



Round 1 Fitness

Simple Food and
Recipe Guide



Our primary goal here at Round 1 Fitness is to give you the tools to live your best and healthiest life. We're not about fads. No quick fixes here. Just straight up evidence-based strategies to help you live a life that you can sustain and enjoy.

Show up better for yourself, your family, work and friends.

Avoid disease and live the life that you've always wanted while you reach your goals...whatever they may be. And the basis of all of that is what you eat.

Everything we talk about in this document is pretty 'generalised advice' that will be suitable for MOST but certainly not ALL people. If you would like to do a personalised plan, well - that's where our Health Check process comes in - you can sign up for that HERE:

<https://round1fitness.com.au/get-started/>



Losing Weight?

So, if your goal is weight loss, a **calorie deficit** is a must!

One thing we can't stress enough is that the ONLY way to lose fat is through achieving a calorie deficit. In simple terms, we want to force our body to tap into stored energy (body fat) for fuel.

Once you understand this concept, you will find that fat loss does need to be as as hard as it might seem for MOST people. In fact, if you can learn to focus on the things that really matter you will find that slow, steady weight loss is 100% achievable.

Certain dieting methods can help you to *eat less* but dieting alone is only a contributing factor to fat loss.

Important reminder: You are not losing weight due to methods like 'X' diets, you're losing weight due to a calorie deficit!

Tracking your "MACROS"?

We don't want to get TOO clever or involved here but we do want to track TWO (2) things:

- 1/. Protein
- 2/. Total Calories.

Our suggested targets are summarised in the following table:

Women			Men		
Weight	Protein	Calorie Range	Weight	Protein	Calorie Range
50kg	80g	1400-1650	70kg	126g	1850-2100
60kg	96g	1500-1750	80kg	144g	1950-2200
70kg	112g	1600-1850	90kg	162g	2050-2300
80kg	128g	1700-1950	100kg	180g	2150-2400
90kg	144g	1800-2050	110kg	198g	2250-2500
100kg	160g	1900-2150	120kg	216g	2350-2600

Once you are hitting these targets, it is important to weigh in each week and RESET the calorie target up or down based on the outcome.



Let's Eat - Cheat Sheet!

(OR - "How to Plan a week's worth of meals in just 10-minutes!")

Before starting in with recipes - have a look at this cheat sheet. Simply follow the guide below FOR 3x Meals per day!

Boys	Girls
<ul style="list-style-type: none"> Choose 200g (cooked) protein. Choose 150g (cooked) carbs. Choose 100g (cooked) veggies/salad. Choose ANYTHING from herbs/spices. 	<ul style="list-style-type: none"> Choose 150g (cooked) protein. Choose 100g (cooked) carbs. Choose 100g (cooked) veggies/salad. Choose ANYTHING from herbs/spices.

Protein	Carbs	Veggies	Herbs/Spices
Chicken Breast	Potato	Broccoli	Tabasco/Hot sauce
Lean Beef	White Rice	Brussel Sprouts	Salt and Pepper rub
Salmon	Oats	Spinach	Chilli
White Fish	Pasta	Lettuce Varieties	Garlic
Lean Pork	Wholemeal Bread (Count 1 slice as 75g)	Carrots	Curry Paste
Tofu	Wholemeal Wraps (Count 1.5 wraps as 75g)	Peas or Green Beans	Cajun Seasoning
Greek Yoghurt	Berries	"Pretty much Any Vegetables you like".	"Pretty much ANY dry spice or rub".

- Eat 3x Meals per day using this list as the base for each meal.
- Add ONE (1) scoop of protein powder if you choose Greek Yoghurt from the protein menu!
- Usual rules - weigh in ONCE per week. If your weight has gone down/stayed the same - no change. If your weight has gone up, adjust all quantities by 10% and try again the following week.



Recipes: Intro

What follows is a collection of recipes for you - some old, some new. The important thing to remember is:

- 1/. You don't have to use these recipes - you should eat what YOU like to eat whilst paying attention to YOUR calorie intake.
- 2/. Having a plan around your food QUANTITY is important. When you are using these recipes, keep in mind the food quantity table/perfect plate model.
- 3/. Finding a way to PRIORITISE PROTEIN early in the day (@ breakfast) is a great way to set yourself up for success. If you are battling with this - and it can be hard - then THIS could be the time to add some supplements (protein powder) to your life. Adding a scoop of protein powder to your overnight oats is a simple and easy solution.
- 4/. Not having a PLAN of what you are going to eat is a sure recipe for disaster. There is no surer way to fall off the 'food wagon' than finding yourself at the Gateways Food Court at 2pm on a Saturday having already skipped breakfast...have a PLAN.
- 5/. Having some 'SIMPLE, Tasty Snacks' in the fridge that you can grab if the urge strikes you is a little bit like having a 'cheat code' for success. Little things like 'Morning Egg Cups', 'Chick Pea Fritters' or 'Power Balls' ready and available is what stops you opening that packet of Tim-Tams.
- 6/. Simple works best. If overnight oats for breakfast, chicken and salad for lunch and steak and salad for dinner works for you...well, AWESOME...you can eat that EVERY DAY. Overcomplicating things by trying to 'change it up' every day is what can cause things to come undone.
- 7/. "Cheat" days are important. How come? Because if you know you sometimes 'CAN', you won't always NEED too! If Pizza is your thing, well, you'll be OK if you KNOW you can have some on Saturday night...but if you feel you can't have it EVER, well...you are likely to give in and eat it on Wednesday. Have a plan for your 'cheat' meals, stick to the plan - reward yourself when you SAID you would - and everything will become MUCH EASIER!



Breakfast #1 – Overnight OATS Variations!

So...How do you make overnight OATS??

Start here with ingredients - you can pick and choose (apart from water and oats).

1. Oats: This is really the only ingredient that's non-negotiable. Make sure to use plain old-fashioned oats and not quick oats because the consistency is best with rolled oats. You can also use gluten-free oats.
2. Water: Well – I've seen it made with milk but I use water. You could of course use plant-based milk like almond milk, coconut milk or oat milk.
3. Chia Seeds (optional): These seeds are packed with tons of nutrition, and they help give the oats a pudding-like texture. So I always like to include them in my base recipe.
4. Yogurt (optional): Dairy or non-dairy. Yoghurt is great in overnight oats – you really only need a tablespoon full!
5. Vanilla extract (optional): This enhances all the flavors that go into the overnight oatmeal as well as giving it sweetness without any sweetener.
6. Toppings: This is where you can have some fun with fresh fruit, dried fruit, nut butters, nuts, seeds and spices (like cinnamon, nutmeg or cardamom). There are so many topping ideas and combinations, and I think that's what makes this such a great versatile recipe!

Then, you just put them together!!!

1. Make it inside of a jar or a mason jar – one serve per jar so a 'jam jar' sized jar is fine.
 2. Don't stress too much about measuring. ½ cup of OATS, 2tsps of chia seeds – cover it all with water – add your toppings, shake, done!
 3. Use plain old fashioned rolled oats, *not* quick oats. Well. You can use quick oats and it will do the job but some people find them too soggy...
 4. Make a few in one hit. It takes 2 minutes to make one – it also takes 2 minutes to make 5 (enough for the week). Beware though if you are using milk – water won't go sour in the fridge...milk can! Likewise, I prefer to use berries vs fruit if I am making more than a couple of days worth.
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Oats

So – This section really only covers the ‘toppings’. Make the Overnight oats as detailed on the previous page – I would include the Vanilla in EACH of these – then add the topping (below) THEN place the spoon of yoghurt on top (if you are doing that!).

PBJ (well, PB + Berries!)	It's like having a peanut butter jelly sandwich in overnight oats form. I layer peanut butter, sliced strawberries (or mashed blueberries/blackberries/kiwi-fruit whatever) and some crushed peanuts. It tastes sweet and salty and amazing.
Apple Pie	This one is a little bit trickier as it works best with BAKED apple. But that said, baking the apples doesn't require much – core them or slice them and stick them in the over for 35-40 mins at 200...DONE. Place a layer of sliced pecans and a slice of baked apple in each jar. Can you use fresh apple? Yeah – and that's fine – but if you don't eat it the next day it goes that yucky brown colour and whilst it tastes fine it doesn't LOOK good and bad looking meal prep ends up getting thrown out.
Banana Nut	Similar to the apples (above) the bananas work best if you have FRIED them first. Slice each banana into thirds (long ways) and lightly fry for 2-3 mins each side in coconut oil. From there, add some chopped hazelnuts to the jar...mix around. I said in the previous section that yoghurt was a great addition and that works great in this one.
Almond Joy	So – to this one add a spoonful each of cacao nibs, sliced almonds and desiccated coconut. I have tried this with a scoop of coconut yoghurt and, well...I guess it was OK but real coconut worked/tasted better! Almonds, chocolate (well, cacao) and coconuts! I seem to remember this recipe was named after a chocolate bar but I can't remember ever eating one!
Berry Smash	Easiest of all. Place a couple of tbsps of frozen berries in the top of each jar – then top with a scoop of yoghurt. Personally I would be adding vanilla to all of them (as I said at the top) but this one really benefits from it – frozen berries are simple to use but I just don't find them as flavorful as fresh ones and the vanilla really helps!



Breakfast #2 – “OTHER” Stuff!

Breakfasts (that aren't “Overnight Oats”)	
Overnight Oats are EASY and Healthy...but they aren't for everyone. Here are a few more ideas to try if oats aren't your 'thing'!!	
One-Pan Chickpea Shakshuka	<p>Ingredients: ½ Diced onion, ½ can diced tomatoes, ½ diced capsicum, SMALL can (125g) Chickpeas, 1x cup spinach, 3x eggs. Add paprika, chilli flakes and salt to taste.</p> <p>How: Best strategy is to cook and serve in the same pan - so all the ingredients here are for 1. Put the pan over heat and add a tbsp of olive oil. Add the onion and capsicum - soften them up then add the chick peas and diced tomato. Add the spinach and stir through. Crack each of the eggs into the pan - cover and leave for 3-4 minutes. Like I said, serve in the pan. You can (of course) add bacon etc to change it up.</p>
Veggie Scramble	<p>Ingredients: ½ Diced onion, ½ diced sweet potato, ½ diced capsicum, 1 cup spinach or Kale, ½ cup broccoli spears, 2 eggs.</p> <p>How: You can really throw in whatever veggies you like here (think zucchini, brussel sprouts, mushrooms etc) AND you can add bacon, tofu etc. Essentially, throw all of the veggies in the pan - put in the sweet potato first as that takes the longest to cook (and needs to be cut FINE). Meanwhile, beat the eggs and add a SMALL amount (1x tbsp) of water to them before adding them to the pan. PUSH the eggs - DON'T stir them! - and it will all be done in < 2-minutes after you add the eggs.</p>
Crustless Quiche	<p>Ingredients: 8x eggs (beaten), 4x cups spinach, 1x diced capsicum, ½ diced chilli, 2x diced tomatoes (fresh, not can), ½ diced onion, 200g diced bacon.</p> <p>How: Soften the onion, chilli, capsicum and bacon in a pan - when done, allow them to cool down for 5-mins. Whilst you're waiting for it to cool, pour the eggs into a lined (baking paper) baking tray OR into 8x muffin trays. Spoon in the bacon, chilli and capsicum - then add the tomato and spinach and mix it all through. Place the tray into a pre-heated oven (200-degrees) and cook for approx 20-minutes.</p>
Cottage Cheese Brekky Bowl	<p>Ingredients: ¾ cup cottage cheese (unflavored is best!!), ¾ cup mixed berries, 2x tbsp chopped pecans, pinch of cinnamon, ½ tsp of vanilla bean paste.</p> <p>How: In a single bowl, stir the vanilla bean paste and cinnamon through the cottage cheese. Top with ½ of the berries and stir through - put the remaining berries and nuts on top and serve. It literally takes 2-minutes to make and has 25g protein and just 230 calories...true 'superfood' stuff!</p>



Banana Oatmeal Pancakes	<p>Ingredients: 2x cups oats, ½ cup yoghurt, 2x scoops vanilla protein powder, 2x eggs, ½ cup milk, 1x tbsp butter, 1x tbsp baking powder, 1x mashed banana</p> <p>How: Put everything except the banana into a blender and blitz it on high until the batter is smooth. Use a spoon to mix the mashed banana through the batter. If the batter isn't 'pourable', add a tbsp or 2 of milk and stir it through. Cook on low to medium heat in a lightly oiled pan.</p>
Baked Oatmeal	<p>Ingredients: 2x cups oats, 2x cups milk, ½ cup pecan pieces, 1tsp baking powder, 1tsp cinnamon, 1tsp vanilla bean paste, 1x mashed banana, 2x scoops protein powder, 2x tbsp peanut butter.</p> <p>How: Preheat the oven to 200-degrees. Line the pan with baking powder and lightly grease - in a mixing bowl pour all of the 'dry' ingredients and stir them together. Add the milk and keep stirring. Pour the mixture evenly into the pan and cook for 35 mins (or so) - serve with some peanut butter or even some yogurt. This will keep in the fridge for a week or so and is a great overnight oats substitute.</p>
Breakfast Rice	<p>Ingredients: 200g rice, 1cup milk, 1tsp vanilla bean paste, 1tsp cinnamon, 2x scoops protein powder, 1x cup diced dried fruit (apricots, sultanas), 2x cups yoghurt, ½ cup diced nuts.</p> <p>How: Cook the rice in your favorite way - rice cooker, pan, whatever - when you do it, put the vanilla and cinnamon in FIRST to get the taste and aroma right through. When it is done, stir through the yoghurt, protein powder, dried fruit and milk. Serve this into 4x bowls and top each with any remaining yoghurt</p>

Breakfast Hall of Fame

Morning Egg Cups	<p>Ingredients: 250g of bacon, chicken or beef - diced. 1x diced onion, 2x diced tomatoes, 1x large sweet potato diced and mashed, 12x eggs.</p> <p>How: Oil 12x muffin trays. Brown the meat/lightly cook the onion and tomato. Mix the meat and veggies together with the mashed sweet potato and spoon the mixture into the bottom of each muffin tray. Crack one egg into each 'muffin' and put into a 200 deg oven for approx 20 mins.</p>
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Lunch #1 – Meal Prep Variations!

What ingredients do you need for Meal Prep?

Step#1: Work out your Protein Requirements:

It's pretty simple. You need to keep your protein on 'track' during the middle of the day.

- Girls have a (general) target of 1.6g/kg of bodyweight.
- Boys 1.8g/kg of bodyweight.

So a 65kg girl needs 100g of protein every day - or around 30g per meal (again, a generalisation). A 85kg boy would need 150g of protein - or around 50g per meal. So you need to set up your lunch to support this. Basically, when doing your meal prep, create the meals based around your required protein quantity!

Here is a simple table showing how these protein requirements look (by weight):

Weight	Beef	Chicken	Fish
100g contains:	26g Protein	27g Protein	18g
125g contains:	33g	34g	22g
150g contains:	39g	41g	26g
200g contains:	52g	55g	34g

Step#2: Decide your carbs.

This is the easy part - potato, sweet potato, rice...choose your poison. Once you have done that, usually around 50g for girls (again, rule of thumb) and 75g for boys works well. Build your recipe around that.

Step#3: Pile on the Veggies

You can really go to town here - add in whatever non-starchy veggies you like...and as many as you like. The frozen veggies you buy that come in individual serves...they are GOLD for meal prep.

From there - it's pretty simple. Cook up the protein, cook up the carbs...split them into lunch boxes and add a serve of veggies to each one! Me? I like to use sweet potato (diced) and either chicken or meatballs...I cook them together:

- 1/. Dice the sweet potato and put it on a lined baking tray.
- 2/. Make the meatballs/cut the chicken into pieces + season and lay it on top of the sweet potato.
- 3/. Cook in the oven at 220-degrees for 35-40 minutes.
- 4/. Serve into lunch boxes with a serve of frozen veggies.
- 5/. Put in the fridge.



Lunch#1: Meal Prep Protein

Meatballs

Ingredients: Beef mince. Quantity = Daily protein requirements x Number of Days. eg. If you need 50g/day and you are prepping for 3x days, that = 600g meatballs!

Per 200g beef you need:

1x egg, 1x small (grated) carrot, 1x clove garlic (minced), pinch black pepper, 1x tsp olive oil, ½ diced chilli (seeded), 1x tsp paprika, 1x tsp coriander.

How: Put all of the ingredients in a big bowl. Mix it all through by hand - it's gonna be messy - then mix it around some more. Once you are happy the mix is consistent, form into meatballs that are around 50g each. Place them in a lined, lightly oiled baking tray and cook in a pre-heated (200-degree) oven for approx 40 minutes. Bigger meatballs need longer so be a bit careful. In a non-fan forced oven you will need to turn them a couple of times.

Chicken

Ingredients: Boneless chicken thighs. Quantity = Daily protein requirements x Number of Days. eg. If you need 50g/day and you are prepping for 3x days, that = 600g meatballs!

Per 200g chicken you need:

1x tsp olive oil, 1x diced chilli (seeded), 1x clove garlic, 1x tsp paprika, 1tsp cumin powder, ½ tsp cayenne pepper, 1x tbsp of lime juice, ½ tsp salt.

How: Take the chicken out of the fridge and set it aside to rest. Mix all of the dry ingredients with a mortar and pestle and pour into a large bowl. Add the chicken and massage/rub the dry ingredients all the way through. This will take a good couple of minutes - don't rush. When you are done, add the olive oil and lime juice and stir it all around.

Place the chicken on a lined baking tray and put into a pre-heated oven at around 200-degrees. This will take around 20/25 mins to cook.

Mix up the ingredients/seasonings as much as you like - these two are pretty tasty/reliable but you can make your life easier by (for example) using a simple tandoori paste rub for the chicken (or whatever makes YOU happy). When you have done that, simply follow the plan on the previous page for adding carbs and veggies!



Lunch#1

Chicken Muffins

Ingredients: 500g diced chicken, ½ cup milk, 1x cup rolled oats (not quick oats), 2x grated carrots, ½ onion (diced), ½ cup parmesan cheese, 2x cups diced baby spinach, 1x tbsp your favourite chilli sauce.

How: Spray/line 8x muffin tin and pre-heat the oven to 200-degrees. Put the oats and milk in a bowl - mix and set aside for 5x minutes. While that's settling, put the rest of the ingredients into a big bowl and mix well. Add the oat mixture and stir some more. Pour the mixture into the muffin cups filling to about ¾ of the way up. Bake for approx 25 mins - if you want to add some cheddar cheese to each one, do that after about 20 mins in the oven. Take 2-3 muffins for lunch!

Simply-done Bacon Meatloaf.

Ingredients: 1x diced onion, 2x grated carrots, 1x diced sweet potato, 500g beef mince, 200g diced bacon, 2x eggs (beaten), 3x cups baby spinach, 2x small tub tomato puree. 2x tsp Paprika. Add salt, pepper, garlic + chilli paste to taste.

How: Start by browning the onion - if you are adding fresh chilli, do this at the same time. Once it is cooked, set aside to cool - add the rest of the ingredients (leave out ONE tub tomato paste and the paprika!) together in a bowl and mix well together. Add the onion, mix some more and form into a 'loaf' - place it on a wire rack, wrap in alfoil and place in the oven (200-degrees) for about 40-minutes. Remove from the oven. Mix the remaining tub tomato puree together with the paprika and 'paint' all over the top of the meatloaf - return to the oven for another 5-10 minutes. Take a thick slice for lunch!

Chicken + Zucchini Poppers

Ingredients: 500g chicken mince, 2x cloves minced garlic, 1x tbsp coconut oil, 2-cups shredded zucchini, 2x diced tomatoes, 1x diced (green) capsicum, 1x cup rice.

How: Cook the rice your favourite way (aka use a rice cooker) and allow to cool. Mix all the ingredients together - don't 'OVER' mix. Place the mixture into 8-12 (depending on how big) lined + lightly oiled muffin trays. Cook in the oven for 25 mins - allow to 'sit' for 10m (they will settle and absorb moisture) at room temp before putting into 2-3 lunch boxes.



Lunch#2

Ramen 'Noodle' Jars

Clearly no noodles here, but 'Ramen Noodles' are easy to make, tasty and pretty good for you. Add more spice if you like!

Ingredients: 2x cups chicken broth/bone broth, 2x cups Rice, 1x tsp grated ginger, 4x tsp white miso, 2x grated carrot, 2x cups baby spinach, 3x boiled eggs (sliced), 1x cups diced mushrooms, 300g VERY thinly sliced steak. (Designed for 4x serves!!)

How: Split the ingredients between 4x jar and store in the fridge. Make sure the stock 'covers' the rice in the jar - add a SMALL quantity of water if not. Put in the fridge for minimum of 6 hours. When ready to serve, pour 2x cups of boiling water into the jar, stir very well and put the lid back on. Leave for FIVE MINUTES whilst the steak cooks. Stir again - go for it.

Upside Down Salad Jars

Ingredients: 500g diced chicken, 2x boiled eggs (halved and sliced), 200g cubed fetta, 2x cups diced olives, 3x cups halved baby tomatoes, 1x cup diced artichoke hearts, 1x green capsicum (Sliced), 4x cups baby spinach. (Designed for 4x serves!!)

How: Lightly oil the chicken and fry with salt and pepper - put it into a HOT pan so it chars up a little - make sure it cooks through though. Mix all of the salad ingredients EXCEPT the spinach in a large mixing bowl. Split the chicken (once it cools) into the 4x jars and top with the salad mixture. Top off each jar with spinach leaves - put the lid on and keep in the fridge.

Lunch Hall of Fame

Stuffed Capsicums

Ingredients: 4 x Capsicums/peppers, 400g lean beef mince, 400g tin of chopped/diced tomatoes, 160g basmati rice, 15g Taco seasoning mix .

Here's How: Preheat oven to 190 degrees C. Heat a large nonstick pan over medium heat and cook beef for 5-7 mins until browned. Add rice, taco seasoning and tomatoes. Reduce heat and simmer for 6-8 mins. Cut off capsicum tops and remove seeds. Place on a baking dish and fill with beef mixture. Cover dish with foil and bake for 35 mins, or until capsicums are tender.



Dinner#1

One Pot Chicken	<p>Ingredients: 500g chicken (cubed), 2x sliced zucchinis, 3x potatoes (cubed), 2x red capsicums (rough cut), 2x onions cut into wedges, 2x broccoli crowns cut into florets, 1x cup chicken bone broth, 2x tsps cajun seasoning, 1x tsp paprika, ½ tsp red chilli flakes.</p> <p>Here's How: Rub the chicken in the cajun spice and paprika then put it in the 'pot' - saute/brown for 5-7 minutes. Add the chilli flakes, onion and capsicum - cook for another 5 minutes. Add the bone broth together with the rest of the ingredients - stir steadily until boiling, then turn the heat down and cover. Cook for 40 minutes- stir every 5-10 minutes. Add a cup of water every 10-minutes or so if steam is escaping and the mix is drying out. You can actually replace the chicken with beef, pork etc.</p>
Grilled Seafood with Zucchini Noodles	<p>Ingredients: 3x Zucchini's cut length-ways into noodles or spiralised, 1-cup veggie stock/broth, 200g prawns (peeled - tails on if you like - and de-veined), 400g white fish cut into cubes, 200g squid rings, 2x cups halved baby tomatoes, 4x cloves garlic (minced), ½ cup lime juice, 1x diced chilli, 2x tbsps cilantro, sea salt, cracked pepper.</p> <p>Here's How: In a bowl, mix the garlic, cilantro, chilli and olive oil - mix it well then add whatever seafood you have chosen. Mix it all through and allow it to sit for about 5 minutes. Whilst it is sitting, put the veggie stock in a saucepan and bring up to temp - add the zucchini noodles and cook until soft - it will only take a couple of minutes. Once done, take off the heat - put the seafood in a HOT, oiled pan and stir CONSTANTLY whilst cooking...3-4 minutes only. Put it all together in a bowl and stir it all together - when serving, top with the halved baby tomatoes.</p>
Morning Crock Pot	<p>Ingredients: 500ml chicken stock/bone broth, 1kg gravy beef (diced), 8x medium potatoes (cubed), 1x red capsicum (diced), 1x yellow capsicum (diced), 2x Onions (diced), 1x zucchini (diced), 2x cans diced tomatoes, 3x cups green beans (chopped), 3x tbsp tomato paste, 1x tbsp tandoori paste, 1x diced chilli.</p> <p>Here's How: Do this in the morning and you will have dinner ready when you get home!!! In your slow cooker, put the chicken stock and bring it to the boil (lid on). Whilst that is happening, rub the gravy beef with salt and pepper (massage it through) and throw it in a fry pan - sear each side - then put it in with the broth. Put in ALL of the veggies, stir through the tandoori paste and put the lid on. Turn the slow cooker to low and it'll be done it 8 hours! 😊</p>



Dinner#2

Chicken and Chick-Pea Soup.	<p>Ingredients: 8x Chicken legs, 2x 400ml (aka the large ones) cans (drained) chick peas, 1litre chicken stock/bone broth, 4x medium sweet potatoes (diced), 2x litres water, 1 BIG bag (washed) baby spinach, 1x diced red capsicum, 1x can diced tomatoes, 1x diced chilli, 1x tsp paprika, 1x tsp cayenne pepper.</p> <p>Here's How: In a large pot or slow cooker, put the broth and water - cover and bring to the boil. Whilst this happens, put the diced sweet potato in a pan with a drizzle of olive oil and fry it up (high heat) until the corners start to char. Set aside. Sear the chicken in the same pan until the skin starts to brown - should only be 5-6 minutes. Place ALL of the ingredients (except the spinach) into the broth and stir well. Cover and cook for 40-minutes. Remove the chicken legs from the pot and shred - return the chicken AND the bones to the pot - cook for another 30-40 minutes on LOW heat. Just before serving, stir through the baby spinach.</p> <p>This dish works best if you make it one day, then re-heat/eat the next.</p>
1-pot Paella	<p>Ingredients: 400g sliced and quartered chorizo, 400g prawns (de-veined, tails on), 1kg cubed white fish. 500ml chicken stock/bone broth, 500ml vegie stock, 3x sliced garlic cloves, 3x tsp paprika, 1x tsp chilli flakes, 2x diced onions, 4x capsicums (different colours, diced), 200g green beans (diced), 2x seeded chillis (rough cut), 300g basmati rice.</p> <p>Here's How: You need a BIG pot. Start with a drizzle of olive oil and the chorizo, garlic and chilli flakes - cook that up then add the paprika, onions, chilli, capsicum and ALL of the seafood. Stir constantly until 'grilled'. Add the stock and bring to the boil. Add the rice. Constantly stir until the stock is absorbed. Add the beans. Serve.</p>
Challenge Friendly Moussaka	<p>Ingredients: 2x Eggplant (sliced, sprayed with olive oil), 1x diced onion, 400g lamb mince, 400g beef mince, 300g chicken stock/bone broth, 2x cans diced tomatoes, 4x potatoes (diced), 2x grated carrots, 2x cups frozen peas.</p> <p>Here's How: Boil the potatoes and mash with 1x tbsp butter and ½ cup milk. Mix the mince and carrot together and cook - medium heat only. Once it browns, add the chicken stock, tomatoes, tomato paste and the peas. Cook uncovered for 20mins or so whilst the mixture reduces. Pre-heat an oven to 200-degrees. Layer the mince mixture into a baking container - separating the layers with the sliced eggplant. Top with the mashed potato and back for 20 minutes.</p> <p>It's pretty good...but obviously better WITHOUT the eggplant. Use zucchini, use anything really (or nothing) and it makes it better.</p>



Dinner#3

Corned Beef Hash Cakes	<p>Ingredients: 500g sliced and diced corned beef (you want this 'rough-cut', 8-12 medium potatoes, 2x carrots, 2x large tbsps wholegrain mustard, 4x eggs (beaten), 2x tbsps butter, 1x LARGE bag baby spinach, 1x can kidney beans (drained), 4x diced mushrooms, salt and pepper to taste.</p> <p>Here's How: Grate the potatoes and carrots - mix together in a bowl with the butter, mustard, eggs and corned beef. Then stir through the spinach, mushrooms and kidney beans. And then stir some more. Form the mix into cakes and layer onto 2-3x greased+lined baking trays. Place in the oven (200-degrees) for approx 20-minutes - you'll need to turn them after 12-15 minutes. You can cook them in a pan but they can be tricky to 'flip'!</p>
Beef Massaman Curry	<p>Ingredients: 3-4 potatoes (cut into 3-4cm cubes), 1-2 sweet potatoes (same size cubes as potatoes), 1kg gravy beef cut into 3-4cm cubes, 1x sliced onion, 1x red capsicum (diced), 1x green capsicum (diced), 4x cups diced green beans, 2x cups baby spinach, 250ml chicken stock/bone broth, 250ml coconut milk, 2x tbsp massaman curry paste.</p> <p>Here's How: Brown the beef, onion and capsicum in a pan together, Add the massaman paste and stir constantly for 3-4 minutes. Add the potato (both sorts) and stir around for another 3-4 minutes until the corners char. Pour in the chicken stock and coconut milk, cover and cook for 20-30 minutes (until the potatoes are cooked through). Stir through the beans and spinach and serve IMMEDIATELY. If you want to cook one-day, serve the next hold off on stirring through the greens until serving.</p>
Dinner Hall of Fame	
Red Beans and Rice	<p>You need: 500g sausage (sliced), 500g kidney beans (raw), 1/4 cup olive oil, 1 onion (chopped), 2 capsicums (1 green, 1 red, both chopped), 2 cloves garlic (chopped), 1/2 tsp cayenne pepper, 1 tsp Cajun seasoning, 2 cups white rice.</p> <p>Here's how: Rinse the beans and soak them overnight. Cook the sausage, onion, capsicum and a tbsp or 2 of the olive oil. When done, set it aside. Put the beans in a large pot and cover with water. Add the spices to the pot – bring the mx to the boil then cover and drop the heat down to low – you will want to cook them for 90 mins or so. Add the sausage/onion etc to the pot and cook for another 30 mins on low-medium. Add the rice – stir it in through all the rest of the mix for another 30 mins or so...This will keep you fed for a WEEK!!! (Be careful not to eat too much in one sitting!).4</p>



Snacks

Mini sweet potato pizzas	<p>You need: 3 sweet potatoes, 1 tablespoon oil of choice, 3 tablespoons Tomato paste, Grated cheese of choice, 1 cup diced spinach, 1/4 red onion diced, Chilli flakes (optional)</p> <p>Here's How: Chop sweet potatoes into 3cm circles and lightly cover with oil, then place on a baking tray. Spread 1/2 teaspoon of tomato paste onto each potato slice. Add diced onion and spinach and top with grated cheese (optional- add chilli flakes). Place into oven on 180 degrees and bake for 20-25 minutes until crispy. Let cool and enjoy your mini healthy pizzas.</p>
Sorbet	<p>You need: 1 Cup of your choice of frozen fruit (can be bought frozen, or just cut up and freeze your own), splash of lemon juice, water.</p> <p>Here's How: Put frozen fruit with a splash of lemon juice in blender and blend to smooth, add water in small amounts if appearing too thick. Can add citric acid for extra sour/sherbet feel</p>
Oven Made Beef Jerky	<p>You Need: Beef eye of round roast – or sirloin tip roast, Gluten-free soy sauce, Worcestershire sauce, Liquid smoke, Spices – oregano, black pepper, garlic powder, ancho chili powder, a smoked papriknda.</p> <p>Here's How: Trim all exterior fat off the beef roast with a sharp knife. Flash freeze the beef for 30-45 minutes, so it's frozen on the outside, but soft-ish on the inside. This aids in slicing the beef thin. Then slice the beef roast against the grain into 1/8-inch thick strips. Place the beef strips in a large zip bag. Add all remaining ingredients to the bag. Zip the bag closed, then shack and massage the beef so the seasoning/beef jerky marinade coats every strip. Place the bag in the refrigerator and marinate the beef for at least 2 hours, but up to 12 hours. *The longer the beef marinades, the better! When ready to bake, heat the oven to 175 degrees F. Line 2-3 large rimmed baking sheets with foil, and place baking racks on the pans. Drain the marinade off the beef and lay the strips in a single layer across the baking racks. Bake the beef jerky for 3-4 hours, until it reaches your desired texture. At the 3-hour mark, take one piece out of the oven and cool. Then test for texture and continue baking if needed. (If you have 2 trays in the oven, make sure to rotate between oven racks to ensure an even bake.)</p>
Energy Bars	<p>You need: 1-2 over-ripe bananas, 2x scoops protein powder, 1/2 cup almond flour, 1tsp pure vanilla, 1/2 cup dried fruit, 1x tbsp cacao nibs, 1, tbsp sunflower seeds.</p> <p>Here's how: Mix the protein, flour, vanilla and bananas together. Then mix it some more. Add the fruit (apricots, dates, goji berries, whatever) cacao and seeds. Mix it all out in a flat tray and bake for 30-40 minutes at low-ish heat or until the edges brown. Store it in the fridge when done.</p>
Power Balls	<p>You need: 1x sweet potato (peeled and cubed), 3x eggs, 2 cups almond flour, 1 tsp pure vanilla, 2 scoops protein (vanilla = good for this), 1/2 cup diced dates, 1 cup shredded coconut, 1tbsp cacao nibs.</p> <p>Here's how: Bake the potato (nuke it if you're desperate) then mash it up with flour, protein and vanilla. When that is done and it is stirred as much as can be, add in the eggs and dates. Either way, ball the mixture up into 2-bite pieces and roll in the coconut - then put them on a baking tray and cook at 180 degrees for 20-25 minutes or until they dry out right through.</p>



Snacks: NOW A WARNING!!

Make 'em if you want. BUT DON'T EAT TOO MANY.

Many 'Healthy Snacks' are VERY CALORICALLY DENSE! This means for something quite small, they have a LOT of calories...this can be GOOD as it off means there is a lot of good...but it can be BAD if you can't stop at ONE!

Eg. Protein Balls, Power Bars etc.

If you don't think you will be able to resist, either don't make them at all or pack them into small containers and restrict your access. These are not meals – they are EXTRAS and whilst they are easily forgotten the calories therein still COUNT! So be sure to COUNT THEM.

If you are constantly needing to SNACK in order to get through the day, a better plan would be to increase the size of your meals. As with the other food categories, these are just some suggestions...remember, you can always grab a piece of fruit, eat some carrot sticks or gnaw on some jerky instead!