

IDEAL breakfast SHAKE

Give your metabolism a spring clean:



Give your body a head start this summer with the **Ideal Breakfast Shake** spring clean program.

Developed by Naturopath and formulator of the Ideal Breakfast Shake Jason Carroll. This simple to follow and enjoyable program will prepare you for a healthy and energetic summer. Achieve your true potential in fitness and wellness by following a simple program that sets a blueprint for healthy eating and exercise for the rest of your life.

Burn It Off For Summer!

With the motivation of summer approaching urging you to take action, now is the perfect time to shed those extra kilos. Create a lighter more energetic you with the help of **Ideal Breakfast Shake**.

More Than Meets The Eye

Reaching and maintaining a healthy weight is not only about looking good - that's just an added bonus! The real benefits come from reducing the risk of developing chronic conditions such as arthritis, depression, diabetes and heart disease, which are all associated with an increased percentage of body fat. While the long-term impacts of obesity are well known, what you might not realise is that being overweight can also affect your energy levels, making you feel tired and lacking vitality. By achieving a healthy weight, you give yourself the gift of increased energy and vitality to bounce into summer with gusto. You also set yourself up for health and wellness in the long-term.

Yo-Yo No More!!

If you have already tried a number of different weight loss strategies in the past without significant results, then you're not alone. 'Fad diets' not only give varying results, but can also often lead to rebound weight gain. Unlike these quick fix diets, the **Ideal Breakfast Shake** focuses on healthy weight management and long-term health through lifestyle and nutrition.

Achievable Weight Loss Goals:

As a Practitioner I must be clear about my patient's goals and also be mindful of their general health and wellness. The **Ideal Breakfast Shake** is a safe, effective and easy to use meal replacement and is a powerful tool in a fat loss program. It can be used by anyone wishing to lose excess body fat over summer while providing a rich source of nutrient packed super foods, energy herbs and probiotics for digestive health.

Four Key Principles:

1. Replace one meal per day with a high protein, low carbohydrate meal replacement shake. (**Ideal Breakfast Shake**)
2. Consume two meals per day containing a palm sized portion of protein and three handfuls of vegetables.
3. Consume two high protein snacks per day.

4. Exercise regularly – aiming for 40 minutes of moderate intensity exercise, four times a week.

*** The great tasting meal replacement (Ideal breakfast shake) suggested in this program is used for optimal fat loss, to prevent the breakdown of lean muscle mass and to support long term health. It also promotes a feeling of fullness and can therefore help reduce your appetite and help you lose fat faster.**



A Helping Hand

In order to achieve the best results, we should set attainable weight loss goals so we can celebrate our triumphs rather than become disillusioned, disappointed and give up too easily. The tools of diet and exercise alone may not be enough, so supplementing with a good quality shake high in protein helps make your goals more achievable. Ensuring that we eat adequate protein is one of the keys to successful weight loss. Protein can not only improve your feelings of satiety, and therefore compliance, but it also maintains muscle mass; this can enhance thermogenesis (calorie burning) and reduce the susceptibility of rebound weight gain.

The **Ideal Breakfast Shake** can be used as a meal replacement shake and works well as a breakfast super smoothie when mixed with fresh or frozen fruit, water or low fat milk and ice.

Improving body composition by reducing body fat and increasing lean muscle has many positive outcomes. Not only can it make you look better on the outside but also feel much better on the inside, improving many aspects of health. Keeping motivated is the key to success. Tap into your inspirations for change, whether it is the desire for a slimmer beach body, being able to move with ease and play with your children, or reducing risk of chronic disease.

“Take care of your body. It’s the only place you have to live” - Jim Rohn

Some good reasons to lose body fat are:

Looking good means feeling great. Excess body fat can affect your self-esteem. Meeting a challenge, improving your health and looking better can improve your sense of accomplishment, self-esteem and health in countless ways. You can do it!

Improved energy levels. Overweight and obese people have much less energy than people who have a healthy body weight. More energy means more vitality.

Healthy ageing. Obesity is related to unhealthy, premature ageing. Consider fat loss a type of 'life insurance'.

You can empower yourself. Losing body fat is an incredibly powerful experience. You are actualising something that only you have the power to do and only you will truly experience the personal reward.

Think about what your personal goals are for losing weight. Write down your goals and refer to them regularly to keep you motivated.

*"When everything seems like an uphill struggle,
just think of the view from the top"*



Tips For Staying On Track:

Planning your meals in advance and maintaining your food and exercise diary will keep you accountable of the foods you eat and helps you to stick to your program.

Stick to a shopping list to avoid impulse purchases and purchasing foods that are not on the allowable food list.

Always shop on a full stomach. It is easier to make the right choices when you are not hungry.

Do not reward weight loss with 'treats'. Rewarding yourself for losing weight by allowing yourself 'treats' will only slow your progress and inevitably lead to frustration.

Remove as much food as practical from your home that is over processed, high in sugar, fat or salt. Remember: "If it's in your pantry it will be eaten". Give food to charity, friends, throw it away, or pack long life foods away out of sight until you have reached your weight loss goal.

Ensure you get a good nights sleep. Being well rested will ensure you're not looking for extra energy from food.

Ensure you have a good support network. Tell your friends and family your reasons and motivations for doing it and how important your goals are to you. Ask them to be supportive and not offer you junk foods etc. as it only makes it harder for you.

Keep a chart of your progress of fat/weight/centimetres lost, seeing your results proves that you can do it and will help to motivate you to continue the good work.

After cooking, put away all excess food immediately to avoid unnecessary and unaccounted snacking.

If making meals in advance split into correct serving sizes and refrigerate or freeze immediately.

Have a goal and stick to it. While losing weight it is easy to fall into the '*close enough*' thought pattern and let treats and temptation slip through, never reaching your true goal. '*Close enough*' will never leave you feeling accomplished as reaching your goal.

Realistic expectations. Many fad diets and TV reality programs show people losing a large amount of weight each week. In reality a weight loss of 0.5 to 2kg a week is an achievable and maintainable goal.

Avoid emotional eating. Breaking your diet because you are emotional will not only not make you feel better but can lead to feelings of guilt and regret making you feel worse in the end.

Drinking a large glass of water before your meal will make you feel full and help to avoid over eating.

The secret to achieve true success is found in your daily routine.

Tips for Socialising and Eating Out:

Instead of meeting friends for coffee/lunch/dinner meet for a walk. You can still chat and be sociable while also avoiding unneeded food and getting exercise.

Talk to your waiter/waitress. Many restaurants are happy to adjust a menu item slightly to keep a customer happy.

Order your meal with out danger foods (e.g. chips, potato, rice etc.). It is easier to avoid it if it is not on your plate.

Have a half serve of **Ideal Breakfast Shake** before going out. It is easier to make the right food choice when you are not hungry.

Ask for all dressings/sauces to be served on the side. Substitute creamy salad dressings for a vinaigrette. Be aware of the hidden ingredients and sugars that can be included in many sauces.

Substitute more of one thing for less of another. e.g. If your meal is served with salad and chips ask to substitute chips with more salad.

If you cannot resist ordering something for dessert try ordering a black coffee or go for the fruit platter instead of cake/sweets.

If the restaurant has generous servings ask for a main dish in an entree size. Or order an entree as a main.

If possible have a look at the menu online before you go out. Make note of the healthiest options or decide on what you are going to eat before you get there to avoid impulse decisions.

Avoid buffet and '*all you can eat*' style restaurants.

Trim all visible fat from meat and skin and fat from poultry.

If the establishment is unable or unwilling to alter a menu item choose something else that is more suitable or find another place to eat if practical.

Avoid alcohol. If you must drink set yourself a limit and stick to it. The more *'tipsy'* you become the more you're likely to drink and your resolve to stick to your weight loss plan is lowered, making it more likely for more food to be consumed.

Don't feel pressured to eat something because *'it's a special occasion'* there will be other special occasions once you have reached your goal.

Ask for a bottle or jug of water for the table and drink that instead of soft drinks, juices or alcohol.

"Obstacles are those frightful things you see when you take your eyes off your goal." - Henry Ford

Tips For Exercise:

Make it Fun. Start your exercise routines by doing something you enjoy. Your exercise motivation can be to do something you enjoy like dancing, gardening or walking. Although your favourite activity may not be as strenuous as an aerobic workout, it's a place to start.

Plan your exercise. Most people nowadays have a very busy lifestyle and feel they can not fit exercise into their day. Plan a specific time for 40 minutes of exercise 4 times a week and you will be surprised how you can fit exercise into your life.

Mix it up. If you get tired of doing the same thing every day change your routine. You don't have to walk the same route each day, or only ever ride a bike. Try doing different activities in different environments to keep you interested. This will also help to exercise different muscle groups.

Exercise with friends. Having people to exercise with who share the same exercise interest will keep you motivated. Knowing there is someone counting on you to be there to exercise will help you fight off excuses.

Set goals for exercise you can follow through with. Choose activities you know you can do well and build up to harder more strenuous activities as your fitness improves. If you are constantly frustrated with your workout or finding it too difficult you are more likely to give up.

Incidental exercise gets you moving without feeling like you're *'working out'*. Take the stairs instead of the lift, park a little bit further away from the door at the shops. Take a walk during your lunch hour, take public transport when able and walk from the stops/stations to your destination.

Reward yourself for the effort you have put in. Give yourself a bubble bath, rent a movie, get a massage, or buy that item you have been longing for. Try putting away a few dollars every time you exercise and use that money to treat yourself at the end of the month. (Remember do not treat yourself with food!)

Listen to music or talking books while exercising. Pull an exercise bike/treadmill etc. in front of the TV and watch your favourite show. You will be surprised how quickly the time passes. If you don't have equipment at home most gyms have equipment with TV's built in so you can watch any program you choose.

If you feel you need more help to get and stay motivated while exercising look into hiring a Personal Trainer to help you with your workouts. They can help you to get the most out of your workouts while having the knowledge to ensure you don't injure yourself.

Don't give up because you miss one or more workouts. If you miss a workout just start again as soon as you're able. Missing a workout is not a good reason to give up.

Finally, the best time to start is now!

MEAL PLANNER

DAY	BREAKFAST	LUNCH	DINNER
MONDAY	IDEAL BREAKFAST SHAKE	MIXED BEAN SALAD	SWEET POTATO FRITATA
TUESDAY	IDEAL BREAKFAST SHAKE	CHICKEN CAESAR SALAD	THAI LIME & SESAME STIR FRY
WEDNESDAY	BIRCHER MUESLI	IDEAL BREAKFAST SHAKE	MARSALA CHICKEN VEGGIE CURRY OR CHICK PEA PATTIES
THURSDAY	IDEAL BREAKFAST SHAKE	GARDEN SALAD OR SPINACH & ZUCCHINI SALAD WITH HOMOUMUS	GRILLED ATLANTIC SALMON OR GRILLED FISH & VEGIE KEBABS
FRIDAY	IDEAL BREAKFAST SHAKE	MEDITERRANEAN SALAD OR BROWN RICE SALAD	RED CURRY BEEF & BOK CHOY STIR FRY OR BEEF SATAY
SATURDAY	OMELETTE-2 EGG, MUSHROOMS, SPINACH & SHALLOTS	IDEAL BREAKFAST SHAKE	CHICKEN FAJITA CASSEROLE
SUNDAY	POACHED SALMON & EGGS WITH BABY SPINACH & SLIVERED ALMONDS	IDEAL BREAKFAST SHAKE	LAMB CUTLETS WITH VEGGIES

Snacks mid morning and mid afternoon:

1/2 Ideal Breakfast Shake
1/4 cup nuts/seeds
Small tub of yogurt (unflavoured) with berries
10 rice crackers or veggie sticks with hummus

Water Intake: 8 glasses minimum
Limit alcohol to 3 standard drinks weekly



RECIPES:

Ideal Breakfast Shake recipes:

The Classic Banana Smoothie - A fast recipe for people on the move

1 scoop Ideal Breakfast Shake
1 over ripe banana
200 ml low fat milk of your choice (dairy, rice, soy or almond)
Blend and serve with a sprinkle of nutmeg or cinnamon.

Very Cherry - Delicious as a healthy dessert

1 scoop Ideal Breakfast Shake
100 ml low fat milk
1/2 cup low fat vanilla yoghurt
1/4 cup frozen pitted cherries
Blend until a thick mousse consistency

Gym Junkie - Great post workout recovery shake

1 heaped scoop of Ideal Breakfast Shake
200 ml low fat milk or water (for lower calories)
1/2 cup ice cubes
Blend and drink within an hour of training for maximum benefit

Naturopath's Favourite

1 cup of homemade almond milk
Handful of fresh spinach, kale or beetroot leaves (I use organic)
Handful of Parsley
3 - 4 Fresh mint leaves
1 scoop of raw organic cacao IDEAL BREAKFAST SHAKE powder
Frozen banana
Frozen Pear
Frozen Mango - small amount
Add Cold water if needed
Add ice to thicken

Refreshing with the mint.
LOOOOOVE it.

Delicious Blueberry Shake - A match made in heaven

1 scoop of Ideal Breakfast Shake
1/2 cup fresh or frozen blueberries (frozen fruit creates a thicker, creamier shake)
1 tablespoon of vanilla yoghurt

150 ml milk
Blend until thick and creamy

Mango Tango - I love Summer!!

1/2 mango diced
200ml low fat milk
2 tablespoons vanilla yoghurt (*Gippsland is awesome*)
1 scoop Ideal Breakfast Shake
Blend until thick and creamy. YUM!

Berry Breakfast Shake

1 scoop Ideal breakfast shake
1 cup of your favourite milk (dairy,soy,rice or almond)
1 tablespoon chia seeds (soaked for 10 minutes in 1 cup of water)
Blend with 1/2 cup mixed frozen berries

Gone Troppo

1 scoop of Ideal Breakfast Shake
1/2 cup of fresh pineapple chunks
1 cup of coconut water
Blend with 10 mint leaves

Superfood Smoothie

1 scoop of Ideal Breakfast Shake
1/2 cup blueberries
1 tablespoon goji berries (soaked in 1 cup apple juice)
Blend until creamy. Enjoy this great energy boost.

LUNCH OR DINNER RECIPES:

FRESH GARDEN SALAD - A summer favourite

Ingredients
180g chicken or tuna
1/4 cup sliced celery
1/4 cup sliced red capsicum
1/4 cup fresh snow peas
1 cup lettuce
1 avocado sliced
1 small tomato cut into wedges
Lemon, squeezed
Cracked black pepper

Balsamic vinegar or lemon juice mix with olive oil and drizzle over salad.

CHICKEN CAESAR SALAD - Everybody's favourite

Ingredients
100g chicken breast (cut into pieces)
1 poached egg
1 tablespoon lemon or lime juice
1 tablespoon water
1 teaspoon cracked black pepper



1 teaspoon olive oil
2 tablespoons mayonnaise
1 cup Cos lettuce
Anchovies (optional)
1/4 cup croutons

Method

Cook chicken pieces in hot pan till brown. Remove chicken from heat and allow to cool. Mix together the lemon juice, mayonnaise, warm water, oil and pepper into a bowl. Place the salad greens, chicken and eggs into a bowl. Pour salad dressing over the salad.

MEDITERRANEAN SALAD

Ingredients

1 cup salad greens, include bitter greens such as rocket or watercress
1 hard-boiled egg
Slices of red onion and cucumber
Small can of tuna
4 black olives (optional)
Optional extras : Blanched green beans, asparagus, anchovies, 1/4 avocado, 1 artichoke, feta, mixed herbs, oven roasted capsicum or eggplant strips, marinated mushrooms.
Dressing: toss salad with one dessertspoon of extra virgin olive oil and sprinkle with vinegar (apple cider, red wine or balsamic) or lemon juice.

LAMB CUTLETS WITH VEGETABLES

Ingredients

180g of lean lamb cutlets (or beef or veal cutlets)
1 cup cauliflower and broccoli florets
1 teaspoon Worcestershire sauce
1/2 teaspoon tarragon vinegar
1/4 teaspoon onion powder
1/4 teaspoon French mustard
2 tablespoons water
Sea salt and freshly ground pepper Fresh chopped parsley and chives 1 teaspoon slivered almonds

Method

Steam cauliflower and broccoli florets on low heat, until tender. Mix Worcestershire sauce, vinegar, onion, mustard, sea salt and pepper with water. Baste each side of the cutlet with sauce mixture. Then coat each side lightly with olive oil. Place under pre-heated griller and grill each side until cooked.

Serve with steamed vegetables and garnish of freshly chopped parsley, chives and slivered almonds.

THAI LIME AND SESAME STIR-FRY

- A basic stir-fry recipe that can incorporate any meat, tofu or seafood

Ingredients

180g Chicken / Beef / Tofu / Seafood
1 tablespoon sesame oil
1 cup bean sprouts
1 clove garlic
1 teaspoon minced ginger 1/2 cup snow peas
1/2 cup sliced red capsicum Flaked almonds
1 tablespoon lemon/lime juice 1 tablespoon soy sauce

Method

Sauté chicken / meat / seafood / tofu with ginger, garlic and soy sauce until brown. Add vegetables and cook for 2 to 3 minutes. Sprinkle almonds over meal just prior to serving. Dress with Lime juice and sesame oil.

MARSALA CHICKEN VEGETABLE CURRY - One for the Indian food lovers

Ingredients

180 g of Skinless chicken or turkey breast (beef or lamb)
1 cup of mixed raw vegetables: Cauliflower, zucchini and broccoli
2 tablespoons Garam Marsala
Sea salt and pepper to taste
1 teaspoon dried parsley
1 teaspoon dried nutmeg

Method

Spray coat chicken breast with olive oil cooking spray. Sprinkle with traditional curry powder, sea salt and pepper. Wrap inside foil and bake in hot oven for up to 20 minutes, until cooked. In a food processor, process all vegetables together until fluffy. Place vegetables in a bowl and spray coat with olive oil cooking spray (until they bind together). Then place vegetable mixture onto a piece of foil. Sprinkle with dried basil, parsley and a pinch of nutmeg. Carefully bring up edges of foil and fold into packet securely, but leave a little airspace inside. Place vegetable packet in oven next to chicken parcel and cook (approx. 15 minutes). Grate or chop vegetables finely, if no food processor available.

CHICKEN FAJITA CASSEROLE

- Any choice of meats could replace the chicken

Ingredients

2 tablespoons of olive oil
500g chicken breast cut in strips
2 tablespoons paprika
1 tablespoon turmeric
Salt, pepper, garlic powder to taste
1/2 cup onions, thinly sliced
1 cup red & green capsicum strips
1/2 cup tomato salsa
135 g hard cheese, shredded

Method

Pre-heat fry pan. Brown chicken in oil, and stir in seasonings. When chicken is done, remove from pan. Add onions and peppers and cook few minutes until crisp-tender. Put chicken into casserole dish. Top with onions and peppers. Spread salsa on top and sprinkle with cheese. Put in oven for few minutes until cheese bubbly and melted.

SUN DRIED TOMATO OMELETTE

Ingredients

1 whole egg
1-2 whites of egg
Cayenne or black pepper
4-5 sliced sun dried tomatoes
1/4 cup diced Spanish onion 1/4 cup finely sliced spinach

Method

Lightly stir-fry vegetables in extra-virgin olive oil and remove to one side. Break eggs into a mixing bowl and whisk. Lightly cook eggs with one tablespoon of water and pinch of pepper. When almost cooked top with vegetables and flip to heat through.

ZUCCHINI AND MUSHROOM OMELETTE

Ingredients

4 eggs

1 clove garlic, crushed

1/2 cup button mushrooms sliced finely

1/2 cup grated zucchini

40 ml water

2 small onions, finely chopped

1/2 cup (120 g) coarsely grated cheddar cheese 1 tablespoons butter

Method

Heat butter and cook garlic and mushrooms until browned, add zucchini and onion until soft, remove from pan and set aside. Break eggs into a mixing bowl, whisk and mix in water and cheese. Add 1/2 the egg mixture to the pan and cook until almost set, spread 1/2 of the vegetable mixture evenly over the omelette and using an egg flip fold in half. Slide omelette onto a serving plate. Repeat with remaining mixture.

GRILLED ATLANTIC SALMON

Ingredients:

1 Atlantic salmon fillet (approx. 100g-150g)

20-30 sprigs mixed fresh herbs (thyme, tarragon, oregano, etc)

2 lemons, thinly sliced

1 clove garlic

Sea salt to taste

Method:

1. Preheat grill to medium-high.

2. Cut two 9-inch pieces of foil and place on top of each other. Arrange lemon slices in the centre of the foil. Spread herb sprigs over the lemons.

3. Crush garlic and spread over both sides of the salmon fillet. Sprinkle on salt to taste. Place the salmon on the herb sprigs.

4. Place the foil with the salmon onto the grill. Cover the grill and cook for approximately 20 minutes, or until the salmon is opaque in the centre.

5. Remove foil and salmon from grill. Discard herb sprigs and lemon slices. Serve salmon with steamed or roasted vegetables.

BAKED FISH WITH TOASTED ALMONDS

Ingredients

325 g of trout or other choice of fish

3/4 cup vegetable mix - green beans, broccoli florets, zucchini 1/4 cup onions, thinly sliced

2/3 cup vegetable stock

1 tablespoon fresh chopped parsley

1 small clove garlic, crushed

1 teaspoon almonds, slivered, toasted

Chopped marjoram

Olive oil cooking spray

Sea salt

Vinaigrette

1 teaspoon Dijon mustard

1 clove garlic, crushed

4 tablespoon extra virgin olive oil

1 tablespoon Balsamic vinegar

1 tablespoon chopped capers

1 tablespoon fresh chopped parsley

4 tablespoons hot water

Method

Steam green vegetables until tender, strain and put aside to cool. In a fry pan, lightly toast slivered almonds until golden, put aside to cool. Vinaigrette: Put all ingredients together in closed jar, shake vigorously for a few minutes Pour over vegetables and let stand (for vinaigrette to soak into vegetables 25 minutes)

Fish: Clean, wash and dry fish coat shallow casserole dish with olive oil. Add garlic, onions and fry gently until onions soft and golden. Place the fish on top of onion mixture, pour over vegetable stock then sprinkle with parsley, marjoram and sea salt. Bake in pre-heated oven (200oC)until cooked (up to 25 minutes), baste a few times. Serve with garnished toasted slivered almonds and, strained green vegetable mix from vinaigrette.

ROASTED VEGETABLES WITH SMOKED SALMON

Ingredients

200g smoked salmon 3 baby eggplants

1 large capsicum

2 medium zucchini

2 cups rocket leaves 1 lemon

Method

Slice zucchini, eggplant and capsicums lengthways into strips, place onto an oiled oven tray and place into a hot oven or under a grill and cook until lightly brown on both sides. Let vegetables cool slightly, mix with rocket and place the mixture on two plates with salmon on top. Dress with olive oil and serve with quartered lemon.

GRILLED FISH AND VEGIE KEBABS

Ingredients:

1 small fresh fish (tuna, salmon, mackerel) 1/2 zucchini sliced

1/2 capsicum cubed

1/2 onion quartered

6 cherry tomatoes

1 clove garlic crushed

1 tbs extra virgin olive oil

Juice of half a lemon

1 tbs parsley finely chopped

1 tbs hummus

Method:

1. Mix garlic, oil, lemon juice and parsley in a bowl.

2. Thread vegetables onto wooden kebab sticks that have been soaked in water. 3. Brush fish and vegetable kebabs with oil mixture and cook on non-stick grill/pan.

Turn and baste with more oil mixture.

4. Cook until golden brown.

5. Serve with green salad and dollop of hummus.

BROWN RICE SALAD

Ingredients:

1/2 cup cooked brown rice

1/2 cup cooked chickpeas

1/2 cup corn kernels

1/2 cup green peas

3 fresh asparagus spears chopped 1/2 carrot chopped

1/2 cup zucchini chopped

1 small shallot chopped

Method:

Dressing:

1 tbs extra virgin olive oil 2 tbs lemon juice

1 tsp coriander chopped Small clove crushed garlic (optional)

Sprinkle of dried chilli flakes

1. Steam vegetables.

2. Mix with rice, chickpeas and corn.

3. Mix together ingredients for dressing and combine with rice mixture.

4. Serve with side salad if desired.

CHICKPEA PATTIES

Serves: 4-6

Ingredients:

2 x 425g cans chickpeas

1 medium onion

2 tbs plain flour

2 cloves garlic crushed

1 red chilli finely chopped (optional)

2 tsp ground cumin

2 tsp ground coriander seeds

2 tsp fresh coriander leaves

1 egg beaten

Sea salt and freshly ground pepper to taste Extra virgin olive oil for cooking

Method:

1. Drain excess liquid from chickpeas and puree in a blender

or food processor. Add garlic, onions, ground coriander and cumin and mix well.

2. In a bowl, mix pureed chickpeas with fresh coriander, egg and flour. Mix well. Add extra flour to the mixture if it is not firm enough. Refrigerate for 30 minutes.

3. Remove from refrigerator and form into patties with floured hands.

4. Heat approximately 1/2 cm olive oil in a heavy bottom based pan and cool patties for about

1-2 minutes on each side or until golden brown.

5. Garnish with fresh coriander leaves and serve with yoghurt and side salad if desired.

MIXED BEAN SALAD

Ingredients:

1/2 cup cooked mixed beans (chickpeas, kidney beans, lima beans, butter beans, lentils) cooled or tinned

1/2 cup corn kernels

1/2 Spanish onion chopped (optional)

Small clove crushed garlic (optional)

1/2 tomato chopped

2 tbs capsicum diced

1 cup baby spinach or mixed greens

Dressing:

1/4 tsp dried oregano

1 tsp basil chopped

1 tsp extra virgin olive oil 1 tsp apple cider vinegar

Method:

1. Combine all ingredients, except greens, into a medium bowl.

2. To make dressing, mix herbs, olive oil and vinegar in a small bowl and drizzle over ingredients.
3. Serve on a bed of baby spinach.

MIXED BEAN WRAP

Serves: 3

Ingredients:

- 1 medium sweet potato thinly sliced
- 1 tbs olive oil
- 6 Mexican tortillas
- 450g can refried beans
- 6 tbs soya mayonnaise
- 6 tbs salsa
- 2 fresh beetroot, peeled and grated
- 2 carrots grated
- 2 cups baby spinach leaves

Method:

1. Toss sliced sweet potato in oil and bake in hot oven (200C) for 20 minutes.
2. Drain on paper towel.
3. Down the centre of the tortilla, leaving gaps at the edges. Spread refried beans, mayonnaise, salsa, sweet potato, beetroot, carrot and baby spinach. Roll up firmly.
4. Place in heated sandwich press and toast until warmed through.

PUMPKIN AND VEGIE SOUP

Serves: 2

Ingredients:

- 1 cup cubed pumpkin
- 1/2 cup cubed sweet potato
- 1/2 onion sliced
- 1 carrot chopped
- 1 turnip chopped
- 1 stalk celery chopped
- 1 bay leaf
- 1 tsp dried oregano
- 1 tsp fresh chives chopped

Method:

1. Cover vegetables, oregano and bay leaf with filtered water in saucepan.
2. Bring to boil and cook until tender.
3. Remove from heat and discard bay leaf.
4. Blend or mash until thick and creamy.
5. Serve with chives on top and a piece of wholemeal toast if desired.

SWEET POTATO FRITATA

Serves: 2

Ingredients:

- 1/2 small red capsicum thinly sliced
- 1/2 small leek thinly sliced
- Small clove garlic crushed
- 1 small sweet potato thinly sliced
- 1/2 cup green peas
- 1 tbs finely chopped parsley
- 1 tsp extra virgin olive oil
- 2 eggs (organic free range)
- 1 tbs soy or rice milk
- Sea salt or cracked pepper to taste

Method:

1. Steam sweet potato and peas.

2. In fry pan, heat oil, leek, garlic and capsicum until tender.
3. In small bowl, beat together eggs, milk and parsley. Add peas and layer sweet potato over leek mixture in pan.
4. Pour egg mixture over vegetables and cover with lid. Cook on medium heat until eggs are cooked. Flip over and cook other side until golden brown.
5. Serve and eat with side salad.

Spinach and zucchini salad with hummus

Ingredients

- 1 can pre cooked chickpeas
- 2 zucchinis sliced thickly
- 2 cloves garlic, unpeeled
- 4 tablespoons fresh lemon juice
- 3 teaspoons tahini
- 2 tablespoon Greek yoghurt
- 2 big handfuls of baby spinach leaves
- 1 red onion ,sliced thinly

Preparation method

Place chickpeas in small bowl, cover with water; stand overnight, drain. Rinse under cold water; drain.

Meanwhile, cook zucchini and garlic on heated lightly oiled grill plate (or grill or barbecue) until browned both sides. When cool enough to handle, peel garlic.

Blend or process 1/2 cup cooked chickpeas, juice, tahini, yogurt, 2 teaspoons water and garlic until smooth.

Place spinach, onion and remaining chickpeas in medium bowl; toss gently to combine. Serve salad drizzled with yogurt hummus.

Roasted cherry tomatoes, broccolini and pepitas

Ingredients

- 2 teaspoons olive oil
- 1 red onion ,sliced thinly
- 3 cloves garlic, crushed
- 1 punnet cherry tomatoes, halved
- 2 tablespoon cider vinegar
- 2 bunches broccolini
- 3 tablespoons toasted pepitas

Preparation method

Preheat oven to 200°C/180°C fan-forced.

Combine oil and onion in small baking dish; roast, uncovered, 10 minutes. Add garlic, tomato and vinegar; roast, uncovered, about 10 minutes or until tomato softens.

Meanwhile, boil, steam or microwave broccolini until tender; drain.

Serve broccolini topped with tomato mixture and seeds.

Red curry beef & bok choy stir-fry

Ingredients

- 2 tbs rice bran oil
- 2 tbs red curry paste
- 500g lean beef mince
- 4 bok choy, quartered lengthways
- 4 spring onions, thinly sliced on an angle

2 tbs fish sauce
1 tsp caster or raw sugar
2 kaffir lime leaves, shredded (see note)
1/2 cup coriander leaves
1 cup basmati rice

Heat oil in a large wok over medium heat, then add paste and stir-fry for 1 minute or until fragrant. Increase heat to high, add mince and stir-fry for 2-3 minutes until browned. Add bok choy, spring onion, sauce, sugar and lime leaf. Stir-fry for 1 minute or until bok choy is wilted. Remove from heat, stir in coriander and serve on rice.

Beef satay

Ingredients

3 shallots, peeled, thinly sliced
2 garlic cloves, thinly sliced
1cm-piece fresh ginger, peeled, thinly sliced
1/2 tsp ground turmeric
2 tsp sambal oelek
1 kg beef rump steak, cut into 5mm-thick strips
Ground white pepper
80ml (1/3 cup) ketjap manis (Indonesian soy sauce)
250ml tin / jar Satay Sauce, warmed, to serve

Blend the shallot, garlic, ginger, turmeric and sambal oelek in a blender until a smooth paste forms. Transfer to a bowl. Add beef and toss to coat. Season with salt and white pepper. Stir in the ketjap manis. Cover and place in the fridge for 30 minutes to marinate.

Step 2

Thread beef onto 24 soaked bamboo skewers. Preheat a chargrill on medium-high. Cook half the skewers for 2 minutes each side for medium or until cooked to your liking. Transfer to a serving platter. Cover with foil to keep warm. Repeat with the remaining skewers. Serve with the satay sauce.

Rice noodles with lemon grass & beef

Ingredients

350g beef rump steak, trimmed, thinly sliced
1 garlic clove, crushed
80ml (1/3 cup) fish sauce
1 lemon grass, finely chopped
200g rice vermicelli noodles
1 large Lebanese cucumber, halved, thinly sliced
1 carrot, peeled, cut thinly
1 handful fresh basil leaves
1 handful fresh mint leaves
1 handful fresh coriander leaves
1 tbs rice bran oil
1 brown onion, halved, thinly sliced
80ml (1/3 cup) fresh lime juice
1 1/2 tbs white sugar
1 long fresh red chilli, finely chopped
35g (1/2 cup) bean sprouts, trimmed
55g (1/3 cup) roasted unsalted macadamias coarsely chopped

Combine beef, garlic, 1 tablespoon of fish sauce and 2 teaspoons of lemon grass in a bowl. Cover and place in the fridge for 10 minutes to marinate.

Step 2

Meanwhile, prepare the noodles following packet directions. Drain and refresh under cold running water. Transfer to a large bowl. Add the cucumber, carrot, basil, mint and coriander and toss to combine.

Step 3

Heat a wok over high heat. Add the oil and heat until just smoking. Stir-fry half the beef and half the onion for 2-3 minutes or until browned and cooked through. Transfer to a plate. Repeat with remaining beef and onion, reheating the wok between batches.

Step 4

Combine the lime juice, sugar, chilli and remaining lemon grass and fish sauce in a jug. Add half the lime juice mixture to the noodle mixture and toss to combine. Divide among serving bowls and top with the beef mixture, bean sprouts and macadamia Drizzle over the remaining lime juice mixture.

Yours in health
Jason Carroll

