

The background of the entire page is a vibrant red. Overlaid on this are several concentric heart shapes, each a slightly different shade of red, creating a layered, tunnel-like effect. The hearts are centered both horizontally and vertically.

WEEK 5

RECIPE BOOKLET



HEART HEALTH

WEEK 5 RECIPE BOOKLET





BRAN MUFFINS

SERVES 24

INGREDIENTS

- 1 Ready-made bran muffin mix (500g)
- 175g Low fat plain yoghurt
- 1/3 cup Flora margarine
- 1/2 cup Low fat milk
- 1 Large egg
- 3 cups Bran stick cereal
- 1 Grated carrot
- 1 Grated apple
- 1 tsp Cinnamon

METHOD

1. Pre-heat oven to 180°C. Place oven racks in the middle of the oven.
2. Place paper cup cake holders in a 12-cup muffin tray.
3. Pour muffin mix into bowl & make a well in the centre.
4. Mix yoghurt & milk, oil and egg together.
5. Pour into well & mix into a smooth batter.
6. Stir in bran sticks, apple, carrots and cinnamon.
7. Fill each muffin cup to 3/4 full, then bake for 15 - 25 mins until golden brown & just cooked. Muffins are done when inserted skewer comes out clean.
8. Remove from oven & cool on rack. NB: Baking times may vary due to temperature fluctuations in ovens and size of muffin.



Nutrition Nibble

The added bran sticks is packing in the fibre and the addition of the fruit & apple is increasing the nutritional value of each muffin while increasing the volume of the batter so that it makes more muffins.



Nutritional Solutions
REGISTERED DIETITIANS



CHICKEN A LA KING

SERVES 24

INGREDIENTS

4 Chicken breasts, skinless (480g OR 640g)
 2 tsp. Flora margarine
 1 Large onion, chopped
 2 Cloves garlic, crushed
 1 Small yellow pepper, sliced
 1 Small red pepper, sliced
 1 Punnet mushrooms, sliced
 $\frac{1}{2}$ Cup chicken stock
 500ml Low fat milk
 1 Tbs. Flora margarine
 1 Tbs. Corn flour

METHOD

1. Heat the 2 tsp Flora margarine, then sauté the onion and garlic. Once this is cooked add the chicken and cook until browned all over, then add the peppers and cook (if it starts to stick add a little boiling water).
- 2.
3. Lastly add the mushrooms and sauté lightly, and chicken stock and allow to simmer for 10 – 15 minutes.
- 4.
5. While the chicken and mushroom mixture is simmering, melt the 1 Tbs margarine in a saucepan. Once it is melted add the corn flour to form a paste, stir over the heat for 10 – 20 seconds, then remove from the heat.
- 6.
- 7.

Gradually add the milk to the corn flour mixture stirring the mixture continuously with a whisk to avoid forming lumps, continue until all the milk has been added.

8.

Return the saucepan to the stove and stir until the mixture thickens.

Once it has thickened add the sauce to the chicken mixture and stir well until all of the ingredients are combined and warmed through, then serve and enjoy.



Nutrition Nibble

Did you know that mushrooms have the ability to make Vitamin D? Place mushrooms gill side up in the sun for 15 – 20 minutes for the mushrooms to make nutritionally significant amounts of vitamin D which our bodies use to absorb calcium from the foods we eat.



Nutritional Solutions
 REGISTERED DIETITIANS



BAKED FISH PARCELS



SERVES 4

INGREDIENTS

100g Wholewheat couscous
 5 Sun-dried tomatoes, sliced
 40g Olives any colour, pitted and sliced
 1 Lemon, finely grated zest and juice
 Handful fresh parsley, roughly chopped
 300ml Vegetable or chicken stock (hot)
 200g Long green beans
 4 x Fish fillets (560g – 140g fillet OR
 840g – 210g fillet)
 4 tsp Flora margarine
 Salt and freshly ground black pepper

METHOD

1. Preheat the oven to 200°C. Cut four pieces of kitchen foil to the size of an A4 piece of paper.
2. Place the couscous, sun-dried tomatoes and olives, lemon zest, parsley, and some ground black pepper into the hot stock. Mix well, and leave to stand for 3 minutes.
3. Spoon a quarter of the couscous onto one side of each piece of foil. Top with the green beans and place a fish fillet on top. Squeeze over the lemon juice, pop in 1 tsp Flora margarine and season with black pepper. Fold the foil over the fish and fold the edges over. Repeat with the remaining three parcels. Place the parcels on a baking tray and bake for 20 minutes.
- 4.
- 5.

When serving, open the parcels carefully as the steam will be hot!



Nutrition Nibble

This is such an easy meal wrapped up into a convenient parcel you can put into the oven or air-fryer. Perfectly balanced it contains your protein, carbohydrate and veggies.



Nutritional Solutions
 REGISTERED DIETITIANS



SOUTH AFRICAN BOBOTIE

SERVES 8

INGREDIENTS

200g Onion, chopped
 1 Tbs Flora margarine
 2 Tbs Curry powder, medium
 130g Brown bread, broken up
 2/3 cup Low fat milk
 500g Extra lean Minced beef
 1 Tbs Sugar, white
 1 tsp Salt, fine
 ½ tsp Pepper, ground
 1/3 cup Vinegar, brown grape
 80g Raisins
 1/3 cup Chutney, mild
 1 Large egg
 1 Tbs turmeric
 5 Bay leaves
 Topping – Egg custard
 1 ½ cups Low fat milk
 3 Large eggs
 ½ tsp Salt
 ½ tsp Pepper, ground
 15g Parsley to garnish

METHOD

1. Fry the onion in the margarine, add curry powder then fry for 2 minutes or until onions are golden, stirring continuously.
2. Soak the bread in the milk and mash together.
3. Mix the remaining ingredients (milk, minced beef, sugar, salt, pepper, vinegar, raisins, chutney, egg, turmeric) together in a large bowl.
4. Add the onion curry mix and the bread mix to the mince mix.
5. Mix the ingredients together until incorporated.
6. Grease a deep oven tray or casserole dish with a little margarine.
7. Evenly add the meat mixture into your baking dish.
8. Place the bay leaves on top, then bake at 190 °C for 35 minutes.



Nutrition Nibble

Turmeric is a potent antioxidant which helps our body cells function optimally and prevent disease.



Nutritional Solutions
 REGISTERED DIETITIANS



SOUTH AFRICAN BOBOTIE



METHOD CONTINUED

FOR THE TOPPING – EGG CUSTARD

1. While the mince is cooking, mix the eggs and milk together and season with salt and pepper.
When the meat has been cooked, remove the bay leaves pour the egg custard over the meat. Place the bay leaves on top of the custard and return to the oven and bake until the custard is set for about 15 – 20 minutes at 190°C.
- 2.
3. Garnish with a sprig of parsley.



Nutrition Nibble

This recipe uses extra-lean mince and packs in flavour without using too much salt as it uses spices like curry powder.



Nutritional Solutions
REGISTERED DIETITIANS



WEEK 5

SHOPPING LIST



SHOPPING LIST

WEEK 5



GROCERIES

Oats
Peanut butter
Tinned Tuna, in water
Tinned sardines / pilchards
Reduced oil mayonnaise
Whole wheat spaghetti
Wholewheat couscous
Air popped popcorn
High fiber crackerbreads
High fiber rice cakes
Chickpeas
Ready made tomato soup
Tomato and basil sauce
Sun Dried tomatoes
Olives
Corn flour
Brown rice
Protein balls
Cinnamon
Paprika
Italian herbs
Salt & pepper
Chicken stock
Sugar
Quinoa or Bulgar wheat
Bicarbonate of soda
Vinegar brown grape
Balsamic vinegar
Raisins
Pretzels
Baked beans
Brand muffin mix
Turmeric
Bay leaves

DAIRY & EGGS

Flora margarine
Low fat milk
Fat free milk
Low fat cottage cheese
Low fat plain yoghurt
Eggs
Mozzarella cheese

MEATS & FISH

Chicken breasts or thighs,
skinless
White fish fillets
Crumbed hake fillets
Meat balls
Braai meat
Lean biltong
Wafer thin chicken, turkey
or ham slices
Lean biltong
Extra lean mince

VEGETABLES

Baby carrots
Sugar snap peas
Rosa tomato
Celery
Carrots
Mini sweet peppers
Red pepper
Yellow pepper
Sweet potato
Baby spinach
Tomato
Lettuce
Cucumber
Red onion
Onion
Garlic
Red cabbage
Green cabbage
Herbs – coriander,
parsley, basil
Beans
Gem squash
Broccoli
Cauliflower
Cauliflower rice
Carrots
Butternut
Beetroot
Zucchini / baby marrow
Mushrooms
Avocado



SHOPPING LIST

WEEK 5

BAKERY

Low GI brown wholewheat bread
Brown bread
Brown wrap
Vegetable wrap – beetroot
or cauliflower



FROZEN FOODS

Peas

FRUIT

Lemon
Banana
Pineapple
Naartjies
Strawberries
Mango





WEEK 6

RECIPE BOOKLET



HEART HEALTH

WEEK 6 RECIPE BOOKLET





BRAN MUFFINS

SERVES 24

INGREDIENTS

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- 175g Low fat plain yoghurt
- 1/3 cup Flora margarine
- 1/2 cup Low fat milk
- 1 Large egg
- 3 cups Bran stick cereal
- 1 Grated carrot
- 1 Grated apple
- 1 tsp Cinnamon

METHOD

1. Pre-heat oven to 180°C. Place oven racks in the middle of the oven.
2. Place paper cup cake holders in a 12-cup muffin tray.
3. Pour muffin mix into bowl & make a well in the centre.
4. Mix yoghurt & milk, oil and egg together.
5. Pour into well & mix into a smooth batter.
6. Stir in bran sticks, apple, carrots and cinnamon.
7. Fill each muffin cup to 3/4 full, then bake for 15 - 25 mins until golden brown & just cooked. Muffins are done when inserted skewer comes out clean.
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Nutrition Nibble

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Nutritional Solutions
REGISTERED DIETITIANS



CREAMY CHICKEN CURRY

SERVES 4

INGREDIENTS

6 Spring onions
 3 Garlic cloves, finely chopped
 2 Tbs Flora margarine
 200g Tinned chopped tomatoes
 2 Tbs Curry powder
 1 tsp Ground ginger
 480g OR 640g Boneless skinless chicken thigh, cut into 2.5cm pieces
 100ml Low fat plain yoghurt, plus extra to serve
 Salt and pepper

METHOD

1. Thinly slice the spring onions, reserving a handful of the sliced green parts for garnish.
2. Place the margarine into a large saucepan over a medium heat and cook the spring onions and garlic for a few minutes.
3. Add curry powder and ground ginger and cook for 1-2 minutes.
4. Add the chicken and cook for 5 minutes. Add the tomato.
5. Add 250ml water and bring to the boil. Reduce to a medium to low heat and cook for 10-15 minutes, or until the chicken is cooked.
6. Take the curry off the heat, stir in the yoghurt then season with salt and pepper.
7. Serve the curry with the rice and garnish with a drizzle of yoghurt.



Nutrition Nibble

Taking the skin off the chicken dramatically reduces the fat content of this curry. The type of fat found within chicken skin is saturated fat which when eaten in excess raises cholesterol levels.



Nutritional Solutions
 REGISTERED DIETITIANS



MEDITERRANEAN FISH BAKE

SERVES 4

INGREDIENTS

4 Fillets of white fish
(210g or 280g per fillet)
8 tsp. Basil pesto
1 Punnet rosa tomatoes, halved
1 Punnet mushrooms, finely sliced
1 Tbs Flora margarine
 $\frac{1}{4}$ cup white wine
Fresh basil leaves

METHOD

1. Place the fish fillets into an oven proof dish and top each fillet with 2 tsp of pesto.
2. Surround the fish with a punnet of halved rosa tomatoes and a punnet of sliced button mushrooms.
3. Drizzle over 1 Tbs melted margarine and a splash of white wine.
5. Throw in a handful of freshly chopped herbs of choice such as basil leaves.
6. Bake until the fish flakes easily (20 – 30 minutes), serve and enjoy.



Nutrition Nibble

Tomatoes get their red colour from a phytonutrient called lycopene which helps our bodies fight off potential cancer cells. Cooking tomatoes breaks down their cell walls releasing more lycopene from the tomato!



Nutritional Solutions
REGISTERED DIETITIANS



LOVELY LENTIL BAKE



SERVES 6

INGREDIENTS

- 1 Tbs Flora margarine
- $\frac{1}{2}$ Onion (100g), chopped
- 2 x 410g Canned brown lentils, drained
- 500g Cubed butternut
- 2 tsp Paprika
- $\frac{1}{2}$ tsp Cayenne pepper
- 1 tsp Cumin
- 1 tsp Curry powder
- 1 x 50g Packet tomato paste
- $\frac{1}{2}$ x 410 g tin whole tomatoes, drained and mashed
- Pepper and a pinch of sugar
- 3 eggs
- $\frac{1}{2}$ cup Low fat milk

METHOD

1. Cook the butternut until soft then mash.
2. Heat the margarine in a pan and sauté onions until clear but not brown.
3. Add all spices, lentils, whole tomatoes and tomato puree to onions, let this cook for 2 minutes then mix with the mashed butternut, and season with salt, pepper and sugar.
4. Scoop the mixture into an oven proof dish.
5. Beat the eggs with milk and pour this mixture over the top of the dish. Make small holes for egg drain into the lentil dish.
6. Bake at 180°C for 30 minutes until the mixture sets and golden brown.



Nutrition Nibble

We know that including more plant-based meals into our diet is beneficial for our heart and the planet! This lentil bake creates a warm and satisfying meal with lentils providing high quality plant-based protein.



Nutritional Solutions
REGISTERED DIETITIANS



WEEK 6

SHOPPING LIST



SHOPPING LIST

WEEK 6



GROCERIES

Maltabella
Asian noodles
Air popped popcorn
Wholewheat high fiber
breakfast bars
Salt and pepper
Garlic powder
Ginger
Chili
Paprika
Cayenne pepper
Curry powder
Cinnamon
Cumin
Pretzels
High fiber crackerbreads
High fiber rice cakes
Quinoa or bulgar wheat
Brown rice
Lentils
Beetroot
Peanut butter
Reduced oil mayonnaise
Sardines or pilchards
Tuna
Wholewheat pasta
Wholewheat couscous
Basil pesto
Tomato paste
Sesame oil
White wine
Bran muffin mix
Protein balls
Sugar

GROCERIES

Sweet chili sauce
Reduced sodium soya
sauce
Chopped / diced tomato
Dijon mustard

DAIRY & EGGS

Flora margarine
Eggs
Fat free plain cottage
cheese
Low fat milk
Low fat yoghurt
Low fat plain yoghurt
Mozzarella
Reduced fat Feta cheese

VEGETABLES

Onion
Red onion
Spring onions
Spinach
Cherry tomato
Carrots
Cucumber
Brown mushrooms
Mushrooms
Corn on cob
Red pepper
Herbs, parsley, mint,
coriander, rocket, basil
Baby spinach
Baby marrows
Tomatoes
Garlic
Baby potatoes
Red Cabbage
Cabbage
Avocado
Green beans
Cauliflower
Broccoli
Butternut
Lettuce
Gem Squash
Sweet potato
Lemon
Roasted veg bag
Stir fry vegetables



SHOPPING LIST

WEEK 6



MEATS & FISH

Biltong powder
Lean Biltong
Wafer ham / chicken/ turkey/
pastrami
Chicken mince frikkadels
Extra lean beef mince
Pork fillet
Chicken thighs or breast
boneless and skinless
Chicken kebab / rump / fillet or
lamb chop
White fish fillets

FROZEN FOODS

Peas

FRESH FOODS

Reduced fat hummus

FRUIT

Grapes
Strawberries
Banana
Apple
Lemon
Naartjies

BAKERY

Low GI Wholewheat
brown bread
High fiber brown wrap

