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Recipes – Week 1

Smoked Salmon and Avocado Corn Thins



Details		Nutritional details per serve	
Serves :	1	Calories:	221
Total preparation time:	Up to 5 minutes.	Fat:	7.7
Region:	Western	Protein:	19.9
Gluten Free:	Yes	Carbohydrates:	17.5
Vegetarian:	No	Fibre:	2.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<ol style="list-style-type: none">1. Spread the avocado over the corn thins.2. Top with rocket leaves and smoked salmon.3. Season with freshly ground black pepper according to taste. <p>Chef's suggestion: For gluten-free, check the brand of corn thins is gluten-free or substitute with gluten-free crisp bread.</p>			

Ingredients	
1 pinch	black pepper
3	corn thins (approx 6g each)
75 grams	smoked salmon slices
1 cups	rocket leaves
0.25 (approx 180g each)	ripe avocados, small

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Recipes – Week 1

Rice Cakes with Smoked Salmon & Quick Guacamole



Details		Nutritional details per serve	
Serves :	1	Calories:	217
Total Preparation Time:	5 minutes	Fat:	6.9
Region :	Western	Protein:	18.9
Gluten Free:	Yes	Carbohydrates:	20.0
Vegetarian:	No	Fibre:	2.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Mash the avocado with the back of a fork in a small bowl.			
2. Add the cottage cheese, chilli and lemon juice and season to taste with salt and pepper; combine well.			
3. Spread the 'quick guacamole' evenly over the 3 rice cakes and top with the smoked salmon.			
4. Garnish with ground black pepper, if you like.			
Chef's suggestion: - For gluten free, ensure the brand of rice cakes is gluten free or use a gluten free crisp bread.			

Ingredients	
50 grams	cheese, cottage, low-fat
3	rice cakes, brown, thins (approx 6g each)
1 pinch	white pepper
0.25 (approx 180g each)	ripe avocados, small
1 pinch	sea salt
50 grams	smoked salmon slices
0.2 tsp	mild chilli powder
5 mls	lemon juice, bottled

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Recipes – Week 1

Cream Cheese Tomato Bagel



Details		Nutritional details per serve	
Serves :	1	Calories:	255
Total Preparation Time In :	Up to 5 minutes.	Fat:	3.6
Region :	American	Protein:	31.4
Gluten Free:	No	Carbohydrates:	28.1
Vegetarian:	Yes	Fibre:	7.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. In a small bowl, beat together the cream cheese, protein powder and a little Italian seasoning.			
2. Halve and lightly toast the bagel and spread the cheese mix over each half.			
3. Thinly slice the tomatoes and arrange on top, then sprinkle with a little sea salt and freshly ground black pepper.			
Serve and enjoy!!			

Ingredients	
15 grams	natural whey protein powder (optional)
6	cherry tomatoes, small (approx 10g each)
1 pinch	sea salt
50 grams	cheese, cream, extra-light (reduced-fat)
0.2 tsp	Italian seasoning
1 (approx 60g each)	bagel, whole-wheat, 3" plain

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Recipes – Week 1

Ham, Cheese and Rocket Crispbreads



Details		Nutritional details per serve	
Serves :	1	Calories:	199
Total Preparation Time:	5 minutes	Fat:	4.8
Region :	Western	Protein:	15.3
Gluten Free:	No	Carbohydrates:	19.7
Vegetarian:	No	Fibre:	3.9
Dairy Free:	No		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
1. Spread the cream cheese over the crisp breads and top with the rocket and ham slices.			
2. Season with freshly ground black pepper according to taste.			

Ingredients	
2 crackers	crackers, ryvita, multi-grain rye (per cracker)
1 pinch	black pepper
50 grams	smoked ham, extra lean, sliced
50 grams	cheese, cream, extra-light (reduced-fat)
1 cups	rocket leaves

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Recipes – Week 1

Smoked Haddock Scramble



Details		Nutritional details per serve	
Serves :	1	Calories:	261
Total Preparation Time:	10 minutes	Fat:	5.7
Region :	Scottish	Protein:	33.5
Gluten Free:	No	Carbohydrates:	15.8
Vegetarian:	No	Fibre:	0.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		

Instructions

1. Put the smoked haddock into a heatproof dish, cover with cling film, puncture with a sharp knife and microwave on high power for 1 minute. Remove and leave to cool.
1a. Alternative: put the haddock into a shallow frying pan, cover sparingly with boiling water and simmer on a medium heat for about 4 minutes til cooked. Remove from heat to cool a little.
2. Beat the egg and skim milk in a microwaveable bowl and season lightly with sea salt and freshly ground black pepper.
3. Put the bowl into the microwave and cook for 30 seconds on high power, stirring after 30 seconds and repeat in bursts of 10 seconds till the eggs are thick and creamy but not solidly set (the egg will continue to cook a little after it is removed from the microwave). 3b. Alternative: pour the beaten egg mixture into a non-stick frying pan and, stirring all the time, cook gently over a medium heat till thick and creamy.
4. While the egg is cooking, lift the cooked haddock onto a serving plate and using a knife and fork, divide into flakes. Add the cooked eggs to the haddock.
5. Serve with the slice of rye bread on the side and if you like, scatter with masses of freshly chopped parsley (which adds flavour and goodness).

Chef's suggestion: Instead of smoked haddock you can use ready prepared canned kippers or sardines; or for a real treat add smoked salmon trimmings.

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Ingredients	
1 pinch	black pepper
1	eggs, large (approx 50g each)
1 pinch	sea salt
30 mls	milk, skim
1 slices	bread, dark rye (approx 30g per slice)
100 grams	smoked haddock fillets

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Recipes – Week 1

Zesty Lemon Vanilla Fruit Dip



Details		Nutritional details per serve	
Serves :	1	Calories:	209
Total Preparation Time:	5 minutes.	Fat:	1.0
Region :	Western	Protein:	17.1
Gluten Free:	Yes	Carbohydrates:	31.0
Vegetarian:	Yes	Fibre:	1.7
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Combine the cottage cheese, vanilla essence and yogurt together in a small bowl.			
2. Sprinkle with grated lemon rind and serve with the fresh strawberries.			
Chefs suggestion: - For a smoother consistency, blend the yogurt and cottage cheese together with a hand blender.			

Ingredients	
1 tsp	grated lemon peel
1 150g tub (1 serve)	fruche, vanilla creme
0.25 tsp	vanilla essence
60 grams	strawberries
100 grams	cheese, cottage, low-fat

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Recipes – Week 1

Tomato & Chicken Baguette



Details		Nutritional details per serve	
Serves :	1	Calories:	277
Total Preparation Time:	5 minutes	Fat:	9.6
Region :	Australian	Protein:	17.4
Gluten Free:	No	Carbohydrates:	29.7
Vegetarian:	No	Fibre:	1.9
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Slice the baguette through the centre. 2. Top the bottom half with mozzarella, sliced tomato, shredded chicken, and finish with basil leaves. 3. Top with the other bread half and serve.			

Quantity	Ingredient
0.5	tomatoes, small (approx 100g each)
50 grams	baguette, french
1 can (85g)	chicken, shredded breast, tomato and onion
1 sprigs	fresh basil leaves
10 grams	cheese, mozzarella

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Recipes – Week 1

Turkey, Rocket and Cranberry Pitta Pockets



Details		Nutritional details per serve	
Serves :	1	Calories:	213
Total Preparation Time:	5 minutes	Fat:	1.5
Region :	Western	Protein:	17.7
Gluten Free:	No	Carbohydrates:	31.3
Vegetarian:	No	Fibre:	2.4
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Warm the pitta pockets under a grill or in the toaster until puffy but still soft.			
2. Slice the warm pitta pockets along one side to make an opening.			
3. Stuff the pitta pockets with the turkey slices, rocket, sliced tomato and cranberry sauce and eat immediately.			

Quantity	Ingredient
1	tomatoes, small (approx 100g each)
1 tsp	cranberry sauce
70 grams	turkey meat, lean, sliced
2	bread, mini pita pockets, wholemeal, approx 20g each
1 cups	rocket leaves

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Recipes – Week 1

Pork Steaks with Apple & Pear Salsa



Details		Nutritional details per serve	
Serves :	1	Calories:	291
Total Preparation Time In :	Up to 10 minutes.	Fat:	4.2
Region :	Western	Protein:	46.7
Gluten Free:	Yes	Carbohydrates:	17.4
Vegetarian:	No	Fibre:	2.8
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none">1. Lightly spray a sandwich grill and heat to high; add the pork butterfly steaks and cook until browned or cooked to your preference.2. Meanwhile, cut the apple and pear into 1cm pieces and finely chop the mint leaves and chilli.3. Combine the lemon juice and sugar in a small bowl along with 1tsp of water (per serving) and stir until the sugar has dissolved.4. Add the chopped fruit, mint and chilli and toss gently to combine; transfer to a serving plate along with the cooked pork steaks.			

Quantity	Ingredient
1 sprigs	fresh mint leaves
200 grams	pork, butterfly steak, lean
0.25	red dessert apples, medium (approx 138g each)
10 mls	lemon juice, bottled
0.25	fresh red chillies (approx 45g each)
0.25	eating apples, medium (approx 138g each)
2 pump	cooking oil spray
0.25	green pears, small (approx 115g each)
0.5 tsp	sugar

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Recipes – Week 1

Summer Fruit Compote



Details		Nutritional details per serve	
Serves :	1	Calories:	212
Total Preparation Time In :	Up to 5 minutes.	Fat:	0.4
Region :	French	Protein:	20.3
Gluten Free:	Yes	Carbohydrates:	30.9
Vegetarian:	Yes	Fibre:	4.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none">1. Stone and quarter the plum and nectarine, then put all the fruit into a small microwaveable bowl with the maple syrup and a little water (approx 2 tablespoons per serving). Cook on medium high for 2-3 minutes or until the fruits are soft and you have a well-coloured juice.2. Meanwhile, combine the yogurt and protein powder in a bowl and mix well.3. When the fruit is ready, serve with the yogurt and garnish with mint if using.			

Quantity	Ingredient
1 sprigs	fresh mint leaves
15 grams	strawberry flavour whey protein powder (wpi)
100 grams	yogurt, natural bio, fat-free
50 grams	raspberries
0.5	nectarines, medium (approx 120g each)
10 mls	pure canadian maple syrup
1	red plums, small (approx 50g each)

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Recipes – Week 1

Instant Tuna, Roasted Capsicum and Three Beans Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	210
Total Preparation Time:	2 minutes	Fat:	8.5
Region :	Australian	Protein:	19.6
Gluten Free:	Yes	Carbohydrates:	11.7
Vegetarian:	No	Fibre:	4.6
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Simply open and eat...a great meal for on the run!			

Quantity	Ingredient
1 185g serve	tuna and beans, roasted capsicum and 3 beans

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Recipes – Week 1

Open Topped Crunchy Tuna Sandwich (dairy & gluten free version)



Details		Nutritional details per serve	
Serves :	1	Calories:	252
Total Preparation Time:	5 minutes	Fat:	6.8
Region :	Western	Protein:	19.3
Gluten Free:	Yes	Carbohydrates:	26.9
Vegetarian:	No	Fibre:	5.2
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Chop the core the apple and then roughly chop along with the celery and walnuts			
2. Mix the yogurt and mustard together, and then stir in the drained tuna, celery, apple and nuts. Season well with salt and freshly ground black pepper.			
3. Top the bread with the mixture and slice in half; serve with the rocket leaves and halved cherry tomatoes.			

Quantity	Ingredient
2	cherry tomatoes, small (approx 10g each)
0.5	celery stalks (approx 30 grams each)
55 grams	tuna in spring water (drained weight)
1 slice	bread, multigrain, 100% gluten free (approx 39g each)
0.5 cups	rocket leaves
1 pinch	sea salt
5 grams	walnuts, raw
35 grams	soy yogurt, natural
0.5 tsp	mustard, wholegrain
0.25	eating apples, medium (approx 138g each)

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Recipes – Week 1

Warm Spring Chicken



Details		Nutritional details per serve	
Serves :	1	Calories:	290
Total Preparation Time:	20 minutes	Fat:	3.3
Region :	British	Protein:	33.4
Gluten Free:	Yes	Carbohydrates:	26.1
Vegetarian:	No	Fibre:	4.0
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none">1. Heat the grill to medium and line the grill pan with foil.2. Beat the egg white with a little salt and pepper and then pour into a pie plate. Put the grated parmesan into a separate pie plate.3. Dip the chicken breast in the egg white and then the parmesan cheese making sure to coat both sides of the chicken well. Retain any leftover parmesan to decorate the finished dish.4. Grill the coated chicken breast for 10-12 minutes, turning once until browned and crisp, then slice into inch-thick pieces.5. Meanwhile, boil the potatoes for 10 minutes, adding the snow peas for the final 3 minutes, then drain.6. Halve the cherry tomatoes, then toss together with the vegetables, spinach, basil leaves and vinegar; season with sea salt and freshly ground black pepper to taste.7. Transfer the vegetable mix onto a plate and serve topped with the chicken and any remaining parmesan cheese.			

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Recipes – Week 1

Quantity	Ingredient
100 grams	charlotte new potatoes
2 sprigs	fresh basil leaves
100 grams	chicken breast fillets, skinless and boneless
1	egg whites (large egg)
1 pinch	black pepper
20 grams	baby spinach leaves
1 pinch	sea salt
1 Tbsp	cheese, parmesan, grated
20 mls	balsamic vinegar
50 grams	snow peas (mange tout)
8	cherry tomatoes, small (approx 10g each)

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Recipes – Week 1

Egg and Lettuce Wrap



Details		Nutritional details per serve	
Serves :	1	Calories:	259
Total Preparation Time:	10 minutes	Fat:	6.2
Region :	Western	Protein:	18.0
Gluten Free:	No	Carbohydrates:	31.3
Vegetarian:	Yes	Fibre:	6.2
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<p>1. Place the egg in a small saucepan with enough water to just cover the egg. Place a lid on the saucepan and bring to the boil over high heat. As soon as the water boils, reduce and simmer between 6-8 minutes so that the egg is hard boiled.</p> <p>2. Meanwhile, wash the raspberries and transfer to a small ramekin dish. Set aside.</p> <p>3. As soon as the egg is ready, run the saucepan under cold water until the egg is cool enough to touch. Peel off the egg shell and transfer into a small mixing bowl.</p> <p>4. Using a fork, mash the egg up and then mix well with the cottage cheese and mayonnaise. Season with freshly ground black pepper.</p> <p>5. Spread the egg mixture evenly over one side of the oat wrap, top with shredded lettuce and then roll up the wrap.</p> <p>6. Transfer onto a serving plate and serve with the raspberries.</p> <p>Chef's suggestions: - For dairy-free, ensure the brand of mayonnaise you are using is dairy-free.</p>			

Quantity	Ingredient
1 pinch	black pepper
1	eggs, large (approx 50g each)
0.25	crisp lettuce, small (approx 100g each)
1 each (approx 25g)	bread wraps, oat
75 grams	raspberries
15 grams	mayonnaise, 97% fat-free
75 grams	cheese, cottage, low-fat

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Recipes – Week 1

Barramundi with Grilled Vegetables



Details		Nutritional details per serve	
Serves :	1	Calories:	260
Total Preparation Time:	20 minutes	Fat:	5.6
Region :	Australian	Protein:	33.9
Gluten Free:	Yes	Carbohydrates :	26.1
Vegetarian:	No	Fibre:	12.6
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Pre-heat oven to 200c.			
2. Lightly spray a piece of tin foil (large enough to make a 'parcel' around the fish) with cooking oil spray.			
3. Place the barramundi fillet on the tin foil and top with 2 slices from the lemon. Fold the edges of the foil into the centre to form a 'case'.			
4. Place in the centre of the oven and cook for approximately 10-15 minutes.			
5. Meanwhile, pre-heat a sandwich grill to medium-high and spray lightly with cooking oil spray.			
6. Slice the eggplant into rounds about 1/2cm in thickness and slice the zucchini length-ways just slightly thinner.			
7. Place the eggplant and zucchini slices in the sandwich grill in batches, for about 1 minute, until all cooked.			
8. Transfer the cooked barramundi and grilled vegetables onto a serving plate and squeeze lemon juice over the grilled vegetables.			
9. Season to taste with salt and pepper.			

Quantity	Ingredient
1 pinch	white pepper and sea salt
150 grams	barramundi fillets
0.5	lemons, medium (approx 150g each)
3 sprays	Cooking oil spray
1	zucchini (courgettes), medium (approx 196g each)
200 grams	eggplant (aubergine)

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Recipes – Week 1

Smoked Salmon, Cheese and Rocket Roll-Ups



Details		Nutritional details per serve	
Serves :	1	Calories:	221
Total Preparation Time:	5 minutes	Fat:	5.5
Region :	Western	Protein:	22.1
Gluten Free:	No	Carbohydrates:	18.2
Vegetarian:	No	Fibre:	1.3
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Spread the cream cheese evenly over the oat wrap, all the way to the edges.			
2. Top with the smoked salmon slices and rocket leaves, and season with freshly ground black pepper according to taste.			
3. Tightly roll up the oat wrap and slice in half.			
4. Transfer to a serving plate and eat immediately.			

Quantity	Ingredient
1 pinch	black pepper
1 each (approx 25g)	bread wraps, oat
60 grams	cheese, cream, extra-light (reduced-fat)
50 grams	smoked salmon slices
1 cups	rocket leaves

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Recipes – Week 1

Vegetable frittata



Details		Nutritional details per serve	
Serves :	1	Calories:	264
Total Preparation Time:	35 minutes	Fat:	14.0
Region :	Mediterranean	Protein:	22.0
Gluten Free:	Yes	Carbohydrates:	14.1
Vegetarian:	Yes	Fibre:	2.5
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<p>1. Peel and dice pumpkin into 2cm/1" squares. Slice onion very finely. Spray a pie plate or tin with a little oil to prevent sticking.</p> <p>2. Place pumpkin and onion in a layer over the base. Cover with foil and bake in a moderate oven for 30 minutes or until just soft (alternatively you can stir-fry these for 2-3 minutes in a non-stick pan).</p> <p>3. Slice the capsicum into thin strips and slice the zucchini into thin rounds; arrange over the pumpkin. Beat eggs and egg white lightly and pour over vegetables. Season with pepper and herbs, sprinkle cheese over.</p> <p>4. Bake uncovered for 20-25 minutes or until just set (shake it gently to see if it still "wobbles" a little - a little "wobble" is ideal). Allow to cool for 5 minutes before serving.</p>			

Quantity	Ingredient
150 grams	pumpkin (edible portion)
1 Tbsp	cheese, parmesan, grated
0.5	brown onions, small (approx 60g each)
1 pinch	black pepper
0.25 (approx 160g each)	red capsicums (peppers), large
0.25 tsp	dried mixed herbs
2	eggs, large (approx 50g each)
1 pump	cooking oil spray
0.5	zucchini (courgettes), medium (approx 200g each)
1	egg whites

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Recipes – Week 1

Fruit Salad with Cottage Cheese



Details		Nutritional details per serve	
Serves :	1	Calories:	220
Total Preparation Time:	5 minutes.	Fat:	1.0
Region :	Western	Protein:	16.5
Gluten Free:	Yes	Carbohydrates:	37.2
Vegetarian:	Yes	Fibre:	3.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Spoon the cottage cheese into a mound in the centre of a low set bowl or plate.			
2. Slice the banana, chop the apple and halve the grapes; then arrange the fruit around the edge of the cottage cheese.			
Chef's suggestions: Try pear instead of apple and any berries in place of the grapes.- This dish tastes great with a sprinkle of cinnamon on top too.			

Quantity	Ingredient
0.25	eating apples, medium (approx 138g each)
25 grams	green seedless grapes
1 -	banana's, small (approx 130g each)
150 grams	cheese, cottage, low-fat

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Recipes – Week 1

Chicken & Mushroom Egg-White Omelette



Details		Nutritional details per serve	
Serves :	1	Calories:	284
Total Preparation Time In :	Up to 20 minutes.	Fat:	5.1
Region :	American	Protein:	31.7
Gluten Free:	No	Carbohydrates:	25.7
Vegetarian:	No	Fibre:	1.1
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Cut the chicken into thin strips, then slice the tomatoes and mushrooms.			
2. Heat a 20cm non-stick frying pan over medium heat and spray lightly with cooking oil spray; add the mushrooms and cook, stirring constantly for approximately 1 minute or until starting to brown.			
3. Add the tomato to the pan, cook for 30 seconds and then add the chicken for a further 30 seconds to heat through.			
4. Remove mixture from pan and return the pan over medium heat, spraying lightly again with cooking oil spray.			
5. Using a wire whisk or hand blender, beat the egg whites until light and fluffy.			
6. Pour the egg whites into the pan (if making more than one serve, repeat the following steps for each serve).			
7. When the omelette is slightly browned underneath, place the pan under a hot grill and cook the top until just set.			
8. Remove the pan from the grill and add the chicken, mushroom and tomato filling to half of the omelette. Sprinkle with the cheddar cheese and fold over.			
9. Serve with either a fresh or toasted slice of sourdough bread.			

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Quantity	Ingredient
50 grams	bread, sourdough vienna
1 sprigs	fresh chives
50 grams	chicken breast slices, roasted
10 grams	cheese, cheddar, reduced fat, grated
1 pump	cooking oil spray
3	egg whites (large egg)
50 grams	chestnut mushrooms
3	cherry tomatoes, small (approx 10g each)

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Recipes – Week 1

Grilled Tomato and Scrambled Eggs on Toast



Details		Nutritional details per serve	
Serves :	1	Calories:	211
Total Preparation Time:	10 minutes	Fat:	6.1
Region :	Western	Protein:	19.5
Gluten Free:	No	Carbohydrates:	20.8
Vegetarian:	Yes	Fibre:	2.0
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Whisk the egg, egg whites and skim milk in a small bowl.			
2. Heat a small non-stick frying pan over medium heat and place the bread into the toaster.			
3. Pour the egg mix into the frying pan and turn constantly to avoid the egg sticking to the pan.			
4. Once the eggs are cooked to your preference, transfer them onto the toast on your serving plate.			
5. Place the frying pan back over medium heat, quarter the tomato and place in the frying pan.			
6. Flip the tomatoes a few times for about 30 seconds so that all sides are slightly cooked.			
7. Transfer the tomatoes to the serving plate and enjoy.			

Quantity	Ingredient
1	tomatoes, small (approx 100g each)
1	eggs, large (approx 50g each)
2	egg whites (large egg)
60 mls	milk, skim
1 slices	bread, dark rye (approx 30g per slice)

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Recipes – Week 1

Mango & Chicken Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	257
Total Preparation Time:	20 minutes	Fat:	3.6
Region :	Australian	Protein:	29.1
Gluten Free:	No	Carbohydrates:	23.7
Vegetarian:	No	Fibre:	2.1
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none">1. Tear or chop the pre-cooked chicken meat into smallish pieces and place in a shallow dish.2. To make the dressing, combine the orange juice, red wine vinegar, mustard and olive oil in a jug and whisk together well.3. Pour over the chicken and leave to marinate for at least 15 minutes, basting occasionally.4. Meanwhile, thinly slice the onion, cube the mango and crumble the feta cheese; toss together in a large serving bowl with the mixed salad leaves, watercress and olives.5. Just before serving, add the chicken with dressing to the salad and toss everything together well.			
Chef's suggestions: Instead of chicken, use cooked prawns, smoked salmon or trout (you won't need to marinate them). Although fresh is best, mango is not always available. Out of season, you can substitute canned or thawed frozen mango for fresh in this recipe. You can also use 1/2 sliced pawpaw instead of the mango - or use some of each.			

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Quantity	Ingredient
0.5 cups	watercress
15 grams	cheese, feta, reduced fat
0.25 mls	extra virgin olive oil
30 mls	orange juice, unsweetened
0.5	mango, medium (approx 300g each)
1 cups	mixed salad leaves
15 mls	red wine vinegar
2	pitted black olives (approx 4g each)
0.25	red onions, small (approx 60g each)
100 grams	chicken breast fillet, pre-cooked
0.25 tsp	mustard, wholegrain

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Recipes – Week 1

Asian Prawn Noodle Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	258
Total Preparation Time:	25 minutes	Fat:	3.0
Region :	Asian	Protein:	29.5
Gluten Free:	No	Carbohydrates:	27.2
Vegetarian:	No	Fibre:	0.9
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<ol style="list-style-type: none">1. Make the dressing: chop the coriander and place into a screw top jar with the evaporated milk, fish sauce and lime juice; shake well.2. Peel and de-vein the prawns, leaving the tails intact and place in a bowl. Add two thirds of the dressing and marinate for 10 minutes. Drain.3. Meanwhile, place the noodles in a bowl and cover in boiling water; let stand for 10 minutes then drain and rinse under cold water. Drain again.4. Transfer the noodles to a large bowl. Chop the mint leaves and add to the bowl with the remaining dressing, bean sprouts, chilli; mix well.5. Lightly coat a non-stick frying pan with cooking oil spray and heat over high heat.6. Cook the prawns for approximately 3 minutes or until changed in color and cooked through.7. Serve the noodle salad topped with the freshly cooked prawns.			

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Recipes – Week 1

Quantity	Ingredient
2 sprigs	fresh mint leaves
1 sprigs	fresh coriander
20 grams	noodles, rice (vermicelli) (dry weight)
10 mls	lime juice, bottled
60 mls	milk, evaporated, light & creamy coconut flavoured, carnation
10 grams	fish sauce (nam pla)
0.5	fresh red chillies (approx 45g each)
1 pump	cooking oil spray
30 grams	beansprouts, mung
120 grams	prawns, tiger, whole, raw