

QUICK AND EASY MEALS

Having an inventory of quick and easy go-to meals is essential and makes life SO much easier! Below are some meals that you can prepare in under half an hour when you get home from work and don't have to put too much thought into. We all have nights where we don't have the energy to put anything together and it feels like too much of a task to trawl through the recipe books! Keep this list on hand for those nights where you just want to throw something together or can quickly duck into the shops and grab a few things and head straight home.

| MAIN MEAL IDEAS: | |
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| WHAT TO EAT: | TIPS: |
| GRILLED CHICKEN/FISH/STEAK WITH SALAD OR VEGETABLES | <ul style="list-style-type: none"> - Keep portioned out pieces of meat in the freezer. Throw on a plate in the fridge in the morning to defrost ready for the evening. - Grab a small package of meat from the supermarket on your way home. It won't take long to grill/fry or throw on the barbeque. - Pre-prepare salads ahead of time. Or grab some salad leaves, slice a few cherry tomatoes, a cucumber and some avocado and drizzle with olive oil. - Chop some vegetables and throw in a steamer or in the pan for 10 minutes. |
| BARBEQUED PROTEIN AND VEGETABLES | <ul style="list-style-type: none"> - Chop up some capsicum, eggplant and zucchini and throw on the barbeque with your meat. It all cooks in the same time and you can prepare a lot of food. - Good quality, filler free sausages are great - Chicken kebabs can also be purchased and are a great option (look for low sugar) - Great for food preparation in bulk - Excellent for the whole family |
| OMELETTE WITH YOUR FAVOURITE FILLINGS | <ul style="list-style-type: none"> - Fry up some of your favourite vegetables – like mushrooms, tomato, spinach, pumpkin and/or capsicum. Whisk up 2-4 eggs with salt and pepper and make an omelette - Top with avocado |
| SCRAMBLED EGGS | <ul style="list-style-type: none"> - Throw together this quick meal and serve on top of a whole grain piece of toast - Even better – I like mine on top of spinach leaves, tomato and some avocado |
| BOILED EGG SALAD | <ul style="list-style-type: none"> - Throw a salad together and add chopped boiled eggs and some high quality mayonnaise - Eggs also go well with a chopped salad of tomatoes, capsicum, red onion and cucumber. Add olive oil and salt and pepper to taste |
| SALAD OR VEGETABLE DISH TOPPED WITH A FRIED EGG | <ul style="list-style-type: none"> - Throw together a salad, some steamed vegetables or a stir-fry. - Spend 2 minutes frying an egg or two and add on top of your dish for a quick protein option |

| WHAT TO EAT: | TIPS: |
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| STEAMED VEGETABLE POUCHES WITH TUNA (OR ANY PROTEIN) AND BUTTER/OLIVE OIL | <ul style="list-style-type: none"> - Throw some frozen vegetables in a bowl or pouch into the microwave and defrost - Stir in tuna or protein of choice (baked chook is great) - Add butter/olive oil to get some healthy fat in |
| SUPERMARKET BOUGHT ROASTED CHICKEN WITH SALAD OR VEGETABLES | <ul style="list-style-type: none"> - Grab yourself a roasted chook, tear it up and throw it on a salad or vegetable dish. - Great to use for bulk food preparation - Feeds the whole family - Can be used as left overs for the next couple of nights |
| NORI ROLLS | <ul style="list-style-type: none"> - Roll up julienned carrot and cucumber and torn off herbs with some slices of avocado and grilled/tinned tuna or salmon inside seaweed Nori rolls. - Microwave some pre-riced cauliflower and add to get a rice feel - Add tamari and high quality mayonnaise for taste |
| SUPERMARKET BOUGHT PRE-MADE SALAD WITH A TIN OF TUNA (OR ANY PROTEIN) AND SOME OLIVE OIL AND LEMON | <ul style="list-style-type: none"> - Grab a pre-made garden salad (beware of pasta and noodle filled salads) and empty a can of tuna (spring water or olive oil is best) - Add a squeeze of lemon, salt and pepper, half an avocado and a drizzle of olive oil |
| PRE-PREPARED ZOODLES OR CAULIFLOWER RICE STIR-FRY | <ul style="list-style-type: none"> - Chop up a few vegetables or use frozen and add to a pan with zoodles or cauliflower rice - Add in tamari sauce or simply some minced garlic, lemon, salt and pepper with coconut oil - Add protein if desired (roasted chicken from the supermarket is an easy alternative) |

LIGHTER MEALS

| WHAT TO EAT: | TIPS: |
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| SMOOTHIE OR SMOOTHIE BOWL | <ul style="list-style-type: none"> - Throw together coconut milk, berries, half a banana cacao, half an avocado and/or natvia and drink on the go - Top with shredded coconut and some chopped raw nuts in a bowl |
| BULLETPROOF COFFEE | <ul style="list-style-type: none"> - Blend together a cup of black coffee with a tablespoon of unsalted butter and/or coconut oil/MCT oil for a filling drink to tie you over a couple of hours - Start small with the MCT oil – it can upset some stomachs |
| SEED CRACKERS WITH GUACAMOLE, TOMATO AND/OR SALT AND PEPPER | <ul style="list-style-type: none"> - Make your own or purchase seed crackers (like Olinas from Woolies and Coles) and top with your preferred toppings |
| CHOPPED RAW VEGETABLES WITH GUACAMOLE/PATE/QUALITY HUMMUS | <ul style="list-style-type: none"> - Slice up some cucumber, celery, capsicum and/or a small amount of carrot - Enjoy with a quality dip of your choice |
| LETTUCE WRAPS | <ul style="list-style-type: none"> - Wrap up some protein with tomato and avocado and high-quality mayonnaise inside a lettuce wrap |

PRE-PREPARED EASY MEALS

| WHAT TO EAT: | TIPS: |
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| SLOW COOKER: CASSEROLE | <ul style="list-style-type: none"> - Throw in some chopped onions, minced garlic, dried herbs and some chopped or frozen vegetables and meat with a cup or so of stock/bone broth and cook on low for the day |
| SLOW COOKER: SOUPS | <ul style="list-style-type: none"> - As above – just add more water and stock - Add pumpkin, sweet potato and/or carrot and water with stock to slow cooker. Cook on low all day. Blend with a handheld blender when you get home and season to taste |
| SLOW COOKER PROTEINS: PULLED PORK ROAST CHICKEN LAMB LEG/SHOULDER BRISKET | <ul style="list-style-type: none"> - Lay the bottom of the slow cooker with onions. Season a roast piece of meat with olive oil, salt and pepper. Add half a cup of stock to the bottom of the slow cooker. Rest the meat on the onions. Cook on low for the day. - Lemon, rosemary and a small amount of honey goes well with lamb - Season chicken with lemon, herbs, salt and pepper, fill the cavity with a lemon cut into quarters - Look up quick and easy recipes online. Should only require 15 minutes prep time in the morning and is ready to eat when you get home |
| FRITTATA | <ul style="list-style-type: none"> - Prepare a large frittata ahead of time. - Add desired vegetables - Bake on 160C in a casserole dish or muffin tins until cooked through - Will last the whole week in the fridge |

QUICK AND EASY VEGETABLE DISHES

| WHAT TO EAT: | TIPS: |
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| STIR-FRY | <ul style="list-style-type: none"> - Chop vegetables and stir fry in a wok in butter/coconut oil with garlic, chili, ginger, shallots, lemon and/or tamari |
| FRIED BRUSSEL SPROUTS | <ul style="list-style-type: none"> - Chop brussel sprouts in half. Heat butter in a pan. Place the brussel sprits face down in the pan and cook until brown. Season with salt and pepper. Add more butter as required. Toss and sauté until cooked through. |
| BARBEQUED VEGETABLES | <ul style="list-style-type: none"> - Slice and barbeque vegetables such as capsicum, eggplant, asparagus, broccolini, sweet potato, carrot, tomatoes, red onion and more - Easy to cook in bulk and are enjoyed by the whole family - Serve with grilled meat, a fried egg or toss through spinach to make a salad |
| OVEN ROASTED VEGETABLES | <ul style="list-style-type: none"> - Chop your favourite vegetables and spread out on a pan. Bake on high until cooked - Great for preparing food in bulk - Enjoyed by the whole family |
| SALADS | <ul style="list-style-type: none"> - Serve your favourite vegetables on a bed of spinach or salad leaves - Add healthy fats like olive oil, avocado or avocado oil |

GRAB N' GO

| WHAT TO EAT: | TIPS: |
|---------------|--|
| CHIA PUDDINGS | <ul style="list-style-type: none"> - Pre-prepare chia puddings using the recipe: 3 x tablespoons chia pudding per cup of coconut/almond milk. Sweeten milk with stevia to taste. - Serve with berries, coconut and/or chopped nuts |
| BOILED EGGS | <ul style="list-style-type: none"> - Boil eggs in bulk for 10 minutes and store in the fridge. Peel when ready. - Serve on salads, on own or in curries |

