

Cereal - All Bran



Details		Nutritional details per serve	
Serves :	1	Calories:	151
Total Preparation Time:	2 minutes.	Fat:	1.3
Region :	Australian	Protein:	11.0
Gluten Free:	No	Carbohydrates:	24.3
Vegetarian:	Yes	Fibre:	8.4
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. Place the All-Bran in a bowl and pour over skim milk.			
2. Top with strawberries and serve immediately.			

Quantity	Ingredient
30 grams	cereal, all-bran
200 mls	milk, skim
15 grams	strawberries

Open Topped Crunchy Tuna Sandwich



Details		Nutritional details per serve	
Serves :	1	Calories:	296
Total Preparation Time:	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)

Spicy Cayenne Chicken with Chickpea Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	356
Total Preparation Time:	25 minutes	Fat:	3.8
Region :	Western	Protein:	37.6
Gluten Free:	Yes	Carbohydrates:	41.9
Vegetarian:	No	Fibre:	7.6
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<ol style="list-style-type: none"> 1. Preheat the oven to 180C. 2. Place the cayenne pepper, black pepper and garlic into a lunch bag along with the chicken breast and coat evenly; remove the chicken breast and wrap in tin foil. 3. Bake the chicken parcel for 20 minutes. 4. Meanwhile, finely slice the red onion and dice the tomato. Toss together with the salad leaves and chickpeas and transfer to a serving plate. Drizzle over the lemon juice and season to taste with salt. 5. When the chicken is ready, transfer to the serving plate. 			

Quantity	Ingredient
2 cups	mixed salad leaves
1	tomato, small
0.5 tsp	garlic, minced
120 grams	chicken breast fillets, skinless and boneless
10 mls	lemon juice, bottled
1 pinch	black pepper
140 grams	tinned chickpeas (drained weight)
1 pinch	sea salt
0.25	red onions, small
1 tsp	cayenne pepper

Flavour Burst Bowl



Details		Nutritional details per serve	
Serves :	1	Calories:	300
Total Preparation Time:	5 minutes	Fat:	1.4
Region :	Swiss	Protein:	28.2
Gluten Free:	No	Carbohydrates:	38.5
Vegetarian:	Yes	Fibre:	5.8
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
1. For each serving, put aside 2 raspberries and 3 blueberries; put the remaining berries in a microwaveable dish with the honey and 1Tbsp of water (per serve) and cook on medium-high for 1 minute or until the juices begin to run. Stir well. 2. Combine the yogurt with the protein powder. 3. Spoon half of the yogurt mix into a serving bowl or suitable glass, then spoon in half the berry mix and a little muesli. Repeat the layer and top with the reserved berries.			
You can use other berries (e.g. strawberries and blackcurrants) if you prefer.			

Quantity	Recipe Name
2 tsp	honey, clear & runny
20 grams	muesli, natural Swiss style
30 grams	blueberries
150 grams	yogurt, natural bio, fat-free
50 grams	raspberries
20 grams	vanilla flavour whey protein powder - OPTIONAL

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	tomato, small
50 grams	baguette, French
1 can (85g)	chicken, shredded breast, tomato and onion
1 sprigs	fresh basil leaves
10 grams	cheese, mozzarella

Feta Stuffed Capsicums



Details		Nutritional details per serve	
Serves :	1	Calories:	388
Total Preparation Time:	60 minutes	Fat:	7.3
Region:	Greek	Protein:	23.2
Gluten Free:	No	Carbohydrates:	60.2
Vegetarian:	Yes	Fibre:	11.6
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
<ol style="list-style-type: none"> 1. Preheat the oven to 180°C/350°F/Gas Mark 4. 2. Put the bulgur wheat in a bowl, cover with boiling water, add the stock and stir to dissolve; let stand for 30 minutes (until the grains are puffed and swollen). When ready, drain the bulgur wheat and, if necessary, fluff with a fork to separate the grains. 3. Meanwhile, cut the capsicums in half lengthways, scrape out the centre and discard the seeds and membranes. Leave the stalk, which will help hold the pepper in shape. 4. Chop the apple and place in a bowl with the lemon juice and mix lightly. 5. Finely dice the cucumber and spring onions; add to apple along with the remaining ingredients (except for the Cheddar cheese) and the drained bulgur wheat. Season with sea salt and freshly ground black pepper and mix well. 6. Place the peppers on individual pieces of tin foil on a roasting tray, stuff with the filling and sprinkle over the reduced fat cheddar cheese. 7. Wrap each one tightly in tin foil and cook in the preheated oven for 20-25 minutes or until the filling is piping hot and the cheese is melted. 8. Season well with sea salt and freshly ground black pepper, place onto a serving plate and eat immediately. <p>Serve with a large crisp, green salad and a drizzle of balsamic vinegar.</p>			

Quantity	Recipe Name
15 grams	frozen sweet corn kernels
25 grams	bulgur wheat
1 tsp	garlic, minced
0.5	Red apple
2	spring onions
10 grams	vegetable stock, granulated
1 pinch	black pepper
40 grams	cheese, feta, reduced fat
1 pinch	sea salt
30 grams	cheese, cheddar, reduced fat, grated
6 cm	cucumber
5 mls	lemon juice, bottled
2	red capsicums (peppers), large

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
1 pinch	black pepper
50 grams	smoked ham, extra lean, sliced
50 grams	cheese, cream, extra-light (reduced-fat)
1 cups	rocket leaves

Macadamia Barramundi with Baked Sweet Potato



Details		Nutritional details per serve	
Serves :	1	Calories:	336
Total Preparation Time:	45 minutes	Fat:	13.8
Region :	Australian	Protein:	28.1
Gluten Free:	Yes	Carbohydrates:	24.3
Vegetarian:	No	Fibre:	3.9
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions			
<ol style="list-style-type: none"> 1. Preheat the oven to 230°C/405°F/Gas Mark 8. 2. Line a baking tray with tinfoil, place the sweet potato on top and cook in the centre of the oven for 30 minutes. 3. Meanwhile, combine the lemon juice, oil and mustard and brush over the fish. Season with freshly ground black pepper. 4. Finely chop the nuts and combine with the basil and oregano in a large flat dish; roll the fish fillet in the mixture to coat well. Place the fish in a baking dish and set aside. 5. Once the sweet potato has been baking for 30 minutes, turn the oven down to 190°C/375°F/Gas Mark 5 and place on the top shelf of the oven. 6. Place the fish in the centre of the oven and cook for 10-15 minutes, until cooked. 7. Transfer the baked sweet potato and fish fillet onto a serving plate. You can also serve this dish with a side salad. 			
For gluten-free, ensure the brand of wholegrain mustard you are using is gluten-free.			

Quantity	Ingredient
0.25 tsp	dried oregano
5 mls	extra virgin olive oil
1	sweet potato (approx 150g each)
0.25 tsp	dried basil
5 mls	lemon juice, bottled
1 pinch	black pepper
125 grams	barramundi fillets
1 tsp	mustard, wholegrain
10 grams	macadamia nuts

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:			
<ol style="list-style-type: none"> 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

Creamy Broccoli Soup with Oat Cakes



Details		Nutritional details per serve	
Serves :	1	Calories:	375
Total Preparation Time:	15 minutes	Fat:	5.6
Region :	Scottish	Protein:	34.6
Gluten Free:	No	Carbohydrates:	56.4
Vegetarian:	Yes	Fibre:	11.2
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<p>1. Place the broccoli in a covered saucepan with the approximately 300mls lightly salted water (per serve), so that the water just covers the top of the broccoli. Boil for 5 minutes or until just tender; the cooking time varies depending on the variety you are cooking.</p> <p>2. Pour the water and broccoli into a food processor and blend until smooth.</p> <p>3. Add the quark and process once more.</p> <p>4. Pour the soup mixture back into the saucepan and reheat, but do not allow it to boil.</p> <p>5. Pour the soup into a warmed soup bowl, swirl in the yogurt and serve with oat cakes on the side.</p> <p>This dish is also wonderful chilled with chopped mint and a swirl of vodka or dry sherry for a posh dinner party.</p>			

Quantity	Recipe Name
200 grams	cheese, quark, low fat
4 each	oatcakes, low fat
2 pinch	sea salt
20 grams	yogurt, natural bio, fat-free
400 grams	broccoli

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 eg Vitasoy
1 sachet (34g)	oats, quick sachets, original

Tuscan Tuna and White Bean Salad



Details		Nutritional details per serve	
Serves :	1	Calories:	374
Total Preparation Time:	15 minutes	Fat:	5.7
Region :	Italian	Protein:	28.8
Gluten Free:	No	Carbohydrates:	47.4
Vegetarian:	No	Fibre:	9.2
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	No		
Instructions:			
<ol style="list-style-type: none"> 1. Cut (each serving of) the ciabatta loaf in half; as if making a sandwich. Toast the bread under a grill or using a toaster. 2. Meanwhile, drain the tuna and beans and chop the red onion, parsley, oregano and cherry tomatoes; toss the ingredients together in a mixing bowl. 3. Add the garlic, olive oil and vinegar to the mixing bowl; toss gently. 4. Arrange one slice of the toasted bread onto a serving plate, top with salad and then place the second slice of toast on top. <p>You can also serve without toasting the ciabatta loaf if you prefer your bread fresh.</p>			

Quantity	Recipe Name
1 sprigs	fresh flat-leaf parsley
5 mls	extra virgin olive oil
20 mls	balsamic vinegar
70 grams	tuna in spring water (drained weight)
4	cherry tomatoes, small (approx 10g each)
50 grams	bread, wholemeal crusty or ciabatta
0.5 tsp	garlic, minced
120 grams	tinned cannellini beans (drained weight)
0.5	red onions, small (approx 60g each)
1 sprigs	oregano, fresh

Asian Mushroom Omelette



Details		Nutritional details per serve	
Serves :	1	Calories:	222
Total Preparation Time:	5 minutes.	Fat:	15.2
Region:	Asian	Protein:	15.1
Gluten Free:	Yes	Carbohydrates:	6.6
Vegetarian:	Yes	Fibre:	0.8
Dairy Free:	Yes		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
1. Break half the eggs into a bowl. Chop the chilli and shallots and add half to the eggs; whisk with a fork.			
2. Heat a wok over medium heat. Add half the oil. Swirl to coat. Pour in egg mixture. Swirl to cover base and run 1cm up the side.			
3. Slice the mushrooms and sprinkle half over egg mixture. Cook for 30 seconds or until base is set. Fold omelette in half. Tilt wok to allow any uncooked egg to run to edge. Cook for 30 seconds. Turn omelette over and cook for 30 seconds or until light golden (omelette should still be moist inside). Transfer to a plate. Cover to keep warm. Repeat with remaining eggs, chilli, green onions, oil and mushrooms.			
4. Cut omelettes in half and place on plates. Top with trimmed snow pea sprouts. Drizzle with tamari sauce. Season with salt and pepper.			

Quantity	Recipe Name
5 mls	peanut oil
1 pinch	sea salt
1 pinch	black pepper
2	shallots
0.25	fresh red chillies
20 grams	snow pea sprouts
25 grams	mushrooms, common
5 mls	tamari (wheat-free soy sauce)
2	eggs, large

Poached Egg Florentine



Details		Nutritional details per serve	
Serves :	1	Calories:	374
Total Preparation Time:	15 minutes	Fat:	8.4
Region :	French	Protein:	32.0
Gluten Free:	No	Carbohydrates:	35.4
Vegetarian:	Yes	Fibre:	2.5
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions:			
<ol style="list-style-type: none"> 1. Wash the spinach and put in a lidded saucepan with 1 tablespoon of water (per serving). Bring to a simmer and cook, stirring once or twice, until the leaves have wilted. Drain and keep warm. 2. Meanwhile, put the milk, flour, whey protein powder, mustard and a little sea salt and white pepper into a non-stick saucepan and whisk thoroughly. 3. Heat until simmering, stirring frequently until the mixture thickens into a sauce. Add the cheese and stir until melted. 4. Bring a small saucepan of water to the boil. Add the white wine vinegar, stir the water with a wooden spoon in a circular motion until you create a small whirlpool effect. 5. 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. 6. Meanwhile, place the wholemeal bread into the toaster. 7. Arrange the spinach in the base of an individual gratin dish, top with a poached egg and pour over the cheese sauce. 8. Sprinkle with sweet paprika and serve with the toasted wholemeal bread. 			

Quantity	Recipe Name
200 grams	baby spinach leaves
5 grams	natural whey protein powder - OPTIONAL
1 pinch	white pepper
1 tsp	dijon mustard
1 tsp	sweet ground paprika
200 mls	milk, skim
25 grams	cheese, cheddar, reduced fat, grated
3 tsp	cornflour

1	eggs, large
1 slices	bread, wholemeal
20 mls	white wine vinegar

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)

Peach, Ricotta & Blackberry Sourdough



Details		Nutritional details per serve	
Serves :	1	Calories:	363
Total Preparation Time:	5 minutes	Fat:	7.1
Region :	Western	Protein:	32.6
Gluten Free:	No	Carbohydrates:	33.3
Vegetarian:	Yes	Fibre:	1.0
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions :			
1. Toast the bread and spread 2 teaspoons of blackberry jam evenly. 2. Top with the sliced peaches, followed by the crumbled ricotta and pumpkin seeds.			

Quantity	Recipe Name
15 grams	vanilla flavour whey protein powder (wpi)
150 mls	skim milk (average all types)
0.5	peach, small (approx 85g each)
8 grams	Jam, Blackberry, Less Sugar
70 grams	cheese, ricotta, light
30 grams	bread, sourdough vienna
5 grams	pumpkin seeds, raw

Turkey Pasta Waldorf Salad (dairy & gluten free version)



Details		Nutritional details per serve	
Serves :	1	Calories:	344
Total Preparation Time:	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

Vanilla Fruit Parfait



Details		Nutritional details per serve	
Serves :	1	Calories:	186
Total Preparation Time:	65 minutes	Fat:	0.1
Region:	French	Protein:	19.7
Gluten Free:	Yes	Carbohydrates:	24.3
Vegetarian:	Yes	Fibre:	1.5
Dairy Free:	No		
White Meat Only:	Yes		
No Seafood:	Yes		
Instructions			
<ol style="list-style-type: none"> 1. Peel and finely chop the pineapple and put into a microwaveable bowl with the blueberries and stevia. Microwave on high for 1 minute then set aside to cool. 2. Beat together the fromage frais and protein powder with a fork or spoon until smooth. 3. In another dry non-greasy bowl, beat the egg white (using an electric whisk) on full power for a few minutes until it holds its shape when you turn the bowl upside down. 4. Spoon the fromage frais mix into the egg white and gently fold together. 5. Put half of the fruit into the base of a serving dish or glass and spoon the remainder gently into the fromage frais mix, then spoon the entire mix into the serving dish or glass. 6. Chill for 1 hour and serve topped with a few fresh blueberries and pineapple pieces. <p>You can also use raspberry and banana for the fruit.</p>			

Quantity	Ingredient
50 grams	pineapple
50 grams	blueberries
100 mls	fromage frais, natural, low-fat
1 pinch	stevia extract powder
1	egg whites (large egg)
10 grams	vanilla flavour whey protein powder (wpi)

Kangaroo Fillets with Roasted Baby Beetroot & Garlic Potato Mash



Details		Nutritional details per serve	
Serves :	1	Calories:	343
Total Preparation Time:	70 minutes	Fat:	9.2
Region:	Australian	Protein:	32.9
Gluten Free:	Yes	Carbohydrates:	37.0
Vegetarian:	No	Fibre:	5.8
Dairy Free:	No		
White Meat Only:	No		
No Seafood:	Yes		
Instructions:			
1. Roast the beetroot by wrapping in foil and placing in a medium oven for about an hour (test with skewer). Unwrap and allow to cool, peel and halve.			
2. Meanwhile, marinate kangaroo fillets in oil, pepper and a small pinch of salt (optional), set aside for 20 minutes. If the fillet is quite thick, simply slice in half length ways to make it thinner.			
3. Peel and dice potatoes, place in a pot of salted water and bring to boil. Once boiling, add garlic, boil until potatoes are soft. Drain well and return to pot. Add butter and milk and mash until fluffy.			
4. Heat pan or BBQ grill until hot. Sear the fillet for 2-3 minutes on each side. Turn heat down and cook to liking (further 1-2 minutes for rare, 2-3 minutes for medium rare).			
5. Allow kangaroo to rest for 5-10 minutes before serving. Fillets can be served either whole (if thinner pieces of meat) or can be sliced and arranged on plate.			
6. Serve with beetroot and mash.			

Quantity	Recipe Name
1 tsp	margarine, Nuttexlite, dairy free margarine
5 mls	extra virgin olive oil
1 pinch	sea salt
1 pinch	black pepper
2	baby beetroot
20 mls	milk, skim
0.5 tsp	garlic, minced
1	jacket potatoes, medium
125 grams	kangaroo, fillet



eat with me, train with me

Recipes - Week 5

Julie Markoska

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