



ELITE LOW CALORIE COOKBOOK

THE ULTIMATE LOW CALORIE & HIGH
PROTEIN RECIPE COOKBOOK
60+ RECIPES



IMPORTANT NOTES

PLEASE NOTE THAT SOME OF THE RECIPES WILL REQUIRE PROTEIN POWDER.

I WILL LEAVE THE SPECIFIC PROTEIN POWDERS I PERSONALLY USE WITHIN THE CONTENTS LIST & ALSO GIVE YOU A SPECIAL DISCOUNT CODE IF YOU ARE INTERESTED IN PURCHASING.
(IF YOU ALREADY HAVE PROTEIN POWDER YOU CAN USE THAT)

ALL THE OTHER INGREDIENTS USED IN MY RECIPES WILL BE GENERIC & EASY TO FIND IN YOUR LOCAL SUPERMARKET.
ALSO NOTE THAT I AM FROM AUSTRALIA & IF YOU ARE FROM ANOTHER COUNTRY SOME BRANDS MAY BE UNFAMILIAR TO YOU BUT YOU CAN SUBSTITUTE IT FOR WHAT IS AVAILABLE WITHIN YOUR COUNTRY.

ALL THE RECIPES ARE CUSTOMISABLE WHEN IT COMES TO CERTAIN INGREDIENTS & TOPPINGS WHICH I HAVE MENTIONED WITHIN THE RECIPE GUIDE.

I'LL MAKE A QUICK EXAMPLE FOR YOU :)
IF A CERTAIN RECIPE USES "PROTEIN YOGHURT" WITH A CERTAIN BRAND & FLAVOUR YOU CAN SUBSTITUTE IT FOR OTHER YOGURT THAT IS A COMPLETELY DIFFERENT BRAND & FLAVOUR.

THE MACROS MAY VARY DEPENDING ON WHAT YOU DECIDE TO SUBSTITUTE FOR CERTAIN INGREDIENTS.
MY GOAL WAS TO MAKE SURE THAT AT LEAST 90% OF THE INGREDIENTS USED ARE LOW IN CALORIES & HIGHER IN PROTEIN.. SO EVEN IF YOU HAVE TO SUBSTITUTE 1 OR 2 INGREDIENTS THE RECIPE WILL STILL BE LOW IN CALORIES/HIGH IN PROTEIN!

*YOUR END RESULT MAY NOT ALWAYS MATCH THE PICTURES AND THAT IS OKAY
THE GOAL IS TO CREATE A TASTY MEAL THAT HELPS YOU ACHIEVE YOUR GOALS*

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SHOPPING LIST

DRY & COLD FOOD

Coles RSPCA Approved Chicken Tenderloins
Kellogg's Corn Flakes Breakfast Cereal
Puregg Free Range Liquid Egg White
Simson's Pantry Lite Super Grains Wraps
Mission Wraps Light
Mission Low Gi Wraps Wholemeal
Woolworths High Protein Lower
Carb Thin Crust Pizza Base
Buttercup Country Split Wholemeal Bread
Almond Breeze Unsweetened Almond Milk
Woolworths Rspca Chicken Breast Fillet
DON Honey Thinly Sliced Leg Ham
Coles Beef 5 Star Extra Lean Mince
Woolworths Lean Beef Mince
Uncle Tobys Oats Traditional Porridge
Primo Manuka Honey Leg Ham
San Remo Pasta Pro
Spud Lite Prepack Potato
Old El Paso Stand 'n Stuff Tortilla
Coles Cocoa Powder
McKenzie's Baking Powder
Queen's Vanilla Extract
Woolworths Frozen Blueberries
Pb2 Powdered Peanut Butter
Yopro High Protein Vanilla Greek Yoghurt
Yopro High Protein Strawberry Greek
Yoghurt
Halo Top Oat Milk Chocolate Caramel
Pretzel Ice Cream Tub
Coles Australian Light Shredded Mozzarella
Coles Frozen Fruit Mixed Berries
Tip Top English Muffins Original
Gullon Biscuits Digestive Plain
Nuttlex Lite Margarine Spread
Coles Rice Puffs
La Casa Fresh Mozzarella Cheese
Philadelphia Cream Cheese Spread Light
Laughing Cow Cheese Light
Apple
Natvia 100% Natural Sweetener
Natvia Gold Sweetener
Woolworths Light Sour Cream
Coles Australian Smokey IWS Slices
Dole Pineapple Premium Tropical Chunks

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Kellogg's Corn Flakes Breakfast Cereal
Puregg Free Range Liquid Egg White
Simson's Pantry Lite Super Grains Wraps
Mission Wraps Light
Mission Low Gi Wraps Wholemeal
Woolworths High Protein Lower
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Buttercup Country Split Wholemeal Bread
Almond Breeze Unsweetened Almond Milk
Woolworths Rspca Chicken Breast Fillet
DON Honey Thinly Sliced Leg Ham
Coles Beef 5 Star Extra Lean Mince
Woolworths Lean Beef Mince
Uncle Tobys Oats Traditional Porridge
Primo Manuka Honey Leg Ham
San Remo Pasta Pro
Spud Lite Prepack Potato
Old El Paso Stand 'n Stuff Tortilla
Coles Cocoa Powder
McKenzie's Baking Powder
Queen's Vanilla Extract
Woolworths Frozen Blueberries
Pb2 Powdered Peanut Butter
Yopro High Protein Vanilla Greek Yoghurt
Yopro High Protein Strawberry Greek
Yoghurt
Halo Top Oat Milk Chocolate Caramel
Pretzel Ice Cream Tub
Coles Australian Light Shredded Mozzarella
Coles Frozen Fruit Mixed Berries
Tip Top English Muffins Original
Gullon Biscuits Digestive Plain
Nuttlex Lite Margarine Spread
Coles Rice Puffs
La Casa Fresh Mozzarella Cheese
Philadelphia Cream Cheese Spread Light
Laughing Cow Cheese Light
Apple
Natvia 100% Natural Sweetener
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Woolworths Light Sour Cream
Coles Australian Smokey IWS Slices
Dole Pineapple Premium Tropical Chunks

SHOPPING LIST

DRY & COLD FOOD

Coles Less Than 2% Fat Chicken Breast
Mince
Filla Bakery Large White Lebanese Bread
Prawns
Top Top Burger Thins
Woolworths Panko Bread Crumbs
Vetta Smart Protein Self Raising Flour
Yopro High Protein Plain Greek Yoghurt
Coles Minced Garlic
South Cape Reduced Fat Greek Style Fetta
Chilli
Olive Oil
L&J Raw Prawn Tail Off
Birds Eye Cauliflower Rice
Uncle Ben's Tex-mex Style Brown Rice
Quinoa & Beans
Coles Frozen Fruit Mixed Berries
Lime
Icing Powder Classic Monkfruit Sweetener
Green Beans
Sunrise Basmati Quick Rice
Coles Slow Cooked Pulled Chicken
Nestle Baking Cocoa
McKenzie's Bicarbonate Soda Canister
Coles Kitchen Coleslaw
Mission Chilli & Lime Corn Chips
Don Premium Real Diced Bacon 200g
Nutella
Ingham's Turkey Breast Mince 400G
Brioche Gourmet Burger Buns
Cucumber
Peppercorn Extra Lean Beef Chipolatas
Thomson's Deli Sliced Chicken Quad Pack
Fresh Basil
Woolworths Pine Nuts 80g

SHOPPING LIST

SEASONING & SAUCES

SEASONING

Masterfoods Garlic Salt
Woolworths Chilli Flakes
Masterfoods Ground Paprika
Masterfoods Parsley Flakes
Woolworths Cinnamon Ground
McKenzie's Pepper Black Ground
Saxa Iodised Table Salt Shaker
Masterfoods All Purpose Seasoning
Woolworths Oregano Leaves
Vegeta Vegetable Gourmet Stock Powder
Woolworths Himalayan Pink Fine Table Salt
Masterfoods Mexican Chilli Powder
Masterfoods Rosemary Leaves
Masterfoods Cayenne Pepper
Bronte Blends Smokey BBQ Seasoning
Masterfoods Garlic & Herb Seasoning
MasterFoods Hot Cajun Seasoning
Nando's Peri Peri Medium Rub
Masterfoods Dill Leaf Tips
Bronte Blends Garlic Herb Seasoning

SAUCE

Natvia Smooth Choc Chocolate Topping
Sweet Baby Ray's Buffalo Wing Sauce
Sweet Baby Ray's Honey Chipotle Bbq Sauce
Steeves Maples Sugar Free Syrup
Nando's Perinaise Hot Peri-peri Mayonnaise Sauce
Natvia Strawberry Fruit Spread
Leggos Pizza Sauce Garlic, Onion & Herbs Squeeze
Masterfoods Squeezy Hot Chilli Sauce
Coles Special Burger Sauce
Praise 99% Fat Free Mayonnaise
Woolworths Mild Salsa
Huy Fong Sriracha
Franks Red Hot Sauce
Coles Ranch Dressing
Coles Organic Tomato Passata
Nandos Garlic Peri Peri Sauce
Frenchs Classic Yellow Mustard
Franks Red Hot Buffalo Sauce
Stubb's BBQ Sauce
Kroger Light Soy Sauce
Masterfoods Teriyaki Marinades
Keep It Cleaner Tomato, Garlic & Basil Pasta Sauce

You can substitute supermarket items of your choice/different brands if the ones i mentioned above aren't available near you. Due to me only using the ingredients listed above for my recipes, which are my go-to home basics, I can't guarantee how the recipe will come out if you change any of the ingredients dramatically. Substituting small ingredients, toppings & seasonings is fine! Making the recipes vegan or gluten free may work but I haven't tried any other methods than the ones shared in this cookbook.

SHOPPING LIST

PROTEIN POWDERS

BRANDS AND FLAVOURS

Rule 1 Whey Protein: Chocolate Fudge

Rule 1 Whey Protein: Vanilla Creme

Muscle Nation Casein Custard Protein: White Chocolate

Muscle Nation 100% Whey Isolate Protein: Cinnamon Churros

You can substitute protein powders of your choice/different brands if the ones mentioned above aren't available near you. The calories & macros may vary slightly.



CRISPY CHICKEN NUGGETS

TOTAL
CALORIES: 457
CARBS: 18G
FATS: 9G
PROTEIN: 70G



20 MIN

INGREDIENTS

- 2 Slices "Country Split" bread (or any low calorie bread of choice)
- 300g Less Than 2% Fat Chicken Breast Mince (weighs 270g once cooked in air fryer)
- 1 Small Egg
- 1 Tsp Cayenne Pepper
- 1 Tsp All In 1 Seasoning
- 1 Tsp Smokey BBQ Seasoning

DIRECTIONS

1. Start by ripping up 2 slices of low calorie bread & placing it into a blender cup with 1 tsp of cayenne pepper.
2. Blend for 1 minute & pour the blended powder onto a plate.
3. In a separate bowl add 300g of lean chicken breast mince with 1 small egg, 1 tsp of all in 1 seasoning & 1 tsp of smokey bbq seasoning. (or seasonings of choice)
4. Mix everything together & once everything is combined one by one form the combined meat into 20 small nugget shapes using your hands (make sure your hands are wet while you are doing this)
5. Coat each nugget in the blended breadcrumb mixture & bake in the air fryer at 180 degrees Celsius for 15 minutes. Once they're done serve with your favorite sauce & enjoy!



IF YOU DO NOT HAVE AN AIR FRYER YOU CAN USE AN OVEN INSTEAD,
BAKE AT THE SAME TEMP FOR AN EXTRA 10-15 MINUTES.

MAKE SURE TO KEEP AN EYE ON THEM AS EVERYONE'S OVENS ARE DIFFERENT.



GARLIC PRAWN PIZZA

TOTAL
CALORIES: 494
CARBS: 39G
FATS: 19G
PROTEIN: 40G



INGREDIENTS

1 Large White Lebanese Bread
(Brand: Filla Bakery)

150g Cooked Prawns

1 Tbsp Garlic

Parsley Flakes, Chilli Flakes, Oregano,
Salt & Pepper

25g Pizza Sauce (Brand: Leggo's)

Spinach

35g Low Fat Cheese
(Brand: Bega 50% Less Fat Grated
Cheese)

15g Chilli Sauce
(Brand: Masterfoods)

DIRECTIONS

1. Start by adding 150g of cooked prawns into a bowl then add 1 Tbsp of garlic followed by a pinch of parsley flakes, chilli flakes, salt, pepper & mix everything together.
2. Bake 1 large lebanese bread (or large tortilla wrap) in the oven at 180 degrees celsius for 5 minutes. (doing this will ensure the bread is crispy & not floppy)
3. Once the bread is slightly baked spread 25g of pizza sauce evenly across the base then proceed to add the toppings.
4. Add a handful of spinach, 150g of prawns, 35g of low fat cheese, & more seasonings if you like.
5. Bake in the oven again for 8-10 minutes at 180 degrees celsius or until the cheese is melted.
6. Once you have taken it out the oven drizzle 15g of chilli sauce across the pizza & enjoy!



BUFFALO RANCH BURGER

TOTAL
CALORIES: 438
CARBS: 32G
FATS: 11G
PROTEIN: 51G



35 MIN

INGREDIENTS

170g Chicken Breast
(raw, 135g cooked)

50g Franks Red Hot Sauce

1 Serving Low Calorie Burger Thin
(Brand: Tip Top)

20g Panko Crumbs

20g Ranch Dressing
(Coles)

2 Tbsp Paprika

1 Tbsp Garlic Salt

1/2 Tbsp Pepper

25g Egg Whites
(or regular egg)

DIRECTIONS

1. Start by seasoning 170g of chicken breast with 2 tbsp of paprika, 1 tbsp of garlic salt & 1/2 tbsp of pepper (coat the chicken breast on each side using your hands)
2. Place 20g of panko crumbs on a plate & on a separate plate/bowl add 25g of egg whites. Once you have done that soak the chicken in the egg whites then coat it in the panko crumbs.
3. Bake the chicken breast in the air fryer at 180 degrees celsius for 15-20 minutes flipping halfway. (or bake in oven at 200 degrees celsius for around 25 minutes)
4. Once the chicken is cooked place 50g of Franks Hot Sauce into a bowl & coat the chicken in the hot sauce.
5. Air fry the chicken breast again for 2 minutes at the same temperature.
6. Now it's time to build the burger! Place the chicken breast on 1 of the low calorie burger thins, add 20g of ranch dressing then place the last burger thin on top & that's it, enjoy!



STICKY BBQ CHICKEN STRIPS

TOTAL
CALORIES: 391
CARBS: 29G
FATS: 6G
PROTEIN: 50G



30 MIN

INGREDIENTS

180g Raw Chicken Breast
(150g cooked)

20g Mustard

30g Corn Flakes
(crushed)

50g Franks Hot Buffalo Sauce

20g Stubb's BBQ Sauce
(or any low calorie BBQ sauce)

Salt & Pepper

DIRECTIONS

1. Start by cutting 180g of raw chicken breast into even strips like shown in the photo above.
2. Place the cut up chicken breast in a bowl & season with salt & pepper.
3. Add 20g of mustard into the bowl of chicken strips mix everything together. Make sure each piece of chicken is coated.
4. On a separate plate add 30g of crushed corn flakes, one by one coat each piece of chicken into the crushed corn flakes.
5. Once each piece is marinated & coated bake in the air fryer at 180 degrees celsius for 15 minutes. (or oven at 200 degrees celsius for around 20 minutes)
6. While the chicken is cooking in a bowl add 50g of franks hot buffalo sauce with 20g of stubb's bbq sauce & mix that together.
7. Once the chicken is cooked soak each piece into sauce mixture one by one then place it back in the air fryer to bake for another 2-3 minutes & enjoy!



TERIYAKI CHICKEN STIR FRY

TOTAL
CALORIES: 464
CARBS: 47G
FATS: 10G
PROTEIN: 40G



35 MIN

INGREDIENTS

130g Raw Chicken Breast
(100g cooked)

80g Cooked White/Brown Rice
(Sunrise Basmati quick rice)

60g Capsicum

30g Light Soy Sauce

1 Tsp Olive Oil

150g Cooked
Cauliflower Rice

30g Green Beans
(chopped)

30g Teriyaki Sauce
(Brand: Masterfoods)

Salt & Pepper

DIRECTIONS

1. Start by cutting 130g of raw chicken breast into small cubes.
2. Add 1 tsp of olive oil to a pan on high heat & cook the chicken breast. (7-10 minutes)
3. While the chicken is cooking slice 60g of capsicum into long thin pieces & cut 30g of green beans in half.
4. Once the chicken is cooked add salt, pepper & the vegetables to the pan & mix everything together.
5. Add 30g of teriyaki sauce & 30g of light soy sauce to the pan, mix everything together again & let it cook for another 5 minutes on medium heat.
6. After 5 minutes add 80g of cooked rice & 150g of cooked cauliflower rice to the pan & mix everything together to combine.
7. Add your choice of toppings (optional) such as sesame seeds or more vegetables & that's it.

QUICK TIP!

TRY NOT TO OVER COOK THE CHICKEN OR IT MAY TURN OUT DRY! COOK IT ON MEDIUM-HIGH HEAT DEPENDING ON YOUR STOVE.



MEAL PREP PASTA BAKE

TOTAL
(PER SERVE)
4 SERVINGS
CALORIES: 454
CARBS: 38G
FATS: 10G
PROTEIN: 50G



INGREDIENTS

500g Extra Lean Beef Mince

1 Egg

1 Slice Low Calorie Bread
[blended into crumbs]
(Brand: Simsons Pantry)

Salt, Pepper, Oregano & Chilli Flakes

1 Tbsp Minced Garlic

250g Protein Pasta
(Brand: San Remo Pasta Pro)

Cherry Tomato, Mushroom, Spinach,
Capsicum & Spring Onion
(or your choice of vegetables)

200g Tomato Passata

35g Low Fat Fetta Cheese

DIRECTIONS

1. In a bowl add 500g of extra lean beef mince with 1 egg, 1 blended slice of bread, salt, pepper, chilli flakes & 1 tbsp of minced garlic.
2. Mix everything together & using your hands form the meat into small even balls.
3. Cook the meatballs on a pan on medium heat (non stick or normal pan with a drop of olive oil if needed)
4. Cook 250g of protein pasta while the meatballs are cooking. (cook the pasta using the instructions on the box)
5. Once the meatballs are cooked set them to the side in a bowl & chop up your choice of vegetables & amount that you desire, more vegetables = more volume!
6. Once the vegetables are chopped add them to the same pan you used to cook the meatballs & add 200g of tomato passata with a dash of salt, pepper & oregano.
7. Drain around 80% of the pasta water into the pan with the vegetables & mix it together.
8. Once everything is mixed together pour it all into a big baking dish & bake in the oven at 200 degrees celsius for 25 minutes.
9. Once baked take it out the oven & crumble 35g of feta cheese across the pasta dish then place it back in the oven for 5 minutes & enjoy! Split into 4 servings perfect for meal prep.



CHEESY PROTEIN BREAD ROLLS

TOTAL
CALORIES: 218
CARBS: 25G
FATS: 3G
PROTEIN: 19G



INGREDIENTS

100ml Unsweetened Almond Milk
(or milk of choice)

190g Self Raising Flour
(Brand: Vetta Protein Self Raising
Flour)

60g Low Fat Grated Cheese
(Brand: Bega)

50% Less Fat Grated Cheese

100g Low Fat Greek Yogurt
(Brand: YoPro)

1.5 Tbsp Oregano

1/2 Tsp Garlic Salt

DIRECTIONS

1. In a bowl add 100ml of unsweetened almond milk, 190g of self raising flour, 60g of low fat grated cheese, 100g of low fat greek Yogurt & 1 tbsp of oregano.
2. Mix everything together until a thick dough ball is formed.
4. Using your hands roll the dough into 4 smaller separate even balls & place them on a baking tray with baking paper.
5. Season each ball with 1/2 tsp of garlic salt & oregano then place in the oven & bake at 180 degrees celsius for 15 minutes & enjoy! (or until golden brown & crispy on the top)

I USED "VETTA PROTEIN SELF RAISING FLOUR" BUT ANY SELF RAISING FLOUR WILL WORK! MACROS WILL VARY DEPENDING ON THE BRAND BUT IT WILL STILL BE LOW IN CALORIES.



CHILLI GARLIC PRAWN BOWL

TOTAL
CALORIES: 338
CARBS: 25G
FATS: 9G
PROTEIN: 34G



INGREDIENTS

200g Cooked Cauliflower Rice

70g Cooked Uncle Ben's
Tex-mex Style

Brown Rice Quinoa & Beans
(or rice of choice)

80g Nandos Garlic Peri Sauce

200g Prawns

5g Garlic (diced)

1/2 Chilli (chopped)

1/2 Tsp Olive Oil (optional)

20g Spring Onion

1 Tsp Paprika

DIRECTIONS

1. Start by seasoning 200g of prawns with salt, paprika & parsley flakes.
2. Once the prawns are seasoned add 1/2 tsp of olive oil to a pan & cook the prawns on medium heat.
3. Place the prawns to the side on a plate once they are cooked & using the same pan add 80g of nandos garlic peri peri sauce with 5g of diced garlic. Simmer for 1-2 minutes & gently mix.
4. Add the prawns back into the pan with the sauce & mix together for another minute or two then place the prawns to the side again once marinated.
5. Using the same pan that the prawns were cooked in now add 200g of cooked cauliflower rice & 70g of cooked white/brown rice. Mix together for 1-2 minutes so that the leftover sauce from the prawns soaks into the rice mixture. (cook rice & cauliflower rice as per instructions on packaging, i used the microwave for both)
6. Now place the rice mix in a bowl & add the prawns on top with 20g of spring onion 5g of chopped chilli. This recipe can be made in larger batches for meal prep & customised to your own liking with different sauces & vegetables!



GREEK TURKEY BURGER

TOTAL
CALORIES: 349
CARBS: 32G
FATS: 5G
PROTEIN: 40G



INGREDIENTS

150g Turkey Breast Mince

1 Tbsp Diced Onion

Smoked Paprika

BBQ Seasoning or SOC
(Brand: Bronte Blends)

25g Greek Yoghurt
(Brand: YoPro Plain)

Grated Cucumber

Lemon Juice

Dill

Salt & Pepper

1 Slice Tomato

Sliced Onion

Spinach

1 Gourmet Brioche Bun
(Brand: Brioche Gourmet)

DIRECTIONS

1. Start by placing 150g of turkey breast mince into a bowl & mix with 1 tbsp of diced onion, smoked paprika & BBQ seasoning.
2. Using your hands mix the turkey mince together to combine the ingredients, once mixed form the turkey mince into a ball.
3. Using your hand flatten the ball to turn the mince into a patty.
4. To make the protein tzatziki sauce in a separate bowl mix together 25g of greek yoghurt, a tiny bit of grated cucumber, a drop of lemon juice, dill, salt & pepper. (or seasonings of choice, if you'd like to use store bought tzatziki or a different sauce for convenience you can)
5. Turn the stove on high heat & cook the turkey patty on a pan for a few minutes on each side or until brown.
6. Just before the patty is fully cooked place each brioche bun on the pan as well. (optional step, this is to make the bun warm & crispy)
7. Once the patty is cooked it's time to assemble your burger! Place the patty on the bun followed by the tzatziki sauce, tomato slice, spinach then the last bun & you're done.



BBQ MEAT LOVERS PIZZA

TOTAL
CALORIES: 490
CARBS: 44G
FATS: 15G
PROTEIN: 41G



INGREDIENTS

1 Large White Lebanese Bread
(Brand: Filla Bakery)

60g Extra Lean Beef Mince
(45g cooked)

2 Tbsp Stubb's BBQ Sauce

25g Pizza Sauce
(Brand: Leggo's)

35g Low Fat Grated Cheese
(Brand: Bega)

40g Sliced Chicken
(Brand: Thomson's Deli)

1 Serving (57g) Extra Lean Beef

Chipolatas
(Brand: Peppercorn the Good Food Company)

Oregano

Salt & Pepper

DIRECTIONS

1. Start by seasoning 150g of extra lean beef mince with salt & pepper.
2. Cook the beef mince using a pan on high heat for a few minutes, once cooked put aside.
3. Using the same pan cook 1 serving (57g) of extra lean beef chipolatas (sausages) once cooked cut the sausages into small pieces put aside with the cooked beef mince.
4. Bake 1 large lebanese bread (or large tortilla wrap/pizza base) in the oven at 180 degrees celsius for 5 minutes. (doing this will ensure the bread is crispy & not floppy)
5. Once the bread is slightly baked spread 25g of pizza sauce evenly across the base then proceed to add the toppings.
6. Start by adding 35g of low fat cheese then add the extra lean beef mince, beef chipolatas (sausages), 40g of sliced chicken & oregano on top.
7. Bake in the oven again for 5-10 minutes at 180 degrees celsius or until the cheese is melted.
8. Once you have taken it out the oven drizzle 2 tbsp of Stubb's BBQ sauce (or any low calorie BBQ sauce) across the pizza.



CREAMY NANDOS CHICKEN PASTA

TOTAL
CALORIES: 417
CARBS: 44G
FATS: 4G
PROTEIN: 50G



INGREDIENTS

70g Raw Chicken Breast (50g cooked)

80g San Remo Pasta Pro

35g Pasta Sauce (Brand: Keep It Cleaner)

60g Low Fat Cottage Cheese

1 Tbsp Nandos Peri Hot Sauce (or any hot sauce)

Parsley Flakes, Cajun Seasoning, Oregano, Nandos Peri Seasoning (or seasonings of choice)

DIRECTIONS

1. Start by cutting 70g of raw chicken breast into small strips & seasoning lightly with paprika & Nandos peri peri seasoning.
2. Cook the chicken & set it to the side for now.
3. Cook 80g of protein pasta (as per instructions on the packaging)
4. While the pasta is cooking in a blender cup add 35g of pasta sauce, 60g of low fat cottage cheese, 1 tbsp of Nandos peri peri hot sauce, parsley flakes, cajun seasoning & oregano. (or your choice of seasonings & amount, i only added a light dash of each seasoning)
5. Blend it together & set the cup aside for now.
6. Once the pasta is cooked strain out the pasta water then add the pasta to a bowl with the blended sauce & mix everything together.
7. Pour the pasta onto a plate & add the cooked chicken breast on top & enjoy!



KFC ZINGER WRAP

TOTAL
CALORIES: 398
CARBS: 31G
FATS: 9G
PROTEIN: 40G



INGREDIENTS

130g Chicken Breast
(100g cooked)

1 Low Calorie Wrap
(Brand: Simsons Pantry)

Salt, Pepper & Paprika

25g Franks Hot Sauce

15g Crushed Corn Flakes

20g 99% Fat Free Mayonnaise
(Brand: Praise)

2 Tsp Sriracha

20g Coleslaw

4 Tortilla Chips
(Brand: Mission Style
Tortilla Triangles)

DIRECTIONS

1. Start by seasoning 130g of chicken breast with salt, pepper & paprika on each side.
2. In a bowl add 25g of franks hot sauce & on a separate plate add 15g of crushed corn flakes.
3. Soak the chicken breast in the franks hot sauce then coat it in the crushed corn flakes.
4. Bake the chicken in the air fryer at 180 degrees celsius for 15-18 minutes (or in the oven at 200 degrees celsius for 25-30 minutes)
5. In a small bowl mix together 20g of fat free mayonnaise & 2 tsp of sriracha sauce.
6. Once the chicken is cooked cut it into small strips.
7. Place 20g of coleslaw along the middle of a low calorie wrap then add the chicken, the sauce & 4 tortilla chips broken into small pieces & that's it!



BBQ CHICKEN LOADED FRIES

TOTAL
CALORIES: 420
CARBS: 31G
FATS: 9G
PROTEIN: 50G



INGREDIENTS

200g Potatoes
(Brand: Spud Lite)

150g Cooked Pulled Chicken
(Brand: Coles)

Garlic & Herb Seasoning
(or seasoning of choice)

2 Tbsp Stubb's BBQ Sauce
(or any low calorie sauce)

35g Low Fat Grated Cheese
(Brand: Bega 50% Less Fat Grated
Cheese)

Toppings: (optional)
20g Capsicum
(chopped)

Spring Onion & Parsley

20g Hot Chilli Sauce
(Brand: Masterfoods)

DIRECTIONS

1. Start by cutting 200g of potatoes into thick french fry shapes, add them to a bowl & season with garlic & herb seasoning. Make sure to mix the potatoes around to coat them completely.
2. Bake in the air fryer for 10 - 15 minutes at 18-degrees celsius. (or bake in oven at 200 degrees celsius for around 25 minutes)
3. While the potatoes are baking add 150g of cooked pulled chicken into a bowl with 2 tbsp of BBQ sauce & mix it together.
4. Once the potatoes are cooked place them in a small oven safe baking dish & add the chicken on top.
5. Add 35g of low fat cheese in the middle & bake in the oven at 200 degrees celsius for 5 minutes (or until the cheese is melted)
6. Take it out the oven then add 20g of chopped capsicums, spring onion, parsley, 20g of hot chilli sauce & enjoy!



NANDOS WRAP

TOTAL
CALORIES: 360
CARBS: 16G
FATS: 8G
PROTEIN: 52G



INGREDIENTS

1 Low Calorie Wrap/Tortilla
(Brand: Simsons Pantry)

120g Raw Chicken Breast
(100g cooked)

1 Cheese Corn Thin/Rice Cake

75g Low Fat Cottage Cheese

20g Egg Whites
(or regular egg)

30g Nandos Peri Peri Garlic Sauce

Lettuce (or salad of choice)

Parsley Flakes &
Smokey BBQ Seasoning
(or seasonings of choice)

DIRECTIONS

1. First we will start off by making the protein sauce. Blend 70g of low fat cottage cheese & add it to a small bowl then season with parsley flakes & bbq seasoning, mix well to combine. (or seasonings of choice)
2. Add 1 cheese corn thin/rice cake to a blender cup (make sure the blender cup is dry) & blend until it turns into a powder. Once blended pour the powder onto a plate.
3. On a separate plate add 20g of egg whites.
4. Soak 120g of chicken breast in the egg whites then place the chicken breast in the blended corn thin powder & coat the chicken completely.
5. Bake the chicken breast in the air fryer at 180 degrees celsius for 15 minutes. (or in the oven at 200 degrees celsius for 20-25 min)
6. Pour 30g of nandos peri peri sauce into a separate bowl & once the chicken is cooked coat it in the nandos sauce.
7. Bake the chicken again for 2 minutes then take it out & cut it into small strips.
8. Now it's time to build your wrap! On a low calorie wrap add the salad/lettuce, the chicken & finish it off by drizzling the sauce on top.



LOADED BAKED POTATO NACHOS

TOTAL
CALORIES: 359
CARBS: 37G
FATS: 8G
PROTEIN: 30G



INGREDIENTS

300g Potatoes
(Brand: Spud Lite)

150g Low Fat Cottage Cheese
(blended)

Garlic Salt & Pepper
(or seasonings of choice)

50g Diced Bacon
(Brand: Don)

Low Calorie Cooking Spray
(optional, used avocado oil)

Spring Onion

DIRECTIONS

1. Start by cutting 300g of potatoes into oval shapes (thick or thin depending on your liking)
2. Add the cut potatoes into a bowl & season with garlic salt & pepper. Mix everything together to coat the potatoes completely.
3. Place the potatoes on a baking tray with baking paper & spray the potatoes lightly with cooking spray (cooking spray is optional, this is to make the potatoes crispier)
4. Bake in the oven at 200 degrees celsius for 10-15 minutes.
5. Take the potatoes out the oven & flip each one over then place them all together closely like shown in the picture above.
6. Bake again for 5-10 Minutes
7. Take the potatoes out the oven & add the blended cottage cheese on top with 50g of diced bacon bits.
8. Bake in the oven one more time for 5-10 minutes to crisp up the bacon bits & melt the blended cottage cheese slightly.
9. Take the potatoes out the oven & top with spring onion (optional)



PESTO CHICKEN PASTA

TOTAL
CALORIES: 480
CARBS: 44G
FATS: 10G
PROTEIN: 51G



INGREDIENTS

80g San Remo Pasta Pro

70g Raw Chicken Breast
(50g cooked)

90g Fresh Basil

2 Garlic Cloves

8g Roasted Pine Nuts

1/2 Tsp Lemon Juice

1/2 Tbsp Olive Oil

Garlic Herb Seasoning
(Brand: Bronte Blends - optional)

Water

60g Low Fat Cottage Cheese
(blended)

DIRECTIONS

1. Start by cutting 70g of raw chicken breast into small strips & seasoning lightly with garlic herb seasoning (or seasonings of choice)
2. Cook the chicken & set it to the side for now.
3. Cook 80g of protein pasta (as per instructions on the packaging)
4. While the pasta is cooking in a blender cup add 90g of fresh basil, 2 garlic cloves, 8g of roasted pine nuts, 1/2 tsp of lemon juice, 1/2 tbsp of olive oil, 1/2 tbsp garlic herb seasoning (optional) & water (the amount of water you use is up to you & your liking, i used about 1/3 of a cup. The less water you use the thicker the sauce will be & the more you use the thinner it will be)
5. Blend it together to create the low calorie pesto sauce.
6. Once the pasta is cooked strain out the pasta water then add the pasta to a bowl with 1/2 of the pesto sauce, 60g of blended low fat cottage cheese & mix it all together.
7. Pour the pasta onto a plate & add the cooked chicken breast on top & enjoy!



CHICKEN GYROS

TOTAL
CALORIES: 491
CARBS: 53G
FATS: 6G
PROTEIN: 49G



INGREDIENTS

1 Flatbread/Pita
Bread (Brand: Filla Bakery)

130g Raw Chicken
Breast (100g cooked)

80g Greek Yogurt
(Brand: YoPro Plain)

Grated Cucumber

200g Potatoes (Brand: Spud Lite)

15g Chopped Onion
2 Sliced Cherry Tomatoes

Lettuce

Salt, Dill, Pepper, All
In 1 Seasoning, Garlic
Herb Seasoning

1 Tbsp Lemon Juice

DIRECTIONS

1. To make the high protein tzatziki sauce start by mixing together 80g of greek yoghurt, grated cucumber (amount is up to you, used a tiny bit for taste & texture), 1 tbsp of lemon juice, salt, dill, & pepper.
2. On a separate plate season 130g of chicken breast with garlic herb seasoning on each side (or seasonings of choice) & cook the chicken using a non stick pan on high heat. (or you can use a regular pan with oil / the air fryer)
3. Cut 200g of potatoes into thick french fry shapes, season with all in 1 seasoning & bake in the air fryer at 180 degrees celsius for 15-17 minutes. (or in the oven for 25-30 minutes)
4. Using a pan lightly toast the flatbread/pita bread for 30 seconds on each side on low heat (optional)
5. Spread 1/2 of the tzatziki sauce on the bread then add lettuce (as much as you like), 15g chopped onion, 2 sliced cherry tomatoes, baked potato chips, chicken & top with the other half of the tzatziki sauce.
6. Tightly roll the bread from one end to Another.



SPICY CHICKEN TENDERS

TOTAL
CALORIES: 456
CARBS: 34G
FATS: 9G
PROTEIN: 63G



PER TENDER
CALORIES: 76
CARBS: 5.7G
FATS: 1.5G
PROTEIN: 10.5G

INGREDIENTS

300g Chicken Tenderloins

1 Tsp Garlic salt

2 Tbsp Chilli flakes

1 Tsp Paprika

1 Tsp Parsley Flakes

40g Crushed Corn Flakes

30g Egg Whites

60g Sweet Baby

Rays Buffalo Wing Sauce

DIRECTIONS

1. Preheat the oven to 200 degrees celsius.
2. Add 300g of chicken tenderloins to a bowl then season with 1 tsp of garlic salt, 1 tsp of paprika, 1 tsp of parsley flakes & 2 Tbsp of chilli flakes.
3. Mix the chicken tenderloins & seasonings together and put aside for now.
4. On a separate plate crush 40g of corn flakes & in another separate bowl add 30g of egg whites.
5. One by one soak each chicken tenderloin in the egg whites then place it on the plate with crushed corn flakes. Roll the chicken tenderloin around in the crushed corn flakes till covered completely.
6. Repeat the process with all chicken tenderloins.
7. Place the chicken tenderloins on a baking tray with baking paper & bake in the oven at 200 degrees celsius for 20 - 25 minutes.
8. Take it out the oven & drizzle 60g of Sweet Baby Rays buffalo wing sauce across the crunchy chicken tenders.



BREAKFAST TOASTED WRAP

TOTAL
CALORIES: 386
CARBS: 19G
FATS: 12G
PROTEIN: 46G



INGREDIENTS

200g Egg Whites
(Brand: Puregg from Woolworths)

1 Low Calorie Wrap/Tortilla
(Brand Simsons Pantry)

20g Baby Spinach

50g Honey Leg Ham (Brand: Primo)

1/2 Chopped Tomato

25g Low Fat Cheese
(Brand: Bega 50% Less Fat Grated Cheese)

1 Tsp Chilli Flakes

1 Tsp Garlic Salt

1 Tsp Pepper

20g Nandos Perinaise Sauce
(Woolworths)

DIRECTIONS

1. Start by cooking 200g of egg whites on a non stick pan with the stove on high heat. (normal pan can be used but will require non stick spray/oil & calories will vary)
2. Season egg whites with 1 tsp of chilli flakes, 1 tsp of garlic salt & 1 tsp of pepper.
3. Once the egg whites are cooked & aren't liquidy place 1 low calorie wrap on top of the egg whites.
4. Let it cook for another minute then flip the wrap over so that the wrap is on the bottom of the pan.
5. From here you are only going to be concentrating on adding the rest of the ingredients to ONE half of the wrap as you will be folding it later on.
6. Add 20g of baby spinach, 50g of honey leg ham, 1/2 chopped tomato & 25g of low fat cheese on one side of the wrap.
7. Using a wooden spatula fold the empty side of the wrap over & press down with the spatula. Let it cook for 1 minute then flip the wrap over & let the other side cook for 1 minute as well.
8. Finish off by drizzling 20g of Nandos Perinaise sauce across your wrap & add top with 1/2 tsp of parsley flakes & enjoy! (toppings are optional & customizable)



XMAS STYLE PIZZA

TOTAL
CALORIES: 456
CARBS: 44G
FATS: 15G
PROTEIN: 30G



INGREDIENTS

50% Lower Carb High Protein
Pizza Base (Woolworths)

30g Bega 50% Less Fat
Grated Cheese

10g Capsicum

20g Rocket

5 Cherry Tomatoes (Cut in half)

5g Sundried Tomato

10g Red Onion

35g Sweet Baby Rays Honey Chipotle
Sauce

20g Sliced Honey Leg Ham (Primo)

1 Tsp Oregano

1 Tsp Garlic Salt

DIRECTIONS

1. Start by baking the pizza base in the oven on its own at 180 degrees Celsius for 5 minutes, this will ensure the pizza is nice & crispy!
2. Take the pizza base out the oven & spread 35g of Sweet Baby Rays honey chipotle sauce on the pizza base.
3. Add 10g of rocket, 5 cherry tomatoes, 10g of red capsicum, 10g of onion & season with 1 tsp of oregano & 1 tsp of garlic salt.
4. Now add 20g of sliced honey leg ham & 30g of low fat cheese.
5. Bake in the oven at 180 degrees for 10-15 minutes. (check every few minutes to decide when to take the pizza out depending on your desired texture, just make sure it doesn't burn)
6. Place 10g of rocket around the crust like shown in the picture above.



HAWAIIAN PIZZA

TOTAL
CALORIES: 466
CARBS: 37G
FATS: 16G
PROTEIN: 34G



INGREDIENTS

1 50% Lower Carb High Protein Pizza Base (Woolworths)

20g Sliced Honey Leg Ham (Brand: "Don")

60g Cubed Pineapples (Brand: "Dole")

45g Bega 50% Less Fat Grated Cheese

40g Leggo's Garlic, Onion & Herbs Pizza Sauce

1 Tsp Oregano

DIRECTIONS

1. Start by preheating the oven to 220 degrees celsius.
2. While the oven is preheating, lay out the pizza base & spread 40g of pizza sauce evenly across the base then sprinkle 1 tsp of oregano on top.
3. Grab 20g of sliced honey leg ham, rip it apart into small pieces with your hands & place it evenly around the pizza base.
4. Spread 45g of low fat cheese & 60g of cubed pineapples on top. (If the cubed pineapples are too big for your liking you can cut them into even smaller pieces with a knife)
5. Once the hawaiian pizza is assembled, turn the oven down to 180 degrees celsius (fan forced) & bake for 10-12 minutes or until golden. (keep your eye on it every few minutes)
6. Take it out the oven once the pizza is cooked.



LOADED GRILLED CHICKEN

TOTAL
CALORIES: 456
CARBS: 44G
FATS: 15G
PROTEIN: 30G



INGREDIENTS

48g Fresh Mozzarella
(La Casa Del Formaggio)

1/2 Sliced Tomato

1 Tsp Olive Oil

1 Tsp Parsley Flakes

1 Tsp Paprika

2g All Purpose Seasoning
(Masterfoods)

300g Chicken Breast
(weighed raw, 270g cooked)

DIRECTIONS

1. With a knife cut 4 slices on top of the chicken breast to create 4 pockets like shown in the picture above. (make sure not to cut all the way through, cut through just after half way)
2. Preheat the oven to 220 degrees celsius on fan grill.
3. For this recipe you will be using both the stove & the oven. Start by turning the stove on high heat & adding 1 tsp of olive oil to a pan.
4. Cook the chicken for 5 minutes on each side of the pan (or until golden brown)
5. Take the chicken breast & set it on a plate, let it cool for a few minutes & add 24g of mozzarella in one pocket then add 1 slice of tomato into the next pocket & repeat the process for the next 2 pockets in the chicken.
6. Season the chicken with 1/2 tsp paprika & 1/2 tsp of all purpose seasoning.
7. Place the filled chicken breast in the oven & cook for 10-15 minutes at 220 degrees celsius.
8. Take the chicken out the oven & sprinkle 1/2 tsp of paprika, 1/2 tsp of all purpose seasoning, 1 tsp of parsley flakes & enjoy! (can be stored in fridge)



MAC & CHEESE

TOTAL
CALORIES: 429
CARBS: 42G
FATS: 12G
PROTEIN: 35G



INGREDIENTS

80g San Remo Pasta Pro Multigrain Protein Pasta

100ml Unsweetened Almond Milk

25g Philadelphia Light Cream Cheese

1 Serving Light Laughing Cow Cheese

20g Light Mozzarella Cheese (Coles)

1 Tsp Salt

1 Tsp Parsley Flakes

1/2 Tsp Pepper

DIRECTIONS

1. Fill a large saucepan with water, put the lid on & set the stove to high heat. Add 80g of protein pasta then let it cook for 12-15 minutes.

2. While the pasta is cooking on a separate pan on high heat add 100ml of unsweetened almond milk, 25g of Philadelphia light cream cheese & 1 serving of light laughing cow cheese.

3. After 30 seconds season with 1 tsp of salt, 1/2 tsp of pepper & 1/2 tsp of parsley flakes then add 20g of light mozzarella cheese & stir slowly on medium heat for a few minutes until it thickens.

4. Once the cheese is bubbling & slightly thicker, strain the pasta & add it to the other pan with melted cheese & stir everything together on medium heat so the pasta & cheese combines. Keep stirring until the cheese is as thick as possible & stringy.

5. Sprinkle with 1/2 tsp of parsley flakes



CHICKEN SNACK PACK

TOTAL
CALORIES: 397
CARBS: 40G
FATS: 9G
PROTEIN: 34G



INGREDIENTS

250g Baby Spud Lite Potatoes
75g Pulled Chicken (Primo)
1 Tbsp Lite Sour Cream
20g Honey Chipotle Sauce (Sweet Baby Rays)
20g Chilli Sauce (Master Foods)
1 Tsp All Purpose Seasoning (Master Foods)
1 Tsp Paprika
40g Bega 50% Less Fat Grated Cheese

DIRECTIONS

1. Start by preheating the oven to 220 degrees celsius.
2. Weigh 250g of spud lite potatoes & cut them into french fry shapes.
3. Add the cut up potato into a bowl & season with 1 tsp of paprika & 1 tsp of all purpose seasoning.
4. Mix together to coat the fries & place on a baking tray with baking paper.
5. Bake the potatoes in the oven at 220 degrees celsius for 15-20 minutes. (or until golden brown & crispy)
6. While the potatoes are baking, in a bowl add 75g of pulled chicken & mix with 20g of Sweet Baby Rays honey chipotle sauce.
7. Once the potatoes are baked place them in a oven safe baking dish, Sprinkle 75g of pulled chicken on top then add 40g of low fat cheese.
8. Bake in the oven again at 220 degrees celsius for 5 minutes. (or until cheese has melted)
9. Once the cheese has melted take it out the oven & drizzle 1 Tbsp of lite sour cream & 20g of chilli sauce on top.



SPICY VEGETARIAN PIZZA

TOTAL
CALORIES: 493
CARBS: 42G
FATS: 20G
PROTEIN: 33G



INGREDIENTS

1 50% Lower carb High Protein Pizza Base (Woolworths)

55g Cherry Tomatoes

50g Red Capsicum

40g Garlic, Onion & Herbs Pizza Sauce (Leggo's)

2g Garlic

50g Sliced Mushrooms

40g Bega 50% Less Fat Grated Cheese

5g Jalapeno

10g Chilli Sauce (Masterfoods)
1 Tsp Oregano

1 Tsp Salt

1 Tsp Pepper

DIRECTIONS

1. Start by preheating the oven to 220 degrees celsius.
2. While the oven is preheating lay out the pizza base & spread 40g of pizza sauce evenly across the base then sprinkle 1 tsp of oregano.
3. Spread 40g of low fat cheese evenly over the pizza base & add 55g of cherry tomatoes, 50g of red capsicum, 50g of sliced mushrooms, 5g of jalapenos & 2g of garlic on top.
4. Season with 1 tsp of salt & pepper then bake in the oven at 180 degrees celsius for 10-15 minutes. (or until golden brown & cheese has melted, keep an eye on the edges of the crust)
5. Finish off by drizzling 10g of chilli sauce over the pizza & enjoy this amazing spicy vegetarian pizza for less than 400 calories for the WHOLE pizza!



BEEF TACO BOATS

TOTAL
(3 BOATS)
CALORIES: 489
CARBS: 34G
FATS: 35G
PROTEIN: 37G



(1 Taco Boat)
CALORIES: 163
CARBS: 11.3G
FATS: 11.5G

INGREDIENTS

3 Stand n Stuff Taco Shells
(Old El Paso)

45g Bega 50% Less Fat Grated
Cheese

30g Nandos Perinaise Sauce

1g Vegeta (Or seasoning of choice)

15g Spring Onion

30g Diced Tomato

100g Extra Lean Beef Mince
(weighed raw)

60g Shredded Iceberg Lettuce

DIRECTIONS

1. Start by weighing out 100g of raw extra lean beef mince & seasoning with 1g of vegeta (or choice of seasoning)
2. Using a non stick pan with the stove on high heat cook the extra lean beef mince for around 7 - 10 minutes.
3. While the mince is cooking chop the vegetables & get all the other ingredients ready.
4. Once the mince is cooked it's time to build the taco boat. Start by placing 20g of shredded iceberg lettuce at the bottom of 1 of the taco boat shells then adding 25g of cooked mince, 10g of diced tomato, 15g of low fat cheese, 5g of spring onion & top it off by drizzling 10g of Nandos perinaise sauce.
5. Repeat the process on step 4 to build the other 2 taco boats using the exact same measurements & enjoy!



CHICKEN TACO BOATS

TOTAL
(2 BOATS)
CALORIES: 416
CARBS: 34G
FATS: 8G
PROTEIN: 43G



(1 Taco Boat)
CALORIES: 208
CARBS: 16.9G

INGREDIENTS

150g Chicken Breast
(weighed raw, 120g cooked)

4g Mexican Seasoning

2 Stand n Stuff Taco Shells
(Old El Paso)

1/2 Diced Tomato

10g Diced Red Onion

20g Rocket

12g Diced Capsicum

2 Tbsp Lite Sour Cream
(or Greek yoghurt)

1 Tsp Paprika

DIRECTIONS

1. Preheat the oven to 200 degrees celsius.
2. Weigh 150g of chicken breast & season with 4g of mexican seasoning. (or choice of seasoning)
3. Cook the chicken breast on a stick pan with the stove on high heat. (cooking on a non stick pan is optional. It can be cooked on a normal pan with olive oil, calories will vary)
4. Cut the cooked chicken breast into small pieces.
5. Place 2 taco boats on an oven tray & bake in the oven at 180 degrees celsius for 2 minutes. (this makes the taco boats crispy, this step is optional)
6. In a small bowl mix together 2 Tbsp of lite sour cream & 1 tsp of paprika. (this will be the sauce)
7. Now it's time to build the taco boats. In 1 taco boat add 10g of rocket, 60g of chicken breast, 5g of diced red onion, 5g of diced capsicum, 1/2 diced tomato & top it off by drizzling 1 Tbsp of the lite sour cream & paprika sauce.
8. Repeat the process for the other taco boat by adding the leftover ingredients



BIG MAC SALAD

TOTAL
CALORIES: 406
CARBS: 16G
FATS: 23G
PROTEIN: 39G



INGREDIENTS

150g Lean Beef Mince
30g Sliced Pickles
30g Special Burger Sauce
(Coles Big Mac Sauce)
3 Cups Shredded Lettuce
20g Bega 50% Less Fat Grated
Cheese
1/2 Tsp Salt
1/2 Tsp Pepper

DIRECTIONS

1. Start by weighing out 150g of lean beef mince & seasoning with 1/2 tsp of salt & 1/2 tsp of pepper. (weighed raw, once cooked it will weigh about 130g)
2. Cook the lean beef mince on a non stick pan on high heat for around 10 minutes.
3. In a large bowl add 3 cups of shredded lettuce (or as much as you like as lettuce is SO low in calories)
4. Once the beef mince is cooked add it on top of the shredded lettuce.
5. Cut 30g of pickles into thin slices & spread over the salad.
6. Drizzle 30g of special burger sauce (Coles Big Mac Sauce) over the beef mince then top it off with 20g of low fat cheese & enjoy this amazing low calorie & high volume big mac salad!



CHEESY GARLIC BREAD PIZZA

TOTAL
CALORIES: 562
CARBS: 24G
FATS: 33G
PROTEIN: 32G



INGREDIENTS

1 50% Lower Carb High Protein Pizza Base (Woolworths)

1 Tbsp Olive Oil

5g Garlic

40g Bega 50% Less Fat Cheese

1 Smokey Cheese Slice (Coles)

1/2 Tsp Pink Himalayan Salt

1 Tsp Oregano

DIRECTIONS

1. Start by preheating the oven to 220 degrees celsius.
2. After a few minutes bake the pizza base in the oven at 200 degrees celsius for 5 minutes to make it nice & crispy.
3. In a small bowl add 1 Tbsp of olive oil, 1 tsp of garlic, 1/2 tsp of pink himalayan salt & 1 tsp of oregano then mix it all together.
4. Take the pizza base out the oven & spread the mixture from step 2 evenly across the pizza base.
5. Spread 40g of low fat cheese across the pizza base.
6. Cut 1 slice of smokey cheese into small pieces & spread evenly on top.
7. Bake in the oven again at 200 degrees celsius for 3 - 5 minutes until the cheese has melted & enjoy!



SPICY CHICKEN RICE BOWL

TOTAL
CALORIES: 504
CARBS: 47G
FATS: 10G
PROTEIN: 51G



INGREDIENTS

180g Chicken Breast

1 Tsp Paprika

1/2 Tsp All Purpose Seasoning

1 Tsp Chilli Flakes

50g Red Onion

1 Tsp Olive Oil

1 Cup Cooked White Rice (158g)

DIRECTIONS

1. Start off by weighing out 180g of chicken breast & cutting the chicken into small cubes.
2. Place the chicken in a bowl & add 1 tsp of paprika, 1/2 tsp of all purpose seasoning & 1 tsp of chilli flakes then mix it all together.
3. Dice 50g of red onion & place it to the side for now.
4. Now it's time to cook the chicken. Add 1 tsp of olive oil to a pan on high heat & add the chicken once the oil is hot.
5. Let the chicken cook for around 10 minutes & slowly mix it around while it's cooking.
6. After 10 minutes add 50g of diced red onion & keep mixing while letting it cook for another 5 minutes.
7. Once the chicken is cooked add it to a bowl with 1 cup of cooked white rice (158g) & that's it! The chicken on its own came out to less than 300 calories & this whole meal is only 500 calories in total.



FRIED CHICKEN BURGER

TOTAL
CALORIES: 464
CARBS: 45G
FATS: 11G
PROTEIN: 42G



INGREDIENTS

150g Chicken Breast

1 Brioche Bun (Coles)

10g Crushed Corn Flakes

15g Oak Lettuce

15g Egg Whites (Or 1 egg, calories & macros will vary)

10g Oat Flour
(Blended Oats)

30g 99% Fat Free Mayonnaise
(Praise)

1/2 Tsp Salt

1/2 Tsp Pepper

1 Tsp Garlic Salt

1 Tsp Paprika

DIRECTIONS

1. Start by weighing out 150g of chicken breast & season with 1/2 tsp of salt, 1/2 tsp of pepper, 1 tsp of garlic salt & 1 tsp of paprika on each side.
2. Add 10g of crushed corn flakes & 10g of oat flour onto a plate & mix together with a fork.
3. In a separate bowl add 15g of egg whites & soak the chicken breast into the egg whites then cover each side of the chicken breast with the corn flake & oat crumbed mixture. (make sure the chicken breast is evenly coated)
4. Air fry the chicken breast at 200 degrees celsius for 15-17 minutes.
5. Now it's time to build the burger! Spread 15g of fat free mayonnaise on the bottom bun, add the chicken breast, add 15g of oak lettuce & finish by spreading the other 15g of fat free mayonnaise onto the bottom of the top bun.



STICKY BUFFALO CHICKEN BITES

TOTAL
CALORIES: 477
CARBS: 17G
FATS: 19G
PROTEIN: 57G



INGREDIENTS

3 Cheese Corn

Thins/Rice Cakes
(Flavoris optional)

200g Diced Chicken Breast
(Around 160g Cooked)

70g Sweet Baby Rays Buffalo
Wing Sauce

1 Small Egg

1 Tsp Paprika

DIRECTIONS

1. Snap 3 cheese corn thins/rice cakes into small pieces and add them into a blender cup with 1 tsp of garlic salt & 1 tsp of paprika then blend into a powder.
2. Pour the blended powder onto a plate.
3. In a separate small bowl add 1 egg & mix the egg together.
4. Cut 200g of chicken breast into small nugget/bite sized shapes.
5. One by one soak each piece of chicken in the egg then roll & cover the chicken completely with the powdered mixture. (this will create a crumbled like coating)
6. Bake at 180 degrees celsius for 15 minutes in the air fryer.
7. In a separate bowl add 70g of Sweet Baby Rays buffalo wing sauce.
8. When the chicken is ready add each piece individually into the bowl & coat with the sauce.
9. Once every piece has been coated in the sauce place it back into the air fryer again at 180 degrees celsius for 5 minutes.
10. After 5 minutes coat each piece of chicken with the leftover sauce & enjoy!



HIGH PROTEIN CORN THIN SNACK

TOTAL
CALORIES: 369
CARBS: 30G
FATS: 12G
PROTEIN: 42G



INGREDIENTS

5 Corn Thins
(or rice cakes)

150g Low Fat Cottage Cheese

1 Chilli Tuna Can
(Brand: Sirena)

DIRECTIONS

1. Place 5 corn thins/rice cakes onto a big plate or board.
2. Spread 30g of low fat cottage cheese evenly across each corn thin (5 corn thins).
3. Evenly spread the chilli tuna across each corn thin on top of the low fat cottage cheese. (1 can)

FOOD HACK!

IF YOU DON'T LIKE THE TEXTURE OF COTTAGE CHEESE, BLENDING IT WILL TURN IT INTO THE SAME TEXTURE AS CREAMY SAUCE!



LOADED BEEF NACHOS

TOTAL
CALORIES: 483
CARBS: 39G
FATS: 14G
PROTEIN: 41G



INGREDIENTS

Low Calorie Wrap/Tortilla
(Mission Low Gi+Protein Wrap)

130g Extra Lean Beef Mince
(115g Cooked)

25g Low Fat Cheese
(Beqa 50% Less Fat Cheese)

2 Tbsp Lite Sour Cream

1 Tsp Salsa

1/2 Tomato (Diced)

10g Red Onion

10g Capsicum/Chilli Pepper

1 Tsp Paprika

1 Tsp Garlic Salt

1 Tsp Mexican Seasoning

1 Tsp Parsley Flakes

Lemon Juice

Avocado Oil/Low Calorie
Cooking Spray (Optional)

DIRECTIONS

1. Start by spraying the wrap with a tiny bit of avocado oil/low calorie cooking spray. (optional but helps keep the seasonings sick to the wrap)
2. Once the wrap has been oiled cut it into strips/triangle shapes using a knife or scissors.
3. Season with 1 tsp of paprika & 1 tsp of garlic salt then bake in the air fryer at 180 degrees celsius for 3 minutes. (If using an oven bake for 5 minutes)
4. Turn the stove on high heat & using a non stick pan cook 130g of extra lean beef mince & season with 1 tsp of mexican seasoning & 1 tsp of salsa.
5. Cook all the way through & keep mixing gently for around 10 minutes until the meat is cooked.
6. Place the baked wrap strips into a oven safe bowl with the meat on top & add 25g of low fat cheese on top then bake in the air fryer/oven for 2 minutes until the cheese melts.
7. In a small separate bowl add 1/2 diced tomato, 10g of diced red onion, 10g of diced capsicum, 1 tsp of parsley flakes & a drop of lemon juice then mix together with a fork.
8. Once the cheese has melted on the nachos take it out the oven & add the toppings you just mixed together from step 7 on top.
9. Drizzle 2 Tbsp of lite sour cream over the nachos



CHICKEN PARMIGIAN

TOTAL
CALORIES: 358
CARBS: 11G
FATS: 12G
PROTEIN: 50G



INGREDIENTS

140g Chicken Breast
(weighed raw)

1 Cheese Corn Thin
(or rice cake)

35g Egg Whites (or 1 egg)

35g Garlic, onion & herbs pizza
sauce (Leggo's)

25g Light Shredded Mozzarella
Cheese (Coles)

1/2 Tsp Salt

1/2 Tsp Pepper

1 Tsp Garlic Salt

1 Tsp Paprika

DIRECTIONS

1. Start by weighing 140g of chicken breast & beat to flatten. (I used a wooden dough roller)
2. In a blender cup add 1 cheese corn thin, 1/2 tsp of salt, 1/2 tsp of pepper, 1 tsp of garlic salt & 1 tsp of paprika then blend together for 1 minute.
3. Once blended pour the corn thin mixture onto a plate & in a separate bowl add 35g of egg whites.
4. Preheat the oven at 200 degrees celsius.
5. Soak the chicken breast in the egg whites then place it on the plate with the blended corn thin & coat evenly, this will create the coating for the chicken breast. (make sure the chicken breast is coated on each side)
6. Bake the chicken breast in the oven at 220 degrees celsius for 20 minutes. (flip over half way through at the 10 minute mark)
7. Once the chicken is cooked add 35g of pizza sauce on top & 25g of light mozzarella cheese.
8. Bake in the oven again at 220 degrees celsius for 5 minutes until the cheese has melted



CHEESY GARLIC BREAD

PER SERVE
(12 SERVINGS)
CALORIES: 86
CARBS: 12G
FATS: 3G
PROTEIN: 3G



INGREDIENTS

6 English Breakfast Muffins
(Brand TipTop)

20g Light Margarine/Butter
(Brand Nuttelex Lite Margarine)

1 Diced Garlic Clove

2g Rosemary Leaves
(optional)

2g Parsley Flakes

1 Tsp Garlic Salt

60g Light Mozzarella
(Coles)

DIRECTIONS

1. Start by breaking each english breakfast muffin in half (6 muffins) then cut both slices of each muffin in half (this will create 4 slices instead of 2 for each breakfast muffin)
2. Preheat the oven at 200 degrees celsius.
3. In a small bowl mix together 20g of light margarine/butter, 1 diced garlic clove, 2g of rosemary leaves, 2g of parsley flakes & 1 tsp of garlic salt.
4. Spread the margarine/butter mix evenly across each english breakfast slice (12 slices in total)
5. One by one place 10g of light mozzarella onto 6 of the cut up slices & place the other 6 slices on top to create 6 sandwiches like shown in the picture above.
6. Add aluminum foil into a oven safe baking dish/tray & place all english muffins inside in a long single file line. (like shown in the picture above, make sure they are tight together & won't fall over)
7. Bake in the oven at 180 degrees Celsius for 10 - 15 minutes & enjoy! (or until the cheese has melted & the edges are crispy)



MEAT FREE TORTILLA PIZZA

TOTAL
CALORIES: 414
CARBS: 41G
FATS: 15G
PROTEIN: 28G



INGREDIENTS

1 Low Calorie Wrap/Tortilla (I used Mission Low GI + Protein Wrap)

50g Chopped Mushrooms

50g Cherry Tomatoes (cut each one in half)

25g Light Mozzarella Cheese (Coles)

20g Baby Spinach

30g Garlic, Onion & Herbs Pizza Sauce (I used Leggo's)

45g Bocconcini Cheese (Woolworths)

1/2 Tsp Oregano

DIRECTIONS

1. Start by preheating the oven at 200 degrees celsius.
2. Once the oven is hot place the low calorie wrap/tortilla onto an oven tray & bake for 2 - 4 minutes at 180 degrees celsius. (this will make the wrap crispy & will stop it from being floppy)
3. When the wrap is nice & crispy take it out the oven & spread 30g of pizza sauce evenly all the way to the edges.
4. Sprinkle 1/2 tsp of oregano then add 20g of baby spinach, 50g of cherry tomatoes (cut each one in half), 50g of chopped mushrooms, 25g of light mozzarella & 45g of bocconcini cheese.
5. Bake in the oven again at 180 degrees for 5 - 10 minutes or until the cheese has melted



PROTEIN CRUNCHY BEEF WRAP

TOTAL
CALORIES: 413
CARBS: 40G
FATS: 11G
PROTEIN: 37G



INGREDIENTS

120g Extra Lean Beef Mince
(100g Cooked)

1 Low Calorie Wrap/Tortilla
(Mission Lite Wrap)

Has to be a bigger wrap due to how it will be folded

25g Light Mozzarella Cheese
(Coles)

1/2 Diced Tomato

10g Diced Red Onion

20g Baby Spinach

3g All Purpose Seasoning
(or seasoning of choice)

DIRECTIONS

1. Start by cooking 120g of extra lean beef mince on a non stick pan with the stove on high heat.
2. When the mince is about half way cooked add 3g of all purpose seasoning & keep mixing while the mince is cooking through.
3. Once the mince has cooked completely place it in the middle of the wrap in a circle & then on top add 25g of light mozzarella cheese, 1/2 diced tomato, 10g of diced red onion & 20g of baby spinach.
4. Now it's time to fold the wrap & this part may be a little tricky with the fingers. Tightly fold the edges up of the wrap over to the center, holding each fold whilst working all the way around the wrap.
5. Cook the wrap on a non stick pan with the stove on high heat for 2 - 3 minutes on each side until golden brown & enjoy!
(you could also use a sandwich toaster)



BIG MAC LOADED FRIES

TOTAL
CALORIES: 483
CARBS: 31G
FATS: 20G
PROTEIN: 42G



INGREDIENTS

250g Potatoes
(Spud Lite)

150g Extra Lean Beef Mince
(120g cooked)

35g Low Fat Cheese
(Bega 50% Less Fat Grated Cheese)

10g Diced Red Onion
15g Sliced Pickles

20g Coles Special Burger Sauce
(Big Mac Sauce)

1 Tsp Pepper

1 Tsp Salt

2g All Purpose Seasoning
(or seasoning of choice)

If needed this is how you can make home-made Big Mac Sauce.

SEASON WITH SALT AND CHILL UNTIL READY TO USE.

- 2 SERVINGS LOW FAT MAYONNAISE
- 1 TSP GHERKIN RELISH
- 1 TSP WHITE VINEGAR
- 1 TSP MILD MUSTARD
- 1/2 TSP ONION POWDER
- 1 TSP GARLIC POWDER
- 1/2 TSP SMOKED PAPRIKA

DIRECTIONS

1. Start by weighing out 250g of potatoes & cutting them into french fry shapes.
2. Preheat the oven to 200 degrees celsius.
3. Place the potatoes in a bowl, add 2g of all purpose seasoning & mix well.
4. Place the potatoes on an oven tray with baking paper & bake in the oven at 220 degrees celsius for 15 - 20 minutes or until cooked. (spud lite potatoes cook quicker than regular potatoes)
5. While the potatoes are cooking season 150g of extra lean beef mince with 1 tsp of salt & pepper.
6. Cook the mince on a non stick pan with the stove on high heat.
7. Once the potatoes & mince are cooked place the potatoes in an oven safe baking dish with the mince on top.
8. Sprinkle 35g of low fat cheese on top & bake in the oven again for 5 minutes at 220 degrees celsius or until the cheese has melted.
9. Finish off by adding 10g of diced red onion, 15g of sliced pickles & 20g of Coles special burger sauce



BREAKFAST BURGER

TOTAL
CALORIES: 349
CARBS: 32G
FATS: 5G
PROTEIN: 40G



INGREDIENTS

100g Extra Lean Beef Mince

1 Tsp Salt

1 Tsp Pepper

25g Low Fat Cheese
(Bega 50% less fat grated cheese)

20g Sliced Honey Leg Ham
(Brand: Don, 2 Slices)

1 Egg

1 High Fibre Low GI Soft Round Roll
(Coles)

1 Tbsp Sriracha

15g Baby Spinach

DIRECTIONS

1. Start by weighing out 100g of extra lean beef mince & form into two 50g patties.
2. Season the patties with 1 tsp of salt & 1 tsp of pepper then place 25g of low fat cheese in the middle of 1 patty.
3. Place one patty on top of another & press down on the edges to seal the patties together.
4. Cook the patty on a non stick pan on high heat for 5 minutes on each side. (or using a normal pan with olive oil)
5. Using the same pan cook 1 egg & 20g of sliced honey leg ham.
6. Once everything is cooked it's time to build the burger! Grab the bread roll & add 1 tbsp of sriracha, 15g of baby spinach & the rest of the ingredients that were cooked in the steps above.



BERRY FRENCH TOAST CASSEROLE

TOTAL
CALORIES: 438
CARBS: 41G
FATS: 7G
PROTEIN: 51G



INGREDIENTS

- 1 Egg
- 200g Egg Whites
- 2 Tbsp Sugar Free Maple Syrup
- 2g Baking Powder
- 50ml Unsweetened Almond Milk
- 1/2 Serving Protein Powder (Vanilla Creme by Rule1)
- 10g Stevia
- 110g Frozen Mixed Berries (microwaved)
- 3 Slices Low Calorie Bread (Brand: Country Split)
- Toppings:
100g Vanilla Yoghurt (Brand: YoPro)
- 30g Frozen Mixed Berries (microwave for 1 minute)

DIRECTIONS

1. In a bowl add 1 egg, 200g egg whites, 2 tbsp sugar free maple syrup, 2g baking powder, 50ml unsweetened almond milk, 1/2 serving protein powder, 10g stevia & mix everything together.
2. Spray a small oven safe baking dish with a tiny bit of non stick spray & pour the mixture inside.
3. Microwave 110g of frozen mixed berries for 1 minute then add them to the baking dish.
4. Rip 3 slices of low calorie bread into small pieces & add that to the mixture as well.
5. Bake in the oven at 200 degrees celsius for 30-35 minutes.
6. Once baked add 100g of vanilla Yogurt on top with 30g of microwaved frozen mixed berries & enjoy! Store in fridge if needed.



BISCOFF LAVA CAKE

TOTAL
CALORIES: 379
CARBS: 33G
FATS: 12G
PROTEIN: 36G



INGREDIENTS

1 Serving Chocolate Protein Powder
(Brand: Rule1 Chocolate Fudge)

24g Powdered Peanut Butter With Cocoa (or regular powdered peanut butter)

2g Baking Powder

100ml Unsweetened Almond Milk

1 Crushed Biscoff Biscuit

15g Biscoff Spread
(melted in microwave)

DIRECTIONS

1. In a bowl add 1 serving of chocolate protein powder, 2g of baking powder, 24g of powdered peanut butter with cocoa & mix the dry ingredients together.
2. Pour 100ml of unsweetened almond milk into the bowl then mix the dry & wet ingredients together to combine.
3. Pour the mixture into a bowl & microwave for around 1-2 minutes.
4. Add 1 crushed biscoff biscuit on top then drizzle 15g of melted biscoff spread & enjoy!



OREO DONUTS

(PER SERVE)
6 SERVINGS
CALORIES: 82
CARBS: 9G
FATS: 2G
PROTEIN: 7G



INGREDIENTS

1/2 Tsp Cocoa Powder

1 Egg

90g Vanilla Yoghurt
(Brand: YoPro)

10g Stevia
(or sweetener of choice)

40g Oat Flour
(blended oats)

1/2 Tsp Baking Soda

Salt

Toppings:
2 Crushed Original Oreos

1/2 Serving Protein Powder
(Cookies & Cream flavor
but any flavorworks)

50g Vanilla Yoghurt

DIRECTIONS

1. In a bowl add 1/2 tsp of cocoa powder, 1 egg, 90g of vanilla yoghurt, 10g of stevia, 40g of oat flour, 1/2 tsp of baking soda & a dash of salt. Mix well to combine.
2. Pour the mixture into a non stick donut baking tray (or regular donut baking tray with non stick spray)
3. Bake in the oven at 180 degrees celsius for 15 minutes (let the donuts cool for 5 minutes before taking them out the donut tray)
4. While the donuts are baking crush 2 oreos on a separate plate.
5. Grab another plate & add 1/2 serving of protein powder with 50g of vanilla Yogurt then mix it together. (this will be your frosting & the crushed oreos will be the topping)
6. One by one dip the top of each donut into the frosting then into the crushed oreos



BAKED BERRY CHEESECAKE

(PER SERVE)
4 SERVINGS
CALORIES: 145
CARBS: 11G
FATS: 4G
PROTEIN: 16G



INGREDIENTS

2 Eggs

1 Tsp Vanilla Extract

400g Low Fat Cottage Cheese

150g Frozen Mixed Berries
(microwaved & drained)

15g Plain Flour
(Brand: Vetta Smart Protein Plain Flour)

Lime Zest (optional)

50g Stevia

Icing Powder Classic

Monkfruit Sweetener
(optional topping)

DIRECTIONS

1. Start by preheating the oven to 160 degrees celsius.
2. Line the base of a pan/baking dish with baking paper & spray with non stick spray. (i used a 20cm round pan from Woolworths)
3. Add all the ingredients (except for the berries & icing powder) into a food processor/blender & blend until smooth.
4. Spoon half the mixture into the pan/baking dish, sprinkle the berries on top then add the rest of the mixture & smooth the top of the cake.
5. Bake in the oven for 30-35 minutes or until the cake is fully set.
6. Once the cake is baked allow the cake to cool for 1 hour.
7. After an hour slowly remove the cake from the pan, sprinkle sugar free icing powder on top, add fruit, cut & enjoy! (or whichever toppings you like)

STORE IN FRIDGE



NUTELLA DONUTS

(PER SERVE)
6 SERVINGS
CALORIES: 126
CARBS: 13G
FATS: 6G
PROTEIN: 4G



INGREDIENTS

40g Oat Flour
(blended oats)

1 Egg

100g Vanilla Yoghurt
(Brand: YoPro)

1 Tbsp Stevia
(or sweetener of choice)

1/2 Tsp Baking Soda

90g Melted Nutella
(15g on each donut)

Monkfruit Sugar Free
Icing Powder (optional)

DIRECTIONS

1. In a bowl add 40g of oat flour, 1 egg, 100g of vanilla yoghurt, 1 tbsp of stevia, 1/2 tsp of baking soda & mix well to combine.
2. Pour the mixture into a non stick donut baking tray (or regular donut baking tray with non stick spray)
3. Bake in the oven at 180 degrees celsius for 15 minutes (let the donuts cool for 5 minutes before taking them out the donut tray)
4. Melt 90g of nutella in the microwave
5. Take the donuts out the baking tray & lightly sprinkle sugar free icing powder across the donuts (optional)
6. Drizzle 15g of melted nutella across each donut (6 donuts in total)



BAKED NUTELLA CHEESECAKE

(PER SERVE)

4 SERVINGS

CALORIES: 186

CARBS: 16G

FATS: 6G

PROTEIN: 16G



INGREDIENTS

Eggs

1 Tsp Vanilla Extract

400g Low Fat Cottage Cheese

30g Nutella

15g Plain Flour
(Brand: Vetta Smart Protein
Plain Flour)

50g Stevia

Icing Powder Classic

Monkfruit Sweetener
(optional topping)

DIRECTIONS

1. Start by preheating the oven to 160 degrees celsius.
2. Line the base of a pan/baking dish with baking paper & spray with non stick spray. (i used a 20cm round pan from Woolworths)
3. Add all the ingredients (except for the nutella & icing powder) into a food processor/blender & blend until smooth.
4. Spoon half the mixture into the pan/baking dish, drizzle 15g of nutella on top then add the rest of the mixture.
5. Using a butter knife/fork swirl it through the mixture.
6. Bake in the oven for 30-35 minutes or until the cake is fully set.
7. Once the cake is baked allow the cake to cool for 1 hour.
8. After an hour slowly remove the cake from the pan, sprinkle sugar free icing powder on top & enjoy!

STORE IN FRIDGE



STRAWBERRY & WHITE CHOCOLATE PROTEIN MUG-CAKE

TOTAL
CALORIES: 214
CARBS: 13G
FATS: 6G
PROTEIN: 28G



INGREDIENTS

30ml Unsweetened Almond Milk

20g Vanilla Protein Powder
(or flavor of choice)

15g Oat Flour (blended oats)

1/2 Tsp Baking Powder

2 Tbsp Sugar Free Maple Syrup

1 Tsp Brown Sugar Stevia
(or any sweetener)

10g Diced Strawberries

Toppings:

1 Serving No Added Sugar White Chocolate

10g Diced Strawberries

3g Brown Sugar Stevia
(optional)

DIRECTIONS

1. In a small bowl/mug add 30ml of unsweetened almond milk, 20g of vanilla protein powder, 15g of oat flour, 1/2 tsp of baking powder, 2 tbsp of sugar free maple syrup, 1 tsp of brown sugar stevia, 10g of diced strawberries & mix together.
2. Place 1 serving of no added sugar white chocolate in the middle of the mug & microwave for 45 seconds - 1 minute.
3. Once cooked add 10g of diced strawberries on top, 3g of brown sugar stevia (optional)



CEREAL FRUIT BOWL

TOTAL
CALORIES: 449
CARBS: 45G
FATS: 3G
PROTEIN: 60G



INGREDIENTS

250g Protein Yogurt
(Strawberry flavor by YoPro)

45g Milo Protein Cereal
(or any protein cereal)

1 Serving Protein Powder
(Vanilla creme by "Rule1")

30g Blueberries

50g Chopped Strawberries

DIRECTIONS

1. In a bowl add 250g of protein Yogurt and 1 serving of protein powder then mix together.
2. Add 30g of blueberries, 50g of chopped strawberries & finish off by adding 45g of milo protein cereal.



PB & J - TOASTED SANDWICH

TOTAL
CALORIES: 340
CARBS: 48G
FATS: 7G
PROTEIN: 24G



INGREDIENTS

4 Slices "Country Split" Bread
(or any low calorie bread of choice)

2 Servings (24g)
"Marmadukes"
Powdered Peanut Butter
(or any brand of powdered peanut butter)

2 Tbsp Sugar Free Maple Syrup

60g 95% Less Sugar Strawberry Fruit Spread (Natvia)

DIRECTIONS

1. In a small cup add 2 servings of powdered peanut butter & 2 Tbsp of sugar free maple syrup then mix it together with a spoon until it is a thick consistency similar to peanut butter. (add the sugar free maple syrup slowly while mixing to create your desired texture)
2. Once you have made the mixture spread 1/2 of the powdered peanut butter spread onto one slice of bread & then spread 30g of 95% less sugar strawberry fruit spread on top.
3. Repeat the process on step 2 for the other slice of bread. (2 slices with powdered peanut butter mixture & fruit spread and the other 2 slices without anything)
4. Place each slice of bread together to form a sandwich.
5. Bake in the oven/air fryer at 200 degrees celcius for 5 minutes



CHOCOLATE LAVA CAKE

TOTAL
CALORIES: 391
CARBS: 29G
FATS: 11G
PROTEIN: 42G



INGREDIENTS

10g Cocoa Powder

25g Powdered Peanut Butter (PB2)

3g Baking Powder

1 Serving Chocolate Protein Powder ("Rule1")

100ml Unsweetened Almond Milk

Topping:

1/2 Serving Powdered Peanut Butter Mixed with Water

1 Serving Halo Top Plant Based Caramel Choc Pretzel Ice Cream

DIRECTIONS

1. In a bowl add 10g of cocoa powder, 25g of powdered peanut butter, 3g of baking powder & 1 serving of chocolate protein powder.
2. Mix the dry ingredients together with a fork then add 100ml of unsweetened almond milk & mix again for 20 seconds.
3. Pour the mixture into a smaller oven safe bowl/dish & microwave for 1 minute. (or 1:30 if it is still too liquidy)
4. Mix 1/2 serving of powdered peanut butter with a few drops of water & keep mixing and adding water slowly until you have a peanut butter like texture.
5. Add 1 serving of Halo Top ice cream & the powdered peanut butter mixture as the topping. (toppings are optional & customizable to your liking)

MACROS WITHOUT TOPPINGS:

CALORIES: 269

PROTEIN: 39g

CARBS: 29G

FAT: 6G



HIGH PROTEIN ICED COFFEE

TOTAL
CALORIES: 138
CARBS: 4G
FATS: 2G
PROTEIN: 26G



INGREDIENTS

1.5 Tbsp Nescafé Gold Instant Coffee
(Or your choice of coffee powder)

1 Serving Protein Powder
(your choice of flavor & brand.)

2 Tbsp Natvia Gold Sweetener
(brown sugar alternative & optional for a sweeter taste)

100ml Unsweetened Almond Milk

Water

1 Cup Ice

DIRECTIONS

1. First start by boiling a jug of water.
2. While the water is boiling add 1 serving of protein powder to a protein shaker bottle. (or if you don't have a shaker you can use a normal cup)
3. Pour 100ml of unsweetened almond milk (or your choice of milk) into the shaker bottle.
4. Shake the bottle to create a protein shake & set it aside for now. (mix with a spoon if using a normal cup, but make sure to mix well so there is no clumps)
5. By now the water should be hot & ready. Grab the main coffee cup & add 1.5 Tbsp of instant coffee.
6. Pour boiling water into the coffee cup till it reaches about 1/3 of the cup & mix well with a spoon.
7. Add 1 cup of ice to the coffee.
8. Pour the protein shake you mixed earlier into the coffee cup.
9. Add 2 Tbsp of Natvia gold sweetener. (Optional for the ones that love sweetness)
10. Add your choice of toppings or drink as it is.



STRAWBERRY CAKE

TOTAL
CALORIES: 444
CARBS: 33G
FATS: 10G
PROTEIN: 53G



INGREDIENTS

40g Oat Flour (blended oats)

100ml Unsweetened Almond Milk
(or milk of choice)

1 Serving Protein Powder
("Rule1")

10g Natural Sweetener
(stevia, or sweetener of choice)

1/2 Tsp Baking Powder

110g Egg Whites
(or 2 large eggs but macros will
vary)

5ml Olive Oil (stops the cake from
being dry & keeps it moist)

Strawberry Sauce:
50g Sliced Strawberries
5g Natural Sweetener/Stevia
100g YoPro Vanilla Protein
Yogurt (or Yogurt of
choice)

Toppings:
30g Sliced Strawberries

DIRECTIONS

1. Preheat the oven to 200 degrees celsius.
2. In a bowl add 40g of oat flour, 100ml of unsweetened almond milk, 1 serving of protein powder, 10g of natural sweetener/stevia, 1/2 tsp of baking powder, 110g of egg whites & 5ml of olive oil.
3. Mix everything together & pour the mixture into a non stick oven baking dish. (or regular baking dish with baking paper)
4. Bake in the oven at 200 degrees celsius for 15 minutes.
5. While the caking is baking, in a separate bowl add 50g of strawberries & 5g of natural sweetener/stevia.
6. Microwave the bowl of strawberries for 1 minute, take it out & mix it around with a fork then put it back in the microwave for another 45 seconds - 1 minute.
7. Add 100g of vanilla protein Yogurt to the bowl of microwaved strawberries & mix well. (this will create the sauce on top of the cake)
8. Take the cake out the oven & let it cool for 5 minutes then pour the strawberry sauce on top.
9. Add 30g of sliced strawberries as the topping & that's it, enjoy!



HIGH PROTEIN OATS

TOTAL
CALORIES: 334
CARBS: 38G
FATS: 5G
PROTEIN: 32G



INGREDIENTS

30ml Unsweetened Almond Milk
40g Blueberries
60g Chopped Strawberries
50g Uncle Tobys Oats
1 Serving Vanilla Protein Powder ("Rule1")
10g Natvia Brown Sugar Stevia
Water

DIRECTIONS

1. In a bowl add 50g of oats & pour water into the bowl until the oats are covered. (the key to having the best consistency for the protein oats is to make sure you do not overfill the bowl with too much water, fill until the water is leveled with the oats)
2. Microwave the oats for 2 minutes.
3. Once the oats are ready take the bowl out & let it cool for 1 minute.
4. Add 30ml of unsweetened almond milk to the bowl.
5. Add 1 serving of protein powder. (Rule1 Vanilla Creme is my favourite for oats)
6. Mix the protein powder & oats gently with a spoon until combined.
7. Sprinkle 10g of Natvia brown sugar stevia on top. (makes it extra sweet & only 0.5 calories per serving)
8. Add 60g of chopped strawberries, 40g of fresh blueberries



CHOCOLATE MUG-CAKE

TOTAL
CALORIES: 191
CARBS: 11G
FATS: 6G
PROTEIN: 22G



INGREDIENTS

20g Vanilla Protein Powder ("Rule1")

10g Oat Flour

5g Cocoa Powder

40ml Unsweetened Almond Milk

1 Serving No Added Sugar Dark Chocolate/Milk Chocolate (Brand: Well Naturally)

1/2 tsp Baking Powder

2 Tbsp Sugar Free Maple Syrup

Optional:

4g Powdered Peanut Butter mixed with 1 tsp water.

DIRECTIONS

1. In a mug/ramiken add 10g of oat flour (blended oats) followed by 20g of protein powder, 5g of cocoa powder, 1/2 tsp of baking powder, 2 Tbsp of sugar free maple syrup, 40ml of unsweetened almond milk & mix it all together until there is no clumps.

2. Now add 1 serving of no added sugar dark chocolate in the middle of the mixture & microwave for 45 seconds. (keep an eye on it as all microwaves have different settings but 45 seconds is the perfect time for most microwaves, if it starts to overflow stop the microwave & let it cool before pressing continue if needed)

3. Mix 4g of PB2 (powdered peanut butter) with about 1 tsp of water or until desired texture, if you like peanut butter more runny use more & slowly keep adding water while mixing (powdered peanut butter is an optional topping)

4. Pour the PB2 on top of the mug-cake & enjoy! The middle will be filled with melted chocolate. This is the perfect recipe for someone craving a quick sweet tooth snack.



BISCOFF PROTEIN BALLS

PER SERVE
(9 SERVINGS)
CALORIES: 103
CARBS: 8G
FATS: 4G
PROTEIN: 7G



INGREDIENTS

60g Oat Flour
(Blended Oats)

2 Servings Vanilla Protein Powder
(Or any flavour)

80g Lotus Biscoff Spread

20ml Unsweetened Almond Milk

Optional Topping:

1 Serving Melted No Added Sugar
Dark Chocolate

Sprinkle Of Oat Flour

DIRECTIONS

1. In a big bowl add 60g of oat flour, 2 servings of vanilla protein powder, 80g of biscoff spread, 20ml of unsweetened almond milk & mix together until thick. (add more milk if needed slowly)
2. Roll the mixture with your hands into 9 smaller balls (30g each ball)
3. Place each ball onto a board, big plate or large surface that can fit in the freezer.
4. Melt & drizzle 1 serving of no added sugar dark chocolate & a dash of oat flour across the balls. (toppings are optional & customisable)
5. Freeze for 1-2 hours & enjoy! (store in fridge or freezer)



MINI CHOCOLATE PROTEIN CAKE

TOTAL
CALORIES: 365
CARBS: 30G
FATS: 11G
PROTEIN: 34G



INGREDIENTS

12g Cocoa Powder
30g Oat Flour (Blended oats)
60ml Unsweetened Almond Milk
20g Natural Sweetener (Natvia)
Salt
2g Baking Powder
63g Egg Whites
5ml Olive Oil
2ml Salted Caramel FlavorDrops (Optional)
15g Sprinkles (Optional)
-
Optional Protein Icing:
1 Serving Chocolate Protein Powder (Rule 1 Chocolate Fudge)
100g Vanilla Protein Yogurt (YoPro)

DIRECTIONS

1. In a bowl add all the dry ingredients. 30g of oat flour (blended oats), 12g of cocoa powder, 20g of natural sweetener (stevia), 2g of baking powder & a dash of salt.
2. Mix together the dry ingredients.
3. Now add the wet ingredients to the bowl. 63g of egg whites, 60ml of unsweetened almond milk, 5ml of olive oil & a drop of salted caramel flavordrops (optional)
4. Mix everything together until there is no clumps.
5. Pour the mixture into a non stick baking dish (baking paper is optional) or if using a normal dish spray with non stick spray beforehand.
6. Bake in the oven at 200 degrees Celsius for 20 minutes.
7. To make the protein icing, in a bowl mix together 100g of vanilla protein yogurt (YoPro) & 1/2 serving of chocolate protein powder.
8. Let the cake cool then spread the protein icing on top, add 15g of sprinkles



HIGH PROTEIN PANCAKES

TOTAL
CALORIES: 326
CARBS: 27G
FATS: 1G
PROTEIN: 53G



INGREDIENTS

80g Banana

5g Baking Powder

130g Egg Whites
(or 3 regular eggs but macros will vary)

1 Serving Vanilla Protein Powder
(or flavor of choice)

1/2 Tsp Vanilla Extract

1 Tsp Cinnamon

Toppings:

1 Tbsp Light Whipped Cream

1/2 Serving Chocolate
Protein Powder (or flavor of choice)

15g Blueberries

15ml Unsweetened Almond Milk
(water can be substituted or milk of
choice)

HAVING 2 DIFFERENT PROTEIN POWDER FLAVOURS
ISN'T NECESSARY IF YOU DON'T HAVE MORE THAN 1
OPTION, THE CHOICE IS TOTALLY UP TO YOU & WHAT
YOU HAVE AVAILABLE. YOU CAN EITHER USE 1
FLAVOR FOR THE PANCAKES & THE PROTEIN SAUCE
OR SWITCH IT UP AND USE 2 DIFFERENT
FLAVOURS IF AVAILABLE.

DIRECTIONS

1. In a blender cup add 80g of banana, 5g of baking powder, 130g of egg whites, 1 serving of vanilla protein powder, 1 tsp of cinnamon & 1/2 tsp of vanilla extract then blend for 1 minute.
2. In a small separate small bowl mix together 1/2 a serving of chocolate protein powder, 15ml of unsweetened almond milk & mix together with a fork to create a sweet protein sauce! (add the almond milk slowly while mixing to get the perfect texture, add more milk if needed)
3. Now it's time to cook the pancakes! Place a non stick pan on the stove on medium heat & pour the pancake mixture slowly into the pan once hot. You can either create big pancakes or smaller ones like I have in the picture above, the choice is yours!
4. Cook the pancakes for 1 - 2 minutes on each side & once all the pancakes are done it's time to add the toppings.
5. Add 1 Tbsp of light whipped cream & 15g of blueberries on top then finish off by drizzling the protein sauce all over the pancakes (protein sauce from step 2)



3 INGREDIENT PROTEIN CEREAL BOWL

TOTAL
CALORIES: 355
CARBS: 50G
FATS: 3G
PROTEIN: 32G



INGREDIENTS

200g Vanilla Protein Yogurt (YoPro)

50g Milo Protein Cereal

80g Blueberries

DIRECTIONS

1. Add 200g of vanilla protein Yogurt to a bowl. (or any flavor of choice)
2. Add 50g of Milo protein cereal, 80g of blueberries & that's it! Enjoy!



CHOCOLATE CREPES

TOTAL
(3 CREPES)
CALORIES: 397
CARBS: 37G
FATS: 10G
PROTEIN: 38G



INGREDIENTS

50g Oat Flour
(Blended Oats)

10g Vanilla Protein Powder

80ml Unsweetened Almond Milk
(or milk of choice)

80ml Water

1 Egg

Topping:

100g YoPro Vanilla Protein Yoghurt

10g Chocolate Protein Powder

1/2 Tsp Cinnamon

(Optional)

1 Tbsp No Added Sugar
Chocolate Sauce (Brand: Natvia)

DIRECTIONS

1. Start by blending 50g of oats in a blender.
(this will create oat flour)
2. Once blended add 10g of vanilla protein powder, 80ml of unsweetened almond milk, 80ml of water, 1 egg & blend again for 1 minute.
3. Now it's time to cook the crepes! Using a non stick pan with the stove on medium heat pour the crepe mixture in slowly & fill the pan all the way to the edges, make sure the crepe mixture layer is thin & not too thick like pancakes. (3 crepes in total)
4. Cook for 3 - 5 minutes on each side, as these are crepes they will cook much faster compared to pancakes since they are thinner.
5. In a small bowl mix together 100g of vanilla protein Yogurt & 10g of chocolate protein powder, mix well with a fork to create a protein filling sauce.
6. Fold each crepe in half & spread 35g of the chocolate protein filling sauce across each crepe.
7. Fold over each crepe again so that the protein chocolate filling sauce is in the middle.
8. For the toppings sprinkle 1/2 tsp of cinnamon & 1 Tbsp of no added sugar chocolate sauce across all 3 crepes & enjoy!
(toppings are optional & customizable to your liking)



PRE-WORKOUT SNACK

TOTAL
CALORIES: 335
CARBS: 60G
FATS: 4G
PROTEIN: 14G



INGREDIENTS

1 Low Calorie Wrap/Tortilla
(Mission's Low Gi Protein Wrap)

1 Banana

1 Serving Powdered Peanut Butter
(13g)

2 Tbsp Sugar Free Maple Syrup

(Optional)

1 Tsp Brown Sugar Stevia
or Cinnamon

DIRECTIONS

1. In a small bowl mix together 1 serving (13g) of powdered peanut butter & 2 Tbsp of sugar free maple syrup. (slowly add the sugar free maple syrup while mixing until you have the perfect peanut butter like texture)
2. Spread the powdered peanut butter mixture evenly across the wrap/tortilla.
3. Place 1 banana on top of the wrap/tortilla at the edge closest to you so that you are able to roll it.
4. Sprinkle 1 tsp of brown sugar stevia or cinnamon on top. (optional)
5. Roll the wrap/tortilla & cut into slices like shown in the picture above.
6. Cook on a non stick pan with the stove on low heat for 1 minute on each side of the slices



MASSIVE HIGH PROTEIN PANCAKE

TOTAL
CALORIES: 271
CARBS: 6G
FATS: 1G
PROTEIN: 56G



INGREDIENTS

150g Egg Whites

1.5 Servings Protein Powder
(Cinnamon Churros
by Muscle Nation)

2 Tsp Stevia (Natural Sweetener)

1/2 Tsp Baking Powder

Toppings Optional:

30g Sugar Free Chocolate Sauce
(Natvia)

1 Tsp Cinnamon

DIRECTIONS

1. In a blender cup add 150g of egg whites, 1.5 servings of protein powder, 2 tsp of stevia, 1/2 tsp of baking powder & blend everything together.
2. Turn the stove on high heat & place the pancake mixture into a non stick pan.
3. Cook for around 6 - 7 minutes on each side.
4. Add 30g of sugar free chocolate sauce & 1 tsp of cinnamon over the pancake & enjoy!



LOW CALORIE BERRY CRUMBLE

PER SERVE
(4 SERVINGS)
CALORIES: 145
CARBS: 23G
FATS: 3G
PROTEIN: 3G



INGREDIENTS

400g No Added Sugar Mixed Berries (Coles)

20g Brown Sugar Stevia (Natvia)

2 Tbsp Sugar Free Maple Syrup

50g Oats

40g Crushed Sugar Free Digestive Biscuits (Gullón from woolworths)

1 Tbsp Cinnamon

DIRECTIONS

1. In a small microwaveable bowl add 400g of mixed berries & microwave for 2 minutes.
2. Preheat the oven to 200 degrees celsius.
3. Once the berries are microwaved add 20g of brown sugar stevia, 2 Tbsp of sugar free maple syrup & mix gently with a spoon to combine.
4. Pour the berries into a oven safe baking dish & sprinkle 50g of oats, 40g of crushed digestive biscuits & 1 Tbsp of cinnamon on top.
5. Bake in the oven at 180 degrees celsius for 20 - 30 minutes or until the top is golden brown & crunchy.
6. Serve with your favorite ice cream or toppings & enjoy!



RICE CRISPY BARS

PER SERVE
(4 SERVINGS)
CALORIES: 149
CARBS: 22G
FATS: 2G
PROTEIN: 11G



INGREDIENTS

100g Rice Puffs
(Coles)

100g YoPro Vanilla Protein Yogurt
(can be substituted for
Greek yogurt)

1 Tbsp Sugar Free Maple Syrup

1 Serving Vanilla Protein Powder
(or flavor of choice)

Topping: Optional
1 Serving (13g) Melted
No Added Sugar Milk Chocolate

DIRECTIONS

1. In a bowl add 100g of rice puffs, 100g of vanilla protein yoghurt, 1 Tbsp of sugar free maple syrup & 1 serving of vanilla protein powder.
2. Mix together with a large spoon/wooden spatula then add to a baking dish/tray with baking paper underneath.
3. Press down on the rice puff mixture firmly & flatten the top so that everything is compact.
4. Freeze for 1 - 2 hours.
5. After 1 - 2 hours take it out the freezer & drizzle 1 serving of melted no added sugar milk chocolate across the rice puff mixture.
(topping is optional)
6. Cut into 4 even bars & enjoy!



STRAWBERRY CHEESECAKE OATS

TOTAL
CALORIES: 291
CARBS: 28G
FATS: 6G
PROTEIN: 28G



INGREDIENTS

30g Oats
25g Casein Custard Protein Powder (Muscle Nation)

50ml Unsweetened Almond Milk (or milk of choice)

100g YoPro Vanilla Protein Yogurt (or Yogurt of choice)

20g Low Sugar Fruit Spread (Nativa 95% less sugar strawberry Fruit spread)

20g Chopped Strawberries

IF YOU DON'T HAVE ANY LOW CALORIE STRAWBERRY FRUIT SPREAD AVAILABLE NEAR YOU, THIS IS HOW YOU CAN MAKE YOUR OWN.

- IN A BOWL ADD 50G CHOPPED STRAWBERRIES & 20G NATURAL SWEETENER (STEVIA)

- MICROWAVE FOR 2-3 MINUTES (TAKE OUT & MIX EVERY 30 SECONDS UNTIL YOU HAVE A SAUCE TEXTURE)

DIRECTIONS

1. In a bowl/container add 30g of oats, 25g of casein custard & 50ml of unsweetened almond milk then mix together with a spoon.
2. Smooth over the oats with the bottom of a spoon to flatten the top nice & evenly.
3. In a separate bowl add 100g of vanilla protein yogurt, 20g of strawberry fruit spread & mix together.
4. Spread the Yogurt & strawberry mixture evenly on top of the oats.
5. Add 20g of chopped strawberries on top & refrigerate for 1 - 2 hours. After about 1 - 2 hours the mixture should be firm, enjoy!



MINI APPLE CRUMBLE

TOTAL
CALORIES: 120
CARBS: 27G
FATS: 2G
PROTEIN: 1G



INGREDIENTS

100g Apple (small)

1 Tbsp Natural Sweetener
(stevia)

1 Tsp Cinnamon

1 Tbsp Sugar Free Maple Syrup

1 Arnott's Biscuit
(any brand biscuits will work)

2g Oats (optional)

DIRECTIONS

1. Preheat the oven to 200 degrees celsius.
2. Slice an apple into small cubes & remove the core.
3. Place the cubed apple pieces into a bowl then add 1 Tbsp of natural sweetener (stevia), 1 tsp of cinnamon & 1 Tbsp of sugar free maple syrup.
4. Mix everything together so that all of the apple pieces are covered completely.
5. Pour the apple pieces into a small oven safe baking dish.
6. Crush 1 Arnott's biscuit (or any biscuit) & sprinkle it on top of the apples pieces.
7. Sprinkle 2g of oats on top for extra crunch (optional)
8. Bake in the oven at 180 degrees celsius for 30 minutes.



LOW CALORIE BLUEBERRY SORBET

TOTAL
CALORIES: 149
CARBS: 29G
FATS: 2G
SUGAR: 24G



INGREDIENTS

250g Frozen Blueberries

200ml Water

20g Natural Sweetener
(stevia)

2-3 Cups Of Ice

DIRECTIONS

1. Weigh 250g of frozen blueberries & add them to a blender cup.
2. Pour 200ml of water into the blender cup.
3. Add 20g of natural sweetener (stevia) to the blender cup. (the brand "Natvia" has a natural sweetener that only has 0.4 calories per serving, if you would like the sorbet even sweeter you can use more or less all depending on your liking)
4. Add 2-3 cups of ice to the blender cup. (for bigger ice cubes use 2 cups of ice)
5. Blend for 1-2 minutes & enjoy! This makes up to 1 Litre!