

WEEK 1:

Loaded Avocado Halves



2-3 SERVINGS

INGREDIENTS:

- 500g lean mince beef
- 1tbs chili powder
- ½ tsp salt
- ¾ tsp cumin
- ½ tsp dried oregano
- ¼ garlic powder
- ¼ onion powder
- 100g diced tomatoes
- 3 avocados halved
- ¼ cup cherry tomatoes
- ¼ lettuce shredded

METHOD:

- 1:** Brown beef in frypan
 - 2:** Once cooked, drain an excess grease from beef and add seasoning and diced tomatoes
 - 3:** Remove the pit from halved avocados and load with avo with seasoned beef
 - 4:** Top with lettuce, tomatoes
- TIP:** If you'd like to make more room to more beef, spoon out some of the avo

NOTE: This menu has not been created by our dietician and it's suggested you carefully consider that the ingredients in any meal you prepare from the menu are suitable for your personal circumstances.

WEEK 1:

Ham and Egg Cups



5 SERVINGS

INGREDIENTS:

- 16 slices deli ham
- 8 eggs
- Handful of chopped Mushrooms
- Handful of chopped cherry Tomatoes
- Sea salt and Pepper
- Chives

METHOD:

- 1:** Preheat oven to 180
- 2:** Spray eight regular-sized muffin cups with cooking spray (or rub on olive oil).
- 3:** Wisk eggs and combine all ingredients
- 4:** Spread evenly across 8 muffin cups
- 5:** Sprinkle with salt and pepper.
- 6:** Bake for 10-12 minutes, or until white appears cooked. Sprinkle each serving with chives.

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WEEK 1:

Honey Lemon Chicken



5 SERVINGS

INGREDIENTS:

- 1 whole chicken
- 2 tbsp olive oil
- 2 tbsp honey
- 1 tbsp sea salt
- 3 lemons
- 2 medium onions
- 1 head garlic

METHOD:

- 1:** Preheat the oven to 180°C
- 2:** Place the chicken, breast side down, in a large baking dish.
- 3:** Drizzle the chicken with the olive oil and honey, sprinkle with the salt, and stuff with 1 of the whole lemons.
- 4:** Cut the remaining 2 lemons in half and place in the corners of the baking dish. Cut the onions in half (leaving the skin on) and place alongside the lemon halves. Break the head of garlic apart (leaving the skin on) and scatter the cloves around the baking dish.
- 5:** Bake the chicken for 50 to 60 minutes, until the skin is well browned.
- 6:** Increase the heat to 230°C, turn the chicken breast side up, and bake for about 15 more minutes, until an instant-read thermometer inserted into the thigh reads 75°C to 80°C.
- 7:** Remove the chicken from the oven.
- 8:** Carve the chicken, drizzle with the pan juices, and serve with your favourite vegetables

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