enjoy at your leisure.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**588.4kJ**  
ENERGY (140.1 CAL)

**9.2G**  
PROTEIN

**7.1G**  
FAT

**10.4G**  
CARBS

**0.7G**  
FIBRE



## TRIPLE BERRY FROZEN YOGHURT

### INGREDIENTS

- 100g plain, unsweetened, full-fat yoghurt
- 2 tbsp. cream
- 2 tbsp. milk
- 3 scoops Strawberries and Cream Wheyless
- ¼ cup raspberries
- ¼ cup blueberries
- ¼ cup boysenberries
- 1 tsp. Natvia (natural erythritol/stevia sweetener)

### METHOD

1. Blend until an even consistency and colour is achieved.
2. Pour into four ice-cream moulds.
3. Freeze for four hours and enjoy at your leisure.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

**634.2kJ**  
ENERGY (151.0 CAL)

**9.1G**  
PROTEIN

**7.8G**  
FAT

**10.9G**  
CARBS

**1.1G**  
FIBRE



## VANILLA MANGO FROZEN YOGHURT

### INGREDIENTS

100g plain, unsweetened, full-fat yoghurt  
 2 tbsp. cream  
 2 tbsp. milk  
 1 mango (chopped into pieces)  
 3 scoops French Vanilla Wheyless  
 1 tsp. Natvia (natural erythritol/stevia sweetener)  
 Sprinkle of cinnamon (to taste)

### METHOD

1. Blend until an even consistency and colour is achieved.
2. Pour into four ice-cream moulds.
3. Freeze for four hours and enjoy at your leisure.

### NUTRITIONAL INFORMATION

*Per Serving (recipe serves 4)*

<b>638.0kJ</b>	<b>9.45G</b>	<b>7.15G</b>	<b>12.8G</b>	<b>0.9G</b>
ENERGY (151.9 CAL)	PROTEIN	FAT	CARBS	FIBRE



## WHEYLESS BLISS BALLS

### INGREDIENTS

- ¼ cup mixed seeds (e.g. chia, pumpkin, sunflower, flax)
- ¼ cup Wheyless Double Chocolate protein powder (or use whichever flavour you prefer)
- 1 tbsp. cacao or cocoa powder
- 2 tbsp. coconut oil
- 1 cup almonds
- 1 tbsp. honey or rice malt syrup
- Desiccated coconut for rolling

### Variations:

- Add a few drops of peppermint essence for a minty version.
- Add orange zest for a Jaffa variety.

### METHOD

1. Blitz all ingredients in a food processor.
2. Roll teaspoonfuls of mixture into balls.
3. Roll into desiccated coconut, if desired.
4. Store in fridge or freezer.

*\*If you don't have a food processor, you can use ground almonds and seeds eg: LSA mix and combine ingredients together in a bowl.*

## NUTRITIONAL INFORMATION

*Per Serving (recipe serves 6)*

**894kJ**  
ENERGY (214 CAL)

**8G**  
PROTEIN

**17G**  
FAT

**10G**  
CARBS

**5G**  
FIBRE



# Wheyless

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