



Eat With Me Train With Me

1 week free trial!



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Dietitian & Nutritionist

10 Nutrition Commandments!

1. Stay hydrated! Drink 2-3 litres of water per day. You can also count the following towards your water intake:
 - Green tea
 - Herbal teas
 - Sparkling water
 - Mineral water
 - Soda water
 - Vegetable juice eg tomato juice as a snack – but no fruit juice as it is loaded with sugar!!
2. Stay away from sugar, saturated fat and salt! To do this you need to cut out:
 - Alcohol
 - Fruit juice
 - Soft drinks and sodas
 - Energy drinks
 - Chocolate bars, lollies and cakes
 - Fast food and takeaway foods
 - Highly processed and refined foods eg white bread, most cereals (stick to natural oats, bran or plain wheat/oat biscuits eg Oat Brits), pastries, muffins, processed meats (eg sausages & processed deli meats), sauces, mayonnaises etc.
3. Read the food label. If you don't understand the ingredients list or there are lots of ingredients listed, then it's probably not a good choice. Healthy packaged foods have fewer ingredients and usually ones that are familiar and easy to pronounce!! The simpler the better!
4. Make your food taste delicious with natural flavours instead of using salt, for example fresh or dried herbs, spices and lemon juice.
5. If you want to lose weight stay away from dried fruit as a snack – it's full of sugar and so easy to overeat.
6. Nuts are more than 50% fat – it's healthy fat but still fat all the same! So if you are trying to lose weight stick to raw, unsalted nuts and no more than 10 per day.
7. Protein portions should be the size of your palm. Have red meat 2-3 times per week, fish 2-3 times per week, and chicken or turkey the rest of the time.
8. Cook to retain nutrients – steam, bake, barbeque, grill or stir-fry lightly. Do not deep fry, crumb or boil (nutrients leach out when you boil food, but boiling eggs is ok).
9. Eat organic, free range (chicken & eggs), grass fed (beef) and locally sourced foods where possible.
10. Eat mindfully. This means:
 - Listening to your stomach and eating only when you are hungry
 - Eating with full attention to your food. Eat at a dining table with the TV switched off. Focus on your meal, the taste and texture of each bite and enjoy it!
 - EAT SLOWLY. Really take the time to be in the present, enjoy every bit of your food and stop eating when you feel full.

Healthy Snacks

Even if you're trying to lose weight, don't let yourself go hungry - it's important to have a snack between meals so you don't overeat at your main meals. This list of snacks is highly nutritious and low in sugar, saturated fats and calories.

- Veggie bites – raw carrot sticks, snow peas, green beans, celery, cucumber sticks. You can have as much as you like.
- Raw vegies (eg celery or cucumber) dipped in plain, low fat natural yoghurt
- 2 crisp breads with 1 tablespoon low fat ricotta cheese or cottage cheese each, cracked pepper and sliced tomato
- Whole grain rice cake with 1 tablespoon cottage cheese, slice of turkey and 4-5 dried cranberries
- Boiled egg
- Piece of fresh fruit
- 1 cup of fruit salad
- Sliced apple sprinkled with cinnamon
- 10 nuts (raw, unsalted)
- 3-4 olives (stored in water/brine not oil)
- Plain, natural low fat yoghurt (girls max 100 grams, boys max 200 grams)
- 1/3 cup plain, natural low fat yoghurt with berries or chopped fruit & sprinkle of cinnamon
- 2-3 cups air popped popcorn seasoned with cracked pepper or herb/spice of your choice (not salt!).
- Tea (green, black or herbal) with a splash of milk (optional), no sugar
- Black coffee, no sugar
- Skim coffee without sugar (eg small skim flat white, latte or cappuccino)



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7 Day Habit Change Challenge

Success comes from making small changes consistently over time.

The 7 Day Habit Change Challenge involves choosing starting or stopping just 1 habit for 7 days. It's super easy and imagine the results that you could achieve just by making 1 change to your diet every week for a year!

The reason we are focusing on habits this week is that being healthy is easy when you can leverage off healthy habits.

How it works

1. Chose 1 nutrition/food related habit to start or stop for 7 days. It can be as easy or as difficult as you want it to be. Some examples are:
 - a. Making time to have breakfast each day if you usually skip it
 - b. Cutting out soft drink and drinking water instead
 - c. Switching to skim milk in your latte
2. Our Nutrition Evolutionary, Julie, will get in touch with you to check whether you're up for the challenge. Text her back to with the habit that you'll be changing.
3. Give yourself 1 point for every day you successfully implement the habit.
4. At the end of the week, Julie will be in with you to see how you went.

If you break your commitment don't worry, just let Julie know and she will support you to recreate it. In that way Julie will be your partner in keeping you accountable to your commitment to improve your nutrition and wellbeing.

So are you committed to making 1 habit change this week?

The habit I will be starting or stopping this week is:

Score Sheet

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Score out of 7

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Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Quick Oat Power Porridge (V)	Breakfast in a Hurry (V)	Quick Oat Power Porridge (V)	Super Smoothie (V)	Quick Oat Power Porridge (V)	Summer Fruit Compote (DF, V)	Spinach, Watercress and Potato Omelette (V)
Morning Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice	Your choice
Lunch	Open Topped Crunchy Tuna Sandwich	Beef and Noodles in Oyster Sauce	Turkey, Rocket and Cranberry Pita Pockets	Grilled Chicken with Brown Rice & Broccoli	Tomato & Chicken Baguette	Lamb Rissoles with Sweet Potato Chips	Quick Crab Cakes with Chilli Dipping Sauce
Afternoon Snack choose something from the Healthy Snack List	Your choice	Your choice	Your choice	Your choice	Your choice	Oysters in the Sun	Your choice
Dinner	Beef and Noodles in Oyster Sauce (cook double for lunch tomorrow)	Thai Beef & Noodle Salad	Grilled Chicken with Brown Rice & Broccoli (cook double for lunch tomorrow)	Tuna and Green Bean Salad	Mexican Taco Salad (DF)	Tuna Steak on Pepper and Noodle Bed	Moroccan Chicken Salad

D = dairy free, GF = gluten free, V = vegetarian

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Quick Oat Power Porridge



Details		Nutritional details per serve	
Serves :	1	Calories:	236
Total Preparation Time:	2 minutes	Fat:	4.7
Region:	Western	Protein:	19.4
Gluten Free:	No	Carbohydrates:	27.4
Vegetarian:	Yes	Fibre:	4.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Empty the oat sachet into a small bowl and add the milk.			
2. Microwave on high for 90 seconds.			
3. Stir in the protein powder and flaxseed meal, adding water if necessary to bring to desired consistency.			
4. Serve immediately.			

Quantity	Ingredient
1 sachet (34g)	oats, quick sachets, original
2 tsp	flaxseed meal
150 mls	milk, skim
10 grams	vanilla flavour whey protein powder – OPTIONAL

Open Topped Crunchy Tuna Sandwich



Details		Nutritional details per serve	
Serves :	1	Calories:	296
Total Preparation Time In:	5 minutes	Fat:	5.1
Region:	Western	Protein:	24.6
Gluten Free:	No	Carbohydrates:	38.4
Vegetarian:	No	Fibre:	3.6
Dairy Free:	No		
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 fromage frais and mustard together, and then stir in the drained tuna, celery, apple and nuts. Season well with salt and freshly ground black pepper. 3. Divide the mixture between the slices of rye bread. 4. Cut each slice of bread in half and serve with the rocket leaves and halved cherry tomatoes.			

Quantity	Ingredient
0.5	celery stalks (approx 30 grams each)
55 grams	tuna in spring water (drained weight)
1 pinch	black pepper
2 slices	bread, dark rye (approx 30g per slice)
0.5 cups	rocket leaves
0.25	eating apples, medium (approx 138g each)
1 pinch	sea salt
35 mls	fromage frais, natural, low-fat
5 grams	walnuts, raw
0.5 tsp	mustard, wholegrain
2	cherry tomatoes, small (approx 10g each)

Beef and Noodles in Oyster Sauce



Details		Nutritional details per serve	
Serves :	1	Calories:	372
Total Preparation Time:	20 minutes	Fat:	6.0
Region:	Chinese	Protein:	35.8
Gluten Free:	No	Carbohydrates:	40.9
Vegetarian:	No	Fibre:	2.7
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions:			
<ol style="list-style-type: none"> 1. Spray a large non-stick wok or frying pan with a little cooking oil spray and heat on high. 2. Cut the beef into strips and cook for 2-3 minutes, stirring constantly, until almost cooked through. Remove the beef strips and set aside. 3. Spray a little more cooking oil spray into the wok or frying pan. Cut the broccoli into florets and roughly chop the chilli and spring onions; add and stir fry for 1 minute, adding a little water if necessary. 4. Add half of the oyster sauce and the noodles and continue to stir fry until the sauce is well mixed. Add in the beef strips. 5. Mix the cornflour and chicken stock together with the 50mls of water (per serving) and pour into the wok or frying pan. Stir constantly until the stock thickens and becomes a clear glaze. 6. Transfer the stir-fry to a serving plate and drizzle over the other half of the oyster sauce. 			

Quantity	Ingredient
125 grams	sirloin steak, lean
1	spring onions (approx 15g each)
100 grams	broccoli
20 grams	oyster sauce
0.25 tsp	cornflour
2 pump	cooking oil spray
0.25 Tbsp	chicken stock, concentrated powder
100 grams	noodles, udon
0.5	fresh red chillies (approx 45g each)

Thai Beef & Noodle Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	361
Total Preparation Time:	25 minutes	Fat:	15.8
Region	Thai	Protein:	28.5
Gluten Free:	Yes	Carbohydrates:	25.6
Vegetarian:	No	Fibre:	2.6
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none">1. Place the beef in a bowl, drizzle with the tamari sauce and half of the sesame oil and turn to coat evenly.2. Place the noodles into a large bowl and cover with boiling water. Leave to stand until the noodles are just tender and then drain; rinse under cold water and drain once more.3. Thinly slice the red onion, carrot and cucumber and coarsely chop the basil; place into a serving bowl along with the coriander leaves and noodles; toss.4. Combine the lime juice, sweet chilli sauce, fish sauce and remaining sesame oil into a small jug.5. Lightly spray a non-stick frying pan with cooking oil spray and heat over medium heat. Drain the beef, discarding the marinade, and cook until browned on both sides and cooked to desired preference.6. Remove the beef from the frying pan, over and let stand for 10 minutes.7. Thinly slice the beef and add it to the serving bowl along with the dressing; toss gently to combine. <p>This dish is great served with lime wedges for a bit of extra zest. Bean 'thread' noodles are also known as glass or cellophane noodles and are made from mung beans.</p>			

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Quantity	Ingredient
60 grams	noodles, thread (dry weight)
2 sprigs	fresh coriander
0.5	red onions, small (approx 60g each)
4 sprigs	fresh basil leaves
2 inches	cucumber (approx 15g per inch)
15 mls	lime juice, bottled
100 grams	beef, steak, fillet
1 pump	cooking oil spray
10 mls	tamari (wheat-free soy sauce)
0.5	carrots, small (approx 100g each)
15 grams	Thai sweet chilli sauce, light
5 mls	sesame oil

Turkey, Rocket and Cranberry Pita 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
1 tsp	cranberry sauce
70 grams	turkey meat, lean, sliced
2	bread, mini pita pockets, wholemeal, approx 20g each
1 cup	rocket leaves

Grilled Chicken with Brown Rice & Broccoli



Details		Nutritional details per serve	
Serves :	1	Calories:	364
Total Preparation Time:	10 minutes	Fat:	7.2
Region :	Western	Protein:	33.9
Gluten Free:	Yes	Carbohydrates:	35.9
Vegetarian:	No	Fibre:	3.2
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Pre-heat a non-stick sandwich grill to medium high.			
2. Spray lightly with cooking oil spray and place the chicken breast fillet(s) in the grill. Cook for 8 minutes or until cooked through and no longer pink in the centre.			
3. Meanwhile, cook the rice in a microwave according to packet directions and set aside.			
4. Cut the broccoli into small florets, place in a microwave dish with a small splash of water and cook on high for 45 seconds (increase 15 seconds per serving).			
5. Heat a small non stick frying pan over high heat, add the pine nuts and toss over high heat for 60 seconds.			
6. Add the broccoli florets to the pine nuts and cook for a further 60 seconds.			
7. Transfer the chicken, broccoli and rice to a serving plate.			

Quantity	Ingredient
120 grams	chicken breast fillets, skinless and boneless
80 grams	rice, brown basmati, 2-minute microwave
5 grams	pine nuts
1 pump	cooking oil spray
120 grams	broccoli

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Super Smoothie



Details		Nutritional details per serve	
Serves :	1	Calories:	341
Total Preparation Time:	5 minutes	Fat:	8.8
Region :	Australian	Protein:	15.1
Gluten Free:	Yes	Carbohydrates:	44.6
Vegetarian:	Yes	Fibre:	12.5
Dairy Free:	No		
White Meat Only:	NA		
No Seafood:	Yes		
Instructions			
Place all ingredients in a blender or processor. Process for 30 seconds or until blended and frothy.			

Quantity	Ingredient
1 tsp	honey, clear & runny
40 grams	rice bran
0.5 tsp	vanilla essence
1	banana, small (approx 130g each)
250 mls	Skim milk

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Tuna and Green Bean Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	351
Total Preparation Time:	10 minutes	Fat:	5.7
Region :	Western	Protein:	33.2
Gluten Free:	Yes	Carbohydrates:	37.9
Vegetarian:	No	Fibre:	13.8
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<p>1. Trim the green beans and cook in a saucepan of lightly salted boiling water for 4-5 minutes until tender. Drain and refresh under cold water.</p> <p>2. Meanwhile, drain all the tinned beans and mix together with the herbs (chopped) in a large bowl.</p> <p>3. Finely chop the shallot and anchovy fillet and whisk together in a separate bowl with the remaining dressing ingredients (Dijon mustard, vinegar, olive oil) and 1 tsp of water (per serving).</p> <p>4. Mix two-thirds of the dressing into the tinned bean mixture.</p> <p>5. Arrange the green beans onto a serving plate and drizzle on the remaining dressing.</p> <p>6. Spoon the dressed tinned bean mixture in a mound on top of the green beans. Top with the drained, flaked tuna and arrange the halved cherry tomatoes around the base of the salad.</p>			

Quantity	Ingredient
3	cherry tomatoes, small (approx 10g each)
5 mls	extra virgin olive oil
100 grams	tinned flageolet beans (drained weight)
70 grams	tuna in spring water (drained weight)
3 tsp	dijon mustard
0.5	anchovy fillets
100 grams	fine green beans
1 Tbsp	mixed fresh herbs (parsley, basil, chives)
0.5	shallots
100 grams	tinned cannellini beans (drained weight)
10 mls	white wine vinegar

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Breakfast in a Hurry



Details		Nutritional details per serve	
Serves :	1	Calories:	286
Total Preparation Time:	5 minutes	Fat:	7.5
Region :	Western	Protein:	28.6
Gluten Free:	Yes	Carbohydrates:	23.7
Vegetarian:	Yes	Fibre:	3.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Heat a non-stick frying pan with a spray of cooking oil spray over medium heat. 2. Beat the egg and egg whites together in a small bowl with a little of the skim milk and season with sea salt and freshly ground black pepper, to taste. 3. Pour into the frying pan and scramble eggs using a spatula to turnover and separate as the eggs are cooking. 4. Meanwhile, place the cereal in a bowl and pour over the remaining skim milk. 5. As soon as the eggs are cooked, transfer to a serving plate.			

Quantity	Ingredient
1 pinch	black pepper
1	eggs, large (approx 50g each)
45 grams	cereal, soy flakes (or grits)
2	egg whites (large egg)
1 pinch	sea salt
190 mls	milk, skim
1 pump	cooking oil spray

Mexican Taco Salad (dairy free version)



Details		Nutritional details per serve	
Serves :	1	Calories:	353
Total Preparation Time:	20 minutes	Fat:	18.9
Region :	Mexican	Protein:	21.4
Gluten Free:	No	Carbohydrates:	24.5
Vegetarian:	No	Fibre:	4.2
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions			
<p>1. Heat a non-stick frying pan over high heat. Add the mince, chilli powder and chopped coriander, stirring occasionally until well browned and cooked through.</p> <p>2. Meanwhile, chop the tomato, lettuce and avocado and place in a bowl.</p> <p>3. Mix the lime juice together with the freshly ground black pepper and an extra pinch of chilli powder, if desired. Add to the bowl and mix well.</p> <p>4. To serve, spoon the cooked mince into the bottom of the taco shells, top with the salad mix, soy cheddar cheese and garnish with the coriander leaves.</p>			

Quantity	Ingredient
80 grams	beef mince, extra-lean (maximum 5% fat)
0.5 sprigs	fresh coriander
15 grams	soy cheese, cheddar
2	taco shells
1 pinch	black pepper
0.25 (approx 180g each)	ripe avocados, small
1	tomatoes, small
1 tsp	mild chilli powder
5 mls	lime juice, bottled
0.5	crisp lettuce, small

Summer Fruit Compote



Details		Nutritional details per serve	
Serves :	1	Calories:	212
Total Preparation Time:	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			
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 - OPTIONAL
100 grams	yogurt, natural bio, fat-free
50 grams	raspberries
0.5	nectarines, medium
10 mls	pure Canadian maple syrup
1	red plums, small

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Lamb Rissoles with Sweet Potato Chips



Details		Nutritional details per serve	
Serves :	1	Calories:	376
Total Preparation Time:	40 minutes	Fat:	21.6
Region :	Western	Protein:	20.6
Gluten Free:	No	Carbohydrates:	23.8
Vegetarian:	No	Fibre:	4.8
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions:			
1. Preheat oven to 150 degrees and line a tray with baking paper. 2. Grate zucchini and carrot and finely chop chives and rosemary. 3. Combine mince, weet bix, zucchini, carrot, chives and egg in a bowl & shape mixture into desired rissole/s sizes. 4. Arrange rissoles on tray and bake for 35 minutes until brown. 5. Cut sweet potato into chips. 6. Remove tray from oven at 20 minutes and add sweet potatoes to the tray, season with rosemary and bake for a further 15 minutes. 7. Serve with a mixed garden salad & cherry tomatoes.			

Quantity	Ingredient
4	cherry tomatoes, medium (approx 17g each)
1 sprigs	fresh chives
0.25	carrots, small (approx 100g each)
0.5	sweet potato (approx 150g each)
0.25	zucchini (courgettes), medium (approx 196g each)
0.5 biscuits	cereal, weet-bix, original
0.75 cups	mixed salad leaves
1 sprig	fresh rosemary leaves
0.5	eggs, large (approx 50g each)
80 grams	lamb, mince

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Oysters in the Sun



Details		Nutritional details per serve	
Serves :	1	Calories:	177
Total Preparation Time:	10 minutes.	Fat:	4.7
Region:	Western	Protein:	13.6
Gluten Free:	Yes	Carbohydrates:	17.8
Vegetarian:	No	Fibre:	2.5
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
1. Cube Melon 2. Place lettuce leaves on plate 3. Top with Fruit 4. Drizzle with some of the sour cream, lemon juice and all of the honey 5. Serve with plate of 9 fresh oysters with lemon juice to taste Sit out in the sun and enjoy this dish with a crisp glass of white wine			

Quantity	Ingredient
4 tsp	lemon juice
10 medium cherry (5g)	cherries, fresh, edible portion
0.5 tsp	honey, clear & runny
100 grams	melon, rockmelon
20 grams	sour cream, extra light
9 medium (10g)	oysters, fresh, raw, shelled
3 leaf outer	Lettuce, Cos, (leaf outer, approx 28g)

Tuna Steak on Pepper and Noodle Bed



Details		Nutritional details per serve	
Serves :	1	Calories:	385
Total Preparation Time:	20 minutes	Fat:	11.2
Region :	Western	Protein:	35.3
Gluten Free:	No	Carbohydrates:	43.7
Vegetarian:	No	Fibre:	15.5
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions:			
1. Wipe the tuna steak or lightly rinse and pat dry with absorbent kitchen paper.			
2. Cut the lime into quarters; put aside one quarter (per serving) and then add the zest and juice of the remaining lime into a small bowl and mix together with the olive oil, ground cumin, ground coriander, fresh coriander (chopped), freshly ground black pepper and half the garlic to make a paste. Spread the paste thinly on both sides of the tuna steak and leave for at least 10 minutes.			
3. Meanwhile, place the noodles into a large saucepan of boiling water, return to the boil and cook for 4 minutes. Drain, rinse and reserve.			
4. Heat a non-stick frying pan until hot and press the tuna steak into the frying pan to seal them. Lower the heat and cook for 3 minutes.			
5. Turn the fish over and cook for a further 3-5 minutes or until cooked to personal preference. Remove from the frying pan and place in a warm oven to keep hot.			
6. Add the canola oil to the pan with the remaining garlic; finely slice the capsicums and add to the frying pan (keeping a slice of red pepper aside per serving, for garnishing). Saute quickly until they start to soften. Add the noodles, the zest and juice from the other lime quarter, and the soy sauce. Cook for 1-2 minutes, turning regularly.			
7. Place the noodles onto a warmed serving plate and top with the tuna steak. Garnish with red pepper.			

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Quantity	Ingredient
3 mls	canola oil
0.5 sprigs	fresh coriander
3 mls	extra virgin olive oil
0.25 tsp	ground coriander
50 grams	noodles, instant
1 pinch	black pepper
0.5	red capsicums (peppers), large
0.5	limes
1.5 tsp	garlic, minced
10 mls	tamari (wheat-free soy sauce)
125 grams	blue fin tuna steaks
0.25 tsp	ground cumin
0.5	yellow capsicums (peppers), large

Spinach, Watercress and Potato Omelette



Details		Nutritional details per serve	
Serves :	1	Calories:	286
Total Preparation Time:	15 minutes	Fat:	6.2
Region :	Spanish	Protein:	31.3
Gluten Free:	Yes	Carbohydrates:	21.7
Vegetarian:	Yes	Fibre:	2.7
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none">1. Cut the potato into rounds approximately half cm thick and cook gently in lightly salted boiling water until just tender (about 5 minutes), do not overcook. Drain.2. Meanwhile, rinse the spinach leaves, put into a saucepan and cook over a medium heat, stirring from time to time, until all the leaves are soft.3. Press the surplus water out of the spinach.4. In a bowl, beat together the egg, egg whites, whey protein powder and season with sea salt and freshly ground black pepper, set aside.5. Turn on the grill to preheat and also heat a 20cm oven-proof non-stick frying pan sprayed lightly with cooking oil spray over medium heat. Add the watercress to the frying pan, stir for half a minute until it has cooked, then remove and set aside.6. Add the potato to the frying pan in one layer and cook until the undersides are golden; turnover and repeat, adding more spray.7. Add the spinach and watercress to the frying pan evenly and then pour over the egg mix, tipping the frying pan so it is distributed well.8. Leave it to cook over a medium-high heat until the underside is golden, and then flash under the grill for a minute to cook the top.9. Serve immediately (you can also serve this dish at room temperature). <p>You can use other green vegetables in this omelette; small broccoli florets are good, as is Swiss chard.</p>			

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Quantity	Ingredient
1 pinch	black pepper
1 cups	watercress
125 grams	charlotte new potatoes
1 pinch	sea salt
15 grams	natural whey protein powder - OPTIONAL
100 grams	baby spinach leaves
1 pump	cooking oil spray
1	Large egg
2	egg whites

Quick Crab Cakes with Chilli Dipping Sauce



Details		Nutritional details per serve	
Serves :	1	Calories:	301
Total Preparation Time:	20 minutes	Fat:	6.8
Region :	Thai	Protein:	23.7
Gluten Free:	No	Carbohydrates:	32.1
Vegetarian:	No	Fibre:	2.5
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions:			
<p>1. Trim and finely chop the spring onions and coriander; combine in a mixing bowl with the crab meat, chilli, lemon grass, fish sauce, chilli sauce, mayonnaise and lime juice. Then add half the egg white and half the breadcrumbs and combine again, seasoning with sea salt and freshly ground black pepper to taste.</p> <p>2. Heat the oil in a non-stick frying pan. While heating, form the crab mixture into two large cakes (per serving) and dip each one, first in the remaining egg white and then in the remaining breadcrumbs.</p> <p>3. Fry the cakes over a medium-high heat for approximately 4 minutes each side or until they are golden brown and cooked through but still moist in the centre.</p> <p>4. Whilst the crab cakes are cooking, slice the cucumber and toss together with the rocket leaves and prepare the 2-minute microwave rice according to the packet instructions; transfer onto a serving plate .5. Place the crab cakes onto the plate and serve with the sweet chilli dipping sauce.</p> <p>You can use fresh, canned or frozen defrosted crabmeat, and a mix of white and brown meat, or all white.</p> <p>Any leftover rice can be frozen and used another day instead of using microwave rice. For dairy-free, ensure the brand of mayonnaise you are using is dairy-free.</p>			

eat with me, train with me

Quantity	Ingredient
1	egg whites
12 grams	breadcrumbs, wholemeal
1 pinch	sea salt
125 grams	tinned crabmeat
6cm	cucumber
10 grams	fish sauce (nam pla)
0.5 tsp	dried lemon grass
0.5 tsp	hot chilli sauce (eg tabasco)
1 pinch	chilli flakes
1 pinch	black pepper
2	spring onions
15 grams	mayonnaise, 97% fat-free
1 cups	rocket leaves
40 grams	rice, brown basmati, 2-minute microwave
20 grams	Thai sweet chilli sauce, light
5 mls	canola oil
10 mls	lime juice, bottled
1 sprigs	fresh coriander

Moroccan Chicken Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	294
Total Preparation Time:	20 minutes	Fat:	2.5
Region :	Moroccan	Protein:	29.9
Gluten Free:	Yes	Carbohydrates:	35.5
Vegetarian:	No	Fibre:	3.3
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Cook rice as per instructions on the packet and set aside in a medium sized mixing bowl.			
2. Meanwhile, grill the chicken breast and then cut into small chunks. Chop the cucumber, coriander and apricots and add to the rice along with the chicken, fromage frais, curry powder and sultanas; season well with sea salt and freshly ground black pepper and combine thoroughly.			
3. Serve and eat immediately or store refrigerated in an airtight container for up to 1 day.			

Quantity	Ingredient
1 sprigs	fresh coriander
40 grams	rice, brown basmati, 2-minute microwave
100 grams	chicken breast fillets, skinless and boneless
1 pinch	black pepper
15 grams	dried apricots
1 pinch	sea salt
2 tsp	mild curry powder
3 cm	cucumber
10 grams	sultanas
50 mls	fromage frais, natural, low-fat