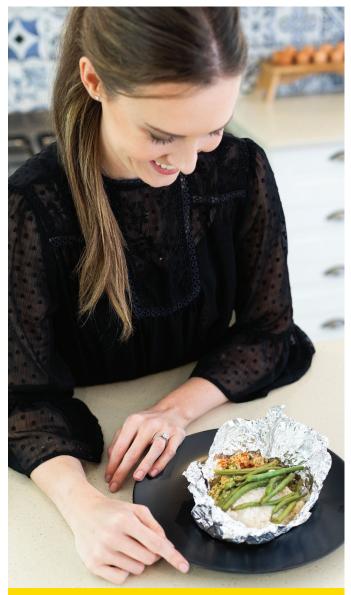
# WEEK 1 RECIPE BOOKLET





# BAKED FISH PARCELS



### Natrition 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.

### **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

#### **DIRECTIONS**

- 1. Preheat the oven to 200°C. Cut four pieces of kitchen foil to the size 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. When serving, open the parcels carefully as the steam will be hot!





# HEARTY FISH PIE

### **SERVES 4**

### **INGREDIENTS**

- 1 Tbs Flora margarine
- 1 Onion, diced
- 2 Garlic cloves crushed 2 Tins tuna
- 4 x Fish fillets (300g OR 560g)
- $\frac{1}{4}$  cup White wine
- 1 cup Peas
- 2 tsp Flora margarine 1 Tbs Cake flour
- 1 cup Low fat milk
- 1 Head Cauliflower, chopped
- $\frac{1}{4}$  cup Low fat milk
- 60q Mozzarella cheese
- ½ tsp Paprika

#### DIRECTIONS

- 1. Steam the cauliflower, until tender and cooked.
- 2. Heat the margarine in a large pan, and sauté the onion then add the garlic, cook for a further minute.
- 3. Add fish to the pan, cook through, then flake. Add the wine and peas and simmer.
- 4. In a separate pan make the white sauce, heat the margarine, add the flour and cook for 1 minute.
- 5. Add the 1 cup of milk gradually, stirring constantly. Cook until thickened. Add the white sauce to the fish. Season with salt and pepper to taste.
- 6. In a bowl, add  $\frac{1}{2}$  cup milk to the cauliflower and mash until smooth. Divide the fish mixture into a casserole dish.
- 7. Dollop the cauliflower over the fish filling, sprinkle with the cheese and paprika.
- 8. Bake for 30 minutes at  $180 \, ^{\circ}$ C





Natrition Nibble

Using low fat milk instead of cream for this white sauce gives it an A+. Plus your veggie intake is bumped up with the cauliflower topping. It's a winner of a dinner.





# VEGETABLE MINCE

### **SERVES 6**

### **INGREDIENTS**

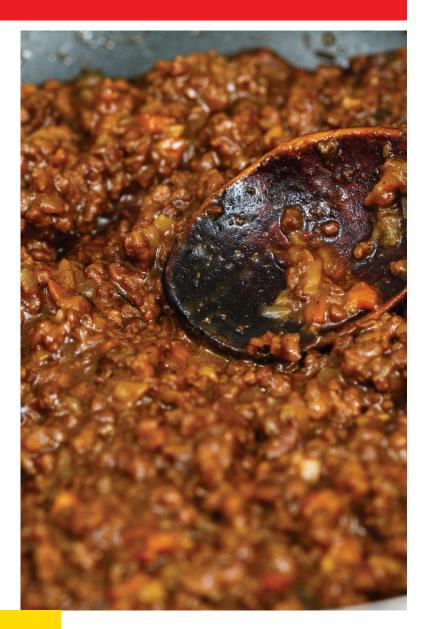
- 1 Tbs Flora margarine
- 1 Medium onion, chopped
- 2 3 Cloves garlic, crushed 500g

Extra lean mince

- 1 Packet tomato paste
- 2 Medium carrots, grated
- 2 Mushrooms, grated
- 4 5 Baby marrows, grated
- 2 Tomatoes, diced
- 1 Tin tomato & onion mix
- 1 Tin lentils
- Bunch fresh basil/thyme
- 1 tsp. sugar & ½ tsp. salt

### **DIRECTIONS**

- 1. Sauté the onion & garlic in the Flora margarine until translucent then add the mince & brown it.
- 2. Add the tomato paste, then add the remaining ingredients.
- 3. Season with salt, sugar and black pepper to taste.
- 4. Allow to cook on a high heat for 2 minutes then reduce the heat to a simmer
- 5. Let the mince sit over a low heat for 15 20 minutes.





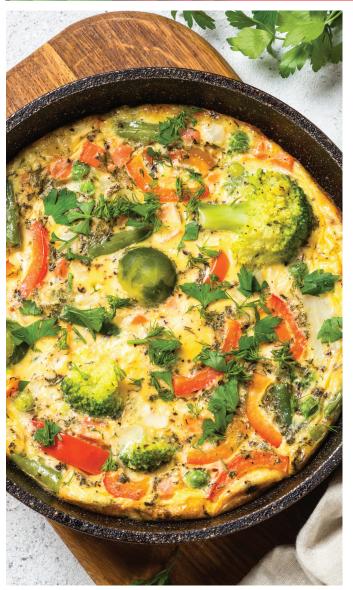
Natrition Nibble

This mince recipe is loaded with extra vitamins and minerals from the 5 included vegetables. The lentils also add fibre and are a cheap protein source.





# EASY EGG FRITTATA



### **SERVES 2**

#### **INGREDIENTS**

- 2 tsp Flora margarine
- <sup>1</sup>/<sub>2</sub> Onion, diced
- 1 tsp Garlic, fresh
- <sup>1</sup>/<sub>2</sub> Packet sliced mushrooms
- 1 Small baby marrow, sliced
- 1 Small ripe tomato, chopped
- 1 Red bell pepper, sliced
- 4 6 Eggs, large
- 100 ml Low fat milk
- ½ tsp salt and pepper
- 20 g Mozzarella cheese, grated

#### **DIRECTIONS**

- 1. Heat the flora margarine in large frying pan.
- 2. Sauté the onion, fresh garlic, mushrooms, baby marrow, tomato and red pepper on a high heat for 5 minutes then reduce to a low heat.
- 3. In a separate bowl, whisk the eggs and milk together with the salt and pepper and light and fluffy.
- 4. Immediately pour the egg over the vegetables. Let this sit for 2 minutes then sprinkle over the grated mozzarella and place under the grill until the cheese starts to bubble.
- 5. Divide into two and enjoy as a quick and nutritious meal.

Note: You can use any vegetables of choice in this recipe!



### Nutrition Nibble

You will have this meal ready in 10 minutes! Eggs are packed with Vitamin A in their yolks which is needed for good eyesight and a healthy immune system.





# CHICKEN A LA KING

### **SERVES 4**

### **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
- <sup>1</sup>/<sub>2</sub> Cup chicken stock
- 500ml Low fat milk
- 1 Tbs. Flora margarine
- 1 Tbs. Corn flour

#### **DIRECTIONS**

- 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. Lastly add the mushrooms and sauté lightly, and chicken stock and allow to simmer for 10-15 minutes.
- 3. 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.
- 4. 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.
- 5. Return the saucepan to the stove and stir until the mixture thickens.
- 6. 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 B? 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.



# WEEK 1 SHOPPING LIST



# WEEK 1

### **GROCERIES**

Oats High fibre bran flakes Peanut butter Raisins Tinned Tuna, in water Tinned sardines/pilchards **Gherkins** Reduced oil mayonnaise Sweet chili sauce Whole wheat spaghetti Wholewheat couscous Air popped popcorn High fibre crackerbreads High fibre rice cakes Chickpeas Lentils

Tomato and basil pasta sauce
Tomato and onion mix
Tomato paste
Red wine
White wine
Cake flour
Corn flour
Cinnamon Paprika
Italian herbs
Salt & pepper
Chicken stock

Sugar

Tomato sauce



### **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

Beef, chicken, ostrich or fish burger patties

White fish fillets

Extra lean beef mince

Lean biltong

Wafer thin chicken, turkey or ham slices

## **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



WEEK1

### **BAKERY**

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



## **FROZEN FOODS**

Peas

# FRESH FOODS

Butternut Soup



Peach

Lemon Banana

Pineapple

Mango Naartjies



# WEEK 2 RECIPE BOOKLET





# APPLE PIE OVERNIGHT OATS

### **SERVES 2**

### **INGREDIENTS**

- ½ cup Oats
- 2 Small red apples, grated
- 2 tsp Cinnamon
- 1 2 cups Low fat plain yoghurt
- 2 Tbs almonds, roughly chopped

#### **DIRECTIONS**

- 1. Mix together the uncooked oats with the grated apple, cinnamon and low-fat plain yoghurt.
- 2. Divide evenly between two small containers and leave in the fridge overnight. Overnight the oats swell and become soft.
- 3. In the morning, give the oats a good mix and scatter on top of each portion of oats 1 Tbs of chopped almonds.





Natrition Nibble

Did you know that oats naturally contain a cholesterol lowering compound called beta-glucan? This is one of the reasons why oats are a popular heart-healthy breakfast.





# TASTY TUNA QUICHE





These quiches can be frozen. Double up the recipe to make a batch of 12 and freeze them for a super convenient lunchbox friendly meal.

Natrition Nibble

### **SERVES 6**

#### **INGREDIENTS**

- 1 Bell pepper of choice
- 2 Small onions
- 1 Medium grated carrot
- 1 tsp Flora margarine
- 2 Tins tuna
- 4 Eggs
- 1 1/2 cups low fat milk

Salt and pepper to taste

Fresh parsley, chopped

2 Tbsp Sweet chilli sauce

#### **DIRECTIONS**

- 1. Fry the bell pepper and onion together with 1 tsp Flora margarine. Add the tuna and carrot. Add salt and pepper to taste.
- 2. Whisk together the eggs, milk, sweet chili sauce and a big handful of chopped parsley.
- 3. Divide tuna mixture into a large 6 tin muffin tray.
- 4. On top of the tuna, add the egg mixture and mix with a fork to combine.
- 5. Bake for 25 minutes at 180°c.
- 6. Serve warm or cold!



WEEK 2 RECIPE BOOKLET - PG 3



# APRIL CHICKEN

### **SERVES 6**

### **INGREDIENTS**

4 skinless chicken breasts

(480g or 640g)

2 Tbs. Low fat mayonnaise

2 Tbs. Tomato sauce

1 Tbs. Chutney

1 tsp. Garlic

1 tsp. Mixed herbs

2 Tbs. Lemon juice

1 Tbs. Balsamic vinegar

#### **DIRECTIONS**

- Mix all ingredients together in a large bowl. Place the chicken breasts into the mixture and coat
- 2. Bake at 180°C for 20 minutes, covered with foil or a lid.
- 3. Bake for an additional 10 minutes uncovered.
- 4. Serve and enjoy.





Nutrition Nibble

Chicken is a lean protein providing essential amino acids that the body uses essential for building and maintaining your muscle mass. This recipe uses house hold staples to make a tasty marinade.





# SOUTH AFRICAN BOBOTIE

### **SERVES 8**

### **INGREDIENTS**

200q 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**

 $1\frac{1}{2}$  cups Low fat milk

3 Large eggs

½ tsp Salt

½ tsp Pepper, ground

15g Parsley to garnish

### **DIRECTIONS**

- 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.



WEEK 2 RECIPE BOOKLET - PG 5



# SOUTH AFRICAN BOBOTIE

#### **DIRECTIONS CONTINUED**

For the topping - Egg custard

- 1. While the mince is cooking, mix the eggs and milk together and season with salt and pepper
- 2. 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.
- 3. Garnish with a sprig of parsley.





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



# WEEK 2 SHOPPING LIST



WEEK 2

### **GROCERIES**

Maltabella Crackerbread

Oats

Pretzel's

Cinnamon

Black pepper

Italian mixed herbs

Paprika

Garlic salt

**Turmeric** 

Curry powder Peeled and diced tomato

Almonds

Baked beans

Peanut butter

Protein balls

Brown rice

Chickpeas

Tin Tuna in water

Sweet chili sauce

Tomato sauce

Reduced oil mayonnaise

Reduced sodium soya sauce

Sesame oil

Chutney

Whole grain mustard

Quinoa or Bulgar wheat

Wholewheat pasta

Asian noodles

Bicarbonate of soda

Vinegar brown grape

Balsamic vinegar

Raisins



### **DAIRY & EGGS**

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

### **BAKERY**

Parmesan cheese

Low GI Wholewheat brown bread High fiber brown wrap

## **VEGETABLES**

Pepper

Tomato

Lettuce

Onion

Mushrooms

Green beans

Avocado

Bell pepper

Mixed salad leaves

Baby potatoes

Herbs - parsley, chives

Carrot

Purple cabbage

Cucumber

Butternut

Garlic

Gem squash

Baby spinach

Tender stem broccoli

Sweet potatoes

Packet Roasting veg

Corn on cob

Cabbage

Bok Choy

Spinach

**Gherkins** 



WEEK 2

## **MEATS & FISH**

Lean Biltong Wafer thin turkey, chicken or ham Chicken breast or thigh skinless Meatballs Crumbed hake fillets Chicken kebabs Chicken or pork strip Extra lean beef mince

# FRESH FOODS

Reduced fat hummus Butternut soup - if none leftover Tomato soup



## **FROZEN FOODS**

## **FRUIT**

Grapes Apple Banana

Lemon

