





7-day *Autumn/Winter* Meal Plan

1,200 calories





Average daily intake: 1,200kcal / 100g protein / 100g carb / 40g fat

Day	Breakfast	Lunch	Dinner	Morning Snack	Afternoon Snack
Monday	PB & Banana Toast	Easy Oven Baked Chicken	Tuna Patties & Steamed Veg	150g Chobani Greek yoghurt + ¼ cup berries	2 rice cakes + 80g cottage cheese
Tuesday	Baked Beans on Toast	Roast Pumpkin, Chicken & Chickpea Soup	Broccoli & Cottage Cheese Frittata	1 apple + 1 string cheese	1 boiled egg + 2 corn thins
Wednesday	Spinach, Mushroom & Fetta Omelette	Chicken Salad Roll	Smoky Chicken Bowl	½ banana + 1 tsp peanut butter	1 tub Chobani FIT or YoPro yoghurt
Thursday	Breakfast Egg Cups	Lightened Beef Stroganoff	One Pot Mexican Beef	4 Vita-Weat crackers + 2 tbsp hummus	1 Babybel cheese + 1 mandarin
Friday	Protein Rich Porridge	Chicken, Broccoli & Cashew Stir-Fry	Mexican Stuffed Capsicums	1 tub Chobani FIT or YoPro yoghurt	3 sticks celery + 1 tbsp light cream cheese
Saturday	Carrot Cake Overnight Oats	Roast Veg & Turkey Grain Bowl	Chicken, Pumpkin & Spinach Pasta	1 boiled egg + handful cherry tomatoes	2 corn thins + Vegemite + 2 tbsp cottage cheese
Sunday	Apple & Cinnamon Yoghurt Bowl	Tuna Gnocchi Bake	Lentil & Beef Spaghetti Bolognese	15g mixed nuts	1/2 capsicum sticed + 2 tbsp tzatziki

Note: This meal plan is a guide only. To reduce cooking and shopping, meals can be repeated, swapped between days, or made in larger batches and enjoyed as leftovers. Use it in whatever way works best for you.

BREAKFAST



Peanut Butter & Banana Toast

Serves 1
480 kcal · 22g protein · 40g carbs · 25g fat

Ingredients
•2 slices high protein toast (e.g. Burgen, Alpine)
•2 tbsp natural peanut butter
•1 small banana
•1 tsp cinnamon

Method
1. Toast the bread until golden and crisp.
2. Spread peanut butter evenly over both slices while still warm.
3. Slice the banana and layer it on top of the peanut butter.
4. Sprinkle cinnamon over the top and serve.





Baked Beans & Toast

Serves 1
420 kcal · 33g protein · 44g carbs · 9g fat

Ingredients
•2 slices high protein toast (e.g. Burgen, Alpine)
•½ cup baked beans (no added sugar/salt)
•100g low fat cottage cheese

Method
1. Toast the bread until golden and crisp.
2. Meanwhile heat beans in the microwave or on the stove top until warm.
3. Spread cottage cheese evenly over the toast and top with beans.
4. Serve immediately.

Spinach, Mushroom & Fetta Omelette

Serves 1
300 kcal · 25g protein · 3g carbs · 19g fat

Ingredients
•2 eggs
•2 tbsp milk
•2 cups baby spinach
•½ cup diced mushrooms
•40g fetta
•2 tsp mixed Italian herbs

Method
1. In a bowl, whisk eggs with milk, herbs, salt and pepper until well combined.
2. Heat a non-stick pan over medium heat and lightly grease it. Sauté mushrooms for 2–3 minutes, then add spinach and cook until just wilted.
3. Pour in the egg mixture and let it cook gently for 3–4 minutes, lifting edges so uncooked egg flows underneath.
4. Once mostly set, sprinkle fetta over one half of the omelette.
5. Fold, cook for another few minutes until set, then serve.





Breakfast Egg Cups

Serves 4 (3 cups per serve)
300 kcal · 32g protein · 1g carbs · 19g fat

Ingredients
•12 eggs
•12 slices deli meat (ham or turkey)
•1 cup diced veggies of choice (capsicum, mushroom, onion)
•½ cup grated parmesan

Method
1. Preheat oven to 180°C and lightly grease a 12-hole muffin tray.
2. Line each muffin cup with a slice of deli meat to form a base.
3. Evenly divide the diced vegetables across all cups.
4. Crack one egg into each muffin cup, on top of the meat and vegetables.
5. Sprinkle parmesan evenly over the top of each muffin.
6. Bake for 20 minutes, or until eggs are set and lightly golden. Let cool slightly before removing.

Protein Rich Porridge

Serves 1
310 kcal · 20g protein · 35g carbs · 8g fat

Ingredients
- ½ cup rolled oats
- ½ cup low fat milk
- 2 tsp chia seeds
- 100g Chobani Greek yoghurt
- 50g berries

Method
1. In a small saucepan, combine rolled oats, milk and chia seeds. Cook over medium heat, stirring often, for 5 minutes until thick and creamy.
2. Remove from heat and let sit for 1–2 minutes to thicken further.
3. Stir through the Greek yoghurt until smooth and well combined.
4. Serve in a bowl and top with berries.





Carrot Cake Overnight Oats

Serves 1
260 kcal · 16g protein · 33g carbs · 5g fat

Ingredients
- ⅓ cup rolled oats
- 100ml light milk
- ⅓ cup Chobani Greek yoghurt
- ½ medium carrot, grated
- 1 tsp chia seeds
- 1 tsp honey or maple syrup
- ½ tsp cinnamon
- ¼ tsp nutmeg
- 1 tsp vanilla extract

Method
1. In a jar or container, mix oats, cinnamon, nutmeg, chia seeds and grated carrot.
2. Add milk, yoghurt, vanilla and sweetener.
3. Stir well so everything is evenly combined.
4. Cover and refrigerate overnight (or at least 6 hours).

Apple & Cinnamon Yoghurt Bowl

Serves 1
260 kcal · 22g protein · 26g carbs · 6g fat

Ingredients
•200g Chobani Greek yoghurt
•½ medium apple, grated
•2 tbsp rolled oats
•1 tbsp slivered almonds
•1 tsp cinnamon

Method
1. Add the Greek yoghurt to a bowl and spread it evenly as the base.
2. Add the grated apple and cinnamon to the yoghurt and gently mix through.
3. Sprinkle over the rolled oats and almonds.



LUNCH



Easy Oven Baked Chicken

Serves 4
240 kcal · 26g protein · 6g carbs · 11g fat

Ingredients
•500g chicken thigh
•1 tbsp olive oil
•2 tsp apple cider vinegar
•1 clove garlic, minced
•2 tsp Dijon mustard
•1 tsp honey or maple syrup
•1 tsp salt
•½ tsp black pepper
•2 tsp smoked paprika
•1 tsp dried Italian seasoning
•500g mixed vegetables

Method
1. Add all ingredients into a bowl and mix well to combine before adding the chicken.
2. Marinate for at least 30 minutes, ideally up to 8 hours or overnight.
3. Place on a lined tray and bake at 220°C for 20 minutes until cooked through or the internal temperature reaches 74°C.
4. Meanwhile steam vegetables and serve with cooked chicken.





Roast Pumpkin, Chicken & Chickpea Soup

Serves 6

310 kcal · 29g protein · 25g carbs · 8g fat

Ingredients

- 800g butternut pumpkin, peeled and cut into chunks
- 1 tbsp olive oil
- 1 leek, thinly sliced
- 1 red capsicum, diced
- 1 parsnip, peeled and diced
- 2 tsp smoked paprika
- ½ tsp turmeric
- ¼ tsp chilli flakes (optional)
- 1 × 400g can chickpeas, drained and rinsed
- 6 cups reduced-salt chicken stock
- 400g cooked chicken breast, shredded
- 1 cup kale, finely shredded
- 2 tbsp lemon juice

Method

1. Preheat the oven to 200°C. Arrange the pumpkin on a lined baking tray, drizzle with half the olive oil and roast for 30 minutes until tender and lightly browned.
2. Heat the remaining olive oil in a large saucepan over medium heat. Add the leek, capsicum and parsnip, cooking for 5 minutes until softened.
3. Stir in the paprika, turmeric and chilli flakes. Add the roasted pumpkin, chickpeas and chicken stock. Bring to a boil, then simmer for 15–20 minutes.
4. Blend roughly half the soup until smooth, then return it to the pot.
5. Stir through the shredded chicken and kale. Cook for a further 3–4 minutes until the kale softens.
6. Finish with lemon juice. Taste and adjust seasoning.

Chicken Salad Roll

Serves 1
340 kcal · 23g protein · 34g carbs · 10g fat

Ingredients
•1 bread roll (~60g)
•50g cooked chicken breast, shredded
•1 handful shredded lettuce or baby spinach
•½ medium tomato, sliced
•¼ avocado, sliced
•Drizzle low fat mayonnaise

Method
1. Slice the bread roll in half and lightly toast if desired.
2. Spread a small drizzle of mayonnaise over the cut sides of the roll.
3. Layer the shredded lettuce or baby spinach onto the base, then add the avocado and tomato.
4. Add the cooked chicken and season with a pinch of salt and pepper if desired.
5. Place the top half of the roll on top and serve.





Lightened Beef Stroganoff

Serves 4
280 kcal · 40g protein · 7g carbs · 9g fat

Ingredients

- 500g lean beef, cut into strips
- 1 tbsp olive oil
- 1 brown onion, diced
- 2 cloves garlic, minced
- 400g mushrooms, sliced
- 1 medium zucchini, cut in half-moons
- 2 cups salt-reduced beef stock
- 1 tbsp tomato paste
- 1 tbsp wholegrain mustard
- 1 tsp smoked paprika
- 1 tsp dried oregano
- 2 tsp Worcestershire sauce
- 1 tsp red wine vinegar
- ½ cup light Greek yoghurt
- 1 tsp cornflour (to thicken, if needed)

Method

1. Heat half the olive oil in a large non-stick frying pan over medium-high heat. Cook the beef in batches for 1–2 minutes until lightly browned. Transfer to a plate.
2. Add the remaining oil to the pan. Cook the onion, garlic and mushrooms for 5 minutes until softened and lightly golden.
3. Add the zucchini and cook for a further 2 minutes. Stir through the tomato paste, mustard, paprika and oregano.
4. Pour in the beef stock, Worcestershire sauce and vinegar. Bring to a gentle simmer and cook for 10 minutes until the sauce reduces slightly. Add a cornflour slurry here if needed to thicken.
5. Return the beef and any resting juices to the pan. Simmer for 2–3 minutes until just cooked through.
6. Remove from heat, allow to cool for 1 minute, then stir through the Greek yoghurt until creamy.
7. Serve with rice or steamed green beans.

Chicken, Broccoli & Cashew Stir-Fry

Serves 4
440 kcal · 40g protein · 42g carbs · 9g fat

Ingredients
- 500g chicken breast, thinly sliced
- 2 tsp sesame oil
- 1 large head broccoli, cut in florets
- 1 red capsicum, thinly sliced
- 200g mushrooms, sliced
- 3 spring onions, sliced
- 2 cloves garlic, minced
- 1 tbsp grated ginger
- ⅓ cup oyster sauce
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp rice wine vinegar
- ¼ cup unsalted cashews
- 2 cups cooked brown rice, to serve

Method
1. Combine the oyster sauce, soy sauce, honey and rice wine vinegar in a small bowl. Set aside.
2. Heat half the sesame oil in a large wok over high heat. Add the broccoli and capsicum and cook for 3–4 minutes until just tender but still crisp. Transfer to a plate.
3. Add the remaining oil to the wok. Cook the chicken in two batches, stirring frequently, until lightly browned. Remove and set aside.
4. Add the mushrooms, garlic and ginger to the wok. Stir-fry for 2–3 minutes until the mushrooms soften.
5. Return the chicken and vegetables to the pan. Pour over the sauce and toss for 2–3 minutes until the chicken is cooked through.
6. Stir through the spring onions and cashews just before serving.
7. Divide the rice among four bowls and top with the stir-fry mixture.





Roast Vegetable & Turkey Grain Bowl

Serves 4
450 kcal · 42g protein · 48g carbs · 8g fat

Ingredients

- 300g pumpkin, cut into cubes
- 250g sweet potato, diced
- 200g Brussels sprouts, halved
- 1 red onion, cut into wedges
- 2 cloves garlic, minced
- 1 tsp dried rosemary
- ½ tsp cumin
- ½ tsp cracked black pepper
- Olive oil spray
- 2 cups cooked brown rice or quinoa (about 350g cooked)
- 500g lean turkey mince
- ¼ cup low fat feta, crumbled
- ⅓ cup natural Greek yoghurt
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 2 tbsp chopped parsley

Method

1. Preheat the oven to 200°C. Line a large baking tray with baking paper.
2. Place the pumpkin, sweet potato, Brussels sprouts and red onion on the tray. Add the garlic, oil, rosemary, cumin and black pepper. Toss well to coat.
3. Roast for 30 minutes, turning halfway through, until the vegetables are tender and caramelised.
4. While the vegetables are cooking, prepare the turkey mince in a non-stick frying pan over medium heat, breaking it up as it cooks. Season with salt and pepper.
5. In a small bowl, combine the Greek yoghurt, lemon zest and lemon juice.
6. Divide the cooked rice or quinoa between four bowls. Top with the roasted vegetables and turkey mince.
7. Finish with crumbled feta, a dollop of the lemon yoghurt and a sprinkle of fresh parsley.

Tuna Gnocchi Bake

Serves 4
450 kcal · 35g protein · 48g carbs · 10g fat

Ingredients
•400g gnocchi
•400g tinned corn, drained
•200g mushrooms, sliced
•1 brown onion, diced
•1 red capsicum, diced
•150g baby spinach
•1 eggplant, cut in cubes
•425g tin tuna, drained
•350ml chicken stock
•80g light cream cheese
•50g light mozzarella cheese
•Salt and pepper
•Spray oil for cooking

Method
1. Preheat the oven to 200°C and lightly grease a baking dish with spray oil.
2. Lightly coat a large frying pan with oil and place over medium heat. Add the onion, capsicum, corn, mushrooms and eggplant. Cook for 8–10 minutes, stirring occasionally, until the vegetables have softened.
3. Add the drained tuna and chicken stock, season with salt and pepper. Bring to a gentle simmer and cook for 10 minutes, allowing some of the liquid to reduce. Add the baby spinach and cook until wilted.
4. Reduce the heat to low and stir the cream cheese through until fully melted and combined.
5. Meanwhile, cook the gnocchi in a saucepan or according to packet instructions.
6. Add the cooked gnocchi to the pan and gently mix until evenly coated.
7. Transfer the mixture to the prepared baking dish. Sprinkle the mozzarella evenly over the top.
8. Bake for 20 minutes, or until the cheese is melted and lightly golden.
9. Remove from the oven and allow to rest for 5 minutes before serving.



DINNER



Tuna Patties with Steamed Vegetables

Serves 4
220 kcal · 27g protein · 12g carbs · 4g fat

Ingredients
- 3 × 95g cans tuna in water, drained
- 1 tbsp light Greek yoghurt
- 1 tbsp Dijon mustard
- 2 garlic cloves, finely minced
- 2 large eggs, lightly beaten
- ¼ cup parsley, finely chopped
- 1 small carrot, finely grated
- ½ cup zucchini, grated and squeezed dry
- ¼ cup wholemeal breadcrumbs
- Olive oil spray
- 500g broccoli florets
- 500g green beans, trimmed
- Lemon wedges to serve

Method
1. Drain the tuna very well, place in a large bowl and break up thoroughly with a fork.
2. Add the Greek yoghurt, Dijon mustard, garlic, eggs, parsley, carrot, zucchini and breadcrumbs. Mix until well combined.
3. Divide the mixture into 8 portions and shape into patties. If the mixture feels too soft, refrigerate for 15 minutes.
4. Heat a large non-stick frying pan over medium heat and lightly coat with olive oil spray.
5. Cook the patties in batches for 3–4 minutes per side, or until golden and heated through.
6. Meanwhile, steam the broccoli and green beans until just tender.
7. Serve two patties per person with steamed vegetables and lemon wedges.





High-Protein Broccoli & Cottage Cheese Frittata

Serves 4
270 kcal · 33g protein · 6g carbs · 10g fat

Ingredients

- 300g broccoli florets, chopped
- 1 red capsicum, diced
- 100g lean ham, diced
- 6 egg whites
- 4 whole eggs
- 200g low-fat cottage cheese
- ½ cup light mozzarella
- 1 tsp Dijon mustard
- ¼ cup grated reduced-fat cheddar
- 2 spring onions, sliced
- Black pepper, to taste
- Mixed salad leaves, to serve

Method

1. Preheat the oven to 180°C. Lightly spray a 22cm ovenproof dish with olive oil spray.
2. Steam or microwave the broccoli for 2–3 minutes until just tender. Drain any excess moisture.
3. Spread the broccoli, capsicum, ham and spring onions evenly over the prepared dish.
4. In a large bowl, whisk together the eggs, egg whites, cottage cheese, mustard and black pepper until well combined.
5. Pour the egg mixture over the vegetables and ham. Sprinkle the reduced-fat cheddar over the top.
6. Bake for 30–35 minutes, or until the centre is set and the top is lightly golden.
7. Rest for 5 minutes before slicing. Serve with a large mixed salad.

Smokey Chicken Bowl

Serves 4
430 kcal · 30g protein · 51g carbs · 9g fat

Ingredients
•250g rotisserie chicken, shredded
•2 tbsp chipotle-style aioli or Nando's Perinaise
•450g family size microwave brown or Basmati rice pouch
•1 × 400g can black beans, rinsed and drained
•250g cherry tomatoes, halved
•4 cups mixed salad greens or baby spinach
•1 small cucumber, diced
•⅓ bunch coriander, leaves picked
•2 limes, cut into wedges
•Salt and pepper, to taste

Method
1.Warm the rice according to packet instructions.
2.Shred the roast chicken and mix lightly with chipotle-style mayonnaise, seasoning with salt, pepper and optional smoked paprika.
3.In a large bowl or individual serving bowls, layer the rice as the base.
4.Top with black beans, cherry tomatoes, cucumber and salad greens.
5.Add the chipotle chicken over the top and finish with coriander leaves.
Squeeze over fresh lime juice and serve with any remaining aioli on the side





One Pot Mexican Beef

Serves 4
430 kcal · 40g protein · 41g carbs · 9g fat

Ingredients
- 2 tsp olive oil
- 1 brown onion, diced
- 1 red capsicum, diced
- 1 zucchini, diced
- 2 garlic cloves, crushed
- 1 tsp smoked paprika
- 1 tsp ground cumin
- ½ tsp dried oregano
- 500g extra lean beef mince
- 2 tbsp tomato paste
- 2 cups salt-reduced beef stock
- ½ cup Basmati rice
- ½ cup corn kernels
- 400g can black beans, drained and rinsed
- 2 tbsp chopped coriander
- Lime wedges, to serve

Method
1. Heat the olive oil in a large deep frying pan over medium-high heat. Cook the onion, capsicum and zucchini for 4–5 minutes until softened.
2. Add the garlic, paprika, cumin and oregano. Stir for 30 seconds until fragrant.
3. Add the beef mince and cook, breaking it up with a spoon, until browned.
4. Stir through the tomato paste, then add the stock and rice. Bring to a simmer.
5. Reduce heat to low, cover and cook for 20–25 minutes, stirring occasionally, until the rice is tender and most liquid absorbed.
6. Stir through the corn and black beans. Cook for a further 3–4 minutes until heated through.
7. Remove from heat and sprinkle with coriander. Serve with lime wedges.

Chicken, Broccoli & Cashew Stir-Fry

Serves 4
440 kcal · 40g protein · 42g carbs · 9g fat

Ingredients
- 500g chicken breast, thinly sliced
- 2 tsp sesame oil
- 1 large head broccoli, cut in florets
- 1 red capsicum, thinly sliced
- 200g mushrooms, sliced
- 3 spring onions, sliced
- 2 cloves garlic, minced
- 1 tbsp grated ginger
- ⅓ cup oyster sauce
- 2 tbsp soy sauce
- 1 tbsp honey
- 1 tsp rice wine vinegar
- ¼ cup unsalted cashews
- 2 cups cooked brown rice, to serve

Method
1. Combine the oyster sauce, soy sauce, honey and rice wine vinegar in a small bowl. Set aside.
2. Heat half the sesame oil in a large wok over high heat. Add the broccoli and capsicum and cook for 3–4 minutes until just tender but still crisp. Transfer to a plate.
3. Add the remaining oil to the wok. Cook the chicken in two batches, stirring frequently, until lightly browned. Remove and set aside.
4. Add the mushrooms, garlic and ginger to the wok. Stir-fry for 2–3 minutes until the mushrooms soften.
5. Return the chicken and vegetables to the pan. Pour over the sauce and toss for 2–3 minutes until the chicken is cooked through.
6. Stir through the spring onions and cashews just before serving.
7. Divide the rice among four bowls and top with the stir-fry mixture.





Roast Vegetable & Turkey Grain Bowl

Serves 4
450 kcal · 42g protein · 48g carbs · 8g fat

Ingredients
- 300g pumpkin, cut into cubes
- 250g sweet potato, diced
- 200g Brussels sprouts, halved
- 1 red onion, cut into wedges
- 2 cloves garlic, minced
- 1 tsp dried rosemary
- ½ tsp cumin
- ½ tsp cracked black pepper
- Olive oil spray
- 2 cups cooked brown rice or quinoa (about 350g cooked)
- 500g lean turkey mince
- ¼ cup low fat feta, crumbled
- ⅓ cup natural Greek yoghurt
- 1 tsp lemon zest
- 1 tbsp lemon juice
- 2 tbsp chopped parsley

Method
1. Preheat the oven to 200°C. Line a large baking tray with baking paper.
2. Place the pumpkin, sweet potato, Brussels sprouts and red onion on the tray. Add the garlic, oil, rosemary, cumin and black pepper. Toss well to coat.
3. Roast for 30 minutes, turning halfway through, until the vegetables are tender and caramelised.
4. While the vegetables are cooking, prepare the turkey mince in a non-stick frying pan over medium heat, breaking it up as it cooks. Season with salt and pepper.
5. In a small bowl, combine the Greek yoghurt, lemon zest and lemon juice.
6. Divide the cooked rice or quinoa between four bowls. Top with the roasted vegetables and turkey mince.
7. Finish with crumbled feta, a dollop of the lemon yoghurt and a sprinkle of fresh parsley.

Mexican Style Stuffed Capsicums

Serves 4
420 kcal · 45g protein · 30g carbs · 12g fat

Ingredients
•4 medium capsicums
•500g extra lean beef mince
•250g microwave Mexican-style rice
•1 tbsp taco seasoning
•1 cup shredded light mozzarella
•¼ bunch coriander, leaves picked
•Salt and pepper, to taste
•Spray oil

Method
1.Preheat oven to 200°C. Slice the tops off the capsicums and set aside. Remove seeds and lightly season the inside.
2.Heat oil in a large pan over medium-high heat. Add beef mince and cook until browned, breaking it up as it cooks. Season with salt, pepper and taco seasoning.
3.Warm the microwave rice according to packet instructions, then stir through the cooked beef until evenly combined.
4.Fill each capsicum with the beef and rice mixture, pressing down gently. Sprinkle in some mozzarella, then add a little more filling on top if needed. Finish with remaining cheese.
5.Place stuffed capsicums upright in a baking dish. Cover with foil and bake for 20–25 minutes until capsicums are tender.
6.Remove foil and bake a further 10 minutes until the tops are lightly golden and bubbling.





One-Pot Chicken, Pumpkin & Spinach Pasta

Serves 4
410 kcal · 36g protein · 41g carbs · 9g fat

Ingredients

- 2 tsp olive oil
- 1 brown onion, diced
- 2 garlic cloves, crushed
- 250g Vetta protein pasta
- 250g pumpkin, diced
- 1 red capsicum, diced
- 2 cups salt-reduced chicken stock
- 1 cup water
- 250g cooked chicken breast, shredded
- 2 cups baby spinach
- 1 tbsp lemon juice
- ¼ cup grated parmesan
- 1 tsp dried thyme
- Black pepper, to taste

Method

1. Heat the olive oil in a deep wok over medium heat. Add the onion and cook for 3–4 minutes until softened. Stir in the garlic and thyme and cook for 30 seconds.
2. Add the pasta, pumpkin, capsicum, chicken stock and water. Stir well and bring to a gentle boil.
3. Reduce the heat and simmer uncovered for 12–15 minutes, stirring occasionally, until the pasta is tender and most liquid absorbed.
4. Stir through the shredded chicken and spinach. Cook for 2–3 minutes until heated through and the spinach has wilted.
5. Remove from the heat and stir through the lemon juice and half of the parmesan.
6. Divide between bowls and sprinkle with the remaining parmesan and black pepper to serve.

Lentil & Beef Spaghetti Bolognese

Serves 4
450 kcal · 33g protein · 60g carbs · 6g fat

Ingredients
•250g wholemeal spaghetti
•250g extra lean beef mince
•400g tinned lentils, drained
•400g crushed tomatoes
•1 carrot, grated
•1 zucchini, grated
•5 cloves garlic, minced
•1 tsp brown sugar
•½ tsp dried oregano
•½ tbsp Worcestershire sauce (or low-salt soy sauce)
•Spray oil
•Salt and pepper, to taste

Method
1.Cook spaghetti in salted water according to packet instructions. Drain and set aside.
2.Heat oil in a large non-stick pan and sauté garlic until fragrant. Add beef mince, season and cook until browned.
3.Stir in Worcestershire sauce and let it reduce briefly. Add lentils, grated carrot, zucchini and canned tomatoes.
4.Mix in oregano and optional sugar. Bring to a simmer, then cook uncovered until slightly thickened, stirring occasionally.
5.Toss through cooked spaghetti until well coated and divide between 4 bowls.



Dietary Adaptions: Lactose free

Recipe	Contains	Lactose-free swap
Baked beans on toast	Cottage cheese	Lactose-free cottage cheese
Spinach, mushroom & fetta omelette	Milk, fetta	Lactose-free milk; fetta is naturally low in lactose
Breakfast egg cups	Parmesan	Naturally very low in lactose
Protein rich porridge	Milk, Greek yoghurt	Lactose-free milk and yoghurt
Carrot cake overnight oats	Light milk, Greek yoghurt	Lactose-free milk and yoghurt
Apple & cinnamon yoghurt bowl	Greek yoghurt	Lactose-free yoghurt
Lightened beef stroganoff	Light Greek yoghurt	Lactose-free yoghurt
Roast vegetable & turkey grain bowl	Feta, Greek yoghurt	Feta naturally low in lactose
Tuna gnocchi bake	Light cream cheese, light mozzarella	Lactose-free cream cheese and mozzarella
Tuna patties with steamed vegetables	Light Greek yoghurt	Lactose-free yoghurt
High-protein broccoli & cottage cheese frittata	Cottage cheese, reduced-fat cheddar, light mozzarella	Lactose-free cottage cheese and mozzarella
Mexican style stuffed capsicums	Light mozzarella	Lactose-free mozzarella
One-pot chicken, pumpkin & spinach pasta	Parmesan	Naturally very low in lactose

Gluten free

Recipe	Contains	Swap
PB & banana toast	High protein toast	Certified gluten-free bread
Baked beans on toast	High protein toast	Certified gluten-free bread; check baked beans brand
Protein rich porridge	Rolled oats	Certified gluten-free rolled oats or quinoa flakes
Carrot cake overnight oats	Rolled oats	Certified gluten-free rolled oats or quinoa flakes
Apple & cinnamon yoghurt bowl	Rolled oats	Certified gluten-free rolled oats
Chicken salad roll	Bread roll	Certified gluten-free bread roll
Lightened beef stroganoff	Worcestershire sauce	Check label or use tamari
Chicken, broccoli & cashew stir-fry	Oyster sauce, soy sauce	Gluten-free oyster sauce; tamari instead of soy sauce
Tuna gnocchi bake	Gnocchi	Certified gluten-free gnocchi
Tuna patties with steamed vegetables	Wholemeal breadcrumbs	Certified gluten-free breadcrumbs
One-pot chicken, pumpkin & spinach pasta	Protein pasta	Gluten-free or pulse pasta
Lentil & beef spaghetti bolognese	Wholemeal spaghetti, Worcestershire sauce	Certified gluten-free spaghetti; check Worcestershire label or use tamari
Mexican style stuffed capsicums	Taco seasoning, microwave Mexican-style rice	Check both labels — most are gluten-free but confirm brand