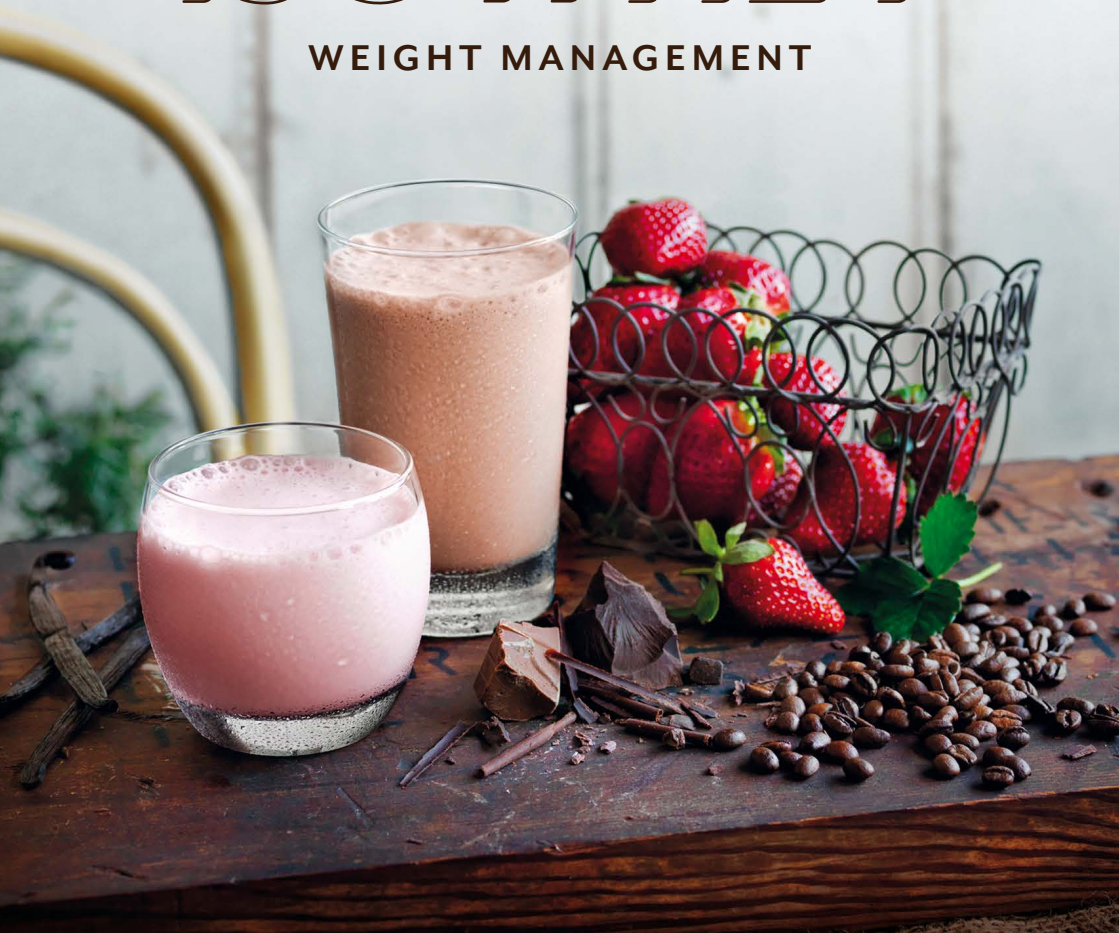


DISCOVER THE GOODNESS
• of healthy living •

ISOWHEY®

WEIGHT MANAGEMENT



• isowhey.com.au •

FOR HEALTHY LIVING

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Why IsoWhey?

Take a fresh look at the exciting new packaging for the IsoWhey range of weight management products. Still boasting a premium formula, IsoWhey helps you enjoy a healthy lifestyle, without compromising on taste and nutrition.



LOW-CARB
FORMULA



15g OF PURE WHEY
PROTEIN PER SERVE



23 VITAMINS
& MINERALS



PROBIOTICS, PREBIOTICS
& DIGESTIVE ENZYMES



NO ARTIFICIAL COLOURS,
FLAVOURS, OR
SWEETENERS



GLUTEN
FREE

Use in conjunction with a balanced diet and appropriate exercise program.



Keys To Success

Every healthy lifestyle program needs perseverance and willpower to succeed.

Here are a few of IsoWhey's top tips to give you a head start:

- ✓ Drink plenty of water. A sign of hunger can often be dehydration. Keep hydrated, keep your belly full and flush out toxins.
- ✓ Gather a support network that can be there for you on bad days.
- ✓ If feeling down or stressed, call up a friend instead of turning to food.
- ✓ Read packaging and ingredients lists - know what you are putting into your body.
- ✓ Avoid high fat, high sugar processed foods.
- ✓ Plan meals.
- ✓ Portion control - use smaller plates if that makes it easier.
- ✓ Think before you eat.
- ✓ Reduce or remove alcohol.
- ✓ Shop when you're not hungry and use a list.
- ✓ Get more sleep - tired people tend to eat more high calorie foods to boost their energy.
- ✓ Don't skip meals.
- ✓ Exercise 4-5 days a week.

Which Program is for You?

Whether you want to fast-track your healthy weight loss, get a fresh start with a detox, or cement new habits for the long term, there is an exciting IsoWhey program designed to help.

Fast-Track Program

If you're looking to start your weight loss journey on the right path then IsoWhey's Fast-Track Program is for you. This intensive program incorporates two delicious IsoWhey shakes with a healthy calorie-controlled eating plan and fat-burning exercises.

The Fast-Track Program is a good introduction to the 21-Day Break The Habit program and a great lead into a lifelong regimen. The 7-Day Fast-Track Program will get your body used to its new healthy eating program, kick-start your metabolism, and get your weight loss journey off to a flying start.

{ 7 Days }

Break The Habit

Generally acknowledged, breaking a habit takes 21 days. That's 21 days to break one habit and form another. IsoWhey's Break The Habit program will help you break bad habits for good.

IsoWhey's habit-breaker consists of one to two shakes a day, a calorie-controlled healthy eating plan and exercise program. The 21-day plan will provide you with the tools to break bad habits and replace them with healthy eating practices and regular exercise.

{ 21 Days }

Which Program is for You?

Rejuvenation

Feeling sluggish? Can't seem to lose weight no matter what you try?

Incorporating an IsoWhey shake into a rejuvenation program may be just what your body is crying out for.

Our rejuvenation program nourishes the body, whilst gently cleaning your insides.

{ 28 Days }

Lifelong Wellness

The lifelong program is for anyone who is at their ideal weight and wants to maintain that weight with a healthy lifestyle.

It's packed with exercises and recipes to keep you motivated so that your new healthy habits take you beyond healthy weight loss to lifelong wellness.



Fast-Track Program

The 7-Day Fast-Track Program is designed to really set your weight loss on the right track.

For many this will be the first place to start before moving onto other programs such as the 21-Day Break The Habit or Lifelong Wellness program.



Fast-Track Program

MEAL PLAN

| | Breakfast | Midday Meal | Evening Meal | Snacks if hungry |
|-----------|---|---|--|--|
| Monday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Roast salmon fillet with zucchini ribbons | Choose 1 piece of fruit from the Foods to Enjoy list |
| Tuesday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Chicken tikka | Small handful of raw almonds (12) |
| Wednesday | Choose 1 shake from any of our great flavours | White fish parcels with watercress, peppers & green beans | Choose 1 shake from any of our great flavours | Choose 1 piece of fruit from the Foods to Enjoy list |
| Thursday | Choose 1 shake from any of our great flavours | Stir-fried beef with shiitake and Asian greens | Choose 1 shake from any of our great flavours | Small handful of raw almonds (12) |
| Friday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Spicy tofu & vegetable soup | Choose 1 piece of fruit from the Foods to Enjoy list |
| Saturday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Chicken teriyaki patties with steamed Chinese vegetables | 100g low-fat yoghurt with berries |
| Sunday | Choose 1 shake from any of our great flavours | Grilled beef & Mediterranean vegetable skewers | Choose 1 shake from any of our great flavours | Choose 1 piece of fruit from the Foods to Enjoy list |

Fast-Track Program

FITNESS PROGRAM

Cardio-focused workouts to increase fat burning for the seven days. Remember to stretch at the end of all workouts.

Find more great exercises on isowhey.com.au.

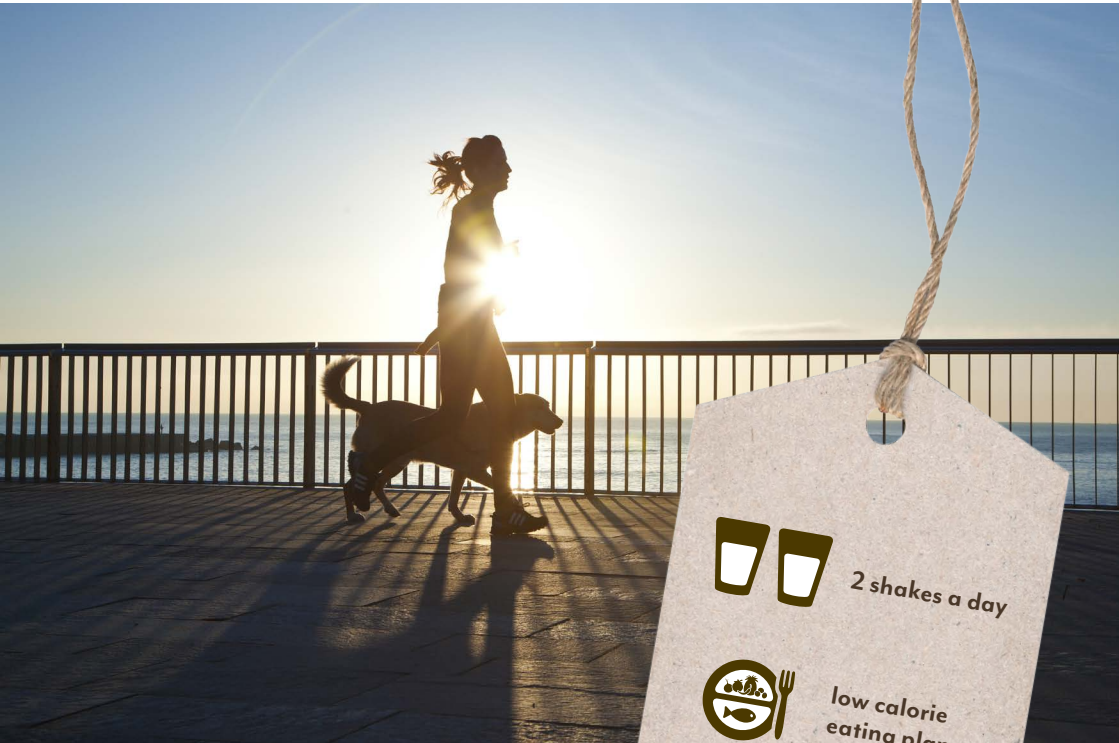
| | |
|--|--|
| Cardio <ul style="list-style-type: none"> 5 sessions 30 minute sessions (minimum) | Outside <p>Walk or jog. To increase intensity, walk (briskly to maintain a higher heart rate) for 5 minutes then jog for 5 minutes, alternating for 30 minutes.</p> <p>Add in hills/stairs where possible to increase your heart rate.</p> Gym <p>3 x sessions - treadmill, walk or jog, with intervals, as above. If you are walking, increase incline level appropriately. 2 x sessions - choose different cardio machines, e.g. rower, elliptical machine, bike or stepper.</p> |
| Resistance <ul style="list-style-type: none"> 5 sessions | Outside/home <p>10 x squats (feet hip-width apart) 10 x wide squats (feet in wide stance, shoulder-width apart) 10 x lunges (5 on each leg) 10 x calf raises, standing on step, go to tiptoes. Abs - upper, lower, obliques Go to isowhey.com.au for the full video.</p> Gym <p>Workout as above. Add dumbbells to leg exercises to increase intensity.</p> |



Break The Habit

The 21-Day Break The Habit program is designed to help you break those habits that have been holding you back.

If you have previously struggled to stick to a healthy eating and exercise program then now is your chance to turn things around!



Break The Habit

MEAL PLAN

| | Breakfast | Midday Meal | Evening Meal | Snacks if hungry |
|-----------|---|---|---|--|
| Monday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Prawn and lemongrass stir-fry with spinach | Choose 1 piece of fruit from the Foods to Enjoy list |
| Tuesday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Poached chicken spring salad with avocado | Small handful of raw almonds (12) |
| Wednesday | Choose 1 shake from any of our great flavours | Italian-style rolled chicken | Choose 1 shake from any of our great flavours | Choose 1 piece of fruit from the Foods to Enjoy list |
| Thursday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Steamed salmon parcels with fresh asparagus | Small handful of raw almonds (12) |
| Friday | Choose 1 shake from any of our great flavours | Moroccan lentil salad | Choose 1 shake from any of our great flavours | Choose 1 piece of fruit from the Foods to Enjoy list |
| Saturday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Grilled beef steaks with roast beetroot & walnuts | Choose 1 piece of fruit from the Foods to Enjoy list |
| Sunday | Choose 1 shake from any of our great flavours | Chicken and bean salad | Choose 1 shake from any of our great flavours | Choose 1 piece of fruit from the Foods to Enjoy list |

Break The Habit

FITNESS PROGRAM

Cardio- and resistance-based workout.
Aim to workout 5 days a week.
Remember to stretch at the end of all workouts.

Week One

5 x 30 minute cardio sessions

Week Two

3 x 30 minute cardio session
1 x core/pilates class
1 x resistance session

Week Three

2-3 x 30 minute cardio sessions
1-2 x resistance sessions
1 x core/pilates class

Break The Habit

FITNESS PROGRAM



Cardio

**30 minute
sessions
(minimum)**

Outside

Mix it up and choose from one of the following:

- Brisk walk with a hill thrown in
- Walk and run, alternating every 5 minutes
- Bike ride
- Jog or run

Gym

Mix it up and choose from one of the following:

- Treadmill (walk or jog)
- Stationary bike
- Elliptical machine
- Rower
- Stairclimber

Resistance

Outside/home

2-3 sets, 8-12 reps for each muscle group

Upper body - chest, back, biceps, triceps, shoulders and abs

Lower body - quads, glutes, hamstrings, calves and abs

Go to isowhey.com.au for the full video

Gym

As above using machines, free weights, or combine both.

Important: Ask your gym fitness instructor to show you how to use the machines correctly.

*Be sure to alternate muscle groups.

Rejuvenation

Feeling sluggish, tired and bloated?

Set yourself on a four week Rejuvenation Program with IsoWhey and feel your energy levels return to normal.



Rejuvenation

MEAL PLAN

| | Breakfast | Midday Meal | Evening Meal | Snacks |
|-----------|---|---|--|--|
| Monday | Choose 1 shake from any of our great flavours | Crunchy pumpkin seed tabouli & tuna | Baked chicken with spice crust and cucumber, mint salad | Choose 1 piece of fruit from the Foods to Enjoy list |
| Tuesday | Choose 1 shake from any of our great flavours | Moroccan-style chickpeas served with quinoa | Fish with ratatouille | Small handful of raw almonds (12) |
| Wednesday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Chicken with almonds | Carrot & celery sticks with 50g hummus |
| Thursday | Choose 1 shake from any of our great flavours | Lentil & carrot soup | Poached salmon with salsa, snow peas & green beans | Choose 1 piece of fruit from the Foods to Enjoy list |
| Friday | Choose 1 shake from any of our great flavours | Chicken Waldorf salad | Choose 1 shake from any of our great flavours | Small handful of raw almonds (12) |
| Saturday | Choose 1 shake from any of our great flavours | Choose 1 shake from any of our great flavours | Grilled lemon & herb chicken skewers with steamed greens | Carrot & celery sticks with 50g hummus |
| Sunday | Choose 1 shake from any of our great flavours | Warm Thai chicken lettuce wraps | Autumn soup with miso & tofu | Choose 1 piece of fruit from the Foods to Enjoy list |

Rejuvenation

FITNESS PROGRAM

A workout designed to rejuvenate the body.

Aim for 3-4 days per week and try starting the day with 5-10 minutes meditation as soon as you wake. Remember to stretch at the end of all workouts.

Week One

3-4 x 30 minute cardio sessions interspersed with 1 x resistance session

Week Two

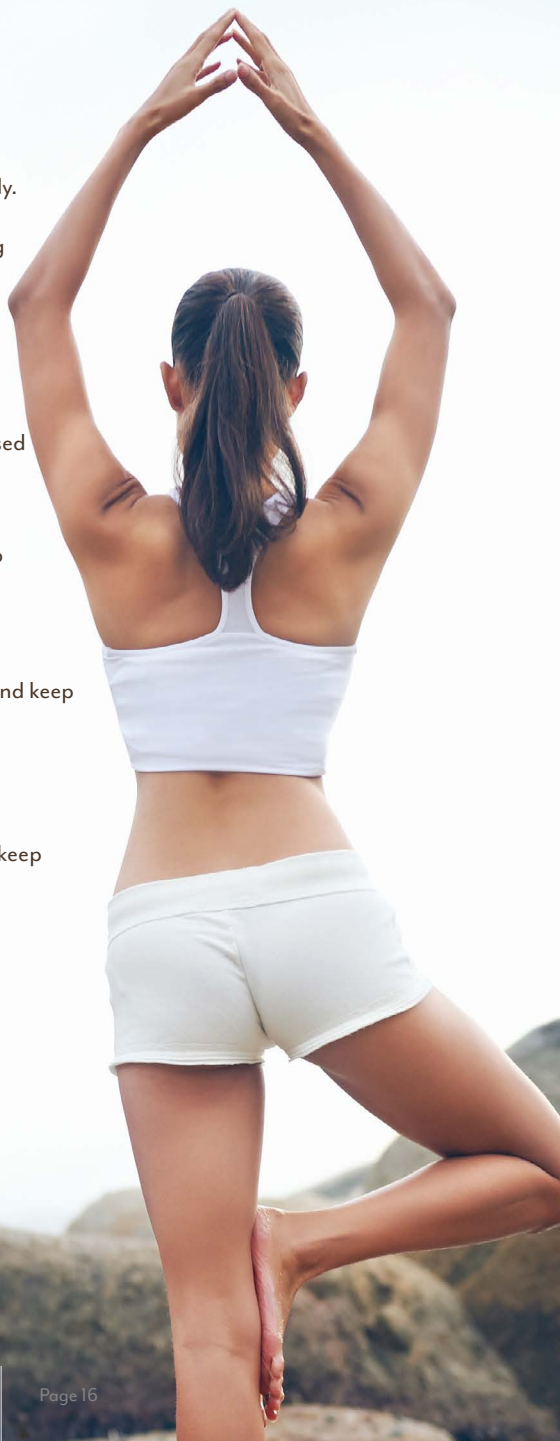
2-3 x 30 minute cardio sessions - Mix it up and keep it interesting!
2 x yoga classes at the gym

Week Three

2 x 30 minute cardio sessions - Mix it up and keep it interesting!
1-2 yoga/pilates class at the gym
1 x resistance session

Week Four

20 minute cardio sessions - Mix it up and keep it interesting!
1 x yoga/pilates class at the gym
1 x resistance session



Rejuvenation

FITNESS PROGRAM

Cardio

30 minute sessions (minimum)

Outside

Mix it up and choose from one of the following:

- Brisk walk with a hill thrown in
- Bike ride
- Jog

Gym

Mix it up and choose from one of the following:

- Treadmill (walk or jog)
- Stationary bike
- Elliptical machine
- Rower
- Stairclimber
- Cardio classes such as body pump or aqua aerobics

Resistance

Use lighter weights than usual

Outside/home

2-3 sets, 8-12 reps for each muscle group
Upper body - chest, back, biceps, triceps, shoulders and abs
Lower body - quads, glutes, hamstrings, calves and abs
Go to isowhey.com.au for the full video

Gym

As above using machines, free weights, or combine both. Important: Ask your gym fitness instructor to show you how to use the machines correctly.

*Be sure to alternate muscle groups.



Lifelong Wellness

Have you transformed your habits and reached your goal weight?

Now is the time to cement those habits and maintain your healthy lifestyle for good. What better way to do it than with IsoWhey's lifelong program?



Lifelong Wellness

MEAL PLAN

| | Breakfast | Midday Meal | Evening Meal | Snacks |
|-----------|---|---|---|--|
| Monday | Choose 1 shake from any of our great flavours | Zucchini frittata | Soba noodles with shredded chicken, ginger and lime | Herbed cottage cheese on buckwheat crispbread |
| Tuesday | Choose 1 shake from any of our great flavours | Stuffed eggplant with spinach ricotta | Pan-fried white fish fillets with salsa verde | Choose 1 piece of fruit from the foods to enjoy list |
| Wednesday | Summer fruit salad with IsoWhey yoghurt | Choose 1 shake from any of our great flavours | One-pot Moroccan lamb tagine | Small handful of raw almonds (12) |
| Thursday | Choose 1 shake from any of our great flavours | Roasted pumpkin, fennel, quinoa and pine nuts | Warm chicken vermicelli salad with Asian greens | Rice cakes with avocado |
| Friday | Oat porridge with apples, almonds and IsoWhey | Mexican-style chicken wrap | Sauté pork with red cabbage, pear & pine nuts | 100g low-fat yoghurt with berries |
| Saturday | Choose 1 shake from any of our great flavours | Baked mixed mushrooms & wholemeal pasta | Minestrone soup | Carrot sticks with hummus |
| Sunday | Poached eggs & smoked salmon | Tuna and brown rice salad | Choose 1 shake from any of our great flavours | Choose 1 piece of fruit from the Foods to Enjoy list |

Lifelong Wellness

FITNESS PROGRAM

This is a fitness program you're going to be sticking with for life!
It works best if it fits in with your lifestyle, and maintains your interest.

There are many options to choose from so pick the one that suits you best. If some weeks you find yourself busy and can only fit in two sessions, that's ok - get back on track the next week.

Option One

2-3 cardio sessions per week - Be sure to alternate the type of cardio to keep it interesting.

2-3 weights/resistance sessions a week - Aim for an all body workout. Follow the same program each session and write down your weights/ reps to track your progress and add to your motivation.

**If time is scarce, combine your weights and cardio into one session.

Note: some gym classes e.g body pump, combine weights with cardio.

Option Two

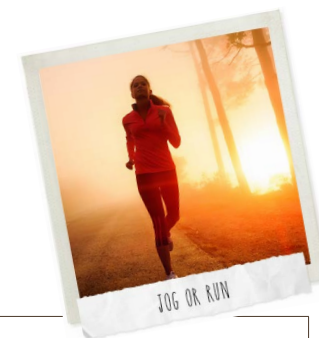
If following the same written program every week is not for you then mix it up.

Vary your cardio program as above and change your resistance program too. Some weeks you can do:

A full body workout (all muscle groups) OR upper body / lower body split OR alternate muscle group combinations each session e.g. chest with thighs.

Lifelong Wellness

FITNESS PROGRAM



Cardio

2-3 sessions per week

30 minute sessions
(minimum)

Outside

Mix it up and choose from one of the following:

- Bike ride
- Jog or run
- Team sports

Gym

Mix it up and choose from one of the following:

- Treadmill (walk or jog)
- Stationary bike
- Elliptical machine
- Rower
- Stairclimber
- Cardio classes such as body pump or aqua aerobics

Resistance

2-3 sessions per week

Outside/home

2-3 sets, 8-12 reps for each muscle group
Upper body - chest, back, biceps, triceps and shoulders
Lower body - quads, glutes, hamstrings, calves and abs
Go to isowhey.com.au for the full video

Gym

As above using machines, free weights, or combine both.
Important: Ask your gym fitness instructor to show you how to use the machines correctly.

*Be sure to alternate muscle groups.

Foods to Enjoy

| FRUITS | VEGETABLES | |
|----------------|---------------------------|---------------|
| Apple | Alfalfa and other sprouts | Herbs (fresh) |
| Apricots | Artichoke | Leek |
| Blackberry | Asparagus | Lettuce |
| Blueberry | Beans (green) | Mushroom |
| Cherry | Beetroot | Onion |
| Grapefruit | Broccoli | Parsnip |
| Grape | Brussels sprouts | Radish |
| Honeydew melon | Carrot | Red cabbage |
| Lemon | Cabbage | Sauerkraut |
| Lime | Capsicum | Seaweed |
| Nectarine | Cauliflower | Spinach |
| Orange | Celery | Sweet potato |
| Papaya | Celeriac | Tomato |
| Peach | Chilli | Turnip |
| Pear | Chinese greens | Watercress |
| Pineapple | Corn | Witlof |
| Plum | Cucumber | Zucchini |
| Raspberry | Dill pickle | |
| Rhubarb | Eggplant | |
| Rockmelon | Endive | |
| Strawberry | Fennel | |
| Tangerine | Garlic | |

Recipes

The following healthy and flavourful recipes have been put together by our chef Janine Royce.

Each recipe varies in its carbohydrate, fat and protein content, so be sure to refer to the menu plan of your chosen program for the best meals to meet your needs. Each of the recipes is packed with nutrients and is easy to make. For more of Janine's great recipes, visit isowhey.com.au.



IsoWhey Smoothie Recipes

Banana, mixed berries & vanilla

200mL water
1 cup frozen berries
½ frozen banana (peel before you put in the freezer)
1½ scoops IsoWhey Madagascan Vanilla
1 tablespoon natural yoghurt
1 tablespoon LSA (linseed, sunflower seed, almond) mix ice

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1166kJ (279Cal) | 22g | 8g | 23g | 5g |



Blueberries & double chocolate

200mL low-fat milk
½ cup blueberries
1 heaped scoop IsoWhey Ivory Coast Chocolate
1-2 tablespoon flaxseed meal
Ice

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 815kJ (195Cal) | 17g | 6g | 16g | 4g |



Mango & vanilla

200mL low-fat milk
½ mango
1½ scoops IsoWhey Madagascan Vanilla
1-2 tablespoon flaxseed meal
Ice

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1561kJ (373Cal) | 34g | 9g | 34g | 4g |

Cherries & double chocolate

200mL low-fat milk
½ cup frozen cherries
1 heaped scoop IsoWhey Ivory Coast Chocolate
1-2 tablespoon flaxseed meal

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1211kJ (289Cal) | 26g | 9g | 25g | 9g |

Strawberries & cream

200mL low-fat milk
½-1 cup fresh or frozen strawberries
1½ scoops IsoWhey Strawberry Smoothie
1-2 tablespoons flaxseed meal
Ice (if using fresh strawberries)

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1385kJ (331Cal) | 34g | 9g | 24g | 5g |

Vanilla & honey

200mL soy milk (organic)
1½ scoops IsoWhey Madagascan Vanilla
1-2 tablespoons LSA (linseed, sunflower, almond) mix
1 teaspoon honey (organic)

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1519kJ (363Cal) | 32g | 13g | 25g | 1g |

Vanilla, double chocolate & mint

200mL low-fat milk
1½ scoops IsoWhey Madagascan Vanilla
1-2 teaspoons IsoWhey Ivory Coast Chocolate
Fresh mint leaves

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1241kJ (296Cal) | 35g | 6g | 19g | 0.3g |

For more smoothie recipes, go to isowhey.com.au



IsoWhey Breakfast Recipes

Oat porridge with apples, almonds & IsoWhey

- 60g rolled oats
- 200mL cold water
- 1 apple, peeled and grated
- 12 raw almonds, roughly chopped
- 1 teaspoon ground cinnamon
- 200mL low-fat milk
- 1½ scoops IsoWhey Madagascan Vanilla

Combine the oats with water in a saucepan. Bring to the boil and cook the oats, stirring, for a few minutes or until the porridge thickens. Reduce heat and simmer gently for 10 minutes or until the oats are thick. Spoon porridge into a bowl and top with grated apple, cinnamon and almonds. Mix IsoWhey Madagascan Vanilla into the low-fat milk and pour over the porridge.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1374kJ (328Cal) | 15g | 10g | 39g | 7g |

Poached eggs & smoked salmon

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

Poach the eggs, then assemble on a plate with salmon and toast.

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1332kJ (318Cal) | 27g | 14g | 19g | 3g |



Summer fruit salad with IsoWhey yoghurt

- Choose fresh fruit in season
- ½ cup grapes
- ½ cup blueberries
- ½ cup strawberries, sliced
- 2 small apricots, stone removed, chopped
- 1 nectarine, stone removed, chopped
- 1 cup chopped rockmelon
- Pulp of 2 passionfruits
- 200mL low-fat yoghurt
- ½ scoop IsoWhey Madagascan Vanilla
- Fresh mint leaves, chopped

Combine fruit in a bowl. Mix passionfruit pulp with yoghurt and IsoWhey Madagascan Vanilla and serve over fruit. Sprinkle with mint leaves.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1176kJ (280Cal) | 17g | 4g | 39g | 10g |

Lunch & Dinner Recipes

Autumn soup with miso & tofu

600mL water
 2cm ginger, finely chopped
 2 shallots, sliced on an angle
 2 fresh shitake mushrooms (can use Swiss brown or portabello mushrooms)
 2 tablespoon Shoyu (can use low salt soy sauce)
 2 tablespoon Mirin (Japanese rice wine)
 150g firm tofu, cut into 2cm cubes
 60g snow peas, trimmed
 40g baby spinach
 2 asparagus spears, sliced on an angle
 2 tablespoon miso (genmai miso)
 Roasted seaweed (optional)

Place the water into a pot and add the ginger, shallots, shoyu and mirin. Bring to the boil and simmer gently to allow the flavours to mingle. Add in tofu, snow peas, mushrooms, asparagus and baby spinach to the soup. Simmer for a further 2 minutes.
 Remove soup from the heat. Add a tablespoon of the soup to a small bowl and mix with the miso paste. Add this back into the soup and mix to combine all flavours. Place into bowls to serve.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 770kJ (183Cal) | 15g | 7g | 7g | 8g |



Baked chicken with spice crust with cucumber & mint salad

2 x 150g chicken breast fillet
 Extra virgin olive oil spray

Spice crust

50g sesame seeds
 50g blanched almonds
 25g coriander seeds
 5g cumin
 Pinch sea salt
 ½ teaspoon cracked black pepper

Salad

50g fresh mint, roughly chopped
 1 medium Lebanese cucumber, thinly sliced
 100g plain yoghurt

Preheat oven to 200°C.

To make the spice crust: In a hot, dry pan, toast sesame seeds, blanched almonds, coriander seeds and cumin seeds until fragrant, stirring. Cool completely. Then coarsely grind with sea salt and black pepper using a nut grinder or a small food processor.

Spray chicken with extra virgin olive oil. Press on spice crust (if you have any excess spice crust, store in a screw-top jar for use at another time). Place chicken in an ovenproof dish and roast for 15-20 minutes or until cooked. To check that the chicken is cooked, slice through the middle and look to see that it is no longer pink.

Prepare the salad by mixing together the cucumber, mint and yoghurt. Season with cracked black pepper. Serve with sliced chicken.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 2498kJ (596Cal) | 49g | 38g | 10g | 12g |



Baked mixed mushrooms & wholemeal pasta

140g wholemeal penne pasta
 1 tablespoon olive oil
 1 small red onion, finely chopped
 200g mixed mushrooms (button, portabello, Swiss brown), sliced
 1 clove garlic, crushed
 1 teaspoon fresh thyme, finely chopped
 1 tablespoon fresh flat parsley, finely chopped
 150mL chicken stock
 1 teaspoon cornflour
 Cracked black pepper
 100g reduced-fat ricotta
 30g parmesan cheese, finely grated
 ½ cup soft breadcrumbs, wholemeal

Preheat oven to 180°C. Cook penne pasta in boiling salted water for 10-12 minutes or until al dente. Drain and place into ovenproof baking dish. Heat oil in a frypan on medium heat. Sauté onion, mushrooms and garlic. Add in herbs. Combine stock and cornflour and add to the pan to thicken. Season with cracked black pepper. Remove from the heat and mix through the ricotta. Pour over the penne pasta in the baking dish and sprinkle with the parmesan and breadcrumbs. Bake for 15-20 minutes until golden brown. Sprinkle with extra chopped parsley and serve with a rocket salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 2077kJ (496Cal) | 21g | 15g | 66g | 7g |

Crunchy pumpkin seed tabouli & tuna

¼ cauliflower
 1 tablespoon parsley, chopped
 1 tablespoon mint, chopped
 1 Lebanese cucumber, chopped
 20g pumpkin seeds
 2 Roma tomatoes, chopped
 2 spring onions, finely chopped
 Juice of 1 lemon
 1 tablespoon extra virgin olive oil
 2 x 100g tinned tuna in springwater, drained

Finely grate the cauliflower; it will resemble hard-looking breadcrumbs. In a bowl, combine the cauliflower with the parsley, mint, cucumber, pumpkin seeds, tomato and spring onions. Drizzle over lemon juice and olive oil. Mix well. Place onto two plates and top with tuna to serve.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 791kJ (189Cal) | 14g | 11g | 6g | 6g |



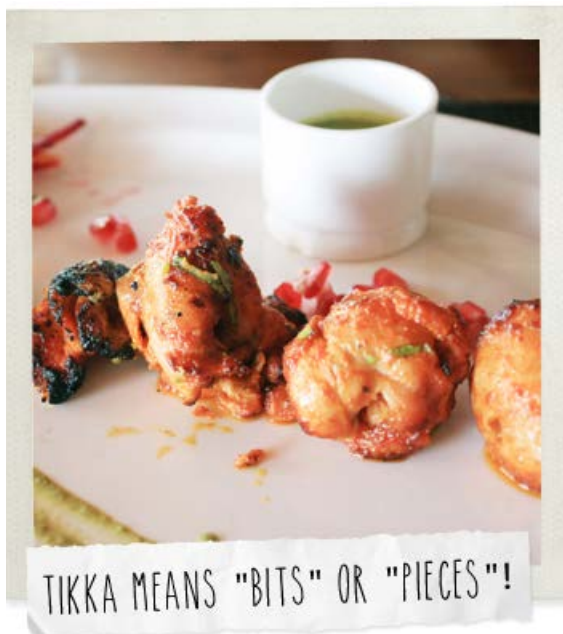
Chicken teriyaki patties with steamed Chinese vegetables

400g chicken thigh mince
 1 tablespoon tamari sauce (can use shoyu or low-salt soy sauce)
 1 tablespoon mirin (Japanese rice wine)
 1cm fresh ginger, finely chopped
 1 garlic clove, crushed
 2 shallots, white part only, finely chopped
 1 tablespoon fresh coriander leaves, finely chopped
 Juice of 1 lime or ½ lemon
 30g roasted cashews, finely chopped
 Extra virgin olive oil spray
 1 bunch baby bok choy, sliced
 1 bunch gai lan (Chinese broccoli), sliced
 60g snow peas, trimmed

Mix the chicken thigh mince with the tamari, mirin, ginger, garlic, shallots, coriander, lime juice and cashews until well combined. Roll about 2 tablespoons of the chicken mixture into a ball, then flatten slightly to form a patty. Wet your hands with cold water between patties to prevent sticking. Heat a non-stick frypan and spray with the extra virgin olive oil. Cook the chicken patties over medium heat for 3-4 minutes each side, until browned and cooked through. Steam the Chinese vegetables for 2 minutes. Place onto two plates and top with the chicken teriyaki patties to serve.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1561kJ (373Cal) | 49g | 10g | 18g | 8g |



Chicken tikka

350g chicken breasts, cubed or sliced

Marinade

1 small onion
1 clove garlic
3 tablespoon yoghurt
2 tablespoon mint
1 knob ginger
1 tablespoon lemon juice
1 teaspoon ground coriander
1 teaspoon garam masala
½ teaspoon ground cumin
Mint peas, chopped tomato and red onion salad, to serve

Combine marinade ingredients in a food processor.
Marinate chicken in marinade for several hours.
Chicken can be made into kebabs, barbequed as slices,
baked at a high temperature or grilled.
Serve with a green salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|---------------------|---------|-----|-------|-------|
| 1326 kJ (326Cal) | 36g | 16g | 6g | 5g |

Chicken & almonds

2 teaspoon light olive oil
60g blanched almonds
2 teaspoon grated ginger
1 onion, cut into wedges
1 carrot, sliced diagonally
1/3 cup sliced bamboo shoots (optional)
2 stalks celery, sliced diagonally
4 spring onions, thinly sliced
1 whole chicken breast (2 halves), cut into small cubes
2 tablespoons white wine or sherry

In a non-stick frypan, cook almonds with 1 teaspoon of olive oil until golden. Remove and drain on absorbent paper. Sauté 1 teaspoon of ginger with onion, carrot and bamboo shoots for 1 minute, then add celery and spring onions and cook for another 1-2 minutes. Remove vegetables and set aside. Lightly cook chicken cubes and remaining ginger in remaining oil until almost done. Add white wine/sherry to deglaze pan, then return vegetables and almonds to pan and warm through. Serve with green Chinese vegetables such as snow peas or bok choy.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 2179kJ (520Cal) | 39g | 34g | 8g | 6g |

Chicken Waldorf salad

½ cup steamed chicken fillet, chopped
½ green apple, chopped
1 stalk celery, chopped
6 walnuts
¼ red onion, finely sliced
2 tablespoon olive oil
Juice of ½ lemon
Vegetable salt, if desired
Black pepper

Combine chicken, apple, celery, walnuts
and red onion.
Dress with olive oil mixed with lemon juice.
Season to taste.



Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 2385kJ (570Cal) | 23g | 46g | 16g | 6g |

Chicken & bean salad

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

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

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1494kJ (357Cal) | 25g | 21g | 15g | 8g |

Fish with ratatouille

1 tablespoon olive oil
1 small red onion, finely chopped
1 clove garlic crushed
1 small eggplant, diced
1 medium zucchini, diced
3 Roma tomatoes, diced
½ red capsicum, diced
1 tablespoon parsley, chopped
1 tablespoon red wine vinegar
Cracked black pepper
Sea salt
300g white fish fillets such as snapper, dory, etc.

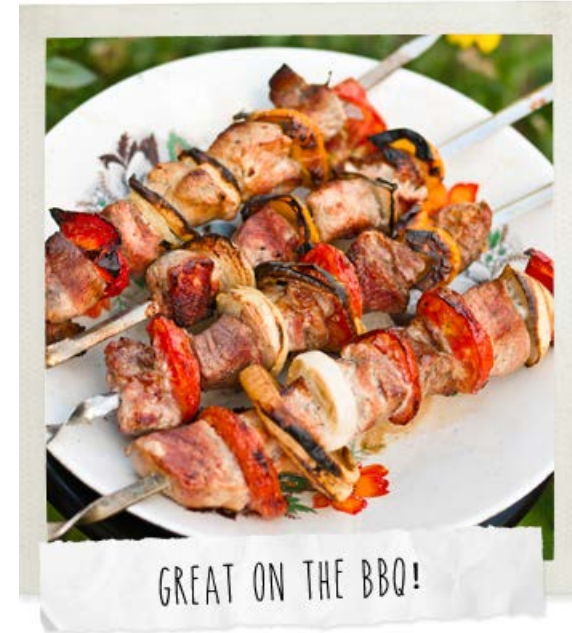
Preheat oven to 180°C.

To make the ratatouille: Heat a non-stick frypan to medium heat. Add olive oil, onion, garlic and eggplant and sauté until lightly browned. Add in zucchini, red capsicum and tomatoes and simmer for 30 minutes to achieve a thick stew. Sprinkle with red wine vinegar and parsley. Season with salt and pepper.

Place fish fillets into a baking dish. Top with ratatouille and bake for 15 minutes or until the fish is cooked. Serve with a green salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1192kJ (284Cal) | 34g | 12g | 7g | 6g |



Grilled beef & Mediterranean vegetable skewers

200g lean beef (rump or sirloin), cut into cubes
Extra virgin olive oil spray
½ red capsicum, deseeded & cut into cubes
½ yellow capsicum, deseeded & cut into cubes
1 zucchini, cubed
1 medium eggplant, cubed
1 punnet cherry tomatoes
2 tablespoon chopped parsley
1 lemon, rind grated and juiced
1 clove garlic, crushed

Thread meat onto either bamboo skewers, which have been soaked (for 30 minutes) to prevent burning whilst cooking, or metal skewers, alternating with the Mediterranean vegetable. Place finished skewers in a serving dish and spray with extra virgin olive oil spray. Sprinkle with parsley, lemon rind, lemon juice, garlic. Mix lightly to mingle the flavours. Prepare barbecue, grill plate or grill. Cook on medium heat until meat is cooked to your liking and vegetables are lightly browned. Serve with a mixed leaf garden salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 732kJ (175Cal) | 23g | 5g | 7g | 5g |

Grilled beef steaks with roast beetroot & walnuts

3 medium beetroot bulbs, ends trimmed
 40g walnuts, roughly chopped
 ½ red onion, sliced
 1 orange, peeled and cut into chunks
 1 bunch rocket (you can substitute mixed leaves about 1 cup each serve)
 2 x 100g lean beef steaks (rump, sirloin, etc.)
 Cracked black pepper
 1 teaspoon fresh thyme, chopped (substitute with ½ tsp dried if fresh is unavailable)
 Extra virgin olive oil spray
 Red wine vinegar to taste

Preheat oven to 200°C. Wrap each beetroot bulb in foil. Place on a baking tray. Bake for 1 hour or until tender when pierced with a skewer. Set aside to cool slightly. Just before cooking is finished, pop the walnuts into the oven to roast slightly, or leave raw if preferred. Wearing plastic gloves to avoid staining your hands, peel the beetroot. Cut into chunks and mix with orange, onion and walnuts. Add red wine vinegar to taste. Arrange on two plates with the rocket.

Prepare barbecue, grill plate or griller. Spray the steaks with extra virgin olive oil spray. Season with cracked black pepper and thyme. Cook steaks to your liking. Serve with the roast beetroot and walnut salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1591kJ (380Cal) | 28g | 19g | 20g | 11g |



Grilled lemon & herb chicken skewers with steamed greens

2 x 150g chicken tenderloins or breast fillets, cut into strips
 Grated rind of 1 lemon
 Juice of 2 lemons
 1 tablespoon olive oil
 2 teaspoons thyme, finely chopped
 1 tablespoon flat leaf parsley, finely chopped
 Cracked black pepper
 ½ cup broccoli florets
 1 zucchini, sliced
 ½ cup green beans, trimmed

Thread chicken onto either bamboo skewers which have been soaked (for 30 minutes) to prevent burning whilst cooking or metal skewers. Mix together lemon juice, lemon rind, chopped herbs and olive oil to make a marinade. Pour over skewered chicken and marinate for 1 hour. Prepare barbecue, grill plate or griller. Season chicken with cracked pepper. Cook skewers, turning every 2-3 minutes until browned on all sides and cooked through. Steam the green vegetables for 2 minutes until lightly cooked but still crunchy. Serve with chicken skewers.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1214kJ (290Cal) | 37g | 12g | 6g | 5g |

Italian-style rolled chicken

2 x 150g chicken breast fillet
 100g semi-dried tomatoes, finely chopped
 50g olives, finely chopped
 ¼ cup fresh basil, finely chopped
 Cracked black pepper
 4 asparagus spears, cooked by steaming or blanching

Preheat the oven to 200°C. To prepare the chicken, flatten breasts out between plastic film, using a meat mallet or rolling pin until they are about 2cm thick. Mix together tomatoes, olives and basil. Place a thick row of the tomato mixture down the middle of each chicken breast and top with 2 asparagus spears. To roll the chicken, fold in the sides of the chicken breast, then roll to form a sausage shape. Wrap in foil and bake in the oven for about 10 minutes. The chicken should feel firm when cooked. To check, carefully unravel the foil, cut through the middle of the chicken and look to see that it is no longer pink. Serve with steamed vegetables or a mixed leaf salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1429kJ (341Cal) | 41g | 8g | 19g | 10g |



Lentil & carrot soup

1 onion, chopped
 2 cloves garlic, crushed
 1 teaspoon grated ginger
 3 cups vegetable stock
 1 cup red lentils
 1 carrot, chopped
 3 tomatoes, chopped
 2 teaspoon ground coriander
 1 teaspoon ground cumin
 ½ teaspoon turmeric
 ½ cup light coconut milk (optional)
 ¼ cup fresh coriander leaves, chopped
 Vegetable salt, if desired
 Black pepper

Brown onion, garlic and ginger in a non-stick saucepan. Add stock, lentils, carrot, tomatoes and spices. Bring to boil and simmer for approximately 45 minutes. Add coconut milk and heat through. Season to taste. Garnish with coriander leaves.

Variation: Add 1 cup chopped poached chicken breast and lemon juice to taste.

Serves = 2. Each serve provides:*

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1444kJ (345Cal) | 27g | 3g | 45g | 18g |

*Amounts expressed exclude coconut milk.

Mexican-style chicken wrap

200g chicken breast fillets, cut into 2cm thick strips
 Juice of 1 lime or lemon
 1 tablespoon olive oil
 1 teaspoon cumin
 1 teaspoon smoked paprika
 ½ avocado, sliced
 1 tomato, chopped
 ¼ red capsicum, sliced
 1 cup lettuce, shredded
 1 tablespoon fresh coriander leaf
 Wholemeal wraps

Mix together the olive oil, lime juice, cumin and smoked paprika and add chicken strips to marinate for up to 1 hour. Pan-fry the chicken strips in a non-stick pan until lightly browned and cooked through. Set aside to cool. Roll up chicken, avocado, tomato, capsicum, lettuce and coriander in the wholemeal wraps and serve.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1746kJ (287Cal) | 24g | 23g | 25g | 7g |

Minestrone soup

2 tsp olive oil
 1 onion, chopped
 1 small potato with skin, chopped (optional)
 1 carrot, chopped
 1 stalk celery, chopped
 4 cups beef or vegetable stock
 1 can borlotti beans or 1 cup cooked beans
 3 tomatoes, skins removed, chopped
 Vegetable salt, if desired
 Black pepper
 1 cup cabbage, chopped
 ¼ cup fresh parsley, chopped
 Parmesan cheese

Heat oil in a large saucepan. Sauté onion, then potato, carrot and celery. Add stock, beans and tomatoes. Season to taste. Simmer until vegetables have just softened. Add cabbage a few minutes before the end of cooking. Serve with parsley and freshly grated Parmesan cheese.

Serves = 2. Each serve provides:*

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1526kJ (364Cal) | 19g | 4g | 57g | 14g |

*Amounts expressed exclude potato.



Moroccan-style chickpeas served with quinoa

1 tbsp extra virgin olive oil
 1 small red onion, finely chopped
 1 teaspoon cumin
 1 teaspoon ginger
 ½ teaspoon turmeric
 1 teaspoon cinnamon
 1 small eggplant, chopped
 2 ripe Roma tomatoes, roughly chopped
 200g pumpkin, peeled and cut into small chunks
 1 cup cooked chickpeas (preferably from dried chickpeas)
 1½ cups water
 1 tablespoon fresh coriander, roughly chopped
 ¼ cup quinoa

Heat extra virgin olive oil in a medium saucepan. Add onion, cumin, ginger, turmeric, cinnamon and eggplant and sauté until lightly browned. Stir in tomatoes, pumpkin, chickpeas and 1 cup water. Bring to the boil, then reduce heat and simmer for 20 minutes to let the flavours mingle and to cook the pumpkin into a thick stew. Add quinoa to a small saucepan with the remaining water. Bring to the boil, then reduce heat and cook with the lid on for 10 minutes or until all the liquid has been absorbed. Serve with the Moroccan-style chickpeas sprinkled with fresh coriander.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1513kJ (361Cal) | 13g | 13g | 40g | 14g |

Moroccan lentil salad

2 cups vegetables (red capsicum, baby spinach leaves, rocket, shallots, etc.), chopped
 1 cup small brown (Puy) lentils, cooked until tender and drained
 2 tbsp olive oil
 1 tbsp lemon juice
 1 tsp ground coriander
 1 tsp ground cumin
 Grated lemon rind
 Pinch turmeric
 Black pepper
 Vegetable salt, if desired

Combine all ingredients. Season to taste.

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

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1570kJ (375Cal) | 30g | 20g | 16g | 6g |

One-pot Moroccan lamb

200g lamb fillet or backstrap, cut into chunks
 1 tbsp extra virgin olive oil
 1 small red onion, finely chopped
 1 teaspoon cumin
 1 teaspoon ginger
 ½ teaspoon turmeric
 1 teaspoon cinnamon
 2 ripe Roma tomatoes, roughly chopped
 1 cup water
 5 prunes, pitted and chopped
 2 teaspoon honey
 1 tablespoon fresh coriander, roughly chopped
 1 tablespoon fresh parsley, roughly chopped
 2 tablespoons flaked blanched almonds

Heat olive oil in a medium-sized, heavy-based saucepan and sauté the meat until lightly browned. Remove lamb from the pan. Add in onion, cumin, ginger, turmeric, cinnamon and tomatoes. Stir to scrape all the flavours together. Add in the water and reduce the heat to simmer for 20 minutes or until the mix becomes a thick stew. Return lamb back to the pan and add in prunes and honey. Cook for a further 10 minutes to let the flavours mingle. Sprinkle with coriander, parsley and almonds. Serve with steamed mixed vegetables.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1514kJ (361Cal) | 26g | 19g | 20g | 6g |





Polenta with roasted tomato & eggplant sauce

1 cup polenta
2½ cups water
1 punnet cherry tomatoes
Extra virgin olive oil spray
2 teaspoon fresh thyme, roughly chopped
1 medium eggplant, chopped
1 clove garlic, finely chopped
1 tablespoon fresh parsley, roughly chopped
100g low-fat ricotta

Preheat the oven to 200°C. Place the eggplant into an ovenproof dish and spray with olive oil. Roast eggplant for 10 minutes then add in the cherry tomatoes and sprinkle with thyme. Roast for another 10 minutes or until the eggplant is golden brown and the tomatoes are softened but not dry. Place water in a large saucepan and bring to the boil over high heat. Gradually add the polenta in a thin steady stream, stirring constantly with a wooden spoon for 3-5 minutes or until polenta thickens. The more you stir the better the polenta will turn out. Remove from heat. Pour into a non-stick lamington tin that has been lightly sprayed with extra virgin olive oil. Allow to cool and set. Top the polenta with the roasted eggplant and cherry tomatoes, dot with ricotta and bake for 10 minutes or until golden brown and warmed through. Serve with a mixed leaf salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 813kJ (194Cal) | 7g | 3g | 33g | 4g |

Pan-fried white fish fillets with salsa verde

300g white fish fillets such as snapper, dory, etc.
Extra virgin olive oil spray
Juice of 1 lemon
1 bunch parsley
½ bunch basil
1 clove garlic
2 teaspoons capers
1 teaspoon Dijon mustard
30mL olive oil
10mL red wine vinegar
Pinch sea salt

Spray a non-stick pan with the extra virgin olive oil and heat to medium. Add the white fish fillets and pan-fry for 2-3 minutes each side until cooked through. Remove and set aside. Place the lemon juice, parsley, basil, garlic, capers, mustard, olive oil and red wine vinegar into a blender or food processor and mix into a coarse sauce. Season with salt. Serve the salsa verde either on the fish or to the side. Accompany with a mixed salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1163kJ (287Cal) | 31g | 16g | 1g | 1g |

Poached chicken spring salad with avocado

2 x 150g chicken breasts
Black peppercorns
1 medium carrot, grated
2 stalks celery, finely chopped
¼ red cabbage, finely sliced
2 shallots, finely chopped
2 teaspoon parsley, roughly chopped
Apple cider vinegar to taste
20g pepitas (pumpkin seeds)
½ avocado, thinly sliced

Place chicken breasts into a pot that can fit both breasts in a single layer. Cover with water, then add peppercorns and a couple sprigs of parsley. Bring to a gentle boil and simmer until cooked, about 10 minutes. Check by removing, and slicing through the middle; look to see that it is no longer pink. Refrigerate or freeze the stock for use in future recipes. Mix together the carrot, cabbage, shallots, parsley and celery to make a spring salad. Add apple cider vinegar to taste. Place on two dishes. Slice chicken thinly and arrange on top of the spring salad. Place avocado on top and sprinkle with pepitas to serve.

Serves = 2. Each serve provides:*

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1426kJ (340Cal) | 40g | 16g | 6g | 7g |

*Reduce the caloric value by 524kJ by leaving out the salad dressing.

Prawn & lemongrass stir-fry with spinach

10-15 medium to large green prawns, peeled with tails intact
 1 stalk lemongrass, chopped and ground
 1cm fresh ginger, finely chopped
 1 small red chilli (optional)
 Pinch turmeric spice
 2 lime leaves, thinly sliced
 15mL extra virgin olive oil
 150g spinach leaves
 1 cup broccoli florets
 1 red capsicum, deseeded, sliced
 Lime (or lemon) juice to taste
 Dash tamari or soy sauce

Heat the oil in an electric wok or non-stick frypan at medium-high heat. Stir-fry the prawns with the lemongrass, ginger, chilli (if using), turmeric and lime leaves for a few minutes until they turn orange. Remove from the pan and set aside. Stir-fry the the broccoli, red capsicum and spinach for 2 minutes or until wilted. Return prawns to the pan to reheat. Toss with lime juice and tamari. Serve.

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 650kJ (155Cal) | 16g | 8g | 4g | 4g |

Poached salmon with salsa, snow peas & green beans

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

Salsa

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

Prepare salsa ahead of time; finely chop and combine all ingredients and allow the flavours to infuse for at least 1 hour. Gently poach salmon fillet in water with ginger for 10 minutes or until cooked. Remove salmon from water and serve topped with salsa, with snow peas and green beans on the side. Season to taste.

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 2073kJ (495Cal) | 55g | 16g | 24g | 15g |



Roast salmon fillet with zucchini ribbons

2 x 150g salmon fillets
 1 punnet cherry tomatoes, halved
 2 teaspoon fresh thyme (parsley or basil can also be used)
 Extra virgin olive oil spray
 Juice of 1 lemon
 Cracked black pepper to taste
 2 medium zucchini

Preheat the oven to 200°C. Pat the salmon dry with a paper towel and place into a baking dish with the cherry tomatoes and thyme. Spray salmon and tomatoes with the extra virgin olive oil. Season the salmon with ground black pepper and lemon juice. Roast the salmon for 10-15 minutes or until the salmon is cooked and the cherry tomatoes have softened. To check that the salmon is cooked, insert a knife into the salmon and look to see that the flesh flakes away nicely.

Using a vegetable peeler, make zucchini ribbons by drawing the peeler the length of each zucchini and getting nice thin slices. Spray lightly with the extra virgin olive oil and pan-fry for 2 minutes. Serve roast salmon and cherry tomatoes with zucchini ribbons on top and a side salad.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1402kJ (334Cal) | 38g | 17g | 6g | 4g |



Roasted pumpkin, fennel, quinoa & pine nuts

300g butternut pumpkin, peeled and cut into small chunks
 ½ fennel bulb, core removed and sliced
 Extra virgin olive oil spray
 1 cup quinoa (tri-colour or white)
 2 cups water
 30g pine nuts, lightly toasted
 80g baby spinach or English spinach
 2 tablespoon mixed fresh herbs (parsley, rosemary, etc.)
 Cracked black pepper to taste
 40ml salad dressing (extra virgin olive oil and balsamic vinegar)

Preheat oven to 180-200°C. Place pumpkin and fennel in an ovenproof dish and spray with extra virgin olive oil. Roast for 30 minutes or until the pumpkin is golden brown. Add quinoa to a small saucepan with 2 cups of water. Bring to the boil, then reduce heat and cook with the lid on for 10 minutes or until all the liquid has been absorbed. Allow to cool. Combine the cooled quinoa with the fresh herbs, spinach, roasted pumpkin and fennel. Sprinkle with the pine nuts and salad dressing (if using) to serve.

Serves = 2. Each serve provides:*

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1174kJ (280Cal) | 6g | 21g | 17g | 4g |

*Amounts expressed include salad dressing. Omit the salad dressing to reduce the calorie content by 524kJ.

Sauté pork with red cabbage, pear & pine nuts

300g pork loin steak, cut into strips
 Extra virgin olive oil spray
 1 small red onion, thinly sliced
 2 cups red cabbage, finely shredded
 1 pear, cored and sliced
 30g raw pine nuts
 1 tablespoon apple cider vinegar
 Cracked black pepper to taste

Spray a non-stick frypan with the extra virgin olive oil and place on a medium heat. Sauté the pork until lightly browned and almost cooked through. Remove the pork and wipe out the pan. Spray the frypan again with the extra virgin olive oil. Add in the onion and cabbage and sauté lightly. Add in the pear, pine nuts and apple cider vinegar to finish. Return pork back to the pan and warm through. Season with pepper and serve with steamed green vegetables.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1463kJ (350Cal) | 39g | 13g | 17g | 7g |

Soba noodles with shredded chicken, ginger & lime

2 x 150g chicken breast fillets
 90g soba noodles
 1cm fresh ginger, finely chopped
 1 carrot, cut into matchsticks
 1 red capsicum, thinly sliced
 1 long red chilli, deseeded and thinly sliced
 2 spring onions, thinly sliced
 Juice of 1 lime
 1 tablespoon mirin (Japanese rice wine)
 Dash sesame oil
 Dash tamari sauce (can use shoyu or low-salt soy sauce)
 1 teaspoon sesame seeds, lightly toasted

Place chicken breasts into a pot that can fit both breasts in a single layer and cover with water. Bring to a gentle boil and simmer until cooked, about 10 minutes. Check by removing, and slicing through the middle; look to see that it is no longer pink. Allow to cool. Refrigerate or freeze the stock for use in future recipes. Cook soba noodles in a pot of boiling water, according to the packet, being careful not to overcook. Drain, rinse in cold water, and drain again. Place into a bowl with the ginger, carrot, capsicum, chilli and spring onions. Shred the cooled chicken breast and add to the noodle mix. Combine lime juice, mirin, sesame oil and tamari. Add to the chicken and soba noodles. Mix well and serve sprinkled with sesame seeds.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1136kJ (272Cal) | 38g | 4g | 15g | 5g |

Stir-fried beef with shiitake and Asian greens

Marinade

½ cup Shaoxing cooking wine*
1 tablespoon light soy sauce
1cm fresh ginger, finely chopped
1 garlic clove, crushed
1 tablespoon sweet chilli sauce or lime ginger sauce
200g lean beef (rump, sirloin), cut into strips

2 teaspoon olive oil
Extra virgin olive oil spray
2 fresh shiitake mushrooms, sliced (can use Swiss brown or portabello mushrooms)
1 bunch baby bok choy, sliced
1 bunch gai lan (Chinese broccoli), sliced
60g snow peas, trimmed
1 tablespoon fresh coriander, finely chopped

Marinate the beef strips in the marinade ingredients for up to 30 minutes. Heat the oil in a non-stick wok or frypan. Drain the beef strips from the marinade and cook in batches over high heat until just brown. Remove beef and wipe out pan. Spray pan lightly with olive oil spray. Add the mushrooms, baby bok choy, gai lan and snow peas and sauté for 2 minutes until snow peas are lightly cooked but still crunchy. Return beef to the pan and stir to heat through. Sprinkle with coriander and serve.

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1032kJ (246Cal) | 36g | 8g | 6g | 6g |

*From Asian food stores.

Spicy tofu & vegetable soup

3 cups water
1 stalk lemongrass, chopped and ground
1 knob of galangal or ginger, thinly sliced
3 fresh lime leaves, sliced
1 small carrot, sliced
½ cup broccoli florets
½ cup button mushrooms, sliced
½ cup Chinese cabbage, shredded
300g hard tofu
1 fresh red chilli, seeded and sliced
1 shallot, finely chopped
Dash of tamari or soy sauce
Lime or lemon juice to taste
1 tablespoon fresh coriander leaves, roughly chopped

Bring water to the boil with the lemongrass, galangal and lime leaves. Simmer for 20 minutes to let the flavours mingle. Add in the carrot, broccoli, mushrooms, cabbage and tofu and cook for a further 2 minutes. Stir in chilli, shallot, lime juice and tamari. Garnish with coriander leaves and serve.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 948kJ (226Cal) | 22g | 11g | 3g | 14g |

Steamed salmon parcels with fresh asparagus

2 x 150g salmon fillets
1 lemon
1 bunch dill, roughly chopped
4 asparagus spears, sliced on an angle
Cracked black pepper
1 bunch watercress
200g green beans, trimmed
½ red capsicum, deseeded and sliced
½ yellow capsicum, deseeded and sliced
50g black olives

Preheat a barbecue or oven to 180°C. Pat salmon fillets dry with a paper towel and place each onto a large piece of baking paper. Cut the lemon in half and squeeze over the juice from one half. Layer the dill and asparagus slices on top of the fish. Season with cracked black pepper. To make a parcel, fold in right and left sides of the baking paper, then start to roll and fold forward till it is nice and tight. Place on the preheated barbecue or in the oven. It will take 10-15 minutes to cook depending on the thickness of the fish. To check that the fish is cooked, carefully open the parcel to allow the steam to escape, insert a knife and look to see that the flesh flakes away nicely.

Blanch green beans quickly in a pot of boiling water, then refresh in cold water. Combine green beans with watercress, capsicum and black olives.

Serve the fish in its parcel with the watercress salad and lemon wedges.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1623kJ (387Cal) | 40g | 22g | 4g | 4g |



Tuna & brown rice salad

185g tinned tuna in springwater, drained
2 cups vegetables (red onion or spring onion, celery, capsicum, etc.), finely chopped
¼ cup fresh herbs, e.g. parsley, finely chopped
2 teaspoon homemade mayonnaise (egg, virgin olive oil, lemon juice)
2/3 cup of cooked brown rice

Combine all ingredients and serve.

Serves = 1. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 2162kJ (516Cal) | 41g | 20g | 40g | 4g |

White fish parcels with watercress, capsicum & green beans

2 x 200g white fish fillets (such as snapper, dory, etc.)
1 lemon
1 bunch dill, roughly chopped
1 zucchini, peeled and thinly sliced
Cracked black pepper
1 bunch watercress
200g green beans, trimmed
½ red capsicum, deseeded and sliced
½ yellow capsicum, deseeded and sliced
60g black olives
Extra virgin olive oil

Preheat a barbecue or oven to 180°C. Pat fish fillets dry with a paper towel and place each onto a large piece of baking paper. Cut the lemon in half and squeeze over the juice from one half. Layer the dill and zucchini on top of the fish. Season with cracked black pepper. To make a parcel, fold in right and left sides of the baking paper, then start to roll and fold forward till it is nice and tight. Place on the preheated barbecue or in the oven. It will take 5-10 minutes to cook depending on the thickness of the fish. To check that the fish is cooked, carefully open the parcel to allow the steam to escape, insert a knife and look to see that the flesh flakes away nicely.

Blanch green beans quickly in a pot of boiling water, then refresh in cold water.

Combine green beans with watercress, capsicum and black olives.

Serve the fish in its parcel with the watercress salad and lemon wedges.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1205kJ (287Cal) | 44g | 10g | 4g | 4g |



Warm Thai chicken lettuce wraps

200g chicken breast fillets
1 stalk lemongrass, bottom part only, chopped and ground
1 small red chilli, finely chopped (optional)
1 tablespoon coriander, finely chopped
1 tablespoon mint, finely chopped
1 tablespoon Thai basil, finely chopped
Juice of 1 lime or lemon
Dash fish sauce
Dash sweet chilli sauce
1 carrot, grated
1 lebanese cucumber, finely chopped
1 iceberg or butter lettuce, washed and separated into cups
1 shallot, finely chopped

Place chicken breasts into a pot that can fit the fillets in a single layer and cover with water. Bring to a gentle boil and simmer until cooked, about 10 minutes. Check by removing, and slicing through the middle; look to see that it is no longer pink. Allow to cool. Refrigerate or freeze the stock for use in future recipes. Cut up the chicken breast into small cubes, or pulse in a food processor. Combine chicken with lemongrass, chilli, coriander, mint, Thai basil, lime juice, fish sauce and sweet chilli sauce. Serve a small amount of chicken in lettuce cups topped with carrot, cucumber and shallots.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 591kJ (142Cal) | 25g | 2g | 3g | 5g |

Warm chicken vermicelli salad with Asian greens

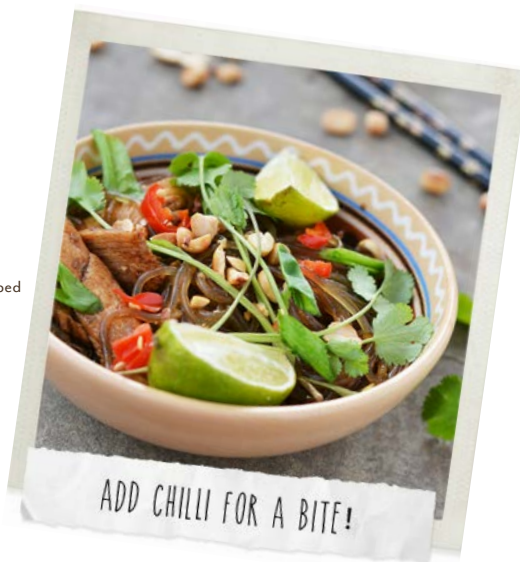
300g skinless chicken breast fillets
100g rice vermicelli noodles
1 small Chinese cabbage, shredded
1 medium carrot, cut into matchsticks
3 shallots, finely sliced
1/3 cup mint leaves, roughly chopped
1/3 cup coriander leaves, roughly chopped
¼ cup red mint,* roughly chopped
¼ cup Thai basil leaves, roughly chopped
4 Vietnamese mint leaves, roughly chopped

Marinade

½ cup Shaoxing cooking wine*
1 tablespoon light soy sauce 1cm fresh ginger, finely chopped
1 tablespoon sweet chilli sauce or lime ginger sauce

Dressing

1 clove garlic, finely chopped
1cm fresh ginger, finely chopped
1 long red chilli, finely chopped (optional)
1/3 cup rice wine vinegar
¼ cup light soy sauce
Juice of 1 lime
1 teaspoon sesame oil
1 teaspoon honey (to taste)
Fresh bean sprouts



Marinate the chicken in the marinade ingredients for up to 1 hour. Preheat an electric wok or heat a wok on the stove to medium heat and cook the chicken covered until cooked through. To check that the chicken is cooked, slice through the middle and look to see that it is no longer pink. Keep warm.

Place the vermicelli rice noodles into a bowl, pour over boiling water and let stand for a few minutes to soften. Drain the noodles, then chop and place into a bowl. Add in Chinese cabbage, carrot, shallots and herbs. Toss to combine. Mix the dressing ingredients together, add to the salad bowl and toss to combine.

Slice the chicken breast and add to the salad. Top with fresh bean sprouts.

Serves = 2. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|--------------------|---------|-----|-------|-------|
| 1296kJ (309Cal) | 39g | 5g | 22g | 6g |

*From Asian food stores.



Zucchini frittata

100g pumpkin, chopped into small pieces
Extra virgin olive oil spray
6 eggs
2 medium zucchini, grated
120g fetta
Salt
Cracked black pepper
50g fresh basil, shredded

Preheat oven to 180-200°C. Place pumpkin into an ovenproof dish and spray with extra virgin olive oil spray. Roast for 30 minutes or until the pumpkin is golden brown. Allow to cool. Whisk together the eggs, salt and pepper. Combine with zucchini, fetta and pumpkin. Pour mixture into a lamington tin that has been lined with non-stick baking paper.

Sprinkle with basil and bake for 20 minutes or until set. Remove from oven. Allow to cool slightly before removing from the pan. Cut into squares and serve with a mixed salad.

Serves = 4. Each serve provides:

| Energy | Protein | Fat | Carbs | Fibre |
|-------------------|---------|-----|-------|-------|
| 810kJ (193Cal) | 19g | 12g | 3g | 2g |

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