

The background of the entire page is a vibrant collage of healthy food items. It features several clear plastic meal prep containers filled with various dishes: one with salmon, broccoli, and sweet potato; another with rice, green beans, and hard-boiled eggs; a third with chicken, broccoli, and sesame seeds; and others with pasta, fruit, and vegetables. Interspersed among the containers are three bottles of smoothies in bright pink, yellow, and green colors. There are also bowls of fresh fruit, including sliced apples and grapes, and a wooden cutting board. The overall theme is healthy eating and meal preparation.

6 Week Summer Weight Loss Meal Plan

2025

Transform Your Health with Alevia Medical Weight Loss

Congratulations on taking the first step towards your health goals with this 6-week meal plan! While this guide provides a great foundation for healthy eating, we recognise that your weight loss journey is unique and requires personalised attention.

Why Choose Alevia's Medical Weight Loss Program?

At Alevia Medical Weight Loss, we know that sustainable weight loss goes beyond following a meal plan. Our holistic approach is designed to address the complex factors affecting your weight:

- **Personalised Medical Assessment:** Identifying the underlying causes of your weight challenges.
- **Proven Weight Loss Medications:** Access to effective treatments when appropriate.
- **Expert Dietitian Support:** Tailored meal plans to meet your individual needs.
- **Psychological Guidance:** Addressing emotional eating with the support of trained psychologists.
- **Exercise Physiology Consultations:** Safe and effective physical activity strategies to suit your lifestyle.

Your Next Steps to Success

1. Book Your Bulk-Billed Initial Consultation

- Call: 1300 441 322
- Visit: www.alevia.com.au
- Email: reception@alevia.com.au

2. What to Expect

- Our compassionate team will conduct a comprehensive assessment to develop a personalised weight loss plan that fits your unique medical needs and lifestyle.

3. Visit Our Locations

- East Melbourne: 20/201 Wellington Pde SOUTH
- Wantirna: 374 Mountain Hwy
- Moorabbin: D6, Level 1, Building 2, 490 South Rd
- Norwood, SA: 1/144 The Parade

Take control of your health today with the support of experienced medical professionals who truly care about your success.

Medicare bulk billing available for eligible patients. No referral required.

Week 4:	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast	Mini Egg & Bacon Cups	Egg & Veggie Breakfast Wrap	Choc Banana Chia Pudding	Lemon & Ricotta Toast	Tropical Fruit Salad & Yoghurt	Choc Berry Protein Crepes	Lemon & Ricotta Pancakes
Lunch	Chicken, Mango & Avocado Salad	Prawn & Avocado Salad	Grilled Barramundi & Mango Salsa	Tuna Salad Lettuce Wraps	Caprese Salad	Chicken & Cranberry Salad	Cherry Tomato & Bocconcini Pasta Salad
Dinner	Veggie & Halloumi Skewers	Stuffed Capsicums	Fish Tacos with Slaw	Tofu & Hummus Buddah Bowl	Lamb Salad with Sweet Potato & Feta	Fish Tacos with Slaw	Grilled Veggie & Halloumi Wraps
Week 5:	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast	Cottage Cheese Bowl	Spinach & Fetta Egg White Omelette	Vanilla & Peach Yoghurt Parfait	Greek Yoghurt & Honey Bowl	Strawberry & Vanilla Smoothie	Egg & Veggie Breakfast Wrap	Lemon & Ricotta Toast
Lunch	Caprese Salad	Greek Inspired Chicken Salad	Mason Jar Tuna Salad	Omelette Wrap	Prawn & Avocado Salad	Spicy Peanut Chicken Bowls	Grilled Veggie & Halloumi Wraps
Dinner	Tofu & Hummus Buddah Bowl	Pork San Choy Bow	Cherry Tomato & Bocconcini Pasta Salad	Fish Tacos with Slaw	Greek Inspired Chicken Salad	Stuffed Capsicums	Fish Tacos with Slaw
Week 6:	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast	Choc Banana Chia Pudding	Tropical Fruit Salad & Yoghurt	Mini Egg & Bacon Cups	Berry Yoghurt Parfait	Spinach & Fetta Egg White Omelette	Strawberry & Vanilla Smoothie	Choc Berry Protein Crepes
Lunch	Veggie & Halloumi Skewers	Chicken & Cranberry Salad	Lamb Salad with Sweet Potato & Feta	Curried Egg & Lettuce Pinwheels	Prawn & Avocado Salad	Chicken, Mango & Avocado Salad	Greek Inspired Chicken Salad
Dinner	Greek Inspired Salad	Fish Tacos with Slaw	Grilled Veggie & Halloumi Wraps	Cherry Tomato & Bocconcini Pasta Salad	Spicy Peanut Chicken Bowls	Tofu & Hummus Buddah Bowl	Lamb Salad with Sweet Potato & Feta

Week 1:	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast	Egg & Spinach Breakfast Bowl	Strawberry & Vanilla Smoothie	Choc Banana Chia Pudding	Mini Egg & Bacon Cups	Lemon & Ricotta Toast	Choc Berry Protein Crepes	Berry Smoothie Bowl
Lunch	Chicken & Cranberry Salad	Mason Jar Tuna Salad	Chicken, Mango & Avocado Salad	Veggie & Halloumi Skewers	Curried Egg & Lettuce Pinwheels	Greek Inspired Chicken Salad	Omelette Wrap
Dinner	Pork San Choy Bow	Stuffed Capsicums	Lamb Salad with Sweet Potato & Feta	Tofu & Hummus Buddah Bowl	Spicy Peanut Chicken Bowls	Cherry Tomato & Bocconcini Pasta Salad	Christmas Ham & Pineapple Sliders
Week 2:	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast	Choc Banana Chia Pudding	Mini Egg & Bacon Cups	Egg & Veggie Breakfast Wrap	Vanilla & Peach Yoghurt Parfait	Greek Yoghurt & Honey Bowl	Egg & Spinach Breakfast Bowl	Lemon & Ricotta Pancakes
Lunch	Lamb Salad with Sweet Potato & Feta	Spicy Peanut Chicken Bowls	Tuna Salad Lettuce Wraps	Curried Egg & Lettuce Pinwheels	Chicken & Cranberry Salad	Caprese Salad	Prawn & Avocado Salad
Dinner	Grilled Barramundi & Mango Salsa	Greek Inspired Salad	Stuffed Capsicums	Pork San Choy Bow	Christmas Ham & Pineapple Sliders	Spicy Peanut Chicken Bowls	Veggie & Halloumi Skewers
Week 3:	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast	Spinach & Fetta Egg White Omelette	Coconut Chia Pudding	Strawberry & Vanilla Smoothie	Egg & Spinach Breakfast Bowl	Coconut Chia Pudding	Berry Yoghurt Parfait	Egg & Veggie Breakfast Wrap
Lunch	Greek Inspired Chicken Salad	Chicken & Cranberry Salad	Tuna Salad Lettuce Wraps	Curried Egg & Lettuce Pinwheels	Mason Jar Tuna Salad	Grilled Barramundi & Mango Salsa	Greek Inspired Chicken Salad
Dinner	Tofu & Hummus Buddah Bowl	Stuffed Capsicums	Lamb Salad with Sweet Potato & Feta	Veggie & Halloumi Skewers	Fish Tacos with Slaw	Stuffed Capsicums	Grilled Veggie & Halloumi Wraps

Berry Smoothie Bowl



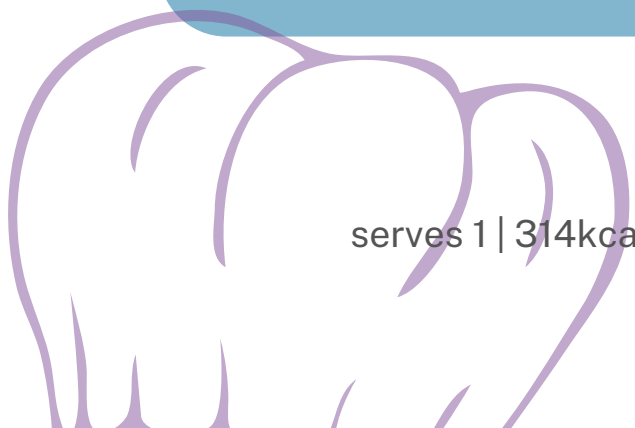
Ingredients

- ½ cup frozen zucchini
- ½ cup frozen mixed berries
- ½ cup milk of choice
- ½ scoop (15g) protein powder
- 2 tsp chia seeds
- 1 tsp honey
- 15g slivered almonds, to top

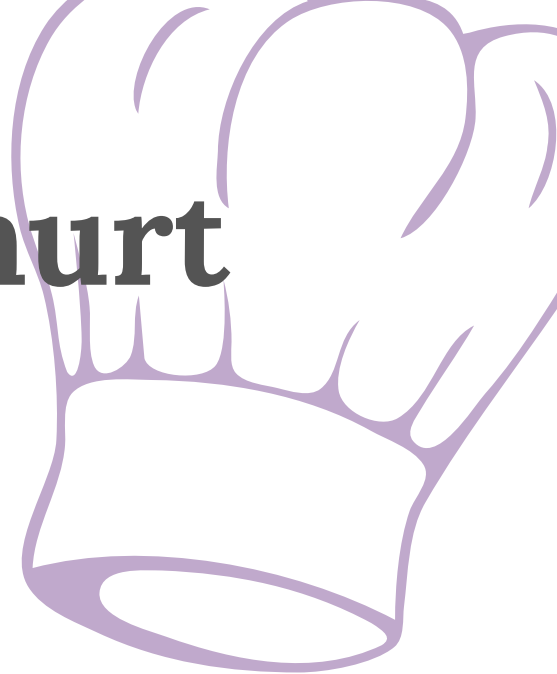
Directions

1. Place all of the ingredients, except for the almonds, into a high-powered blender or food processor.
2. You may need to stir the mixture throughout or add a small amount of additional milk to ensure mixture blends properly.
3. Pour mixture into a bowl, top with slivered almonds and serve immediately.

serves 1 | 314kcal | 23g protein | 22g carbs | 13g fat



Berry Yoghurt Parfait



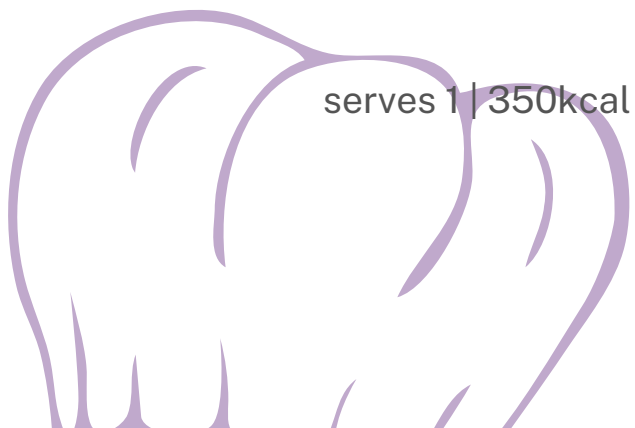
Ingredients

- 3/4 cup low fat Greek yoghurt
- 1 cup mixed berries
- 25g low sugar granola
- 1 tbsp honey

Directions

1. In a glass or bowl, layer half the yogurt.
2. Add half the mixed berries and half the granola.
3. Repeat the layers and drizzle with honey if desired.

serves 1 | 350kcal | 18g protein | 45g carbs | 8g fat



Choc Banana Chia Pudding



Ingredients

- 2 tbsp chia seeds
- ½ cup milk
- ½ scoop (15g) chocolate protein powder
- ½ banana, sliced

Directions

1. Place all ingredients into a small jar or airtight container and mix thoroughly until combined.
2. Store in fridge for at least 2 hours to allow chia seeds to absorb fluid, but ideally overnight.
3. Top with a small handful of additional berries before serving and enjoy.

serves 1 | 250kcal | 20g protein | 20g carbs | 12g fat



Choc Berry Protein Crepes



Ingredients

- 4 egg whites
- 1 scoop (30g) chocolate protein powder
- ¼ cup fresh berries
- ¼ cup natural Greek yoghurt

Directions

1. Add the egg whites and protein powder to a small bowl and whisk with a fork until protein has dissolved.
2. Add 1/3 of the batter to a small non-stick pan, turning it to spread mixture evenly across the base.
3. Cook over a medium heat for a few minutes and flip to cook the underside. Repeat 2 more times using up all the batter.
4. Serve crepes immediately and top with berries and yoghurt.

serves 1 | 269kcal | 43g protein | 9g carbs | 6g fat



Coconut Chia Pudding



Ingredients

- 4 tbsp chia seeds
- 1 cup coconut milk (UHT)
- 1 tbsp maple syrup
- ½ cup fresh fruit for topping

Directions

1. Mix chia seeds, coconut milk, and maple syrup in a bowl.
2. Refrigerate overnight or for at least 4 hours.
3. Optional, stir in 1/2 scoop protein powder per serve for a higher protein breakfast option.
4. Serve topped with fresh fruit.

serves 2 | 177kcal | 4g protein | 16g carbs | 17g fat



Cottage Cheese Bowl



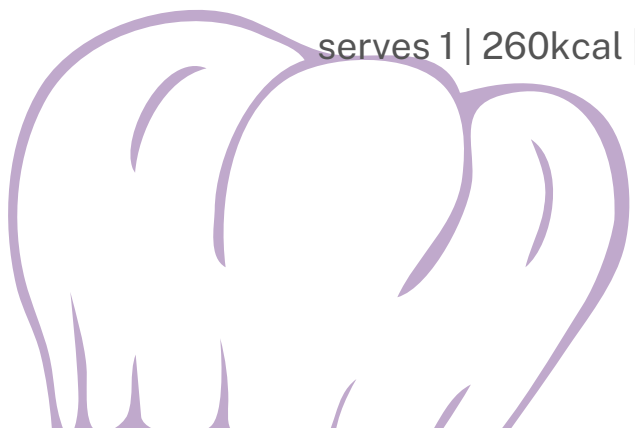
Ingredients

- ½ cup low fat cottage cheese
- ½ cup mixed berries
- 2 tbsp slivered almonds
- 1 tsp honey

Directions

1. In a bowl, layer cottage cheese, berries, and almonds.
2. Drizzle with honey if desired.

serves 1 | 260kcal | 20g protein | 16g carbs | 12g fat



Egg & Spinach Breakfast Bowl

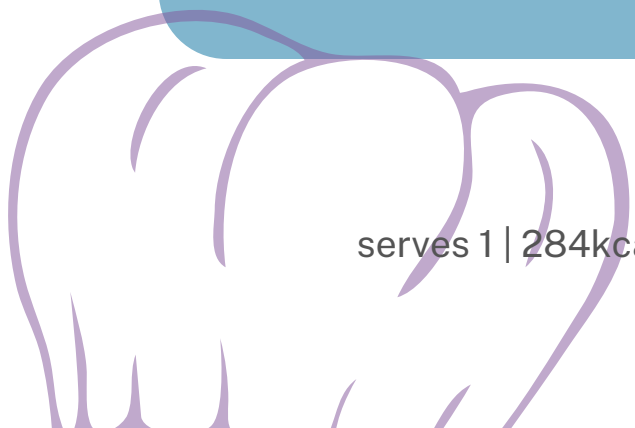


Ingredients

- 2 eggs
- 2 cups baby spinach
- 8 cherry tomatoes, halved
- ¼ medium capsicum
- 3 slices red onion
- ¼ cup grated cheese

Directions

1. Place eggs in a small pot and fill with water to submerge eggs. Boil over a medium heat for ~8 minutes or until hard boiled.
2. While eggs are cooking, take a large bowl and fill the base with spinach, add tomatoes, capsicum and onion.
3. Once the eggs are cooked, drain water and allow to cool for 5 minutes before peeling. Cut eggs in half and place in bowl. Top with grated cheese.



serves 1 | 284kcal | 25g protein | 7g carbs | 16g fat

Egg & Veggie Breakfast Wrap



Ingredients

- 4 large eggs
- 1/2 cup capsicum, diced
- 1 cup baby spinach
- 1/4 cup feta cheese
- 2 low carb wraps
- Salt and pepper to taste

Directions

1. In a pan, sauté capsicum until soft. Add spinach and cook until wilted.
2. Whisk eggs, pour into the pan, and scramble until cooked. Stir in feta cheese.
3. Divide mixture between wraps and serve.

serves 2 | 350kcal | 25g protein | 21g carbs | 18g fat



Greek Yoghurt & Honey Bowl



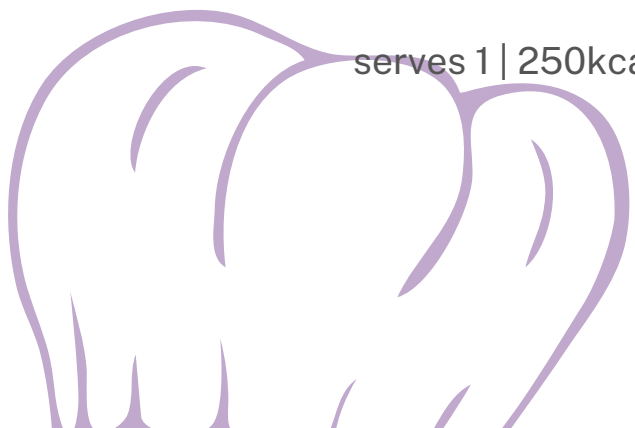
Ingredients

- 1 cup low fat Greek yogurt
- 1 tbsp honey
- 1/2 cup mixed berries (fresh or frozen)

Directions

1. In a bowl add Greek yoghurt.
2. Drizzle honey over the yoghurt.
3. Top with mixed berries and serve.

serves 1 | 250kcal | 20g protein | 30g carbs | 5g fat



Lemon & Ricotta Pancakes



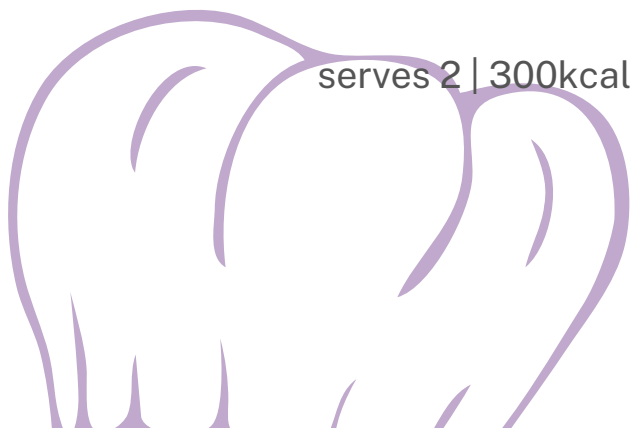
Ingredients

- 2 eggs
- ½ cup plain flour
- Zest of 1 lemon
- 1 tbsp honey
- Spray oil for cooking

Directions

1. In a bowl, mix ricotta, eggs, flour, lemon zest, and honey until combined.
2. Heat butter in a skillet and pour in batter to form pancakes. Cook until golden on both sides.

serves 2 | 300kcal | 20g protein | 29g carbs | 13g fat



Lemon & Ricotta Toast



Ingredients

- 1 slice low carb bread
- ¼ cup ricotta cheese
- 2 tsp sugar free maple syrup
- 2 tsp lemon zest
- 1 tsp lemon juice
- ¼ cup fresh mixed berries

Directions

1. In a small bowl add the ricotta, maple syrup and half of the lemon zest. Stir to combine.
2. Spread ricotta mixture onto the slice of toast and top with berries and remaining lemon zest.

serves 1 | 183kcal | 17g protein | 6g carbs | 8g fat



Mini Egg & Bacon Cups

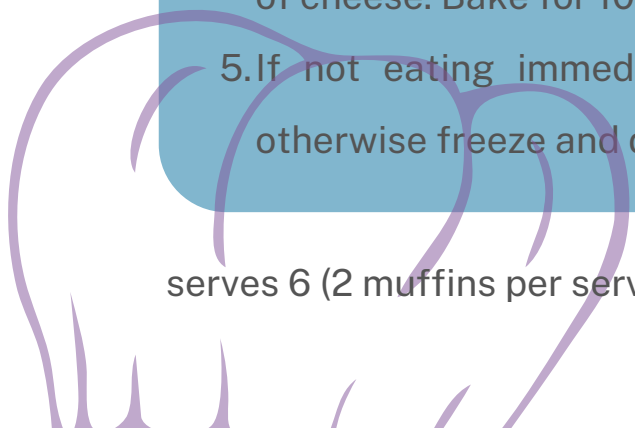


Ingredients

- 12 eggs
- ¼ cup milk
- 6 rasher short cut bacon
- 2 cups finely diced veggies (e.g. mushroom, spinach, tomato, capsicum)
- ½ cup grated cheese
- Salt and pepper to taste

Directions

1. Preheat oven to 180C and lightly spray a 12 cup muffin tray with oil.
2. Cook bacon on a non-stick pan until crispy. Dice into small pieces and set aside.
3. Add eggs, milk, salt and pepper to a large bowl and whisk to combine. Add vegetables and bacon and stir to distribute evenly.
4. Pour mixture evenly into each muffin cup and top with a sprinkle of cheese. Bake for 10-15 mins or until eggs are set.
5. If not eating immediately, store in the fridge for 3-4 days, otherwise freeze and defrost in microwave before eating.



serves 6 (2 muffins per serve) | 240kcal | 25g protein | 4g carbs | 13g fat

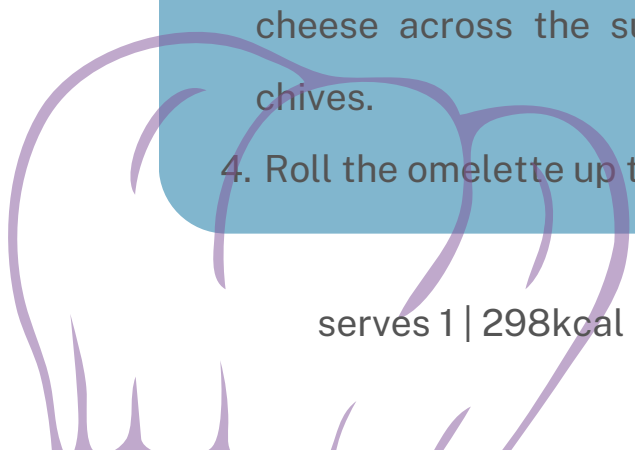
Smoked Salmon Omelette Roll Up



Ingredients

- 2 large eggs
- 2 tbsp milk
- 2 slices smoked salmon
- 1 tbsp cream cheese
- 1 tbsp chives, chopped
- Salt and pepper to taste
- Spray oil for cooking

Directions

1. In a small bowl, whisk the eggs, milk, half the chives, salt and pepper.
 2. Lightly spray a small non-stick fry pan and pour the egg mixture into the pan, dispersing it evenly across the base. Cook omelette over a medium heat for 2-3 minutes each side or until slightly browned.
 3. Transfer cooked omelette to a plate. Evenly spread the cream cheese across the surface and top with smoked salmon and chives.
 4. Roll the omelette up to form a log shape and serve immediately.
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serves 1 | 298kcal | 28g protein | 2g carbs | 20g fat

Spinach & Fetta Egg White Omelette



Ingredients

- 4 egg whites
- 1 cup fresh spinach, chopped
- ¼ cup low fat feta cheese, crumbled
- Salt and pepper to taste
- Spray oil for cooking

Directions

1. Spray a pan with olive oil and sauté the spinach until wilted.
2. In a bowl, whisk the egg whites with salt and pepper.
3. Pour the egg whites over the spinach and cook until set.
4. Sprinkle feta on one half, fold the omelette, and serve.

serves 1 | 210kcal | 27g protein | 1g carbs | 11g fat



Strawberry & Vanilla Smoothie



Ingredients

- 1 cup low fat milk
- 1 scoop vanilla protein powder
- 125g fresh strawberries, stems cut off
- 2 tsp chia seeds
- Ice cubes, optional

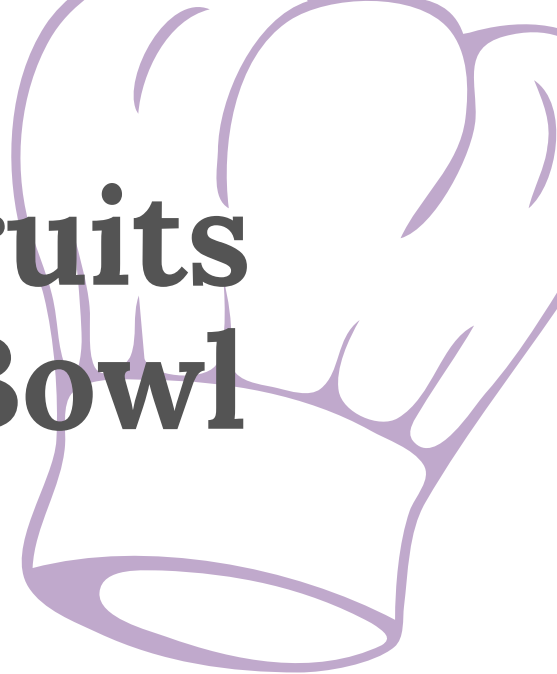
Directions

1. Add all ingredients into a blender and blend for 10 second intervals until smooth.
2. Serve in a glass and enjoy.

serves 1 | 271kcal | 38g protein | 20g carbs | 3g fat



Summer Fruits Smoothie Bowl



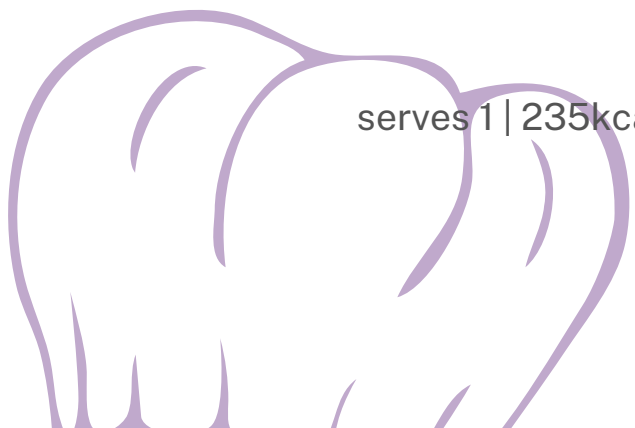
Ingredients

- ¼ cup frozen zucchini
- ¼ cup frozen raspberries
- ¼ cup frozen mango
- ¼ cup frozen strawberries
- ½ cup milk of choice
- ½ scoop (15g) vanilla protein powder
- 2 tsp chia seeds
- ½ kiwi fruit, sliced

Directions

1. Place all of the ingredients, except for the kiwi fruit, into a high-powered blender or food processor. Blend until smoothie and add more liquid if needed.
2. Pour mixture into a bowl, top with slices kiwi fruit and serve immediately.

serves 1 | 235kcal | 19g protein | 23g carbs | 5g fat



Tropical Fruit Salad & Yoghurt



Ingredients

- 160g Chobani FIT yoghurt
- 1/2 cup pineapple, diced
- 1/2 cup kiwi, sliced
- 125g strawberries, halved
- Juice of 1 lime
- Mint leaves for garnish

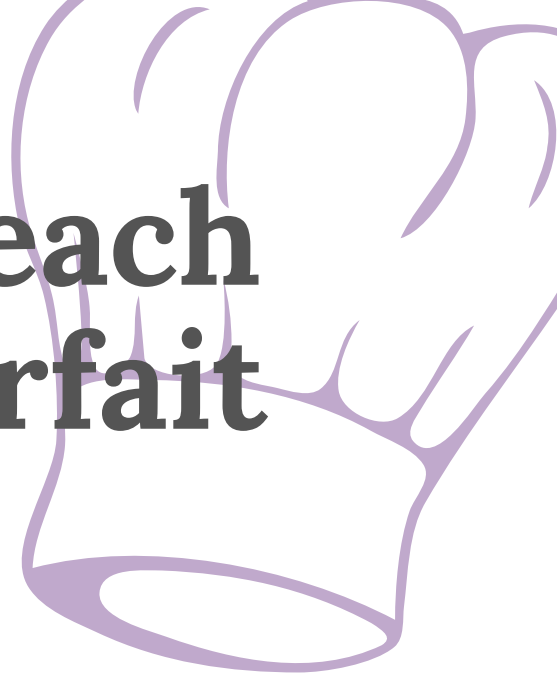
Directions

1. Combine all fruits in a bowl.
2. Drizzle with lime juice and toss gently.
3. Serve on top of yoghurt and garnish with mint leaves.

serves 1 | 240kcal | 18g protein | 30g carbs | 2g fat



Vanilla & Peach Yoghurt Parfait



Ingredients

- 160g Chobani FIT yoghurt
- 1 ripe yellow peach, diced into small pieces
- 3 tsp mixed seeds
- 2 tsp sugar free maple syrup

Directions

1. In a short glass spoon in 1/3 of the yoghurt and top with 1/3 of the diced peaches and 1 tsp mixed seeds.
2. Repeat 2 more times until you've used up the ingredients.
3. Top with a drizzle of maple syrup and serve.

serves 1 | 232kcal | 20g protein | 20g carbs | 6g fat



Caprese Salad



Ingredients

- 200g bocconcini, halved
- 250g cherry tomatoes, halved
- 2 tsp olive oil
- 2 tsp white vinegar
- 1 tsp Dijon mustard
- 1 clove garlic, crushed
- 1 tsp mixed dried herbs
- ½ cup fresh basil leaves
- Drizzle of balsamic glaze

Directions

1. In a small mixing bowl add the oil, vinegar, mustard and herbs and stir to combine. Add the tomatoes, basil and bocconcini and toss to combine.
2. Pour the salad into a serving bowl and drizzle with balsamic glaze to serve.

serves 2 | 332kcal | 19g protein | 5g carbs | 26g fat



Cherry Tomato & Bocconcini Salad

Ingredients

For the Salad:

- 300g pasta (fusilli or penne)
- 250g cherry tomatoes, halved
- 200g cherry bocconcini, halved
- 1/2 red onion, finely sliced
- 1/4 cup fresh basil leaves, torn
- 1/4 cup fresh parsley, chopped
- 50g black olives, pitted and sliced

For the Dressing:

- 1/4 cup extra virgin olive oil
- 2 tbsp balsamic vinegar
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 tsp honey or maple syrup

Directions

1. Bring a large pot of salted water to a boil. Add the pasta and cook according to package instructions until al dente. Drain and rinse under cold water to cool.
2. In a large mixing bowl, combine the cooled pasta, cherry tomatoes, bocconcini, red onion, basil, parsley, and olives
3. In a small bowl, whisk together the olive oil, balsamic vinegar, garlic, salt, pepper, and honey.
4. Pour the dressing over the pasta salad and toss gently to combine, ensuring all ingredients are well coated. Serve chilled

serves 6 | 380kcal | 13g protein | 38g carbs | 19g fat

Chicken & Cranberry Salad



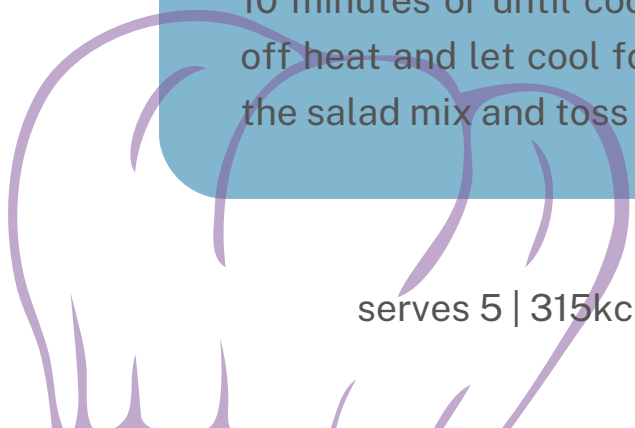
Ingredients

- 500g chicken breasts, diced
 - 2 tbsp olive oil
 - 2 tsp dried thyme
 - 2 tsp dried basil
 - 300g mixed leafy greens
 - ¼ cup dried cranberries
 - ¼ cup chopped walnuts
 - ¼ cup fetta
- For the dressing:
- 3 tbsp balsamic vinegar
 - 1 tbsp olive oil
 - 1 tsp Dijon mustard
 - 1 tsp honey

Directions

1. In a small bowl add the diced chicken, dried herbs, 1 tbsp olive oil and salt and pepper to taste. Combine then cover the bowl in cling wrap and let marinate in the fridge for at least 30 minutes.
2. While the chicken is marinating prepare the salad. In a small bowl whisk together the dressing ingredients and set aside. In a large salad bowl add the mixed greens, cranberries, walnuts, and fetta and lightly toss to combine.
3. Cook the chicken over a medium heat using 1 tbsp olive oil for 8-10 minutes or until cooked through properly. Once cooked, take off heat and let cool for 5 minutes. Add chicken and dressing to the salad mix and toss to combine again.

serves 5 | 315kcal | 26g protein | 10g carbs | 19g fat



Chicken, Mango & Avocado Salad



Ingredients

- 500g chicken breast, cut in strips
- 4 cups baby spinach
- ½ medium cucumber, chopped
- 1 medium red capsicum, cut in strips
- 2 small mangoes, diced
- 1 medium avocado, sliced
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper to taste
- 1 tsp mixed herbs
- Spray olive oil for cooking

Directions

1. Spray a medium pan with olive oil and cook chicken strips over a medium heat for 8-10 minutes, flipping occasionally until cooked through (you may want to do this in a few batches). Once cooked, set aside to cool for 5-10 minutes.
2. In a large bowl add the chicken, spinach, cucumber, capsicum, mangoes, lemon juice, oil, herbs. salt and pepper and lightly toss to combine. Serve and enjoy.

serves 4 | 324kcal | 31g protein | 18g carbs | 12g fat



Christmas Ham & Pineapple Sliders



Ingredients

- 12 mini bread rolls
- 400g ham, sliced
- 6 pineapple rings
- 6 slices low fat cheddar cheese
- 1/4 cup mustard
- Fresh parsley for garnish (optional)

Directions

1. Preheat the oven to 180°C
2. Slice the bread rolls in half and place the bottom halves in a baking dish.
3. Spread mustard on the rolls and layer each one with ham, half a pineapple ring, and half a cheese slice. Place the top halves of the rolls
4. Cover with foil and bake for 15 minutes. Remove foil and bake for an additional 10 minutes until golden.
5. Garnish with fresh parsley and serve warm.

serves 6 | 450kcal | 27g protein | 53g carbs | 13g fat



Curried Egg & Lettuce Pinwheels



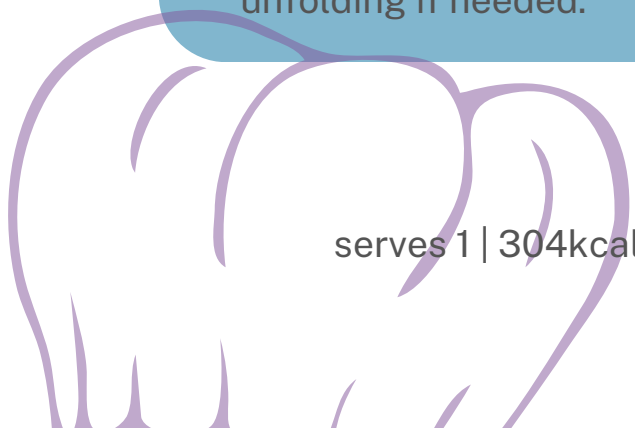
Ingredients

- 2 eggs, hard boiled
- 1 Mission low carb wrap
- 2 large lettuce leaves, diced
- 1 tbsp low fat mayonnaise
- 1 tsp mustard
- 1 tsp curry powder
- Salt and pepper

Directions

1. Place the eggs in a small bowl and mash them with a fork to break down into smaller pieces
2. Add the mustard, curry powder, salt and pepper, stirring to combine. Then add the lettuce and stir it through the egg mixture to create your filling.
3. Lay a wrap out on a chopping board and spread the filling across the wrap evenly. Roll the wrap into a tight log shape and cut into 6 pinwheels. Pierce each pinwheel with a toothpick to prevent unfolding if needed.

serves 1 | 304kcal | 20g protein | 19g carbs | 15g fat



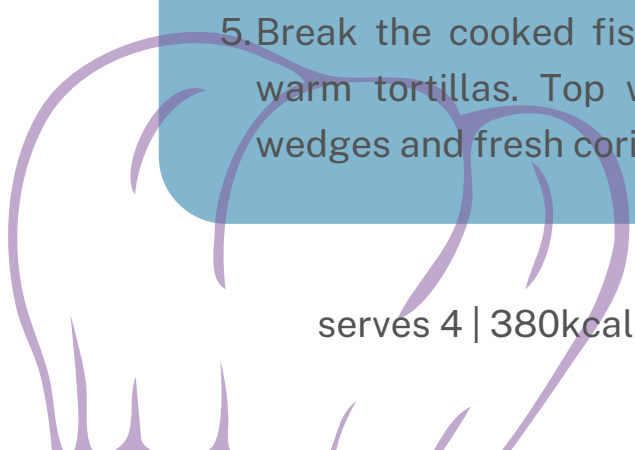
Fish Tacos with Slaw



Ingredients

- 500g white fish fillets
- 2 tbsp olive oil
- 1 tsp smoked paprika
- 1/2 tsp cumin
- Salt and pepper, to taste
- 8 small corn tortillas
- 1 cup cabbage, thinly sliced
- 1 carrot, julienned
- 1/4 red onion, thinly sliced
- 1/4 cup fresh coriander, chopped
- 2 tbsp low fat mayonnaise
- 1 tbsp lime juice
- 1 tbsp apple cider vinegar

Directions

1. Rub the fish fillets with olive oil, paprika, cumin, salt, and pepper
 2. Heat a pan over medium-high heat. Cook the fish for 3-4 minutes on each side, or until it is cooked through and flakes easily
 3. In a bowl, combine the cabbage, carrot, red onion, coriander, mayonnaise, lime juice, and apple cider vinegar. Season with salt and pepper, and mix well
 4. Heat the corn tortillas in a dry pan for 30 seconds on each side until warm.
 5. Break the cooked fish into bite-sized pieces and place on the warm tortillas. Top with the slaw and serve with extra lime wedges and fresh coriander.
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serves 4 | 380kcal | 29g protein | 32g carbs | 14g fat

Greek Inspired Chicken Salad



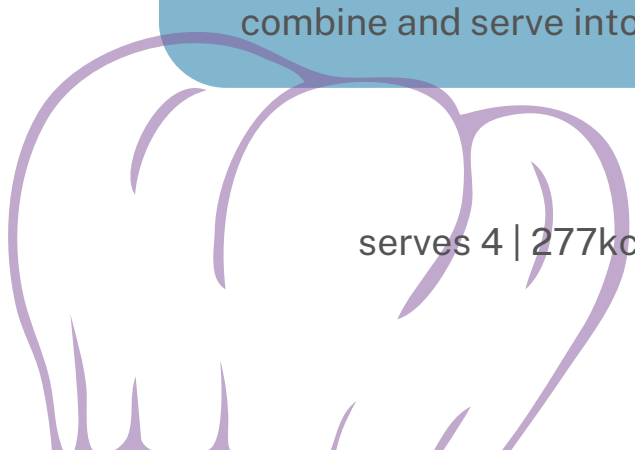
Ingredients

- 500g chicken breast, diced
- 1 medium cucumber
- 3 medium tomatoes
- ½ cup black olives
- 1 small red onion
- 50g reduced fat fetta, crumbled
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp lemon juice

Directions

1. Add half the olive oil to a nonstick pan and cook chicken over medium heat for 7-10 minutes or until golden brown. Once cooked, set aside.
2. While chicken is cooking, dice the tomato and cucumber into small pieces, cut the onion into thin slices and cut the olives in half.
3. Add prepared vegetables to a medium bowl. Add chicken, balsamic vinegar, lemon juice and remaining olive oil. Mix to combine and serve into four bowls.

serves 4 | 277kcal | 33g protein | 8g carbs | 12g fat



Greek Inspired Salad



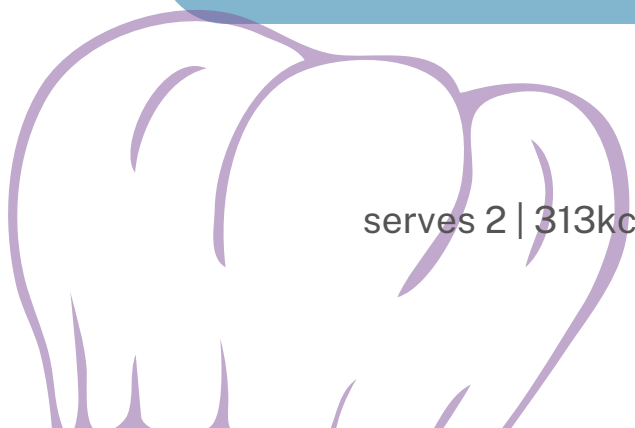
Ingredients

- 250g firm tofu, sliced or cubed
- 1 small cucumber
- 1 medium tomato
- ¼ cup black olives
- ½ small red onion
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp lemon juice

Directions

1. Add a drizzle of olive oil to a nonstick pan and cook tofu over medium heat for 7-10 minutes or until golden brown. Once cooked, set aside.
2. While tofu is cooking, dice the tomato and cucumber into small pieces, cut the onion into thin slices and cut the olives in half
3. Add prepared vegetables to a medium bowl. Add tofu, balsamic vinegar, lemon juice and remaining olive oil. Mix to combine and serve into two bowls

serves 2 | 313kcal | 17g protein | 7g carbs | 23g fat



Grilled Barramundi & Mango Salsa



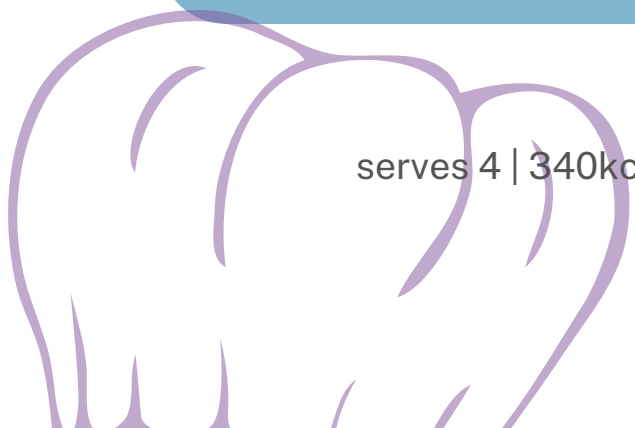
Ingredients

- 4 x 200g barramundi fillets (or any white fish)
- 1 tbsp olive oil
- 1 tbsp lemon juice
- Salt and pepper, to taste
- 1 ripe mango, diced
- 1 red onion, finely diced
- 1 red chilli, finely chopped
- 1 tbsp fresh coriander, chopped
- 1 tbsp lime juice
- Salt, to taste

Directions

1. In a bowl, combine mango, red onion, chilli, coriander, lime juice, and salt. Set aside.
2. Brush the barramundi fillets with olive oil, then season with salt, pepper, and a squeeze of lemon juice.
3. Heat a grill pan or BBQ over medium-high heat. Place the fillets skin-side down and cook for 3-4 minutes on each side or until the fish is cooked through and flakes easily with a fork.
4. Place the grilled fish on plates and top with the mango salsa. Serve with a side of grilled vegetables or a fresh green salad.

serves 4 | 340kcal | 39g protein | 11g carbs | 15g fat



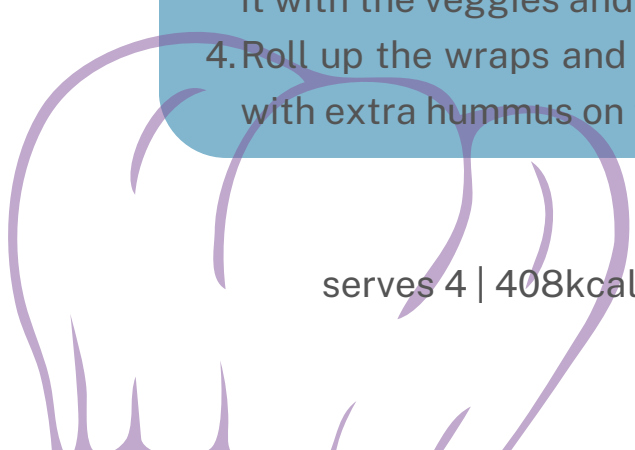
Grilled Veggie & Halloumi Wraps



Ingredients

- 1 block halloumi cheese, sliced into 1 cm thick slices
- 1 zucchini, sliced
- 1 red capsicum, cut into chunks
- 1 small eggplant, sliced
- 1 red onion, sliced
- 2 tbsp olive oil
- Salt and pepper, to taste
- 4 mountain bread wraps
- 1/2 cup hummus

Directions

1. Preheat your BBQ or grill to medium-high heat. Toss the zucchini, capsicum, eggplant, and onion in olive oil, salt, and pepper. Grill the vegetables for 4-5 minutes on each side until tender and charred.
 2. Grill the halloumi slices for about 2 minutes on each side until golden brown and slightly crispy.
 3. Lay the grilled vegetables and halloumi slices onto each wrap. Spread a generous amount of hummus on the wrap before filling it with the veggies and halloumi.
 4. Roll up the wraps and slice them into halves. Serve immediately with extra hummus on the side for dipping.
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serves 4 | 408kcal | 21g protein | 25g carbs | 23g fat

Lamb Salad with Sweet Potato & Feta

Ingredients

- 2 lamb backstrap (about 300g each)
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp ground coriander
- Salt and pepper, to taste
- 500g sweet potato, peeled and diced
- 100g low fat feta cheese, crumbled
- 1 tbsp honey
- 1 tbsp balsamic vinegar
- 4 cups mixed salad leaves
- 1/4 cup pine nuts, toasted
- 1/2 red onion, thinly sliced

Directions

1. Preheat your oven to 200°C. Toss the sweet potato cubes with olive oil, salt, and pepper, then roast for 25-30 minutes or until tender and golden.
2. Rub the lamb backstrap with olive oil, cumin, coriander, salt, and pepper. Heat a BBQ or pan over medium-high heat and cook the lamb for about 4-5 minutes per side for medium-rare (or longer if you prefer it more done). Rest for 5 minutes before slicing thinly.
3. In a small bowl, whisk together honey, balsamic vinegar, and a pinch of salt.
4. In a large bowl, combine the roasted sweet potato, mixed salad leaves, red onion, and pine nuts. Drizzle with the honey balsamic dressing and toss gently.
5. Divide the salad among plates, top with sliced lamb, and sprinkle with crumbled feta cheese.

serves 4 | 420kcal | 39g protein | 24g carbs | 18g fat

Mason Jar Tuna Salad



Ingredients

- ¼ cup cooked quinoa
- 1 small tin of tuna, in springwater
- 6 cherry tomatoes, halved
- 1 cup leafy greens shredded
- ¼ cucumber, diced
- ¼ cup capsicum, diced
- 2 slices of red onion, diced
- 1 tbsp lemon juice
- ½ tbsp balsamic vinegar
- 1 tsp mustard
- 1 tsp honey

Directions

1. Add the dressing ingredients to the base of a jar and stir to combine.
2. Then add the diced vegetables, quinoa, tuna and top with lettuce.
3. When ready to eat open the jar and pour upside down in a bowl and enjoy.
4. Store in the fridge for up to 4 days.

serves 1 | 233kcal | 24g protein | 22g carbs | 3g fat



Omelette Wrap



Ingredients

- 1 large egg
- 1 tbsp nutritional yeast flakes
- 1 tsp olive oil
- ¼ avocado
- 1/2 cup baby spinach
- 2 tbsp hummus
- 1 tbsp low fat cottage cheese

Directions

1. In a small bowl, beat the egg with a dash of water.
2. In a medium non-stick pan, heat the oil and add the egg, swirling it around to coat the base of the pan evenly.
3. Once the egg has cooked through, carefully tip the egg wrap onto a plate and add toppings and roll it up. Wraps can be kept refrigerated for up to 2 days.

serves 1 | 284kcal | 15g protein | 5g carbs | 21g fat



Pork San Choy Bow



Ingredients

- 500g pork mince
- 1 small brown onion, diced
- 8 whole iceberg lettuce leaves
- ½ cup water
- 1 chicken or vegetable stock cube
- 1 tbsp olive oil
- 2 tbsp soy sauce
- 2 tsp corn flour
- 4 cloves garlic, crushed

Directions

1. Heat oil in a large fry pan and add garlic and onion, cooking over a medium heat until translucent. Add mince and cook until browned.
2. Add water, stock cube and corn flour to the pan and mix through. Finally add soy sauce and allow to simmer on a low heat for a few minutes.
3. Fill each of the lettuce leaves evenly with filling and serve

serves 4 | 282kcal | 26g protein | 3g carbs | 18g fat



Prawn & Avocado Salad



Ingredients

- 500g cooked prawns, peeled and deveined
- 2 ripe avocados, diced
- 200g cherry tomatoes, halved
- 1 cucumber, diced
- 1 red onion, finely chopped
- 1/4 cup fresh coriander, chopped
- Juice of 2 limes
- 2 tbsp olive oil
- Salt and pepper to taste

Directions

1. In a large bowl, combine the prawns, avocados, cherry tomatoes, cucumber, red onion, and coriander.
2. In a small bowl, whisk together lime juice, olive oil, salt, and pepper.
3. Drizzle the dressing over the salad and gently toss to combine.
4. Serve chilled.

serves 4 | 330kcal | 15g protein | 6g carbs | 26g fat



Smoked Salmon & Cream Cheese Wrap



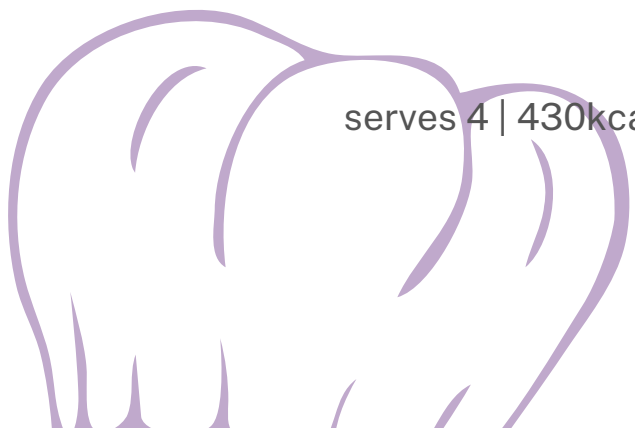
Ingredients

- 4 large wholemeal wraps
- 200g smoked salmon
- 200g cream cheese
- 1 avocado, sliced
- 1 cup baby spinach leaves
- 1/4 red onion, thinly sliced
- Capers for garnish (optional)
- Lemon wedges for serving

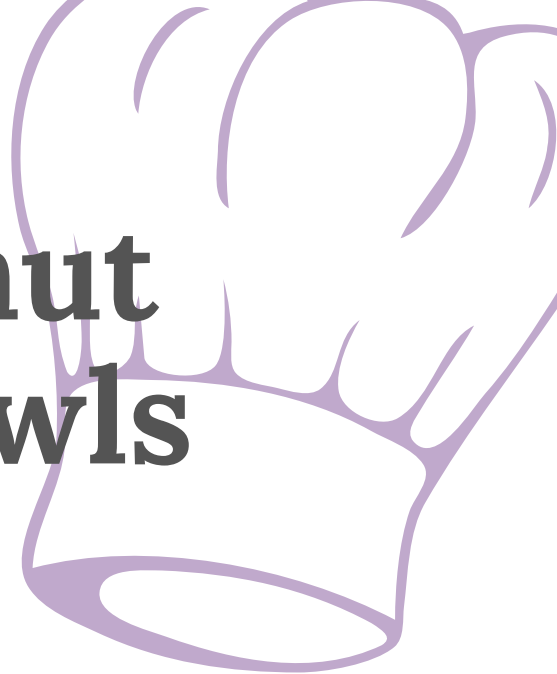
Directions

1. Spread a layer of cream cheese evenly over each wrap.
2. Layer the smoked salmon, avocado, baby spinach, and onion on top.
3. Roll the wraps tightly and slice them into pinwheels or halves.
4. Garnish with capers if desired and serve with lemon wedges.

serves 4 | 430kcal | 20g protein | 35g carbs | 22g fat



Spicy Peanut Chicken Bowls



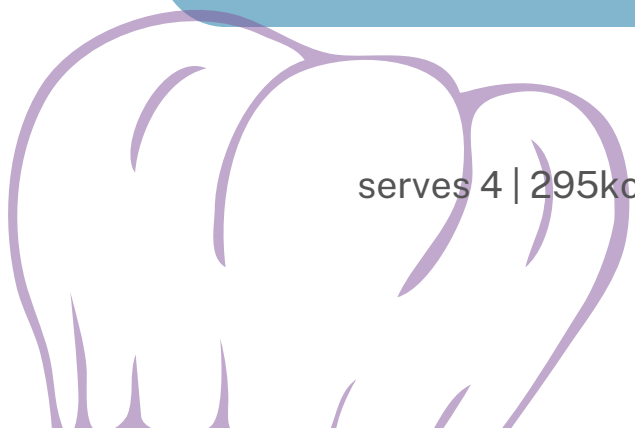
Ingredients

- 500g chicken thighs, boneless and skinless
- 2 tbsp peanut butter
- 2 tbsp soy sauce
- 1 tbsp Sriracha
- 1 tbsp lime juice
- 1 cup cooked brown rice
- 1 cup broccoli florets
- 1 carrot, julienned
- ¼ cup chopped coriander

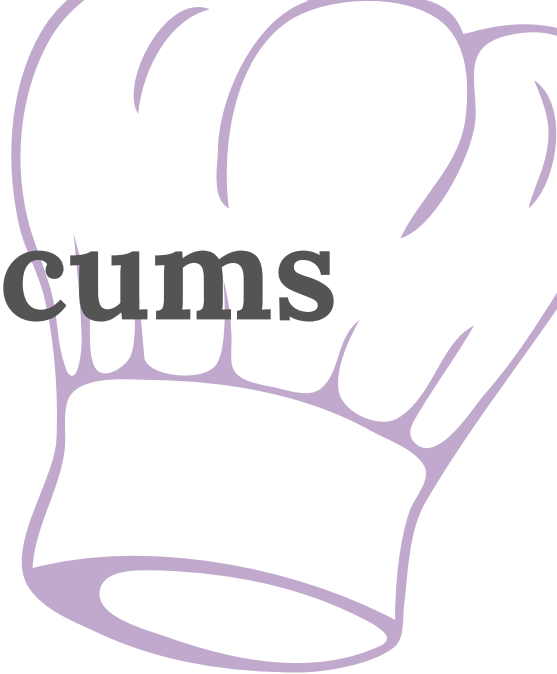
Directions

1. In a bowl, mix peanut butter, soy sauce, Sriracha, and lime juice to create the sauce.
2. Heat a pan over medium heat, and add chicken thighs. Cook until golden and cooked through, about 5-7 minutes per side. Remove and set aside.
3. In the same pan, add broccoli and carrots, sautéing until tender.
4. Slice the chicken and combine with veggies. Serve over brown rice, drizzled with the peanut sauce and topped with coriander.

serves 4 | 295kcal | 29g protein | 18g carbs | 11g fat



Stuffed Capsicums



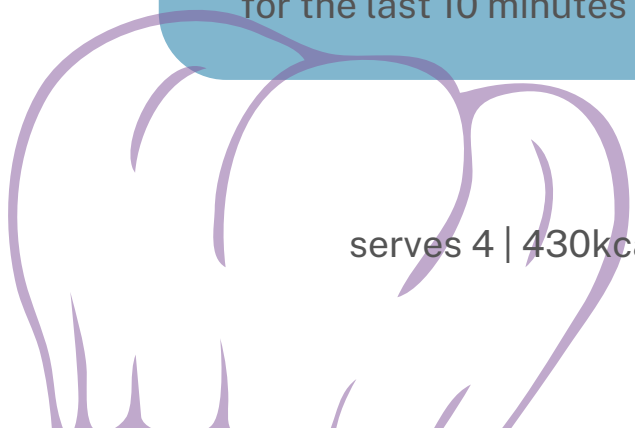
Ingredients

- 500g chicken mince
- 4 medium capsicums, top removed and deseeded
- ½ cup cooked rice (white or brown)
- 150g black beans, drained and rinsed
- ½ cup corn kernels
- 1 cup salsa
- ½ cup shredded cheese

Directions

1. Preheat the oven to 190°C.
2. Cook the chicken mince in a medium pan until browned and set aside.
3. In a bowl, mix cooked rice, chicken, black beans, corn, and salsa.
4. Fill each capsicum evenly with the mixture and place in a baking dish.
5. Top with shredded cheese and cover with foil.
6. Bake for 25-30 minutes until capsicums are tender. Remove foil for the last 10 minutes to melt the cheese.

serves 4 | 430kcal | 38g protein | 36g carbs | 12g fat



Thai Mango Salad



Ingredients

- 200g shredded chicken
- 1 mango, julienned
- 1 red capsicum, julienned
- 1 medium carrot, julienned
- 30g coriander, chopped
- 30ml lime juice
- 15ml fish sauce

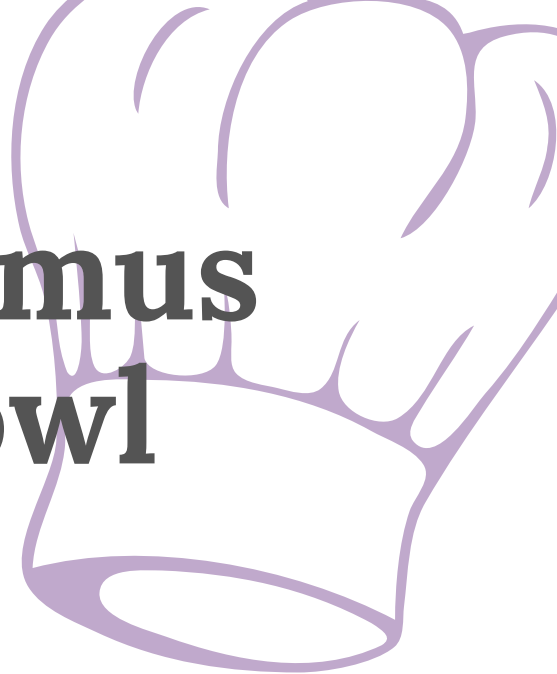
Directions

1. In a large bowl, combine the chicken, mango, capsicum, carrot, and coriander.
2. In a small bowl, mix lime juice and fish sauce.
3. Pour the dressing over the salad and toss gently.

serves 2 | 220kcal | 21g protein | 19g carbs | 2g fat



Tofu & Hummus Buddah Bowl



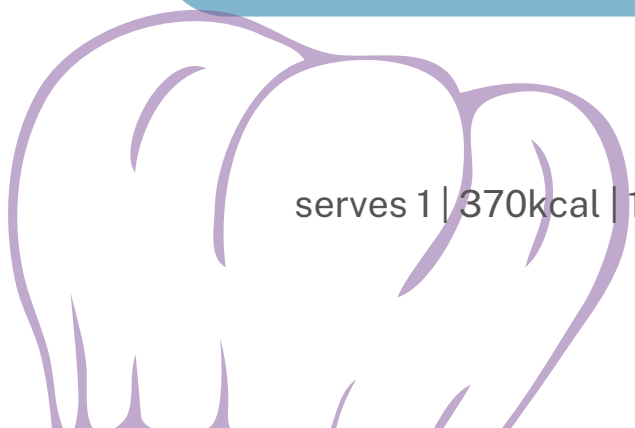
Ingredients

- 100g firm tofu
- 100g cauliflower rice
- ¼ cup hummus
- 1 cup diced lettuce
- 2 slices onion
- 1 tbsp lemon juice
- 1/2 tsp turmeric
- 1 tsp smoked paprika
- 1/2 tsp cumin
- 1 dash olive oil

Directions

1. Cook the cauliflower rice as per packet then add turmeric and salt to taste. Combine and set aside.
2. Chop the tofu into small cubes or slices and season with paprika and cumin. Add olive oil to a non-stick pan and cook tofu over medium heat for 7-10 minutes or until golden brown.
3. Place the lettuce and onion into one half of a bowl and add the cooked tofu and hummus to the other. Drizzle with lemon juice and serve.

serves 1 | 370kcal | 18g protein | 10g carbs | 26g fat



Tuna Salad Lettuce Wraps



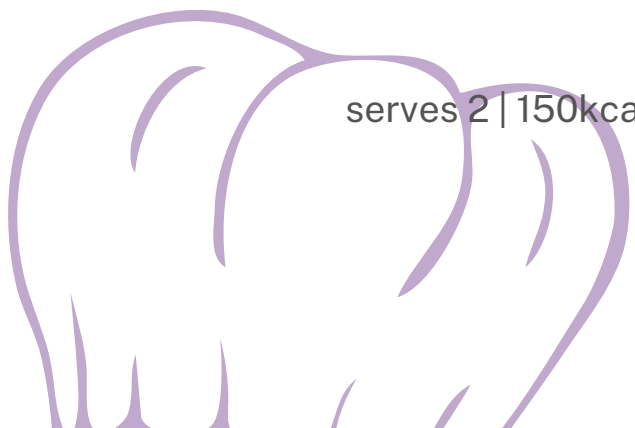
Ingredients

- 140g canned tuna, drained
- 60g Greek yogurt
- 2 tbsp Dijon mustard
- ½ cup celery, diced
- ½ cup cucumber, diced
- Salt and pepper to taste
- 4 large lettuce leaves (romaine or butter lettuce)

Directions

1. In a bowl, mix tuna, Greek yogurt, Dijon mustard, celery, cucumber, salt, and pepper.
2. Spoon the tuna mixture into lettuce leaves and wrap them up to eat.

serves 2 | 150kcal | 20g protein | 4g carbs | 4g fat



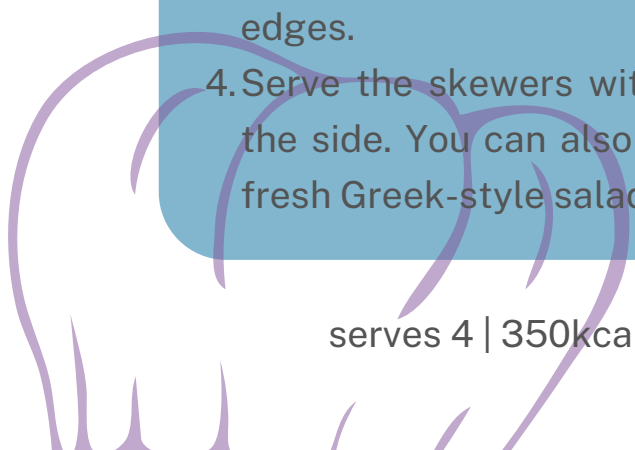
Veggie & Halloumi Skewers



Ingredients

- 250g halloumi cheese, cut into cubes
- 1 red capsicum, cut into chunks
- 1 zucchini, cut into chunks
- 1 red onion, cut into chunks
- 8-10 button mushrooms
- 2 tbsp olive oil
- 1 tsp dried oregano
- Salt and pepper, to taste
- 4 wooden skewers (soaked in water for 30 minutes)
- 1/2 cup tzatziki

Directions

1. Thread the halloumi cubes, capsicum, zucchini, red onion, and mushrooms onto the soaked skewers, alternating the ingredients.
 2. Drizzle the skewers with olive oil, and sprinkle with dried oregano, salt, and pepper.
 3. Preheat your BBQ or grill to medium-high heat. Grill the skewers for about 5-7 minutes, turning occasionally, until the vegetables are tender and the halloumi is golden brown and crispy on the edges.
 4. Serve the skewers with a generous dollop of tzatziki sauce on the side. You can also serve these with a side of couscous or a fresh Greek-style salad.
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serves 4 | 350kcal | 18g protein | 9g carbs | 26g fat