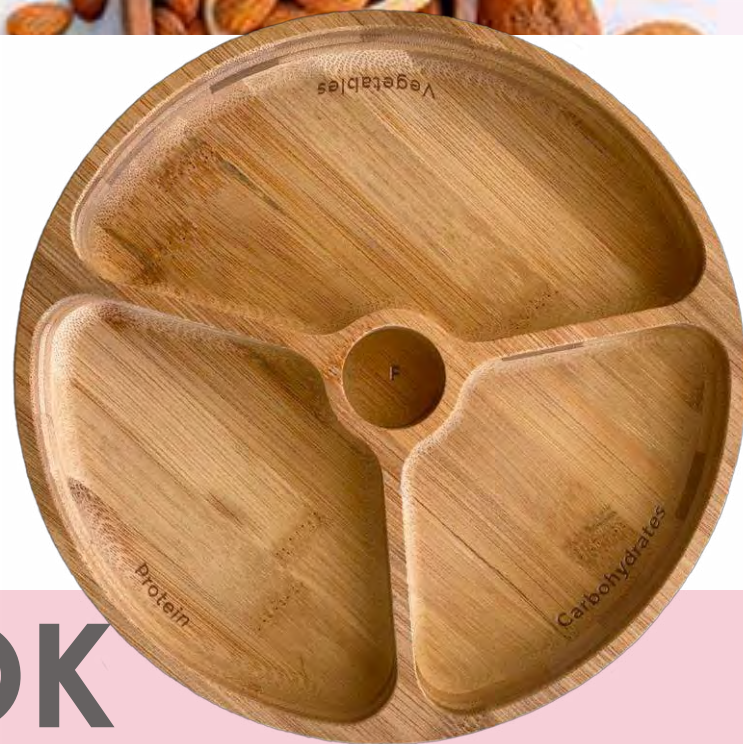




PERFECT PORTION PROGRAM RECIPE BOOK



ARENA STRENGTH



HOW TO USE THIS COOKBOOK

Your portion control plate has 4 sections:

- 1/ Protein
- 2/ Carbohydrates
- 3/ Vegetables
- 4/ Fats (optional)

Each meal you need to fill each section to the rim of the plate with the correct food group. You also received a Program Guide within your order which explains in more detail the food guidelines in each section.

We have provided additional measuring cups to allow you to portion control if you are not using the plate i.e. meal preparation.

This cookbook contains recipes for each section of the plate and then suggested ways to mix and match these recipes into a full meal on the plate.

For ease of meal prep, we suggest prepping and freezing/ storing your proteins, carbs and vegetables separately so that you can always make a full meal.



Haven't got your Portion Control Plate & Program?

Go to arenastrength.com/shop

LUNCH/ DINNER

MEAL IDEAS



Chicken Gyros w' Greek Salad		Recipe Page
Vegetable	Greek Salad	58
Carb	Pita Bread	38
Protein	Baked Chicken Breast	12
Fat (optional)	Greek Yogurt Sauce	-



Baked Chicken w' Rocket Salad		Recipe Page
Vegetable	Lemon Rocket Salad	59
Carb	Roasted Sweet Potato	48
Protein	Baked Chicken	12
Fat (optional)		



Beef Tenderloin		Recipe Page
Vegetable	Lemon Green Beans	60
Carb	Butternut Squash	43
Protein	Beef Tenderloin	24
Fat (optional)		

LUNCH/ DINNER

MEAL IDEAS



Ahi Tuna Steak		Recipe Page
Vegetable	Broccoli salad	61
Carb	Barley	54
Protein	Ahi Tuna Steak	27
Fat (optional)		



Beef Shawarma		Recipe Page
Vegetable	Brussel Sprout Salad	62
Carb	Pita Bread	38
Protein	Beef Shawarma	23
Fat (optional)	Greek Yogurt Dressing	-



Cilantro Lime Chicken		Recipe Page
Vegetable	Green/ Mixed Salad	64
Carb	Lemon Rice	46
Protein	Cilantro lime chicken	12
Fat (optional)		

LUNCH/ DINNER

MEAL IDEAS



Baked Fish with Garlic & Basil		Recipe Page
Vegetable	Green Salad	64
Carb	Pesto Pasta Salad	40
Protein	Baked Fish with Garlic & Basil	28
Fat (optional)	Cheese in the pasta salad	-



Asian Beef Mince		Recipe Page
Vegetable	Steamed Vegetables	66
Carb	Coconut Rice	39
Protein	Asian Beef Mince	21
Fat (optional)		



Beef Mince Bolognese		Recipe Page
Vegetable	Tomato salad	70
Carb	Whole Wheat Pasta	-
Protein	Beef Mince Bolognese	20
Fat (optional)	Parmesan cheese	

LUNCH/ DINNER

MEAL IDEAS



Tofu Scramble		Recipe Page
Vegetable	Lemon Green Beans	60
Carb	Lentil Salad	50
Protein	Tofu Scramble	33
Fat (optional)		



Soybean Ragu		Recipe Page
Vegetable	Roast Cauliflower	65
Carb	Soybean Ragu	35
Protein	Soybean Ragu	35
Fat (optional)		

Note: The Ragu is both protein and carb



Seitan		Recipe Page
Vegetable	Steamed Vegetables	66
Carb	Coconut Rice	47
Protein	Seitan	16
Fat (optional)		

LUNCH/ DINNER

MEAL IDEAS



Spiced Chicken Mince		Recipe Page
Vegetable	Steamed Vegetables	66
Carb	Coconut rice	47
Protein	Chicken mince	18
Fat (optional)		



Oven Roast Turkey		Recipe Page
Vegetable	Roasted broccoli	57
Carb	Lemon potato	41
Protein	Roast Turkey	19
Fat (optional)	Parmesan cheese for broccoli	-

BREAKFAST

MEAL IDEAS



Turkey Egg Scramble		Recipe Page
Vegetable	Roast Cauliflower	65
Carb	Lemon potatoes	41
Protein	Turkey Egg Scramble	30
Fat (optional)		



Cottage Cheese W Tomatoes		Recipe Page
Vegetable	Tomatoes, cucumbers	-
Carb	Wholemeal toast	-
Protein	Cottage cheese & boiled eggs	32
Fat (optional)	Avocado	-



Egg Mushroom Scramble		Recipe Page
Vegetable	Sauteed mushrooms	67
Carb	Roast sweet potato	48
Protein	Turkey Egg Scramble	30
Fat (optional)		

BREAKFAST MEAL IDEAS



Egg White Omelet		Recipe Page
Vegetable	Oven roasted tomatoes	68
Carb	Whole meal toast	-
Protein	Egg white scramble/omelets	31
Fat (optional)		

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PROTEIN SECTION OF YOUR PLATE

PROTEINS

Fill this section of your plate with lean protein sources which contain less fat and fewer calories. Protein is the most essential part of your meal. It is a sustainable, long-lasting energy source, and will help you maintain and build lean muscle mass. From the recommendations below the general rule is to try and find protein sources that are not fatty or cooked in a greasy way (i.e. with a lot of oil, butter, cream etc.).

Recommended lean protein sources:

- White poultry (Skinless, Boneless) i.e. chicken breast, turkey breast
- White fleshed fish, tuna & shellfish
- Lean Beef
- Lean Pork
- Game Meats
- Protein Shake: 1 serving of high protein (>20 gram), low-calorie (<200 cal) protein. Limit to once per day.
- For those not looking to lose weight you can add the occasional fattier cuts of meat and oily fish.
- Soy: Tofu, tempe, soybeans
- Seitan
- Lentils
- Beans (Lupini, Black, Pinto, Garbanzo, Kidney, Cannellini, Navy)
- Cottage cheese (low-fat)
- Eggs
- Greek yoghurt (low-fat)



GUIDELINES

1. Avoid processed meats which are high in fat and preservatives: deli meats, sausage meat, bacon
2. Avoid fatty cuts which are calorie dense
3. Avoid using too much fat in cooking. We recommend using a non-stick pan, oven baking or using a small spray bottle for oil
4. Avoid using high-calorie dressings(cream etc.) instead use herbs and spices to flavor

Basic pantry item list for flavoring meats

Sea Salt, Black Pepper, Garlic Powder, Onion Powder, Paprika, Cayenne Pepper, Ground Cumin, Oregano, Thyme, Coriander, Curry Powder, Turmeric, Ginger Powder, Rosemary, Mustard Powder.

Plus, olive oil, sesame oil, soy sauce, fresh garlic, fresh lime/lemon.

5 CHICKEN BREAST MARINADES

INGREDIENTS

1 serve = 1 cup chicken breast (227 gms/ 8 oz). All marinade is for one serve.

Italian Herb

1 tablespoon olive oil
 1/4 teaspoon pepper
 1/4 teaspoon salt
 1/2 teaspoon dried basil or 1 tbsp fresh basil, chopped
 1/2 teaspoon dried parsley or 1 tbsp fresh parsley, chopped
 1/2 teaspoon dried oregano or 1 tbsp fresh oregano, chopped
 1/4 teaspoon garlic powder

Cilantro Lime

1 tablespoons olive oil
 1/4 teaspoon pepper
 1/4 teaspoon salt
 1/2 tablespoon lime zest
 2 tablespoons lime juice of lime
 1 tablespoon fresh cilantro chopped

Lemon Garlic

1 tablespoons olive oil
 1/4 teaspoon pepper
 1/4 teaspoon salt
 1 tablespoon minced garlic 2 cloves
 1/2 tablespoon lemon zest of one lemon
 2 tablespoons lemon juice of one lemon

Basil Balsamic

1 tablespoons olive oil
 2 tablespoon balsamic vinegar
 1/4 teaspoon pepper
 1/4 teaspoon salt
 1/2 teaspoon dried basil or 1 tablespoon fresh basil, chopped

Sesame Ginger

1 tablespoons toasted sesame oil
 2 tablespoons coconut aminos or soy sauce
 1/4 teaspoon ground ginger
 1/4 teaspoon pepper
 1/4 teaspoon salt

PREP TIME:

10 min

COOK TIME:

10- 20 min

SERVES:

1 portion of protein



DIRECTIONS

1. Mix the marinade with the meat.
2. Let it marinate for 30 minutes before cooking
3. If storing, use a zip lock bag and freeze or refrigerate.
4. Defrost if needed. Cook in a non stick pan for 7-8 minutes on each side or until all meat is white.
5. OR: Oven bake on 425 Fahrenheit/ 220 degrees Celsius for 18-25 minutes or until chicken is cooked all the way through.

NOTES

Meat will shrink around 25% when cooked. So prepare 1 cup of raw meat to get 1 portion of your protein serve per meal.

PROTEIN

6 STEAK MARINADES

INGREDIENTS

1 Serve = 1 cup lean steak (227 gms/ 8 oz). All marinade is for one serve.

Red Wine Marinade

1/3 cup red wine
1 tablespoon olive oil
1/2 tbsp lemon juice
1/4 tsp sea salt
1/4 tsp ground black pepper
2 garlic cloves, minced
1/4 tsp rosemary

Italian Steak Marinade

1.5 tbsp white wine vinegar
1/2 tsp dijon mustard
1 tablespoon olive oil
1/4 tsp onion powder
1 garlic cloves, minced
1/4 tsp dried thyme
1/4 tsp dried basil
1/4 tsp dried oregano
1/4 tsp sea salt
1/4 tsp ground black pepper

Fajita Steak Marinade

1 tablespoon lime juice
1 tablespoon pineapple juice
1 tbsp low sodium soy sauce
1/2 clove garlic, minced
1/2 tsp ground cumin
1/2 tsp paprika
1/2 tsp crushed red pepper flakes
1/2 tsp sea salt
1/4 tsp ground black pepper
1 tablespoon cilantro, chopped
1 tablespoon olive oil

Garlic And Herb Steak Marinade

1 tablespoon olive oil
1 cloves garlic, minced
1/4 tsp dried rosemary
1/4 tsp dried oregano
1/4 tsp dried thyme
1/4 tsp dried basil
1/4 tsp sea salt
Pinch of ground black pepper

PREP TIME:

10 min

COOK TIME:

5-10 min

SERVES:

1 portion of protein



Ginger Soy Steak Marinade

1 tablespoon low sodium soy sauce
1 tbsp rice wine vinegar
1 tablespoon olive oil
1 teaspoon raw honey
2 garlic cloves, minced
1/2 tsp fresh ginger, minced

Lemon Pepper Steak Marinade

1/2 tbsp lemon zest
1.5 tbsp freshly squeezed lemon juice
1 garlic cloves, minced
1/2 tbsp black peppercorns, crushed
1/4 tsp sea salt
1 tbsp olive oil

DIRECTIONS

1. Mix the marinade with the meat.
2. Let it marinate for 30 minutes before cooking
3. If storing, use a zip lock bag and freeze or refrigerate.
4. Defrost if needed. Cook in a non stick pan to your liking. Usually 4-8 minutes per side.

NOTES

Meat will shrink around 25% when cooked. So prepare 1 cup of raw meat to get 1 portion of your protein serve per meal.

5 TUNA STEAK MARINADES

INGREDIENTS

1 Serve = 1 cup tuna steak (227 gms/ 8 oz). All marinade is for one serve.

Orange Juice and Garlic Marinade

1/4 cup of orange juice
 1/4 cup of soy sauce
 2 tablespoons of olive oil
 1 tablespoon of lemon juice
 2 tablespoons of chopped parsley
 1 clove of minced garlic
 1/2 teaspoon of oregano
 1/2 teaspoon of freshly ground pepper

Soy Sauce-Lemon Marinade

1 cup of low sodium soy sauce
 1/2 cup of lemon juice
 2 cloves of garlic and salt
 pepper to taste

Japanese Tuna Steak Marinade

1/2 cup of canola oil
 1/4 cup of rice-wine vinegar
 3 tablespoons of soy sauce
 3 tablespoons of freshly chopped ginger
 2 tablespoons of sugar

Teriyaki Sauce Marinade

3/4 cup of teriyaki sauce
 2 tablespoons of soy sauce
 2 tablespoons of firmly packed brown sugar
 1 tablespoon of white wine or Sherry
 1 tablespoon of rice vinegar
 1 tablespoon of vegetable oil.

Chilly-Lemon Marinade

half a lemon
 a lot of olive oil
 sesame oil
 soy sauce
 1 handful of chopped coriander
 1/2 scotch bonnet chilli
 salt and pepper to taste.

PREP TIME:

10 min

COOK TIME:

10 min

SERVES:

1 portion of protein



DIRECTIONS

1. Mix the marinade with the meat.
2. Let it marinate for 30 minutes before cooking
3. If storing, use a zip lock bag and freezer or refrigerate.
4. Defrost if needed. Cook in a non stick pan to your liking. Usually 5-8 minutes per side.

NOTES

Meat will shrink around 25% when cooked. So prepare 1 cup of raw meat to get 1 portion of your protein serve per meal.

5 WHITE FISH MARINADES

INGREDIENTS

1 Serve = 1 cup white fish (227 gms/ 8 oz). Each marinade is for one serve.

Olive Oil, Lemon, & Herbs Marinade

1 tablespoon olive oil
1 tablespoon fresh lemon juice
1 tablespoon of fresh herbs (such as cilantro, basil, rosemary, or thyme)

Mustard & Maple Syrup Marinade

1 tablespoons maple syrup
1/2 tablespoons whole grain mustard
syrup

Orange, Honey, & Ginger Marinade

1/4 cup fresh-squeezed orange juice
1 tablespoons honey
1 tablespoons fresh lime juice
1 tablespoons soy sauce
1/2 minced garlic clove
1/2 teaspoon minced fresh ginger

Coconut & Lime Marinade

1/2 cup coconut milk
1 tablespoons lime juice
1 tablespoons soy sauce
1/4 tablespoon fish sauce
1/4 thinly sliced
Thai Bird's Eye chili (optional)

Miso & Ginger Marinade

1/4 cup white miso paste
1 tablespoon mirin
1 tablespoon sake
1/4 tablespoon minced fresh ginger
1 tablespoons soy sauce

PREP TIME:

10 min

COOK TIME:

10 min

SERVES:

1 portion of protein



DIRECTIONS

1. Mix the marinade with the meat.
2. Let it marinate for 30 minutes before cooking
3. If storing, use a zip lock bag and freezer or refrigerate.
4. Defrost if needed. Cook in a non stick pan to your liking. Usually 5-8 minutes per side.

NOTES

Meat will shrink around 25% when cooked. So prepare 1 cup of raw meat to get 1 portion of your protein serve per meal.

5 TOFU/SEITAN MARINADES

INGREDIENTS

1 Serve = 281 grams or 9.9 ounces of uncooked tofu.

** This will fill both your protein and carbohydrates section of the plate to get enough protein.

Seitan: 1 cup seitan, 166 grams, 5.96 ounces. ** Seitan is high protein so you can just fill your protein section with Seitan.

1. Teriyaki Marinade: Combine 1/4 cup soy sauce, 2 tablespoons rice vinegar, 2 tablespoons honey, 1 tablespoon sesame oil, and 1 teaspoon grated fresh ginger in a shallow dish.
2. Balsamic Marinade: Combine 1/4 cup balsamic vinegar, 2 tablespoons olive oil, 1 teaspoon honey, 1 clove minced garlic, 1 teaspoon dried oregano, 1/4 teaspoon salt, and 1/4 teaspoon freshly ground black pepper in a shallow dish. Add 1 and 3/4 cups cooked tofu/seitan and toss to coat.
3. Lemon-Dill Marinade: Combine 1/4 cup freshly squeezed lemon juice, 2 tablespoons olive oil, 1 tablespoon chopped fresh dill, 1 teaspoon honey, 1/4 teaspoon garlic powder, 1/4 teaspoon onion powder, and 1/4 teaspoon salt in a shallow dish. Add 1 and 3/4 cups cooked tofu/seitan and toss to coat.
4. Barbecue Marinade: Combine 1/4 cup tomato ketchup, 1/4 cup apple cider vinegar, 2 tablespoons Worcestershire sauce, 1 tablespoon honey, 1/2 teaspoon mustard powder, 1/4 teaspoon garlic powder, 1/4 teaspoon onion powder, and 1/4 teaspoon smoked paprika in a shallow dish. Add 1 and 3/4 cups cooked tofu/seitan and toss to coat.
5. Honey-Mustard Marinade: Combine 1/4 cup Dijon mustard, 2 tablespoons honey, 1 tablespoon olive oil, 1 teaspoon apple cider vinegar, 1/4 teaspoon garlic powder, and 1/4 teaspoon onion powder in a shallow dish. Add 1 and 3/4 cups cooked tofu/seitan and toss to coat.

PREP TIME:

20 min

COOK TIME:

15 min

SERVES:

1 portion of protein



DIRECTIONS

PAN COOKING

1. Pan fry the marinated tofu on a non-stick pan over medium-high heat (no oil, single layer, don't crowd the skillet). Place tofu pieces in a hot pan, don't move or flip them until they naturally release (about 3 minutes), flip and cook the other side.

OVEN BAKING:

1. Preheat oven to 400° / 180 degrees celsius.
2. Place tofu in a single layer, evenly spaced, on a prepared baking sheet
3. Flip tofu after 12-15 minutes.
4. Cook another 5-10 minutes until the tofu is firm but still tender.
5. Brush tops with extra marinade once flipped (if desired).

NOTES

When cooked, tofu will shrink around 25% when cooked so we have provided a higher amount of uncooked tofu per serve.

PROTEIN

PORK MARINADES

INGREDIENTS

1 Serve = 1 cup uncooked pork tenderloin, 7 ounces, 200 grams. All marinade is for one serve.

- Orange Marmalade Pork Tenderloin: mix together 1/2 cup orange marmalade, 1/4 cup reduced-sodium soy sauce, 1/4 cup honey, 1 tablespoon sesame oil, 1 teaspoon garlic powder, and 1 teaspoon ground ginger.
- Honey-Mustard Pork Tenderloin: mix together 1/4 cup Dijon mustard, 1/4 cup honey, 1/4 cup olive oil, 1 tablespoon balsamic vinegar, 1 teaspoon garlic powder, and 1 teaspoon sea salt.
- Spicy-Sweet Pork Tenderloin: mix together 1/4 cup hoisin sauce, 1/4 cup maple syrup, 2 tablespoons rice vinegar, 1 teaspoon sesame oil, 1 teaspoon garlic powder, 1 teaspoon ground ginger, 1/2 teaspoon red pepper flakes, and 1/2 teaspoon ground black pepper.
- Teriyaki Pork Tenderloin: mix together 1/4 cup reduced-sodium soy sauce, 1/4 cup honey, 2 tablespoons rice vinegar, 2 tablespoons sesame oil, 1 teaspoon garlic powder, and 1 teaspoon ground ginger.
- Rosemary-Garlic Pork Tenderloin: mix together 1/4 cup olive oil, 2 tablespoons balsamic vinegar, 1 tablespoon honey, 1 tablespoon minced fresh rosemary, 1 teaspoon garlic powder, and 1 teaspoon sea salt.

PREP TIME:

10 min

COOK TIME:

5-10 min

SERVES:

1 portion of protein



DIRECTIONS

1. Mix the marinade with the meat.
2. Let it marinate for 30 minutes before cooking
3. If storing, use a zip lock bag and freeze or refrigerate.
4. Defrost if needed.
5. The best way to cook a pork tenderloin is to roast it in the oven. Preheat the oven to 375°F (160 °C).
6. Place the pork tenderloin in a shallow roasting pan.
7. Roast the pork tenderloin for 25-30 minutes, or until the internal temperature reaches 145°F (63°C). Allow the pork to rest for 10 minutes before slicing and serving.

NOTES

When cooked, meat will shrink around 25% when cooked. So prepare 1 cup of raw meat to get 1 portion of your protein serve per meal.

CHICKEN MINCE FOR STIRFRY

INGREDIENTS

Stir-fry ingredients

- 908 gms/ 2 pound lean chicken mince
- ½ tablespoon peanut oil
- 5 Thai red chilies (bird's eye chilies)
- 5 cloves garlic
- 1 large onion

Sauce

- 2 tablespoons dark soy sauce
- 1½ tablespoons light soy sauce
- 1 tablespoon oyster sauce
- 2 teaspoons fish sauce
- 2 teaspoons palm sugar
- ¼ cup water

Garnish

- A handful of chopped spring onions

NOTES

- Stir-frying is basically a quick method of frying in hot oil. Ensure that you prepare all ingredients and the sauce before you turn on the stove. That includes ALL the chopping, mincing, and mixing.
- Pounding the garlic and chilies with mortar and pestle gives the best results. Or place them in a ziplock bag and pound with a heavy object. Using a blender will reduce the flavor slightly. But if nothing else works, use the blender.

PREP TIME:

10 min

COOK TIME:

9 min

TOTAL TIME:

4 portions of protein



DIRECTIONS

1. Roughly chop garlic and chilies. Pound them into a coarse paste using a mortar and pestle.
2. Mix together all the ingredients for the sauce. Whisk until the palm sugar dissolves completely.
3. Add peanut oil to a wok/fry pan until the oil is hot. Add the chilli garlic paste and fry on medium heat for about a minute.
4. Add the minced chicken, increase the heat to high and stir-fry for 2 to 3 minutes until the chicken turns white.
5. Add finely chopped onions and stir fry again until they turn translucent. This would take about 3 minutes.
6. Add the sauce and stir for 3 minutes or until you get the desired consistency.
7. Turn off the flame and garnish with spring onions.
8. Serve with steaming hot rice in the carbohydrates section of your plate and steamed greens in vegetables section of your plate.

PROTEIN

OVEN ROAST TURKEY

INGREDIENTS

- ¼ cup butter, softened
- 1 clove garlic, minced
- 1 teaspoon paprika
- 1 teaspoon Italian seasoning
- ½ teaspoon salt-free garlic and herb seasoning blend (such as Mrs. Dash®)
- salt and ground black pepper to taste
- 3 pound (1.3 kg) turkey breast with skin

NOTES

- Remove the skin from the breast before eating if you are trying to minimize your calories.

PREP TIME:

15 min

COOK TIME:

1 hr 35 min

SERVES:

5 portions of protein



DIRECTIONS

1. Preheat oven to 350 degrees F (175 degrees C).
2. Mix ¼ cup butter, garlic, paprika, Italian seasoning, garlic and herb seasoning, salt, and black pepper in a bowl. Place turkey breast with skin side up into a roasting pan. Loosen skin with your fingers; brush half the butter mixture over the turkey breast and underneath the skin. Reserve remaining butter mixture. Tent turkey breast loosely with aluminum foil.
3. Roast in the preheated oven for 1 hour; baste turkey breast with remaining butter mixture. Return to oven and roast until the juices run clear and an instant-read meat thermometer inserted into the thickest part of the breast, not touching bone, reads 165 degrees F (65 degrees C), about 30 more minutes. Let turkey breast rest 10 to 15 minutes before serving.
4. Serve with roast potatoes in the carbohydrates section of your plate and roast non-starchy vegetables or a green salad in the vegetable section.

PROTEIN

BEEF MINCE FOR BOLOGNESE

INGREDIENTS

- 1 tsp olive oil
- 450 g/1lb extra lean beef mince
- 3 medium carrots - about 250g
- 1 stick of celery - about 80g
- 1 onion
- 400g can chopped tomatoes
- 1 tbsp tomato puree - (heaped)
- 1 tsp dried oregano
- 50 ml ruby port
- 1 beef stock cube

PREP TIME:

20 min

COOK TIME:

25 min

SERVES

2 portions of protein



DIRECTIONS

1. Heat the olive oil (1 tsp) in a large saucepan. Add the beef mince (500g) and cook until browned, stirring regularly to ensure it doesn't burn.
2. While the beef is browning, finely chop the onion.
3. Once the beef has browned, remove it from the pan and set aside. Add the chopped onion to the saucepan and cook on a low heat for 5 minutes, stirring regularly.
4. While the onion is cooking, peel and finely chop the carrot (3 carrots) and celery (1 stick).
5. Add the carrot and celery to the onion and cook for a further 5 minutes, stirring regularly.
6. Return the beef to the pan and add the chopped tomatoes (400g can), tomato puree (heaped tbsp), dried oregano (1 tsp), port (50ml) and beef stock cube. Add 100-200ml of water until the ingredients are just covered in liquid.
7. Bring to the boil and then simmer for 25 minutes until the liquid has reduced. Season with salt to taste.
8. Serve with pasta in the carbohydrates section of your plate and a green salad in the vegetables section.

PROTEIN

ASIAN BEEF MINCE

INGREDIENTS

- 1 lbs/450 g minced beef
- 1 tsp sesame oil
- 2 clove garlic
- 2 red chili with seeds
- 1 Tbsp brown sugar
- 1 green onion
- 1 Tbsp ginger
- 1 Tbsp fish sauce
- 1 lime zest
- 1/2 lime juice
- 1 Boston lettuce

PREP TIME:

10 min

COOK TIME:

5 min

SERVES

2 portions of protein



DIRECTIONS

1. In a large non stick pan/wok, cook the beef until brown and crispy. Season with salt and pepper. Drain out the oil and set aside.
2. Add the sesame oil and fry the chili, garlic, and ginger. Fry until fragrant and add the brown sugar.
3. Add the meat back into the pan, add the fish sauce, lime zest and juice, stir well and finally add your green onions.
4. Serve with coconut rice in the carbohydrates section, and fresh greens like lettuce cups in the vegetables section of your plate.

GROUND BEEF MEATBALLS

INGREDIENTS

- 1 lb / 450 g ground beef
- 1 egg
- 1/2 cup minced onion
- 1 tablespoon garlic fresh, minced
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/2 teaspoon dried oregano
- 1/4 teaspoon pepper
- 1/4 teaspoon salt
- 1/4 teaspoon red pepper flakes optional
- 1/2 cup parmesan cheese

PREP TIME:

10 min

COOK TIME:

30 min

SERVES

2 portions of protein



DIRECTIONS

1. Prepare a parchment lined baking sheet. Lightly spray with olive oil.
2. Preheat the oven to 375 F / 450 C.
3. Mix all ingredients together in a large bowl until thoroughly combined
4. Roll into approximately 2 tablespoon balls and place on a baking sheet.
5. Bake the meatballs for 10-15 minutes, then flip and bake for another 10-15 minutes on the other side.

BEEF SHAWARMA

INGREDIENTS

For Shawarma Spices

- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp Sweet Spanish paprika
- 3/4 tsp ground turmeric
- 1/2 tsp ground cloves
- 1/2 tsp cayenne pepper
- 1/2 tsp ground cinnamon

For Shawarma + Marinade

- 1 tablespoon extra virgin olive oil
- 1/4 cup white wine vinegar
- 1 lemon
- 2 lb / 908 g/ beef flap steak or flank steak, cut very thinly against the grain into bite size pieces
- Kosher salt and black pepper
- 4 garlic cloves, minced
- 1 medium yellow onion, halved and sliced

PREP TIME:

20 min

COOK TIME:

10 min

SERVES

4 portions of protein



DIRECTIONS

1. In the bottom of large mixing bowl, add the shawarma spices. Add the olive oil, vinegar, and zest and juice of one lemon. Using a spoon, mix to combine.
2. Using a chef's knife, cut the flap steak against the grain into thin bite-size slices (no more than 1/4-inch in thickness).
3. Add the sliced meat to the bowl. Season with kosher salt and black pepper. Add the garlic and onions. Using a pair of tongs, toss very well to make sure the meat is well-coated with the marinade. Set aside to marinate at room temperature for a few minutes (or, if you have the time, cover and refrigerate for a couple of hours).
4. Heat a large cast iron grill pan or skillet over high heat. Using a pair of tongs, add the meat pieces, spreading them as much as you are able. Cook over high heat for anywhere between 8 and 15 minutes, until the meat is fully cooked. (If you like less liquid in your pan and extra char on the meat, you'll likely cook it for about 15 minutes. And if your pan is not large enough, cook the meat in batches).
5. Serve with pita bread in the carbohydrates section and a Greek salad in the vegetables section. You can add Greek yogurt sauce in the fats section.

PROTEIN

BEEF TENDERLOIN

INGREDIENTS

- 1 pound/908 grams center-cut beef tenderloin, fat-trimmed
- Kosher salt and black pepper

To serve:

- Blended mixed herbs
- pomegranate seeds, optional

NOTES

- Which beef cut to choose? For best results, use the middle section of the tenderloin, known as center-cut tenderloin or chateaubriand. It a large, cylindrical piece that is uniform in shape and is easier to cook evenly than a whole tenderloin. (You can also ask your butcher for this cut).
- Season and air-chill the tenderloin one night ahead. For best flavor, salt the beef well on all sides one-night ahead, then place it on a wire rack over a pan sheet and chill it in the fridge uncovered.
- How do you know when your roast is ready? Beef tenderloin roast is best served rare or medium-rare or when its internal temperature after resting reaches 135 degrees F, which is how the recipe is written. However, you can allow more time in the oven if you like your meat more done.
- Allow the meat to rest after cooking. Give the roast about 15 minutes or so to rest undisturbed before you slice it up, this will allow the juices to reabsorb. Remember, the internal temperature of the meat will continue to rise as it sits.
- Leftover and storage. Once cooled, you can store the leftovers in the fridge in a tight-lid container for up to 4 days. Enjoy it at room temperature or reheat briefly in a medium-heated oven or on the stovetop in a skillet with a tiny bit of extra virgin olive oil.

PREP TIME:

10 min

COOK TIME:

3hrs 2 min

SERVES:

4 portions of protein



DIRECTIONS

1. One night ahead (if possible), season the beef on all sides with kosher salt and black pepper. Using kitchen twine pieces, tie the tenderloin with the twine 1-inch apart. Prepare a large sheet pan and top it with a wire rack. Put the tenderloin on top and refrigerate uncovered for one night (If you don't have the time, you can season it and allow it 30 minutes to 1 hour)
2. Position a rack in the middle of the oven and heat the oven to 225 F / 110 C
3. Slow-roast the tenderloin. Place the sheet pan with the rack and seasoned tenderloin on top on the center rack of the heated oven. Roast for 2 to 3 hours at 225 degrees F or until the tenderloin is cooked to an internal temperature between 120 and 125 F / 50 C for medium-rare. Remove the meat from the oven for now.
4. Adjust a rack to 6-inches away from the broiler. Turn the broiler on.
5. Brush the tenderloin on all sides with a little bit of extra virgin olive oil.
6. Broil. Place the tenderloin back in the oven, this time under the broiler. Broil briefly (about 2 minutes), turning around every few seconds until browned on all sides.
7. Allow the meat to rest before carving. Remove the roast from the oven and allow the meat to rest for about 15 to 20 minutes or so (internal temperature should register 135 degrees F after resting), then cut the twine off and discard the twine.
8. Serve with roast pumpkin in the carbohydrates section and roast non-starchy vegetables in the vegetables section.

PROTEIN

PULLED PORK

INGREDIENTS

- 3 lb/ 1.36 kg lean boneless pork shoulder
- 1 tablespoon olive oil
- 1 large yellow onion, thinly sliced
- 10 cloves garlic, thinly sliced
- 1 teaspoon cumin
- 1 teaspoon paprika
- ¼ cup tomato paste
- ¼ cup soy sauce
- Salt
- Pepper

PREP TIME:

5 min

COOK TIME:

8 -10 hrs

SERVES:

6 portions of protein



DIRECTIONS

1. Dry pork thoroughly with paper towels.
2. In a large skillet over medium-high heat, heat olive oil. Add pork shoulder and cook 4 minutes per side, to brown. Remove pork shoulder and set aside.
3. Reduce heat under skillet to medium-low. Add onion and cook, stirring, until onion is light brown in some places and almost charred in others, about 2 minutes. Add garlic, cumin, and paprika. Cook just until fragrant, about 30 seconds.
4. Place pork shoulder in slow-cooker and rub tomato paste on top. Pour onion, garlic, and spices over pork shoulder, using a rubber spatula to scrape the skillet. Pour soy sauce over pork shoulder. Season with salt and pepper. Cover and cook on low for 8 to 10 hours.
5. Shred with two forks.
6. Cool completely before storing. Leftovers will keep in an airtight container in the fridge for up to 4 days, and in an airtight container in the freezer for up to 3 months.

PROTEIN

PORK TENDERLOIN

INGREDIENTS

- 1 pound / 450 g whole pork tenderloin
- 2 tablespoons dijon mustard
- Salt and pepper

DIRECTIONS

1. Preheat the grill to medium heat. Using a paring knife, cut a gully down the middle of the pork tenderloin end to end. Make sure NOT to cut all the way through. Open the pork loin and lay it flat. Make additional small cuts to open it wider if needed.
2. Slather the pork tenderloin with dijon mustard on both sides. Sprinkle with salt and pepper on both sides.
3. Grill for 5 minutes per side. Remove from the grill and tent with foil for 5-10 minutes before slicing.

PREP TIME:

3 min

COOK TIME:

10 min

SERVES:

2 portions of protein



AHI TUNA STEAK

INGREDIENTS

- 8 oz (227 gm) ahi tuna (yellowfin tuna) steak (ideally 1 inch in thickness)
- 2 tablespoons soy sauce
- 1 teaspoon canola oil/ sesame oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon black pepper to taste
- 1/4 teaspoon cayenne pepper (optional)
- For serving: Green onions, toasted sesame seeds, and lime wedges for serving (optional)

NOTES

- For thinner or thicker tuna steaks, you may need less or more searing time. If you are using tuna steaks that are less than 1 inch, I recommend no more than 1 minute per side, depending on your preference for doneness. For thicker steaks, you may need to do 2 minutes per side. You may also need less searing time depending on the temperature of your fish- if it's been sitting out of the fridge for a while, it will take less time to cook.

PREP TIME:

1 min

COOK TIME:

5 min

SERVES:

1 portion of protein



DIRECTIONS

1. Pat the ahi tuna steaks dry with a paper towel. Place on a plate or inside a plastic bag.
2. Mix marinate ingredients together into a bowl and pour over the ahi tuna steaks and turn over to coat completely. Optional: allow to marinate for at least 10 minutes, or up to overnight in the refrigerator. Also optional: Reserve a spoonful or two of the marinade before coating the fish for drizzling on top after you've cooked it.
3. Heat a medium skillet (preferably non-stick or a well-seasoned cast iron skillet) on medium-high to high until very hot (or medium medium-high for nonstick). I recommend giving cast iron 3-5 minutes to get hot and nonstick about 1 minute, depending on how thick it is.
4. Spray the canola oil on to the hot pan. Sear the tuna for 1 - 1½ minutes on each side for medium rare (2 - 2½ minutes for medium-well to well, 30 seconds for very rare. See notes - this will vary based on thickness of the tuna steaks). (Note: different burners get hotter depending on your stove. Use your best judgement whether you use medium, medium-high, or high heat, as the marinade may burn if too high heat is used)
5. Remove to a cutting board. Slice into 1/2 inch slices and serve garnished with green onions, toasted sesame seeds, and a squeeze of fresh lime juice, if desired.
6. Serve with coconut rice in the carbohydrates section and steamed Asian greens in the vegetables section.

PROTEIN

BAKED FISH WITH GARLIC & BASIL

INGREDIENTS

- 2 lb / 900 g fish fillet like halibut
- Salt and pepper
- 1 1/2 tsp dry oregano
- 1 tsp ground coriander
- 1 tsp sweet paprika
- 10 garlic cloves, minced
- 15 basil leaves, sliced into ribbons
- 2 tbsp extra virgin olive oil (Juice of 1 lemon)
- 2 bell peppers any color, sliced (I used 1 red and 1 green bell pepper)
- 2 shallots, peeled and sliced

NOTES

- Tip for how long to marinate fish: Halibut fillet is used in this recipe and typically marinate it about 30 minutes. Thicker fish steaks like tuna or swordfish could be marinated for 1 to 2 hours, but that is not the kind of fish recommend for this recipe.
- How to know if your fish is cooked? To be sure your halibut (or fish fillet) is cooked, use an instant read thermometer to check at the thickest part of the fish. Internal temperature should register 145 degrees F and your fish should be opaque and should flake easily with a fork.

PREP TIME:

10 min

COOK TIME:

15 min

SERVES:

4 portions of protein



DIRECTIONS

1. Pat fish fillet dry and season with salt and pepper on both sides.
2. Place the fish in a large zip-top bag. Add the oregano, coriander, paprika, minced garlic, basil, extra virgin olive oil and lemon juice. Zip the bag shut and massage to be sure the fish is evenly coated in the marinade. Marinated for 30 minutes or up to 1 hour in the fridge (see notes).
3. Heat oven to 425 degrees F.
4. Arrange bell peppers and shallots in the bottom of a 9 x 13 baking dish. Place the fish on top and pour the marinade over it.
5. Bake in heated oven for 15 minutes or until fish is done and flakes easily.
6. Serve with sweet potatoes in the carbohydrates section and your bell peppers in the vegetables section of your plate.

PROTEIN

GARLIC PRAWNS

INGREDIENTS

Metric - US Customary

- 1 teaspoon quality extra virgin olive oil (Spanish olive oil, if possible)
- 4 cloves garlic finely sliced
- ½ teaspoon chili flakes
- 8 oz/ 227gm raw prawns
- Salt and pepper to taste
- Juice of half a lemon (plus 2 lemon quarters for garnish)
- 1 teaspoon paprika
- 1 tablespoon parsley finely chopped

PREP TIME:

5 min

COOK TIME:

5 min

SERVES:

1 portion of protein



DIRECTIONS

1. Put the olive oil into a cold frying pan and add the sliced garlic and chilli flakes. Place the pan over a medium heat and allow the oil to gently heat up until it's sizzling. Once the oil is sizzling, cook the garlic for 1 more minute. (Take care, as garlic can easily burn if cooked too long!)
2. Add the prawns, bring back to sizzling and cook for about 3 minutes, stirring a few times, until the prawns are pink all over and starting to curl.
3. Season with salt and pepper and squeeze over the juice of half a lemon. Stir the prawns one last time and then turn the heat off.
4. Sprinkle with the paprika and parsley and serve immediately, while still sizzling.
5. Serve with crusty bread in your carbohydrates section, and fresh green salad in your vegetables section.

TURKEY EGG SCRAMBLE

INGREDIENTS

- 3 large eggs
- 2 tablespoons skim milk
- 2 tablespoons plain Greek yogurt
- 2 tablespoons cooked turkey bacon, diced
- 1/4 cup shredded reduced-fat cheddar cheese
- 1 tablespoon chopped fresh chives
- Salt and pepper to taste

DIRECTIONS

1. In a medium bowl, whisk together the eggs and milk until combined.
2. Add the Greek yogurt and stir until blended.
3. Heat a non-stick skillet over medium heat and add the egg mixture.
4. Cook, stirring occasionally, until the eggs are almost cooked through.
5. Add the turkey bacon, cheese, and chives and stir until combined.
6. Cook for another minute or two, until the eggs are cooked through.
7. Season with salt and pepper to taste.
8. Serve warm. Enjoy!

PREP TIME:

5 min

COOK TIME:

10 min

SERVES:

1 portion



PROTEIN

EGG WHITE SCRAMBLE

INGREDIENTS

- 1 & 1/4 cup egg whites
- 1/4 cup egg yolks
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper
- 1/8 teaspoon garlic powder
- 1 tablespoon grated Parmesan cheese (this counts as your fat portion on your plate)
- 1/4 cup chopped scallions green parts
- 1/3 cup firm cherry tomatoes halved
- Olive oil spray

NOTES

- To get enough protein from eggs without too many calories you need to fill both the protein and carbohydrates section of your plate with egg white scramble

PREP TIME:

10 min

COOK TIME:

10 min

SERVES:

1 portion of protein



DIRECTIONS

1. Heat a nonstick 8-inch skillet over medium heat, 2-3 minutes.
2. Meanwhile, in a medium bowl, vigorously whisk the egg whites and yolks with salt, pepper, and garlic powder, until frothy. Whisk in the parmesan.
3. Using a spatula, fold the green onions and tomatoes into the egg whites. You can also scatter the vegetables on top of the eggs after you pour them into the skillet. But I prefer the method of stirring them into the eggs before you pour them into the skillet.
4. Lightly spray the skillet with olive oil spray, then pour the egg whites in and start cooking them. Stir until cooked.
5. Serve with sauteed tomatoes and spinach in the vegetables section and 1/2 a piece of toast in the carbohydrates section.

COTTAGE CHEESE & CHIVES

INGREDIENTS

- 3/4 cup low-fat cottage cheese
- 2 tablespoons plain Greek yogurt
- 1 tablespoon chopped fresh chives
- 1 teaspoon honey
- Salt and pepper to taste

DIRECTIONS

1. In a medium bowl, combine the cottage cheese, Greek yogurt, chives, and honey.
2. Stir until everything is well combined. 3. Season with salt and pepper to taste.
3. Serve chilled with a slice of wholegrain toast in your carbs section and some sauteed kale/ mushrooms or veggies in your vegetables section.

PREP TIME:

5 min

COOK TIME:

10 min

SERVES:

1 portion
protein



VEGETARIAN PROTEIN

TOFU SCRAMBLE

INGREDIENTS

- 1 teaspoon olive oil
- 16-ounce / 450 g block firm tofu
- 2 tablespoons nutritional yeast
- 1/2 teaspoon salt, or more to taste
- 1/4 teaspoon turmeric
- 1/4 teaspoon garlic powder
- 2 tablespoons non-dairy milk, unsweetened and unflavored

NOTES

- In the Food Guide non-meat protein sources need to fill both the protein and carbohydrate section of the plate in order to get enough protein each meal. We have estimates the qty to account for this.

PREP TIME:

1 min

COOK TIME:

9 min

SERVES:

1 portion of
protein & carbs



DIRECTIONS

1. Heat the olive oil in a pan over medium heat. Mash the block of tofu right in the pan, with a potato masher or a fork. You can also crumble it into the pan with your hands. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone.
2. Now add the nutritional yeast, salt, turmeric and garlic powder. Cook and stir constantly for about 5 minutes.
3. Pour the non-dairy milk into the pan, and stir to mix.
4. Serve with additional vegetables in the vegetable section such as sauteed kale, tomatoes, mushrooms, spinach, fresh broccoli.

VEGETARIAN PROTEIN

TEMPEH BOLOGNESE

INGREDIENTS

- 1 teaspoon extra virgin olive oil
- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, minced
- 8 ounces baby bella mushrooms, cleaned and chopped into small pieces (227 grams)
- 8 ounces tempeh, crumbled (227 grams)
- 1 tablespoon reduced-sodium soy sauce
- 28 ounces crushed tomatoes (794 grams; from a can)
- 1 tablespoon dried parsley
- 1 tablespoon dried oregano
- 1 tablespoon dried basil
- salt and pepper, to taste
- toppings of choice (fresh basil, nutritional yeast, and/or Parmesan cheese)

NOTES

- In the Food Guide non-meat protein sources need to fill both the protein and carbohydrate section of the plate in order to get enough protein each meal. We have estimates the qty to account for this.

PREP TIME:

5 min

COOK TIME:

30 min

TOTAL TIME:

2 portion of protein & carbs



DIRECTIONS

1. Chop your mushrooms and veggies, and crumble your tempeh.
2. Put the olive oil, mushrooms, onion, carrot, celery, and garlic in a cast iron skillet. Heat them over medium heat on the stove top for about 10 minutes, stirring frequently. They should soften but not brown.
3. Add the crumbled tempeh and soy sauce to the skillet. Stir and let the tempeh brown in the skillet for 5-10 minutes.
4. Next, add the crushed tomatoes, dried parsley, dried oregano, dried basil, salt, and black pepper. Turn the heat down to medium-low and let the sauce gently simmer, stirring occasionally.
5. Serve with vegetables like zucchini noodles in the vegetables section of your plate.

VEGETARIAN PROTEIN

SOYBEAN RAGU

INGREDIENTS

- 1 teaspoon olive oil
- 1 onion, finely chopped
- 2 garlic cloves, finely chopped
- 2 teaspoons chopped fresh thyme leaves, plus extra leaves to serve
- 1 carrot, finely chopped
- 2 celery stalks, finely chopped
- 400g can chopped tomatoes
- 2 x 400g cans soybeans, rinsed, drained

NOTES

- In the Food Guide non-meat protein sources need to fill both the protein and carbohydrate section of the plate in order to get enough protein each meal. We have estimates the qty to account for this.

PREP TIME:

5 min

COOK TIME:

30 min

TOTAL TIME:

4 portions of protein & carbs



DIRECTIONS

1. Heat oil in a saucepan over medium heat. Add onion, garlic, thyme and some salt and pepper. Cook, stirring, for 5 minutes or until onion softens. Add carrot, celery, tomato and 1/2 cup (125ml) water, then bring to the boil. Cover and simmer over medium-low heat for 15 minutes. Add the beans, cover and cook for a further 5 minutes until vegetables are tender, then simmer uncovered for 5 minutes or until thickened.
2. Serve with fresh salad in the vegetables section and parmesan cheese on top in the fats section.

CARBOHYDRATES SECTION OF YOUR PLATE

CARBOHYDRATES

Fill this section of your plate with good, nutritious sources of carbohydrates. We recommend aiming for whole carbohydrates which will fuel your body, and provide fiber and nutrients.

Recommended Carbohydrates sources:

- **Legumes:** Lentils, kidney beans, peas, etc
- **Whole Grains:** Choose grains that are truly whole such as pure oats, quinoa, brown rice, wholegrain pasta/bread, barley.
- **Starchy Vegetables:** Potatoes, sweet potatoes, corn, pumpkin, peas, beetroot, cassava, parsnips, butternut squash, turnip.
- **Whole fruits:** Apples, bananas, strawberries, etc.



GUIDELINES

1. Avoid using too much fat in cooking. Steam or oven-bake.
2. Avoid using high-calorie dressing (cream etc) instead use herbs, spices, citrus to flavor.
3. Minimize sugar: If you decide to have sugar then don't exceed twice per week and put it in the carbohydrate section of your plate.

CARBOHYDRATES

NAAN BREAD

INGREDIENTS

- 250 grams plain flour
- 2 teaspoons sugar
- ½ teaspoon salt
- ½ teaspoon baking powder
- 120 milliliters
- 2 tablespoons vegetable oil, plus extra for greasing

PREP TIME:

30 min

COOK TIME:

2 min

SERVES:

5 portions of
carbs



DIRECTIONS

1. For the dough, sift the flour, sugar, salt and baking powder into a bowl.
2. In another bowl, mix together the milk and oil. Make a well in the center of the flour mixture and pour in the liquid mixture. Slowly mix together the dough by working from the center and incorporating the flour from the edges of the 'well', to make a smooth, soft dough.
3. Knead well for 8–10 minutes, adding a little flour if the dough is too sticky.
4. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10–15 minutes.
5. Form the dough into five balls.
6. Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.
7. Roll the dough balls out quite thinly and pull into a teardrop shape (this isn't essential but makes them look authentic). Sprinkle over your chosen topping and press into the surface of the dough.
8. Place the naans onto the hot baking sheet and grill for 1–2 minutes, or until lightly browned.
9. Brush with butter and serve hot.

CARBOHYDRATES

PITA BREAD RECIPE

INGREDIENTS

- 500–530g (17-18.5 oz.) strong white bread flour or 50% white and 50% whole-wheat flour
- 360g (12.7 oz.) lukewarm water (40C/ 104F)
- 3 tsp dry instant yeast
- 1 tsp salt
- 1 tsp sugar

DIRECTIONS

1. To prepare this pita bread recipe add in a mixer's bowl the yeast, sugar and water and blend to dissolve the yeast. Set aside for 5-10 minutes until yeast froths.
2. Add the flour and salt and mix using the dough hook for 6-8 minutes. Alternatively you could mix the ingredients by hand.
3. Depending on the flour used, the dough may need a little bit less or more flour than this pita bread recipe calls for. After mixing for a while the dough for your pita bread should become an elastic ball and a bit sticky.
4. When ready, coat the dough with olive oil, place in a bowl and cover with plastic wrap and a kitchen towel. Let it sit in a warm place, for at least 20 minutes or until it doubles its size. This is an important step for this pita bread recipe. The first proof makes the pita bread fluffy and soft. If it is winter, turn the oven on for a minute or two, until it's a little warm, switch it off and then let the dough rise in it.
5. Take the dough out of the bowl and gently deflate with your hands. Use just a tiny bit of flour to help you if it is too sticky. Split into 6 evenly sized balls around 145g/ 5 oz. each.
6. Let the pita bread balls rest for 15 minutes before shaping. This is the second proof and will allow your dough to relax and become easier to shape.
7. To form the pita bread, you can either use a rolling pin, or stretch it with your hands, about 20cm in diameter. A rolling pin will make a crunchier pita, while hand stretching a softer, fluffier one. If the dough springs back, set it aside for a few minutes to rest and then continue rolling again.
8. For a more traditional look on your pita bread, press the dough firmly with your fingertips forming dimples or use a fork to make some holes on top.
9. For a faster baked pita, heat a non-sticking frying pan to medium heat and add just a little bit of olive oil and wipe off any excess. Bake each pita bread for about 3 minutes on each side, until slightly coloured and still soft. If your pan has a lid, place the lid on while baking them to keep the moisture in.
10. For a fluffier pita use the steam method. Cut a piece of aluminium foil to the size of your pan. Generously sprinkle and spread some olive oil on it. Shape and place your pita on the foil. Pour a large glug of water in your pan over medium low heat – it should start steaming immediately! Place your pita immediately in it and cover with the lid. Let it steam for 12-15 minutes. Take it out, flip it over and cook for another 2-3 minutes on the foil.
11. To give it more colour, when you flip your pita bread, push it lightly with a wooden spoon on the pan.

PREP TIME:

45 min

COOK TIME:

25 min

SERVES

6 portions



OVEN BAKED HASH BROWNS

INGREDIENTS

- 2 cups grated potato (approx. 2 large potatoes)
- 1 medium onion
- 2 medium eggs
- A pinch of sea salt and black pepper
- 1/2 teaspoon garlic powder

For the topping:

- Nigella seeds, poppy seeds or sesame seeds, or chopped garlic and fresh coriander
- 1 tablespoon butter, melted, to serve

PREP TIME:

10 min

COOK TIME:

15 min

TOTAL TIME:

4 portions of carbs



DIRECTIONS

1. Begin by preheating your oven to 200°C/400°F/gas 6.
2. Grate the potato and onion on the large side of a box grater. Put the grated potato and onion at the center of a kitchen towel and squeeze out the excess liquid over the sink to avoid a mess.
3. Put the mixture into a bowl and add the egg, salt, pepper and garlic powder and combine.
4. Lightly grease a baking tray and get handfuls of the mixture and shape in to round patties.
5. Put them on the tray and gently flatten – the mixture should make 8 hash browns.
6. Bake for 15 minutes.
7. Flip them over, pat them down and then cook for a further 20 minutes until they are crispy.

PESTO PASTA SALAD

INGREDIENTS

For the pasta salad:

- 1 lb. / 450 g dry rotini pasta
- 2 cups cherry tomatoes, sliced
- ¼ of a red onion, sliced thin
- 2 Tbsp fresh basil, sliced (plus more for garnish)
- Salt & pepper, to taste
- To serve (portion control in the fats section): 8 oz. / 225 g fresh mozzarella pearls

For the kale pesto:

- ½ cup kale leaves, cut of the stem & chopped
- ½ cup basil leaves, chopped
- ¼ cup grated parmesan cheese
- 2 Tbsp pine nuts, toasted* (toasting is optional, see notes section below)
- 1 Tbsp fresh lemon juice
- 1 garlic clove
- ¼ cup olive oil (or more depending on how "liquidy" you want it)
- Salt & pepper, to taste

NOTES

- This recipe is for a large bowl of pasta salad, you can see that it equals A LOT of servings of carbs by your plate measurements. If making alone you can divide the recipe and freeze any spare.

PREP TIME:

5 min

COOK TIME:

30 min

SERVES

6 portions



DIRECTIONS

To make the kale pesto:

- Place your kale, basil, garlic, parmesan, lemon juice, pine nuts and olive oil in a food processor and blend until smooth. Season it with salt and pepper to taste and add any additional olive oil (if needed). Blend again. Set it aside while you prepare the rest of your salad.

To make your pasta salad:

- Boil your pasta according to the package's directions, then drain it and set it aside to cool.
- Once completely cooled, add your pasta, tomatoes, red onion, and fresh basil to a large bowl and pour your desired amount of pesto over the top. Toss the salad until it's fully coated and season it with salt and pepper to taste.
- Portion control the mozzarella in the fats section of your plate.

CARBOHYDRATES

LEMON POTATOES

INGREDIENTS

- 600 grams/ 1.25 lb potatoes (Aus: Desiree, US: Yukon Gold, UK: Maris Piper)
- 1 1/2 cups chicken stock/broth , low sodium
- 1/2 cup olive oil
- 1/3 cup lemon juice
- 5 garlic cloves , finely grated
- 1 tbsp dried oregano
- 2 tsp salt

Garnish (optional)

- Lemon wedges, fresh oregano leaves

NOTES

- Potatoes - use starchy, not waxy potatoes, as they absorb flavour better.
- This recipe is for a large bowl of carbs, you can see that it equals A LOT of servings of carbs by your plate measurements. If making alone you can divide the recipe and freeze any spare.

PREP TIME:

10 min

COOK TIME:

1hr 10 min

SERVES

6 serves



DIRECTIONS

1. Preheat oven to 200°C/390°F (180°C fan).
2. Peel potatoes and cut large ones into thick wedges - about 3cm / 1.2" thick - and medium ones into 3
3. Place potatoes in a roasting pan with all the other ingredients. Toss well.
4. Roast for 20 minutes. Turn potatoes, roast for a further 25 to 30 minutes until the liquid is mostly absorbed by potatoes/evaporated and you're left with mainly oil in the pan.
5. To crisp the potatoes (optional): Transfer potatoes to a separate tray. Tilt the original roasting pan and scoop off as much of the oil as you can (some juices is ok), then drizzle over the potatoes.
6. Transfer potatoes to oven and roast for 35 - 40 minutes, turning once or twice, until potatoes are golden and a bit crispy on the edges.
7. Return pan #1 with the garlic juices to the oven for the last 5 - 10 minutes or so to reduce down and make the garlic golden. (Optional, Note 4)
8. Transfer potatoes to serving platter. Drizzle over the reduced garlic pan juices (or toss potatoes in the pan). Serve, garnished with lemon wedges and oregano if desired.

MEDITERRANEAN POTATO SALAD

INGREDIENTS

- 1 1/2 lb / 680 g small potatoes such as new potatoes, Yukon gold potatoes, or red potatoes
- Water
- tsp salt
- 1/4 cup chopped red onions
- 1/4 cup fresh chopped parsley
- 1/4 cup chopped dill
- 2 tbsp capers

Dijon Vinaigrette

- 1/3 cup extra virgin olive oil
- 2 tbsp white wine vinegar
- 2 tsp Dijon mustard
- 1/2 tsp ground sumac
- 1/2 tsp black pepper

NOTES

- Make-ahead instructions You can make this mustard potato salad ahead of time. Dress the potatoes with the vinaigrette but hold the onions, herbs and capers until later. Refrigerate up to 8 hours. Before serving, add the onions, herbs and capers and toss.
- This recipe is for a large bowl of carbs, you can see that it equals A LOT of servings of carbs by your plate measurements. If making alone you can divide the recipe and freeze any spare.

PREP TIME:

15 min

COOK TIME:

6 min

SERVES

6 serves



DIRECTIONS

1. Wash and scrub the potatoes and dry them well. Slice potatoes thinly using a mandolin slicer.
2. Place potatoes in a pot and add water to cover by 1 inch. Bring to a boil. Add salt. Turn the heat down and allow the potatoes to simmer for about 6 minutes or so until they're tender (you should be able to poke the potatoes with a fork).
3. Add vinaigrette ingredients to a small bowl and whisk until well-combined.
4. When the potatoes are ready, remove from heat and drain well. Place them in a large mixing bowl and immediately dress them with the Dijon mustard dressing. Gently toss to coat.
5. Add onions, fresh herbs, and capers. Toss gently to combine.
6. Transfer the potatoes to a serving platter. For best results, allow the potato salad some time to marinate before serving. You can refrigerate it for 1 hour or so but be sure to bring it to room temperature before serving.

CARBOHYDRATES

BUTTERNUT SQUASH

INGREDIENTS

- 1 ½ tbsp extra virgin olive oil
- 1 Butternut squash (1 lb.), peeled, halved, and seeded
- 1/8 tsp Kosher salt, (or fine sea salt)
- 1 tbsp fresh lime juice
- 1/4 tsp finely grated lime zest
- ½ garlic clove, minced
- Crushed red pepper flakes, a pinch
- Garnish:
 - 2 scallions (whites and green parts), thinly sliced
 - Portion control in the fats section (1/4 cup chopped toasted hazelnuts, (or walnuts or pecans))

NOTES

- This recipe is for a large bowl of carbs, you can see that it equals A LOT of servings of carbs by your plate measurements. If making alone you can divide the recipe and freeze any spare.

PREP TIME:

15 min

COOK TIME:

30 min

SERVES

6 portions



DIRECTIONS

1. Heat the oven to 425 F / 220 C.
2. Oil a rimmed baking sheet and arrange the squash slices on it in a single layer. (If it doesn't all fit, oil another sheet and use that as well.) Brush the top of the squash slices with more extra virgin olive oil and sprinkle them with the salt and black pepper to taste.
3. Roast in the heated oven until the squash is golden brown on the top, 20 minutes. Then flip the slices over and roast until they are very tender, about 10 minutes longer. (I ended up putting mine under the broiler for a couple more minutes for a little more color).
4. Meanwhile, make the vinaigrette. In a small bowl, combine the lime juice, zest, garlic, red pepper flakes, and a pinch of salt. Let the ingredients sit for a minute, then whisk in the anchovies and 3 tablespoons extra virgin olive oil until emulsified. Taste and add more salt and/or lime juice as needed.
5. Serve the squash covered with the vinaigrette and sprinkled with the hazelnuts and scallions.

CARBOHYDRATES

GREEK ROAST POTATOES

INGREDIENTS

- 1 tsp seasoned salt
- 1 tsp black pepper
- 1 tsp Sweet Paprika
- 1 tsp Rosemary

For Potatoes

- 600 grams/ 1.25 lb potatoes: washed, peeled, and cut into wedges
- 4 large garlic cloves, chopped
- 2 tbsp extra virgin olive oil
- 1/2 lemon, juice of
- 2/3 cup vegetable or chicken broth
- 1/4 cup grated Parmesan cheese
- 1/2 cup parsley leaves, roughly chopped

NOTES

- This recipe is for a large bowl of carbs, you can see that it equals A LOT of servings of carbs by your plate measurements. If making alone you can divide the recipe and freeze any spare.

PREP TIME:

10 min

COOK TIME:

40 min

SERVES:

8 portions



DIRECTIONS

1. Preheat oven to 400 F / 205 C.
2. In a small bowl, mix together spices. Set aside.
3. Place potato wedges in a large lightly-oiled baking dish (I used this one) and sprinkle with the spice mix. Toss potatoes together briefly to evenly distribute spices.
4. In a bowl, whisk together chopped garlic, olive oil, lemon juice and broth. Pour into baking dish with potatoes.
5. Cover the baking dish with foil and place in the 400 degree F-heated oven for 40 minutes.
6. Remove from oven briefly. Uncover and sprinkle Parmesan cheese on the potato wedges. Return to oven uncovered to roast for another 10-15 minutes or until potatoes are cooked through and have turned a nice golden brown with a little crust forming.
7. If needed, to add more color, you may place the dish under the broiler for 3 minutes or so, watching carefully.
8. Remove from oven. Garnish with fresh parsley before serving. Enjoy!

CARBOHYDRATES

HUMMUS

INGREDIENTS

- 3 cups cooked chickpeas, peeled (from 1 to 1 1/4 cup dry chickpeas or from quality canned chickpeas. See recipe notes for more instructions on cooking and peeling chickpeas)
- 1 to 2 garlic cloves, minced
- 3 to 4 ice cubes
- 1/3 cup (79 grams) tahini paste
- 1/2 tsp kosher salt
- Juice of 1 lemon
- Hot water (if needed)
- Early Harvest Greek extra virgin olive oil
- Sumac

NOTES

- If using canned chickpeas, make sure they are drained and rinsed. It helps if you also give them a quick 20-minute simmer in a bit of water so they soften well (dry them before use).

PREP TIME:

5 min

COOK TIME:

15 min

TOTAL TIME:

6 portions



DIRECTIONS

1. Add chickpeas and minced garlic to the bowl of a food processor. Puree until a smooth, powder-like mixture forms.
2. While processor is running, add ice cubes, tahini, salt, and lemon juice. Blend for about 4 minutes or so. Check, and if the consistency is too thick still, run processor and slowly add a little hot water. Blend until you reach desired silky smooth consistency.

CARBOHYDRATES

LEMON RICE

INGREDIENTS

- 2 cups long grain rice (uncooked)
- 2 Tbsp extra virgin olive oil
- 1 medium yellow onion, chopped (just over 1 cup chopped onions)
- 1 garlic clove, minced
- 1/2 cup orzo pasta
- 2 lemons, juice of (PLUS zest of 1 lemon)
- 2 cup low sodium broth (chicken or vegetable broth will work)
- Pinch salt
- Small handful chopped fresh parsley
- 1 tsp dill weed (dry dill)

NOTES

- Cook's tip #1: Do not skip washing and soaking the rice well, this is important to help get rid of excess starch which causes rice to be sticky (this rice is not meant to be sticky). Soaking the rice here also shortens the cooking time, making sure the interior of the grain actually cooks before the exterior loses its shape.
- Cook's Tip # 2: Once rice is finished, leave it covered and undisturbed in the pot for about 10 minutes before adding the herbs etc. Again, this helps maintain the texture and integrity of the rice.
- This recipe is for a large bowl of carbs, you can see that it equals A LOT of servings of carbs by your plate measurements. If making alone you can divide the recipe and freeze any spare.

PREP TIME:

20 min

COOK TIME:

25 min

SERVES

6 serves



DIRECTIONS

1. Wash rice well and then soak it for about 15 to 20 minutes in plenty of cold water (enough to cover the rice by 1 inch). You should be able to easily break a grain of rice by simply placing it between your thumb and index finger. Drain well.
2. Heat about 3 tbsp extra virgin olive oil in a large sauce pan with a lid (like this one) until oil is shimmering but not smoking. Add onions and cook for about 3 to 4 minutes until translucent. Add garlic and orzo pasta. Toss around for a bit until the orzo has gained some color then stir in the rice. Toss to coat.
3. Now add lemon juice and broth. Bring liquid to a rolling boil (it should reduce a little), then turn heat to low. Cover and let cook for about 20 minutes or until rice is done (liquid should be fully absorbed and rice should be tender but not sticky.)
4. Remove rice from heat. For best results, leave it covered and do not disturb rice for about 10 minutes or so.
5. Uncover and stir in parsley, dill weed and lemon zest. If you like, add a few slices of lemon on top for garnish. Enjoy!

CARBOHYDRATES

COCONUT RICE

INGREDIENTS

- 1 cup uncooked long-grain white rice
- 2 tablespoons coconut oil
- 2 cups water
- 1/4 teaspoon salt
- 1/2 cup shredded coconut

DIRECTIONS

1. Heat the coconut oil in a saucepan over medium heat.
2. Add the rice, water, and salt and stir to combine.
3. Bring the mixture to a boil, reduce heat to low and cover with a lid.
4. Simmer for 20 minutes.
5. Remove from heat and fluff with a fork.
6. Stir in the shredded coconut and serve.

PREP TIME:

2 min

COOK TIME:

35 min

SERVES:

4 portions



CARBOHYDRATES

ROASTED SWEET POTATO

INGREDIENTS

- 4 cups chopped peeled sweet potato
- 1 sweet onion, cut into wedges
- 2 cloves garlic, sliced
- 3 tablespoons olive oil
- 1 tablespoon balsamic vinegar, or more to taste
- 1 pinch salt and ground black pepper to taste

DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Mix sweet potatoes, onion, and garlic in a bowl. Drizzle olive oil over the mixture and toss to coat; pour into a shallow roasting pan.
3. Roast sweet potato mixture in the preheated oven, turning frequently, until the vegetables are soft and golden brown, 30 to 35 minutes.
4. Remove from the oven. Drizzle balsamic vinegar over the vegetables; season with salt and pepper.

PREP TIME:

10 min

COOK TIME:

30 min

SERVES:

8 portions



ITALIAN PEAS

INGREDIENTS

- 1 tablespoons olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 16 ounces / 450 g frozen green peas
- 1 tablespoon chicken stock
- salt and ground black pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet over medium heat. Stir in onion; cook until softened, about 5 minutes. Stir in garlic and cook for 1 minute. Add frozen peas and stir in stock. Season with salt and pepper. Cover and cook until the peas are tender, about 5 minutes.

PREP TIME:

10 min

COOK TIME:

30 min

SERVES:

8 portions



CARBOHYDRATES

LENTIL SALAD

INGREDIENTS

For the salad:

- 1 cup uncooked green lentils, rinsed well and picked over
- 3 cups water (or vegetable broth)
- 1 bay leaf
- 1 English cucumber, finely diced
- 1 red bell pepper, stemmed, seeds removed, and finely diced
- 1/2 small red onion, finely diced
- 1/4 cup chopped Italian parsley
- 1/4 cup chopped fresh mint leaves

For the dressing (portion control in the fats section)

- 1/4 cup olive oil
- 2 teaspoons lemon zest
- 2 tablespoons fresh lemon juice
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or pure maple syrup
- 1 clove garlic, minced
- Kosher salt and black pepper, to taste

PREP TIME:

5 min

COOK TIME:

15 min

SERVES:

4 portions



DIRECTIONS

1. In a large saucepan, combine the lentils, water or broth, and bay leaf. Bring to a boil over medium high heat and then turn to low and cook for 15 to 20 minutes or until lentils are soft, but still slightly firm. Do not overcook or the lentils will be mushy.
2. While the lentils are cooking, make the dressing. In a small bowl or jar, whisk together the olive oil, lemon zest, lemon juice, Dijon mustard, honey or maple syrup, garlic, salt, and pepper. Set aside.
3. When the lentils are done cooking, use a colander to drain the lentils. Discard the bay leaf. Rinse quickly with cold water. Transfer to a large bowl.
4. Add the cucumber, red pepper, red onion, parsley and mint to the bowl. Stir. Drizzle with dressing and toss until well combined. Serve immediately or let sit for 30 minutes so the flavors can meld.

CARBOHYDRATES

FRUIT SALAD

INGREDIENTS

- 1 cup of diced fresh pineapple
- 1 cup of diced fresh mango
- 1 tablespoon freshly squeezed orange juice
- 1 tablespoon freshly squeezed lime juice
- 1/2 teaspoon honey
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg

DIRECTIONS

1. Wash and prepare the pineapple and mango.
2. Place the prepared fruit into a large bowl and mix together.
3. In a small bowl, whisk together the orange juice, lime juice, honey, cinnamon, and nutmeg until combined.
4. Pour the dressing over the fruit and toss to combine.
5. Transfer the fruit salad to a serving bowl and serve. Enjoy!

PREP TIME:

25 min

COOK TIME:

5 min

SERVES:

4 portions



CARBOHYDRATES

BANANA PORRIDGE

INGREDIENTS

- 1/2 cup old-Fashioned / Rolled Oats
- 1 1/2 cups Milk
- 1/2 tsp Cinnamon
- 1/2 Banana, mashed
- 1/2 tsp Honey, to taste

Optional Toppings

- Sliced Banana
- Blueberries
- Honey
- Finely Shredded Coconut

NOTES

- Make sure you use a ripe banana for that delicious banana flavor.

PREP TIME:

2 min

COOK TIME:

15 min

SERVES

4 serves of carbohydrates



DIRECTIONS

1. Place the oats, milk and cinnamon into a saucepan on medium heat and bring to boil. Reduce heat to a simmer and cook, stirring regularly, for 5 minutes or until the porridge has thickened. The porridge is ready when it can coat the back of a spoon.
2. Stir through mashed banana and honey, then serve immediately with desired toppings.

CARBOHYDRATES

QUINOA

INGREDIENTS

- 1 cup uncooked quinoa
- 2 cups water
- Salt, to taste (around 1/4 teaspoon salt per cup of dry quinoa)

NOTES

- **Serving suggestions:** Stir a clove of garlic into warm quinoa for extra flavor. Other options include chopped fresh spinach or arugula, or massaged kale. Fresh herbs and/or dried spices are nice,, sun-dried tomatoes, pitted and sliced olives, etc.

PREP TIME:

2 min

COOK TIME:

20 min

SERVES

6 portions



DIRECTIONS

1. Rinse the quinoa: Pour the quinoa into fine mesh colander and rinse under running water for at least 30 seconds. Drain well. This step removes any bitterness on the outside of the quinoa (caused by naturally occurring saponins).
2. Combine the rinsed quinoa and water in a saucepan. Bring the mixture to a boil over medium-high heat, then decrease the heat a bit to maintain a gentle simmer. Cook until the quinoa has absorbed all of the water, about 10 to 20 minutes (small amounts of quinoa will be ready closer to 10 minutes; larger amounts between 15 to 20). Reduce heat as time goes on to maintain a gentle simmer.
3. Remove the pot from heat, cover, and let the quinoa steam for 5 minutes. This step gives the quinoa time to pop open into little curlicues, so it's nice and fluffy. Remove the lid and fluff the quinoa with a fork. Season with salt, to taste, unless you're proceeding with another recipe as written.

CARBOHYDRATES

BARLEY

INGREDIENTS

- 1/2 cup barley
- 1 1/2 cups water (or broth)
- Salt
- Parsley, for garnish (optional)

NOTES

- **Dry vs. cooked barley conversion:** 1 cup of dry barley will yield about 3 cups of cooked barley.
- **Does barley need to be soaked?** Pearl barley does not need to be soaked. Hulled barley can benefit from soaking for a few hours before cooking.
- **How to store cooked barley:** Store barley in the fridge in an airtight container. It will keep for about 3 days. You can also store it in a freezer-safe container and freeze it for up to 1 month. To reheat, defrost barley in the refrigerator overnight. Then, add the barley to a saucepan on the stove with a few tablespoons of water. Cover and warm over medium-high heat for a few minutes until heated through.

PREP TIME:

5 min

COOK TIME:

25 min

SERVES

4 portions



DIRECTIONS

1. If using pearled barley, you do not need to soak it (skip to the next step). If you are using hulled barley, you have the option to soak the grains in water for a while before cooking. To soak the hulled barley, place 1 cup dry barley grains in a large bowl and add 3 cups of water. Set aside to soak for a few hours or up to overnight.
2. Boil 3 cups of water or broth and add 1 cup of barley. Season with a big dash of kosher salt.
3. Cover and reduce the heat to medium-low. Simmer until the liquid is absorbed (or mostly absorbed) and the barley is tender with a slightly chewy texture (about 25 to 30 minutes for pearl barley and up to 1 hour for hulled barley). Drain.
4. Fluff the cooked pearl barley with a fork. Add parsley for garnish, if using.

SOUTHERN SUCCOTASH (V)

INGREDIENTS

- 2 cups lima beans (114.3 grams)
- 6/7 cup fresh or frozen corn kernels (175 grams)
- 2 tablespoons water
- 1/2 clove garlic, minced
- 1/4 cup quartered cherry tomatoes or halved baby plum tomatoes (50 grams)
- 1/4 tablespoon extra virgin olive oil
- 2.5 tablespoons chopped parsley or basil (optional)
- Salt and freshly ground black pepper to taste

DIRECTIONS

1. In a small pot, cook the lima beans and corn over medium heat with the water for 5 minutes.
2. Strain out any remaining water and return the lima and corn mix back to the pot.
3. Stir in the olive oil, garlic, and tomatoes and cook for an further 2 minutes.
4. Add the chopped herbs, if using and salt and pepper to taste.

PREP TIME:

2 min

COOK TIME:

5 min

SERVES:

4 portions



VEGETABLES SECTION OF YOUR PLATE

VEGETABLES

Vegetables are full of vitamins, minerals, fiber and nutrients. Choose fresh, frozen and canned vegetables without added sodium, fat or sugar.

Recommended Vegetables:

- Spinach
- Artichoke
- Artichoke Hearts
- Asparagus
- Baby Corn
- Bamboo Shoots
- Green Beans
- Bean Sprouts
- Brussels Sprouts
- Broccoli
- Cabbage (green, bok choy, Chinese)
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Greens (Collard, kale, mustard, turnip)
- Leeks
- Mushrooms
- Onions
- Peppers
- Radishes
- Salad green (chicory, endive, escarole, lettuce, romaine, spinach, arugula, radicchio, watercress)
- Squash (cushaw, summer, crookneck, spaghetti, zucchini)
- Sugar snap peas
- Swiss chard
- Tomato
- Turnips



GUIDELINES

1. Avoid using too much fat in cooking. Steam or oven-bake
2. Avoid using high-calorie dressings (cream etc) instead use herbs, spices, citrus to flavor

ROASTED BROCCOLI WITH GARLIC, LEMON & PARMESAN

INGREDIENTS

- 2 cups broccoli florets
- 2 teaspoons extra virgin olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes
- 1/4 teaspoon black pepper
- 1 tablespoon freshly squeezed lemon juice
- Portion Control in the fats section: 2 tablespoons freshly grated Parmesan cheese

DIRECTIONS

1. Preheat oven to 400°F (205 C).
2. In a large bowl, combine the broccoli florets, olive oil, garlic powder, red pepper flakes, and black pepper. Gently toss until all of the florets are evenly coated with the seasonings.
3. Transfer the broccoli florets to a baking sheet. Arrange them in a single layer.
4. Roast the broccoli in the oven for 10-15 minutes, or until the florets are tender and lightly golden.
5. Remove the broccoli from the oven. Sprinkle the Parmesan cheese and lemon juice over the top.

PREP TIME:

5 min

COOK TIME:

25 min

SERVES:

2 portions



VEGETABLES

GREEK SALAD

INGREDIENTS

- 2 cups diced red bell pepper
- 1/2 cup diced cucumber
- 1/2 cup diced tomatoes
- 1/4 cup diced red onion
- 1/4 cup sliced black olives
- 2 teaspoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon dried oregano
- Salt and freshly ground black pepper, to taste
- Portion control in the fats section: 2 tablespoons crumbled feta cheese

DIRECTIONS

1. In a large bowl, combine the red bell pepper, cucumber, tomatoes, red onion, feta cheese, and black olives.
2. In a small bowl, whisk together the olive oil, lemon juice, oregano, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Serve the Greek salad immediately. Enjoy!

PREP TIME:

15 min

COOK TIME:

0 min

SERVES:

4 portions



LEMON ROCKET SALAD

INGREDIENTS

- 4 cups baby arugula
- 1 to 2 vine ripe tomatoes, cut into wedges
- ½ English cucumber (or 1 slicing cucumber peeled), halved lengthwise, then sliced
- 1 shallot, sliced
- Portion control in fats section: 1 avocado, pitted and sliced

For Vinaigrette (portion control)

- ¼ cup extra virgin olive oil
- Zest and juice of 1 large lemon
- 1 to 2 garlic cloves, minced
- 1 tsp dry oregano
- Kosher salt (I use Diamond Crystal)
- Black pepper

DIRECTIONS

1. In a large mixing bowl, add the olive oil, lemon zest and juice, garlic, oregano, kosher salt and pepper. Whisk to combine.
2. Portion control your dressing in the fats section of your plate then add arugula, tomatoes, cucumbers, and shallots. Toss to combine. Taste and adjust seasoning to your liking.

PREP TIME:

15 min

COOK TIME:

0 min

SERVES:

4 portions



LEMON GREEN BEANS

INGREDIENTS

For 6 servings

- 1 tablespoon olive oil
- 3 cloves garlic, smashed
- 1 ½ lb green beans (675 g), trimmed
- ¾ cup chicken stock (180 mL)
- 1 lemon, zested
- 1 lemon, juiced

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat. Add the garlic green beans and season with salt. Sauté for 2 minutes, just until the garlic is fragrant.
2. Add the chicken stock, cover, and steam for 5–7 minutes, until the green beans are tender but still bright green. Add the lemon zest and juice and toss to combine. Season with more salt to taste.
3. Transfer to a bowl and serve warm.

PREP TIME:

10 min

COOK TIME:

7 min

SERVES:

4 portions



VEGETABLES

BROCCOLI SALAD

INGREDIENTS

- 1 pound broccoli florets
- 1 tablespoons extra-virgin olive oil
- 3 tablespoons may
- 1½ tablespoons apple cider vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon maple syrup or honey
- 1 garlic clove, minced
- ¼ teaspoon sea salt, more to taste
- ⅓ cup diced red onions
- ⅓ cup dried cranberries

Smoky tamari almonds (Portion Control in the Fats Section)

- ½ cup almonds
- ½ cup pepitas
- 1 tablespoon tamari
- ½ teaspoon maple syrup
- ¼ teaspoon smoked paprika, more to taste

NOTES

- Chop the florets into roughly ½-inch pieces. Dice the stem into smaller ¼-inch pieces.
- Portion control any nuts in the 'fats' section

PREP TIME:

10 min

COOK TIME:

15 min

SERVES

3 serves



DIRECTIONS

1. Preheat the oven to 350°F and line a baking sheet with parchment paper.
2. Chop the broccoli florets into ½-inch pieces and any remaining stems into ¼-inch dice. Peel any woody or course parts from the stem first.
3. In the bottom of a large bowl, whisk together the olive oil, mayo, apple cider vinegar, mustard, maple syrup, garlic, and salt. Add the broccoli, onions, and cranberries and toss to coat.
4. Place the almonds and pepitas on the baking sheet, toss with the tamari, maple syrup, and smoked paprika and spread into a thin layer. Bake 10 to 14 minutes or until golden brown. Remove from the oven and let cool for 5 minutes (they'll get crispier as they sit).
5. Portion control in the fats section and then toss the almonds and pepitas into the salad. Season to taste and serve.

SHREDDED BRUSSEL SPROUT SALAD

INGREDIENTS

- 4 cups shaved Brussels sprouts
- ¼ cup extra-virgin olive oil, plus extra for drizzling
- ¼ cup fresh lemon juice
- ⅓ cup dried cranberries
- ⅓ cup chopped chives
- Sea salt and freshly ground black pepper

Portion control in the fats section:

- ½ cup pine nuts, toasted
- ⅓ cup grated pecorino cheese, optional

NOTES

- Portion control any nuts in the 'fats' section

PREP TIME:

15 min

COOK TIME:

0 min

SERVES

4 portions



DIRECTIONS

1. Thinly slice the Brussels sprouts using a mandolin if you have one. Place them into a medium bowl and toss with the olive oil, lemon juice, cranberries, chives, and pinches of salt and pepper.
2. Portion control in the fats section the pine nuts and pecorino cheese,
3. Let the salad sit at room temperature for 15 minutes, then taste and adjust the seasonings.

VEGETABLES

KALE SALAD

INGREDIENTS

4 cups chopped kale
1/2 cup diced apples
1/4 cup diced red onion
1/4 cup dried cranberries
2 tablespoons freshly squeezed lemon juice
2 tablespoons extra-virgin olive oil
1/2 teaspoon ground cumin
1/4 teaspoon garlic powder
Salt and freshly ground black pepper, to taste
Portion control in fats section: 1/4 cup toasted walnuts

DIRECTIONS

1. In a large bowl, combine the kale, apples, red onion, walnuts, and cranberries.
2. In a small bowl, whisk together the lemon juice, olive oil, cumin, garlic powder, salt, and pepper.
3. Pour the dressing over the salad and toss to combine.
4. Serve the Healthy Kale Salad immediately. Enjoy!

PREP TIME:

15 min

COOK TIME:

25 min

SERVES:

4 portions



VEGETABLES

CHOPPED GREEN SALAD

INGREDIENTS

- -4 cups of mixed greens (romaine lettuce, spinach, arugula, etc.)
- 1/2 cup of diced red bell peppers
- 1/4 cup of diced red onion
- 1/4 cup of sliced cherry tomatoes
- 1/4 cup of balsamic vinaigrette

DIRECTIONS

1. In a large salad bowl, combine the mixed greens, bell peppers, red onion, and cherry tomatoes.
2. Drizzle the balsamic vinaigrette over the salad and toss to combine.

PREP TIME:

15 min

COOK TIME:

0 min

SERVES:

4 portions



VEGETABLES

ROAST CAULIFLOWER

INGREDIENTS

- 1 head of cauliflower, cut into florets
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon onion powder -Salt and pepper, to taste

DIRECTIONS

1. Preheat the oven to 375°F (190°C).
2. Place the cauliflower florets on a baking sheet.
3. Drizzle with olive oil and sprinkle with garlic powder, onion powder, salt, and pepper.
4. Toss to coat.
5. Roast in the preheated oven for 25-30 minutes, stirring once halfway through, until the cauliflower is golden and tender.
6. 6. Serve and enjoy!

PREP TIME:

0 min

COOK TIME:

30 min

SERVES

4 portions



VEGETABLES

STEAMED VEGETABLES

INGREDIENTS

- 4 cups assorted cut up fresh vegetables (such as broccoli, cauliflower, onion, carrot, zucchini, summer squash, bell pepper and/or green beans)
- 2 tablespoons water
- 1 tablespoons butter
- 1 to 2 tablespoons fresh chopped herbs (such as basil, oregano, rosemary, thyme and/or parsley)
- Salt, if desired
- Pepper, if desired

NOTES

- Substitute frozen cut vegetables. Omit water.
- Substitute 1/2 teaspoon dried herbs.

PREP TIME:

5 min

COOK TIME:

10 min

TOTAL TIME:

15 min



DIRECTIONS

1. Place cut vegetables and water in bowl; cover. Microwave 3-4 minutes or until vegetables are crisply tender. Drain.
2. Add butter, herbs, salt and pepper, if desired. Toss until vegetables are evenly coated.

SAUTED MUSHROOMS

INGREDIENTS

- 1 lb (450g) of white mushrooms, wiped clean and sliced
- 2 tablespoons of extra virgin olive oil
- 1 tablespoon of balsamic vinegar
- 1 teaspoon of dried oregano
- Salt and freshly ground pepper to taste
- 2 tablespoons of chopped fresh parsley

DIRECTIONS

1. Heat the oil in a large skillet over medium-high heat.
2. Add the sliced mushrooms to the skillet and cook, stirring frequently, until they are golden and beginning to soften, about 5 minutes.
3. Add the balsamic vinegar, oregano, salt and pepper and cook for another 2 minutes, stirring occasionally.
4. Remove the skillet from the heat and stir in the parsley.
5. Serve the mushrooms warm. Enjoy!

PREP TIME:

5 min

COOK TIME:

8 min

TOTAL TIME:

13 min



OVEN ROASTED TOMATO

INGREDIENTS

- 1 pound (450 grams) of cherry tomatoes, halved
- 2 tablespoons of olive oil
- 2 cloves of garlic, minced
- 1 teaspoon of dried oregano
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375 degrees F (190 oC).
2. Place the tomatoes in a shallow baking dish.
3. Drizzle the tomatoes with the olive oil and sprinkle with the minced garlic, oregano, salt, and pepper.
4. Roast the tomatoes for 25 minutes, or until they are lightly browned and tender.
5. Let the tomatoes cool for 5 minutes before serving.
6. Serve warm. Enjoy!

PREP TIME:

5 min

COOK TIME:

35 min

TOTAL TIME:

40 min



VEGETABLES

SAUTEED KALE WITH GARLIC OLIVE OIL

INGREDIENTS

- 1 bunch kale, stems removed and leaves chopped
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1 tablespoon lemon juice (optional)

DIRECTIONS

1. Heat the olive oil in a large skillet over medium heat.
2. Add the garlic and sauté for 1-2 minutes, until fragrant.
3. Add the chopped kale and cook for 5-7 minutes, stirring occasionally, until the kale is wilted.
4. Season with salt and pepper, to taste.
5. If desired, add the lemon juice and stir to combine.
6. Serve warm. Enjoy!

PREP TIME:

5 min

COOK TIME:

15 min

SERVES

4 portions



VEGETABLES

TOMATO SALAD

INGREDIENTS

- 1/2 pound/200 g red cherry tomatoes or grape tomatoes, halved
- 1/2 pound / 200 g yellow cherry tomatoes or grape tomatoes, halved
- 1 cucumber , sliced
- 1/3 cup red onion , diced
- 1/4 cup basil pesto
- 1 tablespoon lemon juice
- salt and pepper to taste

Portion control: Avocado in the fat section.

PREP TIME:

30 min

COOK TIME:

0 min

SERVES

3 portions



DIRECTIONS

1. Make the dressing: In a small bowl, whisk together the olive oil, vinegar, garlic, oregano, mustard, salt, and several grinds of pepper.
2. On a large platter, arrange the cucumber, green pepper, cherry tomatoes, feta cheese, red onions, and olives. Drizzle with the dressing and very gently toss. Sprinkle with a few generous pinches of oregano and top with the mint leaves. Season to taste and serve.

ASIAN INSPIRED BROCCOLI SALAD

INGREDIENTS

- 1 tablespoon sesame seeds, lightly toasted
- 1 teaspoon poppy seeds
- 2 cups of broccoli cut into florets
- For the dressing
- 1 tablespoon soy sauce
- 1 teaspoon clear honey
- 1/4 teaspoon sesame oil

DIRECTIONS

1. To make the dressing, mix the soy, honey and sesame oil together in a bowl.
2. In a separate bowl, mix the seeds together. In a large pan of boiling water cook the broccoli for 2 minutes and drain.
3. Tip the broccoli back in the pan, pour half the dressing and half the seeds over, and shake for a few seconds to mix.
4. Serve sprinkled with the rest of the dressing and seeds.

PREP TIME:

5 min

COOK TIME:

2 min

TOTAL TIME:

2 portions



COURGETTE AND BALSAMIC REDUCTION

INGREDIENTS

- 2 cups courgettes, sliced thinly
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves

DIRECTIONS

1. Preheat oven to 425 degrees F (220 degrees C).
2. Place the sliced courgettes on a baking sheet and drizzle with olive oil.
3. Sprinkle with garlic powder, salt, and pepper. Mix to evenly coat.
4. Roast in preheated oven for 25 minutes, stirring halfway through.
5. Remove from oven and sprinkle with fresh thyme leaves.
6. Serve warm. Enjoy!

PREP TIME:

2 min

COOK TIME:

20 min

SERVES

2 portions



FATS SECTION OF YOUR PLATE

FATS

Fats are high in calories so it is important to portion control fats carefully if you want to lose weight. We have provided a portion on the plate for fats, however, many of other portions might contain fat already (in the meats, or through using fat in cooking) so you do not have to fill this section with fat. If you are adding fat to your meal (i.e. nuts, cheese, avocado, creamy/oily dressing) then you can use this section to show you the maximum portions size. We advise you to choose unsaturated fats which are good for your health.

Good Sources of Unsaturated fat:

- Avocados and avocado oil
- Olives and olive oil
- Peanut butter and peanut oil
- Vegetables oils, i.e. sunflower, corn, coconut or canola
- Fatty fish, i.e. salmon and mackerel
- Nuts and seeds, i.e almonds, peanuts, cashews, and sesame seeds

NOTES

We have not included recipes for the fats section of your plate because you will almost always have fats used in the other sections of your plate i.e. for sauces, dressings, oil in cooking.



GUIDELINES

1. Avoid processed foods which are often higher in fats, salt and calories.
2. Cook your foods without fat i.e. grill, steam, bake vs deep-frying
3. Use fats sparingly, i.e. citrus vs oil for dressing, get creamy sauces on the side and portion control them. Choose low fat options.

What About Dairy?

There are many types of dairy and they can fit into different sections

- Most cheeses would be considered fats
- Low fat milk should be counted in the carbs section for ease
- Low fat Greek yogurt in the protein section



ARENA STRENGTH

