

Superfood Anytime Breakfast



Details		Nutritional details per serve	
Serves :	1	Calories:	277
Total Preparation Time:	5 minutes.	Fat:	3.2
Region:	Swiss	Protein:	20.1
Gluten Free:	No	Carbohydrates:	40.1
Vegetarian:	Yes	Fibre:	2.9
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Heat the pan over a medium heat, spray two bursts of the cooking oil spray then add the oats and soy flakes, and cook 45 seconds stirring all the time to begin toasting the oats. 2. Add the mixed dried fruits and stir continuously for another minute to heat through. 3. Serve hot or cold, scattered, sprinkled or stirred into Greek yogurt. <p>Alternative serving suggestion: Make into hot fruit porridge by mixing 1 portion of Anytime Breakfast with 100mls water: - Microwave: pour into a bowl and microwave on high power for 2 minutes, stirring after 1 minute. Stand 1 minute, pour into a dish and enjoy with Greek yogurt. - Hob: pour into a saucepan and cook over medium heat stirring continuously till thick and creamy. Pour into a dish and enjoy with Greek yogurt.</p> <p>This recipe can be prepared the day before or made in bulk in advance to store in an airtight container in a cool dark place for up to 2 weeks.</p> <p>Take a bag of Anytime Breakfast with you to work or on picnics as a quick nutritional meal with a tub of Greek yogurt.</p>			

Quantity	Recipe Name
20 grams	oats, wholegrain, rolled
5 grams	dried cranberries
5 grams	dried apricots
5 grams	sultanas
5 grams	cereal, soy flakes (or grits)
225 grams	greek yogurt, low fat
1 pump	cooking oil spray

Strawberry Yogurt Delight



Details		Nutritional details per serve	
Serves :	1	Calories:	274
Total Preparation Time In:	5 minutes	Fat:	6.5
Region :	Western	Protein:	22.7
Gluten Free:	Yes	Carbohydrates:	27.4
Vegetarian:	Yes	Fibre:	0.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
1. In a small bowl, mix the low-fat cottage cheese and low-fat yogurt together.			
2. Pour into a serving bowl and sprinkle with the nuts.			
If you prefer a smoother consistency, you can use a blender to mix the yogurt and cottage cheese. - You can use any low-fat fruit yogurt in place of strawberry.			

Quantity	Ingredient
175 grams	yogurt, strawberry, low fat
125 grams	cheese, cottage, low-fat
5 grams	almonds, flaked

Turkey and Tomato Panini



Details		Nutritional details per serve	
Serves :	1	Calories:	313
Total Preparation Time:	8 minutes	Fat:	4.7
Region :	Italian	Protein:	23.5
Gluten Free:	No	Carbohydrates:	42.0
Vegetarian:	No	Fibre:	7.7
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
<ol style="list-style-type: none"> 1. Have a 2 heavy cans (approx 400grams each) and a medium non-stick frying pan ready by the stove. 2. Combine mayonnaise, Parmesan, shredded basil, lemon juice and pepper in a small bowl. Spread the mixture on one slice of bread and top with turkey and tomato slices; top with the remaining bread. 3. Heat a large nonstick frying pan over medium heat. Place the panini in the pan and top with the medium frying pan on top of the panini, then weigh it down with the cans. 4. Cook the panini until golden on one side, about 2 minutes. Reduce the heat to medium-low, flip the panini, replace the top skillet and cans, and cook until the second side is golden, 1 to 3 minutes more. 			

Quantity	Ingredient
80 grams	turkey meat, lean, sliced
0.5	tomatoes, small (approx 100g each)
1 sprigs	fresh basil leaves
0.5 Tbsp	cheese, parmesan, grated
5 mls	lemon juice, bottled
1 pinch	black pepper
2 slice, thick (approx 40g)	bread, wholemeal, sliced
10 grams	mayonnaise, 97% fat-free

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

Thai Lime Chicken with Vegetable Rice



Details		Nutritional details per serve	
Serves :	1	Calories:	353
Total Preparation Time:	15 minutes	Fat:	4.5
Region :	Thai	Protein:	35.0
Gluten Free:	Yes	Carbohydrates:	35.7
Vegetarian:	No	Fibre:	2.1
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<p>1. Put the stir-fry vegetables into a microwaveable container with 1 tablespoon of water (per serving) and cook on High for 2 minutes. Stir and cook for a further minute, set aside. (Microwave times will vary depending on how many servings you are cooking for; increase approximately 30 seconds per serving).</p> <p>2. Heat the rice according to pack instructions and mix with the stir-fry vegetables. Then transfer onto a serving plate and cover to keep warmed.</p> <p>3. Meanwhile, spray a non-stick frying pan or wok lightly with cooking oil spray and heat. Slice the chicken and add to the heated pan or wok; sprinkle with a little sea salt and cook over a high heat, stirring, until the chicken is golden.</p> <p>4. Add the lime juice to the pan or wok with the chilli and chopped basil; stir for half a minute then spoon the chicken stir-fry over the rice and serve immediately.</p> <p>This dish can also be served cold as a salad.</p>			

Quantity	Ingredient
5 sprigs	fresh basil leaves
40 mls	lime juice, bottled
120 grams	chicken breast fillets, skinless and boneless
1	fresh red chillies (approx 45g each)
100 grams	stir-fry vegetable mix (fresh pre-packed)
1 pinch	sea salt
80 grams	rice, brown basmati, 2-minute microwave
1 pump	cooking oil spray

Prawn, Smoked Salmon, Horseradish and Rocket on Rye



Details		Nutritional details per serve	
Serves :	1	Calories:	275
Total Preparation Time:	5 minutes	Fat:	2.9
Region :	British	Protein:	31.2
Gluten Free:	No	Carbohydrates:	29.6
Vegetarian:	No	Fibre:	1.9
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions :			
<ol style="list-style-type: none"> 1. Spread the horseradish sauce over the slices of rye bread. 2. Top each slice with smoked salmon, rocket and prawns. 3. Season with freshly ground black pepper and lemon juice. 4. Transfer to a serving plate. <p>To add extra spice use hot horseradish sauce.</p>			

Quantity	Ingredient
40 grams	smoked salmon slices
1 pinch	black pepper
75 grams	cooked prawns, medium, peeled
2 slices	bread, dark rye (approx 30g per slice)
2 tsp	horseradish sauce
5 mls	lemon juice, bottled
1 cups	rocket leaves

Lentil, Chilli and Coconut Soup (dairy free version)



Details		Nutritional details per serve	
Serves :	1	Calories:	357
Total Preparation Time:	20 minutes.	Fat:	4.8
Region :	Thai	Protein:	26.4
Gluten Free:	Yes	Carbohydrates:	50.5
Vegetarian:	Yes	Fibre:	9.9
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<p>1 Place the garlic, lentils, vegetable stock and Thai spice mix into a saucepan and bring to a simmer over medium heat; put the lid on and cook for 15 minutes or until the lentils are soft and mushy.</p> <p>2. Stir in the coconut milk and protein powder, mix thoroughly and bring back to a simmer. If the soup seems a little thick, stir in a little boiling water.</p> <p>3. Transfer to a serving bowl and serve garnished with a sprig of flat-leaf parsley.</p>			

Quantity	Ingredient
1 sprigs	fresh flat-leaf parsley
1 tsp	thai spice mix
300 mls	vegetable stock, liquid
10 grams	natural soy protein powder
1 tsp	garlic, minced
75 grams	red split lentils, dried
50 mls	coconut milk, reduced fat

Quick Oat Power Porridge (dairy free)



Details		Nutritional details per serve	
Serves :	1	Calories:	269
Total Preparation Time:	2 minutes	Fat:	6.7
Region :	Western	Protein:	14.7
Gluten Free:	No	Carbohydrates:	36.1
Vegetarian:	Yes	Fibre:	5.4
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Empty the oat sachet into a small bowl and add the rice 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
10 grams	vanilla flavour soy protein powder
2 tsp	flaxseed meal
150 mls	rice milk, protein enriched, vitasoy
1 per sachet (34g)	oats, quick sachets, original

Quick Apple Yogurt Dessert



Details		Nutritional details per serve	
Serves :	1	Calories:	266
Total Preparation Time In :	2 minutes.	Fat:	0.8
Region :	Greek	Protein:	27.5
Gluten Free:	Yes	Carbohydrates:	33.7
Vegetarian:	Yes	Fibre:	0.0
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Spoon the apple puree into half of a dessert bowl. 2. Spoon the yoghurt next to it. 3. Sprinkle cinnamon over.			

Quantity	Ingredient
250 grams	apple puree, tinned
0.5 tsp	ground cinnamon
375 grams	greek yogurt, low fat

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

Seared Salmon with Honey, Chilli, Ginger & Soy



Details		Nutritional details per serve	
Serves:	1	Calories:	364
Total Preparation Time:	10 minutes	Fat:	9.9
Region :	Asian	Protein:	31.6
Gluten Free:	No	Carbohydrates:	36.8
Vegetarian:	No	Fibre:	2.3
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions:			
<ol style="list-style-type: none"> 1. Thinly slice the chilli and mix together with the honey, ginger and tamari sauce. 2. Cover the salmon with the marinade and allow to stand for 15-20 minutes. If you don't have time to let the salmon marinate, then you can skip this step. 3. Heat a non-stick frying pan over high heat and cook the salmon for 1-2 minutes per side (or to preferred liking); salmon should be served still slightly pink in the centre. 4. Meanwhile, place the cous cous in a bowl and cover with 1/4 cup of boiling water (if making more than one serve, use 1/4 cup per serving). Add the oregano and stir through the cous cous with a fork; cover the bowl with a tea towel and let stand for 3-4 minutes. 5. Transfer the cous cous and the salmon to a serving dish and garnish with extra chilli. 			

Quantity	Ingredient
1 tsp	honey, clear & runny
0.5 tsp	bottled ginger, crushed
120 grams	salmon fillets, boned and skinned
5 mls	tamari (wheat-free soy sauce)
40 grams	cous cous
0.5 tsp	dried oregano
0.25	fresh red chillies (approx 45g each)

Almond Chicken & Veggie Stir Fry

Details		Nutritional details per serve	
Serves :	1	Calories:	371
Total Preparation Time:	15 minutes	Fat:	13.1
Region :	Asian	Protein:	31.4
Gluten Free:	Yes	Carbohydrates:	31.8
Vegetarian:	No	Fibre:	7.5
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Slice the chicken into small bite sized pieces and set aside. 2. Slice the carrot and capsicums julienne style (thin and long) and roughly chop the broccolini, spring onion and coriander. Trim the beans and cut in half. 3. In a hot wok heat the sesame oil and then add sugar, lemongrass, lime juice, kecap, garlic and sambal oelek. Heat to infuse the flavours. Add almonds and cook for 3 mins on a medium heat. Add chicken and cook a further 2 mins on high heat. 4. Add the beans, carrots, broccoli, red, yellow and green peppers and cook for 2 mins. Add freshly chopped spring onions and coriander and mix through. 5. Serve immediately. 			
Recipe courtesy of The Almond Board of Australia - www.australionalmonds.com.au			

Quantity	Ingredient
1 sprigs	fresh coriander
1 pump	cooking oil spray
5 grams	palm sugar
0.25	green capsicums (peppers), large
1 tsp	lemon grass, sliced in water
1 tsp	garlic, minced
80 grams	fine green beans
50 grams	broccolini
100 grams	chicken breast fillets, skinless and boneless
5 mls	kecap (ketjap manis)
0.25 (approx 160g each)	yellow capsicums (peppers), large
0.5	carrots, small (approx 100g each)
5 grams	sambal oelek
10 grams	almonds, raw, whole
5 mls	sesame oil
20 mls	lime juice, bottled
0.25	red capsicums (peppers), large

Yogurt Dip with Apple (dairy free version)



Details		Nutritional details per serve	
Serves :	1	Calories:	267
Total Preparation Time:	5 minutes	Fat:	5.1
Region :	British	Protein:	18.5
Gluten Free:	Yes	Carbohydrates:	38.5
Vegetarian:	Yes	Fibre:	4.4
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. In a small bowl, mix together the yogurt and protein powder until smooth and then transfer to a small serving dish. 2. Sprinkle with the flaxseeds and serve with apple slices to dip.			

Quantity	Ingredient
100 grams	soy yogurt, natural
20 grams	vanilla flavour soy protein powder
1	red dessert apples, medium
1 tsp	flaxseeds

Rice Cakes With Spicy Tomato Cheese



Details		Nutritional details per serve	
Serves :	1	Calories:	362
Total Preparation Time:	5 minutes.	Fat:	2.6
Region :	Mediterranean	Protein:	31.4
Gluten Free:	Yes	Carbohydrates:	54.3
Vegetarian:	Yes	Fibre:	5.1
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Chop the tomato and combine three-quarters in a small bowl with the cottage cheese and the tomato salsa. 2. Spread the mixture onto the rice cakes and top with the remaining tomato to serve.			

Quantity	Ingredient
2 Tbsp	spicy tomato salsa
6	rice cakes, brown, thins
2	tomatoes, small
250 grams	cheese, cottage, low-fat

Bacon, Egg and Tomato Stack



Details		Nutritional details per serve	
Serves :	1	Calories:	246
Total Preparation Time:	10 minutes.	Fat:	6.6
Region :	British	Protein:	22.4
Gluten Free:	No	Carbohydrates:	23.2
Vegetarian:	No	Fibre:	5.0
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Place the sliced tomato and slices of bacon under a pre-heated grill for 4-5 minutes before turning and grilling for another 3-4 minutes on the other side. 2. Meanwhile, bring a small saucepan of water to the boil. Add the white wine vinegar and stir the water with a wooden spoon in a circular motion until you create a small whirlpool effect. 3. Immediately crack the egg into the centre of the whirlpool. The momentum of the water will wrap the egg white neatly around the egg yolk whilst it cooks. Poach the egg for about 3 minutes then remove with a slotted spoon. 4. Toast the bread and put on a warm plate. 5. Layer with the sliced tomato followed by the bacon and topped with the poached egg and a hand full of fresh basil leaves. 6. Season to taste with salt and pepper and eat immediately. <p>Adding the tablespoon of white wine vinegar to the water before poaching the egg helps to bind it during the cooking process.</p>			

Quantity	Ingredient
2	tomatoes, small
2 sprigs	fresh basil leaves
1 pinch	black pepper
2 rashers	smoked bacon, extra lean
1 pinch	sea salt
1	egg
1 slices	bread, wholemeal
20 mls	white wine vinegar

Turkey Pasta Waldorf Salad (dairy & gluten free version)



Details		Nutritional details per serve	
Serves :	1	Calories:	344
Total Preparation Time In :	Up to 20 minutes.	Fat:	11.5
Region :	American	Protein:	21.2
Gluten Free:	Yes	Carbohydrates:	41.1
Vegetarian:	No	Fibre:	4.1
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
<ol style="list-style-type: none"> 1. Cook the pasta in boiling salted water according to the packet instructions till al dente, then drain and cool a little. 2. Meanwhile, cook the turkey breast and cut into bite sized pieces. 3. Mix the yogurt and lemon juice together in a bowl; season with sea salt and freshly ground black pepper. 4. Chop the walnuts, apple, celery and grapes and add to the yogurt dressing along with the cooked pasta and turkey; combine thoroughly. 5. Spoon into a serving bowl and garnish with the fresh chopped parsley. 			
You can use chicken breast for this recipe instead of turkey breast.			

Quantity	Ingredient
1 sprigs	fresh flat-leaf parsley
10 grams	black seedless grapes
2	celery stalks (approx 30 grams each)
1 pinch	sea salt
15 mls	lemon juice, bottled
1 pinch	black pepper
70 grams	turkey breast fillets, skinless and boneless
0.5	red dessert apples, medium (approx 138g each)
10 grams	walnuts, raw
50 grams	soy yogurt, natural
25 grams	pasta, penne, gluten free

Rockmelon Superbowl



Details		Nutritional details per serve	
Serves:	1	Calories:	225
Total Preparation Time:	5 minutes.	Fat:	1.3
Region :	American	Protein:	16.1
Gluten Free:	Yes	Carbohydrates:	40.3
Vegetarian:	Yes	Fibre:	4.3
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Place the rockmelon half on a serving plate.			
2. Fill the centre with the cottage cheese and sprinkle with the cinnamon.			

Quantity	Ingredient
0.25 tsp	ground cinnamon
125 grams	cheese, cottage, low-fat
0.5	rockmelon, small (approx 800g each)

Mediterranean Beef & Lentil Soup



Details		Nutritional details per serve	
Serves:	1	Calories:	344
Total Preparation Time:	35 minutes	Fat:	6.4
Region :	Mediterranean	Protein:	31.1
Gluten Free:	Yes	Carbohydrates:	40.9
Vegetarian:	No	Fibre:	5.2
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions:			
1. Place Lentils in a pot for cooking on the stove. 2. Fill pot with water until water level is about 1 inch above the lentils. 3. Bring to the boil & cook for about 5 minutes. 4. Add tomato paste and diced tomatoes and cook for approximately 2 minutes. 5. Meanwhile, dice onions and add to a separate pot sprayed with cooking oil spray, sautee onion & garlic on medium heat until caramelised. 6. Dice beef and add to the garlic and onion mixture and sautee until beef is slightly brown. 7. Dice celery, carrot and zucchini and add to the lentils along with the diced beef mixture. Cook for a further 15-20 minutes or until mixture has a semi-thick consistency.			

Quantity	Ingredient
1	celery stalks (approx 30 grams each)
1 tsp	garlic, minced
0.5	carrots, small (approx 100g each)
85 grams	tinned tomatoes, chopped
1	brown onions, small (approx 60g each)
1 pinch	black pepper
100 grams	beef, steak, rump, lean
1 pinch	sea salt
1 pump	cooking oil spray
20 grams	tomato paste
0.75	zucchini (courgettes), medium (approx 196g each)
100 grams	brown lentils, canned and drained

Superlean Beefburger and Salad



Details		Nutritional details per serve	
Serves:	1	Calories:	325
Total Preparation Time:	15 minutes.	Fat:	7.4
Region:	American	Protein:	30.3
Gluten Free:	No	Carbohydrates:	29.5
Vegetarian:	No	Fibre:	4.0
Dairy Free:	Yes		
White Meat Only:	No		
No Seafood:	Yes		
Instructions:			
<ol style="list-style-type: none"> 1. Finely chop the onion and herbs and combine in a bowl with the beef mince; mix thoroughly using your hands until fairly smooth looking and then season with sea salt and freshly ground black pepper; combine well. 2. Mix in the egg white and combine well. 3. Using clean hands form the mix into one round, flat patty (per serving). 4. Heat a non-stick frying pan over medium-high heat, spray lightly with cooking oil spray and then add the burger. 5. Cook for 5 minutes then turn over and cook on the other side for 3 minutes. 6. Meanwhile, toss the salad with the dressing and transfer to a serving plate along with the opened burger bun. 7. When the burger is cooked all the way through, place it into the burger bun and top with the relish and sliced cucumber. Serve immediately. <p>If you can't find extra lean ready-minced beef, ask a butcher to grind up a lean piece of sirloin or rump steak for you (making sure to ask for any fat bands to be removed before grinding).</p> <p>If you like, you can use 1tsp dried mixed herbs instead of the fresh herbs.</p>			

Quantity	Ingredient
1 sprigs	fresh flat-leaf parsley
15 mls	french dressing, fat free
1 inches	cucumber (approx 15g per inch)
1	bread rolls, mixed grain burger buns (approx 45 grams each)
0.5	brown onions, small (approx 60g each)
1 pinch	black pepper
1 cups	mixed salad leaves
1 pinch	sea salt
100 grams	beef mince, extra-lean (maximum 5% fat)
1 pump	cooking oil spray
1 sprigs	fresh thyme
2 tsp	burger relish
1	egg whites (large egg)