

Forty Over Forty

Lunch

High Protein Recipes from
Mikki Williden & Saskia Lesser

OVER 40 LUNCH IDEAS WITH OVER 40 GRAMS OF PROTEIN

Welcome

Welcome to our high-protein lunch recipe book, where midday meals are reimagined to be both satisfying and nutrient-dense—grounded in the latest science on protein and built for real life.

Mikki is a registered nutritionist with a PhD who has been consulting and teaching for over 20 years. Saskia brings over two decades of experience in the culinary world. Together, we are passionate about delivering practical, evidence-based tools to help you eat well—without the overwhelm.

Protein is the cornerstone of a healthy diet. It supports everything from tissue repair and muscle maintenance to immune health and stable energy levels. Yet lunch is often an overlooked opportunity to get enough of this essential nutrient—especially when we're busy, distracted, or reaching for quick fixes.

In this book, we've curated a collection of lunch recipes that are not only bursting with flavour, but are built on whole foods and packed with high-quality protein to keep you energised and focused all afternoon.

While most research focuses on breakfast and dinner, in practice we find that increasing protein at lunch can be a game-changer. It can help manage overall calorie intake, reduce hunger later in the day, and curb unnecessary snacking—key strategies for supporting long-term health and energy.

This book isn't just a recipe collection—it's a celebration of how simple, protein-rich meals can transform your energy, performance, and overall wellbeing.

Whether you're fuelling a busy workday, recovering after a workout, or aiming to support healthy aging, let this book be your go-to guide for making lunch both powerful and delicious. Here's to levelling up your midday meals and embracing the benefits of protein—one bite at a time.





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Mikki Explains: Why 40g of protein at lunch matters

In our breakfast book, we laid out the case for consuming more protein in the first meal of the day. The key was the robust signal it triggers in our brain to initiate muscle protein synthesis, thereby ending an overnight fast and dampening our appetite later in the day and into the evening. At lunchtime though, what is the evidence for a similar amount of protein? This is a good question.

THE RESEARCH

Truthfully, there is not much compelling research to specifically say that a certain amount of protein in the middle of the day confers the same benefits as the meal that breaks our fast, or the last meal of the day. The amino acids that are delivered by breakfast generally peak anywhere from 90 minutes to two hours post-meal. They may still be elevated in the bloodstream 4–6 hours post-meal, depending on the source of the amino acids, the total amount of protein consumed, the other ingredients in the rest of the meal, as well as individual factors such as our age and whether we have exercised. This makes studying the impact of the lunch meal challenging and likely explains the lack of research on the topic.

What [research there is](#) suggests that, relative to a higher carbohydrate lunch, those who eat a higher protein lunch eat less at dinner. One [study found](#) that an omelette kept people fuller for longer compared to a jacket potato, and [another trial](#) found that in people over 40 years of age, a carbohydrate-dominant lunch left females feeling sleepier and experiencing more problems with focus, compared to a higher protein lunch.

THE REASONS

Clinically speaking though, I feel there are some solid reasons why having a protein-forward approach to lunch can be super helpful for people.

To meet overall protein goal.

Lunch is a good opportunity to collect a good chunk of those grams of protein that you've calculated you need across the day. We've got a reminder of this on Page 5.

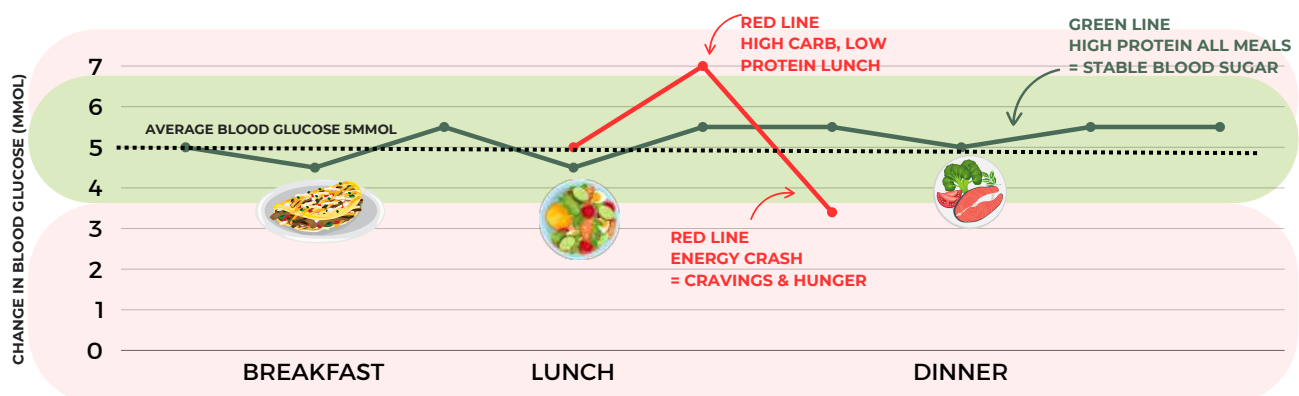
To increase nutrient density of food choices.

Protein-based sources are a great vehicle for many of the micronutrients that we fall short on, including bioavailable iron and zinc. Both may be present in vegetables and grains but aren't accessible due to the fibres in these foods, so we need good quality protein to provide us these nutrients. While protein powder, included at breakfast for example, is great for hitting protein goals, it doesn't often provide these other nutrients.

To help with the afternoon blood sugar crash.

It's natural to have a dip in energy late afternoon. Our circadian rhythm drops our level of alertness and focus, and our body temperature can also drop, causing a lag of energy. This can be exacerbated by a lunch that is predominantly carbohydrate because of its effects on blood sugar. A surge of glucose from a meal like this, followed by a drop, will not only cause an energy crash, but can also cause cravings for sugary foods or caffeine, to bring our energy back up. A protein-forward lunch can help maintain blood sugar levels and prevent this from occurring.

Three protein rich meals a day keeps blood sugar stable & hunger at bay, resulting in overall easier calorie & energy management.



Calculating your daily protein requirements

- Use the equation below to estimate your base calories (the amount of calories you need to maintain your weight):

BASE CALORIES
22 x body weight (in kg)
(e.g. 22 x 80 = 1760 calories)
- Account for your activity level by multiplying the number of calories above by a physical activity factor based on your level of training and the nature of your job. You can get a more precise estimate via a quick Google search but in general:

Sedentary = 1.2
Light = 1.3-1.5
Moderate = 1.4-1.7
Heavy = 1.7-2.1

Most people would fall into the light-moderate category.

ACTIVE CALORIES
e.g. 1760 x 1.5
= 2640 calories
- A good starting point for body fat loss is to subtract around 10-20% of this number, to establish a calorie deficit. This allows for a loss of 0.5-1% of body weight each week, whilst minimising muscle mass loss.

TARGET CALORIES
e.g. 15% of 2640 = 396 calories.
2640 - 396 = 2244 calories each day
- From here, set your protein calories to be at a level that is beneficial for fat loss – this generally equates to 2g per kilogram of desired body weight as a minimum, with some experts recommending slightly higher given protein's role in appetite and blood sugar regulation. Setting a range can help you stay within the recommendations.

TARGET PROTEIN
e.g. 2.0-2.4g protein per kg body weight
(or desired body weight
if you have over 15 kg to lose)

In our 80kg example, range would be
80 x 2.0 (160) to 80 x 2.4 (192)
grams of protein per day.

Protein contains 4 calories per gram,
so your target range would be
640-768 calories from protein.
- The remainder of your calories (1432-1560 in this example) can then be allocated to carbohydrates and fats, in amounts that suit your preferences. A starting point for carbs may be 1-3g per kilogram of body weight, and fat may be 0.5-2g per kilogram of body weight, depending on your calorie budget. Ideally, you wouldn't target below 30g of total dietary fat for extended periods of time, given the important role it has in maintaining our health, outlined on Page 6.

carbs contain 4 calories per gram
fat contains 9 calories per gram
- Ideally, eat your protein distributed across 3-4 eating opportunities throughout the day, with a minimum of 30g at each (e.g. if targeting 160g, you could have 40g at four different meal times).

With the rest of your calories, choose foods that are minimally processed and nutrient-rich wherever possible, opting to have your carbohydrates around your physical activity/training to support optimal recovery. Protein and fibrous vegetables really assist appetite regulation and satiety.

If wanting to lose body fat, you only need to subtract 10-20% of calories

If you have over 15kgs to lose, multiply protein requirement by your desired body weight (rather than current body weight) to get protein in grams

What about dietary fats & carbohydrates?

If protein is considered the **structural nutrient**, then carbohydrate and dietary fats are considered our **energy nutrients**. They provide the fuel for basic metabolic functioning and for our energy needs across the day, ranging from low intensity exercise to short, sharp bursts of activity, to long duration steady state exercise.

Carbohydrate (or glucose) is particularly important for supporting the energy demands of our brain, the retina (in the eye) and our red blood cells, which lack the machinery to use other fuels. It is worth noting that our body can produce the glucose required for these roles independent of intake. This doesn't mean we don't benefit from (and shouldn't have) carbohydrate, it just means that if you didn't have it, you wouldn't die!

The carbohydrate content of common foods is listed on Page 8 and include starchy vegetables, grains, fruit, non-starchy vegetables (a lot lower in carbohydrate), cereals, rice, pasta, legumes and some dairy products. These choices provide vitamins, fibre, and plant phytochemicals, which can help our body's own antioxidant and anti-inflammatory pathways. I'm a big fan of non-starchy vegetables for providing fibre and volume to meals, without overloading on calories. Of course not everyone tolerates these, so if you find yourself feeling bloated or uncomfortable, check out our tips for helping overcome this on Page 10.

Dietary fat provides essential fatty acids for our cell membranes, our nervous system and our brain. Dietary fat is important for hormone production, it helps us absorb the fat-soluble vitamins A, D, E and K, and it helps support muscle contractions and nerve signalling. Certain fatty acids reduce inflammation (particularly when we consume the long chain omega-3s from oily fish). It also plays an important role in satiety (keeping us full) and can help maintain energy balance in people who have high calorie requirements. Common sources of dietary fat include nuts, seeds, avocado, olive oil, coconut oil, butter, coconut, cheese and nut butters. See Page 9 for a fuller list.

Individual recommendations for carbohydrate and fat vary depending on overall calorie requirements. There are, however, some foundational principles that can help you determine a level that is right for you. These were outlined in our Forty over Forty Breakfast book and are included as a reminder on Page 5.

There needs to be some consideration though that extends beyond calorie calculations, because the body isn't a cash register to be balanced every 24-hours.

Nutrition is both a science and an art, and we need to consider other variables that impact how you feel on any given day. The calculation for dietary requirements based on your goals should be used as a starting point, and then put into practice for at least 7-14 days to assess how you feel on a day-to-day basis.

EXERCISE

The amount of carbohydrate you should include in your lunch meal depends on a range of factors. The first, obvious one, is activity. If you are a person who fits their training in between breakfast and lunch (or at lunchtime), then incorporating some carbohydrate in your lunch meal is a good way to help recover from that session and can make a difference to how satisfied you feel across the afternoon. The best time for your starchy carbohydrate is after exercise, as this is when enzymes in the muscles are activated to transport glucose from the bloodstream back into the muscle for storage as glycogen. For a session that might be 60-75 minutes at a moderate intensity, you might want to include 50g of carbohydrate in your lunch meal. Play around with this number though, as you may feel better consuming the equivalent of 1g per kilogram of your body weight. If your breakfast meal was quite low in carbohydrate (less than 20g), then having a high carbohydrate snack pre-exercise for higher intensity sessions can help give your brain the boost it needs to increase the metabolic output of the session. This is likely not necessary if your workout will be low intensity.

ACTIVE JOB

If you are someone who has a super active job, then some carbohydrate in the lunch meal can also be a good idea. Aiming for a 1:1 ratio of protein to carbohydrate (as a starting point) can help your appetite and energy across the day.

BLOOD SUGAR CRASH

If you are someone who feels super tired after eating carbohydrate at lunch and gets a drop in energy levels (a 'crash'), then you might be better avoiding the starchy carbohydrate options and opting instead for a lower carbohydrate lunch (less than 30g in a meal). This will help you avoid a blood sugar drop that can come on the back of a higher insulin response as your body disposes of the glucose that has been dumped into the bloodstream. It is this hormone response that can result in you feeling sleepy soon after a meal. This is a sign that you don't tolerate large amounts of carbohydrate.

How much dietary fat you include is also dependent on a few factors. Once you have your protein accounted for, and you've determined your carbohydrate requirements based on your activity and tolerance of them, your remaining calories for lunch will come from dietary fat.

If you are someone who tracks calories, you'll have an idea of where this will sit for you and can adjust your meals accordingly, adding nuts, seeds, dressings, cheese and hummus (as examples), based on preferences. Of course, if you prefer a higher fat approach altogether, then you could replace some carbohydrate for fat calories.

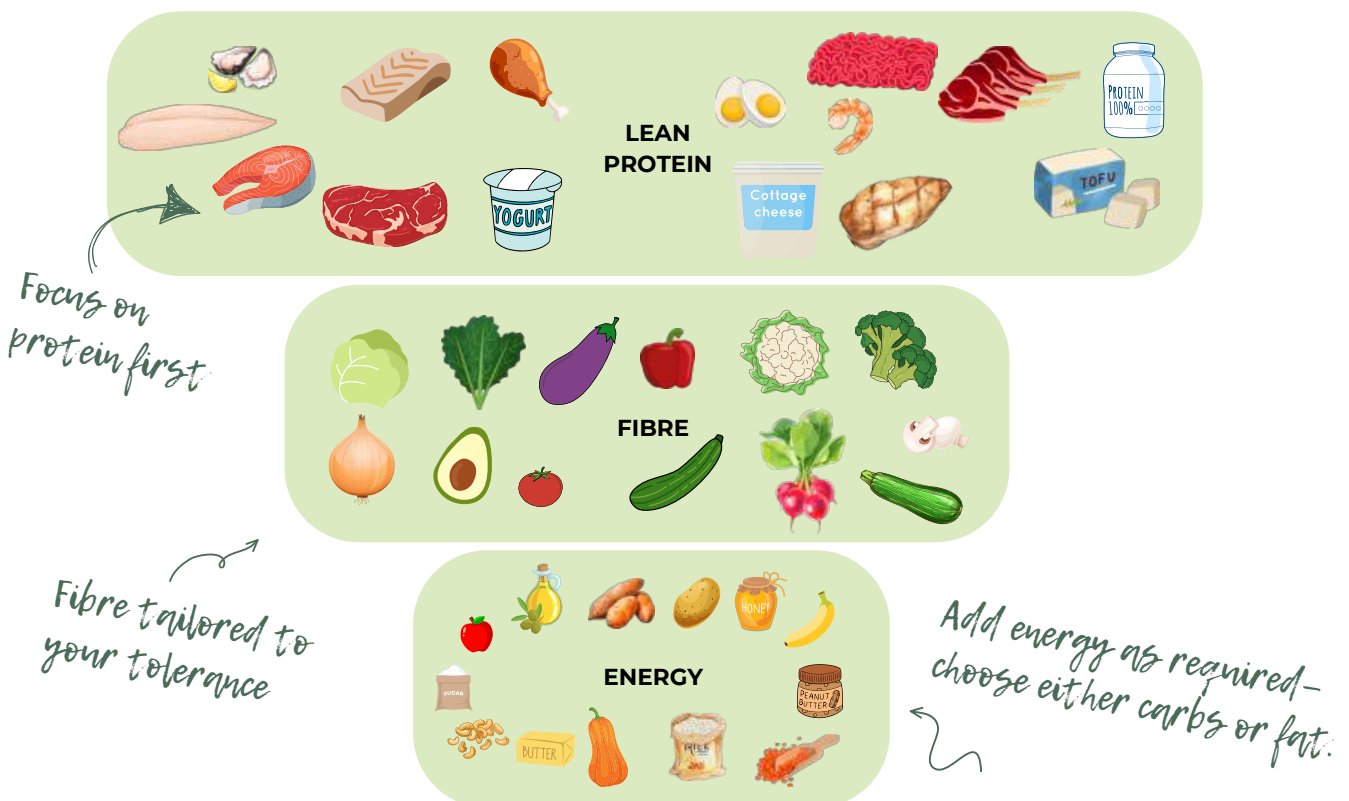
If you don't count calories, and fat loss is a goal, my rule of thumb is to add 1-2 serves of fat depending on the source of protein you are consuming. If your protein source is super lean (chicken breast, shrimp, very lean minced or ground beef), then adding two serves of fat will allow for the absorption of the fat-soluble nutrients present in the meal and help you feel more satisfied. If your source of protein is higher fat (such as fresh or smoked salmon) and has higher calories, adding in just one serve of fat may be more appropriate.

Don't be afraid to add fat calories as they can go a long way to helping you manage your appetite later in the day. Focusing only on lean protein can, for many people, leave them feeling a little 'hollow'.

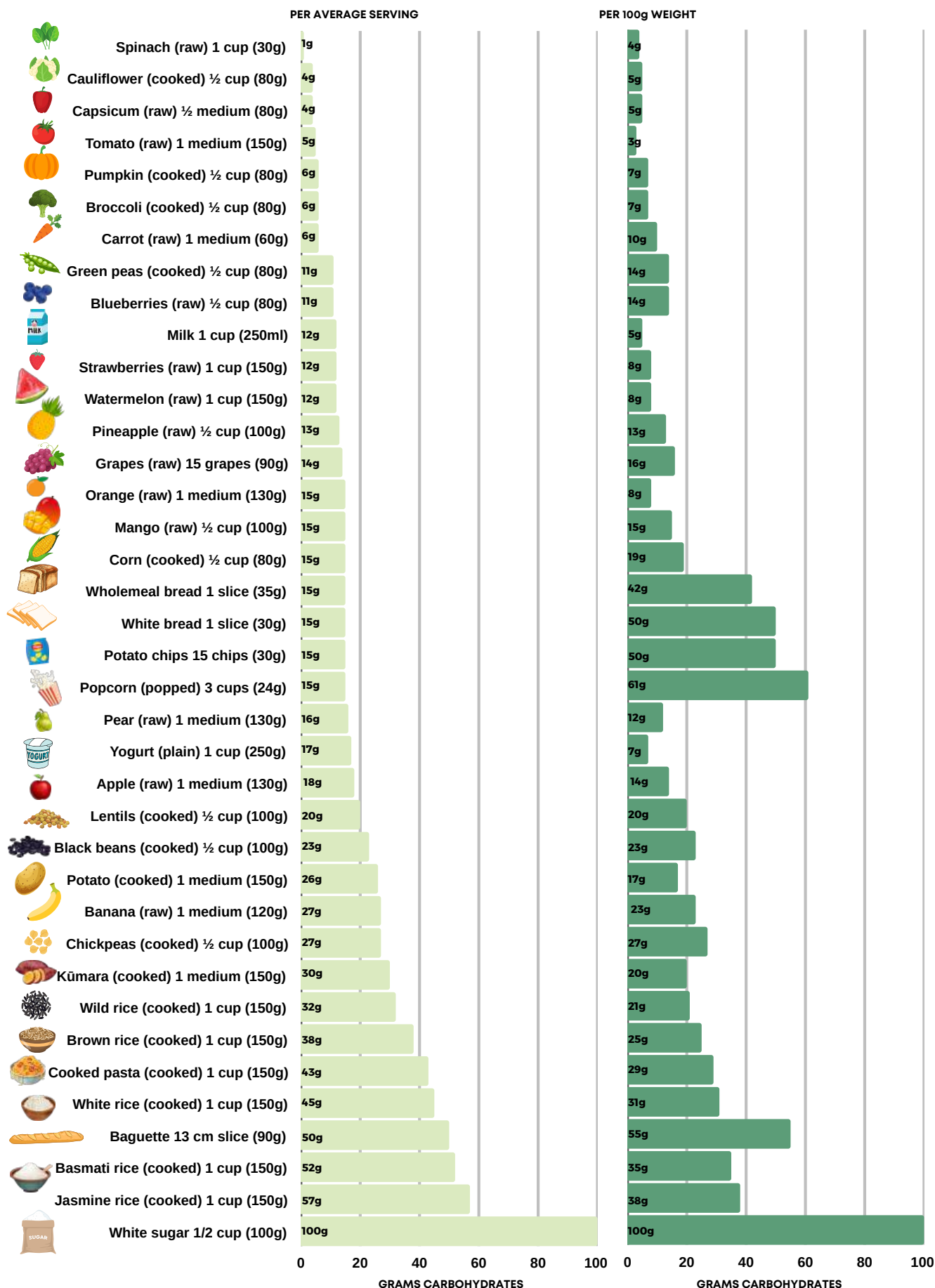
For people who aren't looking for fat loss and just want to maintain an already healthy body composition, then adding up to three serves of fat may be more appropriate. Use your appetite, energy levels and hunger levels across the day to guide you.

The addition of fat to your protein sources (especially when combined with a good volume of non-starchy vegetables) should keep you satisfied long into the afternoon. Serves of fat can be found on Page 8 as a quick guide.

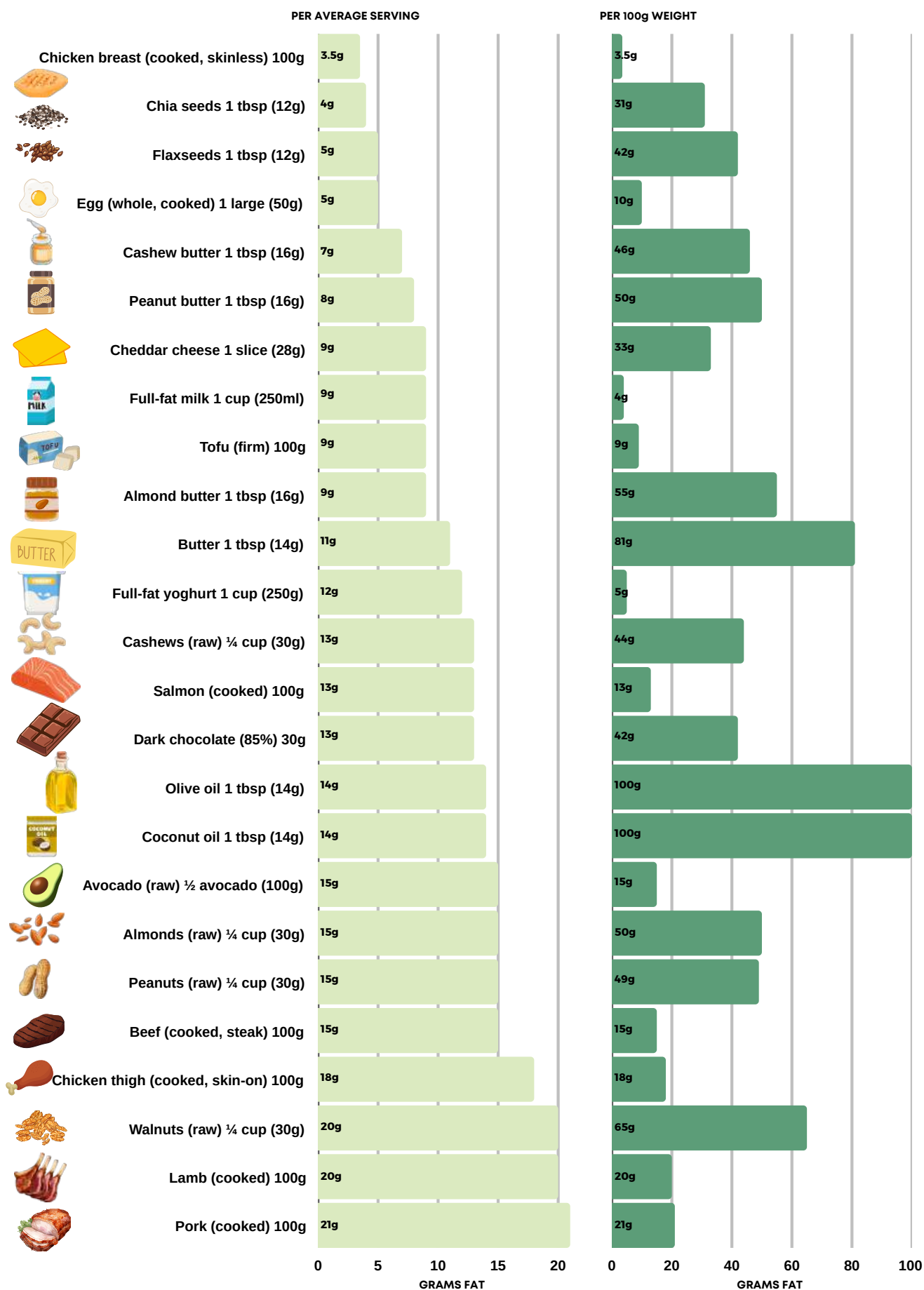
Each recipe in this book includes suggestions for adjusting the carbohydrate and fats to suit your individual needs. Look out for the 'NUTRITION TIP' in every recipe for practical guidance.



Carbohydrates



Dietary Fats



Tips/considerations to reduce bloating

There are several reasons why some people experience bloating after consuming carbohydrates. Some of the most common ones are listed here.

GLUTEN OR GRAINS

Many people, while not coeliac, **are sensitive to gluten or grains** in general. This can mean that, while any tests come back negative, they still experience bloating, gas or constipation when consuming foods that contain gluten. Grains that contain gluten include wheat (including spelt, farro and couscous), barley and rye. Oats can be a problem if they are processed in a factory that also processes gluten-containing grains (through cross-contamination). Gluten can also show up in sauces, in vegetarian-based burger patties, gravy, dressings and some processed meats and deli meats. This may be more of a problem if you regularly eat out and are not sure what is in your food.

FODMAPS

Some people are **sensitive to FODMAP containing carbohydrates** – seemingly unrelated foods that belong to a group of carbohydrates that can cause bloating, gas, stomach cramps and general gastrointestinal discomfort. FODMAP stands for Fructans and Galacto-oligosaccharides, Disaccharides, Monosaccharides, and Polyols. Below is a table that lists the most common sources of foods that contain high, medium and low amounts of FODMAP foods. A comprehensive list of these foods, and the amounts that can be problematic, can be found on the [Monash University website](#) and app.

If you do have problems with these FODMAP foods, eliminating them from your diet (and including gut-friendly foods and supplements to help your gut become more resilient) is the best practice approach in the first instance. After a period of 8-12 weeks, reintroducing foods one at a time, to determine your tolerance of each

food, is recommended. This seems like a long list of foods to avoid but most people have a particular group that they are sensitive to, or some foods within a group.

Clinically speaking, it might seem in the initial stages of determining the root cause that you are sensitive to a wide range of these foods. However, as the gastrointestinal symptoms subside, you will likely discover that only a few of them cause issues. It is worth taking the time to figure this out to allow for more diversity in your diet in the long run. It is recommended to work with a naturopath or experienced dietitian/nutritionist who is well versed in both the elimination diet and supplements that support your overall gut health.

RAW VEGETABLES

Some people are more **sensitive to raw vegetables, or greens**, and it isn't the FODMAP group that creates issues. Lightly steaming or roasting vegetables can help you better tolerate them. The high insoluble fibre content of vegetables like kale, spinach and broccoli can speed up digestion and lead to bloating and diarrhoea. The soluble fibre content of vegetables such as Brussels sprouts and asparagus can increase water absorption and can ferment in the gut, causing increased flatulence. For some people, it is a problem with the volume of these foods and they feel better with less overall vegetable fibre. Spending some time figuring out what gives you the most energy and makes you feel most comfortable is worth it, to optimise your overall health.

For any of the above issues, a food diary is useful, so you can correlate any gastrointestinal symptoms with food intake and uncover what is currently not working. It can be as simple as noting down what and when you eat, and keeping track of changes to your gut, how full you feel, when you have a bowel motion and what it looks like (using the [Bristol Stool Chart](#) as a reference).

	Fructans & GOS (Galacto-oligosaccharides)	Lactose (Disaccharides)	Excess Fructose (Monosaccharides)	Polyols
HIGH FODMAP FOODS	Wheat, rye, onions, garlic, asparagus, leeks, brussel sprouts, cabbage, artichokes, legumes, (chickpeas, lentils, kidney beans)	Milk, soft cheese, yoghurt, ice cream, custard, cream, ricotta, cottage cheese	Apples, pears, honey, watermelon, high-fructose corn syrup (found in soft drinks, sweets, processed foods)	Apples, pears, cherries, stone fruits (plums, peaches, nectarines), cauliflower, mushrooms, sugar-free gum & lollies
MEDIUM FODMAP FOODS	Sweet corn, beetroot, butternut pumpkin, fennel, small amounts of some canned lentils	Semi-hard cheese (feta, mozzarella, brie, camembert), butter, sour cream	Oranges, blueberries, pineapple, moderate amounts of mango	Sweet potato, celery, small amounts of stone fruits (apricots, plums), small portions of mushrooms
LOW FODMAP FOODS	Rice, quinoa, carrots, cucumber, zucchini, lettuce, spinach, green beans, capsicum	Lactose-free milk, hard cheeses (cheddar, Parmesan, Swiss), coconut milk, almond milk	Bananas, strawberries, grapes, kiwifruit, passionfruit, lemon, lime	Pumpkin, carrots, tomatoes, eggplant, grapes, strawberries, small amount of dark chocolate

How to use this book

This cookbook is designed to make your meal preparation simple, flexible and delicious. Whether you prefer planning ahead or making meals on the day, here's how you can use it:

BULK PREP ONE PROTEIN, USE IN ONE RECIPE

If you like consistency and ease, choose a bulk prep protein recipe (like **Poached Chicken**, **Flaky Fish** or **Baked Tofu**) and pair it with one recipe for the week. For example: Cook a batch of **Poached Chicken** and use it for **Cowboy Caviar** for 4–5 days. This method is great for simplicity and saving time.

BULK PREP ONE PROTEIN, USE IN MULTIPLE RECIPES

If you prefer variety, prep a large portion of protein and use in different recipes throughout the week. For example: Bulk prep **Poached Chicken** and use in **Crunchy Slaw**, **Cowboy Caviar**, **Lettuce Wrap** and **Salsa Loaded Kūmara**. This gives variety without extra cooking.

COOK INDIVIDUAL PORTIONS OF PROTEIN AS NEEDED

If you like making meals on the spot, simply follow the recipe and cook individual portions of protein to match each meal. This option works well if you enjoy flexibility in meal and protein choices, or don't want to commit to bulk prep.

MAKE DOUBLE OR TRIPLE

Some recipes are single serve but if you want to cook for more people, or cook once and eat for multiple days, you can easily double the quantity for two days of meals or triple for three days, etc. For example, dishes like **Egg Roll Bowl**, **PSMF Ham & Pea Egg White Pie**, and **Pizza Loaded Chicken** work well for batch cooking. You can also prepare a batch of baked potatoes and switch up the toppings each day for variety.

CHANGE THE PROTEIN

You can swap the protein for anything you like! We've included suggestions for alternative recipes in the 'Nutrition Tips' section on each recipe page.

DRESSINGS & SAUCES

These are optional and are not always included in the macros. Obviously the recipes taste better with the dressings and sauces, but keeping them separate gives you the flexibility to choose how much to add.

ATHLETE OR ACTIVE



The loaded 1:1 athlete recipes are designed for those who need more carbs. To reduce the carbs in these recipes, use half a potato per serve, for example, or swap it for a cooked green veggie such as cabbage, cauliflower, broccoli, or courgette—or serve on salad greens instead.

VEGGIE OR VEGAN (VG,V)

Most proteins can be swapped for a larger serving of tofu or tempeh to maintain a similar amount of protein and amino acids. You can also add beans or legumes if you prefer. Since most recipes are built around a vegetable base, they can be easily adjusted to suit your needs.

DAIRY-FREE (DF)

We've marked which recipes are dairy-free and included suggestions for how to adapt others. Silken tofu works well as a substitute for yoghurt-based dressings as it provides a similar amount of protein, whereas coconut yoghurt is much lower in protein.

GLUTEN-FREE (GF)

All recipes are gluten free except if you are using standard or low carb wraps, which tend to have gluten. You can always swap to gluten-free wraps.

CRONOMETER AND MACRO MICRO TRACKING

All recipes are logged in Cronometer so if you are tracking your diet, check out the Cronometer Index on Page 88. Be sure to recalculate macros after making any changes to recipes.

MACRO PIE CHARTS


Each page includes a pie chart of macronutrients, for easy reference. These are calculated as: fat (9 calories per gram), protein (4) and total carbohydrate (4), as a percentage of the total calories.

PROTEIN SPARING MODIFIED FAST (PSMF) RECIPES

For those of you incorporating a PSMF day, we've got some recipes for you, along with tips on how to turn them into full meals.

Bulk prep guide

These bulk prep protein recipes work in numerous other recipes. See 'Nutrition Tip' on each recipe page for more protein options

BAKED TOFU PAGE 72	CHICKEN & SPINACH KOFTA PAGE 73	FLAKY FISH WHITE/SALMON PAGE 74	PAN-FRIED CHICKEN PAGE 75	POACHED CHICKEN PAGE 76	SAVOURY MINCE PAGE 78
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Japanese Bowl (pg 24)	Carrot, Fennel & Orange Salad (pg 18)	Korean Kimchi Bowl (pg 25)	Californian Green Goddess Bowl (pg 17)	Cowboy Caviar (pg 19)	Taco Bowl (pg 32)
.....
 <p><i>Baked Tofu can work in most recipes as vegetarian protein</i></p>	Lettuce Wrap (pg 36)	Mexican Bowl (pg 26)	Caesar Salad Loaded Chicken (pg 47)	Crunchy Slaw (pg 20)	Mushroom Quesadilla (pg 37)

	Cannellini Loaded Soup (pg 56)	Nori Hand Rolls (pg 38)	Chicken Loaded Edamame Mash (pg 49)	Moroccan Bowl (pg 27)	Chilli Loaded Sweet Potato (pg 58)

		Crunchy Salsa Loaded Salmon (pg 50)	Italian Salad Loaded Chicken (pg 52)	Peanut Satay Slaw (pg 28)	Loaded Noodles (pg 64)
	
		Spinach & Tomato Loaded Fish (pg 54)		Rainbow Wrap (pg 41)	
		
		Spice Loaded Brown Rice Biryani (pg 60)		Caprese Loaded Omelette (pg 48)	
		
				PSMF Chicken & Miso (pg 66)	
				

Make your own bowl

Salads don't have to be complicated! A simple mix of fresh greens or any veggies that need using up makes the perfect base. My (Mikki) favourite trick is to take leftover dinner, repurpose it into a quick salad, and top it off with a fried egg or two, for extra protein and flavour. And of course, I can't forget the final touch—a squeeze of ketchup! It's an easy, delicious way to make the most of what you have while keeping things satisfying and stress-free. Consider what you are adding to build your bowl, here are some tips from us below:

MIXED GREENS OR SALAD BASE

A great salad starts with a nutrient-dense base! Load up on a variety of green veggies to maximise fibre (if you can tolerate it), vitamins, and phytochemicals, while keeping things fresh and interesting. Mix crunchy greens, like lettuce or cabbage, with tender leaves like spinach or rocket. Add depth with herbs, sprouts, or shaved brussel sprouts, for extra texture and nutrients. By layering different greens you create a flavourful base packed with micronutrients—ready to pair with your favourite proteins, dressings, and toppings.

PROTEIN

Protein is the key to a satisfying salad. Without enough of it, your meal won't keep you full for long, and you'll find yourself reaching for the snack jar by 3pm. To stay energised, try a large tin of tuna, extra chicken or steak at lunch—you'll be surprised at how much better your appetite control is throughout the day.

FATS

Dressings, cheeses, avocado, nuts, and seeds are great additions to salads, but they are also high in energy. If your goal is weight loss, be mindful of portion sizes to avoid adding too many extra calories.

CARBOHYDRATES

If you're active or an athlete and want to add some carbs, you can bulk prep Root Veggies (Page 77) and toss into any salad, or simply add your preferred carbohydrate. Each recipe includes a nutrition tip with suggested carb additions that we think will pair well with the meal.

FIBRE

Vegetables are an excellent source of fibre, which can help with satiety. However, if you don't tolerate certain high-fibre veggies well, simply switch to ones that work for you, or adjust the portion to suit your needs. Finding the right balance will help you feel your best. See tips on Page 10.

DRESSINGS

We've aimed to create dressing recipes that add more protein than energy (carbs or fat), but in some cases this isn't possible. That's why we've provided the macros for each recipe, so you can decide whether to include the dressing or adjust it to suit your needs. See Dressings on Page 79.

LOW CALORIE FLAVOUR

Low-calorie vegetables and fruits with lots of colour, like carrots, tomatoes, peppers and olives, don't just add flavour—they also provide essential nutrients and phytochemicals that support overall health. These ingredients enhance your meals with natural sweetness, tang, or savoury depth, while keeping calories in check.

TEXTURE

Texture is the secret to making a salad feel like a meal, not just a pile of leaves. Mix it up with crunchy bean sprouts, cucumber, celery, or shaved radish. Lightly sautéed non-starchy veggies, like courgette, green beans or capsicum, can add a warm, tender bite. Want more depth? Add roasted elements, crispy nori, or a handful of toasted seeds. When you layer textures, you create something that's not only delicious but truly satisfying.

FERMENTS

Fermented foods bring more than just flavour—they offer a hit of natural probiotics to support gut health. Try adding a spoonful of sauerkraut, kimchi or pickled onions to your salad, for a burst of tangy, salty goodness that also supports digestion. A little goes a long way, and they pair beautifully with rich proteins and creamy dressings. Look for raw, unpasteurised versions in the chilled section of the supermarket for the most health benefit.

BOWL BASE
ANYTHING GREEN (PREF 3+)

- broccoli
- brussel sprouts
- cabbage (red or green)
- cauliflower
- courgette
- cress, micro greens
- cucumber
- fennel
- herbs (basil, coriander, dill, mint, parsley)
- kale
- lettuce
- mesclun
- rocket
- sorrel
- spinach
- sprouts
- witloof

PRIORITISE PROTEIN
40G NET PER SALAD

- cottage cheese
 - eggs
 - fish & seafood
 - lean meats (chicken, beef, lamb, pork, turkey, venison)
 - tempeh
 - tofu
- e.g. 320g cottage cheese provides 40g of net protein



ADD ENERGY
WITH CARBS

- corn
- dried fruit (small portions)
- fruits (apples, pears, mandarin)
- grains (buckwheat, bulgur wheat, farro, freekeh, quinoa, rice)
- legumes (chickpeas, edamame, green beans, lentils, peas, soybeans)
- pita chips
- root veggies (beetroot, kūmara, potato, sweet potato)

ADD ENERGY
WITH FATS

- avocado
- cheese
- dressings
- nuts
- olives
- oils (avocado, olive, sesame)
- seeds
- coconut flakes

ADD FLAVOUR
WITH LOW ENERGY FOODS

- carrot
- capsicum
- chilli (fresh)
- garlic
- ginger
- kimchi
- pickles
- radish
- red onion
- sauerkraut
- spring onion
- tomatoes





Mikki's Lunch Bowl

Serves 1 | Calories 550 | Fat 21g | Protein 60g | Carbs 24g | Fibre 10g | GF, DF option

INGREDIENTS

1 serve of any leftover protein from dinner, or any bulk prep recipe.

1 serve Root Veggies (pg 77)—mine are often leftovers too!

1 egg

spray olive oil

1 cup salad bits (salad greens, cucumber, capsicum, red onion)

2 tbsp cottage cheese or avocado

a squirt of ketchup (opt for one with 50% less sugar)

METHOD

Prep protein and root veggies if you have no leftovers. Quickly pan fry an egg with a spray of olive oil.

Finely shred salad greens, and finely slice other salad vegetables.

Fill salad bowl with the salad greens and other salad veggies you have chopped up. Top with the root veggies, the leftover protein and the fried egg.

Add the cottage cheese or avocado and a squirt of ketchup.

NUTRITION TIP

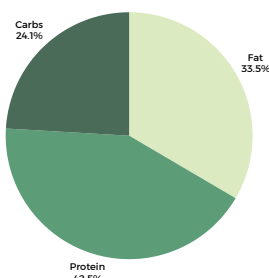
Protein option—any of our bulk prep protein recipes will work here.

More protein—add cottage cheese.

More fat—add mayo, olives, or a dressing, or more avocado.

More carbs—add more potato/kūmara.

Make dairy-free—don't add cottage cheese.



Making a salad bowl can be as easy as using veggies from the fridge and leftovers. Add a fried egg on top and ketchup—always!



California Green Goddess Bowl

Serves 1 | Calories 441 | Fat 10g | Protein 66g | Carbs 16g | Fibre 8g | GF, DF & VG option

INGREDIENTS

1 serve Pan-Fried Chicken
diced, umami flavour (pg
75) or preferred protein
100g broccoli
spray olive oil
salt & pepper
40g shelled frozen
edamame beans
100g cucumber
1 cup salad greens

DRESSING

1 serving Green Goddess
Dressing (pg 81)

METHOD

Preheat oven to 200°C (180°C fan bake) or use air fryer. Line a baking dish with baking paper. Boil kettle. Prep protein.

Cut broccoli into florets. Spray with olive oil and sprinkle with salt and pepper. Air fry or bake for 6–8 minutes, tossing halfway.

Place edamame beans in a heat-proof bowl and fill with boiling water. Let sit for 5 minutes. Drain and let cool.

Peel cucumber into ribbons. Mix in a bowl or lunchbox with salad greens. Top with chicken, edamame beans, broccoli and drizzle over green goddess dressing.

If transporting, add dressing later.

NUTRITION TIP

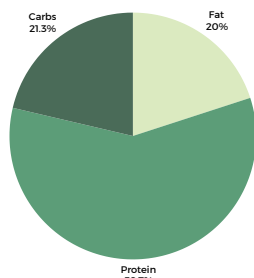
Protein option—try with Poached Chicken, Baked Tofu, Flaky Fish or any lean steak.

More fat—add 1–2 serves of nuts and seeds or avocado.

More carbs—add a serve of quinoa or chickpeas.

Make vegetarian—swap to tofu or tempeh, add more edamame.

Make dairy-free—make Green Goddess Dressing with silken tofu. (recalculate macros after changes)





Carrot, Fennel & Orange Salad

Serves 2 | Calories 425 | Fat 17g | Protein 40g | Carbs 21g | Fibre 9g | GF, DF, V option

INGREDIENTS

8 Chicken & Spinach Kofta
(pg 73) or preferred protein
2 tbsp buckwheat groats
1 carrot
1 fennel bulb
1 radish
50g baby spinach
1 orange

DRESSING OPTIONS (not in macros)

Ginger & Miso (pg 81)
Cals 57, F 5g, P 1g, C 2g

Dill Vinaigrette (pg 81)
Cals 61, F 7g, P 0g, C 0g

METHOD

Prep protein and make dressing.

Heat a dry frying pan on medium-low heat. Toast buckwheat for 3–4 minutes until fragrant and golden. Set aside and let cool.

Grate carrot and thinly slice fennel bulb and radish. Roughly chop spinach and peel and segment orange.

Toss all together in a bowl or lunchbox. Add preferred dressing.

Top with chicken kofta or preferred protein.

NUTRITION TIP

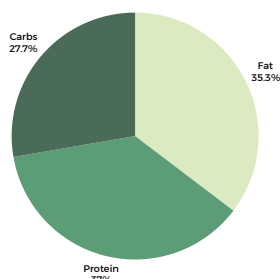
Protein option—Pan-Fried Chicken, Poached Chicken, Flaky Fish or Baked Tofu.

More fat—add more dressing.

More carbs—add more toasted buckwheat.

Make vegetarian—swap to Tofu.

(recalculate macros after changes)



*swap the fennel for celery
if fennel isn't your thing*



Cowboy Caviar

Serves 1 | Calories 502 | Fat 15g | Protein 55g | Carbs 27g | Fibre 12g | GF, DF, V option

INGREDIENTS

1 serve Poached Chicken
(pg 76) or preferred protein
50g (½ cup) canned black
beans
50g (½ cup) canned sweet
corn
1 cup salad greens
¼ avocado
a sprig of coriander
1 spring onion
6 green beans
1 chilli
lime zest & juice

METHOD

Prep protein. Drain beans and corn. Slice avocado. Finely chop coriander. Slice spring onion (white and green parts), green beans and chilli. Zest and juice lime.

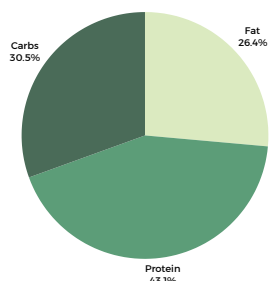
Toss together with salad greens in a bowl or lunchbox.

If transporting, add lime juice and cut avocado later.

NUTRITION TIP

Protein option—try Flaky Fish, Pan-Fried Chicken or Savoury Mince.
More fat—add a drizzle of olive oil.
More carbs—add more black beans or corn.
Make vegetarian—swap to Baked Tofu, crispy or spicy flavour.
(recalculate macros after changes)

This is yum with Flaky Fish!





Crunchy Slaw

Serves 1 | Calories 399 | Fat 15g | Protein 52g | Carbs 8g | Fibre 5g | GF, DF, V option

INGREDIENTS

1 serve Poached Chicken
(pg 76) or preferred protein
1 tbsp sunflower seeds
1 tbsp pumpkin seeds
60g red cabbage
20g baby kale
50g (half small) carrot

OPTIONAL DRESSING (not in macros)

Tahini & Lemon Dressing
(pg 83)
Cals 130, F 8g, P 7g, C 7g

METHOD

Prep protein and make dressing (if using).

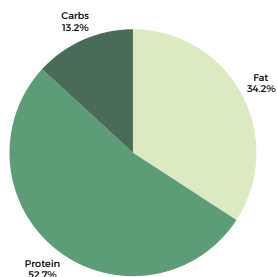
Heat a dry pan to medium high heat, toast seeds until golden and set aside.

Shred cabbage, grate or julienne carrot, finely chop kale. Toss in a bowl or lunchbox with chicken, seeds and dressing.

If transporting, add dressing later.

NUTRITION TIP

Protein option—try with Flaky Fish Salmon.
More fat—double quantity of seeds or dressing.
More carbs—add a serve of Root Veggies.
Reduce the calories—half the amount of seeds and tahini dressing.
Make dairy free—leave out yoghurt from Tahini & Lemon Dressing.
Make it vegetarian—use Kimchi Tofu Mayo & Baked Tofu Crispy.
(recalculate macros after changes)





Egg Roll Bowl

Serves 1 | Calories 404 | Fat 17g | Protein 46g | Carbs 13g | Fibre 6g | GF, DF, VG option

Cook once and eat twice? Just double everything.

INGREDIENTS

1 egg
100g mushrooms
50g cabbage
50g carrot
1 spring onion
1 clove garlic
1 tbsp fresh ginger
2 tbsp tamari sauce
1 tsp fish sauce
chilli flakes
spray olive oil
1 tsp sesame oil
150g lean pork mince or preferred protein
½ tsp sesame seeds
a sprig of coriander

OPTIONAL TOPPINGS (not in macros)

peanuts & mung beans

METHOD

Beat egg. Grate or finely chop mushrooms. Shred cabbage. Julienne or grate carrot. Thinly slice spring onions. Set aside separately.

Mince garlic and ginger. Mix in a bowl with tamari sauce, fish sauce and chilli flakes. Heat a 26cm frying pan on medium-high heat and spray with olive oil.

Pour egg into pan and swirl to lightly coat pan. Leave for 1-2 minutes until cooked through. Remove egg from pan and let cool. Once cool, roll like a pancake and thinly slice to create egg “noodles”.

Return pan to heat with a second spray of olive oil. Cook mushrooms, pork mince and half the spring onions for 3-4 minutes, breaking up pork with a wooden spoon. Add cabbage and carrot, cook for a further 2 minutes before adding the tamari mixture. Toss to coat and sprinkle with sesame seeds. Serve hot with remaining spring onion and optional toppings (if using). Season to taste with extra tamari sauce and more chilli flakes.

NUTRITION TIP

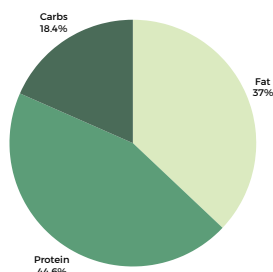
Protein option—try lean minced beef, chicken, pork or prawns.

More fat—add more peanuts.

More carbs—add a serve of rice or noodles.

More fibre—add broccoli.

Make vegetarian—swap pork and egg for grated tofu or tempeh. (recalculate macros after changes)





Egg Salad

Serves 1 | Calories 355 | Fat 15g | Protein 40g | Carbs 10g | Fibre 3g | GF, DF option

INGREDIENTS

3 hard boiled eggs
125g egg whites
¼ shallot or red onion
½ stick celery
3 green beans
a sprig each of dill & parsley
1.5 tbsp nutritional yeast
1 tbsp high-protein yoghurt
handful of salad greens
5 cherry tomatoes
salt & pepper

METHOD

Scramble egg whites in a frying pan or place in a heat-proof bowl and microwave until cooked. Mash hard-boiled eggs and cooked egg whites together.

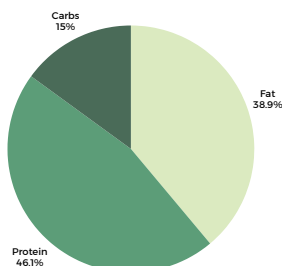
Finely dice shallots and celery. Thinly slice green beans. Chop herbs. Combine with egg mixture, yoghurt and nutritional yeast. Season with salt and pepper.

Place salad greens in a bowl or lunchbox. Add chopped cherry tomatoes and top with egg mixture.

NUTRITION TIP

Protein option—too much egg for one day? split mixture over two days and add another serve of protein like chicken, tuna or tofu.
More fat—add a serve of mayo to the mix.
More carbs—eat with toast or in a wrap.
More fibre—add broccoli to salad greens.
Make dairy-free—use mayo instead of yoghurt (note this will slightly reduce protein).
(recalculate macros after changes)

If you don't like/have nutritional yeast then skip it. Protein will be slightly less but no biggie



This egg mixture can be batch-made and a few spoonfuls added to any salad as an extra protein hit. Or eat as a snack if you need one.



Hawaiian Poke Bowl

Serves 1 | Calories 460 | Fat 20g | Protein 48g | Carbs 26g | Fibre 12g | GF, DF option

INGREDIENTS

1 small carrot
1 tbsp apple cider vinegar
50g frozen shelled edamame beans
100g cauliflower
100g broccoli
150g raw tuna or preferred protein
1 tsp sesame seeds
salt & pepper
spray olive oil
½ avocado
1 radish

OPTIONAL DRESSING (not in macros)

Spicy Yoghurt (pg 83)
Cals 33, F 1g, P 4g, C 4g

METHOD

Boil water. Grate the carrot and mix with apple cider vinegar and a pinch of salt to pickle, set aside.

Place frozen edamame in a heat-safe bowl, cover with boiling water, and let sit for 5 minutes. Drain and cool.

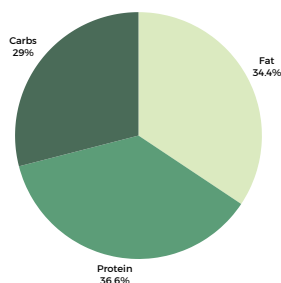
Grate or chop cauliflower and broccoli into rice-sized pieces. Microwave in a covered bowl for 3–4 minutes, or sauté in a lightly oiled pan for the same time until just tender. Transfer to serving bowl and return pan to heat with a spray of oil.

Season tuna with sesame seeds and salt and cook for 2 minutes per side, including edges (6–8 minutes total), or until done to your liking. Rest, then slice thinly.

Slice avocado and radish. Arrange everything on top of veggie rice and drizzle with dressing if using.

NUTRITION TIP

Protein option—try with Pan-Fried Chicken, spicy flavour, or Flaky Fish.
More fat—add another serve of avocado.
More carbs—use a serve of rice instead of cauliflower.
Make vegetarian—swap to tofu or tempeh.
Make dairy-free—use silken tofu instead of yoghurt to make dressing. (recalculate macros after changes)





Japanese Bowl

Serves 1 | Calories 470 | Fat 20g | Protein 48g | Carbs 24g | Fibre 10g | GF, DF, V

INGREDIENTS

1 serve Baked Tofu crispy
or umami flavoured (pg 72)
or preferred protein
1 tbsp Pickled Onion (pg 82)
50g frozen shelled
edamame beans
1 cup salad greens
100g cucumber
1 radish

OPTIONAL DRESSING (not in macros)

Ginger & Miso (pg 81)
Cals 57, F 5g, P 1g, C 2g

METHOD

Prep protein and Pickled Onion and make dressing (if using).

Place the edamame beans in a heat-safe bowl. Pour boiling water over until the beans are fully submerged. Let sit for 5 minutes. Drain and allow to cool.

Meanwhile, dice cucumber and thinly slice radish.

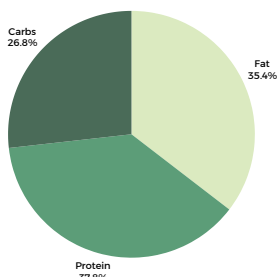
Fill bowl or lunchbox with salad greens, edamame beans, baked tofu, cucumber, radish and pickled onion, and drizzle over dressing.

If transporting, add dressing later.

NUTRITION TIP

Protein option—try with Pan Fried Chicken umami flavour, Flaky Fish, Poached Chicken, or grilled, sliced steak.
More fat—add olive oil to the dressing, add a serve of avocado.
More carbs—add a serve of legumes or quinoa.
(recalculate macros after changes)

The dressing in this recipe is so yum! ♥



This would be great with chicken or fish too!



Korean Kimchi Bowl

Serves 1 | Calories 422 | Fat 25g | Protein 42g | Carbs 12g | Fibre 9g | GF, DF, V option

INGREDIENTS

125g Flaky Fish Salmon (pg 74) or preferred protein
100g frozen shelled edamame beans
100g cabbage
50g carrot
3 tbsp of kimchi
1 tbsp pickled sushi ginger

OPTIONAL EXTRAS

nori
sprinkle of Furikake

OPTIONAL DRESSING (not in macros)

1 tbsp Olive Oil Mayo (pg 82)
or store-bought mayo
1 tsp wasabi
Cals 96, F 10g, P 1g, C 0g

METHOD

Prep protein.

Place the edamame beans in a heat-safe bowl and pour over boiling water until they are fully submerged. Let sit for 5 minutes. Drain and let cool.

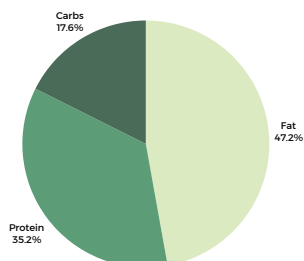
Meanwhile, finely slice cabbage and grate carrot.

Mix wasabi with mayo if using.

Arrange all ingredients in a bowl or lunchbox and top with optional extras and dressing.

NUTRITION TIP

Protein option—try with Poached Chicken, Savoury Mince or Pan-Fried Chicken.
More fat—add a serve of avocado.
More carbs—add a serve of rice.
Make vegetarian—swap salmon for Baked Tofu crispy flavour. (recalculate macros after changes)



*you can use hot smoked or
canned salmon here to save time.*



Mexican Bowl

Serves 1 | Calories 407 | Fat 22g | Protein 47g | Carbs 12g | Fibre 9g | GF, DF, V option

INGREDIENTS

150g Flaky White Fish (pg 74) or preferred protein
 1 serve of Avocado Gauc (pg 80)
 1 tomato
 10g (1 slice) red onion
 100g red capsicum
 salt & pepper
 1 cup salad greens
 50g corn, canned or sliced off a cooked corn cob
 a few sprigs of coriander
 chilli flakes (optional)

METHOD

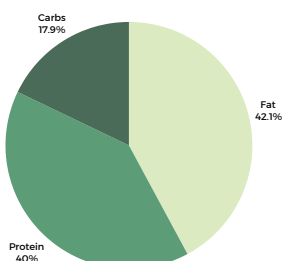
Prep protein and make guacamole.

Dice tomato, red onion and capsicum. Mix together in a bowl and season with salt and pepper to taste.

Fill bowl or lunchbox with salad greens. Top with corn, fish, guacamole and coriander leaves. Sprinkle with chilli flakes (if using).

NUTRITION TIP

Protein option— try with Poached Chicken or Savoury Mince.
 More fat—add another serve of guacamole or olive oil.
 More carbs—add another serve of corn or black beans.
 Make vegetarian—swap to Baked Tofu crispy flavour.
 (recalculate macros after changes)





Moroccan Bowl

Serves 1 | Calories 508 | Fat 20g | Protein 55g | Carbs 18g | Fibre 8g | GF, DF, V option

INGREDIENTS

1 serve Poached Chicken
(pg 76) or preferred protein
1 lemon
½ small carrot
100g beetroot
spray olive oil
salt & pepper
1 cup salad greens
50g hummus (pg 81)
10g slivered almonds
sprinkle of Dukkah
a sprig of mint leaves

METHOD

Prep protein.

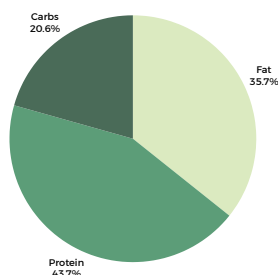
Preheat oven to 200°C (180°C fan bake) or use air fryer.

Slice half the lemon, saving the other half for squeezing. Slice carrots in to rounds and dice beetroot. Place the lemon and veggies on a baking tray. Spray with olive oil, salt and pepper. Bake (or air fry) for 12-15 minutes until tender.

Fill bowl or lunchbox with salad greens, and squeeze over a tablespoon of lemon juice. Top with the roast veggies, hummus, almonds and chicken. Sprinkle with dukkah and mint leaves.

NUTRITION TIP

Protein option—try with Pan-Fried Chicken, Savoury Mince, Flaky Salmon, or leftover beef or lamb from dinner.
More fat—add a serve of olive oil or a dressing.
More carbs—add more Root Veggies or rice.
Make vegetarian—swap to lentils or tofu.
(recalculate macros after changes)



* you can use shop-bought hummus
* to save time



Peanut Satay Slaw

Serves 1 | Calories 462 | Fat 17g | Protein 55g | Carbs 18g | Fibre 6g | GF, DF, V option

INGREDIENTS

1 serve poached chicken (pg 76) or preferred protein
1 tbsp dry roasted peanuts
30g red cabbage
30g white cabbage
40g carrot
50g capsicum
50g cucumber
½ spring onion
10g mung beans
a few sprigs of coriander or mint

DIPPING SAUCE (INCLUDED IN MACROS)

1 serve Satay Dressing (pg 82)
Cals 90, F 5g, P 4g, C 10g

METHOD

Prep protein and make dressing.

Heat a dry frying pan on medium-high heat and toast peanuts for 2–3 minutes until golden. Set aside to cool.

Shred cabbages, julienne or grate carrot and dice capsicum and cucumber. Thinly slice spring onion on an angle. Mix together in a bowl.

Top with poached chicken, mung beans, peanuts and coriander or mint. Drizzle over satay dressing.

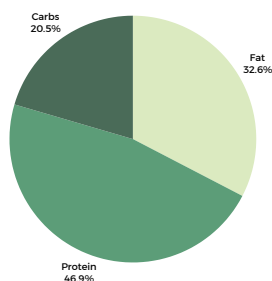
NUTRITION TIP

Protein option—try with Savoury Mince (chicken, pork or beef), steak, or leftover meats from dinner.

More fat—use peanut butter in dressing instead of peanut butter powder.

More carbs—add a serve of vermicelli noodles.

Make vegetarian—swap to Baked Tofu crispy flavour. (recalculate macros after changes)





Prawn Cocktail

Serves 1 | Calories 297 | Fat 9g | Protein 46g | Carbs 7g | Fibre 5g | GF, DF option, VC option

INGREDIENTS

150g raw prawns or preferred protein
100g cucumber
¼ avocado
1 cup salad greens
10g sprouts
Chilli oil (optional)

DIPPING SAUCE (INCLUDED IN MACROS)

1 serve Spicy Yoghurt (pg 83)
Cals 35, F 1g, P 4g, C 4g

METHOD

Bring a pot of water to the boil. Devein prawns, rinse, and pat dry. Add the prawns and cook for 2–3 minutes until they are pink. Drain and let cool.

Alternatively, heat some chilli oil in a frying pan on medium-high heat. Cook the prawns for 2 minutes on each side until they are pink.

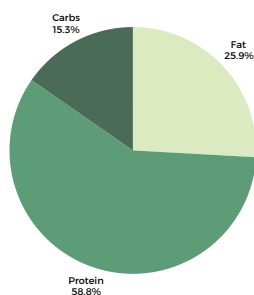
Prep dipping sauce. Slice cucumber and avocado.

Fill a bowl or lunchbox with salad greens, cucumber, avocado, and sprouts. Top with prawns and a dipping bowl of Spicy Yoghurt dipping sauce.

If transporting, add sauce later.

NUTRITION TIP

Protein option—try with Poached Chicken or Flaky Fish.
More fat—add a tbsp of mayo into the sauce.
More carbs—add a slice of toasted bread.
Make vegetarian—swap prawns for Baked Tofu & omit yoghurt.
Make dairy-free—use mayo instead of yoghurt.
(recalculate macros after changes)





Salade Niçoise

Serves 1 | Calories 346 | Fat 9g | Protein 56g | Carbs 9g | Fibre 4g | GF, DF

INGREDIENTS

1 egg
50g green beans
a few slices of red onion
1 tomato
185g canned tuna or preferred protein
handful of salad greens
6 olives

OPTIONAL TOPPINGS (not in macros)

anchovies
Dill Vinaigrette (pg 81)
Cals 58, F 7g, P 1g, C 1g

METHOD

Boil egg to your liking.

Place green beans in a heat-proof bowl and pour over boiling water. Let sit for 5 minutes until lightly blanched. Drain and let cool.

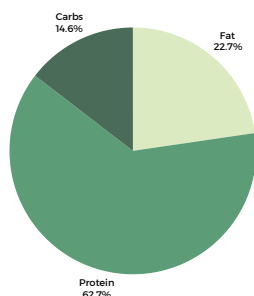
Finely dice onion. Cut tomato into wedges. Drain tuna.

Place salad leaves in a bowl or lunch box. Top with green beans, olives, tomatoes, tuna and egg. Season with salt and pepper and add anchovies and dressing (if using).

NUTRITION TIP

Protein option—try with Poached Chicken, Pan-Fried Chicken (Medi or French flavours), Flaky Fish or any other canned fish.
More fat—add a serve of mayo, an extra egg or a serve of avocado.
More carbs—add a serve of potatoes or sweet corn.
More fibre—add broccoli to salad greens.
(recalculate macros after changes)

A soft-boiled egg like this takes 5 minutes when added to a rolling boil



This is a classic salad that everyone knows and because it's so easy, it's worth a reminder to include it in your high protein toolbox.



Thai Bowl

Serves 1 | Calories 417 | Fat 18g | Protein 42g | Carbs 16g | Fibre 8g | GF, DF, VG option

INGREDIENTS

spray olive oil
150g lean beef steak or preferred protein
20g dry roasted peanuts
salt & pepper
80g red cabbage or preferred salad leaves
100g red capsicum
100g cucumber
10g (1 slice) red onion
4 snow peas
a few sprigs of mint & coriander

OPTIONAL DRESSING (not in macros)

Thai Dressing (pg 83)
Cals 73, F 5g, P 2g, C 7g

METHOD

Make dressing if using.

Season steak with salt and pepper. Heat oil in a frying pan over medium-high heat. Cook for about 3-4 minutes on each side for medium-rare, or until it's cooked to your liking. Remove steak from the pan and let it rest for 5 minutes. Slice thinly against the grain.

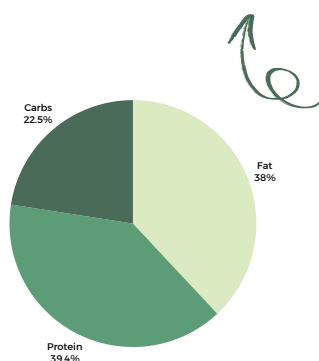
Return pan to heat and toast peanuts for 2-3 minutes until golden. Let cool and roughly chop.

Meanwhile, shred the cabbage, slice the capsicum, dice the cucumber and finely dice the red onion. Cut snow peas in half. Pick leaves off herbs. Toss all together in a bowl or lunchbox with Thai dressing if using. Add beef slices.

If transporting, add dressing later.

NUTRITION TIP

Protein option—use any leftover meat from dinner, Poached Chicken or Pan-Fried Chicken umami flavour.
More fat—add a serve of avocado.
More carbs—add noodles.
Make vegetarian—swap beef for Baked Tofu.
(recalculate macros after changes)



The dressing really makes this dish!



Taco Bowl

Serves 1 | Calories 418 | Fat 19g | Protein 51g | Carbs 7g | Fibre 5g | GF, DF & VG option

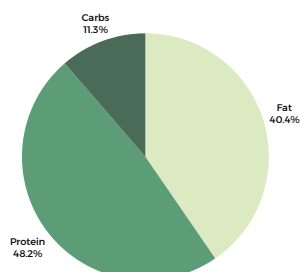
INGREDIENTS

1 serve Savoury Mince beef
Medi flavour (pg 78) or
preferred protein
1 serve Avocado Guac (pg
80)
1 small tomato
15g cheese
1 tbsp high-protein yoghurt
1 cup salad greens
sprinkle of chilli flakes
salt & pepper

OPTIONAL (NOT IN MACROS)

1 low carb wrap
89 Cals, F 3g, P 3g, C 9g, Fb
8g

*Really yummy with
or without the chips*



METHOD

Preheat oven to 200°C (180°C fan bake) or use air fryer.

Prep protein and Avocado Guac.

Cut low-carb wrap into triangles (if using) and air fry or bake for 4–5 minutes until golden.

Dice tomato and grate cheese. Fill bowl or lunchbox with salad greens. Top with savoury mince, tomato, cheese, avocado guac, yoghurt and sprinkle with chilli flakes and salt & pepper.

If transporting, add yoghurt and guac later and serve with chips if using.

NUTRITION TIP

Protein option—any of our Savoury Mince options, Medi flavour, or Pan-Fried Chicken spicy flavour.

More fat—add more Avocado Guac or more cheese.

More carbs—use corn tortillas instead of low carb wrap chips, or add a serve of black beans.

Make vegetarian—swap beef for kidney beans, pan-fried and crushed.

Make dairy-free—omit yoghurt.

Make gluten-free—use a gluten-free wrap.
(recalculate macros after changes)

Sarnies of sorts





BLT

Serves 1 | Calories 491 | Fat 30g | Protein 37g | Carbs 16g | Fibre 5g | GF, DF

INGREDIENTS

1 tomato
60g (2 rashers) bacon or preferred protein
2 slices preferred bread*
spray olive oil
150g egg white
1 large lettuce leaf
½ tbsp Olive Oil Mayo (pg 82) or store-bought mayo

*We used Paleo Super Seed Bread (2 slices)
220 Cals, F 14g, P 10g, C 11g, Fb 4g

METHOD

Slice the tomato. Heat a dry frying pan over medium-high heat and cook the bacon on both sides until it reaches your desired crispiness. Remove the bacon from the pan and set aside. Wipe the pan clean. Place the bread in the pan and toast one side only. Remove the bread from the pan once the bottom is golden.

Spray the pan lightly with oil. Pour in the egg whites and cook for 1-2 minutes, or until fully set. Place the bread slices side-by-side on top of the egg whites, untoasted sides up.

Carefully flip the entire egg/bread layer so that the bread is now on the bottom. Let the underside of the bread toast for a minute then fold in any overhanging egg white so that it matches the outline of the bread slices.

Spread one half with mayo and top with bacon, lettuce and tomato. Flip the other side over to close the sandwich.

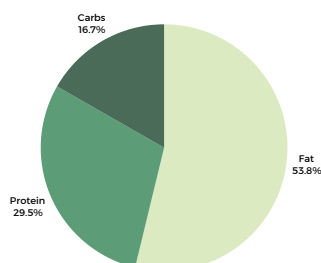
COOKING TIP

Egg whites are very sticky, use a non-stick pan.

NUTRITION TIP

Protein option—try with shaved ham, chicken or turkey.
More fat—use 3 whole eggs instead of egg whites or add more mayo.
Reduce calories—omit mayo
Reduce carbs—use one slice of bread and create an open sandwich. (recalculate macros after changes)

You can use this egg white lining technique with any bread or wrap—like in our Breakfast Book!





Cheesy Chicken Pocket

Serves 2 | Calories 457 | Fat 29g | Protein 44g | Carbs 5g | Fibre 1g | GF, DF option

INGREDIENTS

60g spinach
60g mozzarella
10g Parmesan
400g chicken mince
2 tbsp sun-dried tomato strips
2 tsp store-bought pesto
salt & pepper
spray olive oil

*prep both and keep
one in the fridge to
cook the next day*

METHOD

Preheat oven to 200°C (180°C fan bake).

Wilt spinach in the microwave for 1 minute, or pour over boiling water and let sit for 1 minute. Drain and squeeze out excess liquid.

Grate mozzarella and Parmesan.

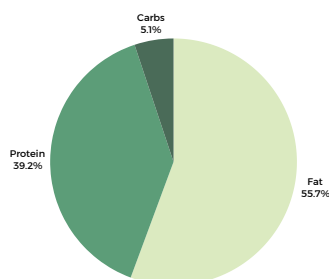
With damp hands, shape chicken into a ball, place between two sheets of baking paper and roll into a 2mm-thick circle, approx 22cm in diameter.

Place spinach, mozzarella, sun-dried tomatoes and pesto on one half of circle. Fold over like an omelette and crimp edges with a fork. Season with salt and pepper and sprinkle with half the Parmesan. Flip, crimp again, season and sprinkle with remaining Parmesan.

Bake on a lightly oiled tray for 8-10 minutes per side (or in air fryer at 180°C for 4-6 minutes per side), until golden and cooked through.

NUTRITION TIP

More protein—make it bigger with more chicken or turkey.
More fat—add more cheese or pesto.
More carbs—sprinkle with bread crumbs as well as Parmesan.
Make dairy-free—omit cheeses, add extra dairy-free pesto.
Add fibre—serve with cruciferous vegetables.
(recalculate macros after changes)





Crispy Quesadilla

Serves 1 | Calories 379 | Fat 15g | Protein 41g | Carbs 13g | Fibre 11g | GF, DF & VG options

INGREDIENTS

150g Savoury Mince beef
Medi flavour (pg 78), or
preferred protein
100g mushrooms
spray olive oil
1 low carb wrap*
20g grated cheese
2 tbsp store-bought salsa

OPTIONAL GARNISH (not in macros)

avocado
tomato
coriander leaves

*We use a low carb wrap
89 Cals, F 3g, P 3g, C 9g, F 8g

METHOD

Preheat grill to high. Prep protein.

Grate mushrooms. Heat oil in a frying pan on medium heat and cook mushrooms until soft. Add Savoury Mince and warm through.

Place low carb wrap on lined baking tray. Top one side with beef mixture, fold other side over and spread salsa on top of folded wrap. Sprinkle with cheese. Grill for 5 minutes until crispy and golden.

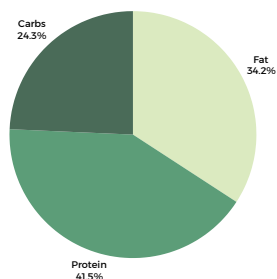
Transfer to serving plate and add garnish if using.

COOKING TIP

You can also cook this in the air fryer, directly in basket so underside goes crispy. Or you can put the salsa and the cheese inside the wrap and pan fry on both sides.

NUTRITION TIP

Protein option—try with any minced meat (lamb, chicken, pork).
More fat—serve with avocado.
More carbs—use standard wraps or spread mixture across two wraps.
Less carbs—use a lettuce wrap, put cheese inside and don't grill.
Make vegetarian—swap beef to black beans + nutritional yeast.
Make dairy-free—omit cheese or use dairy free cheese.
Make gluten-free—use gluten free wrap.
(recalculate macros after changes)





Lettuce Wrap

Serves 1 | Calories 344 | Fat 17g | Protein 40g | Carbs 8g | Fibre 3g | GF, DF & V option

INGREDIENTS

2 iceberg lettuce leaves
1 small store-bought
roasted capsicum
4 Chicken & Spinach Kofta
(pg 73) or preferred protein
2 tbsp Spicy Yoghurt (pg83)
a few coriander sprigs

METHOD

Carefully remove two lettuce leaves, trying to avoid tears—see cooking tip below.

Dice capsicum. Warm chicken kofta in microwave. Mix spicy yoghurt.

Place one lettuce leaf inside the other and add kofta, capsicum, yoghurt and coriander. Roll like a wrap.

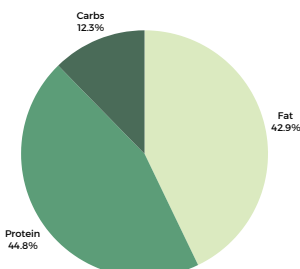
COOKING TIP

An easy way to separate the leaves is to cut off the stem of the iceberg lettuce. Hold the lettuce (cut side up) under cold running water. Let the water gently fill each leaf so that the lettuce expands and the outer leaf naturally falls off. Repeat as required, then drain and return to fridge.

NUTRITION TIP

Protein option—try with Poached Chicken, Savoury Mince or any canned fish, even grab a cooked chicken from the supermarket. More fat—use spicy mayo instead of spicy yoghurt. More carbs—add a serve of rice or quinoa. Make vegetarian—swap to Baked Tofu or tempeh. Make dairy-free—use spicy mayo in place of spicy yoghurt. (recalculate macros after changes).

The filling options here are endless! Let your imagination run wild! Leftovers work really well as fillings too.





Nori Hand Rolls

Serves 1, makes 3 rolls | Calories 460 | Fat 25g | Protein 40g | Carbs 8g | Fibre 14g | GF, DF, V option

INGREDIENTS

100g frozen shelled edamame beans
 ¼ avocado
 1 cup shredded cabbage
 3 nori sheets
 100g Flaky Salmon (pg 74), or hot-smoked or canned salmon, or preferred protein

OPTIONAL (not in macros)

tamari sauce or soy sauce
 wasabi
 pickled sushi ginger

METHOD

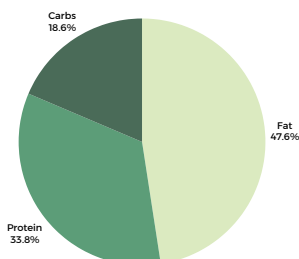
Place the shelled edamame in a heat-safe bowl and pour over boiling water until the beans are submerged. Let them soak for 5 minutes, then drain and set aside to cool. Slice the avocado and finely shred the cabbage.

Lay a sheet of nori flat on a clean, dry surface with a corner pointing toward you, like a diamond shape. Add a small amount of edamame, avocado, and cabbage near the top corner. Fold the bottom corner up over the fillings, then fold in the sides, and roll into a tight open parcel.

Serve with tamari or soy sauce, wasabi, and pickled ginger, if desired.

NUTRITION TIP

Protein option—try with Poached Chicken or canned or fresh tuna.
 More fat—double the avocado or add a serve of mayo.
 More carbs—add a serve of brown rice or quinoa.
 Make vegetarian—swap to Baked Tofu or tempeh.
 (recalculate macros after changes)



Get creative with your fillings. You can use more than just cabbage as your base—kale, carrot, brussel sprouts and red cabbage work great too. Plus any protein!



Prawn & Bamboo Dumplings

Serves 2 | Calories 246 | Fat 7g | Protein 42g | Carbs 3g | Fibre 2g | GF, DF

INGREDIENTS

450g shelled raw prawns,
or preferred protein
225g can bamboo shoots
1 tbsp fresh ginger
1 clove garlic
1 spring onion
6–8 cabbage leaves (white
or Chinese cabbage)
2 tbsp tamari sauce
sriracha (optional)

METHOD

Separate the cabbage leaves and trim any thick stems. Place the leaves in a large bowl and cover with boiling water. Let them soak while you prepare the filling. Drain and allow to cool enough to touch.

Remove prawn tails, devein, rinse under cold water and pat dry. Drain the bamboo shoots. Mince the ginger and garlic and finely slice the spring onion. Roughly chop the prawns and bamboo shoots then combine in a bowl with the spring onion, ginger and garlic.

Place a spoonful of filling near the base of each cabbage leaf. Fold in the sides, then roll tightly to form a dumpling.

Heat oil in a frying pan over medium-high heat. Fry dumplings in batches, folded side down, for 2–3 minutes until golden. Turn, add a splash of water, cover with a lid, and cook for another 2 minutes. Repeat with remaining dumplings. Let cool slightly before serving. Serve with tamari sauce and hot sauce (sriracha) if desired.

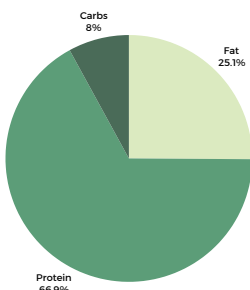
NUTRITION TIP

Protein option—use chicken or pork mince (cook for 4–5 mins each side and then steam for 3 minutes. Check cooked through).

More fat—serve with sriracha mayo.

More carbs—serve on a portion of rice or noodles.

More fibre—serve on a portion of cauliflower rice.
(recalculate macros after changes)





Prawn Taco

Serves 1 | Calories 271 | Fat 5g | Protein 40g | Carbs 12g | Fibre 10g | GF, DF option

INGREDIENTS

20g carrot
50g cucumber
a few sprigs of coriander
200g shelled raw prawns,
or preferred protein
1 tsp fresh ginger
1 clove garlic
1 spring onion
salt & pepper
1 low carb wrap
spray olive oil

OPTIONAL DRESSINGS (not in macros)

Spicy Yoghurt (pg 83)
Cals 35, F 1g, P 4g, C 4g

Avocado Guac (pg 80)
Cals 82, F 7g, P 1g, C 2g

METHOD

Make the dressings.

Julienne or grate the carrot, thinly slice cucumber into batons, and pick coriander leaves (reserve stalks). Set aside separately.

Remove prawn tails, devein, rinse, and pat dry. Mince ginger and garlic. Finely chop coriander stalks and spring onion whites. Slice the green tops and set aside for garnish.

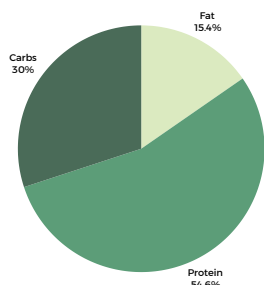
Use a food processor to grind prawns, ginger, garlic, coriander stalks, and spring onion whites into a chunky mince. Season with salt and pepper.

Spread prawn mince thinly over one side of the wrap using damp hands—spread it as thinly as possible as it will shrink back when cooking.

Heat oil in a pan over medium heat. Cook wrap, prawn side down, for 2–3 minutes until pink, then flip and cook other side until golden and crispy. Add your fillings, fold and enjoy!

NUTRITION TIP

Protein option—use chicken mince.
More fat—add a serve of Spicy Mayo.
More carbs—use a standard wrap
Make dairy-free—leave out spicy yoghurt
Make gluten-free—use a gluten-free wrap.
(recalculate macros after changes)





Rainbow Wrap

Serves 1 | Calories 348 | Fat 9g | Protein 45g | Carbs 13g | Fibre 10g | GF option, DF

INGREDIENTS

125g Poached Chicken (pg 76) or preferred protein
20g grated carrot
20g grated beetroot
1 lettuce leaf shredded
1 low carb wrap
2 tbsp cottage cheese
a few micro green sprouts

METHOD

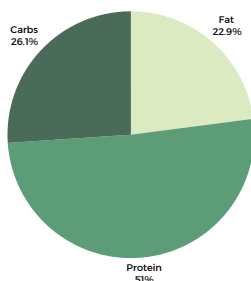
Prep protein.

Warm wrap in the microwave for 10 seconds.

Spread cottage cheese on wrap. Arrange chicken, carrot, beetroot, lettuce and sprouts down the middle of the wrap. Fold over both sides and enjoy.

NUTRITION TIP

Protein option—use any cooked meat.
More fat—add a serve of mayo, avocado or cheese.
More carbs—use a standard wrap.
Less carbs—use lettuce as the wrap or have as a salad bowl.
Make gluten-free—use a gluten-free wrap.
Make dairy-free—omit cottage cheese.
(recalculate macros after changes)



Sometimes we overthink a protein meal but a simple filling like this gets the job done.

Don't like bread wraps? Try using the Cottage Cheese Wrap (pg 61) or Egg Life wrap (pg 54) from the 40/40 Breakfast Book



Reuben

Serves 1 | Calories 522 | Fat 23g | Protein 61g | Carbs 11g | Fibre 10g | GF & DF option

INGREDIENTS

1 tbsp high-protein yoghurt
1 tsp Dijon mustard
½ tsp horseradish
1 tsp ketchup
Preferred bread or wrap
150g leftover or shop-bought sliced roast beef or pastrami, or preferred protein
3 tbsp sauerkraut
2 slices Swiss cheese
1 unsweetened dill pickle

METHOD

Mix yoghurt with mustard, horseradish and ketchup.

Spread the yoghurt mixture over one half of the wrap. Top with beef, sauerkraut, and Swiss cheese, then fold the wrap in half.

Heat a dry frying pan over medium heat. Cook the wrap for 1 minute on each side, or until the cheese is melted and the wrap is golden and toasted.

Serve with a dill pickle

NUTRITION TIP

Protein option—try with any cold cuts of meat.

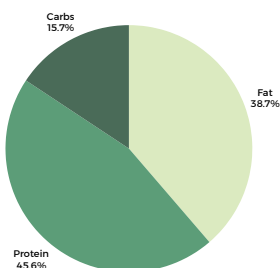
More fat—use a serve of mayo instead of yoghurt or use double cheese.

More carbs—use 2 slices of rye bread or a standard wrap.

Make dairy-free—omit cheese and yoghurt.

Make gluten-free—use gluten free wrap.

(recalculate macros after changes)





Smashed Beef Taco

Serves 1 | Calories 485 | Fat 20g | Protein 54g | Carbs 14g | Fibre 9g | GF, DF option

INGREDIENTS

150g lean beef mince, or preferred minced meat
¼ tsp salt
¼ tsp each paprika, oregano, and garlic powder
1 low carb wrap
spray olive oil
10g salad leaves
1 radish
1 serve Aji Verde (pg 80)
1 tbsp Pickled Onion (pg 82)

METHOD

Combine beef mince, salt, paprika, oregano and garlic powder in a bowl using a fork. Roll the meat mixture into a ball and place it in the centre of the wrap. Use damp hands to push the meat gently to the edges of the wrap. Make the meat layer as thin as possible as it will shrink back when it cooks.

Heat oil in a frying pan on medium heat. Cook the wrap beef side down for 4–5 minutes, or until cooked to your liking. If using chicken or pork, make sure it is cooked through. Flip and cook the wrap side until crispy and golden.

Meanwhile, slice the radish and prepare the toppings.

Top the meat with lettuce, radishes, Aji verde, and pickled onion, fold and enjoy!

NUTRITION TIP

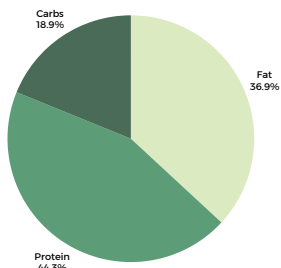
Protein option—try with any other minced meat (90% lean if possible).

More fat—add a serve of cheese.

More carbs—use a standard wrap.

Make dairy-free—swap to Tahini Dressing (pg 83).

Make gluten-free—use gluten free wrap (recalculate macros after changes)



*The leaner the meat the higher the protein.
Try to get close to, or above, 90% meat / 10% fat.*



Tuna & Spinach Melt

Serves 1 | Calories 430 | Fat 14g | Protein 57g | Carbs 11g | Fibre 9g | GF & DF option

INGREDIENTS

30g spinach
30g Colby cheese
180g can tuna in water,
drained, or preferred
protein
salt & pepper
1 low carb wrap or preferred
bread
spray olive oil
1 tsp sriracha sauce

METHOD

Chop spinach, grate cheese and combine in a bowl with drained tuna. Season with salt and pepper.

Carefully spread the generous amount of tuna mixture onto one half of the wrap, pressing it down firmly to help it stay in place. Fold the other half over to enclose the filling.

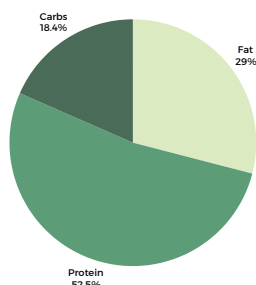
Heat a frying pan on medium heat, spray with oil and fry wrap on each side for 2-3 minutes, until cheese has melted. Serve with sriracha sauce.

COOKING TIP

Cook on lower heat if necessary so that cheese melts before bread gets overcooked.

NUTRITION TIP

Protein option—use leftover cooked chicken or other meat.
More fat—double the amount of cheese.
More carbs—use bread or a standard wrap.
Make dairy-free—omit cheese or use DF cheese.
Make gluten-free—use gluten-free wrap.
(recalculate macros after changes)



Loaded Low Carb B



Beetroot Loaded Carpaccio

Serves 1 | Calories 425 | Fat 20g | Protein 44g | Carbs 13g | Fibre 4g | GF, DF option

INGREDIENTS

1 tsp horseradish
2 tbsp high-protein yoghurt
1 serve Pickled Onion
(pg 82)
150g lean steak or preferred protein
salt & pepper
spray olive oil
100g beetroot
20g Parmesan
handful of rocket

METHOD

Make dressing by mixing horseradish and yoghurt together, season to taste. Make Pickled Onion.

Season steak with salt and pepper. Heat oil in a frying pan over medium-high heat. Cook steak for 3–4 minutes on each side for medium-rare, or until it's cooked to your liking. Remove from pan and let rest for 5 minutes. Slice thinly against the grain.

Grate beetroot and shave Parmesan.

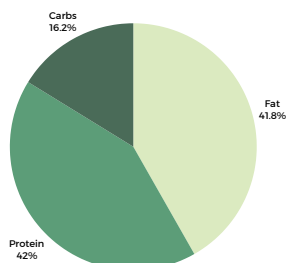
Arrange steak slices on plate. Top with beetroot, rocket and dollop over horseradish dressing, shaved parmesan and pickled onion.

NUTRITION TIP

Protein option—use leftover cold cuts or Pan-Fried Chicken steaks. More fat—add a serve of mayo to dressing or drizzle with a serve of olive oil.

More carbs—serve with crusty bread.

Make dairy-free—use coconut yoghurt and dairy-free cheese. (recalculate macros after changes)



you can always use left over cold meat for this. It's actually a great way to use up cold cuts.



Caesar Salad Loaded Chicken

Serves 1 | Calories 393 | Fat 18g | Protein 65g | Carbs 8g | Fibre 1g | GF

INGREDIENTS

200g Pan-Fried Chicken
French flavour cut into
steaks (pg 75), or preferred
protein
Caesar dressing (pg 80)
spray olive oil
salt & pepper
35g (1 cup) cos lettuce
50g cucumber
20g Parmesan
1 tbsp chopped chives
2 anchovies

OPTIONAL (not in macros)

1 fried or poached egg
68 Cals, F 5g, P 6g, C 0g

METHOD

Prep protein and make dressing.

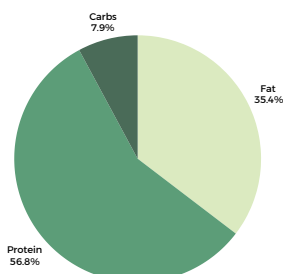
Roughly chop lettuce. Dice cucumber and chop chives. Toss all together in a bowl with a serve of Caesar dressing.

Top chicken with salad, anchovies and a fried or poached egg if using.

NUTRITION TIP

Protein option—use steak or cold cuts.
More protein—add PSMF croutons or a fried egg.
More fat—add a serve of mayo or olive oil to dressing.
More carbs—add regular croutons or some boiled potatoes.
More fibre—add some steamed broccoli.
(recalculate macros after changes)

Highly recommended



If you have any PSMF bread you can make into croutons to add extra protein. Dice bread, spray with olive oil and sprinkle with salt. Bake or air fry until golden.



Caprese Loaded Omelette

Serves 1 | Calories 495 | Fat 28g | Protein 53g | Carbs 4g | Fibre 1g | GF, DF option

INGREDIENTS

2 eggs
6 cherry tomatoes
50g buffalo mozzarella
100g Poached Chicken
(pg 75) or preferred protein
½ tsp butter
a few basil leaves

METHOD

Prep protein. Beat eggs, cut cherry tomatoes in half, slice mozzarella.

Heat butter in a frying pan on medium-high heat. Pour in eggs, let them cook undisturbed for about 30 seconds, then gently stir with a spatula to help cook evenly.

Arrange fillings along centre and then fold in the sides. Slide omelette on to plate and garnish with basil leaves.

NUTRITION TIP

Protein option—use 120g egg whites instead of eggs. Swap chicken for canned or smoked fish, or use Savoury Mince.

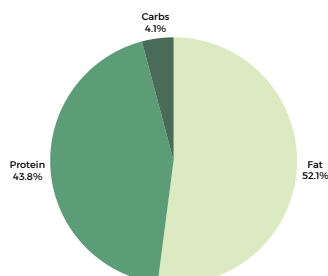
More fat—add 25g more mozzarella or a serve of pesto.

Less calories—omit cheeses and add 50g more chicken.

More carbs—serve with a slice of sourdough toast.

Make dairy-free—use dairy-free cheese.

(recalculate macros after changes)



*Get creative with fillings.
Smoked fish & spinach is a great
combo for nutrient density!*



Chicken Loaded Edamame Mash

Serves 1 | Calories 478 | Fat 19g | Protein 62g | Carbs 7g | Fibre 9g | GF, DF & V option

INGREDIENTS

1 serving Pan-Fried Chicken
spicy flavour, diced (pg 75),
or preferred protein
100g frozen shelled
edamame beans
¼ avocado
3 mint leaves
handful of spinach or rocket
2 tbsp high-protein yoghurt
salt & pepper

OPTIONAL DRESSING (not in macros)

Pickled Onion (pg 82)

METHOD

Prep protein.

Put frozen edamame in a bowl. Pour over boiling water until fully submerged and let sit for 5 minutes. Drain the water—they should be thawed and warmed,

Blend edamame, avocado and mint leaves until smooth.

Spread edamame mash on plate. Top with spinach, chicken and a dollop of yoghurt. Season with salt and pepper. Add a serve of Pickled Onion for extra flavour.

COOKING TIP

If you don't have time to blend the edamame, just eat them whole with all the other ingredients, as a salad.

NUTRITION TIP

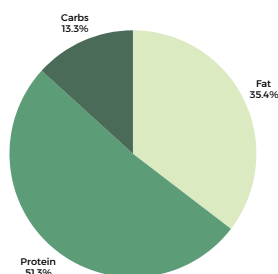
Protein option—try with Pan-Fried Chicken (any flavour, diced or steaks), or Flaky Salmon.

More fat—add an extra serve of avocado or a serve of nuts or seeds.

More carbs—serve on a slice of sourdough toast, or in a wrap.

Make vegetarian—swap chicken for Baked Tofu & use coconut yoghurt.

Make dairy-free—use coconut yoghurt.
(recalculate macros after changes)



*This would be yum with Umami
flavoured Pan-Fried Chicken too!*



Crunchy Salsa Loaded Salmon

Serves 1 | Calories 433 | Fat 22g | Protein 41g | Carbs 15g | Fibre 5g | GF, DF

INGREDIENTS

150g fresh salmon or 150g
Flaky Salmon (pg 74), or
preferred protein
1 tomato
100g red capsicum
20g red onion
sprig of dill
10 green beans
1 lemon, zest & juice
handful of rocket

METHOD

Preheat oven to 200°C (180°C fan bake). Line a baking tray with baking paper.

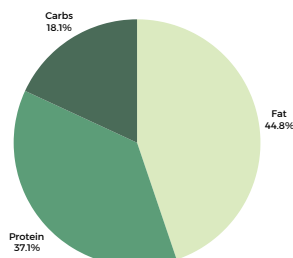
Place the salmon skin-side down on the tray. Season with salt and pepper. Bake (or air-fry) for 8-12 minutes, or until cooked to your liking.

Meanwhile make salsa: Dice tomato and capsicum. Finely dice onion and dill and thinly slice beans. Zest and juice lemon. Mix everything together in a bowl.

Top salmon with rocket and salsa.

NUTRITION TIP

Protein option—try with any white fish, chicken or lean steak.
More fat—add a serve of avocado.
More carbs—add a piece of crusty bread or serve on quinoa.
More fibre—add broccoli.
(recalculate macros after changes)





Egg Loaded Wrap Quiche

Serves 1 | Calories 460 | Fat 21g | Protein 40g | Carbs 21g | Fibre 9g | GF, DF option

INGREDIENTS

2 eggs
60g (¼ cup) egg white
125g cottage cheese
20g spinach
1 tomato
20g Parmesan cheese
1 low carb wrap
salt & pepper

METHOD

Preheat oven to 200°C (180°C fan bake).

Beat eggs, egg white and cottage cheese in a bowl and set aside.

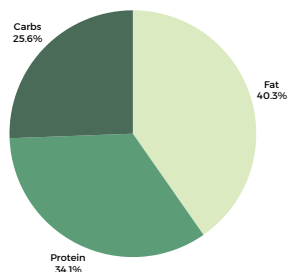
Wilt spinach in the microwave for 1 minute or cover with boiling water for 1 minute, then drain and squeeze out excess liquid. Slice tomato and grate cheese.

Place wrap in a baking dish, or a heat-proof bowl, that holds the sides up to form a pastry case. Pour in egg mixture. Add spinach and tomato slices, sprinkle with cheese and season with salt and pepper.

Bake for 20–30 minutes until the centre is cooked.

NUTRITION TIP

Protein option—swap one egg for 50g cooked chicken or ham.
More fat—add another serve of cheese.
More carbs—use a standard wrap.
Make dairy-free—use dairy-free cheese.
Make gluten-free—use a gluten free wrap.
(recalculate macros after changes)





Italian Salad Loaded Chicken

Serves 1 | Calories 320 | Fat 9g | Protein 50g | Carbs 6g | Fibre 3g | GF, DF & VG option

INGREDIENTS

50g broccoli (or asparagus)
200g Pan-Fried Chicken Steaks, Medi flavour (pg 75), or preferred protein
salt & pepper
spray olive oil
6 cherry tomatoes
10g shaved Parmesan
20g rocket

OPTIONAL DRESSING (not in macros)

Balsamic Dressing (pg 80)
30 Cals, F 2g, P 0g, C 1g

METHOD

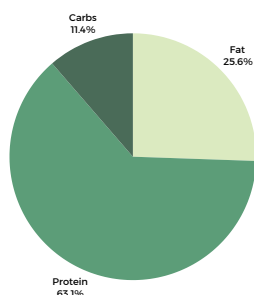
Bring kettle to the boil. Cut broccoli into small florets and place in a heatproof bowl. Pour boiling water over and cover with a lid for 3–5 minutes. Alternatively, place in a microwave-proof bowl with a lid and cook on high for 2–3 minutes. Drain and rinse under cold water.

Prep protein. Cut cherry tomatoes in half. Shave Parmesan.

Top chicken with rocket, cherry tomatoes, broccoli, and Parmesan, and drizzle over balsamic dressing if using.

NUTRITION TIP

Protein option—try with lean steak or cold cut meats.
More protein—add a fried egg.
More fat—add a serve of Parmesan or avocado.
More carbs—add a serve of cooked quinoa.
Make vegetarian—swap to Baked Tofu, crispy flavour.
Make dairy-free—remove cheese or use dairy-free cheese.
(recalculate macros after changes)





Pizza Loaded Chicken

Serves 1 | Calories 511 | Fat 26g | Protein 59g | Carbs 2g | Fibre 4g | GF, DF option

INGREDIENTS

200g chicken breast, or preferred protein
 ¼ tsp dried basil
 spray olive oil
 80g pizza sauce
 20g pepperoni slices
 4 black olives
 50g mozzarella
 a few basil leaves
 chilli flakes (optional)
 salt & pepper

METHOD

Preheat grill to high. Slice mozzarella.

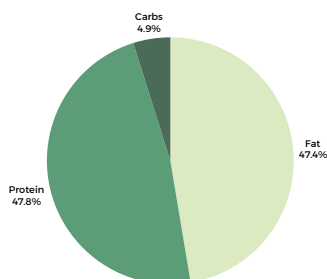
Place the chicken on a chopping board and hold flat with the palm of your hand. Using a sharp knife, slice the chicken breast horizontally into two even pieces. Place the two slices of chicken side-by-side between two sheets of baking paper. Use a meat cleaver or rolling pin to gently bash the chicken pieces nice and thin, around 3mm. Season with salt and pepper.

Heat oil in an oven-proof frying pan on a medium heat. Cook chicken for 3–4 minutes on each side, or until golden and cooked through.

Top each chicken piece with pizza sauce, mozzarella and pepperoni. Place under grill for 1–2 minutes until cheese is melted. Plate up, sprinkling with basil leaves and chilli flakes.

NUTRITION TIP

Protein option—try with schnitzel steak, turkey or pork.
 More fat—drizzle with a serve of olive oil or add another serve of cheese.
 More carbs—serve on a bed of quinoa.
 Make dairy-free—use dairy-free cheese.
 More fibre—add broccoli or rocket.
 (recalculate macros after changes)





Spinach & Tomato Loaded Fish

Serves 1 | Calories 394 | Fat 9g | Protein 59g | Carbs 15g | Fibre 4g | GF, DF

INGREDIENTS

1 serve Flaky Fish (pg 74), or preferred protein
1 serve Ginger & Miso (pg 81)
100g capsicum
1 tbsp tamari sauce
5 cherry tomatoes
50g spinach

METHOD

Preheat oven to 200°C (180°C fan bake).

Prepare protein, make Ginger & Miso dressing and slice capsicum.

Place capsicum and tomatoes on a baking tray. Drizzle with Ginger & Miso dressing and tamari sauce. Bake for 12-15 minutes.

Wilt spinach in the microwave for 1 minute, or cover with boiling water for 1 minute, then drain and squeeze out excess liquid.

Plate the fish, top with wilted spinach and baked tomatoes and capsicum. Spoon over the baking juices and season with extra tamari to taste.

NUTRITION TIP

Protein option—try with Pan-Fried Chicken steaks or use beef or pork steak.

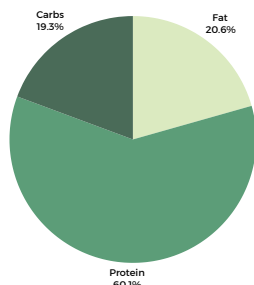
More fat—drizzle with a serve of olive oil.

More carbs—add a serve of Root Veggies, rice or legumes.

More fibre—add broccoli.

(recalculate macros after changes)

Great way to eat a lot of spinach!



Loaded 1:1 Ratio





Cannellini Loaded Broth

Serves 2 | Calories 660 | Fat 22g | Protein 59g | Carbs 45g | Fibre 14g | GF, DF

INGREDIENTS

8 Chicken & Spinach Kofta
(pg 73), or preferred protein
1 stalk of celery
½ onion
1 clove garlic
50g silverbeet or chard, kale,
spinach or cavolo nero.
spray olive oil
½ tsp dried or fresh thyme
2 cups bone broth
1 can cannellini beans, rinsed
& drained
1 lemon zest & juice
salt & pepper

METHOD

Prepare the protein. Finely dice the celery, onion and garlic.
Roughly chop the silverbeet. Zest and juice the lemon.


Heat a pot over medium-high heat with spray oil. Add the onion,
celery, garlic and thyme and cook for about 4–5 minutes, or until
softened.

Add bone broth and cannellini beans. Season with salt and pepper.
Bring to a simmer and cook for 5–8 minutes.

Stir in the silverbeet and cook for 1–2 minutes until wilted. Finish with
lemon zest and lemon juice, adjusting to taste.

Serve hot in a bowl, topped with kofta or your preferred protein.
Save the other portion for lunch tomorrow.

NUTRITION TIP

1:1 protein to carbs ideal for athletes or anyone active 

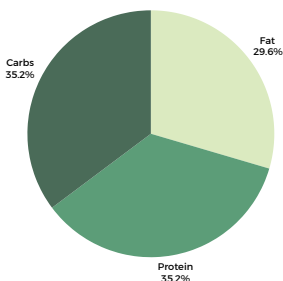
Protein option—try with Poached Chicken or Flaky Fish, or beef or
lamb kofta.

More fat—1 tsp drizzle of olive oil or dollop sour cream.

Lower carbs—use half the amount of beans or omit altogether.

Make vegetarian—use vegetable stock instead of bone broth and
Baked Tofu crispy.

(recalculate macros after changes)





Cheesy Broccoli Loaded Potato

Serves 1 | Calories 514 | Fat 20g | Protein 40g | Carbs 42g | Fibre 6g | GF, DF option

INGREDIENTS

1 small potato, kūmara or sweet potato (~250g raw)
100g chicken breast or preferred protein
80g broccoli
spray olive oil
salt & pepper
45g grated cheese

OPTIONAL DRESSING (not in macros)

2 tbsp Green Goddess Dressing (pg 81)
Cals 14, F 1g, P 2g, C 1g

or 2 tbsp Tzatziki (pg 83)

Cals 11, F 1g, P 2g, C 1g

METHOD

Preheat oven to 200°C (180°C fan bake). Place potato on centre rack and bake for 40–60 minutes or until a knife slides in easily, (sweet potatoes and potatoes cook differently—check them both after 40 minutes).

Dice chicken and cut broccoli into small florets. Toss together in oil and season with salt and pepper. Arrange on a lined baking tray.


When the potato has 20 minutes cooking time remaining, place tray with chicken and broccoli in oven. Bake for 15 minutes. Add cheese and bake for a further 5 minutes.

Place potato on a plate, cut a cross on the top and open it up. Top with cheesy chicken and a dollop of Green Goddess dressing.

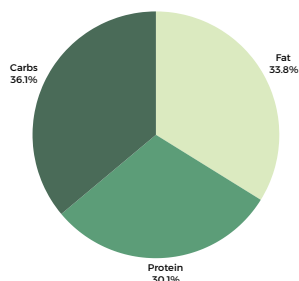
COOKING TIP

If you are in a hurry, you can prick the potato all over with a fork and microwave for 8–10 minutes to par-cook. Then bake for 20 minutes to crisp skin in air fryer or oven.

NUTRITION TIP

1:1 protein to carbs ideal for athletes or anyone active 

Protein option—try with Pan-Fried Chicken or Savoury Mince.
More protein—add another half serve of chicken or cottage cheese.
More fat—add another serve of cheese or a serve of butter.
Lower carbs—half the potato or use potato skin only (scooping the potato flesh out when cooked).
Make dairy-free—use dairy free cheese.
(recalculate macros after changes)





Chilli Loaded Sweet Potato

Serves 1 | Calories 580 | Fat 22g | Protein 40g | Carbs 44g | Fibre 11g | GF, DF option

INGREDIENTS

1 small sweet potato, kūmara or potato (~250g raw)
160g Savoury Mince Chicken Medi flavour (pg 78), or preferred protein
1 tsp paprika
¼ tsp chilli flakes
¼ cup black beans drained
30g cheddar cheese grated
1 tbsp store-bought salsa

METHOD

Prep protein. Add black beans and spices to Savoury Mince. Grate cheese.


Preheat oven to 200°C (180°C fan bake). Place potato on centre rack and bake for 40–60 minutes or until a knife slides in easily, (sweet potatoes and potatoes cook differently—check them both after 40 minutes).

When the potato has cooked, cut in half and top with chicken mixture, cheese and salsa.

COOKING TIP

If you are in a hurry, you can prick the potato all over with a fork and microwave for 8–10 minutes to par-cook. Then bake for 20 minutes to crisp skin in air fryer or oven.

NUTRITION TIP

1:1 protein to carbs ideal for athletes 

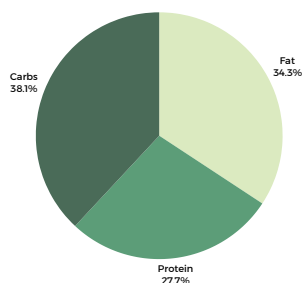
Protein option—try with other Savoury Mince (beef or pork).

More protein—add an extra half serve of Savoury Mince or cottage cheese.

More fat—add a serve of butter to the sweet potato.

Less carbs—half the sweet potato or just use the skins (scooping the flesh out once cooked).

Make it dairy-free—use dairy-free cheese.
(recalculate macros after changes)





Egg & Bacon Loaded Potato

Serves 1 | Calories 657 | Fat 34g | Protein 41g | Carbs 41g | Fibre 5g | GF, DF

INGREDIENTS

1 small potato, kūmara or sweet potato (~250g raw)
2 (60g) rashers bacon
3 eggs
handful of rocket
salt & pepper

*you could always
use Egg Salad (pg 22)
instead of scrambled
eggs*


METHOD

Preheat oven to 200°C (180°C fan bake). Place potato on centre rack and bake for 40–60 minutes or until a knife slides in easily, (sweet potatoes and potatoes cook differently—check them both after 40 minutes).

When the potato has cooked, heat a frying pan to medium-high and cook bacon on both sides until cooked to your liking. Remove from pan and return pan to heat, no need to wash.

Beat eggs in a bowl and then add to pan. Scramble eggs for a few minutes until cooked to your liking. Cut a cross in the potato and open it up. Top with eggs, bacon and rocket. Season with salt and pepper.

NUTRITION TIP

1:1 protein to carbs ideal for athletes or anyone active 

Protein option—try with Poached Chicken or Savoury Mince.

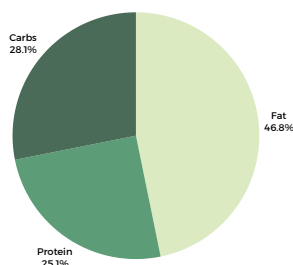
More protein—add 1/2 cup of egg whites to whole eggs before scrambling, or 125g cottage cheese.

Lower fat—use just one rasher (30g) bacon.

More fat—add a serve of mayo, butter or cheese.

Lower carbs—half the size of the potato or just use potato skin (scooping out the potato flesh out once cooked).

(recalculate macros after changes)





Spice Loaded Brown Rice Biryani

Serves 4 | Calories 602 | Fat 10g | Protein 62g | Carbs 63g | Fibre 5g | GF, DF option

INGREDIENTS

1 small onion
1 tsp turmeric
1 tsp cumin
1 tsp coriander
1 tsp cinnamon
1 tsp garam masala
1 tbsp ghee or butter
200g long-grain brown rice
600 mL cold chicken stock
(or 600 mL water & 1 stock cube, cooled)
4 serves flaky fish white (pg 74), or preferred protein
100g spinach
200g high-protein yoghurt
100g cucumber
handful of mint leaves
chilli flakes (optional)

METHOD

Slice the onion and mix the spices together in a small bowl. Melt ghee (in a small pot approx 16–18 cm, that has a lid) over medium-high heat. Cook the onions for 5 minutes, stirring, until soft. Add the spice mix to the pan and cook for 1 minute until fragrant.

Add the rice and toss to coat in the spices. Pour in the stock, cover with a lid, and cook for 5 minutes. Reduce the heat to low and simmer for 35 minutes without lifting the lid. Turn off the heat and rest, still covered, for 5 minutes. Stir through the spinach to wilt.

While the rice cooks, prep the protein and make the raita: Grate the cucumber and finely chop the mint. Mix both with the yoghurt.

Serve the biryani topped with the fish and a dollop of the yogurt raita and chilli flakes. Store any leftovers quickly, in an airtight container in the fridge—lunch sorted for the next 3 days!

NUTRITION TIP

1:1 protein to carbs ideal for athletes or anyone active

Protein option—try with Poached Chicken or Savoury Mince.

More fat—use 2 tbsp of ghee or butter.

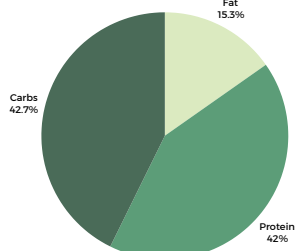
More carbs—use 300g rice and 900 mL stock.

Lower carbs—use cauliflower rice and no stock.

Make vegetarian—use vegetable stock, replace yoghurt and swap protein for Baked Tofu.

Make dairy-free—use dairy-free yoghurt (recalculate macros after changes)

make sure it's steaming hot





Spicy Shrimp Loaded Sweet Potato

Serves 1 | Calories 552 | Fat 13g | Protein 53g | Carbs 46g | Fibre 11g | GF, DF option

INGREDIENTS

1 small sweet potato, kūmara or potato (~250g raw)
1 serve Green Goddess Dressing (pg 81)
1 tsp chilli oil
160g prawns or preferred protein
¼ avocado
1 tomato
handful of rocket

METHOD

Preheat oven to 200°C (180°C fan bake). Place potato on centre rack and bake for 60 minutes or until a knife slides in easily, (sweet potatoes and potatoes cook differently—check them both after 40 minutes).

Make dressing. Devein prawns, rinse and pat dry. Heat chilli oil in a pan on medium-high heat and cook prawns for 2 minutes each side until they turn pink. Dice avocado and tomato. Cut potato in half and top with spicy prawns, green goddess dressing, tomato, avocado and a handful of rocket.

COOKING TIP

If you don't have chilli oil, use olive, coconut or avocado oil and add a pinch of chilli powder

NUTRITION TIP

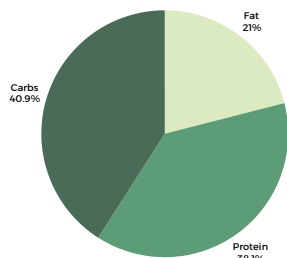
1:1 protein to carbs ideal for athletes



Protein option—try with Poached Chicken or canned salmon. More protein—add another 1/2 serve of prawns, or 80g cooked chicken.

More fat—add a serve of mayo or double the amount of chilli oil. Less carbs—half the potato or use potato skins (scooping the potato flesh out when cooked).

Make it dairy-free—use silken tofu in the dressing instead of yoghurt or a dairy free yoghurt that matches in protein. (recalculate macros after changes)





Steak & Green Goddess Loaded Potato

Serves 1 | Calories 429 | Fat 10g | Protein 40g | Carbs 40g | Fibre 5g | GF, DF option

INGREDIENTS

1 small potato, kūmara or sweet potato (~250g raw)
2 tbsp Green Goddess dressing (pg 81)
spray olive oil
salt & pepper
150g lean beef steak or preferred protein
100g cucumber
1 cup rocket

METHOD

Preheat oven to 200°C (180°C fan bake). Place potato on centre rack and bake for 60 minutes or until a knife slides in easily, (sweet potatoes and potatoes cook differently—check them both after 40 minutes). While the potato is resting, make dressing.

Heat a frying pan with a spray of olive oil to medium high. Season steak and fry on each side for 3–4 minutes, or until cooked to your liking. Let rest and then slice thinly.

Dice cucumber. Cut a cross on top of potato and load with rocket, steak, cucumber and green goddess dressing.

NUTRITION TIP

1:1 protein to carbs ideal for athletes or anyone active



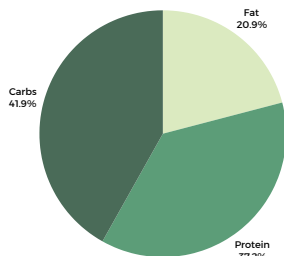
Protein option—try with Poached Chicken.

More protein—add 100g cottage cheese to potato.

More fat—add a serve of butter to potato.

Lower carbs—half the size of the potato or use potato skins only (scooping the potato flesh out when cooked).

Make dairy-free—use silken tofu in the dressing instead of yoghurt or a dairy free yoghurt that matches in protein.
(recalculate macros after changes)





Tuna Melt Loaded Sweet Potato

Serves 1 | Calories 540g | Fat 19g | Protein 44g | Carbs 41g | Fibre 8g | GF, DF option

INGREDIENTS

1 small sweet potato, kūmara
or potato (~250g raw)
125g can tuna in water,
drained, or preferred protein
30g cheddar cheese grated
1 tsp Dijon mustard
40g sweet corn
1 tbsp Olive Oil Mayo (pg 82)
or store-bought mayo
salt & pepper


METHOD

Preheat oven to 200°C (180°C fan bake). Place potato on centre rack and bake for 60 minutes or until a knife slides in easily, (sweet potatoes and potatoes cook differently—check them both after 40 minutes).

Meanwhile, combine drained tuna, grated cheese, mustard, sweet corn and mayo in a bowl.

Place potato on a plate, cut a cross on the top and open it up. Top with tuna mixture and season with salt and pepper.

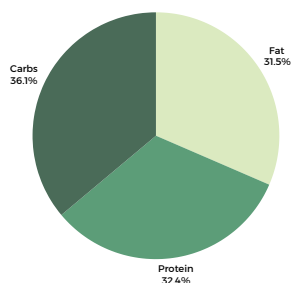
NUTRITION TIP

1:1 protein to carbs ideal for athletes or anyone active 

Protein option—try with Poached Chicken or Savoury Mince.
More protein—add 85g more tuna or 100g of cottage cheese.
Less fat—remove mayo.

Less carbs—half the sweet potato or use skin only (scooping the flesh out when cooked).

Make it dairy-free—omit cheese or use dairy-free cheese.
(recalculate macros after changes)





Veggie Loaded Noodles

Serves 2 | Calories 593 | Fat 28g | Protein 47g | Carbs 40g | Fibre 4g | GF option, DF

INGREDIENTS

2 serves Savoury Mince
chicken umami flavour (pg
78)
80g soba noodles, or any
bean noodle
1 medium carrot
1 medium courgette
1 spring onion
25g dry roasted peanuts
1 tbsp tamari sauce
handful of fresh mint leaves
handful of fresh coriander
chilli flakes (optional)

DRESSING (IN MACROS)

2 serves Ginger & Miso
(pg 81)

METHOD


Prep protein and make dressing.

Bring a pot of water to a boil. Add the soba noodles, stir and cook for 4–6 minutes until tender. Drain and rinse under cold water.

Use a spiraliser or vegetable peeler to create carrot and courgette noodles. Thinly slice the spring onions. In a large bowl, combine the soba noodles, vegetable noodles, peanuts, savoury mince, tamari sauce and herbs. Add the dressing and toss everything until well mixed.

Serve one portion and store the remaining portion for lunch the next day.

NUTRITION TIP

1:1 protein to carbs ideal for athletes or anyone active 

Protein option—try Poached Chicken or Savoury Mince beef or pork.

More fat—add 1/4 diced avocado or extra roasted peanuts.

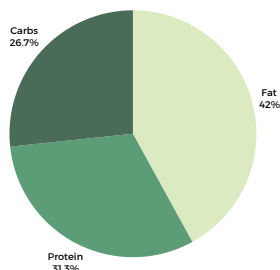
More carbs—add more noodles.

Lower carbs—half the noodles or swap to thinly sliced bok choy.

Make vegetarian—use Baked Tofu crispy, umami or spicy flavours.

Make gluten-free—use black bean or edamame bean noodles.

(recalculate macros after changes)



Half the recipe to make a single portion



PSMF





PSMF Chicken & Miso

Serves 1 | Calories 252 | Fat 6g | Protein 46g | Carbs 1g | GF, DF, V option

INGREDIENTS

200g Poached Chicken
(pg 76) or preferred protein
1 tbsp miso paste
1 cup boiling water

GARNISH

sprinkle of microcress
thinly sliced spring onion
tamari sauce

METHOD

Prep protein.

Place miso paste in boiling water, stir to dissolve. Add sliced chicken. Garnish if using. Season to taste with salt or tamari sauce.

If transporting, pack miso paste, garnish and chicken separately and add boiling water when ready to eat.

NUTRITION TIP

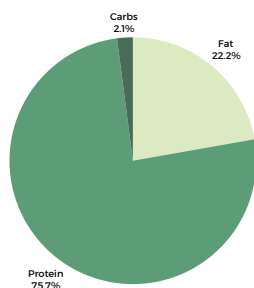
Protein option—try with lean cooked steak or prawns.

More fat—add a serve of chilli oil (not PSMF).

More carbs—add a serve of buckwheat or rice noodles (not PSMF).

Make it a full meal—add extra fat/carbs and steamed Asian greens (not PSMF).

Make it vegetarian—use tofu instead of chicken.
(recalculate macros after changes)





PSMF Ham & Pea Egg White Pie

Serves 2 | Calories 298 | Fat 6g | Protein 47g | Carbs 9g | Fibre 2g | GF, DF

INGREDIENTS

50g (½ cup) frozen peas
200g ham
400g egg white
1.5 tbsp nutritional yeast
spray olive oil
salt & pepper

METHOD

Preheat oven to 200°C (180°C fan bake).

Boil kettle and pour boiling water over peas, let sit to defrost. Chop ham into bite-sized pieces. Whisk egg whites and nutritional yeast together in a bowl.

Line a baking dish with baking paper and give it a light spray of oil (egg whites can be very sticky).

Drain peas and add to baking dish with ham. Pour over the egg white mixture and sprinkle with salt and pepper.

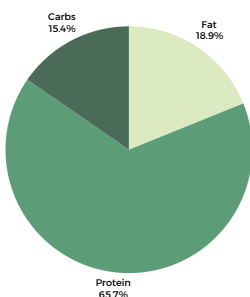
Bake for 20–30 minutes until middle is set. Leftovers can be kept in the fridge for up to 3 days, or freeze.

NUTRITION TIP

Protein option—add two whole eggs (not PSMF) or 200g cooked chicken breast instead of ham.

More fat—add a serve of cheese or serve with ½ avocado (not PSMF).

More carbs—add an additional 50g of peas or corn (not PSMF). (recalculate macros after changes)





PSMF Prawn & Cucumber Lettuce Wrap

Serves 1 | Calories 221 | Fat 1g | Protein 49g | Carbs 4g | Fibre 1g | GF, DF

INGREDIENTS

2 iceberg lettuce leaves
160g raw prawns or
preferred protein
100g cucumber
half a lime
½ tsp sriracha sauce
(optional)
a few sprigs of coriander

METHOD

Carefully remove two lettuce leaves, trying to avoid tears—see cooking tip below.

Bring a pot of water to the boil. Devein prawns, rinse and pat dry. Add the prawns and cook for 2–3 minutes until they are pink. Drain and pat dry. Let them cool.

Dice cucumber. Mix together in a bowl with juice and zest of lime. Add sriracha if using.

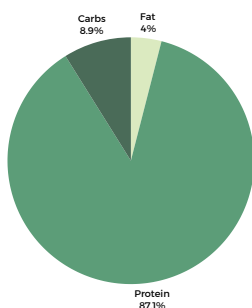
Spoon prawn mixture into the middle of layered lettuce leaves. Add coriander and roll like a wrap.

COOKING TIP

An easy way to separate the leaves is to cut off the stem of the iceberg lettuce. Hold the lettuce (cut side up) under cold running water. Let the water gently fill each leaf so that the lettuce expands and the outer leaf naturally fall off. Repeat for the desired number of leaves.

NUTRITION TIP

Protein option—try with Poached Chicken or lean beef steak.
More fat—add 1/4 avocado or a serve of mayo (not PSMF).
More carbs—add a serve of cooked rice (not PSMF).
(recalculate macros after changes)



Light & fresh



PSMF Steamed Silken Tofu

Serves 1 | Calories 261 | Fat 11g | Protein 30g | Carbs 10g | Fibre 1g | GF, DF, VG, V

INGREDIENTS

300g silken tofu
1 spring onion
1 tbsp tamari sauce

*Don't confuse
silken soft tofu
with firm tofu.*

METHOD

Bring water to a boil in a pot that fits with a steamer insert or steaming basket.

Place a piece of baking paper in the steaming basket. Add the tofu, and place the basket over the pot and cover with a lid. The goal is to heat it gently. After about 7 minutes of steaming, it should be hot in the center. You can check this by inserting a thin knife or skewer into the centre—if it comes out warm to the touch, it's ready.

Meanwhile, slice spring onion on the diagonal.

Carefully remove the steamed tofu from the steamer. Drizzle with the tamari sauce and sprinkle with spring onions. Eat warm.

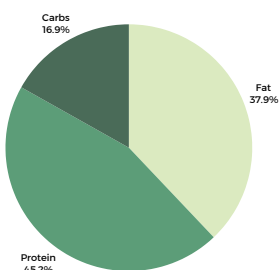
NUTRITION TIP

More fat—add a serve of chilli oil (not PSMF).

More carbs—add a serve of noodles or rice (not PSMF).

Make it a full meal—add a serve of fat/carbs and steamed Asian greens (not PSMF).

(recalculate macros after changes)



** Not 40g of protein but more than 300g
tofu per serve would be too much!*



PSMF Venison Steak & Olive Salsa

Serves 1 | Calories 286 | Fat 8g | Protein 47g | Carbs 4g | Fibre 2g | GF, DF

INGREDIENTS

6 olives black and/or green
6 cherry tomatoes
3 sprigs parsley
1 tbsp apple cider vinegar
salt & pepper
spray olive oil
150g venison steak, or
preferred protein

METHOD

Make salsa: Finely chop olives and parsley and cut tomatoes in to quarters. Combine in a bowl with apple cider vinegar.

Season steak with salt and pepper. Heat oil in a frying pan over medium-high heat. Cook the steak for about 3–4 minutes on each side for medium-rare, or until it's cooked to your liking. Remove from pan and let it rest.

Serve steak topped with salsa.

NUTRITION TIP

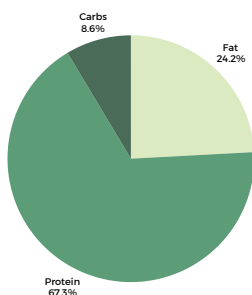
Protein option—try with Pan-Fried Chicken steaks, French flavour, or a beef or pork steak.

More fat—add a serve of olive oil to salsa (not PSMF).

More carbs—add a serve of Root Veggies (not PSMF).

Make it a full meal—add a serve of fat/carbs and wilted spinach and steamed asparagus (not PSMF).

(recalculate macros after changes)



Venison is a very lean meat with excellent nutrients

Batch Cook





Baked Tofu

Per serve 300g | Calories 375 | Fat 17g | Protein 40g | Carbs 17g | Fibre 5g

INGREDIENTS SERVES ONE

300g firm tofu
spray olive oil
flavour profile (see below options)
1 tsp Tamari or soy sauce

INGREDIENTS BULK PREP

900g firm tofu
spray olive oil
flavour profile (see below options)
1 tbsp Tamari or soy sauce

METHOD

Preheat oven to 200°C (180°C fan bake). Line a baking tray with baking paper.

Cut tofu into 1cm squares. Toss in a bowl with chosen flavour profile (see below) until coated. Spray with oil, toss again and place on lined baking tray.

Bake for 30-40 minutes, tossing occasionally until crispy and golden. Season with soy or tamari sauce to taste.

CRISPY SERVES ONE

1 tbsp cornflour
1 tsp nutritional yeast
1/2 tsp garlic powder

CRISPY BULK PREP

3 tbsp cornflour
3 tsp nutritional yeast
1.5 tsp garlic powder

UMAMI SERVES ONE

1 tbsp cornflour
1 tbsp miso paste

UMAMI BULK PREP

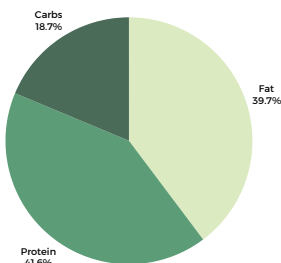
3 tbsp cornflour
3 tbsp miso paste

SPICY SERVES ONE

1 tbsp cornflour
1 tbsp red curry paste

SPICY BULK PREP

3 tbsp cornflour
3 tbsp red curry paste



Use this batch recipe to make any of our recipes Vegan or Vegetarian, with similar protein



Chicken & Spinach Kofta

Makes 16 | Calories per kofta 75 | Fat 4g | Protein 9g | Carbs 1g | Fibre 1g | GF, DF

INGREDIENTS

800g chicken mince
100g baby spinach
1 spring onion
1 tsp paprika
½ tsp turmeric
1 tsp salt
ground black pepper
spray olive oil

*swap spinach for
grated courgette,
carrot or mushroom.*

METHOD

Preheat oven to 200°C (180°C fan bake).

Roughly chop the spinach. Place in a heat-proof bowl and pour boiling water over to wilt. Drain and let cool. Once cool, squeeze out the water.

Finely chop the spring onion.

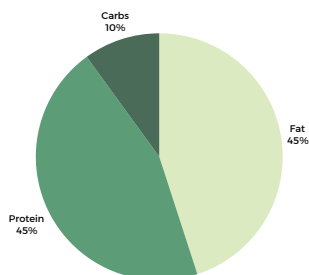
Mix chicken mince, spinach, spring onion, spices, salt and pepper.

Use wet hands to make 16 balls. Place on oven tray or in air fryer (single layer). Air fry or bake for 10-12 minutes, or until cooked through, turning at the halfway point.

Alternatively, heat a frying pan with a spray of olive oil and fry for 10-12 minutes, turning often, until cooked through.

NUTRITION TIP

Use any lean mince meat, or fish works really well too. Some feta in these would be delicious (but not PSMF).



✦ *Half the recipe to make 8 koftas, or make the full batch and keep in the fridge for quick snacks*



Flaky Fish

Per serve (white fish) | Calories 270 | Fat 4g | Protein 53g | Carbs 4g | Fibre 1g | GF, DF

INGREDIENTS SERVES ONE

200g white fish or salmon
lemon slices
salt & pepper

INGREDIENTS BULK PREP

800g white fish or salmon
1 lemon
salt & pepper

METHOD

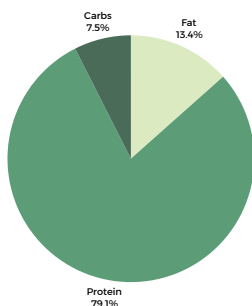
Preheat oven to 200°C (180°C fan bake) or use air fryer.

Line a baking tray with baking paper and arrange fish on paper.

Slice lemon and lay slices on top of the fish. Season with salt and pepper.

Air fry or bake for 10–15 minutes.

*Salmon is higher in fat and a bit lower in protein.
Calories 425, F 25g, P 44g, C 4g (not PSME).*





Pan-Fried Chicken (Steaks or Diced)

Per serve | Calories 250 | Fat 6g | Protein 45g | Carbs 1g | Fibre 1g | GF, DF

Macros for all flavour profiles are close enough.

INGREDIENTS SERVES ONE

200g chicken breast
1 tsp of flavouring (see options below)
spray olive oil
salt & pepper

INGREDIENTS BULK

800g chicken breast
2 tbsp of flavouring (see options below)
spray olive oil
salt & pepper

METHOD

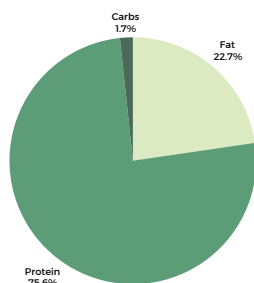
Dice chicken in to 2 cm cubes, or cut into steaks by placing the chicken on a chopping board and holding it flat with the palm of your hand. Using a sharp knife, slice the chicken breast horizontally into two even pieces.

Coat chicken with desired flavouring. Season with salt and pepper.

Heat oil in a frying pan on medium-high heat. Add chicken and cook for 8–10 minutes, until cooked through and golden. Can also air fry at 200°C for around 8–10 minutes.

If cooking steaks cooked for 4–5 minutes each side until golden and cooked through. Can also air fry at 200°C for around 8–10 minutes.

*Diced into cubes
or sliced into steaks*



UMAMI

miso paste
drizzle of tamari sauce

MEDI

minced garlic
lemon zest & juice
chopped herbs (thyme or rosemary or oregano)

SPICY

red curry paste
(adjust to your preferred spice level)

FRENCH

Dijon mustard



Poached Chicken

Per serve | Calories 260 | Fat 7g | Protein 46g | Carbs 0g | Fibre 0g | GF, DF

INGREDIENTS SERVES ONE

200g chicken breast
½ tsp salt
water

INGREDIENTS BULK PREP

800g chicken breast
1 tsp salt
water

METHOD

Place chicken breast(s) in a pot with salt and enough water to submerge the chicken.

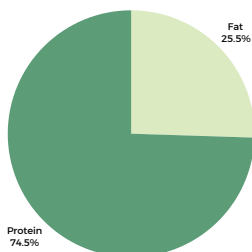
Bring water to the boil and simmer on a medium-high heat for 8 minutes. Turn the heat off and let sit for 20 minutes.

Remove chicken and let cool.

Shred or slice chicken and divide into portions.

NUTRITION TIP

If you require more protein per serve, increase the quantities and/or divide into bigger portions.



*No added fat required
and so easy to bulk prep.*



Root Veggies

Per serve, Makes 4 serves | Calories 96 | Fat 1g | Protein 3g | Carbs 17g | Fibre 5g

INGREDIENTS

200g kūmara, sweet potato
or potato
200g carrot
200g beetroot
200g pumpkin
or any combo of the above

spray olive oil
salt & paper

METHOD

Preheat oven to 200°C (180°C fan bake) or use air fryer. Line a baking dish with baking paper.

Dice all the veggies in to 2-3 cm cubes. Spray with olive oil and sprinkle with salt.

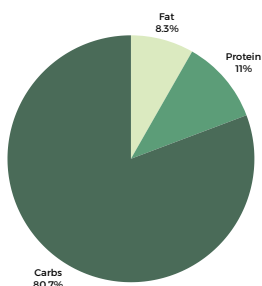
Air fry or bake for 20-30 minutes, tossing halfway.

NUTRITION TIP

This is not 40g of protein per serve but a bulk cook recipe for those who need to add more carbs to their lunch.

CARBS PER 100g RAW

kūmara 19g
sweet potato 14g
potato 10g
carrot 7g
beetroot 7g
pumpkin 6g
(recalculate macros)





Savoury Mince

Per serve beef | Calories 252 | Fat 6g | Protein 44g | Carbs 2g | Fibre 1g | GF, DF

INGREDIENTS SERVES ONE

¼ onion
½ clove garlic
spray olive oil
200g lean minced meat
¼ tsp of flavouring (see
flavour options below)
salt & pepper

INGREDIENTS BULK PREP

1 onion
2 clove garlic
spray olive oil
800g lean minced meat
1 tsp of flavouring (see
flavour options below)
salt & pepper

METHOD

Dice onion and crush garlic.

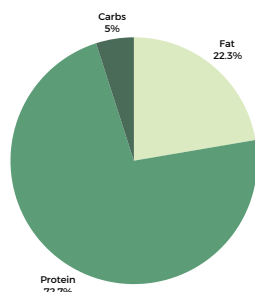
Heat oil in a frying pan on a medium heat. Cook onion and garlic for 2-3 minutes. Add desired flavourings (see below) and cook for a further 1 minute until fragrant. Add meat, breaking up with a spoon as it cooks. Cook until golden and cooked through, about 5-8 minutes.

NUTRITION TIP

Go for the leanest meat you can buy, 90% or higher meat content ideally.

Use any lean minced meat - chicken, beef, pork, lamb, venison, turkey.

Add your preferred flavour!



MEDI

30g tomato paste (or
120g if cooking bulk)
paprika, oregano/basil,
rosemary
splash balsamic vinegar

UMAMI

ground ginger,
coriander, lime powder,
porcini powder
(optional)
tamari sauce
fish sauce

MIDDLE EASTERN

cumin, paprika, turmeric,
cinnamon, coriander,
cardamon, fenugreek
chilli flakes, adjust to
preferred heat level.
splash of water

Dressings



Aji Verde

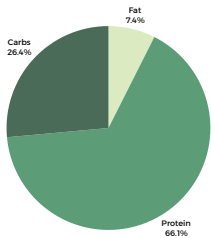
Serves 1 | Cals 63 | Fat 1g | Protein 10g | Carbs 4g

INGREDIENTS

1 tbsp jalapeño
4 sprigs of coriander
100g high-protein yoghurt
salt & pepper

METHOD

Finely chop jalapeño and coriander. Mix with yoghurt, season to taste.



Avocado Guac

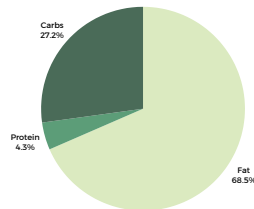
Serves 4 | Cals 84 | Fat 7g | Protein 1g | Carbs 2g

INGREDIENTS

1 avocado
1 lime, juice & zest
½ tsp salt
a few grinds of black pepper

METHOD

Add all ingredients to a blender or Nutribullet and blend until smooth. Or mash with a fork until smooth.



Balsamic Dressing

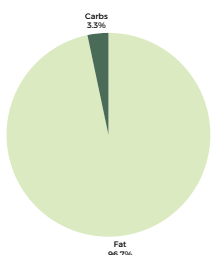
Per Tbsp | Cals 40 | Fat 4g | Protein 0g | Carbs 1g

INGREDIENTS

60g olive oil
30g balsamic vinegar
salt & pepper

METHOD

Put all ingredients in a jar with a lid and give it a good shake.



Caesar Dressing

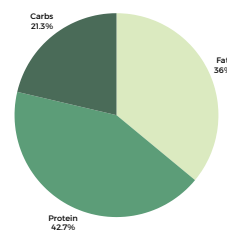
Serves 4 | Cals 73 | Fat 3g | Protein 8g | Carbs 4g

INGREDIENTS

160g high-protein yoghurt
1 tsp Dijon mustard
1 tsp apple cider vinegar
½ tsp Worcestershire sauce
20g grated Parmesan
2 anchovies
salt & pepper

METHOD

Add all ingredients to a blender or Nutribullet and blend until smooth. Alternatively, use a mortar and pestle, crushing the anchovies first before mixing in the remaining ingredients.



Dill Vinaigrette

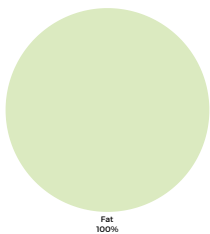
Serves 4 | Cals 61 | Fat 7g | Protein 0g | Carbs 0g

INGREDIENTS

3 dill sprigs
2 tbsp apple cider vinegar
2 tbsp olive oil
¼ tsp salt
¼ tsp black pepper

METHOD

Finely chop dill. Put all ingredients in a small bowl and whisk with a fork.



Ginger & Miso

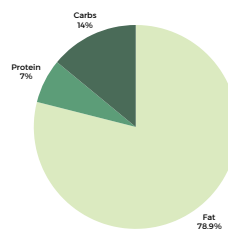
Serves 1 | Cals 57 | Fat 5g | Protein 1g | Carbs 2g

INGREDIENTS

1 tsp fresh ginger
1 tsp miso paste
1 tbsp rice wine vinegar
1 tsp sesame oil
½ tbsp water

METHOD

Mince ginger. Put all ingredients in a bowl and stir until miso is combined.



Green Goddess

Serves 1 | Cals 77 | Fat 1g | Protein 11g | Carbs 6g

INGREDIENTS

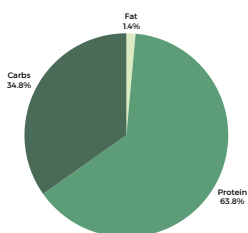
100g high-protein yoghurt
a few sprigs each of dill, basil & coriander
1 clove garlic, peeled
1 tbsp lemon or lime juice
1 small sugar-free pickle
1 tbsp sliced jalapeños (less if you prefer)
1 tbsp jalapeño brine
salt & pepper to taste

METHOD

Add all ingredients to a blender or Nutribullet and blend until smooth.

DAIRY-FREE & VEGAN VERSION

Use 100g silken tofu instead of yoghurt and blend until smooth in Nutribullet or blender.



Hummus

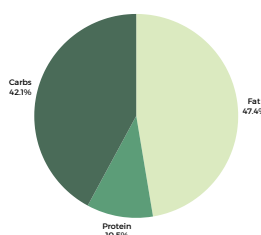
Per tbsp | Cals 30 | Fat 2g | Protein 1g | Carbs 2g

INGREDIENTS

1 can (400g) chickpeas, drained (reserve brine) and rinsed
½ cup chickpea brine
2 tbsp tahini
2 tbsp olive oil
1 clove garlic, minced
Juice of 1 lemon
2-4 tbsp water (as needed for consistency)
salt & pepper to taste

METHOD

Add all ingredients to a blender or Nutribullet. Blend on high until the mixture is smooth and creamy. If the consistency is too thick, add more brine (or water) a little at a time until the desired texture is reached.



Kimchi Tofu Mayo

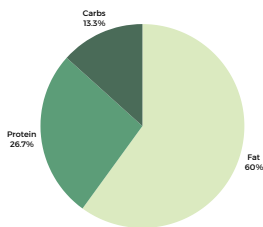
Serves 6 | Cals 60 | Fat 3g | Protein 6g | Carbs 2g

INGREDIENTS

300g silken tofu
50g kimchi
1 store-bought roasted red pepper
2 tbsp water (as needed for consistency)
1 tbsp apple cider vinegar (can use lemon juice or any vinegar)
salt & pepper to taste

METHOD

Add all ingredients to a blender or Nutribullet and blend until smooth. If you like it a little more spicy, add hot sauce to taste.



Olive Oil Mayo

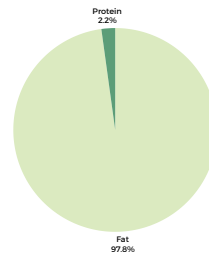
Per Tbsp | Cals 100 | Fat 11g | Protein 0.5g | Carbs 0g

INGREDIENTS

180g (¾ cup) light olive oil (not extra virgin as it's too strong in flavour)
1 egg
½ tsp Dijon mustard
1 tsp apple cider vinegar (lemon juice or any vinegar)
salt & pepper to taste

METHOD

Add all ingredients to a tall, narrow vessel (like the cup that usually comes with an immersion blender) and use the immersion blender to blend until emulsified—that is, until the mixture is thick, creamy, and fully combined.



Pickled Onion

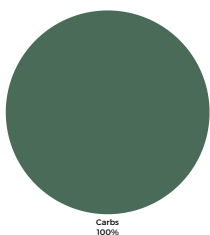
Per tbsp | Cals 5 | Fat 0g | Protein 0g | Carbs 1g

INGREDIENTS

1 red onion or 4 shallots
¼ cup apple cider vinegar
1 tsp allulose or preferred sweetener (optional)
salt & pepper to taste

METHOD

Thinly slice onion. Place in a bowl with vinegar and sweetener. Let sit for at least 20 minutes if using immediately, or store in a jar with a lid in the fridge and use as desired. Discard pickling liquid before use.



Allulose is a low-calorie sweetener that tastes like sugar but doesn't spike blood sugar.

Satay Dressing

Serves 1 | Cals 90 | Fat 5g | Protein 4g | Carbs 7g

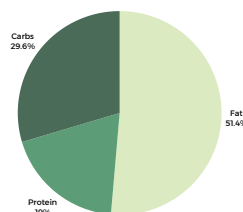
INGREDIENTS

2 tsp peanut butter powder
½ tsp red curry paste (if you like spice)
1 lime, juice & zest
1 tbsp tamari sauce
1 tsp sesame oil
1 tsp allulose (or preferred sweetener)
pinch of chilli flakes (optional)

METHOD

Put all ingredients in a jar with a lid and give it a good shake.

You could use peanut butter instead of peanut butter powder but fat content will be higher so recalculate macros if needed.



Look Peanut Butter Powder with for no added sugar & lowest in carbs & Fat

Spicy Yoghurt

Serves 1 | Cals 34 | Fat 1g | Protein 4g | Carbs 4g

INGREDIENTS

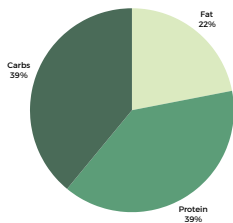
40g high-protein yoghurt
½ tsp Sriracha
½ tsp horseradish
½ tsp Worcestershire sauce
1 tbsp each of lemon zest & juice

METHOD

Place all ingredients in a bowl and mix until combined.

DAIRY-FREE & VEGAN VERSION

Use silken tofu instead of yoghurt and blend until smooth in Nutribullet or blender.



Tahini & Lemon

Serves 1 | Cals 130 | Fat 8g | Protein 7g | Carbs 7g |

INGREDIENTS

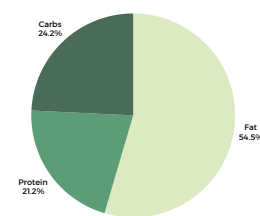
1 lemon, juice & zest
1 tbsp tahini
50g high-protein yoghurt
½ tsp salt
a few grinds of black pepper

METHOD

Place all ingredients in a bowl and mix until combined.

DAIRY-FREE & VEGAN VERSION

Omit yoghurt or use coconut yoghurt



Thai Dressing

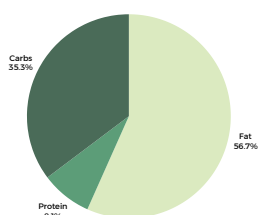
Serves 1 | Cals 73 | Fat 5g | Protein 2g | Carbs 7g

INGREDIENTS

1 clove garlic
½ tbsp fresh ginger
1 lime, zest & juice
1 tsp sesame oil
1 tsp fish sauce
1 tsp tamari sauce
1 tsp preferred sweetener (optional)
1 tbsp water

METHOD

Crush garlic, mince ginger, zest & juice lime. Put all ingredients in a jar with a lid and give it a good shake.



Tzatziki

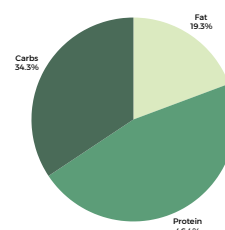
Serves 4 | Cals 39 | Fat 1g | Protein 6g | Carbs 3g

INGREDIENTS

100g cucumber
200g high-protein yoghurt
a few leaves of dill or mint
1 clove garlic (optional)
salt and peper

METHOD

Grate cucumber, chop herbs and crush garlic (if using). Combine all ingredients in a bowl and add salt and pepper to taste.



Meal Planner

	BREAKFAST	LUNCH	DINNER
SUN			
MON			
TUE			
WED			
THU			
FRI			
SAT			

Shopping List

[illegible]

About Mikki



Mikki Williden, PhD | Registered Nutritionist, NZ Nutrition Society

Dr Mikki Williden graduated with a Bachelor of Science in Human Nutrition and a Bachelor of Physical Education from the University of Otago, Dunedin, New Zealand. She attained her Masters in Science (Human Nutrition) with First Class Honours in 2003, focusing on the development of a childhood obesity prevention programme.

As a registered nutritionist, Mikki has been privately consulting with clients since 2006 and has worked with thousands of people with different health and performance goals. In 2011 she obtained her PhD after completing her doctoral thesis in health and productivity in the New Zealand workforce.

Mikki hosts a twice-weekly podcast, Mikkipedia, which dives deep into the topics of nutrition, longevity, fitness and health. She is the creator of Mondays Matter, a successful fat loss group programme that utilises evidence-based techniques to support body composition and health goals, alongside personal consultations and monthly meal plans. She is also the Director of Nutrition for SFuels, an innovative sports nutrition company with products designed to provide the "right fuel at the right time".

Mikki has worked with world class endurance athletes and some notable NZ'ers, helping them achieve their nutrition-related goals, including Nigel Latta (on his 'Is Sugar the New Fat?' episode) and Simon Gault (on the documentary series 'Why are we Fat?'). She is passionate about helping translate science into practice to help people meet their health goals, and is a regular contributor to digital and media platforms, as well as having an active social media presence.

FIND ME

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Head on over to mikkiwilliden.com and sign up for my online nutrition coaching service! At \$2 a week, you get menu plans, shopping lists, access to a member's only forum and individual coaching via an online platform to help you meet your nutrition-related goals.

About Saskia



Saskia Lesser | Recipe Developer, Food Stylist & Photographer

Saskia is a recipe developer and food stylist at My Food Bag. Her career began as an international model, during which she developed a love for different cuisines and local cooking techniques from the various places she visited.

She made London her home and was privileged to work with world-renowned food photographer David Loftus before becoming studio manager for graphic designers Smith & Gilmour, who specialise in illustrated cookbooks. It was at Smith & Gilmour that Saskia got the opportunity to produce food photo shoots, became a food stylist, and learned to capture the beauty of food.

In 2016, two things changed Saskia's life. First, she adopted a "low-carb" way of eating and easily lost the pregnancy weight she had gained and had been trying to lose with conventional diets. Second, a few months into her new way of eating, her husband and daughter were both diagnosed with Coeliac disease.

This was a turning point for Saskia's interest in food and nutrition. During her quest to learn as much as possible, she teamed up with Marty Kendall from Optimising Nutrition and used her skills to co-write, cook, style the food, and photograph their cookbook series.

After moving back to New Zealand and looking for like-minded people to work with, she found Mikki. Together, they developed the Forty Over Forty project and are delighted to share the second in a series of books with you.

FIND ME

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 @food.love.family

Cronometer Index

Cronometer is a free diet, exercise and health-tracking app that shows you macronutrients and micronutrients for a given meal. To see Forty Over Forty logged recipes, download the app, create an account and add Saskia as a friend (saskia.lesser@me.com). Adding Friends and sharing recipes does not allow them to view your diary or other personal information.

Once your friend request is accepted, you can search for the Forty Over Forty recipes below and add them to your diary. You can then 'explode' a recipe, which creates individual food entries for each ingredient, with the correct measurements. After you explode the recipe in your diary, you can easily add or change an individual ingredient if you swap or make any changes.

A

[40] Aji Verde
[40] Avocado Guac

B

[40] Baked Tofu Crispy
[40] Baked Tofu Spicy
[40] Baked Tofu Umami
[40] Balsamic Dressing
[40] Beetroot Loaded Carpaccio
[40] BLT

C

[40] Caesar Dressing
[40] Caesar Salad Loaded Chicken
[40] Cannellini Loaded Broth
[40] Caprese Loaded Omelette
[40] Carrot, Fennel & Orange Salad
[40] Cheesy Broccoli Loaded Potato
[40] Cheesy Chicken Pocket
[40] Chicken & Spinach Kofta
[40] Chicken Loaded Edamame Mash
[40] Chilli Loaded Sweet Potato
[40] Cowboy Caviar
[40] Crispy Quesadilla - Beef
[40] Crispy Quesadilla - Black Bean
[40] Crunchy Salsa Loaded Salmon
[40] Crunchy Slaw

D

[40] Dill Vinaigrette

E

[40] Egg & Bacon Loaded Potato
[40] Egg Loaded Wrap Quiche
[40] Egg Roll Bowl
[40] Egg Salad

F

[40] Flaky Fish Salmon
[40] Flaky Fish White Fish

G

[40] Ginger & Miso Dressing
[40] Green Goddess Bowl
[40] Green Goddess Dressing Tofu
[40] Green Goddess Dressing Yoghurt

H

[40] Ham & Pea Egg White Pie
[40] Hawaiian Poke Bowl
[40] hummus

J

[40] Japanese Bowl

K

[40] Kimchi Tofu Mayo
[40] Korean Kimchi Bowl
[40] Korean Kimchi Bowl with extras

L

[40] Lettuce Wrap
[40] Loaded Italian Chicken
[40] Low Carb Peanut Pork Larb Bowl

M

[40] Mexican Bowl
[40] Moroccan Bowl
[40] Mushroom Quesadilla - Beef

N

[40] Nori Hand Rolls

O

[40] Olive Oil Mayo

P

[40] Pan-Fried Chicken French
[40] Pan-Fried Chicken Med
[40] Pan-Fried Chicken Spicy
[40] Pan-Fried Chicken Umami
[40] Peanut Satay Slaw
[40] Pickled Onion
[40] Pizza Loaded Chicken
[40] Poached Chicken
[40] Prawn & Bamboo Dumplings
[40] Prawn Cocktail
[40] Prawn Taco
[40] PSMF Chicken & Miso
[40] PSMF Prawn & Cucumber Lettuce Wrap
[40] PSMF Steamed Silken Tofu
[40] PSMF Venison Steak & Olive Salsa

R

[40] Rainbow Wrap
[40] Reuben
[40] Root Veggies

S

[40] Salade Nicoise
[40] Satay Dressing
[40] Savoury Mince - Beef 97%
[40] Savoury Mince - Black Beans
[40] Savoury Mince - Chicken
[40] Savoury Mince - Lamb
[40] Savoury Mince - Lentils
[40] Savoury Mince - Pork 96%
[40] Savoury Mince - Turkey 93%
[40] Savoury Mince Asian (bulk prep flavours only)
[40] Savoury Mince Mediterranean (bulk prep flavours)
[40] Savoury Mince Middle Eastern (bulk prep flavours)
[40] Savoury Mince - Venison
[40] Smashed Beef Taco
[40] Spice Loaded Brown Rice Biryani
[40] Spicy Mayo
[40] Spicy Shrimp Loaded Sweet Potato
[40] Spicy Yoghurt
[40] Steak & Green Goddess Loaded Potato
[40] Spinach & Tomato Loaded Fish

T

[40] Taco Bowl
[40] Taco Bowl with Wrap Chips
[40] Taco Loaded Sweet Potato
[40] Tahini & Lemon Dressing
[40] Thai Dressing
[40] Thai Bowl
[40] Tuna & Spinach Melt
[40] Tuna Melt Loaded Potato
[40] Tzatziki

V

[40] Veggie Loaded Noodles

Mikkipedia

The Mikkipedia podcast is an exploration of all things health, wellbeing, fitness, food and nutrition. Mikki sits down with scientists, doctors, professors, practitioners and other experts in their field, and has conversations that take a deep dive into their area of expertise. Mikki loves translating science into a language that people understand, so while some of the conversations can be pretty in-depth, you will always come away with some practical tips that can be used in your everyday life. Below is a list of some mini Mikkipedia episodes we think you will enjoy and find helpful. Enjoy the show.

WEIGHT LOSS RESISTANCE: WHY HAVE I STOPPED LOSING WEIGHT?

Addressing common reasons for hitting a weight loss plateau and strategies to overcome it.

[CLICK HERE](#)

THE THERAPEUTIC USE OF KETOGENIC DIETS

An overview of how ketogenic diets can be used therapeutically for various health conditions

[CLICK HERE](#)

METABOLIC FLEXIBILITY FOR WOMEN

Exploring the concept of metabolic flexibility and its significance for women's health and performance.

[CLICK HERE](#)

HYPOTHALAMIC AMENORRHEA

Discussing the causes, implications, and recovery strategies for hypothalamic amenorrhea.

[CLICK HERE](#)

EXPOSING THE FLAWS IN LOW CARBOHYDRATE RESEARCH

Analysing common criticisms and misconceptions in low carbohydrate diet research.

[CLICK HERE](#)

WOULD YOU LIVE LONGER IN A BLUE ZONE?

An examination of Blue Zones, regions known for longevity, and what lifestyle factors contribute to extended lifespans.

[CLICK HERE](#)

WHAT IS WRONG WITH THE AMWAY DIET?

A critical look at the Amway diet, discussing its potential pitfalls and misconceptions.

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Forty Over Forty

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Over 40 Recipes with Over 40g of Protein



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