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WEEK 1
RECIPE BOOKLET



Flora™

HEART HEALTH

WEEK 1 RECIPE BOOKLET




 Flora

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

DIRECTIONS

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. 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


 Flora

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
- 60g Mozzarella cheese
- $\frac{1}{2}$ 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 °C



Nutrition 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.



Nutritional Solutions
REGISTERED DIETITIANS


 Flora

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.



Nutrition 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.



Nutritional Solutions
REGISTERED DIETITIANS


 Flora

EASY EGG FRITTATA

SERVES 2

INGREDIENTS

- 2 tsp Flora margarine
- $\frac{1}{2}$ Onion, diced
- 1 tsp Garlic, fresh
- $\frac{1}{2}$ 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
- $\frac{1}{2}$ 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.



Nutritional Solutions
REGISTERED DIETITIANS


 Flora

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
 ½ 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.



Nutritional Solutions
REGISTERED DIETITIANS

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WEEK 1
SHOPPING LIST



Flora™

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 sauce
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



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



Flora™

SHOPPING LIST

WEEK 1

BAKERY

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



FROZEN FOODS

Peas

FRESH FOODS

Butternut Soup

FRUIT

Peach
Lemon
Banana
Pineapple
Mango
Naartjies



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WEEK 2
RECIPE BOOKLET



HEART HEALTH

WEEK 2 RECIPE BOOKLET




 Flora

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.



Nutrition 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.



Nutritional Solutions
REGISTERED DIETITIANS



TASTY TUNA QUICHE



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!



Nutrition Nibble

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.



Nutritional Solutions
REGISTERED DIETITIANS

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

1. 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.



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

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.



Nutritional Solutions
 REGISTERED DIETITIANS



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 using too much salt as it uses spices like curry powder.



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WEEK 2
SHOPPING LIST



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
Parmesan cheese

BAKERY

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



SHOPPING LIST

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

Peas

FRUIT

Grapes
Apple
Banana
Lemon

