

## BREAKFAST

### Scrambled Egg with Smoked Salmon and grainy bread

 SERVES: 2     PREP TIME: 10 minutes     COOK TIME: 8 minutes






## SNACK

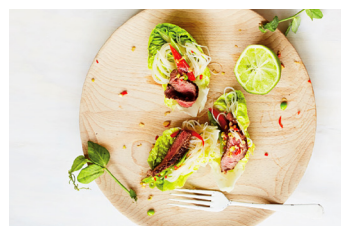
### 1 small banana



## LUNCH

### Spicy Beef Noodle Lettuce Wraps

 SERVES: 1     PREP TIME: 10 minutes     COOK TIME: 10 minutes






## SNACK

### 1 small (100g) tub of low-fat fruit yoghurt



## DINNER

### Moroccan Style Chicken with Pearl Couscous

 SERVES: 4     PREP TIME: 10 minutes     COOK TIME: 30 minutes



## DESSERT




### Frozen Berry Yoghurt

 SERVES: 10     PREP TIME: 10 minutes     COOK TIME: 7 hours (chill)



## BREAKFAST

### Chia Pudding

 SERVES: 2  PREP TIME: 10 minutes  COOK TIME: Overnight



## SNACK

### 1 apple



## LUNCH

### Chicken Pumpkin and Quinoa Soup

 SERVES: 6  PREP TIME: 15 minutes  COOK TIME: 30 minutes





## SNACK

### 2 kiwi fruit



## DINNER

### Rice and Veggie Pie

 SERVES: 6  PREP TIME: 15 minutes  COOK TIME: 1 hour





## DESSERT

### 3 x 10g squares of dark chocolate



## BREAKFAST

### Low Gi Breakfast Rice Pudding

 SERVES: 6  PREP TIME: 35 minutes  COOK TIME: 20 minutes



## SNACK




### 1 Almond and Raspberry Mini Cake

 SERVES: 24  PREP TIME: 15 minutes  COOK TIME: 18 minutes



## LUNCH

### Mango Chicken And Almond On Bürgen® Rye

 SERVES: 2  PREP TIME: 5 minutes  COOK TIME: Nil






## SNACK

### Carrot & Celery Sticks with 1/3 cup hummus



## DINNER




### Beetroot, Pumpkin and Green Bean Curry with Low GI Rice

 SERVES: 6  PREP TIME: 25 minutes  COOK TIME: 45 minutes



## DESSERT

### Berry Bombs

 SERVES: 8  PREP TIME: 10 minutes  COOK TIME: 5 minutes



## BREAKFAST

### Apple Bircher Muesli

 SERVES: 4  PREP TIME: 10 minutes  COOK TIME: Nil




## SNACK

### 30g almonds + ½ cup blueberries



## LUNCH

### Black Bean Soup

 SERVES: 6  PREP TIME: 15 minutes  COOK TIME: 3 ½ hours



## SNACK

### 1 apple



## DINNER

### Lamb Shanks with Pearl Barley and Mint

 SERVES: 6  PREP TIME: 15 minutes  COOK TIME: 2 hours



## DESSERT


### ½ cup Low GI Golden North Ice-Cream + ½ cup strawberries





## BREAKFAST

### Eggs in a Nest

 SERVES: 2  PREP TIME: 10 minutes  COOK TIME: 20 minutes



## SNACK

### 1 pear



## LUNCH

### Sweet Potato and Corned Beef Sandwich

 SERVES: 4  PREP TIME: 10 minutes  COOK TIME: 10 minutes



## SNACK




### 1 Almond and Raspberry Mini Cake

 SERVES: 24  PREP TIME: 15 minutes  COOK TIME: 18 minutes



## DINNER

### Tangy Lentil Soup with Silverbeet

 SERVES: 8  PREP TIME: 20 minutes  COOK TIME: 45 minutes






## DESSERT

### 3 x 10g squares of dark chocolate



## BREAKFAST

### Poached Egg with Avocado Salsa on Toast

 SERVES: 2  PREP TIME: 10 minutes  COOK TIME: Nil






## SNACK

### 40g (2 Slices) cheddar cheese + 1 apple



## LUNCH

### Rice and Sweet Corn Salad with blueberries and pecans

 SERVES: 6  PREP TIME: 25 minutes  COOK TIME: 45 minutes



## SNACK

### ½ cup strawberries + 30g Brazil Nuts



## DINNER




### Quinoa Risotto with beans-lemon and parsley

 SERVES: 4  PREP TIME: 15 minutes  COOK TIME: 35 minutes



## DESSERT

### Honey Roasted Pears with Chocolate Sauce

 SERVES: 4  PREP TIME: 20 minutes  COOK TIME: 30 minutes



## BREAKFAST

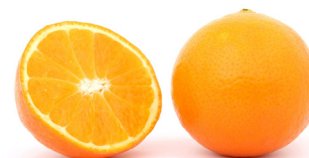
### Buckwheat Pancakes with Berries

 SERVES: 4  PREP TIME: 10 minutes  COOK TIME: 15 minutes






## SNACK

### 1 orange



## LUNCH

### Cauliflower and Celeriac Soup

 SERVES: 4  PREP TIME: 10 minutes  COOK TIME: 30 minutes



## SNACK

### 2 kiwi fruit



## DINNER




### Pasta with Eggplant, red capsicums and currants

 SERVES: 4  PREP TIME: 5 minutes  COOK TIME: 30 minutes



## DESSERT

### Berry Sundae

 SERVES: 4  PREP TIME: 10 minutes  COOK TIME: Nil

