

WEEK 1 - RECIPES

MEDITERRANEAN DIET

Breakfast



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

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.

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.

KIWI-CHIA PUDDING

Serves 1

INGREDIENTS

30g (2 Tb) Chia seeds
200ml Skim milk
2.5g (0.5 tsp) Vanilla extract
6.7g (1 tsp) Maple syrup or honey
80g Kiwi fruit
3.6g (2 tsp) Coconut flakes

METHOD

1. Add chia seeds and milk to jar, glass or small bowl. Stir well with spoon.
2. Add vanilla extract along with maple syrup or honey (to sweeten, if preferred)
3. Place in refrigerator to set for at least 4 hours, preferably overnight.
4. Serve with sliced kiwifruit and coconut flakes.

CHOC-BANANA PORRIDGE

Serves 1

INGREDIENTS

40g (0.5 cup) Rolled oats
125ml Reduced fat cow's milk or milk of choice
125ml Water
50g (0.5 medium) Banana, ripe
1.3g (0.5 tsp) Cinnamon
3.6g (2 tsp) Cocoa or cacao powder
1.3g (0.25 tsp) Vanilla extract
pinch of Salt

METHOD

1. Place oats in saucepan, and cover with milk and water.
2. Use a fork to mash the banana and mix through the oats along with the cinnamon, cocoa/cacao, vanilla extract and salt.
3. Place oats in refrigerator and leave to soak overnight for extra creaminess prior to cooking. You may need to add extra water to loosen the mixture in the morning.
4. Alternatively, cook the oats right away. Bring to the boil over a high heat before reducing to a low heat.
5. Allow the oats to simmer for 5 minutes or until the porridge is thick and creamy.

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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.

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.

BLUEBERRY OVERNIGHT OATS

Serves 1

INGREDIENTS

45g Rolled oats
250ml Skim milk
1.3g (0.5 tsp) Cinnamon
60g Frozen blueberries or raspberries
2.5g (0.5 tsp) Vanilla extract

METHOD

1. Place the oats in a glass, jar or small bowl.
2. Add milk, vanilla extract and frozen berries to oats and sprinkle with cinnamon.
3. Mix well and place in fridge overnight, or until creamy and thick.

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Snacks

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.

CRISPBREAD WITH HUMMUS

Serves 1

INGREDIENTS

12g (2 slices) Ryvita crispbread
30g (1.5 Tb) Store bought hummus

METHOD

1. Divide hummus evenly between 2 Ryvita, spread, 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.

PEANUT BUTTER BANANA BITES

Serves 1

INGREDIENTS

50g (0.5 medium) Banana
12g (2 tsp) Peanut butter

METHOD:

1. Slice banana into rounds
2. Spread peanut butter on top of banana and 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.

OATIE MUG

Serves 1

INGREDIENTS

13g (2 Tb) Rolled oats
100ml Reduced fat milk
1.3g (0.5 tsp) Cinnamon
3.6g (0.5 tsp) Honey

METHOD

1. Place all ingredients in mug.
2. Heat in microwave on high for 1 minute, or until oats have softened and doubled in size.

HOMEMADE TZATZIKI WITH RAW VEG STICKS

Serves 1

INGREDIENTS

80g (1/3 cup) Fat free Greek
yoghurt
1.5g (0.5 tsp) Minced garlic
55g (0.25 medium) Cucumber
10ml (2 tsp) Lemon juice
10g (1 large stick) Celery
65g (0.5 medium) Carrot

METHOD

1. Grate cucumber and use paper towel to absorb excess moisture.
2. Combine cucumber, yoghurt, lemon juice and garlic in bowl.
3. Cut celery and carrot into sticks and serve with tzatziki.

MINI GREEK SALAD CUP

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.

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Lunch & Dinner

OPEN TUNA TOASTS

Serves 1

INGREDIENTS

60g (2 slices) Sourdough
4.6g (1 tsp) Extra virgin olive oil
50g (1/2 small tin) Tuna, in spring water
40g (0.25 medium) Red onion
20ml (1 Tb) Lemon juice
150g (0.5 medium) Tomato
10g (2 Tb) Fresh basil
2.5g (0.5 tsp) Dijon mustard
60g (1 cup) Rocket
20g Grated reduced fat mozzarella

METHOD

1. Combine oil with lemon juice and mustard in a bowl and whisk to blend together.
2. Dice red onion and tomato and add to bowl, along with tuna, rocket and basil. Season with salt and pepper.
3. Toast sourdough until cooked to liking.
4. Spread half of the tuna mix on 1 slice and place the remaining mix on the 2nd slice of bread.
5. Sprinkle over grated mozzarella, and place toasts under grill, until the cheese is melted and bubbling.

NO FUSS LENTIL SOUP

Serves 1

INGREDIENTS

35g (0.25 medium) Brown onion
130g (1 medium) Carrot
3g (1 clove) Garlic
90g (0.5 cup) Cooked brown lentils
40g (1 medium stalk) Celery
250ml (1 cup) Vegetable stock
150g Tinned tomatoes
5g (1 Tb) Fresh parsley
20mL (1 Tb) Fresh lemon juice
20g Reduced fat cheddar cheese, grated
30g (1 slice) Wholemeal bread
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Heat olive oil in a saucepan over medium heat.
2. Add onion, carrot, celery, and garlic. Season with salt and pepper and cook for 3-5 minutes stirring occasionally, until onion softens.
3. Add tinned tomatoes, lentils and vegetable stock and bring to the boil. Cook for 10 minutes or until vegetables soften.
4. Serve with lemon juice, fresh parsley and grated cheese to finish.

LAMB PITA PIZZAS

Serves 1

INGREDIENTS

55g (0.25 cup) Lean lamb mince
40g (0.25 medium) Red onion
3g (1 clove) Garlic
85g (0.5 cup) Chickpeas
100g Tinned diced tomatoes
65g (0.5 medium) Carrot
28g (1 small round) Wholemeal pita
20g (1 Tb) No fat Greek yoghurt
30g (0.5 cup) Rocket, to serve
2.7g (1 tsp) Cumin
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Preheat oven to 200 degrees.
2. Heat olive oil over medium heat in non-stick frypan.
3. Dice red onion and add to frypan, cooking for 4 minutes or until softened.
4. Add lamb mince and cook for further 5 minutes or until browned.
5. Finely slice garlic and mix through lamb mince. Add cumin and stir for 1 minute until fragrant.
6. Pour in tinned tomatoes and chickpeas and bring sauce to a boil. Reduce heat and allow to simmer for 5 minutes, until sauce begins to reduce.
7. Grate carrot and stir through sauce before removing from heat. Spread sauce over pita bread and transfer to oven.
8. Bake for 15 minutes or until pita is crisp.
9. Serve with fresh rocket and Greek yoghurt.

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Lunch & Dinner

TUNA PUTTANESCA

Serves 1

INGREDIENTS

50g (0.5 small can) Tuna, canned in spring water
3g (1 clove) Garlic
10g (1 serve) Anchovy fillet
200g (0.5 can) Diced tomatoes
1.3g (0.5 tsp) Dried chilli flakes
90ml Water
10g (2 whole) Black olives, pitted
10g (2 Tb) Fresh parsley
55g (0.5 cup) Linguine
90g (2 cup) Spinach
100g (0.5 small) Green capsicum

METHOD

1. Heat a non-stick frypan over medium heat. Roughly dice anchovy and capsicum and add to fry pan along with garlic and chilli flakes. Cook, stirring for 1 minute.
2. Add canned tomatoes, season with salt and pepper, and bring the sauce to a boil.
3. Reduce heat to a gentle simmer, add spaghetti and cook for 10 minutes. If the sauce begins to thicken too much while cooking you may need to add extra water.
4. Cut olives in quarters and add to spaghetti along with the drained tuna and spinach. Cook for a further two minutes, until the tuna is heated through and pasta is al dente.
5. Serve with freshly chopped parsley and enjoy.

EGGPLANT & LENTIL PARMIGIANA

Serves 1

INGREDIENTS

320g (1 small) Eggplant
138g (0.5 cup) Store bought pasta sauce
130g (0.5 cup) Reduced fat ricotta cheese
20g (4 Tb) Basil leaves
4.6g (1 tsp) Extra virgin olive oil
30g (2 Tb) Brown lentils
3g (1 clove) Garlic
60g (1 cup) Rocket leaves
40g Chargrilled capsicum

METHOD

1. Preheat the oven to 180 degrees.
2. Slice the eggplant into rounds, approximately 1cm thick.
3. Line a baking dish with baking paper and spread the eggplant evenly across the bottom of the dish.
4. Crush the garlic and slice finely. Mix through Napolitano sauce.
5. Layer the eggplants with lentils, capsicums, basil, pasta sauce, finishing with the ricotta cheese.
6. Bake for 45 minutes or until eggplant is tender when poked with fork.
7. Serve with rocket, dressed in olive oil.

STEAMED FISH PARCEL WITH LEMON PARSLEY COUS COUS

Serves 1

INGREDIENTS

100g Firm white fish
125g (0.5 punnet) Cherry tomatoes
1.3g (0.5 tsp) Thyme
1.3g (0.5 tsp) Cumin
10g (2 tsp) Balsamic vinegar
4.6g (1 tsp) Extra virgin olive oil
20ml (1 Tb) Lemon juice
3g (1 clove) Garlic
45g (0.25 cup) Cous cous
15g (0.25 cup) Fresh parsley
150ml Chicken stock, reduced salt

METHOD

1. Preheat oven to 200 degrees.
2. Place fish on a sheet of aluminium foil and rest on a baking tray.
3. Finely slice garlic and add to fish along with the tomatoes and thyme. Drizzle with lemon juice, olive oil, cumin and balsamic vinegar.
4. Wrap fish in foil and secure tightly. Bake in oven for 20-25 minutes, or until fish is cooked through.
5. As the fish cooks, heat chicken stock in the microwave and pour over cous cous. Allow to stand for 5 minutes or until liquid is absorbed. Roughly chop parsley and stir through cous cous.
6. Serve alongside fish and a lemon wedge.

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Lunch & Dinner

YOGHURT-MARINATED CHICKEN PITA

Serves 1

INGREDIENTS

60g (0.5 small) Chicken breast
40g (2 Tb) Fat free Greek yoghurt
4.6g (1 tsp) Extra virgin olive oil
1.3g (0.5 tsp) Dried oregano
3g (1 tsp) Minced garlic
Pinch of salt and pepper
40ml (2 Tb) Lemon juice
66g (1 regular round) Wholemeal pita
120g (0.5 medium) Cucumber
75g (0.5 medium) Tomato
45g (1 cup) Spinach
40g (0.25 medium) Red onion
20mL Skim cow's milk
40g (0.5 small) Carrot

METHOD

1. Whisk together 20g yoghurt, milk, garlic, 20mL lemon juice, oregano, salt and pepper. Cut chicken into bite sized cubes and add to marinade. Set aside to marinate as you prepare the rest of the ingredients, or overnight if time permits.
2. Grate carrot and dice tomato, red onion and cucumber finely. Add to bowl along with spinach. Mix well.
3. Heat olive oil in non-stick griddle pan over medium heat. Add chicken, rotating frequently for 8 minutes, or until cooked through.
4. In a small bowl, combine 20ml lemon juice and 20ml yoghurt. Mix to combine well.
5. Assemble pita: Warm the pita in microwave or sandwich press. Add salad, chicken and finish with lemon yoghurt.

BEEF STROGANOFF SOUP

Serves 1

INGREDIENTS

80g Beef steak
4.6g (1 tsp) Extra virgin olive oil
45g (0.5 cup) Button mushrooms
1.5g (0.5 tsp) Garlic
35g (0.25 medium) Brown onion
10g (0.5 Tb) Tomato paste, no added salt
5g (1 tsp) Worcestershire sauce
380ml Chicken stock, reduced salt
30g (0.25 cup) Pearl cous cous, uncooked
40g (2 Tb) No fat Greek yoghurt
20ml (1 Tb) Lemon juice
15g (0.25 cup) Fresh parsley
5g (2 tsp) Plain flour
120g (1 small) Tomato

METHOD

1. Heat olive oil in saucepan over medium heat.
2. Cut beef steak into bite size pieces and add to saucepan. Cook for 5 minutes, or until brown. Remove from pan and set aside.
3. Slice mushrooms, garlic and onion finely and add to pan. Cook for 3 minutes, or until it begins to soften.
4. Dice tomato and add to pan along with tomato paste and Worcestershire sauce. Stir for 1 minute.
5. Pour in stock and bring soup to a boil. Reduce heat to a simmer and add in pearl cous cous and beef steak. Cook for 10 minutes, or until cous cous is cooked through.

6. Using a ladle, remove 1/2 cup of liquid from the stock. Whisk liquid with yoghurt and flour, ensuring there are no lumps.
7. Add mixture to soup and stir through to thicken soup.
8. Season with salt and pepper and serve with fresh parsley and lemon juice.