



ELIMINATION DIET

Weekly Planner and Recipes





	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Breakfast	<ul style="list-style-type: none"> Overnight Steel-Cut Oats (gluten-free)* Pecans Blueberries 	<ul style="list-style-type: none"> Kale Pineapple Banana Smoothie* 	<ul style="list-style-type: none"> Chia Seed Applesauce Bread* Sage Turkey Sausage* 	<ul style="list-style-type: none"> Toasted Gluten-Free Bread Almond Butter Seasonal Fresh Fruit 	<ul style="list-style-type: none"> Strawberry Mango Smoothie* 	<ul style="list-style-type: none"> Pumpkin Oatmeal Pancakes* LO Sage Turkey Sausage 	<ul style="list-style-type: none"> Apple Cinnamon Amaranth Porridge* Toasted Walnuts
Snack	<ul style="list-style-type: none"> Almonds Fresh Pear 	<ul style="list-style-type: none"> Fresh Strawberries Pumpkin Seeds 	<ul style="list-style-type: none"> Apple Slices Sunflower Seed Butter 	<ul style="list-style-type: none"> Berries Walnuts 	<ul style="list-style-type: none"> LO Chia Seed Applesauce Bread* Hot Peppermint Tea 	<ul style="list-style-type: none"> Celery Almond Butter 	<ul style="list-style-type: none"> Banana Sunflower Seed Butter
Lunch	<ul style="list-style-type: none"> Quinoa Salad with Chicken, Grapes and Almonds* 	<ul style="list-style-type: none"> Quick Brown Rice and Black Bean Bowl* Fresh Salsa 	<ul style="list-style-type: none"> LO Oven-Baked Lentil and Split Pea Soup* Fresh Veggies, Cut up Broccoli/ Celery 	<ul style="list-style-type: none"> Chopped Salad with Tuna* Sesame Rice Crackers 	<ul style="list-style-type: none"> Three Bean Vegetable Chili* LO Guacamole 	<ul style="list-style-type: none"> LO Sweet Potato and Kale Soup or Three Bean Vegetable Chili* Rice Crackers 	<ul style="list-style-type: none"> Almond Cocoa Smoothie*
Snack	<ul style="list-style-type: none"> Sugar Snap Peas and Carrot Sticks Fresh Salsa 	<ul style="list-style-type: none"> Celery Sweet Potato Hummus* 	<ul style="list-style-type: none"> LO Savoury Seed Crackers* LO Sweet Potato Hummus* 	<ul style="list-style-type: none"> Red Pepper Strips, Celery Sticks Guacamole 	<ul style="list-style-type: none"> Pumpkin Seeds Balsamic Roasted Beets* 	<ul style="list-style-type: none"> Fresh Pear Sunflower Seeds 	<ul style="list-style-type: none"> Rice Crackers Roasted Beet Hummus*
Dinner	<ul style="list-style-type: none"> Baked Salmon with Dill* Oven-Roasted Vegetables* Mixed Green Salad Everyday Basic Vinaigrette 	<ul style="list-style-type: none"> Oven-Baked Lentil and Split Pea Soup* Savoury Seed Crackers* Fruity Spinach 	<ul style="list-style-type: none"> Coconut Chicken* Nutty Green Rice Spring Mix Salad with Tomatoes Everyday Basic Vinaigrette 	<ul style="list-style-type: none"> Grilled Lamb Chops with Rosemary* Simple Roasted Butternut Squash* Roasted Pecans and Fresh Pears with Mixed Greens* 	<ul style="list-style-type: none"> Sweet Potato and Kale Soup (served over) Coriander Lime Cauliflower Rice Fresh Pineapple 	<ul style="list-style-type: none"> Walnut Crusted Fish* Steamed Broccoli Yellow Rice* 	<ul style="list-style-type: none"> Baked Chicken with Cabbage, Carrots and Onions* Fresh Berries with Coconut Mango Cream*

*Recipe included Leftover - LO

Fresh Produce
Vegetables/Herbs

- Carrots - *whole, 8-10 med sized*
- Carrots - *baby, 450g*
- Baby spinach - *85 - 283g*
- Spring mix - *60 - 283g*
- Kale - *Dinosaur, 2 bunches*
- Romaine lettuce - *1 bunch*
- Red pepper - *4-5 whole*
- Jalapeno pepper - *2 sml*
- White onion - *5-6*
- Red onion - *1 lrg or 2 med*
- Spring onion - *2 bunches*
- Garlic - *4-5 bulbs or 900g jar minced*
- Sugar snap peas - *110g*
- Celery - *2 bunches*
- Broccoli - *2 heads*
- Cauliflower - *2 heads*
- Asparagus - *240g*
- Beetroot - *large bunch - 6 beets*
- Tomatoes - *720g*
- 1 Bunch each parsley, mint, coriander
- 1 Bunch each fresh basil, 1 sprig dill
- 2-3 sprigs of thyme, sage, rosemary
- Sweet potatoes - *5 med*
- Cucumber - *2 med*
- Radishes - *60g*
- Fresh salsa - *110-220g*
- Butternut squash - *800g*
- Green cabbage - *1 head*
- Squash - *courgette or marrow - 100g*
- Mushrooms - *72g*

Time Saver Tips:

- Roast all 6 beetroot for day 5 snack and use 2 for day 7, Roasted Beet Hummus recipe.
- Everyday Basic Vinaigrette - Double the recipe for day 1 dinner salad and use it in the recipe for the day 4 dinner salad.

Meat/Fish/Eggs/
Plant Proteins

- Chicken breast - *bone-in - 4 breast halves*
- Chicken breast, boneless, skinless - *1350g*
- Wild caught salmon fillets, *4 - 142g*
- Ground turkey breast - *450g*
- Lamb chops, lean - *4 (85-110g)*
- Flounder fillets - *4 (110g)*
- Tuna, canned - *wild caught - 340g*

Dairy/Dairy Alternative

- Almond milk, unsweetened - *2400ml*
- Coconut milk, unsweetened - *2400ml*

Frozen Foods

- Petit green beans - *or buy fresh if available, 450g*
- Strawberries, unsweetened - *227g*
- Mangos, unsweetened - *227g*
- Pineapple, unsweetened - *110g*
- Organic brown rice - *2 cups (227g)*

Fruit, Fresh

- Blueberries - *600g*
- Strawberries - *450g*
- Pear - *3 med*
- Banana - *2 sml to med*
- Avocado - *5 med to lrg*
- Apples - *3 med*
- Pineapple - *1 sml*
- Lemon - *5-6 whole*
- Lime - *3 whole*
- Grapes - *300g*

Grains/Legumes

- Quinoa, dry - *212g*
- Steel cut oats, dry - *120g (gluten-free)*
- Rolled oats, dry - *120g (gluten-free)*
- Amaranth, dry - *193g*
- Teff flour - *120g*
- Dry yellow split peas - *197g*
- Lentils - *192g*
- Brown rice, dry - *450g*
- Rice flour - *158g*
- Sesame or plain rice crackers - *450g*
- Gluten-free bread - *1 slice*

Miscellaneous

- Vegan protein powder (soy-free) - *vanilla, 5-6 scoops*
- Local raw honey - *2 tbsp*
- Brown rice syrup - *300g*
- Stevia - *powdered*
- Cocoa powder - *1 tbsp*
- Tea - *peppermint and green*
- Pumpkin puree - *180g*
- Apple butter - *3½ tsp*

Canned Goods

- Petit diced tomatoes - *800g*
- Organic vegetable broth - *2400ml*
- Organic chicken broth - *1920ml*
- Dark kidney beans - *425g*
- Butter beans - *or cannellini, 425g*
- Chick peas - *425g*
- Black beans - *425g*
- Coconut milk - *340-425ml*
- Unsweetened applesauce - *500g*

Condiments/Oils

- 100% maple syrup - *118ml*
- Dijon mustard - *110-170g*
- Olive oil - *360-480ml*
- Coconut oil - *240-300ml*
- Flax oil - *2 tbsp*
- Balsamic vinegar - *3 tbsp*
- Red wine vinegar - *3 tbsp*
- Rice vinegar - *120ml*

Spices

- Garlic and onion powder
- Sea salt
- Black pepper
- Xanthan gum - *¼ tsp*
- Baking soda
- Bay leaf - *1*
- Ginger
- Almond and vanilla extract
- Nutmeg
- Turmeric
- Rosemary and oregano
- Cumin, curry powder, chili powder, allspice, cinnamon

Nuts/Seeds

- Almonds, raw - *110g*
- Almond butter - *sml jar, 4 tbsp*
- Sunflower seeds, raw - *130g*
- Sunflower seed butter - *sml jar, 2 tbsp*
- Pecans, raw - *100g*
- Walnuts - *287g*
- Ground flax seed - *7 tbsp*
- Chia seeds - *8 tbsp*
- Roasted sesame seeds - *2 tbsp*
- Tahini - *sml jar, 120g*
- Pumpkin seeds - *60g*
- Poppy seeds - *½ tsp*

**Fats & Oils:**

- 16** Everyday Basic Vinaigrette
- 18** Fruity Spinach Salad*
- 20** Guacamole
- 24** Oven-Roasted Vegetables*
- 30** Roasted Pecans and Fresh Pears with Mixed Greens*
- 39** Walnut-Crusted Fish*

Nuts & Seeds:

- 5** Almond Cocoa Smoothie
- 19** Fruity Spinach Salad
- 33** Savoury Seed Crackers

Proteins:

- 8** Baked Chicken with Cabbage, Carrots and Onions
- 9** Baked Salmon with Dill
- 12** Chopped Salad with Tuna
- 14** Coconut Chicken
- 19** Grilled Lamb Chops with Rosemary
- 21** Kale Pineapple Banana Smoothie*
- 28** Quinoa Salad with Chicken, Grapes and Almonds*
- 31** Sage Turkey Sausage
- 35** Strawberry Mango Smoothie
- 39** Walnut-Crusted Fish*

Non-starchy Vegetables:

- 8** Baked Chicken with Cabbage, Carrots and Onions
- 12** Chopped Salad with Tuna
- 13** Coriander Lime Cauliflower Rice
- 18** Fruity Spinach Salad
- 24** Oven-Roasted Vegetables*
- 30** Roasted Pecans and Fresh Pears w/Mixed Greens*
- 32** Sautéed Sesame Green Beans
- 36** Sweet Potato and Kale Soup*
- 38** Three Bean Vegetable Chili*

Legumes:

- 23** Oven-Baked Lentil and Split pea Soup
- 27** Quick Brown Rice and Black Bean Bowl*
- 37** Sweet Potato Hummus*
- 38** Three Bean Vegetable Chili*

Dairy/Dairy Alternatives:

- 6** Almond Milk

Starchy Veggies:

- 10** Balsamic Roasted Beetroot
- 26** Pumpkin Oatmeal Pancakes*
- 29** Roasted Beetroot Hummus
- 34** Simple Roasted Butternut Squash
- 36** Sweet Potato and Kale Soup*
- 37** Sweet Potato Hummus*

Fruit:

- 7** Apple Cinnamon Amaranth Porridge*
- 11** Chia Seed Applesauce Bread*
- 21** Kale Pineapple Banana Smoothie*

Grains:

- 7** Apple Cinnamon Amaranth Porridge*
- 12** Chia Seed Applesauce Bread*
- 15** Crispy Rice Squares
- 17** Fresh Berries with Coconut Mango Cream
- 22** Nutty Green Rice
- 25** Overnight Steel-Cut Oats
- 26** Pumpkin Oatmeal Pancakes*
- 27** Quick Brown Rice and Black Bean Bowl*
- 28** Quinoa Salad with Chicken, Grapes and Almonds*
- 40** Yellow Rice

**Asterisks refer to recipes that are in more than one food category.*

All recipes are included on the following pages in alphabetical order.



Almond Cocoa Smoothie

Makes 2 servings

- 480ml unsweetened almond milk
- 1 scoop vegan protein powder*
- 1 small avocado
- 1 tablespoon of cocoa powder
- 1 teaspoon of almond extract
- 10g ice cubes
- Stevia, to taste (optional)
- 16-32g loosely packed chopped kale

*Soy-free. Typical varieties include, rice, pea, hemp. Should be sweetened with Stevia or unsweetened altogether. 1 scoop should ≈ 17g protein.

Directions

1. Put all ingredients in a blender in the order listed.
2. Blend all ingredients together in a blender starting on low speed and working up to high speed until smooth.
3. Add more or less ice to desired thickness.

Nutrition (per serving):

Calories: 254
Fat (g): 20
Sat. Fat (g): 3
Chol (mg): 0
Sodium (mg): 263
Carb (g): 12
Fibre (g): 5
Protein (g): 12

Core Food Plan (per serving):

Proteins: 1
Nuts & Seeds: 3
Fats & Oils: 1
Fruits: 0.5



Almond Milk

Makes 3 servings

- 72g raw almonds
- 960ml purified water
- 2 tablespoons maple syrup
- Pinch of sea salt

Directions

1. Soak almonds and 240ml of purified water in blender, at room temperature, for about 6 hours.
2. After the almonds have soaked and using a strainer, drain off water and rinse well under running water.
3. Add almonds back to blender with 720ml of purified water, maple syrup (optional), and sea salt. Blend on high for 2-3 minutes.
4. Strain with a cheesecloth or strainer with fine holes, and pour into a container, squeezing out any remaining liquid.

Tips: The leftover almond pieces may be added to oatmeal or muffins or anything you can think of to benefit by adding lots of good fibre.

Nutrition (per serving):

Calories: 60
Fat (g): 2.5
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 150
Carb (g): 8
Fibre (g): 1
Protein (g): 1

Core Food Plan (per serving):

Dairy/Alt: 0.5



Apple Cinnamon Amaranth Porridge

Makes 4 servings

- 480ml water
- 193g amaranth
- 1 large apple, skin on, cored and diced
- ¼ teaspoon ground cinnamon
- ½ teaspoon sea salt

Directions

1. In a medium saucepan, add all ingredients and bring to a boil. Stir frequently.
2. Reduce heat to a low simmer (covered) for 20–25 minutes until amaranth is soft.

Tips: This can be made the night before and reheated in the morning. Store any leftovers in an airtight glass container in the refrigerator for up to 5 days. Serve with coconut or almond milk added to desired thickness. Optionally, served topped with walnuts.

Nutrition (per serving):

Calories: 203
Fat (g): 3
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 280
Carb (g): 38
Fibre (g): 8
Protein (g): 7

Core Food Plan (per serving):

Fruit: 0.5
Grains: 2



Baked Chicken with Cabbage, Carrots and Onions

Makes 4 servings

- 4 chicken breast halves (bone-in, skin-on)
- 1 head cabbage, chopped
- 1 large onion, cut into eighths
- 450g of baby carrots
- 1 teaspoon kosher salt, divided
- 1 teaspoon black pepper, divided
- 2-3 sprigs fresh rosemary, finely minced (2-3 teaspoons)
- 1 head garlic, cloves separated and left unpeeled (or 4-5 teaspoons minced garlic)
- 1 lemon quartered
- 60ml extra-virgin olive oil
- 3 tablespoons red wine vinegar

Directions

1. Preheat oven to 230°C/210 °C fan/gas mark 8
2. To a 30 x 40cm glass dish or roasting pan, add chicken, cabbage, onion and carrots. In a small bowl, mix together ½ teaspoon of salt, ½ teaspoon of pepper and minced rosemary. Sprinkle over chicken and veggies. Toss well.
3. Arrange chicken so that it lies on top of the veggies skin-side up. Also add garlic cloves and quartered lemon on top of the veggies.
4. In another small bowl, use whisk to mix together the oil, vinegar and remaining ½ teaspoon salt and ½ teaspoon pepper. Drizzle over the chicken and veggies.
5. Roast in the oven for 50 minutes. Chicken should be browned and cooked through. Vegetables should be tender.

Tips: Alternatively, consider roasting a whole chicken, instead of chicken breast halves.

Nutrition (per serving):

Calories: 440
Fat (g): 28
Sat. Fat (g): 6
Chol (mg): 93
Sodium (mg): 671
Carb (g): 17
Fibre (g): 4
Protein (g): 32

Core Food Plan (per serving):

Proteins: 3.5
Fats & Oils: 3.5
ns Veg: 3.5



Baked Salmon with Dill

Makes 4 servings

- 4 salmon fillets (142g each)
- 4 teaspoons chopped fresh dill
- 4 teaspoons extra virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions

1. Preheat oven to 190°C/170 °C fan/gas mark 5
2. Line a baking tray with parchment paper or oil the pan. Add salmon to the pan
3. Mix together olive oil, dill, salt and pepper, and brush over salmon.
4. Bake salmon for 12-15 minutes.

Nutrition (per serving):

Calories: 205
Fat (g): 9
Sat. Fat (g): 1
Chol (mg): 74
Sodium (mg): 228
Carb (g): trace
Fibre (g): trace
Protein (g): 28

Core Food Plan (per serving):

Proteins: 4



Balsamic Roasted Beetroot

Makes 2 servings

- 1 bunch trimmed beetroot (about 4 beets)
- 1 tablespoon balsamic vinegar
- 2 pinches sea salt
- 2 pinches black pepper

Directions

1. Preheat oven to 200°C/180 °C fan/gas mark 6
2. Gently scrub beetroot and pat dry. Wrap in foil, and roast until tender (about 1 hour). Let them cool, then peel and dice.
3. Place beetroot in a medium bowl, toss with balsamic vinegar, sea salt, pepper and serve.

Tips: A great idea is to cook up more beetroot than you need and then save in the fridge for use later in the week (salad, snacks, side dishes, etc.).

Nutrition (per serving):

Calories: 77
Fat (g): 0
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 264
Carb (g): 18
Fibre (g): 3
Protein (g): 3

Core Food Plan (per serving):

s Veg: 1



Chia Seed Applesauce Bread

Makes 16 servings (1 serving ≈ 6 x 6cm square)

- 120g teff flour
- 158g rice flour
- 3 tablespoons chia seed
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- ¼ teaspoon salt
- ¼ teaspoon nutmeg
- 250g unsweetened applesauce
- 1 tablespoon coconut oil, melted
- 150g brown rice syrup
- 3½ tablespoons apple butter
- 1 teaspoon pure vanilla extract
- 1 large apple, peeled, cored and chopped

Egg replacer:

- 80ml water
- 1 tablespoon ground flax seed

Directions

1. Prepare the egg replacer by mixing the ground flax and water. Allow to sit for 5 minutes to gel.
2. In a large bowl, mix together dry ingredients (teff and rice flours, chia seed, baking soda, cinnamon, salt and nutmeg). In a smaller bowl, mix together wet ingredients (applesauce, melted coconut oil, brown rice syrup, apple butter and vanilla extract).
3. Add the wet ingredients to the dry ingredients. Stir in apple chunks.
4. Pour mixture into oiled 23cm square pan. Bake at 180°C/160°C fan/gas mark 4 for 30 minutes.
5. When cooled, cut into 16 servings.

Tips: Alternatives include oat flour in place of rice flour, and maple syrup, agave nectar, or fruit juice concentrate in place of brown rice syrup.

Nutrition (per serving):

Calories: 179
Fat (g): 3
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 133
Carb (g): 36
Fibre (g): 3
Protein (g): 3

Core Food Plan (per serving):

Fruits: 0.5
Grains: 1



Chopped Salad with Tuna

Makes 4 servings

Salad:

- 340g wild caught tuna, drained and separated
- 100g cucumber, chopped
- 180g chopped tomato
- 140g chopped avocado
- 100g chopped celery
- 60g chopped radishes
- 190g chopped romaine lettuce

Dressing:

- 60ml extra virgin olive oil
- 60ml fresh lime juice
- 4 cloves minced garlic
- 1 teaspoon black pepper
- 1 teaspoon sea salt

Directions

1. In a large bowl, mix together tuna, cucumber, tomato, avocado, radishes and lettuce.
2. Whisk together dressing ingredients. Pour over the salad and toss to gently coat.
3. Serve immediately.

Nutrition (per serving):

Calories: 279
Fat (g): 20
Sat. Fat (g): 3
Chol (mg): 15
Sodium (mg): 685
Carb (g): 12
Fibre (g): 4
Protein (g): 15

Core Food Plan (per serving):

Proteins: 1.5
Fats & Oils: 3
ns Veg: 2.5



Coriander Lime Cauliflower Rice

Makes 6 servings (1 serving ≈ 650g)

- 1 head cauliflower (chopped)
- 1 tablespoon extra virgin olive oil
- 2 cloves garlic
- 2 spring onions, diced
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 3 tablespoons fresh lime juice (juice of 1½ limes)
- 4g fresh chopped coriander

Directions

1. Rinse cauliflower and pat dry. Chop into florets, and grate in food processor. If you don't have a food processor, leave cauliflower whole, and grate with a box grater. The cauliflower should resemble the size of rice or couscous.
2. Heat a large pan on medium heat, and add olive oil, garlic and spring onions. Sauté for 3-4 minutes.
3. Increase heat to medium-high and add cauliflower. Sauté for 5-6 minutes; remove from the heat and transfer to a large bowl (before cauliflower gets mushy).
4. Toss with sea salt, pepper, lime juice and coriander.

Nutrition (per serving):

Calories: 49
Fat (g): 2
Sat. Fat (g): 0
Chol (mg): 0
Sodium (mg): 109
Carb (g): 6
Fibre (g): 3
Protein (g): 2

Core Food Plan (per serving):

Fats & Oils: 0.5
ns Veg: 1



Coconut Chicken

Makes 4 servings

- 2 tablespoons extra virgin olive oil or organic virgin coconut oil
- 80g chopped onion
- 2 cloves garlic, minced
- 360g diced fresh tomatoes
- 450g boneless chicken breasts, cut into strips
- 1 tablespoon curry powder
- 80ml coconut milk
- 80ml water
- 1/8 teaspoon ground cinnamon
- 5 fresh basil leaves, chopped for garnish
- 1/2 teaspoon salt
- 1/4 teaspoon fresh ground black pepper

Directions

1. Heat oil over medium heat in a large frying pan. Add onions and cook, stirring, until softened. Add garlic and sauté for 1 more minute.
2. Add tomatoes, chicken strips and curry powder. Cook over a low heat, stirring for about 10–15 minutes, until chicken is thoroughly cooked and the mixture is thick
3. Stir in coconut milk and water. Cook for 5 more minutes.
4. Top with a sprinkle of cinnamon and garnish with basil. Serve immediately with plain rice or nutty green rice.

Nutrition (per serving):

Calories: 273
Fat (g): 15
Sat. Fat (g): 11
Chol (mg): 69
Sodium (mg): 339
Carb (g): 6
Fibre (g): 2
Protein (g): 27

Core Food Plan (per serving):

Proteins: 3.5
Fats & Oils: 1
ns Veg: 1.5



Crispy Rice Squares

Makes 32 squares (1 serving ≈ one 5 x 5cm square)

- 1 teaspoon cold-pressed coconut oil
- 150g brown rice syrup
- 2 tablespoons almond butter
- 3 teaspoons vanilla extract
- 60g crispy brown rice cereal
- 36g puffed rice
- 42g puffed millet
- 65g pumpkin seeds or sunflower seeds
- 60g currants, chopped dried apples or dates

Directions

1. Heat oil in a large pot. Add rice syrup and almond butter. Stir until bubbly.
2. Remove from heat and stir in vanilla.
3. Add remaining ingredients and mix well with a wooden spoon.
4. Press into an un-greased 23 x 33cm pan and press mixture flat. Let mixture set at room temperature or refrigerate.
5. Cut into squares. Store in an airtight container.

Tips: Substitutions: agave syrup or honey for brown rice syrup; tahini for almond butter and grape seed oil for coconut oil.

Nutrition (per serving):

Calories: 160
Fat (g): 3
Sat. Fat (g): trace
Chol (mg): 0
Sodium (mg): 89
Carb (g): 30
Fibre (g): 1
Protein (g): 4

Core Food Plan (per serving):

Grains: 2



Everyday Basic Vinaigrette

Makes 8 servings (1 serving ≈ 1 ½ tablespoons)

- 60ml vinegar of choice
- Juice of 1 lemon (3 tablespoons)
- 1 clove garlic (or 1 teaspoon minced garlic)
- ½ teaspoon ground cumin
- 1 tablespoon raw honey
- 1 teaspoon Dijon mustard
- ½ teaspoon sea salt
- ¼ teaspoon pepper
- 1-2 tablespoons fresh minced parsley
- 2-4 chopped spring onions
- 60ml extra virgin olive oil

Directions

1. Add to a blender the vinegar, lemon juice, garlic, cumin, honey, mustard, sea salt, pepper and blend.
2. Add the fresh chopped parsley, onion and blend.
3. Add oil and blend (if possible, slowly stream oil through an opening in the top of the blender).
4. Serve at room temperature.

Variation: In place of cumin, add ½ - 1 teaspoon of dried basil or 1-2 tablespoons of fresh basil, for a different taste blend.

Nutrition (per serving):

Calories: 75
Fat (g): 7
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 128
Carb (g): 4
Fibre (g): trace
Protein (g): trace

Core Food Plan (per serving):

Fats & Oils: 1.5
ns Veg: 0.5



Fresh Berries with Coconut Mango Cream

Makes 4 servings

- 160ml coconut milk (canned)
- 220g diced frozen mango (do not defrost)
- 1 teaspoon vanilla
- 300g fresh blueberries or blackberries

Directions

1. To a blender, add coconut milk and frozen mango. Blend on high until smooth.
2. Add vanilla and blend again for several seconds.
3. Evenly divide berries among four dishes. Top with coconut cream.
4. Garnish with a mint leaf, if desired.

Tips: For a variation, add 50g of frozen raspberries to coconut milk and mango (step 1). the pink colour is beautiful on top of the berries.

Nutrition (per serving):

Calories: 187
Fat (g): 10
Sat. Fat (g): 8
Chol (mg): 0
Sodium (mg): 11
Carb (g): 26
Fibre (g): 4
Protein (g): 1

Core Food Plan (per serving):

Fats & Oils: 2
Fruits: 1.5



Fruity Spinach Salad

Makes 4 servings

- 300g fresh organic strawberries
- 220g fresh spinach, washed, dried and torn into pieces

Dressing:

- 1 tablespoon sesame seeds
- ½ tablespoon poppy seeds
- 1 spring onion chopped
- 1 tablespoon flax seed oil
- 1 tablespoon olive oil
- 2 tablespoons balsamic vinegar

Garnish:

- 25g chopped walnuts

Directions

1. Cut berries in half and arrange over spinach in a serving bowl.
2. Combine dressing ingredients in a blender or food processor and process until smooth. Just before serving, pour over salad and toss.
3. Garnish with nuts.

Tips: For a variation, try raspberries in place of strawberries, and sliced almonds in place of walnuts.

Nutrition (per serving):

Calories: 165
Fat (g): 13
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 47
Carb (g): 10
Fibre (g): 4
Protein (g): 5

Core Food Plan (per serving):

Nuts & Seeds: 1
Fats & Oils: 1.5
ns Veg: 0.5
Fruits: 0.5



Grilled Lamb Chops with Rosemary

Makes 4 servings

- 4 lamb chops (lean)
- 2 teaspoons olive oil
- 1 teaspoon dried rosemary
- 1 tablespoon fresh rosemary
- ½ teaspoon salt
- ½ teaspoon pepper

Directions

1. Preheat the grill.
2. Drizzle oil over lamb chops and rub to coat them.
3. In a small bowl mix together the salt, pepper and dried rosemary, and season both sides of the lamb chops. Rub spices into chops.
3. Move the lamb to a grill pan, and grill for 8-10 minutes. Flip once during cooking. When done, the lamb should be only slightly pink in the centre.

Nutrition (per serving):

Calories: 94
Fat (g): 9
Sat. Fat (g): 3
Chol (mg): 79
Sodium (mg): 317
Carb (g): trace
Fibre (g): trace
Protein (g): 25

Core Food Plan (per serving):

Proteins: 3.5



Guacamole

Makes 4 servings

- 2 cloves garlic, minced (≈ 2 teaspoons)
- 3 spring onions (≈ ½ small red onion, minced)
- ¼ jalapeño, minced
- 2 avocados, peeled
- 1 tablespoon fresh lime juice (juice of ½ a lime)
- 2 tablespoons chopped fresh coriander
- 1 pinch sea salt

Directions

1. In a medium bowl, combine the garlic, spring onions and jalapeños.
2. Add avocado and mash using the back of a fork.
3. Gently stir in the lime juice.
4. Finish with coriander and sea salt.

Nutrition (per serving):

Calories: 169
Fat (g): 15
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 46
Carb (g): 9
Fibre (g): 3
Protein (g): 2

Core Food Plan (per serving):

Fats & Oils: 3
ns Veg: 1



Kale Pineapple Banana Smoothie

Makes 2 servings

- 240ml unsweetened almond or coconut milk
- 20g chopped, packed kale
- 90g diced or chunk pineapple, fresh, frozen or canned in juice and drained
- ½ banana (frozen is best)
- 10g ice, if desired
- 2 scoops vanilla vegan protein powder*
- 1 tablespoon chia or ground flax seed

*Soy-free. Typical varieties include, rice, pea, hemp. Should be sweetened with Stevia or unsweetened altogether. 1 scoop should ≈ 17g protein.

Directions

1. Add all ingredients to a blender, and blend until smooth.

Nutrition (per serving):

Calories: 246
Fat (g): 6
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 296
Carb (g): 31
Fibre (g): 4
Protein (g): 21

Core Food Plan (per serving):

Fats & Oils: 2.5
ns Veg: 0.5
Fruits: 1.5



Nutty Green Rice

Makes 8 servings

- 150g basmati or brown rice
- 480ml water
- ¼ teaspoon salt
- 55g almonds
- 1 bunch parsley
- 1 clove garlic
- 1 ½ tablespoons lemon juice
- 1 ½ tablespoons olive oil
- ¼ teaspoon freshly ground pepper
- ½ cucumber, diced, for garnish

Directions

1. Bring water to a boil, add rice and salt, stir and simmer, covered for 45 minutes. Do not stir again. Remove from heat and let it sit for another 10 minutes; then remove cover and allow to cool.
2. While rice is cooking, blend almonds, parsley, garlic, lemon juice olive oil and pepper in a food processor.
3. When rice is cool, stir with nut mixture.
4. Garnish with cucumber, if desired.

Nutrition (per serving):

Calories: 157
Fat (g): 8
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 81
Carb (g): 19
Fibre (g): 1
Protein (g): 4

Core Food Plan (per serving):

Nuts & Seeds: 0.5
Fats & Oils: 1
Grains: 1



Oven-Baked Lentil and Split Pea Soup

Makes 8 servings

- 197g split peas, rinsed well
- 192g lentils, rinsed well
- 2400ml low-sodium vegetable broth
- 2 medium carrots
- 2 celery stalks, sliced or diced
- 1 large red pepper, chopped
- 1 large onion, chopped
- 1 bay leaf
- 1 teaspoon cumin
- ¼ teaspoon ground black pepper
- ½ teaspoon salt

Directions

1. Put peas and lentils in a Dutch oven or large oven proof pot.
2. Add the remaining ingredients and bake, covered, in a 180°C/160 °C Fan/
Gas Mark 4 oven for about 2 hours or until the lentils and peas are tender.
3. Alternatively, you can cook for 1 hour on top of the stove, stirring occasionally. Remove bay leaf before serving.

Nutrition (per serving):

Calories: 215
Fat (g): 2
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 210
Carb (g): 35
Fibre (g): 15
Protein (g): 17

Core Food Plan (per serving):

Legumes: 2
ns Veg: 1



Oven-Roasted Vegetables

Makes 4 servings

- 71g broccoli florets
- 107g cauliflower florets
- 182g carrots
- 92g red pepper
- 160g onion
- 72g mushroom
- 100g squash
- 240g asparagus
- 60ml olive oil
- 1 tablespoon minced garlic
- ½ teaspoon salt
- ½ teaspoon coarsely ground black pepper

Directions

1. Preheat the oven to 190°C/170 °C fan/gas mark 5 while preparing the vegetables. Chop vegetables so that all pieces are approximately the same size. This will ensure that all vegetables are done cooking at the same time.
2. In a large roasting pan or baking tray, toss together all ingredients and spread in a single layer.
3. Roast approximately 25-30 minutes until veggies are tender and slightly brown, stirring occasionally.

Tips: To make preparation easier, you can reduce the variety of vegetables but keep to 8 cups total for nutrition consistency. ~ For example, you could chop approximately 568g of broccoli.

Nutrition (per serving):

Calories: 188
Fat (g): 14
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 294
Carb (g): 15
Fibre (g): 5
Protein (g): 4

Core Food Plan (per serving):

Fats & Oils: 3
ns Veg: 2.5



Overnight Steel-Cut Oats

Makes 8 servings

- 1440ml water
- ½ teaspoon sea salt
- 120g gluten-free steel-cut oats

Directions

1. Add water to saucepan and bring to the boil.
2. Add salt, oats and stir.
3. Cover and remove from heat. Place in the refrigerator on a hot pad, and leave overnight.
4. In the morning, reheat the oatmeal over low heat. (You may need to add a bit of water to achieve the desired consistency.)
5. Refrigerate what you don't eat.

Tips: Add modest portions of nuts, seeds, fruits and spices, as desired and to add nutritional balance, if meal plan allows.

Nutrition (per serving):

Calories: 128
Fat (g): 2
Sat. Fat (g): trace
Chol (mg): 0
Sodium (mg): 123
Carb (g): 22
Fibre (g): 4
Protein (g): 5

Core Food Plan (per serving):

Grains: 1.5



Pumpkin Oatmeal Pancakes

Makes 4 servings

- 80g plus 2 tablespoons gluten-free rolled oats
- 2 teaspoons cinnamon
- ¼ teaspoon nutmeg
- ¼ teaspoon ginger powder
- ¼ teaspoon cloves or allspice
- ½ teaspoon salt
- ½ teaspoon baking powder
- 180g pumpkin puree
- 80g unsweetened applesauce
- 80ml unsweetened coconut beverage or almond milk
- 2 tablespoons coconut oil, melted
- 1 tablespoon maple syrup
- 1 teaspoon vanilla extract

Egg replacer:

- 80 ml water
- 1 tablespoon ground flax seed

Directions

1. Prepare the egg replacer by mixing the ground flax and water. Allow to sit for 5 minutes to gel.
2. Blend the oats in a high speed blender until finely ground, about 60 seconds. Add the spices, salt and baking soda.
3. In another bowl, whisk together the pumpkin, applesauce, milk, melted coconut oil, maple syrup, vanilla and egg replacer. Add the wet ingredients to the dry and stir until just combined. Do not over mix.
4. Heat a non-stick pan over a medium heat (or 180°C for an electric griddle). Lightly oil or butter the surface.
5. Once the pan is hot, pour 60ml amounts of the batter and gently spread the circles. Cook until bubbles form around the edges of the pancake. These pancakes take slightly longer than regular pancakes so just keep the heat on medium and give them some time. Flip and cook for another 2 minutes on the other side.
6. Serve warm with a drizzle of organic agave nectar or maple syrup. (Note, neither agave nor maple syrup were included in the nutrition analysis chart).

Nutrition (per serving):

Calories: 128
Fat (g): 2
Sat. Fat (g): trace
Chol (mg): 0
Sodium (mg): 123
Carb (g): 22
Fibre (g): 4
Protein (g): 5

Core Food Plan (per serving):

Protein: 0.5
Nuts & Seeds: 0.5
Fats & Oils: 0.5
s Veg: 1
Fruits: 0.5
Grains: 0.5



Quick Brown Rice and Black Bean Bowl

Makes 4 servings

- 4 teaspoons coconut oil
- 60g chopped baby spinach
- 390g cooked brown rice
- 500g canned black beans, rinsed and drained
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1 avocado, chopped
- 180g chopped tomatoes

Directions

1. Heat a large pan on medium-high heat. Add coconut oil to the pan and melt. Add spinach and sauté until wilted.
2. Add rice, beans, sea salt, garlic powder and cumin. Cook until all ingredients are heated through. Remove from heat.
3. Right before serving, gently fold in avocado and tomatoes.

Nutrition (per serving):

Calories: 356
Fat (g): 14
Sat. Fat (g): 5
Chol (mg): 0
Sodium (mg): 893
Carb (g): 47
Fibre (g): 11
Protein (g): 11

Core Food Plan (per serving):

Legumes: 1
Fats & Oils: 0.5
ns Veg: 0.5
Grains: 2



Quinoa Salad with Chicken, Grapes and Almonds

Makes 8 servings

- 480ml water
- 212g quinoa, red or brown
- 1 teaspoon vinegar (rice or balsamic)
- 1 tablespoon lemon juice
- 1 tablespoon lime juice
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 2 tablespoons olive oil
- 8g fresh mint, chopped
- 8g fresh basil, chopped
- 4g fresh coriander, chopped
- 280 shredded chicken breast
- 300g grapes, halved
- 50g sliced and toasted almonds
- 90-120g baby spinach, chopped
- 80g spring onions, chopped

Directions

1. Rinse quinoa under cold running water and drain. Bring 480ml water to the boil and stir in the quinoa. Reduce heat and simmer for about 12-15 minutes until most of the liquid is absorbed. Uncover and set aside to cool.
2. In a large bowl, whisk vinegar, lemon and lime juices with sea salt and pepper. Slowly add in olive oil and the fresh chopped herbs. Mix well.
3. Add cooled quinoa to dressing and toss. Add chicken, grapes, nuts, chopped baby spinach and spring onions and toss again.
4. Serve at room temperature or chilled if preferred.

Tips: Have the chicken cooked, shredded or chopped ahead of time, if desired. This is nice served on a lettuce leaf for presentation. Use red quinoa and green grapes or regular quinoa and red grapes for a colourful presentation.

Nutrition (per serving):

Calories: 256
Fat (g): 10
Sat. Fat (g): 1
Chol (mg): 27
Sodium (mg): 102
Carb (g): 26
Fibre (g): 3
Protein (g): 17

Core Food Plan (per serving):

Proteins: 1.5
Nuts & Seeds: 0.5
Fats & Oils: 0.5
ns Veg: 0.5
Fruit: 0.5
Grains: 1



Roasted Beetroot Hummus

Makes 8 servings

- 2 medium to large roasted beetroot
- 425g chick peas, drained, rinsed
- 60g tahini
- 60ml lemon juice
- 3 tablespoons extra-virgin olive oil
- 3 cloves garlic
- 1½ teaspoons sea salt

Directions

1. Roast beetroot
 - Preheat oven to 200°C/180°C fan/gas mark 6
 - Scrub beetroot with vegetable brush under running water. Cut off the top and bottom.
 - Wrap beetroot in foil and roast until tender (about 1 hour). Let cool then peel.
2. Add all ingredients to a blender or food processor. Puree until smooth.

Nutrition (per serving):

Calories: 156
Fat (g): 10
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 380
Carb (g): 14
Fibre (g): 2
Protein (g): 5

Core Food Plan (per serving):

Legumes: 0.5
Fats & Oils: 1
Nuts & Seeds: 0.5
ns Veg: 0.5



Roasted Pecans and Fresh Pears with Mixed Greens

Makes 4 servings

- 50g raw pecans
- 120g mixed greens of choice (spring mix, baby spinach or rocket)
- ¼ red onion, thinly sliced in rounds, cut in half

Vinaigrette:

- 2 tablespoons vinegar of choice
- Juice of ½ lemon (≈ 1½ tablespoons)
- ½ clove garlic (or ½ teaspoon minced garlic)
- ¼ teaspoon ground cumin
- ½ tablespoon raw honey
- ½ tablespoon Dijon mustard
- ¼ teaspoon sea salt
- ¼ teaspoon pepper
- 1 tablespoon fresh minced parsley
- 2 chopped spring onions
- 2 tablespoons extra-virgin olive oil

Directions

1. Roast pecans in a 180°C/160°C fan/gas mark 4 oven for 5-8 minutes or until browned. Be careful not to burn nuts.
2. In a large salad bowl, toss together greens and onions.
3. Top with cooled roasted pecans.
4. Just before serving, peel pears, cut in chunks and place on top of salad.
5. Top with either variation of the Everyday Basic Vinaigrette below, and toss all of the other ingredients.

Everyday Basis Vinaigrette

1. Add to a blender the vinegar, lemon juice, garlic, cumin, honey, mustard, sea salt and pepper, and blend.
2. Add the fresh chopped parsley and onion and blend.
3. Add oil and blend (if possible, slowly stream in oil through an opening in the top of the blender).
4. Serve at temperature.

Tips: in place of cumin, add ½ to 1 teaspoon of dried basil or 1-2 tablespoons of fresh basil for a different taste blend.

Nutrition (per serving):

Calories: 197
Fat (g): 16
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 133
Carb (g): 14
Fibre (g): 3
Protein (g): 2

Core Food Plan (per serving):

Nuts and seeds: 2
Fats & Oils: 1
ns Veg: 1
Fruits: 0.5



Sage Turkey Sausage

Makes 4 servings (1 serving = 2 patties)

- 450g ground turkey breast
- 30g finely diced apple
- 2 tablespoons finely minced red onion
- 2 tablespoons finely minced fresh sage
- ½ teaspoon finely minced fresh thyme
- 3 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ½ teaspoon freshly ground black pepper

Directions

1. In a large bowl, mix together turkey, apple, onion, sage, thyme, 1 tablespoon olive oil, salt and pepper.
2. Make eight patties from the turkey mixture.
3. Heat a non-stick pan over a medium heat. Add 2 tablespoons of olive oil.
4. Brown the patties for 3-4 minutes on each side, until firm to the touch.
5. Store leftovers in an airtight glass container in a refrigerator for up to 3 days.

Nutrition (per serving):

Calories: 212
Fat (g): 12
Sat. Fat (g): 2
Chol (mg): 61
Sodium (mg): 469
Carb (g): 2
Fibre (g): trace
Protein (g): 25

Core Food Plan (per serving):

Proteins: 3.5
ns Veg: 0.5



Sautéed Sesame Green Beans

Makes 4 servings

- 450g petit green beans, fresh or frozen
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic (or 2 teaspoons minced garlic)
- 1 tablespoon fresh basil (or 1 teaspoon dried)
- 1 tablespoon roasted sesame seeds
- 1 tablespoon unrefined sea salt
- ½ teaspoon pepper, or to taste

Directions

1. Steam green beans in a steamer basket over water for 7-8 minutes. Once they are bright green and fork tender, remove from the heat and drain. Set aside.
2. Heat a large frying pan on a medium heat. Add olive oil and garlic, sauté about 2-3 minutes. Garlic should be lightly browned but be careful not to burn.
3. Add steamed green beans to pan and sauté until the green beans are warm and coated with olive oil and garlic.
4. Remove from the heat. Immediately toss with basil, roasted sesame seeds, salt and pepper. Serve warm.

Tips: This dish tastes great as a leftover.

Nutrition (per serving):

Calories: 83
Fat (g): 5
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 474
Carb (g): 10
Fibre (g): 4
Protein (g): 3

Core Food Plan (per serving):

Fats & Oils: 1
ns Veg: 1.5



Savoury Seed Crackers

Makes 8 servings (1 serving ≈ one 5cm x 7.5cm cracker or two 3cm x 5cm crackers)

- 56g chia seeds
- 56g flax seeds
- 43g sunflower seeds
- 60ml water
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon guar or xanthan gum
- More water if needed

Directions

1. Preheat oven to 150°C/130°C fan/gas mark 2
2. Mix all ingredients together and spread on greased parchment paper on a baking tray. Press flat (about ⅛ inch thick).
3. Bake for about 30 minutes on each side.
4. Immediately after removal from the oven, score the seeds (they will still be pliable at this point but score right away, as they will firm up quickly). A pizza cutter works well.

Tips: Before spreading on a baking tray, oil hands or spatula, to keep the seeds from sticking to hands. Watch closely so that you don't burn the seeds. May consider longer duration at a lower cooking temp (i.e. 120°C)

Nutrition (per serving):

Calories: 113
Fat (g): 8
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 73
Carb (g): 8
Fibre (g): 2
Protein (g): 4

Core Food Plan (per serving):

Nuts & Seeds: 2.5



Simple Roasted Butternut Squash

Makes 4 servings

- 400g cubed butternut squash
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper

Directions

1. Preheat oven to 200°C/180°C fan/gas mark 6
2. In a large bowl, toss together the butternut squash, olive oil, garlic, salt and pepper.
3. Pour coated squash on a baking sheet in a single layer.
4. Roast at 200°C/180°C fan/gas mark 6 until squash is tender and lightly browned (about 25-30 minutes).

Nutrition (per serving):

Calories: 125
Fat (g): 7
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 139
Carb (g): 17
Fibre (g): 2
Protein (g): 2

Core Food Plan (per serving):

Fats & Oils: 1
ns Veg: 1



Strawberry Mango Smoothie

Makes 4 servings

- 480ml unsweetened almond, hemp or coconut milk
- 149g frozen strawberries (no sugar added)
- 149g frozen mangoes (no sugar added)
- 2 scoops vanilla vegan protein powder*
- 2 tablespoons chia seeds
- 60g spinach leaves

**Soy-free. Typical varieties include, rice, pea, hemp. Should be sweetened with Stevia or unsweetened altogether. 1 scoop should ≈ 17g protein.*

Directions

1. Add all the ingredients to a blender, and blend until smooth.

Nutrition (per serving):

Calories: 305
Fat (g): 8
Sat. Fat (g): 2
Chol (mg): 0
Sodium (mg): 351
Carb (g): 40
Fibre (g): 6
Protein (g): 22

Core Food Plan (per serving):

Proteins: 2.5
Nuts & Seeds: 0.5
ns Veg: 1
Fruit: 2



Sweet Potato and Kale Soup

Makes 4 servings

- 1 medium onion, coarsely chopped
- 1 clove garlic, minced
- 1 red or yellow pepper, chopped
- 3 medium sweet potatoes, peeled and cubed
- 1200ml low-sodium chicken or vegetable stock
- ¼ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- 400ml coconut milk
- 100-120g kale, de-stemmed and thinly sliced

Directions

1. In a heavy soup/stock pot, add onion, garlic, red or yellow pepper, sweet potatoes and stock. Bring to a boil. Reduce heat and simmer for 5 minutes.
2. Add coconut milk and kale and cook for about 3-4 minutes.
3. The soup is ready when all of the vegetables are soft.

Tips: Serve soup over brown rice or quinoa. Or serve over cauliflower rice for a lower carb meal.

Nutrition (per serving):

Calories: 281
Fat (g): 15
Sat. Fat (g): 13
Chol (mg): 0
Sodium (mg): 235
Carb (g): 35
Fibre (g): 6
Protein (g): 7

Core Food Plan (per serving):

Fats & Oils: 2.5
ns Veg: 2
s Veg: 1.5



Sweet Potato Hummus

Makes 8 servings

- 1 large sweet potato (340g - 397g), cooked and mashed
- 425g chick peas, drained and rinsed
- 60g tahini
- 60ml fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 small clove garlic, halved
- 1½ teaspoons fine sea salt
- 1 teaspoon ground cumin
- ½ teaspoon cinnamon (optional)

Directions

1. Add all ingredients to a blender or food processor. Purée until smooth.

Tips: Serve with vegetables or seed crackers. To reduce sodium content per serving, cut added sea salt from current amount, add some pepper or increase other spices to desired taste.

Nutrition (per serving):

Calories: 180
Fat (g): 10
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 415
Carb (g): 19
Fibre (g): 3
Protein (g): 5

Core Food Plan (per serving):

Legumes: 0.5
Fats & Oils: 1
Nuts & Seeds: 1
s Veg: 0.5



Three Bean Vegetable Chili

Makes 6 servings (1 serving ≈ 1¾ cups)

- 1 tablespoon olive oil
- ½ large onion, diced
- 2 carrots, diced
- 1 red pepper, chopped
- 1 clove garlic, finely chopped
- 1 jalapeño pepper, seeded and minced
- 1½ tablespoons chilli powder
- 2 teaspoons ground cumin
- 1½ teaspoons dried oregano
- 794g no-salt added diced tomatoes
- 240ml water
- 425g black beans, rinsed and drained
- 425g red kidney beans, rinsed and drained
- 425g butter beans or cannellini beans, rinsed and drained
- ½ teaspoon sea salt

Garnish:

- Coriander
- Chopped spring onions

Directions

1. Heat oil in a large saucepan or stockpot. Add onions, carrots, red pepper, garlic, jalapeño and cook until onion is translucent (about 5 minutes).
2. Add dry spices (chilli powder, cumin and oregano), and cook for 1 minute, stirring frequently.
3. Add canned tomatoes including juices, water, beans and salt. Bring to the boil, reduce heat and then simmer, uncovered for 30 minutes.
4. Serve garnished with chopped coriander and spring onions.

Tips: Try to find low-sodium canned beans. Otherwise, be sure to rinse beans well after draining to reduce sodium.

Nutrition (per serving):

Calories: 276
Fat (g): 4
Sat. Fat (g): 1
Chol (mg): 0
Sodium (mg): 846
Carb (g): 47
Fibre (g): 15
Protein (g): 15

Core Food Plan (per serving):

Fats & Oils: 1
Legumes: 2
ns Veg: 2



Walnut Crusted Fish

Makes 4 servings

- 4 (110g each) flounder fillets
- 60ml almond milk
- 100g chopped walnuts
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1½ tablespoons extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 4g chopped fresh parsley

Directions

1. Rinse fish in cold water and pat dry with a paper towel.
2. Place the almond milk in a shallow bowl.
3. Spread the chopped walnuts, salt and pepper on a plate.
4. Dip the fish in the almond milk and then dredge in the walnut mixture, gently pressing the walnuts onto the fish to form a crust.
5. Heat a large frying pan on a medium heat. Add olive oil and then the fish. Cook for 3-4 minutes each side, until the fish is cooked through.
7. Squeeze lemon juice over the top, then sprinkle with parsley.

Tips: Sole works well in place of flounder.

Nutrition (per serving):

Calories: 343
Fat (g): 24
Sat. Fat (g): 2
Chol (mg): 54
Sodium (mg): 239
Carb (g): 5
Fibre (g): 2
Protein (g): 29

Core Food Plan (per serving):

Proteins: 3.5
Nuts & Seeds: 3.5



Yellow Rice

Makes 8 servings (1 serving ≈ 1½ cups)

- 480ml low-sodium chicken stock
- 1 small onion, finely chopped
- 2 teaspoons olive oil
- 1 clove garlic, minced
- ½ teaspoon turmeric
- 225g long-grain brown rice (uncooked)

Directions

1. In a 2 litre saucepan over a low heat, sauté the onions in oil until tender, for about 5 minutes.
2. Add the garlic and sauté for 1 minute.
3. Stir in turmeric, then rice. Add stock. Bring to the boil, cover and simmer for 45 minutes over a low heat or until the rice is tender and all the liquid is absorbed. Do not stir.

Nutrition (per serving):

Calories: 104
Fat (g): 2
Sat. Fat (g): trace
Chol (mg): 0
Sodium (mg): 20
Carb (g): 20
Fibre (g): 1
Protein (g): 3

Core Food Plan (per serving):

ns Veg: 1
Grains: 1

