



Meal Plan

1700 CALORIE
WITH GF ALTERNATIVES



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I'm a mum of 4, a qualified Nutrition & Fitness Coach, Master Female Trainer, a Health & Mindset Mentor, Author, Speaker, and Podcaster.

I love inspiring others to create a balanced life around motherhood; to create good habits, get moving, and look after themselves to be the best version of themselves – now and for the future. To prioritise them – without guilt and diets.

I'm all about living life to the full and not giving anything up. I show up on social media raw and authentic, with a no-bullshit attitude, showing the highs and the lows. I love a wine, you'll always find chocolate in my cupboard and my biggest supporter, my husband Chris, is always close by.



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Included



**Supplementary Notes
incl. Nutritional Information**



**6 Week
Nutrition Plan**



**Gluten Free
Alternatives**



**Tonnes of
Recipes**

This plan is not intended to replace medical advice.

Before beginning any nutritional regime, consult your physician to be sure it is appropriate for you. If you have any concerns or questions about your health, you should always consult with a physician or other accredited healthcare professional. These plans do not take into consideration any individual requirements, injuries or deficiencies that may be present. This plan is based on an average 1650-1700 calorie diet -with an average 50% carbohydrate, 25% fat and 25% protein macro split with gluten free alternatives (can be found in the recipes). It should be used in conjunction with a careful nutrition & fitness plan.

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Meal Plan Supplementary Notes

- The majority of days include meat - I have included some meat-free options.
- My pasta of choice is Otway Fresh pasta - available at most Victorian fresh grocers. Otherwise any fresh pasta is great if possible.
- For meals not requiring a recipe - the *per gram* weight is shown.
- Boil eggs on a Sunday #mealprepsunday
- Every day includes a protein snack. Your protein snack is best consumed within 30 minutes of your workout - if training. Consuming protein after a workout will help your muscles repair.
- This is a 7-day meal plan - if you know you're going to have a big weekend out - dinner plans etc. - you may want to alter these days to account for the extra calories.
- You can eat as much leafy salad as you like, so feel free to add this to any meal.
- Scrambled eggs are just that - scrambled eggs - no milk, no cream. I add a little salt and pepper and some chives
- I put a scoop of Nutra Organic Collegan into my protein shakes. This is a protein that you slowly stop producing as you get older - so one you need to supplement. It's the most abundant protein in the body, it looks after your connective tissue, skin and ligaments.
- If eating off the meal plan focus on 80-90% whole foods. The less processed, the better - for your health and goals.
- Fruit can be mixed up - as long as you keep to a serving. Eg. one serving is 2 plums, or 100g pineapple, or 100g mango, or 1 banana, or 1 apple.
- Jacket potato - I use Spud Lite or Carisma as both are low GI & try and keep under 200g - pierced with a fork then in the microwave for 5 minutes per potato then in a hot oven for 10 minutes to crisp up the skin.
- If you like a sweet snack after dinner, it's all about self-control. What I have is below, is if you're going to have something. It needs to be under 200cals:

A row of Cadbury chocolate (4 square blocks)

2 digestive biscuits

Twin pack Twirl

YoPro yoghurt

Cadbury cream egg

5-10 jelly sweets

A pack of Funday sweets (use code dann10)

150ml glass of wine

- Water, water water 3 litres a day. The easiest way to keep track of your water intake is to have a water bottle by your side at all times. I also try and drink a full glass of water before each meal which helps with "overeating". Hunger is often mistaken as dehydration.
- Don't forget to listen to your body. If you're finding that you're too full - then simply don't eat everything on your plate.



Tracking Your Calorie Intake

A great way to understand portion control and calories in food is to use a calorie-tracking app. Fit by Danni Duncan has an inbuilt one and because all my recipes are on there too - it makes it super simple to use. There is also a function to take pictures of a food for you too.

Tracking your food initially can help you understand the different calories content in foods. Making smarter food choices is the start of a healthier you. It also has a function that can help you understand your daily energy requirements based on your weight, height and activity level. You don't have to track forever but while you're learning about food - it's a great education tool. It's about ensuring you get all your nutrients, not limiting your calories.

Remember, there is no point eating super well Monday - Friday then overeating on the weekend. This will ruin any progress you've made over the course of the week. Monday then rolls around and you're back to square one. It's all about balance and creating good habits - which take time. Having a treat each day can stop bingeing over the weekend. Look at your calories over the whole week - not just each day. You may be killing it Monday - Friday but then if you are overeating on the weekend then your average daily calories will be too high.



Nutrients

Below are some examples of what foods fall under the different macronutrients. It's important to know what makes up our food and where we're getting each nutrient from.

PROTEIN SOURCES

- Organic or Pasture-Raised Chicken
- Wild or Locally Caught Fish
- Grass-Finished Kangaroo
- Organic or Pasture-Raised Eggs
- Grass-Finished Beef
- Organic or Pasture-Raised Turkey
- Organic or Non-GMO Pork (Nitrate Free Bacon)
- Lentils
- Tempeh
- Tofu
- Beans
- Spinach/edamame/broccoli
- Milk
- Cheese

CARBOHYDRATE SOURCES

- Cirsima or low carb Potato
- Sweet Potato
- Brown Rice/Black Rice/Basmati
- Quinoa
- Freekah
- Pasta
- Rolled Oats
- Lentils
- Fruit
- Wholegrain Low GI Bread
- Vegetables

FAT SOURCES

- Eggs (Yolks)
- Avocado
- Nuts & Seeds
- Wild or Locally Caught Oily Fish such as salmon
- Cacao Nibs
- Cold Pressed Oils:
 - avocado oil
 - olive oil
 - inca inchi oil
 - almond
 - macadamia oil



Pantry Staples

These are things that I always have in my fridge/cupboard and on my shopping list. You do not need to buy the “things that last” all at once - but check what’s on the menu for each week and start stocking up.

Ensure you check out the label - corn kernals may sneak in sugar, almond milk may have more than just almonds. Remember if you don’t reconcognise an ingredient or there’s a number - stay away.

THINGS THAT LAST

- Tinned Tuna
- Tinned Corn Kernels
- Tinned Baby Corn Spears
- Black beans
- White beans
- Frozen Edamame Beans
- Basmati rice
- Honey
- Pure Maple Syrup
- Whole Flaxseeds
- Chia Seeds
- Dried Apricots
- Dates
- Currants
- Sultanas
- 99th Monkey Almond butter
- L.S.A
- Buckwheat Flour
- Rice cake thins
- Pumpkin Seeds
- Slivered Almonds
- Pine Nuts
- Natural Almonds
- Noodles - ramen
- Unsweetened Almond Milk
- Rolled Oats
- Cinnamon
- Vanilla Extract
- Quinoa
- Green or red Lentils
- Puy Lentils
- Onions
- Garlic
- Spud Lite Potatoes
- Sweet Potatoes
- Almond Meal
- Hummus/Beetroot hummus

EVERY SHOP

- YoPro yoghurts or any high protein low fat option
- Smoked salmon
- Zucchini
- Broccoli
- Carrots
- Spring Onion
- Eggs
- Beetroot
- Kale
- Spinach
- Mushrooms
- Cherry Tomatoes
- Avocados
- Fermented Cabbage
- Cottage Cheese
- Fruit - Bananas, Berries, Plums, Nectarines, Kiwi
- Happy Way Protein - *You'll need Vanilla for baking & flavour of your choice. Use code **HAPPYD** at checkout*

Week 1

★ Refer to recipes

	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	Blueberry Choc Baked Oats ★	Berrylicious Smoothie ★	Thai Beef Salad with 120g cooked rice noodles ★	High Protein Chocolate Mousse ★	Mushroom Pesto Rigatoni ★
TUE	Scrambled Eggs on Sourdough ★	Yopro with 100g mixed berries and Granola ★	Mushroom Pesto Rigatoni ★	Happy Way Protein Shake and an Apple	Juicy 20 Minute Chicken with Rice and 100g steamed broccolini ★
WED	Boiled Eggs on Toast with ¼ avocado ★	Yopro with 100g mixed berries and Granola ★	Juicy 20 Minute Chicken with Rice and 100g steamed broccolini ★	Choc Cranberry Protein Ball ★	San Choy Bao ★
THU	Blueberry Choc Baked Oats ★	Cottage Cheese Snack ★	San Choy Bao ★	Berrylicious Smoothie ★	Kale Super Salad ★
FRI	Boiled Eggs on Toast with ¼ avocado ★	Happy Way Protein Shake and an apple	Kale Super Salad ★	High Protein Chocolate Mousse ★	Asian Bowl ★
SAT	Raspberry and Almond Baked Oats ★	Berrylicious Smoothie ★	Asian Bowl ★	Yopro with 100g mixed berries and ½ serve granola ★	One Pot Chicken and Cauliflower Bake ★
SUN	French Toast with protein yogurt ★	Banana Bread ★	Zucchini Fritters with Spinach and yoghurt dip with 150g Grilled Chicken Breast/Tenderloins ★	High Protein Chocolate Mousse ★	Salmon with Lemon and Orzo ★

Meals to prep: Baked Oats, Banana Bread and Juicy Chicken

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Week 2

★ Refer to recipes

	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	Omelette ★	Apple and Walnut Loaf ★	Chicken Veggies and Black Rice ★	Happy Way Protein Shake	Halloumi Salad with Tofu Tahini Dip ★
TUE	Berrylicious Smoothie ★	Apple and Walnut Loaf ★	Halloumi Salad with Tofu Tahini Dip ★	Yopro with 100g mixed berries and granola ★	Broccoli and Kale Salad with 100g (raw weight) grilled lean beef strips ★
WED	Boiled Eggs on Toast with ¼ Avocado ★	Yopro with 100g mixed berries and granola ★	Broccoli and Kale Salad with 100g (raw) grilled lean beef strips ★	Cottage Cheese Snack ★	Taco Bowls ★
THU	Blueberry Choc Baked Oats ★	Cottage Cheese Snack ★	Taco Bowls ★	Berrylicious Smoothie ★	Bethanys Chickpea Curry with a twist ★
FRI	Overnight Oats ★	Yopro with 100g mixed berries and granola ★	Bethanys Chickpea Curry with a twist ★	Happy Way Protein Shake and an apple	Fish and Chips ★
SAT	Scrambled Eggs on Sourdough ★	Berrylicious Smoothie ★	Mexican Salad ★	Yopro with 100g mixed berries and granola ★	One Pot Chicken and Cauliflower Bake ★
SUN	Banana Pancakes with 100g mixed berries and 1 tbsp maple syrup ★	Super Protein Smoothie ★	One Pot Chicken and Cauliflower Bake ★	Healthy Cheese Cake ★	Honey Soy Chicken ★

Meals to prep: Apple and Walnut Loaf and Granola,

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Week 3

★ Refer to recipes

	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	Apple Crumble Porridge ★	Yopro with 100g mixed berries and granola ★	Slow Cooked Lamb Salad ★	Happy Way Protein Water and an apple	Chicken Veggies and Black Rice ★
TUE	Omelette ★	Banana Bread ★	Chicken Veggies and Black Rice ★	Happy Way Protein Shake	15 Minute Pork and Noodles ★
WED	Apple Crumble Porridge ★	Yopro with 100g mixed berries	Slow Cooked Lamb Salad ★	Super Protein Salad ★	Chicken and Bacon Carbonara ★
THU	Scrambled Eggs on Sourdough ★	Hummus (x2) with vegetable sticks (100g carrot & 100g celery) ★	Chicken and Salad Wrap ★	Happy Way Protein Shake	Chicken Quesadillas ★
FRI	Overnight Oats ★	Yopro with 100g mixed berries	Slow Cooked Lamb Salad ★	Banana Bread ★	Burgers and Fries ★
SAT	Poached Eggs on toast with 1/4 Avocado ★	Happy Way Protein Water and an Apple ★	Ultimate Salmon Sandwich ★	Banana and Date Muffin ★	Chicken Stirfry with 60g cooked brown rice ★
SUN	French Toast with protein Yoghurt ★	Choc Cranberry Protein Balls x2 ★	Chicken Stirfry with 60g cooked brown rice ★	High Protein Chocolate Mousse ★	Thai Beef Salad with 120g cooked rice noodles ★

Meals to prep: Overnight Oats, Slow Cooked Lamb Salad and Banana Bread

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Week 4

★ Refer to recipes

	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	Chia Pudding with Raspberry Compote ★	Happy Way Protein Shake and an Apple	Thai Beef Salad with 120g cooked rice noodles ★	Cottage Cheese Snack with vegetable sticks and hummus (100g carrot & 100g celery) ★	Chicken and Mushroom Risotto ★
TUE	Berrylicious Smoothie ★	Cottage Cheese Snack with vegetable sticks and hummus (100g carrot & 100g celery) ★	Kale Super Salad ★	Choc Cranberry Protein Balls x2 ★	Curried Chicken with Roast Veggies ★
WED	Boiled Eggs on Toast ★	Yopro with 100g mixed berries and granola ★	Curried Chicken with Roast Veggies ★	Happy Way Protein Shake and an Apple	Crispy Tofu Stir fry ★
THU	Overnight Oats ★	Happy Way Protein Water and an Apple	Kale Super Salad ★	Cottage Cheese Snack ★	Grilled Steak with Veggies ★
FRI	Boiled Eggs on Toast with 1/4 avocado ★	Cottage Cheese Snack with vegetable sticks and hummus (100g carrot & 100g celery) ★	Chicken and Salad Wrap ★	Healthy Cheesecake ★	One Pot Chicken and Cauliflower Bake ★
SAT	Chia Pudding with Raspberry Compote ★	Yopro with 100g mixed berries and granola ★	One Pot Chicken and Cauliflower Bake ★	Cottage Cheese Snack with vegetable sticks and hummus (100g carrot & 100g celery) ★	Garlic and Chilli Prawn Spaghetti ★
SUN	Chocolate Protein Hotcakes ★	Choc Cranberry Protein Balls x2 ★	Mexican Salad ★	High Protein Chocolate Mousse ★	Kangaroo Chilli with 60g cooked brown rice ★

Meals to prep: Chia Puddings, Overnight Oats, Granola, Protein Balls and Kangaroo Chilli

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Week 5

★ Refer to recipes

	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	Scrambled Eggs on Sourdough ★	Berrylicious Smoothie ★	Kangaroo Chilli with 60g cooked brown rice ★	High Protein Chocolate Mousse ★	Chilli Chicken Pasta ★
TUE	Chia Pudding with Raspberry Compote ★	Avocado Smoothie ★	Juicy 20 Minute Chicken with Rice and 100g steamed broccolini ★	Cottage Cheese Snack with vegetable sticks and hummus (100g carrot & 100g celery) ★	Chicken Fish Tacos ★
WED	Scrambled Eggs on Sourdough ★	Yopro with 100g mixed berries and granola ★	Chicken and Salad Wrap ★	Happy Way Protein Shake	San Choy Bao ★
THU	Overnight Oats ★	Cottage Cheese Snack ★	San Choy Bao ★	Berrylicious Smoothie ★	Kale Super Salad ★
FRI	Chia Pudding with Raspberry Compote ★	Yopro with 100g mixed berries and granola ★	Kale Super Salad ★	High Protein Chocolate Mousse ★	Burger and Fries ★
SAT	Overnight Oats ★	Avocado Smoothie ★	Halloumi Salad with Tofu Tahini Dip ★	Yopro with 100g mixed berries and granola ★	One Pot Chicken and Cauliflower Bake ★
SUN	Banana Pancakes with 100g mixed berries and 1 tbsp maple syrup ★	Yopro with 100g mixed berries and granola ★	Zucchini Fritters with Spinach and yoghurt dip with 150g Grilled Chicken Breast/Tenderloins ★	Healthy Cheesecake ★	Baked Fish and Rice ★

Meals to prep: Chia Puddings, Overnight Oats, Granola and Kangaroo Chilli

Week 6

★ Refer to recipes

	BREAKFAST	SNACKS	LUNCH	SNACKS	DINNER
MON	Porridge ★	Hummus (x2)with vegetable sticks (100g carrot & 100g celery) ★	Zucchini Fritters with Spinach and yoghurt dip with 150g Grilled Chicken Breast/Tenderloins ★	Yopro with 100g mixed berries and granola ★	Mexican Salad ★
TUE	Scrambled Eggs on Sourdough ★	Yopro with 100g mixed berries and granola ★	Mexican Salad ★	Happy Way Protein Water and an Apple	Prawn with Ramen Noodles and Vege ★
WED	Chia Pudding with Rapsberry Compote ★	Super Protein Smoothie ★	Broccoli and Kale Salad with 100g (raw) grilled lean beef strips ★	Yopro with 100g mixed berries and granola ★	Nasi Goreng ★
THU	Carrot Cake Porridge ★	Yopro with 100g mixed berries and granola ★	Nourish Bowl ★	High Protein Chocolate Mousse ★	Thai Beef Salad with 120g cooked rice noodles ★
FRI	Scrambled Eggs on Sourdough ★	Apple and Walnut Loaf ★	Thai Beef Salad with 120g cooked rice noodles ★	Hummus (x2)with vegetable sticks (100g carrot & 100g celery) ★	Chicken and Bacon Carbonara ★
SAT	French Toast with protein Yoghurt ★	Berrylicious Smoothie ★	Nourish Bowl ★	High Protein Chocolate Mousse ★	Juicy 20 Minute Chicken with Rice and 100g steamed broccolini ★
SUN	Poached Eggs On Sourdough ★	Apple and Walnut Loaf	Honey Soy Chicken ★	Healthy Cheesecake	Fish and Chips ★

Meals to prep: Chia Puddings, Apple and Walnut Loaf, and Juicy Chicken

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Breakfast





Overnight Oats

Ingredients

- **120 grams rolled oats**
- **1 banana**
- **1 scoop chocolate whey protein powder**
- **1 tsp Happy Way cocoa powder**
- **250ml unsweetened almond milk**
- **your favourite berries**
- **4 hazelnuts**
- **shaved coconut**

Method

1. Put 40grams of oats in each container. in a blender or Nutri bullet put the banana, protein, cocoa powder and almond milk and blend well.
2. Pour mixture over the oats - making sure they are well covered.
3. Top with your favourite berries, hazelnuts and shaved coconut and leave in the fridge overnight. Voila - Delicious!

Gluten Free Alternative:
Substitute Oats for 20g Flaked
Quinoa and 30g Rice Flakes

SERVES 3 - 264 CALORIES (C 39G, P 15G, F 6G)



Chia Pudding and Raspberry Compote

Ingredients

Pudding

- 8 tbsp chia seeds
- 540ml unsweetened almond milk
- 120ml light coconut milk
- 20ml maple syrup
- 1 tsp cinnamon
- Dash of salt

Compote

- 125g raspberries
- 1tbsp maple syrup
- Juice of ½ lemon

Method

Pudding

1. Divide all ingredients amongst 4 glasses or jars that have a lid (or you can use plastic or beeswax wraps).
2. Mix well and leave for 1 hour - give it a good stir then leave for another 12 hours.

Compote

1. Over a low heat combine in all ingredients in a small saucepan and bring to a simmer while stirring. Simmer for about 8 minutes.
2. Let it cool (it can also be served warm if preferred)
3. When you're ready to serve, dish up the chia puddings and spoon over the compote.

SERVES 4 - 232 CALORIES (C 11G, P 5G, F 11G)



Porridge

Ingredients

- 50g rice flakes
- 15 quinoa flakes
- 1 banana, chopped
- 240ml milk of choice (I've used unsweetend almond milk)
- ½ tsp cinnamon
- ½ tsp vanilla extract
- 15g vanilla protein powder (optional - not included in cal.
- Adds 10g of protein and 55 cal)
- 1 tsp pepitas
- 1 tsp honey

Method

1. Put all ingredients (except honey) over a medium heat and slowly cook continuing to stir until nice and creamy.
2. Serve with honey (feel free to add a scoop of protein powder during cooking).

SERVES 1 - 466 CALORIES (C 89G, P 9G, F 7G)



Chocolate Protein Hotcakes

Ingredients

- **1 banana**
- **¾ cups rolled oats**
- **3 large eggs**
- **2 tbsp milk of choice (I'm using full cream)**
- **1 tbsp baking powder**
- **1/2 tsp cinnamon**
- **1/2 tsp cacao**
- **30g chocolate protein powder**
- **30ml maple syrup**
- **Handful of blueberries**

Method

1. Blend the banana, oats, eggs, milk, baking powder, cinnamon, cacao and protein powder in a blender for 1-2 mins until smooth. Check the oats have broken down, if not, blend for another minute.
2. Heat a drizzle of oil in a pan and wipe with paper towel to cover. Pour in 2-3 rounds of batter, leaving a little space between each to spread. Cook for 1-2 minutes, until bubbles start to appear on the surface and the underside is golden.
3. Flip over and cook for another minute until cooked through. Transfer to a warmed oven and repeat with the remaining batter.
4. Serve with syrup and berries.

Gluten Free Alternative:
Substitute Oats for Flaked
Quinoa

SERVES 2 - 394 CALORIES (C 46G, P 25G, F 11G)



Poached Eggs on Toast

Ingredients

- **2 eggs**
- **1 tbsp white vinegar**
- **5g butter**
- **2 slices sourdough**

Method

1. Break your eggs carefully into a petri dish each.
2. Bring a pot of water half filled to a gentle simmer and add a tablespoon of white vinegar. Make a whirlpool with a knife and slowly pour in the eggs one at a time. (I wouldn't do more than 2 at a time.)
3. Simmer for 3 minutes for soft poached eggs. Gently remove with a slotted spoon.
4. Serve on sourdough

Gluten Free Alternative:
2 Slices of Gluten Free Bread

SERVES 1 - 348 CALORIES (C 37G, P 17G, F 15G)



Boiled Eggs on Toast

Ingredients

- **1 tbsp white vinegar**
- **2 eggs**
- **5g butter**
- **2 slices sourdough**

Method

1. Bring a pot of water to the boil with 1 Tbsp of white vinegar.
2. Lower room temperature eggs in slowly. Cook for 5 minutes for soft boiled or 10 minutes for hard boiled.
3. Crack off the top, season and enjoy with toasted sourdough soldiers.

Gluten Free Alternative:
2 Slices of Gluten Free Bread

SERVES 1 - 348 CALORIES (C 37G, P 17G, F 15G)



Scrambled Eggs on Sourdough

Ingredients

- **2 eggs**
- **Salt and pepper**
- **fresh chives**
- **5g butter**
- **2 slices of sourdough**

Method

1. Mix 2 eggs in a bowl with salt, pepper and some chopped chives.
2. Heat a small fry pan to low - medium heat. Add 3g of butter and pour in the mixture and continue folding with a spatula until cooked.
3. Serve on hot buttered sourdough and enjoy

Gluten Free Alternative:
2 Slices of Gluten Free Bread

SERVES 1 - 348 CALORIES (C 37G, P 17G, F 15G)



Omelette

Ingredients

- 2 eggs
- 1 slices of sourdough
- 2 tsp butter
- 1 mushroom, diced
- 3 cherry tomatoes, diced
- handful of baby spinach
- 10g colby cheese, grated
- 50g smoked salmon (optional)
- chives, chopped

Method

1. Mix 2 eggs in a bowl with a diced mushroom, chopped cherry tomatoes, small handful of chopped baby spinach, salmon, salt and pepper.
2. Melt 1 tsp butter in a pan and pour in the mixture. Let it cook, every now and then lifting the edges to let more egg mixture under the omelette.
3. Sprinkle with cheese, fold over the omelette.
4. Serve with toasted sourdough and fresh chives.

Gluten Free Alternative:
2 Slices of Gluten Free Bread

SERVES 1 - 449 CALORIES (C 17G, P 30G, F 28G)



Raspberry and Almond Baked Oats

Ingredients

- **1 ripe banana medium-large size**
- **1/2 cup rolled oats**
- **1 egg**
- **15g either vanilla or flavourless protein powder**
- **15ml maple syrup**
- **½ tsp baking powder**
- **10 Raspberries**
- **1/2 tsp flaked almonds**

Method

1. Pre heat oven to 180 degrees and grease 2 ramekins.
2. Mash banana then mix in oats, egg, protein, maple syrup and baking powder in a blender and blend until smooth.
3. If you do not like the texture, you can blend until smooth.
4. Mix Raspberries and almonds into batter.
5. Pour batter into ramekins and bake for 20 mins or until fluffy.

Gluten Free Alternative:
Substitute Oats for 20g Flaked
Quinoa and 30g Rice Flakes

SERVES 2 - 230 CALORIES (C 35G, P 12G, F 5G)



Blueberry Choc Baked Oats

Ingredients

- **1 ripe banana medium-large size**
- **1/2 cup rolled oats**
- **1 egg**
- **15g either vanilla or flavourless protein powder**
- **15ml maple syrup**
- **½ tsp baking powder**
- **Handful of blueberries**
- **2 tsp dark choc chips**

Method

1. Pre heat oven to 180 degrees and grease 2 ramekins.
2. Mash banana then mix in oats, egg, protein, maple syrup and baking powder.
3. If you do not like the texture, you can blend until smooth.
4. Mix blueberries and choc chips into the batter.
5. Pour batter into ramekins and bake for 20 mins or until fluffy.

Gluten Free Alternative:
Substitute Oats for 20g Flaked
Quinoa and 30g Rice Flakes

SERVES 2 - 238 CALORIES (C 37G, P 12G, F 5G)



Avocado Smoothie

Ingredients

- 250ml unsweetened almond milk
- 50g avocado
- 1 frozen banana (or 100g)
- 1 scoop vanilla protein powder
- handful spinach
- 1/2 zucchini
- 1 tsp honey

Method

1. Pop it all in a blender and enjoy. Simple!

SERVES 1 - 379 CALORIES (C 47G, P 27G, F 12G)



Banana Pancakes

Ingredients

- **1 Egg**
- **1 Banana**
- **1 tsp Chia Seeds**
- **10g Vanilla Protein**
- **15g Rolled oats**
- **1/2 tsp Cinnamon**
- **1/2 tsp Vanilla Extract**

Method

1. Mash banana then mix in all other ingredients.
Pour onto a fry pan into 5cm diameter circles.
2. Cook for 3 minute each side or until cooked.
3. Berries, maple syrup & greek yoghurt to serve.
(Not included in the macros)

Gluten Free Alternative:
Substitute Oats for Quinoa Flakes

SERVES 1 - 294 CALORIES (C 52G, P 17G, F 8G)



Berrylicious smoothie

Ingredients

- 1/2 zucchini
- 10g honey
- 50g frozen banana
- 100g frozen mixed berries
- 30g vanilla protein
- 240ml Pure Harvest unsweetened almond milk
- 1/2 tsp chia seeds

Method

1. Blend all ingredients in a blender until smooth

SERVES 1 - 358 CALORIES (C 52G, P 26G, F 7.5G)



Granola

Ingredients

- **2.5 cups rolled oats**
- **1/4 cup shredded coconut**
- **30ml honey**
- **60ml maple syrup**
- **1/4 cup sultanas**
- **6 pitted dates (roughly chopped)**
- **1/4 cup cranberries**
- **1/4 cup silvered almonds**
- **1/4 cup chia seeds**
- **1/2 cup crushed walnuts**
- **1 tbsp melted coconut oil**

Method

1. Mix all ingredients except the honey and maple syrup.
2. Pour on baking tray lined with baking paper. Place in a 150 degree oven for 15 minutes.
3. Remove and drizzle honey over the mixture and mix. Place back in the oven for 10 minutes.
4. Remove and drizzle maple syrup over mixture and mix again for an even coating. Place back in the oven for 10 - 20 minutes - watching it doesn't start to burn.
5. Remove and leave to cool - this is when it'll start to crisp up. Once cool put in an airtight container.

Gluten Free Alternative:
Substitute Oats for 2 cups flaked quinoa and 1 cup puffed quinoa

SERVES 10 (50G) - 247 CALORIES (C 31G, P 6G, F 10.6G)



French Toast with Protein Yoghurt

Ingredients

- **full cream milk (or milk of choice)**
- **1/2 tsp cinnamon**
- **15ml maple syrup**
- **2 slices sourdough bread (approx 90g)**
- **100g high protein yoghurt**
- **berries of choice**
- **poached pear (optional, check out my recipe)**

Method

1. Mix the egg and milk together with the cinnamon in a bowl. Dip the bread into the egg mixture making sure to coat well both sides. Pop it straight in to a medium hot pan and cook both sides until golden brown.
2. Transfer to a plate and top with yoghurt, maple syrup and fruit

Gluten Free Alternative:
2 Slices of Gluten Free Bread

SERVES 1 - 398 CALORIES (C 57G, P 24G, F 8G)



Apple Crumble Porridge

Ingredients

- **½ large apple or 1 small apple diced**
- **1/2 tsp vanilla extract**
- **10ml pure maple syrup**
- **1 tsp cinnamon**
- **½ tsp nutmeg**
- **40g rolled oats**
- **240ml unsweetened almond milk**
- **10g sultanas**
- **half a banana sliced (optional)**

Method

1. Place the apple, vanilla, maple syrup and spices in a pan and stir for 3 minutes on medium heat.
2. Then add your oats, milk and sultanas. Stir on a low heat for around 10 minutes until the liquid has almost absorbed and it's creamy.
3. Serve with the banana (and even a little granola for some crunch - not included in the macros)

Gluten Free Alternative:
Substitute Oats for 20g Flaked
Quinoa and 30g Rice Flakes

SERVES 1 - 349 CALORIES (C 62G, P 7G, F 5G)



Carrot Cake Porridge

Ingredients

- ½ small carrot grated
- 2 tsp honey
- 1/2 tsp cinnamon
- ½ tsp nutmeg
- 40g rolled oats
- 10g sultanas
- 10g nut butter
- 240ml unsweetened almond milk (or milk of choice)

Method

1. Pop the carrot, honey, spices in a pot and stir until combined. Add the rest of the ingredients and cook slowly until smooth and creamy.
2. Top with the remainder of honey if desired.

Gluten Free Alternative:
Substitute Oats for 20g Flaked
Quinoa and 30g Rice Flakes

SERVES 1 - 323 CALORIES (C 45G, P 10G, F 10G)

Lunch & Dinner





Slow Cooked Lamb Salad

Ingredients

Lamb:

- 1 red onion, cut into wedges
- 8 cloves of garlic
- Leg of lamb
- 10ml olive oil
- Salt
- Fresh rosemary

Dressing:

- 100g greek yoghurt
- ½ tsp nutmeg
- ½ tsp cumin
- 10g honey

Salad:

- 200g pumpkin, diced
- Olive Oil
- Nutmeg
- ½ cup quinoa
- Baby Spinach
- 100g cherry tomatoes, halved
- ½ Avocado, cubed
- ½ red onion, sliced
- 50g goats cheese
- Pomegranate

SERVES 6 - 377 CALORIES (C 30G, P 19G, F 16G)



Slow Cooked Lamb Salad

Method

1. Make a bed of red onion and garlic and place leg of lamb on top. Massage in the olive oil with some sea salt. Make slits and pop in the rosemary. Cover with foil and put in a pre heated 150 degree fan forced oven for a minimum of 4 hours. Leave covered out of the oven for 20 mins to rest - the meat should just fall off the bone.
2. While the lamb is cooking, place the pumpkin on a baking tray with a dash of olive oil and nutmeg, bake in a 180 degree fan forced oven for 20 minutes.
3. Place the quinoa in a pot and cover with an inch of water. Bring to the boil then turn down to low, pop the lid on and leave for 10-15 minutes, until all the water has evaporated. Fluff with a fork and set aside.
4. To make the dressing, combine the greek yoghurt, spices and honey in a bowl together and mix well.
5. Build your salad. Place spinach, tomato, avocado, red onion, quinoa, pumpkin and goats cheese in a salad bowl. Top with that beautiful lamb, dressing and to finish, pomegranate seeds.

SERVES 6 - 377 CALORIES (C 30G, P 19G, F 16G)



Chicken Stir Fry

Ingredients

- **500g chicken breast - diced small pieces or lean beef or lamb.**
- **2 large carrot**
- **1.5 head of broccoli**
- **8 mushrooms - sliced**
- **150 grams snow peas**
- **1 brown onion**
- **4 cloves garlic**
- **2cm piece of ginger**
- **1 tin baby corn**
- **1/4 cup ABC soy sauce**
- **1tbsp honey**
- **1/4 cup oyster sauce**

Method

1. Season the chicken and brown in a pan - remove and set aside.
2. Heat 1 tbsp olive oil in a wok add all the vegetables, ginger and garlic.
3. Mix for 1 minute so combined then add 2 tbsp on water. Continue stirring for another 2 minutes then cover for 2 minutes.
4. Remove lid and add chicken back in and add the sauces. Continue cooking for another 3 minutes until all combined and veggies are cooked.
5. Enjoy

Gluten Free Alternative:
Use GF Soy Sauce

SERVES 4 - 316 CALORIES (C 36G, P 32G, F 5G)



Chilli Chicken Pasta

Ingredients

- **400g fresh pasta**
- **40ml olive oil**
- **4 cloves garlic, crushed**
- **1 birds eye chili (or red chilli if you don't want it as hot)**
- **juice and rind of a lemon**
- **500g chicken tenderloins or breast, finely diced**
- **Salt and pepper**
- **10 cherry tomatoes, halved**
- **handful of chopped parsley**
- **parmesan to serve**

Method

1. Cook pasta as per instructions.
2. Heat olive oil in a pan and put in the garlic, chilli and lemon rind.
3. Once fragrant add the chicken in with some salt and pepper. Cook until browned.
4. Add tomatoes and parsley and combined.
5. Once pasta cooked, stir through with lemon juice.
6. Serve with parmesan.

Gluten Free Alternative:
Use GF Pasta

SERVES 5 - 443 CALORIES (C 40G, P 27G, F 20G)



Grilled Steak with Veges

Ingredients

- **150g raw weight eye fillet steak**
- **100g broccolini**
- **100g carrot steamed**
- **150g sweet potato - diced**

Method

1. Roast oven in 30-35 mins at 220 degrees (or until golden)
2. Steam Carrot and broccolini
3. Grill steak to your liking

Gluten Free Alternative:
Use GF Soy Sauce

SERVES 4 - 316 CALORIES (C 36G, P 32G, F 5G)



Fish Taco's

Ingredients

- 400g flathead tails
- 1 tbsp flour
- ½ tsp Garlic salt
- ½ tsp Onion salt
- ½ tsp Paprika
- ½ Cumin
- 1 tsp Dried thyme
- ½ tbsp olive oil
- ½ red cabbage, finely sliced
- 50g whole egg mayonnaise
- ½ Bunch coriander
- 1 lime
- Salt and pepper
- 250g pineapple pieces
- ½ red onion, diced
- Lebanese cucumber, diced
- 8 Mission street tacos

Method

1. In a bowl put the fish, flour, spices, and thyme and mix well.
2. Add the oil to a hot pan and place the fish in the pan. Cook for 2 minutes each side and remove.
3. In a separate bowl add the cabbage, mayonnaise, some coriander and the juice of half the lime, salt and pepper and mix well.
4. In another bowl add the pineapple, red onion cucumber, juice of the other half of the lime, some coriander, salt and mix well.
5. Heat your taco in the microwave then assemble. Place cabbage salad, followed by fish and the pineapple salsa. Sprinkle with some coriander and enjoy.

Gluten Free Alternative:
Use GF Flour and tortilla's

SERVES 4 - 539 CALORIES (C 40G P 38G F 20G)



Ultimate Salmon Sandwich

Ingredients

- **2 slices of sourdough**
- **baby spinach**
- **½ tbsp beetroot dip (see recipe here)**
- **15g cheddar cheese**
- **½ tbsp tomato relish (see recipe here)**
- **½ tassel salmon smoked salmon fillet**

Method

1. Assemble all ingredients into a sandwich
2. Fresh or toasted - enjoy!!

Gluten Free Alternative:
2 Slices of Gluten Free Bread

SERVES 1 - 426 CALORIES (C 55G, P 19G, F 14G)



Chicken and Mushroom Risotto

Ingredients

- **5g butter**
- **200g mushrooms - I like to use shitake but cup are fine**
- **400g chicken tenderloins, thinly diced**
- **Salt and pepper**
- **1 tbsp olive oil**
- **1 small onion, diced**
- **2 garlic clove, finely diced**
- **1.5 cup arborio rice**
- **1/4 cup white wine**
- **2 litre chicken broth or stock**
- **1/2 cup baby spinach**
- **½ cup cheddar or parmesan cheese, grated**

Method

1. Melt 5g of butter in a small fry pan and fry off the mushrooms until brown and set aside.
2. Season the chicken with salt and pepper and cook in a hot pan until cooked through and set aside.
3. Put the oil in a pot and add the onion and garlic until clear. Then add the rice and stir until it's covered. Add the white wine, stirring for 1 minute.
4. Slowly add stock little bits at a time, continuously stirring until it has all absorbed. (Repeat this process, adding broth and stirring until rice is soft and all of the liquid has been absorbed.)
5. Stir through the mushrooms, chicken, spinach and cheese.

SERVES 5 - 518 CALORIES (C 78G, P 40G, F 6G)



Chicken and Bacon Carbonara

Ingredients

- 1 tbsp coconut oil
- 100g smoked back bacon, chopped in to 1cm strips
- 3 spring onions, chopped
- 1 chilli, chopped finely
- 2 garlic cloves, chopped finely
- 100g mushrooms, sliced
- 300g skinless chicken breast, chopped in to 1cm strips
- 8 cherry tomatoes, halved
- 200g spaghetti
- 2 egg yolks
- 1 tsp dijon mustard
- juice of 1 lemon

Method

1. Heat the oil in a pan and add the bacon, spring onions, chilli, garlic and mushrooms. Cook for about 2 minutes.
2. Add the chicken and cook for about 6 minutes - or until cooked through. Add the cherry tomatoes
3. Bring a pot of water to the boil and add the spaghetti.
4. While that's cooking; whisk the egg yolks, mustard and lemon juice and before you drain the pasta add 4 tablespoons of the starchy water from the pasta to the egg mixture and whisk well.
5. Drain the pasta and add it to the chicken mixture, season with salt and pepper and add the egg mixture. Stir to combine on a medium heat.
6. Serve with some parmesan cheese and a side salad. Enjoy!

Gluten Free Alternative:
Gluten Free Pasta

SERVES 3 - 555 CALORIES (C 53G, P 42G, F 12G)



Chicken Veggies and Black Rice

Ingredients

- 1 tbsp Olive Oil
- 1 tbsp Oregano
- 580g Chicken Breast
- 1.5 cups Black Rice
- 1 cup Peas
- 400g Red Kidney Beans
- 1 cup Carrot, diced
- 1 red Capsicum, diced
- 1 Onion, diced
- 2 Cloves of Garlic, chopped
- 1 Birdseye Chilli
- 1 tbsp Curry Powder

Method

1. Put the rice in a pot with 2 cups of water. Bring to the boil - then reduce heat to low and put a lid on.
2. Don't touch for 30 minutes remove from heat and leave lid on for about 10 minutes.
3. While the rice is cooking put the chicken in a pot covered with water with oregano and salt and pepper.
4. Bring to the boil and reduce heat and put lid on for about 15 minutes.
5. Heat the olive oil in a pan and add onion, garlic, chilli, carrot and capsicum and cook for 5 minutes.
6. Add kidney beans and peas and cook for further 2 minutes.
7. Slice up the cooked chicken and add to pan with the curry powder and salt and pepper and 3 tbsp water.
8. Stir and leave to cook for about 10 minutes. Stir in black rice and voila! Lunch for the week tick done.

SERVES 5 - 468 CALORIES (C 62G, P 32G, F 5.5G)



Chicken Quesadillas

Ingredients

- **1 tsp onion powder**
- **1 tsp dried oregano**
- **1 tsp salt**
- **2 tsp cumin**
- **2 tsp paprika**
- **400g chicken breast or tenderloins, diced small pieces**
- **1 tbsp olive oil**
- **½ red onion, diced**
- **1 yellow capsicum, diced**
- **2 avocados**
- **juice of 1 lime**
- **Salt and pepper**
- **150g cheese, grated**
- **150g corn kernels**
- **5 x 20cm wraps**
- **1 handful of coriander**

Gluten Free Alternative:
Gluten Free Wrap

Method

1. Combine the onion powder, oregano, salt, cumin and paprika together then mix through chicken with ½ tbsp the olive oil, until well coated, set aside.
2. In a pan heat the other ½ tbsp of olive oil and add the onion and capsicum and cook for 2 minutes. Remove and set aside.
3. Then add the chicken to the pan and cook until browned and cooked through. Toss the vegetables back through the chicken mix. Set aside.
4. Mash the avocados in a separate bowl, add the lime juice with salt and pepper.
5. Sprinkle 15g of cheese on one side of the wrap, top with the chicken mix, sprinkle with corn kernels and top with another 15g of cheese. Close the wrap. Place on a hot pan (with no oil) for 3 minutes, flip and cook the other side.
6. Chop into triangles and serve with the side of avocado smash.

SERVES 5 - 608 CALORIES (C 42G, P 42G, F 29G)



15 min Pork and Noodles

Ingredients

- 500g pork mince
- 1 tbsp grated ginger
- 2 spring onions, finely chopped
- 1 tbsp oyster sauce
- 1 tbsp light soy sauce
- 1 tbsp shaoxing wine
- 1 tsp sesame oil
- 1 tbsp cornflour
- 1 tbsp olive oil
- 1 cup button mushrooms, diced
- 370g ramen noodles
- ½ savoy cabbage, chopped finely
- 3 handfuls baby spinach
- 2 tbsp light soy sauce extra
-

Method

1. Mix the mince, ginger, spring onions, sauces and cornflour together until well combined.
2. Heat olive oil in a pan, and cook the mince mixture until almost cooked, add the mushrooms.
3. While that's cooking, cook your noodles as per instructions.
4. Add in the cabbage near the end, toss through the noodles and the spinach and the soy sauce.

Gluten Free Alternative:
Gluten Free Noodles

SERVES 4 - 430 CALORIES (C 50G, P 37G, F 8G)



Halloumi Salad with Tofu Tahini Dip

Ingredients

- 50g quinoa, uncooked
- 150g tofu
- 1 clove garlic
- 1 Tbsp tahini
- juice of 1 lemon
- 1 tbsp olive oil
- salt and pepper
- 100g baby Spinach
- 10 cherry tomatoes
- 1 cucumber
- 200g cannellini beans
- handful of chopped mint
- ½ red onion
- 1 tbsp red wine vinegar
- 240g halloumi

Method

1. Cook the quinoa as per instructions.
2. Place tofu, garlic, tahini, lemon juice, olive oil, salt and pepper in to a blender and blend until smooth - set aside
3. Place spinach, quinoa, tomatoes, cucumber, beans, mint, onion and red wine vinegar in a bowl and mix.
4. Slice halloumi into ½ cm thick strips and grill on both sides until brown.
5. Place the dip on the bottom of the plate and place salad on top.
6. Lay the halloumi on top of the salad.

SERVES 4 - 384 CALORIES (C 23G, P 21G, F 22G)



Fish and Chips

Ingredients

- 150g spudlite potatoes
- 100g white fish
- 100g baby spinach
- 4 cherry tomatoes
- 1/4 avocado
- 50g cucumber
- 20g geivity bone broth mayo

Method

Chips:

1. Keep skin on (off for sweet potato) and slice into 1cm match sticks. Pat really well dry with paper towel - making sure all the moisture is gone. Pop on a baking tray and sprinkle with 5ml peanut oil.

Fish:

1. Put in a 220 degree oven with space between each chip for 25 minutes or until golden and crunchy.
2. Season and toss in a little white flour and into a pan with spray olive oil - 3 mins each side (depending on the size)
3. Serve with your salad

SERVES 1 - 449 CALORIES (C 23G, P 29G, F 17G)



Nasi Goreng

Ingredients

- 2 cloves garlic chopped
- 1 onion diced
- 300g chicken breast, thinly sliced (or your choice of protein)
- 3 tbsp kecap manis (sweet soy sauce)
- 2 tbsp olive oil
- 1 tsp red chilli, finely chopped (optional)
- 3 cups cooked basmati rice (cold day old rice is best)
- 4 eggs, fried to taste
- 1 spring onion sliced
- Tomatoes, cut into wedges
- Cucumbers, cut into chunks

Method

1. Heat 1 tbsp olive oil in a large wok over high heat. Add chilli and garlic, stir for 10 seconds.
2. Add onion, cook for 1 minute. Add chicken, cook until it mostly turns white, then add 1 tbsp kecap manis and cook for a further 1 minute or until chicken is mostly cooked through and a bit caramelised.
3. Add rice, 2 tbsp kecap manis. Cook, stirring constantly, for 2 minutes until sauce reduces down and rice grains start to caramelise (key for flavour!).
4. Serve with egg, shallots, tomato, cucumber, friend shallots and lime.

SERVES 4 - 448 CALORIES (C 38G, P 26G, F 18G)



Taco Bowls

Ingredients

- 500g Lean Beef Mince (or 500g Turkey Mince)
- 1 Capsicum - Choose Your Colour - diced
- 1 Red Onion - diced
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried oregano
- 2 tsp cumin
- 2 tsp paprika
- 1/4 chill powder (optional)
- 200g Cherry Tomatoes
- 1 Avocado
- 1/2 Lemon
- Coriander
- Sour Cream
- Tomato Salsa
- Iceberg Lettuce - shredded
- Taco Shells
- 1 Carrot - grated

Method

1. Cook 1/2 the onion and capsicum for 3 minutes - then add mince and cook until brown.
2. Add the spices with 1/2 cup of water and 1/3 of the coriander - bring to the boil then turn down low and leave to simmer.
3. Bowl 1: Smash the avo. Add salt and pepper. Add 1/3 of the coriander. Squeeze of lemon.
4. Bowl 2: Chop the tomatoes in quarters. Add 1/2 the onion. Add 1/3 of the coriander roughly chopped. Salt and pepper.
5. To assemble: Put the lettuce in the bottom of a large bowl. Add the mince, tomato mix, avo mix, grated carrot, sour cream and salsa on top. Break up the taco shells and crumble on top. VOILA - mixed it all together and eat away.

SERVES 3 - 464 CALORIES (C 16G, P 37G, F 22G)



Thai Beef Salad

Ingredients

Sauce:

- 1 chilli (or birdseye chilli if you like some heat),
- deseeded and sliced finely
- 1/4 tsp finely minced garlic
- 1 tbsp finely chopped coriander stems
- 2 1/4 tsp white sugar
- 2 tbsp fish sauce
- 3 tbsp lime juice
- 1 tbsp olive oil
- 1 small pinch salt

Salad:

- 2 heaped cups mixed lettuce leaves
- 10 cherry tomatoes, halved
- 1/4 tsp each salt and pepper
- 1/4 cup peanuts, chopped
- 1/4 cup mint leaves, lightly chopped
- 1/4 cup coriander leaves, lightly chopped
- 1/2 cucumber, cut into slices
- 1/4 small red onion, very finely sliced

• Meat:

- 1/2 tbsp olive oil
- 250g good quality beef cut into strips

SERVES 2 - 266 CALORIES (C 6G, P 31G, F 12G)



Thai Beef Salad

Method

1. In a small blender - pop in the sauce ingredients and wizz until combined.
2. In a pan add the oil and cook the beef on a high heat until just cooked through. Set aside.
3. Add a small amount of sauce to the salad leaves and toss, then add remaining salad ingredients including the beef.
4. Plate up and top with extra coriander and nuts (optional). I also like to add some rice noodles.
5. If you add noodles macro's will change.

SERVES 2 - 266 CALORIES (C 6G, P 31G, F 12G)



Kangaroo Chilli

Ingredients

- 1kg Kangaroo Mince
- 2 tsp garlic powder
- 3 tsp onion powder
- 1 tsp oregano
- 3 tsp cumin
- 4 tsp paprika
- 2 tsp coriander
- 1/2 tbsp soy sauce
- 1tsp chilli powder (optional)
- 1 x brown onion diced
- 1 x clove garlic finely chopped
- 130g mushrooms diced
- 1 capsicum diced
- 2 tins kidney beans
- 2 tins diced tomatoes
- 400g tomato paste
- 100g chopped baby spinach
- 10ml olive oil

Method

1. Heat olive oil in a big pan and add onion and garlic until soft.
2. Add Kangaroo mince and cook until brown.
3. Add capsicum, mushrooms and cook, then add the rest of the ingredients.
4. Stir all together then leave on a low heat for 2-3 hours. You can also use a slow cooker overnight.
5. Serve with a Jacket Potato (add 100 cals per 150g potato)
6. You can also freeze and use in burritos, with pasta or rice.

SERVES 9 - 319 CALORIES (C 30G, P 34G, F 5G)



Mushroom Pesto Rigatoni

Ingredients

- 20g butter
- 150g oyster mushroom, roughly chopped
- 50g button mushrooms, sliced
- 1 cup cherry tomatoes, halved
- 190g green pesto
- 1 cup of baby spinach
- 400g fresh pasta
- 10g grated parmesan cheese

Method

1. Melt the butter in a hot pan then add your mushrooms. Cook for 5 minutes. Until they start to brown. Add your cherry tomatoes and cook for 2 minutes, then add your pesto. Stirring it into the mushrooms and tomatoes. Add the spinach until just wilted.
2. Cook your pasta as per instructions, save 4 tbsp of the pasta water before draining.
3. Add pasta, pasta water and parmesan to the mushroom mixture and combine well.

Gluten Free Alternative:
Swap pasa for 400g GF Pasta

SERVES 4 - 518 CALORIES (C 54G, P 14G, F 26G)



Juicy 20 Minute Chicken

Ingredients

- **2 Chicken breasts**
- **1 tsp paprika**
- **¼ tsp garlic powder**
- **¼ tsp onion powder**
- **½ tbsp honey**
- **½ tbsp olive oil**
- **2 cup cooked basmati rice -
(1 cup uncooked)**

Method

1. Pre heat the oven to 200 degrees
2. Using a rolling pin, pound the chicken breast until it's about 2cm thick. Give it a good whack. Make sure they're even.
3. Combine the spices with the honey and ¼ tsp water. Line a baking pan with foil or baking paper. Cover the chicken breasts with the spice mix (get those hands in) then drizzle over the olive oil.
4. Bake the chicken in the oven for 15-18 minutes or until fully cooked.

SERVES 4 - 263 CALORIES (C 26G, P 30G, F 4G)



San Choy Bao

Ingredients

- 1/2 tsp olive oil
- 500g pork mince
- 1 carrot, finely diced
- 2 spring onions, finely chopped
- 1 medium zucchini, finely diced
- 1/2 cup mushrooms, diced
- 1/2 cup frozen peas
- 100ml san choy bao sauce
- 350g cooked basmati rice

Method

1. Heat the oil in a pan and add the mince. Cook until browned.
2. Add all the vegetables and cook, stirring until softened.
3. Add the sauces and rice. Top with spring onion to serve.

SERVES 4 - 492 CALORIES (C 40G, P 27G, F 22G)



Kale Super Salad

Ingredients

- 30g Kale, chopped
- 15g Baby Spinach, chopped
- 4 Cherry Tomatoes, diced
- 50g Corn Kernels
- 25g Quinoa (weigh it uncooked)
- 30g Edamame Beans
- 30g Avocado, diced
- 1 Spring Onion
- 30g Baby Beetroot, diced
- Handful of coriander
- 5ml Olive Oil
- Juice of 1/2 lemon
- Salt and Pepper
- Tin of tuna in spring water

Method

1. Put it all together, mix well and enjoy!

SERVES 1 - 419 CALORIES (C 42G, P 33G, F 14G)



Asian Bowl

Ingredients

- 1 tbsp hoisin sauce
- ½ tbsp soy sauce
- 1 tsp mirin (or ½ tsp sugar)
- ½ tbsp olive oil
- 1 clove garlic, crushed
- 200g beef mince
- 1 cup broccolini, cut into thirds
- 200g cooked basmati rice
- ½ Spanish onion finely sliced
- 2 spring onions, diced
- 80g edamame beans
- 1 tsp sesame seeds

Method

1. Put the sauces and mirin (or sugar) in a small bowl and mix well.
2. Heat olive oil in a pan and add garlic, cook until fragrant.
3. Add the mince and cook until brown.
4. Add in the sauces and mix for 2 minutes.
5. Remove from the pan and add the broccolini to the same pan, stir frying until heated through and cooked.
6. Plate your bowl, with rice, mince, onion, beans, edamame, broccolini and sprinkle with spring onion and sesame seeds.

SERVES 2 - 485 CALORIES (C 41G, P 28G, F 23G)



Zucchini Fritters with Dip

Ingredients

- 2 zucchini, grated
- 2 egg
- 2 spring onion, chopped
- 2 tbsp self raising flour
- 100g cheese, grated
- 60g sweetcorn
- salt and pepper
- 5g unsalted butter (optional depending on the pan.)
- 1/2 cup Greek yoghurt
- juice of half a lemon
- handful of baby spinach
- 1 clove garlic
- 1 tsp olive oil

Method

1. Mix zucchini, egg, spring onion, flour, cheese, sweetcorn, salt and pepper together.
2. Melt the butter in a pan, add spoonfuls of mixture to make 5cm rounds.
3. Cook both sides until brown.
4. Place yogurt, lemon, spinach, garlic, oil and pepper in a blender and blend until smooth.

Gluten Free Alternative:
Swap flour to GF flour

SERVES 4 - 236 CALORIES (C 11G, P 12G, F 26G)



One Pot Chicken and Cauliflower Bake

Ingredients

- **500g potato (carisma or spud lite), diced**
- **1 head Cauliflower, cut into florets (I love purple cauliflower)**
- **2 Zucchini, largely diced**
- **1 red onion, quartered**
- **8 cloves Garlic, whole**
- **1 tbsp olive oil**
- **salt and pepper**
- **2 Chicken breasts**
- **2 tsp paprika**
- **1 tsp dried oregano**
- **1 tsp cumin**
- **juice of 1 lime**

Method

1. Put all vegetables in a roasting dish with ½ tbsp olive oil and salt and pepper and put them in a 180 degree oven.
2. While that is cooking in a separate bowl, coat the chicken breast with the spices and the other ½ tbsp olive oil and the lime juice.
3. 20 minutes into the cooking - add the chicken on the rack above the vegetables so the juices of the chicken drip onto the vegetables.
4. Bake for another 40 minutes.
5. Slice the chicken breast and serve.

SERVES 4 - 348 CALORIES (C 23G, P 30G, F 16G)



Salmon with Lemon Orzo

Ingredients

- 2400g salmon fillets
- ½ tsp garlic powder
- 1 tsp paprika
- Salt
- 1 tbsp olive oil
- 5g butter
- 1 brown onion, diced
- 3 cloves garlic, finely chopped
- 1 tsp dried thyme
- 1 cup Orzo
- 3 cup chicken or vegetable broth
- 2 cups baby spinach
- juice of 1 lemon
- ½ cup grated parmesan

Method

1. Season the salmon with garlic powder, paprika and ½ tsp salt. Heat the oil and butter on medium heat and add the salmon for 3 minutes each side. Remove and set aside.
2. Add the onion and garlic to the pan for 2 minutes, then stir in the thyme and remaining salt. Add the orzo and stir for 1 minute.
3. Pour in the broth and bring to the boil. Reduce to a simmer and cook uncovered stirring occasionally for around 8-10 minutes or until all liquid has been absorbed.
4. Add in the spinach and stir until wilted, then stir in lemon and parmesan.
5. Return the salmon to the pan for 3-4 minutes until salmon has heated through.

Enjoy!

Gluten Free Alternative: swap Orzo for GF orzo or Quinoa

SERVES 4 - 464 CALORIES (C 51G, P 31G, F 15G)



Broccoli and Kale Salad

Ingredients

- 3 cups of broccoli
- 70 grams of Kale
- 6 baby beetroots
- 30 grams currants
- 50 grams walnuts - chopped
- 25 grams sunflower seeds
- 15 cherry tomatoes halved
- 3 spring onions chopped

Dressing:

- 2 tsp extra virgin olive oil
- 30 ml red wine vinegar
- 1 tsp dijon mustard
- 1 clove of garlic
- Salt and pepper to taste

Method

1. Steam the broccoli florets until just cooked.
2. Massage the kale with a drop of olive oil to soften.
3. Toast the walnuts and the sunflower seeds in a pan until golden
4. Pop all into a bowl and pour over the dressing.

SERVES 4 - 235 CALORIES (C 20G, P 7G, F 16G)



Curried Chicken with Roast Veggies

Ingredients

- **300g chicken tenderloins**
- **50g greek yoghurt**
- **½ tsp curry powder**
- **30g raw wholegrain basmati rice**
- **100g pumpkin, diced**
- **1 large zucchini, sliced**
- **½ tbsp olive oil**
- **¼ tsp nutmeg**
- **100g cauliflower, chopped into florets**

Method

1. Place the tenderloins, greek yoghurt and curry powder in a bowl. Mix to combine then cover and pop in the fridge for a minimum of 20 mins. All day if you want to.
2. Place rice in a pot and cover with an inch of water. Bring to the boil then put the lid on and turn it down to low for 10mins until all water has absorbed. Avoid taking the lid off.
3. Place pumpkin and zucchini on a lined baking tray and drizzle with olive oil and nutmeg and into a 200g oven for 25 -30 mins.
4. With 15 mins to go - place the chicken on a separate baking tray and cauliflower amongst the vegetables and pop in the oven for 15 mins. Turning half way through.
5. Place rice, chicken and veggies in a bowl.

SERVES 2 - 333 CALORIES (C 24G, P 32G, F 8G)



Prawn and Ramen Noodles

Ingredients

- 1 tsp minced garlic
- 1 tsp chilli
- 1 tsp grated ginger
- 1 tsp red curry paste
- Handful chopped spring onion
- 2 tbsp sesame oil
- 1 tbsp olive oil
- 3 tbsp soy sauce
- 1 tbsp tahini
- 200g cook prawns
- Bunch of asparagus
- Bunch of pak choy
- 140g Ramen noodles

Method

1. In a bowl add garlic, chilli, ginger, red curry paste and spring onions - mix together.
2. In a saucepan - heat the oils and add the chilli mix. Stir well
3. Add the soy sauce and tahini - mix until combined.
4. Heat a wok and pop in your prawns, asparagus and pak choy. Stir fry for 2 minutes
5. Add ½ the chilli mixture and combine.
6. Remove from heat.
7. Blanch your noodles in boiling water then reheat the wok
8. Add your noodles and the rest of the mixture. Stir until combined.
9. Serve and enjoy

SERVES 2 - 520 CALORIES (C 47G, P 26G, F 25G)



15 Minute Meatball Ravioli

Ingredients

- **16 mini beef meatballs (you can make your own with my meatball recipe)**
- **1 zucchini, finely diced**
- **½ cup mushrooms, finely diced**
- **400g passata**
- **400g packet of ravioli**
- **parmesan to serve**

Method

1. Cook the meatballs until brown, then add in your vegetables, stirring occasionally until nice and soft, add in your sauce.
2. Cook the ravioli as per instructions, usually 3-4 minutes in boiling water.
3. Serve it all up

Gluten Free Alternative:
Gluten Free Noodles of choice

SERVES 4 - 538 CALORIES (C 41G, P 23G, F 31G)



Mexican Salad

Ingredients

- 5ml extra virgin olive oil
- 80g cooked Quinoa
- 1 x 75g tin Tuna in springwater
- 40g black Beans
- Handful diced Red onion
- Handful of diced cucumber
- 40g Corn kernels
- 5 Cherry tomato, diced
- 30g Avocado, diced
- Juice of ½ lime
- Handful Coriander (or fresh mint whichever you prefer)
- Salt

Method

1. Mix all ingredients together in a bowl and enjoy!

SERVES 1 - 371 CALORIES (C 41G, P 26G, F 16G)



Crispy Tofu Stir Fry

Ingredients

Tofu:

- 450g firm tofu, cut into 1 inch cubes
- (2 tbsp sesame oil)
- 2 tbsp corn flour

Tofu Sauce:

- 5 tbsp light soy sauce
- 1 tbsp sesame oil
- 3 tsp crushed garlic
- ¼ cup water
- ¼ cup brown sugar
- Juice and rind of a lime

Stir fry:

- ½ cup snow peas
- ½ cup broccoli florets
- ½ brown onion, diced
- 2 garlic cloves, crushed
- ½ red capsicum, sliced
- 5 asparagus, cut into 2 inch pieces
- 1 carrot, cut into rounds
- 400g cooked basmati rice
- Spring onion and sesame seeds to serve

Stir Fry Sauce:

- 3 tbsp tepid water
- 3 tbsp light soy sauce
- 1 tbsp maple syrup
- 2 tsp rice wine vinegar
- 2 tsp sesame oil
- 1 tbsp cornflour

Method

1. Prep the tofu and coat in the corn flour.
2. Heat the sesame oil in a pan and put in the tofu - letting it cook on each side until crispy and brown.
3. Mix the tofu sauce ingredients in a bowl.
4. Once all the tofu has cooked on each side turn the heat down and pour over the sauce.
5. Coating the tofu well until all the sauce and thickened.
6. Remove from the pan.
7. Turn the heat back to medium and pop in all the veggies.
8. Stir fry for 5 minutes.
9. Mix the stir fry sauce together and pour over the veggies, coating well until sauce has thickened.
10. Add the tofu back in.
11. Serve with rice and sprinkle with sesame seeds and spring onion.

SERVES 4 - 498 CALORIES (C 61G, P 15G, F 19G)



Baked Fish and Rice

Ingredients

- 250g cooked brown rice
- 300g barramundi or white fish
- 1 zucchini diced
- 1 carrot diced
- 200g broccoli
- 50g peas
- 1 onion diced
- 2 cloves garlic
- 15ml olive oil
- 3 tsp dijon mustard
- 1 tsp Paprika
- 1 tsp Tumeric
- 1 tsp cumin
- 1 tsp harissa

Method

1. Put the onion and 1 clove garlic in a pan with the spices for 3mins. Add the rest of the vegetable and stir-fry until cooked. Add the Rice.
2. Mix the olive oil, mustard, 1 garlic clove and salt and pepper and add to the pan.
3. Pop in a baking tray and lay the fish on top. Cover with foil and bake in the oven for 15 mins.

SERVES 3 - 404 CALORIES (C 38G, P 26G, F 17G)



Honey Soy Chicken

Ingredients

- **400g chicken tenderloins, cubed**
- **¼ cup corn flour**
- **2 cloves garlic**
- **¼ cup light soy sauce**
- **3 tbsp cider vinegar**
- **½ tbsp sesame oil**
- **2 tbsp honey**
- **1 tbsp mirin**
- **½ tbsp olive oil**
- **½ red capsicum, sliced**
- **1 cup broccolini, cut into thirds**
- **400g cooked basmati rice**
- **2 spring onions**

Method

1. Toss the chicken in the cornflour until covered.
2. In a bowl mix garlic, light soy sauce, cider vinegar, sesame oil, honey and mirin together to make the marinade.
3. Put the chicken in the marinade and mix well. You can leave this in the fridge for 10 - 20 minutes if you have time.
4. In a pan heat the oil and add in the chicken, turning frequently until just cooked, then add in your capsicum, cooking until softened. Remove the chicken and capsicum and pop in the broccolini and toss until covered in remaining sauce and softened slightly.
5. Cook your rice as per instructions.
6. Plate it all up and sprinkle with sliced spring onion.

SERVES 4 - 429 CALORIES (C 46G, P 31G, F 14G)



Chicken and Salad Wrap

Ingredients

- 1x wholemeal wrap,
- 100g grilled chicken breast (recipe on next page)
- 100g baby spinach
- tomato
- cucumber
- 20g Gevity mayo

Method

1. Put everything together in wrap.

Gluten Free Alternative:
Gluten Free Wrap

SERVES 1 - 422 CALORIES (C 25G, P 40G, F 8G)



Garlic and Chilli Prawn Spaghetti

Ingredients

- 80ml olive oil
- 5 cloves garlic, finely chopped
- 1 birdseye chilli, (or red chilli) finely chopped
- 40g raw peeled prawns
- 400g fresh spaghetti
- 60ml white wine (optional but the alcohol does burn off during cooking)
- rind and juice of one lemon
- Salt and pepper
- 10 cherry tomatoes, halved
- big handful of flat leaf parsley, chopped
- parmesan to serve

Method

1. Bring water to the boil.
2. Add olive oil to a pan, and fry off the garlic and chilli until fragrant. Add the prawns. At the same time add your fresh pasta to the boiling water. Cook for 3 minutes - stirring the prawns.
3. Add wine, lemon rind and juice and salt and pepper and mix. Drain the pasta, add it to the pan and combine.
4. Serve with Parmesan cheese.

Gluten Free Alternative:
Use Gluten Free Pasta

SERVES 5 - 493 CALORIES (C 44G, P 34G, F 17G)



Nourish Bowl

Ingredients

- 4 cherry tomatoes
- ½ tbsp soy sauce
- 70g cooked basmati or brown rice (I also like black or a mixture)
- 40g edamame beans
- 30g avocado
- 30g corn kernels
- ¼ cucumber, diced
- 20g baby spinach
- 2 tbsp fermented cabbage
- 12g goats cheese
- 1 spring onion
- 30g beetroot, diced
- 80g fillet of smoked salmon
- 2ml sesame oil

Method

1. Pop it all in a bowl top with the sauces and devour.

SERVES 1 - 505 CALORIES (C 39G, P 30G, F 25G)



Bethany's Chickpea Curry with a twist

Ingredients

- 1/2 brown onion, diced
- 1 tsp minced garlic
- thumb sized piece grated fresh ginger
- 1-2 tablespoons garam masala
- 1 tbsp curry powder
- 1 medium sized sweet potato
- 200g diced pumpkin
- 1 can diced tomatoes
- 1 tin chickpeas, drained (save 45ml of the juice of the chickpeas)
- 500g tofu cubed OR 400g white fish
- 1 can lite coconut milk
- 1 ½ cups cooked basmati rice
- Peas
- Spinach
- salt & pepper to taste

Method

1. Sautee onion in a little bit of olive oil until soft and turning 'blonde'
2. Add fresh garlic and ginger and stir for 1 min. Add spices and stir for another min
3. Add vegetables and Sautee for a few mins until beginning to soften
4. Add remaining ingredients (except peas and spinach), stir and simmer on med/low for around 20-30 mins. If using the fish - slowly Break it apart as it cooks.
5. Give spinach & peas 5 mins at the end before serving. Adjust seasoning according to taste

SERVES 6 - 418 CALORIES (C 42G, P 21G, F 19G)



Burger and Fries

Ingredients

- 400g good quality beef mince
- 1 clove garlic
- 1 onion, finely diced
- ½ tbsp dijon mustard
- 1 tbsp worcestershire sauce
- 1 egg yolk
- big handful of flat leaf parsey, chopped
- 1 tsp paprika
- 400g low carb potatoes, or carisma potatoes
- ½ tsp garlic powder
- ½ tsp onion powder
- 1 tbsp corn flour
- 1 tbsp olive oil
- good amount of salt
- 4 burger buns – I like brioche burgers
- 2 tbsp chutney or tomato relish
- 2 tomatoes, slice
- iceberg lettuce
- sliced beetroot
- 80g sliced cheese

Method

1. Place beef mince, garlic, onion, mustard, Worcestershire sauce, egg, parsley and 1/2 tsp paprika in a bowl and mix well. Cover and place in a fridge for 15 minutes.
2. Mould into burgers and cook in a hot pan on both sides until cooked and brown.
3. Chop potato or sweet potato into matchstick size pieces.
4. Toss potatoes in the left over paprika, garlic powder, onion powder, salt and cornflour then in the oil Mix well.
5. Spread the potato out on a baking tray lined with baking paper. Place in a 200 degree oven for approx 20-25 mins until chips are brown and crunchy.
6. Assemble your burgers.

Gluten Free Alternative: Gluten Free Bun

SERVES 4 - 652 CALORIES (C 60G, P 33G, F 32G)

Snacks & Sides





Cottage Cheese Snack

Ingredients

- **60g cottage cheese**
- **3 corn thins**
- **4 cherry tomatoes**
- **basil**

Method

1. Divide the cottage cheese among the corn thins, top with tomatoes and basil.

SERVES 1 - 176 CALORIES (C 16G, P 9G, F 8G)



Banana Bread

Ingredients

- **3 Medium overripe bananas mashed**
- **90g Happy Way Vanilla**
- **50g Almond Meal**
- **20g LSA**
- **75g Buckwheat Flour**
- **10g Baking Powder**
- **2 tsp Chia seeds**
- **5 Dates**
- **30g Walnuts chopped coarsely**
- **3 eggs**
- **2 tbsp Coconut Oil**
- **1/4 Cup almond milk**
- **40ml maple syrup**

Method

1. Pre heat oven to 180 degrees & line a loaf tin with baking paper.
2. Mix all the dry ingredients together, then add wet ingredients.
3. Pour into a loaf tin - bake for 30min then cover with foil and bake for another 30mins or until a skewer comes out clean.
4. Enjoy by itself or with your favourite spread.

SERVES 12 - 200 CALORIES (C 24G, P 10G, F 7.6G)



Apple and Walnut Loaf

Ingredients

- 180g almond meal
- 60g unflavoured protein powder
- 50 grams of walnuts, chopped
- 100g sultanas
- $\frac{3}{4}$ tsp bicarb soda
- 1 tbsp cinnamon
- 1 tsp ginger
- Pinch of salt
- 1 apple, peeled, cored and cut into quarters
- 1 pear, peeled, cored and cut into quarters
- 3 large eggs
- 50ml Avocado oil
- 1 tbsp lemon juice
- 50g Honey
- 150ml Unsweetened almond milk

Method

1. Preheat oven to 160 degrees.
2. Combine almond meal, protein, nuts, sultanas, bicarb, spices in a bowl.
3. Blend the apple, pear, eggs, oil, lemon juice and honey in a food processor.
4. Pour over the dry ingredients and add the milk. Combine well.
5. Pour into a lined loaf tin and bake for 45-55 minutes.
6. Let rest for 5 minutes then remove and place on a wire rack to cool.

SERVES 12 - 251 CALORIES (C 17G, P 9G, F 16G)



Super Protein Smoothie

Ingredients

- 1 tsp chia seeds
- 250ml unsweetened almond milk
- 1 frozen banana (or 100g)
- 1/2 zucchini
- 1 scoop chocolate protein powder

Method

1. Pop it all in a blender and enjoy. Simple!

DIY

SERVES 1 - 324 CALORIES (C 31G, P 25G, F 5G)



Choc Cranberry Protein Balls

Ingredients

- 200g rolled oats
- 220g @oceanspryanz low sugar craisins
- 100g dates
- 55g almonds
- 20g desiccated coconut
- 1/4 cup chia seeds
- 90g @happywayau chocolate protein (or your choice of protein)
- dash of vanilla extract
- 300g almond cacao butter (if unavailable, replace with almond butter and 2 tsp cacao)

Method

1. Place all ingredients in a food processor except for the cacao butter. Once blitz - add the cacao butter until all combined.
2. Roll into 23 balls and place in the fridge for 2 hours then serve.

Gluten Free Alternative:
Swap Oats for Flaked Quinoa

SERVES 23 - 178 CALORIES (C 19G, P 7G, F 9G)



High protein chocolate mousse

Ingredients

- **2 Tbsp maple syrup (The good stuff)**
- **200g Cottage cheese**
- **2 tsp Cacao**

Method

1. Blend all together with a hand mixture. Pour into ramekins and pop in the fridge to set - or eat it straight away.
2. Serve with berries.

SERVES 4 - 167 CALORIES (C 9G, P 24G, F 4G)



Banana and Date Muffins

Ingredients

- **150 Pitted dates – roughly chopped**
- **75 grams butter chopped**
- **25 grams brown sugar**
- **3 grams Stevia**
- **3 medium overripe bananas chopped**
- **3 eggs**
- **150 grams wholemeal self raising flour**
- **50 grams chocolate protein powder**
- **1 teaspoon cinnamon**
- **1 tsp bicarb soda**

Method

1. Put the dates, butter, sugar & Stevia in a bowl and cover with 75 ml's boiling water and leave for 5 minutes to soften.
2. Add banana, eggs and date mixture to a food processor and blitz until combined.
3. Stir in the flour, protein powder, cinnamon and soda well.
4. Spoon into a lined muffin tin (makes 10) and bake at 180 degrees for 25 minutes or until knife comes out clean.

Gluten Free Alternative:
Use Self Raising GF Flour

SERVES 10 - 253 CALORIES (C 38G, P 8G, F 8G)



Healthy Cheesecake

Ingredients

- **160g high protein yoghurt**
- **1 kiwi, diced**
- **hand full of berries of choice – raspberries, strawberries, blueberries, blackberries**
- **1 passionfruit**
- **1 digestive biscuit**

Method

1. Put the yoghurt and fruit in a bowl and crumble digestive biscuit on top

Gluten Free Alternative:
Swap to GF digestive biscuit

SERVES 1 - 212 CALORIES (C 23G, P 17G, F 3G)



Hummus

Ingredients

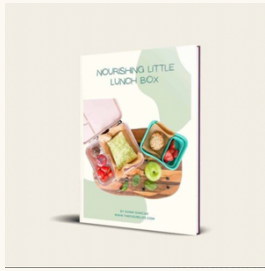
- 60ml tahini
- 60ml fresh lemon juice
- 2 tbsp olive oil
- 1 clove garlic, minced
- ½ tsp cumin
- 1/2 tsp salt
- 1 tin chickpeas, drained
(save 45ml of the juice of the chickpeas)

Method

1. In a food processor pop in the tahini and lemon juice and mix for 90 seconds.
2. Add the olive oil, garlic, cumin and salt and blend for another 30-60 seconds.
3. Add half the chickpeas and blend for 30 seconds, then the other half and blend for another minutes. Add the juice of the chickpeas little bits at a time until it's nice and whipped and smooth.

SERVES 16 - 60 CALORIES (C 4.5G, P 2G, F 4.2G)

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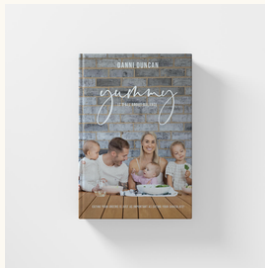
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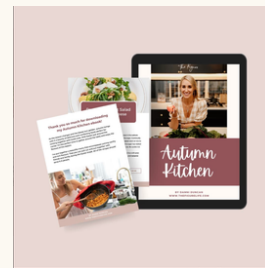
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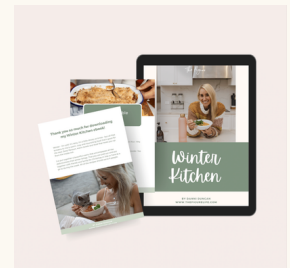
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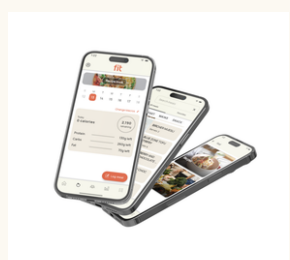
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This can feel challenging at times, creating new habits always are. The difference between success and failure is patience, persistence and consistency. If you stick with this you **will** reach your goals.

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Oh, don't forget girlfriend, tag me in your posts and stories on Instagram and Facebook @danni.duncan_

Love and Life,

xo Danni

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