

PROTEIN-PACKED RECIPES

There are few things better than free recipes. That's why we've scrolled through our massive recipe library to pick out a few of our fav protein rich recipes for you. We have a few meatbased meals, as well as veggie options too.

Some known benefits of proteins include:

- + Increase or maintenance of muscle mass and strength
- + Weight maintenance
- Appetite, hunger and craving control
- + Good bone health
- + Boost metabolism
- + Recovery from injuries

Just don't forget to always consume a well-rounded diet with all the goodness you need to live a healthy and happy lifestyle.

ENJOY XX



If you'd like some advice and guidance about nutrition, find out more about our <u>Nutrition Coaching</u> sessions, or chat to a <u>Personal Trainer</u> about setting health and fitness goals.

Information shared in this document is of a general nature and does not take into consideration your personal or health conditions.

Always consult your health or medical professional for health-related advice.





PROTEIN SOURCES

ANIMAL SOURCES OF PROTEIN

We can get protein from animal sources, many of which you probably eat already. Healthier sources of protein from animals include the following:

- + Eggs
- + Poultry
- + Fish
- + Grass fed red meat
- + Milk
- Whey protein
- + Cottage cheese
- + Feta cheese
- + Goat cheese
- + Buffalo
- + Mozzarella
- + Ricotta
- + Greek yogurt



If you'd like to know more about protein sources, how much you should be consuming (portion control), how foods impact your mood, and which foods are best for your gut health, find out more about our newly launched Food & Mood program, designed for long-term and sustainable health and wellbeing.

You can get all the details from your local Fernwood club.



PLANT SOURCES

These sources of protein, which are plant-based, are some foods you may enjoy already, but didn't know were a good source and substitute for animal sources of protein. Plant-based proteins include the following:

- **+** Quinoa
- Spirulina (poweder or capsules)
- + Rolled/steel-cut oats
- + Edamame beans
- + Lentils
- + Chickpeas
- + Soy beans/tofu
- Kidney beans
- + Pinto beans
- + Black beans
- + Green peas
- + Nuts (any)
- + Organic pea or rice protein powder





CREAMY BEEF AND TOMATO FETTUCCINE

INGREDIENTS

1½ cups (160g) dry fettuccine
2 tbsp olive oil
240 g lean beef fillet, minced
2 small brown onions, thinly sliced
2 cups (160g) sliced mushrooms
2 garlic cloves, finely chopped
1 tsp ground paprika
½ cup (100g) tomato paste
3-4 cups (800g) canned diced
tomatoes

METHOD

- **01.** Boil the fettuccine in a saucepan of lightly salted water.
- **02.** In the meantime, add half the oil to a non-stick frying pan and heat over high heat. Cook the beef to your liking. Remove from the pan and set aside.
- o3. Reduce to medium heat and add the remaining oil. Add the onions and mushrooms. Cook until soft. Add the garlic and paprika and cook for 1 minute. Add the tomato paste, diced tomatoes, mustard and beef to the pan and stir to combine. Continue to cook until heated through.

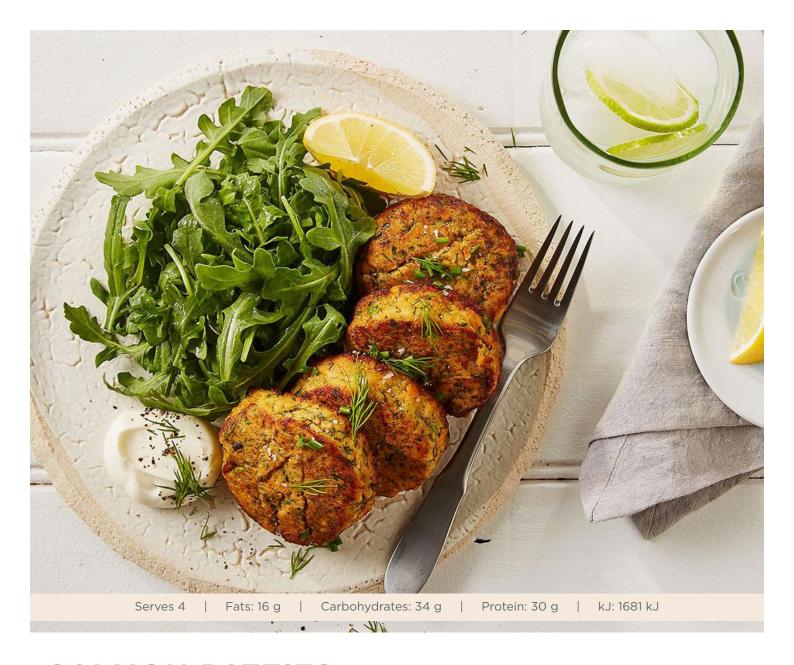
04. Remove from heat and stir in sour cream and cooked fettuccine. Serve and enjoy.



2 tsp wholegrain mustard

yoghurt

2 tbsp extra light sour cream or



SALMON PATTIES

INGREDIENTS

2 medium (560g) sweet potatoes 2 ½ cup (360g) canned salmon 1 cup (100g) frozen peas

- 3 cups (340g) zucchini
- 2 large eggs
- 2 tbsp whole meal flour
- 6 tbsp (40g) spring onion

 $\frac{1}{2}$ cup fresh herbs, dill or chives

1 tbsp olive oil

1/4 cup (80g) Greek yoghurt

Salt and pepper

1/4 cup (60ml) lemon juice

 $4 \frac{1}{2}$ cups (120g) fresh rocket

METHOD

- **01.** Steam, microwave or boil sweet potato until cooked.
- **02.** Grate zucchini, de-frost peas, and chop the herbs (Reserve 2tsp of herbs for serving).
- **03.** Mash the potato and add drained salmon, lightly beaten egg, vegetables, herbs and flour. Season with salt and pepper.
- **04.** Divide into portions and shape into a flat patty.
- **05.** Heat oil in a non-stick frying pan over a medium heat.
- **06.** Cook patties for around 2 minutes on each side.

07. Enjoy with rocket, a dollop of yoghurt, fresh lemon and herbs.





MEDITERRANEAN STYLE CHICKEN PASTA

INGREDIENTS

3/4 cups (80g) dry whole meal or gluten free penne

Olive oil spray

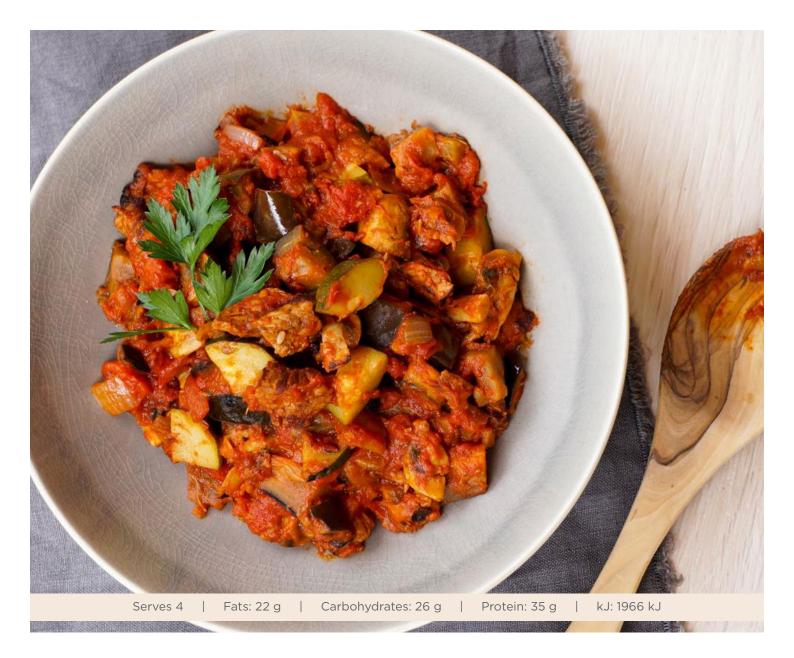
320g skinless chicken breast meat, diced

- 4 cups (360g) eggplant, roughly chopped
- 2 garlic cloves, crushed
- 2 tsp oregano leaves
- 2 spring onions, chopped
- 1 cup (60g) sundried tomatoes
- 2 small tomatoes, diced
- 2 cups baby spinach leaves
- 3/4 cup (120g) reduced fat feta cheese, crumbled

METHOD

- **01.** Cook the pasta according to the packet instructions. Drain well.
- **02.** In the meantime, spray a nonstick frying pan with half the oil and heat. Add the eggplant and chicken. Stir-fry until the eggplant is soft and browned and the chicken is cooked through. Remove from pan and set aside.
- **03.** Using the same frying pan spray with the remaining oil, heat and add the garlic, oregano and spring onions and stir fry for no longer than 1 minute. Add the fresh tomatoes and cook for 1-2 minutes.
- **04.** Add the eggplant, chicken, sundried tomatoes and spinach to the frying pan. Cook for about 1 minute or until the spinach is almost wilted. Remove from heat.
- **05.** Combine the penne with the sauce and stir to combine. Serve with a sprinkling of crumbled feta and season with cracked pepper. Enjoy.





VEAL RATATOUILLE

INGREDIENTS

400g lean boneless veal

2 tbsp olive oil

1 small brown onion

2 garlic cloves

3 cups (400g) button mushrooms

8 cups (600g) eggplant

8 cups (1.6 kg) canned tomatoes, chopped

4 tsp oregano

2 tbsp olive oil

1 cup (180g) zucchini

METHOD

- **01.** Roughly chop the zucchini, mushrooms and eggplant.
- **02.** Cut the veal into bit size cubes and sear on all sides in a hot frying pan. Remove from pan and set aside.
- o3. Spray the frying pan with oil and add the finely chopped onion and garlic. Cook until onion is lightly browned. Add zucchini, mushrooms, eggplant and tomatoes. Return veal to the frying pan, cover and simmer gently for 30 minutes until veal is tender and sauce has thickened. Add a little water if necessary.

04. Stir through oregano, season with salt and pepper and serve.





ITALIAN VEGETABLE BAKE

INGREDIENTS

3/4 cup (140g) raw lentils

2 tbsp olive oil

1 medium onion, finely chopped

2 garlic cloves, crushed

6 cups (440g) broccoli florets

1 cup chopped red capsicum

3-4 (300g) carrots, coarsely chopped

2 cups baby spinach

6 small tomatoes, diced

1 cup gluten free liquid vegetable stock

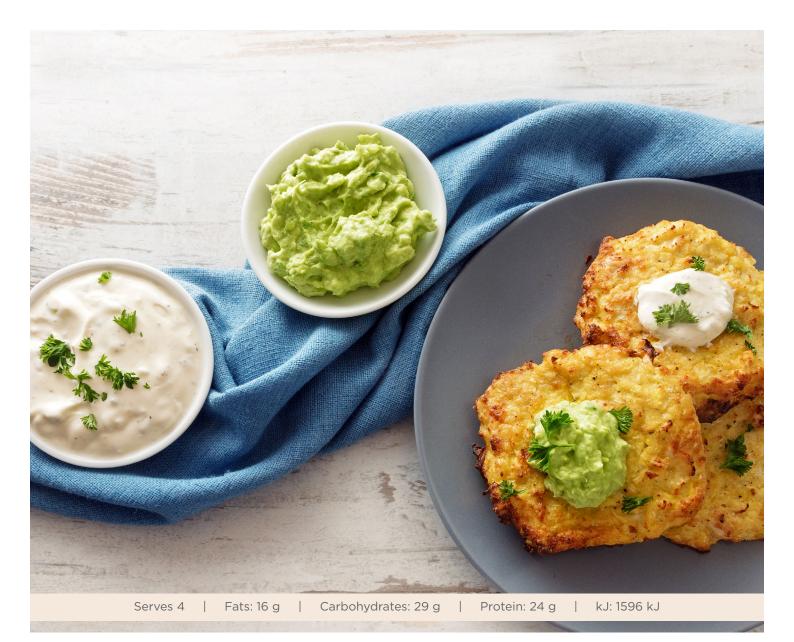
4 tbsp grated parmesan

1 cup (200g) reduced fat grated cheese

METHOD

- **01.** Pre heat oven to 190°C.
- **02.** Cook lentils as per packet instructions. Drain well.
- **03.** In the meantime, add oil to a non-stick frying pan and heat. Cook the garlic and onion until softened. Add the broccoli, capsicum and carrots and cook for 3-4 minutes.
- **04.** Add the vegetables, cooked lentils, spinach, tomatoes and stock to a baking dish. Stir to combine. Sprinkle with cheeses and bake for 15 minutes or until golden brown. Serve and enjoy.





VEGETABLE ROSTI WITH GARLIC AND CHIVE COTTAGE CHEESE

INGREDIENTS

³/₄ cup (140g) raw lentils

2 tbsp olive oil

1 medium onion, finely chopped

2 garlic cloves, crushed

6 cups (440g) broccoli florets

1 cup chopped red capsicum

3-4 (300g) carrots, coarsely chopped

2 cups baby spinach

6 small tomatoes, diced

1 cup gluten free liquid vegetable stock

4 tbsp grated parmesan 1 cup (200g) reduced fat grated cheese

METHOD

- **01.** Pre heat oven to 190°C.
- **02.** Cook lentils as per packet instructions. Drain well.
- 03. In the meantime, add oil to a non-stick frying pan and heat. Cook the garlic and onion until softened. Add the broccoli, capsicum and carrots and cook for 3-4 minutes.

04. Add the vegetables, cooked lentils, spinach, tomatoes and stock to a baking dish. Stir to combine. Sprinkle with cheeses and bake for 15 minutes or until golden brown. Serve and enjoy.





Don't forget to tag us in your cooking creations with #FernwoodFitness on Instagram and Facebook.

Follow the official Fernwood Fitness accounts for competitions, recipes, health and fitness tips, and more!

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