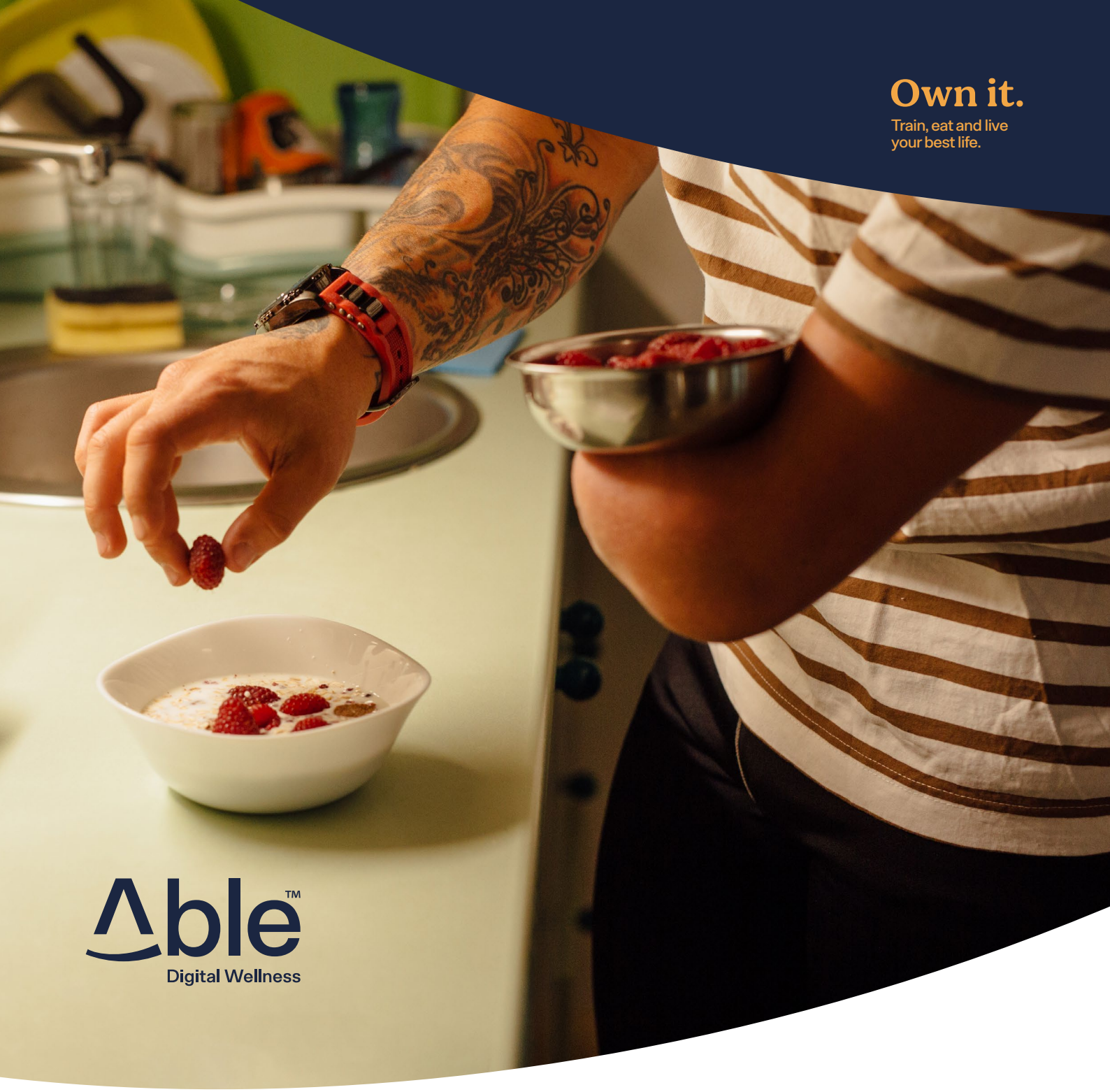

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NOTE: This cookbook has not been created by our dietician and it's suggested you carefully consider that the ingredients in any meal you prepare from withing are suitable for your personal circumstances.

Cajun Shrimp And Rice

PREP TIME: 10 minutes
COOK TIME: 4-5 minutes
SERVES: 4

CALORIES PER SERVING: 385

INGREDIENTS

- ☐ 250g ready-to-serve long grain rice or brown rice
- ☐ 450g uncooked medium prawns
- ☐ 1 1/2 tsp. Minced garlic
- ☐ 2 tsp. cajun seasoning
- ☐ 1 Tbs. pure olive oil
- ☐ 1 Tbs. butter or margarine
- ☐ 170g fresh or frozen (thawed) snow peas

INSTRUCTIONS

1: Peel and devein your prawns, mince q clove of garlic (if not using pre-minced).
2: Cook rice according to package directions.
3: Heat a large skillet or pan over medium-high heat, add your olive oil and saute the prawns, garlic and Cajun seasoning, add butter or margarine after 1 minute and cook until shrimp turns pink.
4: Add snow peas and rice to pan and cook for 2-3 minutes longer or until heated through.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Spiced Baked Apples

PREP TIME: 15 minutes
COOK TIME: 45 minutes
SERVES: 4-8

CALORIES PER SERVING: 167

INGREDIENTS

- ☐ 4 large apples (pink lady are good)
- ☐ 2 tablespoons sweetened dried cranberries
- ☐ 2 tablespoons raisins
- ☐ 3/4 cup unsweetened apple juice
- ☐ 1/2 teaspoon allspice

INSTRUCTIONS

1: Preheat oven to 190 degrees.
2: Without going right through the apple, remove the core of each apple, leaving 1–2cm of flesh at the bottom.
3: Place cored apples in a baking dish (20cm x 20cm if possible).
4: Fill each apple with 1/2 tablespoon cranberries and 1/2 tablespoon of raisins. Half fill apples with apple juice and pour remaining juice around them in the pan. Sprinkle apples evenly with allspice.
5: Cover and bake for 45 minutes, or until tender when pierced with a fork. Spoon remaining baking juices over the apples and serve hot or chilled.

TIP: You can cut them in half once they're out of the oven and serve half each to have them go further

Baked Frittata with Butternut Squash, Kale & Sage

PREP TIME: 25 minutes
COOK TIME: 12 minutes
SERVES: 6

CALORIES PER SERVING: 251

INGREDIENTS

- ☐ 1 tablespoon olive oil
- ☐ 3 x butternut squash
- ☐ 1 shallot
- ☐ 4 cups kale
- ☐ 1 tablespoon water
- ☐ 8 large eggs
- ☐ 3 large fresh sage leaves
- ☐ 1/4 teaspoon salt
- ☐ 1/4 teaspoon ground pepper
- ☐ 1/4 cup goat cheese
- ☐ 6 slices whole-wheat bread (for toasting / serving)

INSTRUCTIONS

1: Preheat oven to 200 degrees
2: Dice squash, finely chop shallot, stem and thinly slice kale, finely chop sage leaves,
3: Heat oil in a medium nonstick ovenproof or cast-iron skillet / pan over medium-high heat. Add squash and cook, stirring occasionally, until just fork-tender (about 10 minutes). Add shallot; cook for 1 minute. Stir in kale by the handful. Add water; cover and reduce heat to medium-low. Cook until the kale is tender (about 5 minutes). Remove from heat; spread the mixture evenly in the pan.
4: Whisk eggs in a large bowl and add sage (leaving a small amount aside), salt, and pepper once done. Pour the egg mixture over the squash and kale in the pan. Crumble over your goat cheese as evenly as you can. Bake until set in the center, 8 to 12 minutes.
5: Holding the pan over a cutting board and using a large spatula, lift and slide the frittata out of the pan and onto the cutting board. Cut into wedges and sprinkle with some extra sage and serve with toasted bread.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Salmon Topped Spinach Salad

PREP TIME: 10 minutes
COOK TIME: 10 minutes
SERVES: 2

CALORIES PER SERVING: 239

INGREDIENTS

- ☐ 350g Salmon (or 2 fillets)
- ☐ 3 cups baby Spinach
- ☐ 1 cucumber
- ☐ 1 Red Onion (use half)

DRESSING

- ☐ 1 cup Water
- ☐ 1 cup Lemon Juice (or juice 2 lemons)
- ☐ 3 Garlic Cloves
- ☐ 2 Tbsp. Oregano
- ☐ 4 Tbsp. Flax Seeds
- ☐ 1/3 Tsp. Black Pepper
- ☐ Stevia to taste

INSTRUCTIONS

1: Slice cucumber, crush garlic, slice red onion and slice lemon into quarters.
2: Heat a drizzle of olive oil in a medium pan and Grill salmon for 3–4 mins per side or until flesh is to your liking (check inside with a fork or knife).
3: Meanwhile, wash and drain spinach. In large bowl, toss spinach with cucumbers and red onion.
4: In medium bowl, mix dressing ingredients together. Layer spinach salad on plates and top with salmon. Drizzle with dressing to taste.

White Chicken Chili

PREP TIME: 20 minutes
COOK TIME: 2 hrs 30 minutes (slow cooker)
SERVES: 8

CALORIES PER SERVING: 379

INGREDIENTS

- ☐ 3 x (400g) cans no-salt-added Great Northern beans
- ☐ 4 cups reduced-sodium chicken broth
- ☐ 500g skinless, boneless chicken breasts
- ☐ 2 brown or white onions
- ☐ 1 capsicum
- ☐ 2 x 100g cans diced green chile peppers
- ☐ 4 cloves garlic
- ☐ 2 teaspoons ground cumin
- ☐ 1 teaspoon dried oregano, crushed
- ☐ 1/2 teaspoon salt
- ☐ 1/4 teaspoon cayenne pepper
- ☐ 1 1/2 cups shredded semi soft cheese (Optional)
- ☐ 1 x 200g container Plain fat-free Greek yogurt
- ☐ 1 bunch fresh coriander leaves

INSTRUCTIONS

1: Drain and rinse your beans. Cut each chicken breast in half, finely chop onions, roughly chop capsicum, mince or chop garlic.
2: In a 3-4 litre slow cooker, combine beans, broth, chicken breast, onions, sweet peppers, chile peppers, garlic, cumin, oregano, salt and cayenne pepper.
3: Cover and cook on high for 2 to 3 hours (can also be done on low for 4 to 5 hours).
4: Remove chicken; shred using two forks. Return shredded chicken to cooker and mix through.
5: If desired, top servings with shredded cheese, yogurt and/or coriander.

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

Date - Nut Loaf

PREP TIME: 20 minutes
COOK TIME: 1 hour
SERVES: 16

CALORIES PER SERVING: 194

INGREDIENTS

- ☐ 1/2 cup margarine, softened
- ☐ 1 egg
- ☐ $1^{1/2}$ cups unsweetened applesauce
- ☐ 3 packets of sugar substitute (Equal, Sweet N Low or equivalent)
- ☐ 1 tsp. vanilla extract
- ☐ 2 cups all-purpose flour
- ☐ 2 tsp. baking soda
- ☐ 1/2 tsp. ground cinnamon
- ☐ 1/2 tsp. ground cloves
- ☐ 1/2 cup chopped pecan nuts
- ☐ 1 cup pitted dates
- ☐ cooking spray

INSTRUCTIONS

1: Preheat oven at 180 degrees.
2: Chop pecan nuts, chop dates (ensure they're pitted)
3: In a large mixing bowl suitable for an electric mixer, beat margarine, egg, and applesauce at medium speed of an electric mixer until blended. Add sugar substitute and vanilla.
TIP: If you don't have an electric mixer, you can beat by hand, but it will just take longer! The key is getting a smooth consistency.
4: Combine flour, baking soda, ground cinnamon and ground cloves, then add it to your applesauce mixture. Beat at medium speed for 4 minutes (electric) or until smooth. Add pecans and dates; stir well.
5: Pour batter into an 20cm(ish) loaf-pan suitable for the oven coated with cooking spray. Bake for 1 hour or until a toothpick inserted in the center comes out clean. Cool in pan on a wire rack for 10 minutes
6: Remove from pan and cool completely on wire rack – you should get around 16 slices out of this one!

NOTE: Allergies are not considered as part of these recipes, please consider the ingredients with your personal allergy requirements in mind.

3-Ingredient Chicken Thighs

PREP TIME: 10 minutes
COOK TIME: 35 minutes
SERVES: 5

CALORIES PER SERVING: 504

INGREDIENTS

- ☐ 1 Tablespoon Olive Oil
- ☐ 5 Chicken Thighs, Bone-in, With Skin
- ☐ 1/4 teaspoons Garlic Powder
- ☐ 4 Tablespoons Sun Dry Sun-Dried Tomato Pesto *(This sun-dried tomato pesto is available at some stores. It has just 2 net carbs per 1/4 cup. If you can't find this brand, use a different brand, and be sure to count any additional carbs).*
- ☐ 45g Part Skim Mozzarella, Shredded
- ☐ Salt and Pepper (to taste)
- ☐ 1 bunch of asparagus

INSTRUCTIONS

1: Preheat oven to 190 degrees.
2: In an oven safe skillet, heat the oil on medium heat until shimmering.
3: Sprinkle salt, pepper, and garlic powder over each side of the chicken thighs. Put in heated skillet, skin side down. Cook about 5 minutes, or until the skin is browned. Turn and brown the other side for another 3 minutes.
4: Spread some of the tomato pesto over the top of each thigh.
5: Place skillet in the oven and bake uncovered for 20 minutes.
6: Meanwhile, in a small pan, heat a drizzle of oil and cook your asparagus, turning for 3-5 mins.
6: Add the cheese over the top of the chicken, and bake another 15 minutes, or until any liquid runs clear when you peirce with a knife. Serve with asparagus.