

bikini  
BODY  
*recipe guide*

h.e.l.p  
*healthy eating & lifestyle plan*

# Recipe Guide

kayla  
ITSINES  
*earn your body*

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## ABOUT THE AUTHORS





## Kayla Itsines

[www.kaylaitsines.com](http://www.kaylaitsines.com)



From my experience in the fitness industry these last seven years, I have learned the importance of focussing on all aspects of your lifestyle in order to achieve your health and fitness goals. This includes the foods you eat, the training you do, as well as making an active choice to rest and rehabilitate your body.

Through both my Nutrition HELP and Bikini Body Training Guides, I have provided women all over the world with

the tools to help them live a more active and healthy life.

As you are aware, I am not in the business of promoting exclusionary diets (i.e. ‘no carbs’ or ‘no fats’), but I am an advocate for consuming a healthy, balanced diet consisting of foods from the five main food groups. I believe that healthy eating is essential for everyone, but that it should also be delicious and enjoyable!

Together, Nicole and I have created this Nutrition HELP Recipe Guide to help women aged 16 years and over to continue to live out the nutrition principles provided in my Nutrition HELP, which is available for purchase from [www.kaylaitsines.com](http://www.kaylaitsines.com).

I hope that you enjoy these foods just as much as we loved creating them!

**In Fitness and Health,  
Kayla**



## Nicole Maree

[www.nicolemaree.com](http://www.nicolemaree.com)



For years I battled with food. Every bite left me either bloated or in terrible pain. My journey to a healthy body and mind has flourished into my love for wholesome nutrition. I am a cook, blogger, author, studying nutritionist and healthy eating nerd.

I've helped transform Kayla's favourite recipes into mouth watering, workout fueling and nourishing meals. Kayla has taste tested every recipe and we're so excited for you to try them too!

I'm a passionate vegetarian and love any discussion that results in a healthier and more complete diet. If you're cooking for yourself (or your non-meat eating friends) feel free to replace any meat with your favorite vegan protein of choice!

I am not here to push Veganism, Vegetarianism or any other kind of 'ism' on you. Not because I don't believe in my reasons to be Vegetarian, but because my mission to get people eating wholefoods is much greater.

I urge you to eat fresh foods grown in a field, instead of produced in a factory. Eat an abundance of whole foods without artificial flavours, salt, sugar and preservatives. Nutrition stems from the earth to the table.

I believe to find harmony and health, you must learn to listen and love your body from the inside out.

**In Health & Love,  
Nicole**

# RECIPE GUIDE OVERVIEW

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## Welcome to my Nutrition HELP Recipe Guide!

In this guide, I have provided you with ANOTHER 14 days worth of delicious meals that follow the same nutrition principles used within my *Nutrition HELP!*

### How do I use this guide?

To make this guide easy to follow, I have provided you with a recipe to help you create each meal and snack!

I have not included step-by-step procedures on how to cook grain foods, such as rice and quinoa, but this information can be found within the recipe section of my Nutrition HELP.

This meal plan does include meat and has not been written to *specifically* suit a vegetarian diet, but if you are lacto-ovo-vegetarian (consume milk, milk products and eggs), you can easily substitute any

of the meat servings for your favourite vegetable protein. Some examples include tofu, tempeh, and legumes. See page 29 of my Nutrition HELP for my recommended serving sizes.

I understand that everyone's food and taste preferences are diverse. The beauty of this meal plan is that it is flexible and can be altered to suit these preferences. However, when it comes to altering the meal plan, it is important that you substitute certain foods for other foods, and not certain meals from one day to another. This is because two different meals may have different serves of food groups, which may interfere with your food group intake for that day. Should you need to substitute particular ingredients, I recommend using the chart provided on page 29 of my Nutrition HELP.

**Enjoy!**

**Kayla & Nicole**

The background of the image shows a stack of whole grain tortillas, some whole and some cut in half, arranged in a circular pattern.

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WEEK 1



# DAY ONE



# WEEK ONE • DAY ONE BREAKFAST & SNACK

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## BAKED EGGS

2 pieces of rye toast  
20g low fat grated cheese  
2 eggs  
Small handful spinach ( $\frac{1}{4}$  cup)  
2 button mushrooms,  
chopped ( $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  medium tomato, chopped  
2 tbsp water

Preheat oven to 180C/360F. Grease a ramekin with coconut oil.

In a large bowl add the eggs and water, whisk to combine. Add the spinach, mushrooms, tomato and stir to combine. Transfer the egg mixture to your ramekin. Top with low fat grated cheese.

Bake in your preheated oven for 15-20 minutes or until the egg mixture is cooked and golden.

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## CHIA PLUM PUDDING

2 plums, sliced  
1 tbsp chia seeds  
200g low fat yoghurt  
Mint leaves

In a bowl, add the chia seeds and low fat yoghurt. Mix very well.

Cover with cling wrap and place in the refrigerator for 2 hours.

Mix again before serving. Layer in a glass with sliced plums and garnish with mint leaves.

# WEEK ONE • DAY ONE LUNCH & SNACK

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## QUINOA TABOULI

180g cooked quinoa (1 cup)  
Small handful kale, shredded  
( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium cucumber, sliced  
( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium tomato, diced  
2 tbsp red onion, diced  
75g cooked lentils ( $\frac{1}{2}$  cup)  
80g grilled chicken  
 $\frac{1}{4}$  cup lemon juice  
 $\frac{1}{2}$  cup mint, chopped  
 $\frac{1}{2}$  cup parsley, chopped

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Combine all ingredients in a large bowl and toss to combine. Add a pinch of himalayan sea salt to taste.

Enjoy!

## APPLE CRUMBLE

1 apple  
10g nuts of choice  
1 tsp cinnamon  
30g rolled oats  
1 tbsp water

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Preheat oven to 150C/300F. Core the apple and set aside. Line a baking sheet with parchment paper.

In a food processor combine the nuts, rolled oats, cinnamon and water and blend until a chunky crumble has formed.

Stuff the apple with the crumble and place on your lined baking sheet. Bake for 30 minutes or until the apple is tender and the crumble is golden. Serve warm & enjoy!

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# WEEK ONE • DAY ONE DINNER

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## PIZZA

90g cooked quinoa (½ cup)  
¼ tsp Himalayan sea salt  
60mL water (¼ cup)  
1 tbsp mixed herbs  
1 egg  
20g low fat feta  
½ medium tomato, sliced  
Small handful spinach (¼ cup)  
¼ medium red capsicum,  
sliced (¼ cup)  
20g sun dried tomatoes (¼  
cup)  
20g low fat grated cheese

Preheat oven to 220C/430F.

Add the quinoa, salt, water, mixed herbs and egg to a food processor and blend until a batter has formed.

Line a pizza tray with baking paper and spread the batter in a circle on the paper.

Bake the base for 15-20 minutes or until golden and slightly crispy.

Add the toppings to the pizza and return to oven for a further 5-10 minutes or until the toppings are warmed and the cheese has melted. Serve!

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## DAY TWO



# WEEK ONE • DAY TWO BREAKFAST & SNACK

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## BERRY CUSTARD

45g buckwheat groats (1/4 cup)  
1 tbsp chia seeds  
200g low fat yoghurt  
1/2 tbsp vanilla extract  
1 tsp cinnamon  
1/4 tsp nutmeg  
2 Medjool dates, pitted  
75g mixed berries (1/2 cup)

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Blend all ingredients in a food processor until smooth.

Set in the fridge for 1 hour. Remove and devour!

## CRACKERS

2 rye crackers  
20g low fat feta  
1 tomato  
3 basil leaves

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Top your rye crackers with basil, tomato and crumbled feta.

Enjoy!

# WEEK ONE • DAY TWO LUNCH & SNACK

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## COLLARD WRAPS

100g cooked vermicelli  
noodles (½ cup)  
80g cooked chicken  
2 large collard leaves  
¼ medium cucumber, sliced  
(¼ cup)  
½ small carrot, grated (¼ cup)  
½ medium red capsicum,  
sliced (½ cup)  
¼ cup watercress  
¼ cup mint  
¼ cup coriander  
2 tbsp lime juice  
½ tbsp tamari/soy sauce

Layer all the ingredients inside your collard leaf.  
Roll up like you would with a normal bread wrap.

Enjoy!

## GRAPES

20 grapes (1 cup)

Enjoy!

Did you know: Grapes are a rich source of vitamins A, C, B6 and folate in addition to essential minerals like potassium, calcium, iron, phosphorus, magnesium and selenium!

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# WEEK ONE • DAY TWO DINNER

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## ENCHILADA BAKE

**Serves 4**

180g cooked brown rice (1 cup)  
3 cups vege stock  
2 large red onions, chopped finely (2 cups)  
2 medium carrot, chopped finely (2 cups)  
2 medium red capsicum, chopped finely (2 cups)  
2 medium zucchini, chopped finely (2 cups)  
800g crushed tomatoes  
60g tomato paste ( $\frac{1}{4}$  cup)  
40g almonds  
160g low fat grated cheese  
4 large rye wraps  
400g cooked lean beef mince

Preheat oven to 180C/360F.

Heat a large non stick frying pan over medium-high heat. Add a dash of water to the pan and cook beef mince until brown and caramelized. Add the red onion, carrot, capsicum and zucchini. Cook for 4 to 6 minutes or until tender; stirring occasionally.

Add tomato paste, stock and half of the crushed tomatoes; cook for 10-15 minutes or until the mixture has thickened. Remove from heat.

Spread half of the remaining crushed tomatoes in the bottom of a large baking dish.

Place a rye tortilla on work surface. Spoon a quarter of the enchilada mixture down center of tortilla. Roll up and place seam side down in prepared baking dish. Repeat with remaining 3 tortillas. Top enchiladas with remaining crushed tomatoes and sprinkle with grated cheese and almonds.

Bake for 20-25 minutes or until golden. Serve one enchilada and save the remaining for another day!

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# DAY **THREE**



## WEEK ONE • DAY THREE BREAKFAST & SNACK

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### AVO SMASH

1 piece rye toast  
25g avocado  
40g low fat feta  
75g chickpeas ( $\frac{1}{2}$  cup)

In a small bowl mash the chickpeas and avocado until a chunky paste has formed. Season with himalayan sea salt and freshly ground pepper.

Toast your piece of rye bread. Spread the avocado mixture on top of the toast. Crumble feta on top of the avocado and serve!

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### GRAPES

25 grapes (1 $\frac{1}{4}$  cups)

Enjoy!

Did you know: Grapes are a rich source of vitamins A, C, B6 and folate in addition to essential minerals like potassium, calcium, iron, phosphorus, magnesium and selenium!

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## **WEEK ONE • DAY THREE**

### **LUNCH & SNACK**

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#### **ENCHILADA BAKE**

Grab your enchilada bake from last night out of the fridge. Reheat one serve in the oven or microwave. Enjoy!

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#### **FRUIT TOAST**

1 slice fruit toast

60g ricotta

1 tsp cinnamon

75g raspberries (½ cup)

Mix together the cinnamon and ricotta. Toast your slice of fruit toast.

Smother the ricotta on top of the toast and drizzle with raspberries. Devour!

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## WEEK ONE • DAY THREE DINNER

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### NOODLE SALAD

½ tbsp fresh ginger  
½ tbsp crushed garlic  
2 tbsp fresh lime juice  
1 tbsp soy sauce  
½ tbsp Mirin  
1 Medjool date, pitted  
½ tbsp peanut flour  
100g cooked hokkien noodles  
(½ cup)  
¼ medium red capsicum,  
sliced (¼ cup)  
30g sugar snap peas, sliced  
(¼ cup)  
½ small carrot, sliced (¼ cup)  
30g spring onions, chopped  
(¼ cup)  
80g cooked chicken

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Add the ginger, garlic, lime juice, Mirin, soy sauce, medjool date and peanut flour to a high speed blender. Blend until smooth.

Place the hokkien noodles in a bowl of boiling water for 5 minutes. Drain and add to a bowl.

Add the capsicum, sugar snap peas, carrot, spring onions and chicken to the noodles. Mix to combine.

Add dressing and toss to coat each ingredient.

Enjoy!



# DAY FOUR



# WEEK ONE • DAY FOUR BREAKFAST & SNACK

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## PANCAKES

60g rolled oats (½ cup)  
1 egg  
100g low fat yoghurt  
½ tbsp lemon juice  
1 tsp cinnamon  
½ tsp vanilla extract  
½ tsp baking powder  
75g mixed berries (½ cup)  
½ large mandarin

Place your frying pan on medium heat.

Add the rolled oats, egg, yoghurt, lemon juice, cinnamon, vanilla, ¼ of mandarin and baking powder to a high speed blender. Blend until smooth.

Add dollops of your pancake mixture to your frying pan. When bubbles appear, flip and cook until golden. Repeat until all the batter is used.

Serve pancakes layered with remaining mandarin and berries.

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## CRACKERS

2 rye crackers  
40g low fat feta  
1 tomato  
3 basil leaves

Top your rye crackers with basil, tomato and crumbled feta.

Enjoy!

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# WEEK ONE • DAY FOUR LUNCH & SNACK

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## STUFFED SPUDS

½ medium sweet potato (or 1 small)

Handful of spinach leaves (1 cup)

90g cooked quinoa (½ cup)

100g low fat yoghurt

½ tsp ground paprika

2 tbsp fresh parsley

1 tbsp fresh chives

10g walnuts

Preheat oven to 180C/360F. Line a baking tray with baking paper. Prick the sweet potato with a fork and place on baking tray. Roast in oven for 20 minutes.

In a small bowl mix the quinoa with the spinach, paprika, parsley, chives and walnuts.

Once the sweet potato is tender, remove from oven and slice down the middle, ensuring you don't fully cut the potato in half.

Add the stuffing to the middle of the potato. Return to the oven for 10 minutes. Remove from oven. Drizzle with yoghurt and serve!

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## MANGO SMOOTHIE

100g low fat yoghurt

1 mango

30g rolled oats

10g protein powder

1 tsp cinnamon

250mL water (1 cup)

Add all ingredients to a high speed blender and blend until smooth. Add more water if needed.

Pour into a glass and sip!

## WEEK ONE • DAY FOUR DINNER

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### SALMON CAKES

100g cooked salmon  
2 eggs  
60g spring onion (½ cup)  
1 tsp garlic, crushed  
2 tsp grated ginger  
1 ½ tbsp parsley  
½ tsp lemon juice  
¼ tsp cumin  
Pinch of sea salt  
Pinch of ground pepper  
45g cooked brown rice (¼ cup)  
Small handful rocket (½ cup)  
¼ cup coriander  
1 tbsp red onion, diced  
25g avocado, cubed  
1 tomato, chopped

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Preheat oven to 180C/360F.

Line a baking tray with baking paper.

Add the salmon, eggs, spring onion, garlic, ginger, parsley, lemon juice, cumin, salt, pepper and brown rice to a bowl. Mix to combine.

Form the mixture into patties and place on your lined baking tray.

Bake in the oven for 20 minutes or until golden.

Serve with rocket, coriander, red onion, avocado and tomato.

# DAY FIVE



## **WEEK ONE • DAY FIVE BREAKFAST**

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### **FRENCH TOAST**

2 pieces of rye bread

2 eggs

Small handful spinach ( $\frac{1}{2}$  cup)

$\frac{1}{4}$  medium capsicum, sliced  
( $\frac{1}{4}$  cup)

$\frac{1}{2}$  medium tomato, sliced

125mL low fat milk ( $\frac{1}{2}$  cup)

60g ricotta ( $\frac{1}{4}$  cup)

Toast your two pieces of rye bread.

Whisk together the eggs, milk, and ricotta.

Heat a non stick fry pan over medium heat. Once hot, dip the toasted rye bread in the whisked egg mixture then fry for a couple of minutes on each side, until golden brown.

To serve, top french toast with spinach, capsicum and tomato.

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## WEEK ONE • DAY FIVE SNACK

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### MUESLI BARS

180g muesli (1½ cup)  
60g mixed nuts & seeds  
60g nut butter  
60mL water (¼ cup)  
12 Medjool dates, pitted  
12 dried apricots, diced

Mix together the mixed nuts, apricots and muesli in a large bowl. In a food processor add the nut butter, water and Medjool dates, mix until a paste has formed.

Add the date paste into the muesli and mix. Keep mixing until the date paste is fully coating all dry ingredients.

Line a baking tray with cling wrap and pour the mixture into the tray. Press down on the mixture and flatten down the top with the back of a spoon.

Place in the freezer to set for 1-2 hours.

Cut into 6 bars. Eat one bar and wrap the rest in foil or cling wrap. Store in the fridge or freezer for an easy snack to go!

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# WEEK ONE • DAY FIVE LUNCH & SNACK

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## NORI ROLLS

2 sheets of nori  
45g brown rice ( $\frac{1}{4}$  cup)  
80g cooked chicken  
Small handful spinach ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium red capsicum, finely sliced ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium cucumber, finely sliced ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium carrot, finely sliced ( $\frac{1}{2}$  cup)  
1 small beetroot, shredded ( $\frac{1}{4}$  cup)  
100g low fat yoghurt

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Place 2 nori sheets shiny side down on your cutting board.

Fill with brown rice, chicken, spinach, capsicum, cucumber, carrot, beetroot and a drizzle of yoghurt.

Roll each nori sheet up tightly and slice into pieces with a sharp knife.

Serve!

## PROTEIN MOUSSE

200g low fat yoghurt  
10-15g vanilla protein powder  
 $\frac{1}{2}$  tsp vanilla  
1 tsp cinnamon  
1 pomegranate, seeds only

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Mix the yoghurt, vanilla, cinnamon and protein powder together until smooth.

Top with pomegranate. Enjoy!

## WEEK ONE • DAY FIVE DINNER

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### STIR FRY (SERVES 2)

180g cooked quinoa (1 cup)

90g cooked brown rice (½ cup)

80g cooked chicken

1 medium zucchini, sliced (1 cup)

1 medium red capsicum, sliced (1 cup)

150g pumpkin, finely sliced (1 cup)

1 large red onion, sliced (1 cup)

2 tbsp garlic

4 tsp ginger

¼ cup fresh basil

4 tbsp tamari or soy sauce

Heat a non stick fry pan over high heat. Once hot, add the zucchini, capsicum, pumpkin, red onion and toss until heated. You can add a dash of water to the vegetables to get them to cook quickly instead of using oil.

Add garlic, ginger and fresh basil. Toss to combine.

Add tamari/soy sauce and cooked chicken. Toss to combine.

In a small bowl combine the quinoa and brown rice. Add half this mixture to a plate. Top with half of the stir fry. Serve!

Store remaining stir fry and quinoa rice in a sealed container in the fridge for tomorrow.



# DAY SIX



# WEEK ONE • DAY SIX

## BREAKFAST & SNACK

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### EGG CUPS

2 eggs

Pinch of salt and pepper

40g low fat feta, crumbled

Small handful spinach ( $\frac{1}{4}$  cup)

$\frac{1}{4}$  medium red capsicum  
( $\frac{1}{4}$  cup)

$\frac{1}{4}$  cup basil

$\frac{1}{2}$  medium tomato,  
chopped

25g avocado, cubed

Preheat your oven to 200C/400F. Lightly spray 3 cups of a 6 cup muffin tin with cooking spray.

Cut the capsicum into small squares. Place one square of red capsicum in the bottom of 3 muffin holes.

Distributed the spinach on top of each red capsicum.  
Top the red capsicum and spinach off with the avocado and crumbled feta cheese.

In a bowl, whisk together the eggs, salt and pepper.  
Divide the egg mixture evenly among the 3 muffin tins.

Bake for 10-15 minutes until the eggs are puffy and feel set. Remove each cup from the muffin tin and garnish with tomato and fresh basil.

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### TURKISH DELIGHT BOWL

200g low fat yoghurt

$\frac{1}{2}$  tsp rosewater

75g mixed berries ( $\frac{1}{2}$  cup)

45g buckwheat ( $\frac{1}{4}$  cup)

Add the rosewater to your yoghurt and mix to combine.

Top with mixed berries and buckwheat.

Enjoy!

## **WEEK ONE • DAY SIX**

### **LUNCH & SNACK**

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#### **STIR FRY**

Remove your prepared stir fry from the fridge from yesterday. Heat up in the microwave or fry pan.

Enjoy!

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#### **AVO SMASH**

1 piece rye toast

25g avocado

20g low fat feta

75g chickpeas (½ cup)

In a small bowl mash the chickpeas and avocado until a chunky paste has formed. Season to taste with Himalayan sea salt and freshly ground pepper.

Toast your piece of rye bread. Spread the avocado mixture on top of the toast. Crumble feta on top of the avocado and serve!

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# WEEK ONE • DAY SIX DINNER

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## BROWN RICE & ORANGE SALAD

90g brown rice (½ cup)  
½ small carrot, sliced (¼ cup)  
¼ medium red capsicum, sliced (¼ cup)  
½ orange, skin removed and sliced  
60g cabbage, sliced (½ cup)  
80g cooked chicken  
1 tbsp raisins

### Dressing

½ orange, skin removed  
½ tsp apple cider vinegar  
½ tsp raw honey  
¼ cup coriander, finely chopped  
1 ½ tsp olive oil  
1 tbsp water  
Himalayan sea salt, to taste  
Freshly ground pepper, to taste

Add all the salad ingredients to a bowl and combine.

Dressing - combine all dressing ingredients except the coriander in a food processor until smooth. Add coriander and pulse a few times until incorporated.

Add the dressing to the salad and toss to combine.

Serve!



# DAY SEVEN



# WEEK ONE • DAY SEVEN BREAKFAST & SNACK

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## CARROT CAKE OATMEAL

30g rolled oats (1/4 cup)  
125mL milk (1/2 cup)  
125mL water (1/2 cup)  
1/2 medium carrot, grated (1/2 cup)  
2 tbsp raisins  
1/2 tsp vanilla extract  
1/4 tsp ground ginger  
1/4 tsp ground nutmeg  
1 tsp ground cinnamon  
10g chopped walnuts

Finely grate the carrots till you have 1/2 cup.

Place a small pot over medium heat.

Heat and stir the milk, water, cinnamon, ginger, nutmeg. Add the carrots and oats, stir. Cook for 6-7 minutes over medium low heat, stirring. You can add more water if needed.

When the mixture has thickened up to your liking, remove the pot from the heat, adding in the vanilla, raisins and walnuts.

Scoop into a bowl and enjoy.

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## CRACKERS

2 rye crackers  
40g low fat feta  
1 tomato  
3 basil leaves

Top your rye crackers with basil, tomato and crumbled feta.

Enjoy!

# WEEK ONE • DAY SEVEN

## LUNCH & SNACK

### TEX-MEX BOWL

180g cooked quinoa (1 cup)  
½ medium red capsicum, sliced (½ cup)  
¼ medium cucumber, sliced (¼ cup)  
90g corn kernels (½ cup)  
½ small red onion, sliced (¼ cup)  
25g avocado, sliced  
75g kidney beans (½ cup)  
80g cooked chicken  
2 tbsp coriander  
2 tbsp lime juice  
½ tsp ground cumin  
Himalayan sea salt, to taste  
Freshly ground pepper, to taste

Layer the quinoa, capsicum, cucumber, onion, corn, avocado, kidney beans, chicken and coriander in a bowl.

Top with lime juice, ground cumin, salt and pepper.

Toss & serve!

### PROTEIN MOUSSE

100g low fat yoghurt  
10-15g vanilla protein powder  
½ tsp vanilla  
1 tsp cinnamon  
1 pomegranate, seeds only

Mix the yoghurt, vanilla, cinnamon and protein powder together until smooth.

Top with pomegranate. Enjoy!

# WEEK ONE • DAY SEVEN DINNER

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## TUNA PATTIES (SERVES 2)

200g cooked tuna  
180g brown rice (1 cup)  
Small handful spinach ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium cucumber ( $\frac{1}{2}$  cup)  
200g low fat yoghurt  
2 eggs  
 $\frac{1}{2}$  tsp lemon zest  
4 tsp lemon juice  
2 tbsp fresh parsley  
2 tbsp fresh chives  
Himalayan sea salt  
Freshly ground pepper  
1 tsp dijon mustard  
 $\frac{1}{4}$  cup coriander  
1 tsp dijon mustard, extra

Preheat oven to 180C/360F.

Line a baking tray with baking paper.

Add the tuna, brown rice,  $\frac{1}{4}$  cup spinach,  $\frac{1}{2}$  cup cucumber, 50g of yoghurt, eggs, lemon zest, lemon juice, parsley, chives, salt, pepper and dijon mustard to a bowl. Mix until fully incorporated.

Form the mixture into patties and place on your lined baking tray.

Bake in the oven for 20 minutes or until golden.

Serve half of the patties on a bed of remaining spinach and coriander. Top with 50g yoghurt and extra dijon mustard.

Save the other half of patties for tomorrow.

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## WEEK 2

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# DAY ONE



## WEEK TWO • DAY ONE BREAKFAST

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### FRITTERS

½ medium zucchini,  
grated (½ cup)  
½ medium carrot, grated  
(½ cup)  
1 egg  
90g cooked quinoa (½  
cup)  
60g cooked peas (½ cup)  
½ tsp baking powder  
1 tsp Himalayan sea salt  
Freshly ground pepper  
60g low fat ricotta (¼ cup)  
1 piece of rye bread,  
toasted

Using a clean dish towel or cheese cloth, place grated zucchini and carrot inside the cloth. Squeeze and drain all the liquid out of the vegetables completely.

In a large bowl, combine drained zucchini, carrot, egg, quinoa and baking powder. Season with salt and pepper, to taste.

Heat a large non stick pan over medium high heat. Scoop 2 large spoonfuls of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.

In a small bowl mash the peas. Place the fritter on a plate. Top with ricotta and smashed peas. Enjoy with a piece of toasted rye.

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## WEEK TWO • DAY ONE SNACK

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### APPLE CRUMBLE

1 large apple

10g nuts

1 tsp cinnamon

30g rolled oats ( $\frac{1}{4}$  cup)

1 tbsp water

Preheat oven to 150C/300F.

Core the apple and set aside. Line a baking sheet with parchment paper and set aside.

In a food processor combine the nuts, rolled oats, cinnamon and water and blend until a chunky crumble has formed.

Stuff the apple with the crumble and place on your lined baking sheet. Bake for 30 minutes or until the apple is tender and the crumble is golden. Serve warm & enjoy!

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## WEEK TWO • DAY ONE LUNCH & SNACK

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### TUNA PATTIES

Small handful spinach ( $\frac{1}{4}$  cup)  
 $\frac{1}{4}$  cup coriander  
50g low fat yoghurt  
1 tsp dijon mustard

Place the remaining patties from yesterday on a bed of spinach and coriander.

Top with 50g yoghurt and extra dijon mustard.

### PLUM SMOOTHIE

1½ plums  
200g low fat yoghurt  
125mL water ( $\frac{1}{2}$  cup)  
10g protein powder  
125mL milk ( $\frac{1}{2}$  cup)  
1 tbsp chia seeds  
125mL water ( $\frac{1}{2}$  cup)

Add all ingredients to a high speed blender and blend until smooth. Add more water if needed.

Pour into a glass and enjoy!

## WEEK TWO • DAY ONE DINNER

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### NOODLE SALAD

½ tbsp fresh ginger  
½ tbsp crushed garlic  
2 tbsp fresh lime juice  
1 tbsp soy sauce  
½ tbsp Mirin  
1 Medjool date, pitted  
½ tbsp peanut flour  
100g cooked hokkien  
noodles (½ cup)  
½ medium red capsicum,  
sliced (½ cup)  
60g sugar snap peas,  
sliced (½ cup)  
¾ medium carrot, sliced  
(¾ cup)  
30g spring onions,  
chopped (¼ cup)  
40g cooked chicken

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Add the ginger, garlic, lime juice, Mirin, soy sauce, medjool date and peanut flour to a high speed blender. Blend until smooth.

Place the hokkien noodles in a bowl of boiling water for 5 minutes. Drain and add to a bowl.

Add the capsicum, sugar snap peas, carrot, spring onions and chicken to the noodles. Mix to combine.

Add dressing and toss to coat each ingredient. Enjoy!



## DAY TWO



## WEEK TWO • DAY TWO BREAKFAST & SNACK

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### TOASTIE

100g smoked salmon

25g avocado

2 slices of rye bread

100g natural yoghurt

½ tsp lemon zest

⅓ tsp lemon juice

1 tbsp fresh dill leaves,  
chopped

Small handful of rocket (½  
cup)

1 tomato, sliced

Toast your rye bread.

In a small bowl combine yoghurt, lemon zest and lemon juice. Spread this mixture on one half of your rye bread.

Mash the avocado and spread on the other piece of rye bread. Top the avocado with smoked salmon and a sprinkling of dill leaves.

Sandwich the two pieces of rye together. Serve with fresh rocket and tomato on the side. Enjoy!

### GRAPES

10 grapes

Enjoy!

Did you know: Grapes are a rich source of vitamins A, C, B6 and folate in addition to essential minerals like potassium, calcium, iron, phosphorus, magnesium and selenium!

## WEEK TWO • DAY TWO LUNCH & SNACK

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### WALDORF SALAD

2 tbsp lemon juice  
100g low fat yoghurt  
 $\frac{3}{4}$  tsp curry powder  
 $\frac{1}{2}$  tsp ground cumin  
Salt to taste  
1 Fuji apple, cored and thinly sliced  
10g walnut halves  
Handful mixed greens ( $\frac{3}{4}$  cup)  
 $\frac{1}{2}$  stalk celery, chopped ( $\frac{1}{4}$  cup)  
1 tbsp raisins  
2 tbsp parsley, chopped  
40g cooked chicken  
90g cooked quinoa ( $\frac{1}{2}$  cup)

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Combine all of the ingredients in a large bowl and serve chilled.

### CRACKERS

2 rye crackers  
60g low fat feta  
1 tomato  
3 basil leaves

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Top your rye crackers with basil, tomato and crumbled feta.

Enjoy!

## WEEK TWO • DAY TWO DINNER

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### STIR FRY

90g cooked quinoa (½ cup)  
45g cooked brown rice (¼ cup)  
40g cooked chicken  
½ medium zucchini, sliced (½ cup)  
½ medium capsicum, sliced (½ cup)  
1 small red onion, sliced (½ cup)  
1 tbsp garlic  
2 tsp ginger  
¼ cup fresh basil  
2 tbsp tamari or soy sauce

Heat a non stick fry pan over high heat. Once hot, add the zucchini, capsicum, red onion and toss until heated. You can add a dash of water to the vegetables to get them to cook quickly instead of using oil.

Add garlic, ginger and fresh basil. Toss to combine.

Add tamari/soy sauce and cooked chicken. Toss to combine.

In a small bowl combine the quinoa and brown rice. Add this mixture to a plate. Top with stir fry. Serve!



# DAY **THREE**



## WEEK TWO • DAY THREE BREAKFAST & SNACK

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### PANCAKES

60g rolled oats (½ cup)  
1 egg  
100g low fat yoghurt  
½ tbsp lemon juice  
1 tsp cinnamon  
½ tsp vanilla extract  
½ tsp baking powder  
75g mixed berries (½ cup)  
1 large mandarin

Place your frying pan on medium heat.

Add the rolled oats, egg, yoghurt, lemon juice, cinnamon, vanilla, ¼ of mandarin and baking powder to a high speed blender. Blend until smooth.

Add dollops of your pancake mixture to your frying pan. When bubbles appear, flip and cook until golden. Repeat until all the batter is used.

Serve pancakes layered with remaining mandarin and berries.

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### AVO SMASH

1 piece rye toast  
25g avocado  
40g low fat feta  
75g chickpeas (½ cup)

In a small bowl mash the chickpeas and avocado until a chunky paste has formed. Season with himalayan sea salt and freshly ground pepper.

Toast your piece of rye bread. Spread the avocado mixture on top of the toast. Crumble feta on top of the avocado and serve!

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## WEEK TWO • DAY THREE LUNCH & SNACK

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### TACO SALAD

Small handful lettuce ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium cucumber ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium red capsicum ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium tomato  
 $\frac{1}{2}$  wholemeal rye wrap  
 $\frac{1}{4}$  cup coriander  
25g avocado  
80g cooked chicken  
40g cooked kidney beans ( $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  lime

Cut the wholemeal wrap into triangles. Place under a hot grill until toasted.

Layer all ingredients into a bowl.

Squeeze lime juice over the top of each ingredient.

Enjoy!

### FRUIT TOAST

1 slices fruit toast  
120g ricotta ( $\frac{1}{2}$  cup)  
40g raspberries ( $\frac{1}{4}$  cup)

Mix together the cinnamon and ricotta.

Toast your slice of fruit toast.

Smother the ricotta on top of the toast and drizzle with raspberries. Devour!

## WEEK TWO • DAY THREE DINNER

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### NOODLE SALAD

½ tbsp fresh ginger  
½ tbsp crushed garlic  
2 tbsp fresh lime juice  
1 tbsp soy sauce  
½ tbsp Mirin  
1 Medjool date, pitted  
½ tbsp peanut flour  
100g cooked hokkien noodles (½ cup)  
½ medium red capsicum, sliced (½ cup)  
60g sugar snap peas, sliced (½ cup)  
½ small carrot, sliced (¼ cup)  
30g spring onions, chopped (¼ cup)  
80g cooked chicken

Add the ginger, garlic, lime juice, Mirin, soy sauce, medjool date and peanut flour to a high speed blender. Blend until smooth.

Place the hokkien noodles in a bowl of boiling water for 5 minutes. Drain and add to a bowl.

Add the capsicum, sugar snap peas, carrot, spring onions and chicken to the noodles. Mix to combine.

Add dressing and toss to coat each ingredient. Enjoy!



# DAY FOUR



## **WEEK TWO • DAY FOUR BREAKFAST & SNACK**

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### **TURKISH DELIGHT BOWL**

200g low fat yoghurt  
½ tsp rosewater  
150g mixed berries (1 cup)  
45g buckwheat (¼ cup)

Add the rosewater to yoghurt and mix to combine.

Top with mixed berries and buckwheat.

Enjoy!

### **CRACKERS**

2 rye crackers  
40g low fat feta  
1 tomato  
3 basil leaves

Top your rye crackers with basil, tomato and crumbled feta.

Enjoy!

## WEEK TWO • DAY FOUR LUNCH & SNACK

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### QUESADILLAS

1 wholemeal wrap  
80g cooked chicken  
Small handful spinach ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium red capsicum, sliced ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium cucumber, sliced ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium tomato, diced  
20g sun dried tomatoes ( $\frac{1}{4}$  cup)  
100g low fat yoghurt  
25g avocado, sliced

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Preheat your sandwich press.

Lay 1 wrap down on the press and top one side of the wrap with all the ingredients. Fold the other side of the wrap over the top of the ingredients and place the lid down on your sandwich press.

Cook for 3-5 minutes until the wrap is crisp and golden brown.

### APPLE CRUMBLE

1 apple  
10g nuts of choice  
1 tsp cinnamon  
30g rolled oats ( $\frac{1}{4}$  cup)  
1 tbsp water

Preheat oven to 150C/300F. Core the apple and set aside. Line a baking sheet with parchment paper and set aside.

In a food processor combine the nuts, rolled oats, cinnamon and water and blend until a chunky crumble has formed.

Stuff the apple with the crumble and place on your lined baking sheet. Bake for 30 minutes or until the apple is tender and the crumble is golden. Serve warm & enjoy!

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## WEEK TWO • DAY FOUR DINNER

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### COLLARD WRAPS

100g vermicelli noodles,  
cooked ( $\frac{1}{2}$  cup)

120g chicken

2 large collard leaves

$\frac{1}{2}$  medium cucumber,  
sliced ( $\frac{1}{2}$  cup)

$\frac{1}{4}$  cup watercress

$\frac{1}{2}$  medium red capsicum,  
sliced ( $\frac{1}{2}$  cup)

$\frac{1}{2}$  medium carrot, grated  
( $\frac{1}{2}$  cup)

$\frac{1}{8}$  cup mint

$\frac{1}{8}$  cup coriander

2 tbsp lime juice

$\frac{1}{2}$  tbsp tamari/soy sauce

Layer all the ingredients inside your collard leaf. Roll up like you would with a normal bread wrap.

Enjoy!



# DAY FIVE



## WEEK TWO • DAY FIVE BREAKFAST & SNACK

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### MIXED BERRY BAKE

75g mixed berries (½ cup)  
½ tsp vanilla extract  
70mL low fat milk (¼ cup)  
60g oats (½ cup)  
¼ tsp baking powder  
1 tsp cinnamon  
1 egg  
200g low fat yoghurt, to serve

Preheat oven to 180C/360F.

Add vanilla, milk, oats, baking powder, cinnamon and egg to a high speed blender. Blend until smooth.

Transfer this mixture to a small bowl and stir through the berries.

Lightly grease a large ramekin with coconut oil. Add the berry mixture and bake for 30 minutes or until golden and cooked through.

Serve with yoghurt.

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### BERRY YOGHURT

75g mixed berries (½ cup)  
150g low fat yoghurt

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Top your yoghurt with mixed berries and enjoy!

## WEEK TWO • DAY FIVE LUNCH

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### NORI ROLLS

2 sheets of nori

45g brown rice ( $\frac{1}{4}$  cup)

40g cooked chicken

Small handful spinach ( $\frac{1}{2}$  cup)

$\frac{1}{2}$  medium capsicum,  
finely sliced ( $\frac{1}{2}$  cup)

$\frac{1}{2}$  small cucumber, finely  
sliced ( $\frac{1}{4}$  cup)

$\frac{1}{2}$  small carrot, finely sliced  
( $\frac{1}{4}$  cup)

1 small beetroot, shredded  
( $\frac{1}{4}$  cup)

100g low fat yoghurt

Place 2 nori sheets shiny side down on your cutting board.

Fill with brown rice, chicken, spinach, capsicum, cucumber, carrot, beetroot and a drizzle of yoghurt.

Roll each nori sheet up tightly and slice into pieces with a sharp knife.

Serve!

## WEEK TWO • DAY FIVE SNACK

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### MUESLI BARS

180g muesli (1½ cup)  
60g mixed nuts & seeds  
60g nut butter  
¼ cup water  
12 Medjool dates, pitted  
12 dried apricots, diced

Mix together the mixed nuts, apricots and muesli in a large bowl. In a food processor add the nut butter, water and Medjool dates, mix until a paste has formed.

Add the date paste into the muesli and mix. Keep mixing until the date paste is fully coating all dry ingredients.

Line a baking tray with cling wrap and pour the mixture into the tray. Flatten down the top with the back of a spoon and place in the freezer to set for 1-2 hours.

Cut into 6 bars. Eat one bar and wrap the rest in foil or cling wrap. Store in the fridge or freezer for an easy snack to go!

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## WEEK TWO • DAY FIVE DINNER

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### TEX-MEX BOWL

180g cooked quinoa (1 cup)

½ medium capsicum, sliced (½ cup)

½ medium cucumber, sliced (½ cup)

½ small red onion, sliced (¼ cup)

90g corn kernels (½ cup)

75g kidney beans (½ cup)

80g cooked chicken

2 tbsp coriander

2 tbsp lime juice

½ tsp ground cumin

Himalayan sea salt

Freshly ground pepper

Layer the quinoa, capsicum, cucumber, onion, corn, kidney beans, chicken and coriander in a bowl.

Top with lime juice, ground cumin, salt and pepper.

Toss & serve!



## DAY SIX



## WEEK TWO • DAY SIX BREAKFAST

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### FRITTERS

1/4 medium zucchini,  
grated (1/4 cup)

1/2 medium carrot, grated  
(1/2 cup)

1 egg

90g cooked quinoa (1/2  
cup)

60g cooked peas (1/2 cup)

1/2 tsp baking powder

1 tsp Himalayan sea salt

Freshly ground pepper

60g low fat ricotta (1/4 cup)

1 piece of rye bread,  
toasted

Using a clean dish towel or cheese cloth, place grated zucchini and carrot inside the cloth. Squeeze and drain all the liquid out of the vegetables completely.

In a large bowl, combine drained zucchini, carrot, egg, quinoa and baking powder. Season with salt and pepper, to taste.

Heat a large non stick pan over medium high heat. Scoop 2 large spoonfuls of batter for each fritter, flattening with a spatula, and cook until the underside is nicely golden brown, about 2 minutes. Flip and cook on the other side, about 1-2 minutes longer.

In a small bowl mash the peas. Place the fritter on a plate. Top with ricotta and smashed peas. Enjoy with a piece of toasted rye.

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## **WEEK TWO • DAY SIX SNACK**

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### **SNACK WALNUTS**

20g walnuts

Did you know: Walnuts are rich source of energy and contain health benefiting nutrients, minerals, antioxidants and vitamins that are essential for optimum health!

Look for walnuts that display a bright brown color, compact, uniform in size and feel heavy in hand. They should be free from cracks, mould, spots and rancid smell!

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## WEEK TWO • DAY SIX LUNCH

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### BROWN RICE & ORANGE SALAD

90g cooked brown rice (½ cup)  
½ small carrot, sliced (¼ cup)  
½ medium red capsicum, sliced (¼ cup)  
30g cabbage, shredded (¼ cup)  
40g edamame beans (¼ cup)  
1/2 orange, flesh removed and sliced  
80g cooked chicken  
1 tbsp raisins

#### Dressing

½ orange, skin removed  
½ tsp apple cider vinegar  
½ tsp raw honey  
¼ cup coriander, finely chopped  
1 tbsp water  
Himalayan sea salt  
Freshly ground pepper

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Add all the salad ingredients to a bowl and combine.

Dressing - combine all dressing ingredients except the coriander in a food processor until smooth. Add coriander and pulse a few times until incorporated.

Add the dressing to the salad and toss to combine.

Serve!

## **WEEK TWO • DAY SIX SNACK**

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### **BERRY BLISS SMOOTHIE**

75g mixed berries (½ cup)  
200g low fat yoghurt  
10g protein powder  
250mL low fat milk (1 cup)

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Add all ingredients to a high speed blender and blend until smooth.

Pour into a glass and enjoy!

## WEEK TWO • DAY SIX DINNER

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### QUINOA TABOULI

180g cooked quinoa (1 cup)

Enjoy!

Small handful kale,  
shredded ( $\frac{1}{2}$  cup)

$\frac{1}{2}$  medium cucumber,  
sliced ( $\frac{1}{2}$  cup)

$\frac{1}{2}$  medium tomato, diced

2 tbsp red onion, diced

40g cooked lentils ( $\frac{1}{4}$  cup)

80g grilled chicken

$\frac{1}{4}$  cup lemon juice

$\frac{1}{2}$  cup mint, chopped

$\frac{3}{4}$  cup parsley, chopped

Combine all ingredients in a large bowl and toss to combine. Add a pinch of Himalayan sea salt to taste.



# DAY SEVEN



## WEEK TWO • DAY SEVEN BREAKFAST & SNACK

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### BAKED EGGS

2 pieces of rye toast  
20g low fat grated cheese  
2 eggs  
Small handful spinach ( $\frac{1}{2}$  cup)  
Small handful mushrooms, chopped ( $\frac{1}{3}$  cup)  
 $\frac{1}{3}$  medium tomato, chopped  
2 tbsp water

Preheat oven to 180C/360F. Grease a ramekin with coconut oil.

In a large bowl add the eggs and water, whisk to combine. Add the spinach, mushrooms, tomato and stir to combine. Transfer the egg mixture to your ramekin. Top with low fat grated cheese.

Bake in your preheated oven for 15-20 minutes or until the egg mixture is cooked and golden.

Serve with two pieces of toasted rye bread.

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### MANGO SMOOTHIE

100g low fat yoghurt  
1 mango  
30g rolled oats ( $\frac{1}{4}$  cup)  
10g protein powder  
1 tsp cinnamon  
1 cup water

Add all ingredients to a high speed blender and blend until smooth. Add more water if needed.

Pour into a glass and sip!

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## WEEK TWO • DAY SEVEN LUNCH

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### NORI ROLLS

2 sheets of nori  
45g brown rice ( $\frac{1}{4}$  cup)  
80g cooked chicken  
Small handful spinach ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  medium red capsicum, finely sliced ( $\frac{1}{2}$  cup)  
 $\frac{1}{2}$  small cucumber, finely sliced ( $\frac{1}{4}$  cup)  
 $\frac{1}{2}$  medium carrot, finely sliced ( $\frac{1}{2}$  cup)  
30g purple cabbage, shredded ( $\frac{1}{4}$  cup)  
100g low fat yoghurt

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Place 2 nori sheets shiny side down on your cutting board.

Fill with brown rice, chicken, spinach, capsicum, cucumber, carrot, beetroot and a drizzle of yoghurt.

Roll each nori sheet up tightly and slice into pieces with a sharp knife.

Serve!

## WEEK TWO • DAY SEVEN SNACK

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### SNACK MUESLI BARS

180g muesli (1½ cup)  
60g mixed nuts & seeds  
60g nut butter  
¼ cup water  
12 Medjool dates, pitted  
12 dried apricots, diced

Enjoy one of the muesli bars you made or follow the method below.

Mix together the mixed nuts, apricots and muesli in a large bowl. In a food processor add the nut butter, water and Medjool dates, mix until a paste has formed.

Add the date paste into the muesli and mix. Keep mixing until the date paste is fully coating all dry ingredients.

Line a baking tray with cling wrap and pour the mixture into the tray. Flatten down the top with the back of a spoon and place in the freezer to set for 1-2 hours.

Cut into bars. Eat one bar and wrap the rest in foil or cling wrap. Store in the freezer for an easy snack to go!

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## WEEK TWO • DAY SEVEN DINNER

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### DINNER PIZZA

90g cooked quinoa (½ cup)  
½ tsp Himalayan sea salt  
70mL water (¼ cup)  
1 tbsp mixed herbs  
1 egg  
20g low fat feta  
½ medium tomato, sliced  
Small handful spinach (½ cup)  
½ medium red capsicum, sliced (½ cup)  
½ medium carrot, sliced (½ cup)  
20g low fat grated cheese

Preheat oven to 220C/430F.

Add the quinoa, salt, water, mixed herbs and egg to a food processor and blend until a batter has formed.

Line a pizza tray with baking paper and spread the batter in a circle on the paper.

Bake the base for 15-20 minutes or until golden and slightly crispy.

Add the toppings to the pizza and return to oven for a further 5-10 minutes or until the toppings are warmed and the cheese has melted. Serve!



A healthy  
outside,  
starts from  
the inside.

- Robert Urich -