

Winter

LOCAVORE MEAL PLAN



	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Paw-Paw Boats Medium coffee	Ham Frittata	Pina Colada Smoothie	Market Omelette Coffee	Carrot Cake Overnight Oats
Morning tea	1 Orange Black tea	Byfield Mandarin Ginger and Honey Tea	Beetroot hummus and capsicum strips	Banana with peanut butter	Slice of toast with labneh, cherry tomatoes and basil. Medium coffee
Lunch	Yeppoon Sanga	Bun-less croc Burgers	Burrito Bowl	Citrus Salad	Sausage Rolls
Afternoon Tea	Curried egg with cherry tomatoes	Yopro yogurt with paw paw Coffee	Fresh Pineapple Slice of Delight	Ricotta and Strawberry toast	Cup of Tea Slice of delight
Dinner	Croc Burgers	Moussaka	Seafood Laksa	Sausage Rolls	Spaghetti Squash Seafood Boats
Dessert	Banana Nice Cream	Hot Chocolate	Strawberries	Pineapple Choc tops	Yopro mint ice cream



Day One

Breakfast – Paw-Paw Boats (serves 1)

Ingredients	Method
1/2 medium paw-paw 1 tub Chobani Fit or Yopro yoghurt ¼ cup muesli 1 medium cappuccino on skim milk	Cut paw-paw lengthways and scoop out the seeds. Fill paw-paw with yogurt sprinkle with muesli.

Morning Tea - Fruit and Tea

Ingredients
1 orange Black tea with a dash of skim milk

Lunch – Yeppoon Sanga (serves 1)

Ingredients	Method
2 slice seeded bread 1 slice pineapple 150g ham off the bone 1 tomato 1 cup salad leaves 1tsp Nuttelex butter	Butter bread. Place salad leaves, sliced tomato, pineapple and ham in between the two slices of bread.

Afternoon tea – Curried Eggs and Cherry Tomatoes

Ingredients
1 egg hard boiled sprinkled with curry powder and 100g cherry tomatoes

Dinner – Croc Burgers (serves 1)

Ingredients	Method
1 crocodile patty Salad leaves 1 tomato 1tbsp sweet chilli sauce 1 slice pineapple 1 slice beetroot 1 whole meal bread roll	<ol style="list-style-type: none">1. Cook croc patty in non-stick pan. Place all ingredients on the bread bun.2. Drizzle with 1tbsp sweet chilli sauce and serve.

Dessert – Banana Nice Cream (serves 1)

Ingredients	Method
1 large frozen banana 1tbsp milk (more if needed) 2 crushed macadamia nuts	Combine banana and milk in blender. Top with crushed nuts.

Meal	Kilojoules	Protein	Fibre	Carbs	Fats
Breakfast	2000kj	30g	8.5g	50g	16g
Morning Tea	685kj	5g	2g	32g	1g
Lunch	1480kj	31g	7g	46g	3g
Afternoon Tea	139kj	5g	2g	2g	0g
Dinner	1300kj	28g	4g	41g	2.8g
Dessert	753kj	2.6g	3.6g	27.7g	5.3g
Daily Total	6210kj	101g	27g	200g	10g

Day Two

Breakfast – Ham Frittata (serves 2)

Ingredients	Method
200g ham, diced ½ small red capsicum 100g cherry tomatoes, halved 1 spring onion ½ spinach leaves 5 large eggs, whisked ¼ red onion 1tsp extra virgin olive oil 40g reduced fat fetta	<ol style="list-style-type: none"> 1. Preheat oven and grease baking dish with oil. Add cheese to the whisked eggs and season with salt and pepper then set aside. 2. Sauté onions, spinach, and capsicum in olive oil for about 5 minutes. 3. Add ham and tomatoes and make sure that you heat through while stirring. Carefully add cheese and egg mixture and a sprinkle of spring onions. 4. Allow to cook for one minute then put into preheated 170°C oven. Bake for about 15 minutes or until golden brown. 5. Take it out of the oven and allow to cool for 5 minutes before serving.

Morning Tea – Ginger and Honey Tea with a Byfield Mandarin

Ingredients	Method
1 slice of ginger 1tsp honey Mandarin	Grate ginger. Place in a tea strainer and cover with hot water. Allow to steep for a few minutes. Mix in honey and enjoy

Lunch – Crocodile Bun-less Burger (Serves 1)

Ingredients	Method
1 croc patty 1 medium tomato 2 large lettuce leaves 1 slice beetroot 1 slice pineapple 1tbsp sweet chilli sauce	Place patty and other ingredients together between two lettuce leaves

Afternoon tea – Yogurt, Fruit, and Coffee

Ingredients
1 tub Chobani fit or Yopro yoghurt 1 cup paw-paw 1 medium cappuccino on skim milk

Dinner – Eggplant Moussaka (serves 8)

Ingredients	Method
3 medium eggplant 1 medium zucchini 1 medium carrot 1 medium brown onion 125g mushrooms 500g lamb mince 50g tomato paste 3 cloves garlic 800g passata 1 cup light shredded cheese 3tbsp skim milk ½ dried split red lentils Ricotta extra light 1 400g can tomatoes, no added salt	1. Slice eggplant lengthways 1cm thick. Lay flat on a baking tray, sprinkle with salt and place in a medium fan forced oven for 15mins or until lightly browned. 2. Finely grate zucchini, carrot, and dice mushroom, garlic and onion. 3. Lightly fry onion, garlic and lamb mince in a non- stick fry pan with oil. 4. Add vegetables to frypan with passata, tomatoes and dried lentils, let simmer. Season to taste with salt and pepper. 5. Layer eggplant in the bottom of baking dish followed by mince mixture repeat once and top with final eggplant layer. Save 100g of mince mixture for lunch tomorrow. 6. Mix ricotta with a dash of milk to get a spreadable consistency. Spread over final eggplant layer and sprinkle with cheese. 7. Place in medium oven until top is golden. *save extra cooked mince for burritos tomorrow

Dessert – Hot Chocolate

Ingredients
1 Jarrah hot chocolate

<i>Meal</i>	<i>Kilojoules</i>	<i>Protein</i>	<i>Fibre</i>	<i>Carbs</i>	<i>Fats</i>
<i>Breakfast</i>	1650	39g	6g	7g	22.4g
<i>Morning Tea</i>	244kj	1g	1.5g	13g	0g
<i>Lunch</i>	873kj	24g	3.5g	22g	2g
<i>Afternoon Tea</i>	1375kj	28g	5.5g	40g	4g
<i>Dinner</i>	308kj	36.5g	12g	21g	13g
<i>Dessert</i>	308kj	2.5g	1g	14g	1g
<i>Daily Total</i>	6000kj	131g	29.5g	117g	43g

Day Three

Breakfast – Pina-colada Smoothie (serves 1)

Ingredients	Method
¼ avocado 1 cup chopped pineapple 1 cup spinach leaves 1 serve coconut Chobani yoghurt 1tbsp honey ¼ cup milk of choice	Combine all ingredients together in a blender, add milk as necessary to thin.

Morning Tea – Beetroot Hummus (serves 8)

Ingredients	Method
1 can chickpeas 3tbsp lemon juice 1 clove garlic ¼ tahini 1 large cooked beetroot ½ tsp ground cumin 1 packet wholegrain Sakata rice crackers	Combine all ingredients together in blender until a smooth paste is formed. Serve with Sakata rice crackers

Lunch – Burrito Bowl (serves 1)

Ingredients	Method
100g leftover moussaka mince 20g chickpeas, drained ¼ medium cucumber 100g tomatoes 1 cup salad leaves 1tbsp labneh	1. Combine leftover moussaka mince and diced salad ingredients into a bowl and top with labneh.

Afternoon tea – Nut and Seed Slice (erves 16) and Fresh Pineapple

Ingredients	Method
50g Nuttelex butter 1/3 cup honey ½ cup plain flour ¾ cup sunflower seeds ½ cup pumpkin seeds 2tsp chia seeds ½ cup dried cranberry 2 Weet-Bix biscuits 40g almonds 2 slice fresh pineapple	1. Preheat oven to 180°C, and line an ovenproof tray (20x30cm) with baking paper. 2. Place butter and honey in a saucepan and melt over low heat. 3. In a large bowl crush the Weet-Bix then add all dry ingredients (except the dried cranberry and almonds). 4. Add butter and honey mixture to dry ingredients. Mix until well combined. 5. Add cranberry and almonds (roughly chopped). 6. Press mixture into baking tray and bake for 20 minutes or until golden. 7. Allow to cool completely before slicing. Blend 1 cup fresh pineapple with a few springs mint and ice. Serve with slice.

Dinner – Seafood Laksa (serves 4)

Ingredients	Method
1tbsp peanut oil 5 spring onion 1tsp coriander seeds 1 bunch fresh coriander 1tbsp caster sugar 1 jar Five Tastes laksa paste 1 can lite coconut milk 2 cups chicken stock 250g rice noodle 400g fresh green banana prawn (peeled) 400g fresh white fish 1 chilli 1 lime	1. Heat oil in a large saucepan over medium-high heat. Add spring onion and cook for 2-3 minutes until softened. Add coriander and sugar. Cook for 1 minute. Stir in laksa paste and cook for 3 minutes. Add coconut milk, stock and 3 cups water. Bring to a simmer and cook for 10 minutes for flavors to develop. 2. Meanwhile, place noodles in a heatproof bowl and cover with boiling water. Set aside for 2 minutes. Add seafood to coconut broth, cover and cook for 3 minutes or until just cooked. Drain noodles and divide between 4 deep serving bowls. Ladle laksa into bowls and garnish with fresh coriander, lime and sliced chilli. Serve immediately.

Dessert

Ingredients
100g fresh strawberries

<i>Meal</i>	Kilojoules	Protein	Fibre	Carbs	Fats
<i>Breakfast</i>	1472kj	21g	14g	40g	10g
<i>Morning Tea</i>	800kj	9.5g	10g	19g	6.5g
<i>Lunch</i>	1360kj	39g	9g	16g	11g
<i>Afternoon Tea</i>	1200kj	5.4g	8g	44g	8g
<i>Dinner</i>	2040kj	45g	7g	34g	10g
<i>Dessert</i>	110kj	1g	2.5g	4g	0g
<i>Daily Total</i>	7000kj	121g	50.5g	157g	45.5g

Day Four

Breakfast – Market Omelette and Coffee (serves 1)

Ingredients	Method
4 whole eggs ½ spinach leaves 1tbsp skim milk 5 cherry tomatoes 1 spring onion 1 strip capsicum 60g ham off the bone 20g reduced fat fetta Large long black coffee	1. Whisk egg with a dash of milk, salt and pepper. Add diced onion, capsicum, ham. 2. Heat a non-stick pan, pour in eggs and tilt pan until bottom is evenly covered. When edges appear cooked place crumbled feta in the centre. Using a metal spatula, fold eggs over top and bottom of cheese then fold sides over.

Morning Tea- Fruit and Nuts

Ingredients
1 banana 1tbsp peanut butter

Lunch – Citrus Salad (serves 1)

Ingredients	Method
½ medium chicken breast, shredded 2 cup cos lettuce 1tbsp finger lime ½ fresh chilli 100g tomatoes ½ cucumber ½ radish ¼ medium avocado 2tbspp sweet chilli sauce 2tbspp Lime juice, fresh 2tsp sauce fish 2tsp ginger	1. Combine 2tbsp of sweet chilli sauce, 2tbspp lime juice, 2tsp fish sauce, 2 tsp ginger, set aside. 2. Toss together salad leaves, finger limes, tomatoes, radish, cucumber, fresh chilli, shredded chicken and dress with salad dressing.

Afternoon tea – Strawberries and Ricotta Toast (serves 1)

Ingredients	Method
4 fresh strawberries 2 tbsp light ricotta 1 slice of whole meal toast 1 drizzle of honey	Toast bread and spread ricotta. Top with strawberries and drizzle with honey.

Dinner – Sausage Rolls (serves 6)

Ingredients	Method
375g filo pastry 1 medium carrot 1 medium onion 2 clove garlic 1 medium zucchini 1 large egg 500g lean mince 6 cups mixed salad 1 cup sugar reduced tomato sauce 1tsp cumin	1. Preheat oven to 200°C. Prepare vegetables by finely chopping the onion, garlic, grating the carrot and zucchini. Pat dry with paper towel. 2. In a bowl combine garlic, spices vegetables, mince and egg. 3. Add 1/4 of mixture in a column down one long edge of the pastry sheet and roll up carefully. Press down and seal and pierce top with fork. Cut into two. 4. Brush with a light layer of milk and bake in the oven from 20-25 minutes or until top is golden. 5. Serve with tomato relish and 1 cup of salad.

Dessert – Pineapple Choc Tops (serves 14)

Ingredients	Method
1 medium pineapple 100g Lindt excellence 70% dark chocolate 1/3 cup macadamia nuts raw and crushed	1. Peel pineapple and cut in quarters lengthways. Remove the cores and slice each quarter lengthways into three. Push a skewer or paddle pop stick into each pineapple pop. 2. Place pops onto a tray lined with non-stick baking paper and freeze for at least 2 hours before coating with chocolate. 3. Melt chocolate in a shallow dish or bowl – microwave for 20 seconds in 2-3 bursts, checking the chocolate by mixing it gently. Chop nuts. Dip each frozen pop in the chocolate and sprinkle with nuts immediately. Enjoy immediately or place in a zip lock bag and back in the freezer.

<i>Meal</i>	<i>Kilojoules</i>	<i>Protein</i>	<i>Fibre</i>	<i>Carbs</i>	<i>Fats</i>
<i>Breakfast</i>	1620kj	43g	4g	7g	20g
<i>Morning Tea</i>	635kj	3g	7g	10g	9.5g
<i>Lunch</i>	1690kj	35g	11.5g	41g	9g
<i>Afternoon Tea</i>	430kj	5g	3g	4g	0g
<i>Dinner</i>	1570kj	30g	5g	41g	9g
<i>Dessert</i>	300kj	1g	1g	5g	5g
<i>Daily Total</i>	6250kj	117g	31.5g	108g	52g

Day Five

Breakfast – Carrot Cake Overnight Oats (serves 4)

Ingredients	Method
1 ½ cup rolled oats 1 ½ cup skim milk 1 ½ cup Greek Chobani yoghurt 1 cup grated carrot 3tbsp sultanas 1tsp ground cinnamon ½tsp ginger powder ¼ cup walnuts 1tbsp LSA 3tsp honey	1. Place all ingredients together (except walnuts), stir well to combine and place in an airtight container overnight. 2. In the morning, divide oats among 4 bowls. Add walnuts and serve.

Morning tea – Toast with Labneh and Cherry Tomatoes (serves 1)

Ingredients
1 slice toast 2tbsp Labneh (or ricotta) 4 cherry tomatoes Salt and pepper

Lunch – Leftover Sausage Rolls

Ingredients	Method
375g filo Pastry 1 medium carrot 1 medium onion 2 clove garlic 1 medium zucchini 1 large egg 500g lean mince 6 cups mixed salad 1 cup sugar reduced tomato sauce	1. Preheat oven to 200°C. Prepare vegetables by finely chopping the onion, garlic, grating the carrot and zucchini. Pat dry with paper towel. 2. In a bowl combine garlic, spices vegetables, mince and egg. 3. Add 1/4 of mixture in a column down one long edge of the pastry sheet and roll up carefully. Press down and seal and pierce top with fork. Cut into two. 4. Brush with a light layer of milk and bake in the oven from 20-25 minutes or until top is golden. 5. Serve with tomato relish and 1 cup of salad.

Afternoon Tea –Nut and Seed Slice and Tea

Ingredients
1 serve nut and seed slice (see recipe on day three) Black tea with a dash of milk

Dinner – Spaghetti Seafood Boats (Serves 4)

Ingredients	Method
1.5kg Spaghetti Squash 3tsp extra virgin olive oil Salt and pepper 250g green banana prawns, peeled 150g scallop, raw 7tbsp nuttalex 4 cloves garlic 1 tsp chilli flakes 1/3 dry cup white wine (or stock) 2 tb juice of lemon 2tbsp parsley 1/3 cup parmesan cheese 250g cherry tomatoes	1. Preheat oven to 190°C. 2. Cut the squash in half widthwise with a serrated knife and remove the seeds with a spoon. Brush the flesh of each half with 1 teaspoon of the oil and season with 1/2 teaspoon salt and a few grinds of pepper. Put the halves flesh-side down on a baking sheet and bake until the flesh can easily be flaked with a fork and the edges just turn brown, approx. 50 minutes. Peel prawns if needed. 3. Separate the strands of squash by scraping the flesh with a fork. Transfer the scraped strands to a large bowl. Cover with foil and keep warm. Reserve the scraped squash shells. 4. Heat a large non-stick frypan over medium-high heat (pan should sizzle when seafood makes contact). Pat the prawns and scallops dry with paper towels and sprinkle with salt and pepper. Melt 5 tablespoons of the butter in the frypan. Add the prawns and scallops and cook until golden, about 2 minutes per side. Transfer the prawns and scallops to the bowl with the squash strands. 5. Return the frypan to medium heat and add 2 tablespoons of the butter. When melted, add the garlic and red pepper flakes and cook until fragrant, about 30 seconds. Stir in the wine and lemon juice. Increase the heat to high and boil until the liquid thickens slightly, about 1 minute. 6. Pour the sauce over the seafood and squash strands and toss to combine. 7. Pan fry the cherry tomatoes for a few minutes. Meanwhile, transfer the mixture back into the squash shells and top with grated parmesan, parsley, cherry tomatoes, red pepper flakes and salt and pepper. *can swap spaghetti squash for normal fettucine

Dessert – Choc Mint or Salted Caramel Ice cream

Ingredients
1 Yopro Frozen Dessert Stick

<i>Meal</i>	Kilojoules	Protein	Fibre	Carbs	Fats
<i>Breakfast</i>	1400kj	19g	7.5g	35g	12g
<i>Morning Tea</i>	1150kj	8.5g	3.5g	15g	19g
<i>Lunch</i>	1570kj	30g	5g	42g	9g
<i>Afternoon Tea</i>	880kj	4g	5g	28g	7.5g
<i>Dinner</i>	1700kj	29g	4g	15g	25g
<i>Dessert</i>	424kj	10g	1g	8g	0g
<i>Daily Total</i>	7100kj	100g	25g	142	73g