

WEEK 6 - RECIPES

MEDITERRANEAN DIET



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

CHOC-BANANA SMOOTHIE

Serves 1

INGREDIENTS

100g Banana
3.6g (2 tsp) Cacao powder
10g (2 tsp) Tahini
20g Fat free Greek yoghurt
300ml Skim cow milk

METHOD

1. Place all ingredients in blender, and blend until smooth.

APPLE PIE QUINOA PORRIDGE

Serves 1

INGREDIENTS

50g Uncooked quinoa
125ml Skim milk
75g (0.5 medium) Apple
1.3g (0.5 tsp) Cinnamon
8g (2 tsp) Sultanas
100ml Water

METHOD

1. Wash and grate the apple and set aside in a small bowl.
2. Rinse quinoa under running water and allow to drain.
3. Add rinsed quinoa, water and milk to a saucepan over high heat. Bring to the boil.
4. Reduce heat, add apple, cinnamon and sultanas and simmer for a further 10-15 minutes
5. Serve with additional cinnamon, as to liking.

WHIPPED COTTAGE CHEESE & BANANA 'CREPE'

Serves 1

INGREDIENTS

60g Cottage cheese, reduced fat
20mL Lemon juice
7.2g (1 tsp) Honey
75g Banana
50g (2 regular) Rye mountain bread
1.3g (0.5 tsp) Cinnamon
2.5g (1 tsp) Flaked almonds

METHOD

1. Using a blender, whip the ricotta, lemon juice and honey until smooth.
2. Layer the mountain bread slices on top of each other to increase the thickness of the crepe. Warm in the microwave for 30 seconds.
3. Spread cottage cheese evenly across the mountain bread. Slice banana finely and add to the mountain bread along with the flaked almonds.
4. Roll the mountain bread tightly to enclose the filling and enjoy.

MUSHROOM BRUSCHETTA

Serves 1

INGREDIENTS

4.6g (1 tsp) Extra virgin olive oil
40g Spinach
85g Button mushrooms
5g Fresh parsley
10g Fresh (or 1tsp dry) thyme
3g (1 clove) Garlic
30g (1 slice) Sourdough bread
1 Egg

METHOD

1. Prepare ingredients by slicing mushrooms and garlic finely. Roughly chop herbs and set aside.
2. Heat 1 tsp (4.6g) olive oil over a medium heat in a frying pan. Add garlic, stirring until fragrant.
3. Add mushrooms to garlic and cook until softens, for approximately 5 minutes.
4. Push mushrooms to one side of pan to keep warm, and crack egg in middle of pan. Cook egg for 3 minutes or until egg whites have set.
5. Remove egg from pan. Prior to removing mushrooms from pan, stir through herbs, spinach and season with salt and pepper.
6. Serve on top of lightly toasted sourdough.

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Breakfast

RASPBERRY YOGHURT POTS

Serves 1

INGREDIENTS

70g Frozen raspberries
1.3g (0.5 tsp) Cinnamon
200g No fat Greek yoghurt
40g Rolled oats

METHOD

1. Heat raspberries with cinnamon in a saucepan over a medium heat.
2. Cook for 5 minutes or until berries are heated through and the liquid has reduced.
3. Place yoghurt in a jar or small bowl. Pour over the berries.
4. Garnish with rolled oats and enjoy.

NUTTY BANANA TOASTIE

Serves 1

INGREDIENTS

50g Small banana
10g (2 tsp) Peanut or another nut butter
2 slices Sourdough bread
1.5g Cinnamon

METHOD

1. Mash banana with peanut butter and cinnamon in a small bowl.
2. Spread mixture over 1 slice of bread, and layer with remaining slice on top.
3. Toast in sandwich press until cooked to liking.

BASIL AND CHILI SCRAMBLED EGGS

Serves 1

INGREDIENTS

2 Eggs
4.6g (1 tsp) Extra virgin olive oil
10g Fresh basil
20g Reduced fat feta
0.5 Small red chilli or a good sprinkle of dry flakes
30g (1 slice) Sourdough or wholemeal bread

METHOD

1. Crack eggs into a bowl and whisk together with a fork. Finely slice the chilli and remove the seeds (optional). Add the chilli to the eggs and season with salt and pepper.
2. Heat a small saucepan with olive oil over a low heat. Once the oil has heated, slowly pour in the eggs.
3. Use a wooden spoon or spatula to slowly stir the eggs. Stir using an inwards direction to keep the mixture from sticking to the sides of the pan.
4. When the eggs begin to look silky but still runny, roughly tear the basil leaves and add to the eggs. Crumble the feta over the eggs and remove from the heat.
5. Serve with a slice of toasted bread.

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Snacks

MINI GREEK SALAD CUPS

Serves 1

INGREDIENTS

100g Cherry tomatoes
40g Reduced fat feta cheese
15g (0.25 cup) Fresh basil leaves
60g (0.5 small) Cucumber

METHOD

1. Cut cucumber and feta into 1cm pieces.
2. Combine in cup with cherry tomatoes and basil and serve.

TOMATO RICOTTA CRISP

Serves 1

INGREDIENTS

11g (1 crispbread) Ryvita crispbread
75g (0.5 medium) Tomato
20g Reduced fat ricotta cheese

METHOD

1. Slice tomato thickly and season with salt and pepper.
2. Spread ricotta evenly over Ryvita.
3. Top with tomato slices to serve.

BERRY SMOOTHIE

Serves 1

INGREDIENTS

75g (0.5 cup) Frozen mixed berries
150ml Reduced fat milk
3.5g (0.5 tsp) Honey

METHOD

1. Blend all ingredients until combined and serve.

BERRY YOGHURT CUP

Serves 1

INGREDIENTS

100g (0.5 tub) No fat Greek yoghurt
25g (2 Tb) Frozen raspberries
3.6g (0.5 tsp) Honey

METHOD

1. Microwave raspberries on high with 1 Tb of water for 3 minutes.
2. Drain excess liquid.
3. Stir berries through yoghurt and drizzle with honey to finish.

SWEET CRACKERS

Serves 1

INGREDIENTS

15g (6 regular round) Brown rice crackers
40g (2 Tb) Reduced fat ricotta
50g (6 small) Strawberries

METHOD

1. Cut strawberries in half.
2. Spread ricotta evenly across crackers.
3. Top crackers with strawberries and serve.

WARM CHOCOLATE SMOOTHIE CUP

Serves 1

INGREDIENTS

200ml Skim milk
3.5g (0.5 Tb) Cocoa powder
5g (1 tsp) Vanilla extract
5g (1 tsp) Maple syrup
40g (0.5 small) Banana
1.3g (0.5 tsp) Cinnamon

METHOD

1. Heat milk in microwave until warmed through.
2. Combine all ingredients in blender and serve.

3-INGREDIENT BANANA SMOOTHIE

Serves 1

INGREDIENTS

50g (0.5 medium) Banana
1.3g (0.5 tsp) Cinnamon
150ml Skim milk

METHOD

1. Combine all ingredients in blender and blend.

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Lunch & Dinner

RUMP STEAK WITH HERBED MUSHROOM RICE

Serves 1

INGREDIENTS

80g Beef rump steak, trimmed
50g (0.25 cup) Brown rice
85g (1 cup) Mushrooms
4.6g (1 tsp) Extra virgin olive oil
1.5g (0.5 clove) Garlic
15g (0.25 cup) Parsley
15g (0.25 cup) Dill
20ml (1 Tb) Lemon juice
6ml (1 tsp) Worcestershire sauce
90g (2 cups) Spinach
Salt and pepper, to season

METHOD

1. Heat non-stick saucepan over medium heat.
2. Slice mushrooms and garlic and add to saucepan cooking for 5 minutes.
3. Add brown rice, Worcestershire sauce and 250ml chicken stock. Bring to boil and then reduce heat, stirring frequently, for 20 minutes. Add spinach during final 2 minutes of cooking and stir through until wilted.
4. Meanwhile, heat oil in frypan over medium-high heat.
5. Season beef with salt and pepper. Cook for 3 minutes each side for medium steak, or as cooked to liking.
6. Set aside and allow to rest for 5 minutes to seal in juices.
7. Remove mushroom rice from heat. Roughly chop parsley, dill and stir through rice. Finish with a squeeze of lemon juice.
8. Slice beef rump thinly and serve on top of herbed mushroom rice.

GREEK GRAIN GOODNESS

Serves 1

INGREDIENTS

90g (0.5 cup) Microwavable brown rice, or cooked brown rice
45g (0.25 cup) Brown lentils
37g (0.25 medium) Red onion
12g (1 Tb) Dried cranberries
15g (0.25 cup) Fresh parsley
15g (0.25 cup) Fresh coriander
4.6g (1 tsp) Extra virgin olive oil
5g (2 tsp) Flaked almonds
20g (1 Tb) Fat free Greek yoghurt
20ml (1 Tb) Lemon juice
45g (1 cup) Spinach
100g Zucchini
3.6g (0.5 tsp) Honey

METHOD

1. Prepare salad by slicing red onion, roughly chopping herbs and grating zucchini.
2. Cut dried cranberries in half and add to salad bowl along with the herbs, spinach, zucchini, red onion and brown lentils.
3. Cook brown rice in saucepan according to packet instructions, or microwave until heated through.
4. Mix Greek yoghurt with lemon juice, honey and olive oil.
5. Add brown rice and dressing to salad, toss well, and finish with flaked almonds.

HERBED CRUSTED SALMON WITH WARM BRUSCHETTA SALAD

Serves 1

INGREDIENTS

100g (1 small) Salmon fillet
10g (1 Tb) Breadcrumbs
15g (0.25 cup) Parsley
5ml (1 tsp) Lemon juice
1.5g (0.5 clove) Garlic
125g (0.5 punnet) Cherry tomatoes
60g (0.5 small) Red onion
45g (3/4 cup) Fresh basil
60g (1 cup) Rocket
45g (1 cup) Spinach
5g (1 tsp) Balsamic vinegar
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Preheat oven to 200 degrees.
2. Slice garlic, roughly chop parsley and add to bowl along with breadcrumbs and lemon juice. Season well with salt and pepper.
3. Place salmon on a baking tray lined with baking paper, skin side down. Pat salmon dry with paper towel and press breadcrumb mix firmly onto salmon.
4. Slice red onion and scatter around salmon along with cherry tomatoes. Drizzle with olive oil and balsamic vinegar.
5. Bake for 20 minutes or until salmon flakes easily with fork.
6. Reserve juices from tray, and mix with red onion, tomatoes, fresh basil, spinach and rocket in a bowl.
7. Serve salad alongside herb crusted salmon.

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Lunch & Dinner

FAST CHICKEN, BASIL & TOMATO SOUP

Serves 1

INGREDIENTS

80g Chicken breast
35g (1/3 cup) Spiral pasta
1.5g (0.5 clove) Garlic
20g (1 Tb) Tomato paste
500ml Chicken stock
200g (0.5 tin) Tinned tomatoes
65g (0.5 medium) Carrot
50g (0.5 small) Zucchini
4.6g (1 tsp) Extra virgin olive oil
15g (0.25 cup) Fresh basil
2.7g (1 tsp) Dried oregano

METHOD

1. Heat oil in saucepan over medium heat.
2. Dice chicken breast and cook stirring for 4 minutes until browned.
3. Finely slice garlic and cut carrot and zucchini into small cubes.
4. Add garlic to chicken, cooking for a further 2 minutes, before adding tomato paste, carrot and zucchini.
5. Cook for 1 minute and then add chicken stock, tinned tomatoes, oregano and pasta. Bring to boil and then reduce heat to medium, allowing to simmer for 12 minutes or until pasta is al dente.
6. Serve soup with fresh basil.

HERBED HONEY BEEF SKEWERS & BEETROOT COUS COUS

Serves 1

INGREDIENTS

50g Beef sirloin
3g (1 tsp) Minced garlic
2.7g (1 tsp) Dried rosemary
2.7g (1 tsp) Dried oregano
20ml (1 Tb) Lemon juice
7.2g (1 tsp) Honey
4.6g (1 tsp) Extra virgin olive oil
45g (0.25 cup) Cous cous
45g (0.25 cup) Canned beetroot
85g (1.5 cup) Rocket
35g (0.5 small) Carrot
5g (1 tsp) Balsamic vinegar
125ml Chicken stock, salt reduced
15g (0.25 cup) Fresh dill

METHOD

1. Slice beef into cubes and add to bowl, along with garlic, lemon juice, rosemary and oregano. Allow to marinate for 15 minutes or overnight if time permits.
2. To cook, heat oil in frypan over medium-high heat.
3. Thread beef onto skewer, season with salt and pepper and cook for 6-8 minutes turning every 2 minutes.
4. Remove from heat, drizzle over honey and rest for 5 minutes.
5. While the beef is cooking, prepare cous cous by heating chicken stock in microwave.
6. Pour stock over cous cous and allow to stand, covered, until liquid is absorbed by cous cous.
7. Grate carrot and finely slice beetroot. Add to cous cous along with rocket and chopped dill.

8. Drizzle with balsamic vinegar and toss to combine.

9. Serve beetroot cous cous with herbed honey skewers.

EASY LAMB KEBAB

Serves 1

INGREDIENTS

66g (1 regular round) Wholemeal pita
80g Lean diced lamb
20g (1 Tb) Fat free Greek yoghurt
3g (1 clove) Garlic
20ml (1 Tb) Lemon juice
50g (1.5 cup) Mixed leafy greens
120g (1 small) Tomato
100g (0.5 medium) Cucumber
40g (0.25 medium) Red onion
2.7g (1 tsp) Oregano
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Marinate lamb in lemon juice, garlic and oregano for 15 minutes.
2. Heat olive oil in frypan over medium-high heat.
3. Cook lamb for 6-8 minutes, or until cooked to liking. Rest covered for 5 minutes to seal in juices.
4. Dice tomato, cucumber and red onion and mix through leafy greens.
5. Warm pita in sandwich press or microwave. Assemble kebab by adding salad and marinated lamb.
6. Dress with Greek yoghurt and squeeze of lemon to finish.

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Lunch & Dinner

FISH IN WHITE BEAN, KALE & TOMATO SAUCE WITH CRUSTY BREAD

Serves 1

INGREDIENTS

100g White fish, such as ling
4.6g (1 tsp) Extra virgin olive oil
200g (0.5 can) Tinned tomatoes, salt reduced
100ml Chicken stock, salt reduced
65g (0.25 cup) Cannellini beans
3g (1 clove) Garlic
20ml (1 Tb) Lemon juice
15g (0.25 cup) Fresh parsley
115g (1 cup) Kale, stems removed
30g (1 slice) Sourdough

METHOD

1. Heat olive oil in saucepan over medium heat.
2. Finely slice garlic and add to saucepan, cooking for 2 minutes until fragrant.
3. Add tomatoes, chicken stock and cannellini beans to saucepan. Bring to boil then reduce to a gentle simmer.
4. Slice fish into long strips and add to saucepan.
5. Remove stems from kale and add leaves to simmering sauce. Cook for 5 minutes, or until fish flakes easily with a fork and kale has wilted.
6. Serve with a squeeze of lemon juice, roughly chopped parsley and freshly toasted sourdough.

CHILLI CON VEG WITH BROWN RICE

Serves 1

INGREDIENTS

110g (0.5 small) Red capsicum
4.6g (1 tsp) Extra virgin olive oil
60g (1/3 cup) Red kidney beans
200g Tinned diced tomatoes
3g (1 clove) Garlic
75g (0.5 medium) Red onion
1.3g (0.5 tsp) Cumin
1.3g (0.5 tsp) Paprika
2.7g (1 tsp) Oregano
10g (2 Tb) Fresh coriander
20g (1 Tb) Fat free Greek yoghurt
100g Butternut pumpkin
55g (1/3 cup) Microwavable or cooked brown rice

METHOD

1. Heat olive oil in frying pan over medium heat.
2. Add onion, cooking for 4 minutes or until softens. Add garlic stirring for a further 3 minutes.
3. Add cumin, paprika, oregano to pan and stir until fragrant.
4. Cut pumpkin into small 2cm chunks.
5. Add pumpkin to pan, along with the tinned tomatoes and kidney beans. Cook for 15 minutes, or until pumpkin softens.
6. Garnish with Greek yoghurt and coriander and serve with rice.