

WEEK 9:

No Bake Energy Bites*



4+ SERVINGS

INGREDIENTS:

- ☐ 1 cup rolled oats
- ☐ ½ cup mini semi-sweet chocolate chips
- ☐ ½ cup ground flax seed
- ☐ ½ cup **crunchy peanut butter**
- ☐ ⅓ cup honey
- ☐ 1 teaspoon vanilla extract

Just be aware there is peanuts in this dish – ensure you or anyone else who'll be eating these do not have an allergy.

METHOD:

- 1:** Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl
- 2:** Form into 4cm diameter balls using your hands
- 3:** Arrange energy bites on a baking sheet and freeze until set, about 1 hour
- 4:** Remove from the freezer and enjoy!

TIP: If you would rather, you can also press the mixture into a square baking dish and cut into flat energy bars instead of round energy balls.

NOTE: This menu has not been created by our dietitian 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 9:

Salmon And Greens



2 SERVINGS

INGREDIENTS:

- ☐ 2 x 100g salmon fillets
- ☐ 2 cup peas
- ☐ 1 cup snow peas
- ☐ 1 cup green beans
- ☐ 1 red onion, chopped
- ☐ 1.5 Tbsp. wholegrain mustard
- ☐ 1.5 Tbsp. olive oil
- ☐ 4 Tbsp. fresh lemon juice
- ☐ 2 Tbsp. dried dill
- ☐ 2 garlic cloves, crushed

METHOD:

- 1:** Chop red onion, crush or finely chop garlic and juice lemon into a small bowl and trim the ends of the beans
- 2:** Heat a non stick pan and place the salmon, beans, snow peas, peas and onion in the pan.
- 3:** Mix through garlic cloves and salt and cook for 5 minutes. Turn the salmon over and cook for a further 3 minutes
- 4:** Meanwhile separately combine dill, lemon juice, oil and mustard in bowl
- 5:** Place salmon fillets and divide vegetables on your plates and pour over sauce to taste

TIP: Salmon cooking time may change depending on how you like it – gently separate the flesh (at the thickest point of the fillet) once cooked to ensure it's as you wish it to be.

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WEEK 9:

Turmeric Chicken And Cauliflower



2 SERVINGS

INGREDIENTS:

- ☐ 4 cups cauliflower, chopped
- ☐ 250g chicken breast, diced
- ☐ 1 tbsp. turmeric powder
- ☐ ½ lemon juiced
- ☐ 1 tbsp. tahini
- ☐ 1 tbsp. olive oil
- ☐ 1 garlic clove, crushed
- ☐ 1 tbsp. coconut oil
- ☐ 1 tbsp. dried Italian herbs

METHOD:

- 1:** Chop roughly 4 cups of cauliflower and set aside. Dice the chicken breast and set aside (separately), juice 1/2 lemon into a bowl.
- 2:** In a bowl put chicken, garlic, lemon juice, Italian herbs and salt/pepper to marinate
- 3:** Heat not stick pan with coconut oil and cook chicken pieces until browned
- 4:** Boil water in saucepan over medium heat and cook cauliflower for 5 to 7 minutes or desired consistency
- 5:** Drain water from saucepan and place cauliflower into a bowl.
- 6:** In a small bowl combine tahini, olive oil and garlic
- 7:** In two bowls place half the chicken and half cauliflower mixtures
- 8:** Pour tahini dressing over the top and mix together

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