

# WEEK 3 - RECIPES

## MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD  
**NUTRITION**  
COACHING

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## Breakfast

### CRANBERRY CHOC MUESLI WITH GREEK YOGHURT

Serves 1

#### INGREDIENTS

20g (0.25 cup) Rolled oats  
4g (1 Tb) Sunflower seeds  
1.8g (1 tsp) Cacao  
2.6g (1 tsp) Cinnamon  
5g (1 tsp) Vanilla extract  
12g (1 Tb) Dried cranberries  
6.7g (1 tsp) Maple syrup  
3.6g (1 tsp) Chia seeds  
20ml Water  
200g Fat free Greek yoghurt

#### METHOD

1. Preheat oven to 180 degrees.
2. In a small bowl, combine all the ingredients, with the exception of the yoghurt, and mix well to combine.
3. Line a baking tray with baking paper and spread the muesli evenly on the tray.
4. Bake for 15-20 minutes, until lightly toasted.
5. Allow to cool for 5 minutes and serve with yoghurt.

### 3 INGREDIENT PANCAKES WITH BLUEBERRY SYRUP

Serves 1

#### INGREDIENTS

60g Cottage cheese, reduced fat  
20g Rolled oats  
90g (2 regular) Eggs  
55g Blueberries or any frozen berries  
1.3g (0.25 tsp) Vanilla extract  
0.6g (0.25 tsp) Cinnamon

#### METHOD

1. Set aside half of the blueberries and place all remaining ingredients in a blender.
2. Blend for 20 seconds, or until smooth and combined.
3. Heat a non-stick frypan over a medium heat.
4. Using a tablespoon, spoon the mixture into the centre of the pan to make one large pancake. Flip with a spatula once bubbles start to appear, cooking until both sides are golden brown.
5. While the pancake is cooking, microwave the blueberries with 1 tsp of water for 1 minute or until heated through. Remove pancake from pan and serve with blueberry syrup.

### CACAO MUG CAKE

Serves 1

#### INGREDIENTS

45g (1 regular) Egg  
7.2g (1 Tb) Cacao powder  
7g (1 tsp) Honey  
5g (1 tsp) Vanilla extract  
20g (2 Tb) Wholemeal flour  
40ml Skim milk  
60g Banana  
7g (2 tsp) Chia seeds

#### METHOD

1. Using a fork, mash the banana in a microwave safe mug.
2. Add the remaining ingredients to the banana, stirring well until combined.
3. Place in the microwave and cook on high for 2 minutes or until firm to touch.

### CHEAT'S APPLE CRUMBLE

Serves 1

#### INGREDIENTS

135g (1 small) Apple  
1.3g (0.5 tsp) Cinnamon  
5g (1 tsp) Lemon juice  
5g (1 tsp) Vanilla extract  
20mL Water  
40g Nut-free toasted muesli  
100g Fat free Greek yoghurt

#### METHOD

1. Slice apple into cubes. Place in a microwave safe dish, along with water, cinnamon, lemon juice and vanilla extract.
2. Microwave for 4-5 minutes, or until soft.
3. Serve with yoghurt and muesli.

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### GREEN PEA LEMON SMASH ON TOAST WITH EGG

**Serves 1**

#### INGREDIENTS

45g (1 regular) Egg  
75g (0.5 cup) Green peas, frozen  
3g (1 clove) Garlic  
10g (2 Tb) Mint  
10g (2 Tb) Parsley  
4.6g (1 tsp) Extra virgin olive oil  
20g Reduced fat feta  
30g (1 slice) Sourdough toast  
20mL (1 Tb) Lemon juice

#### METHOD

1. Heat a saucepan of water over medium heat. Add 1 tsp of vinegar to the water.
2. Crack the egg into a cup and using a knife or spoon, stir the water in a clockwise direction to create a whirl pool.
3. Lower the egg into the centre of the whirlpool and cook for 3-4 minutes, or until egg white is set.
4. Meanwhile, finely slice garlic and add to a microwave safe dish along with the peas, half of the mint, and salt. Cover peas with water and cook in microwave for 2-3 minutes or until heated through.
5. Reserve 1 Tb of the cooking liquid, and using a fork or blender, mash peas until smooth.
6. Add lemon juice, olive oil, feta, parsley and the remaining mint to the peas and stir to combine. Season with salt and pepper.
7. Toast sourdough bread, spread with green pea smash and finish with the poached egg on top.

### PINACH & FETA OMELETTE

**Serves 1**

#### INGREDIENTS

90g (2 regular) Eggs  
20g Cold water  
20g Reduced fat feta cheese  
45g Spinach  
30g (1 slice) Wholemeal bread  
4.6g (1 tsp) Extra virgin olive oil  
Pinch of salt and pepper

#### METHOD

1. Whisk eggs, water, salt and pepper in a small bowl until combined.
2. Heat a frypan over medium heat. Add the eggs to the pan and gently use a spatula to push the egg from the corners of pan into the centre, so that the uncooked egg can reach the hottest surface of the pan.
3. When there is no visible liquid remaining and the egg is set, add the spinach and feta to one half of the omelette.
4. Fold omelette in half with the spatula to enclose the filling.
5. Cook for a further minute to melt the feta and then remove from heat.
6. Serve with slice of toast.

### 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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## 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.

### 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.

### YOGHURT & STRAWBERRY SALSA

Serves 1

#### INGREDIENTS

70g (6 medium sized)  
Strawberries  
10g (2 Tb) Mint  
20ml (1 Tb) Lime juice  
7.2 (1 tsp) Honey  
100g (0.5 tub) Fat free  
Greek yoghurt

#### METHOD

1. Dice strawberries and add to small bowl.
2. Roughly chop mint and add to strawberries along with freshly squeezed lime juice and honey. Stir to combine.
3. Serve salsa with yoghurt.

### 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.

### 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.

### CINNAMON APPLE

Serves 1

#### INGREDIENTS

150g (1 medium) Apple  
1.3g (0.5 tsp) Cinnamon  
5ml (1 tsp) Water  
2.5g (0.5 tsp) Vanilla extract

#### METHOD

1. Cut apple in cubes, leaving skin on.
2. Add to bowl, and sprinkle with cinnamon, vanilla extract and water.
3. Microwave on high for 5 minutes or until soft when poked with fork.

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### Snacks

#### 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.

#### 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.

#### SPICED CHICKPEAS

Serves 1

##### INGREDIENTS

40g (0.25 cup) Canned chickpeas  
4.6g (1 tsp) Olive oil  
2.7g (1 tsp) Dukkah  
2.7g (1 tsp) Paprika  
2.7g (1 tsp) Rosemary

##### METHOD

1. Preheat oven to 200 degrees.
2. Rinse and drain chickpeas. Pat dry with paper towel.
3. Place chickpeas in bowl with olive oil, dukkah, paprika and rosemary. Mix to coat chickpeas well.
4. Place chickpeas on baking tray lined with baking paper. Roast for 8 minutes, until crisp and crunchy.

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## Lunch & Dinner

### GREEK MARINATED TOFU KEBABS, PITA & SALAD

**Serves 1**

#### INGREDIENTS

66g (1 regular) Wholemeal pita bread  
80g Firm tofu  
100g Tomato  
20ml (1 Tb) Lemon juice  
2.7g (1 tsp) Oregano  
1.5g (0.5 clove) Garlic  
50g (1.5 cup) Mixed leafy greens  
40g (0.25 medium) Red onion  
4.6g (1 tsp) Extra virgin olive oil  
5g (1 tsp) Balsamic vinegar  
100g (0.5 small) Cucumber

#### METHOD

1. Finely dice garlic and cut tofu into large chunks. Add tofu to bowl along with garlic, lemon juice and oregano. Allow to marinate for 10 minutes.
2. Meanwhile, prepare salad by slicing red onion and dicing tomato into large pieces. Add to salad bowl with mixed leafy greens and set aside.
3. Heat olive oil in griddle pan or frypan over medium heat.
4. Thread tofu chunks onto skewers. Add to frypan and cook, rotating frequently, for 5 minutes or until golden brown.
5. Dress salad with balsamic vinegar, toss well and place in the centre of the pita bread.
6. Serve tofu kebab on top of salad and enjoy.

### HERBED MUSHROOM BURGER

**Serves 1**

#### INGREDIENTS

85g (1 large) Flat or Portobello mushroom  
70g (1 regular) Wholemeal bread roll  
50g (1 cup) Cos lettuce  
2.7g (1 tsp) Thyme  
1.5g (0.5 clove) Garlic  
10g (2 tsp) Balsamic vinegar  
65g (0.5 medium) Carrot  
75g (0.5 medium) Tomato  
20g Reduced fat cheddar cheese  
5.9g (1 tsp) Dijon mustard  
20g (1 Tb) Fat free Greek yoghurt  
20g (1 Tb) Lemon juice  
4.6g (1 tsp) Extra virgin olive oil

#### METHOD

1. Heat non-stick frypan to medium heat.
2. Finely slice garlic. In a small bowl, add the garlic, thyme and olive oil and then pour over mushroom.
3. Add mushroom to frypan. Cook covered with frypan lid, for 6-8 minutes, or until mushroom is tender.
4. Meanwhile, prepare the burger by slicing bread roll in half.
5. Grate carrot and finely dice tomato. Layer burger with cos lettuce, tomato, carrot and cheese.
6. In a small bowl, combine Greek yoghurt, lemon juice and mustard and mix to combine. Spread sauce evenly onto the bread roll.

7. Remove mushroom from the frypan and place on top of bed of salad.
8. Finish by covering the mushroom with the top of the burger bun and enjoy.

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## Lunch & Dinner

### ROAST TOMATO, WHITE BEAN & TABBOULEH SALAD

**Serves 1**

#### INGREDIENTS

45g (0.25 cup) Burghul  
30ml (1.5 Tb) Lemon juice  
20ml (1 Tb) Hot water  
40g (0.25 medium) Red onion  
30g (0.5 cup) Parsley  
250g Cherry tomatoes  
100g Cannellini beans  
10g (2 tsp) Red wine vinegar  
Pinch of salt and pepper  
30g (1 cup) Watercress  
30g (0.5 cup) Mint

#### METHOD

1. Preheat oven to 200 degrees.
2. Add tomatoes and cannellini beans to a baking tray lined with baking paper. Drizzle in olive oil and roast for 20-25 minutes, until tomatoes begin to blister.
3. Meanwhile, add burghul, lemon juice and water to a small bowl. Set aside and leave to soak for 5-8 minutes.
5. Shave cucumber with vegetable peeler into long strips.
6. Chop parsley, mint and red onion, and add to bowl along with cucumber and watercress.
7. Add tomatoes and cannellini beans once cooked, mix to combine, and drizzle with red wine vinegar to serve.

### WARM BEETROOT, DILL & LENTIL SALAD

**Serves 1**

#### INGREDIENTS

80g (1 medium) Beetroot  
4.6g (1 tsp) Extra virgin olive oil  
20g (4 Tb) Fresh dill  
45g (0.25 cup) Tinned brown lentils, rinsed and drained  
Pinch of salt and pepper  
60g (1 cup) Rocket  
45g (1 cup) Spinach  
10g (2 tsp) Balsamic vinegar  
45g (0.25 cup) Cous cous, uncooked  
125ml (0.5 cup) Vegetable stock, salt reduced  
40g (0.25 medium) Red onion

#### METHOD

1. Preheat oven to 200 degrees.
2. Wash beetroot, leaving skin intact, and place on sheet of aluminium foil. Drizzle with olive oil and season with salt and pepper. Wrap in aluminium foil and cook in oven for approximately 45 minutes.
3. Prepare cous cous by heating vegetable stock in microwave and adding to cous cous. Allow to stand for cous cous to absorb liquid.
4. Once beetroot has cooked and cooled slightly, rub the skin away with a piece of kitchen paper, and chop into cubes.
5. Finely slice red onion and roughly chop dill. Add to salad bowl, along with beetroot, lentils, rocket, spinach and cous cous. Drizzle with balsamic vinegar, season with salt and pepper and serve.

### ROAST PUMPKIN, KALE & LENTIL SOUP

**Serves 1**

#### INGREDIENTS

150g Butternut pumpkin  
4.6g (1 tsp) Extra virgin olive oil  
1.3g (0.5 tsp) Cumin  
1.3g (0.5 tsp) Oregano  
3g (1 clove) Garlic  
115g (1 cup) Kale  
45g (0.25 cup) Tinned brown lentils, rinsed and drained  
30g (1 slice) Sourdough  
400ml Vegetable stock, salt reduced  
30g (0.25 small) Leek  
20ml (1 Tb) Lemon juice

#### METHOD

1. Preheat oven to 200 degrees.
2. Cut pumpkin into cubes and add to baking tray lined with baking paper. Drizzle with olive oil and sprinkle with cumin and oregano.
3. Add unpeeled garlic clove to baking tray. Roast for 30 minutes.
4. Meanwhile, heat a non-stick saucepan over medium heat. Slice white parts of the leek, add to saucepan and cook stirring for 3 minutes.
5. Add vegetable stock, bring to boil and then reduce heat to gentle simmer.
6. Roughly chop kale. Add cooked pumpkin, lentils and kale to stock. Peel garlic, add to stock and cook for a further 5-8 minutes, or until kale has wilted.
7. Mix through lemon juice and serve with slice of crusty bread.



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## Lunch & Dinner

### TOFU & GRILLED VEGETABLE PITA POCKET

**Serves 1**

#### INGREDIENTS

100g Firm tofu  
30g (1 small) Wholemeal pita pocket  
2.7g (1 tsp) Dried oregano  
2.7g (1 tsp) Dried rosemary  
4.6g (1 tsp) Extra virgin olive oil  
20ml (1 Tb) Lemon juice  
1.5g (0.5 clove) Minced garlic  
135g Red capsicum  
45g Zucchini  
60g (1 cup) Rocket  
20g Reduced fat feta cheese

#### METHOD

1. Heat griddle pan over a medium heat.
2. Slice capsicum, zucchini and tofu into thin long strips.
3. Coat in oregano, rosemary, olive oil, minced garlic and lemon juice and add to griddle pan.
4. Cook for 4 minutes each side, or until vegetables soften and char lines develop.
5. To serve, slice open pita pocket, fill with rocket, griddled vegetables, feta and tofu to finish.

### MUSHROOM RAGU WITH PASTA

**Serves 1**

#### INGREDIENTS

85g (1 cup) Mushrooms  
45g (0.25 cup) Canned brown lentils, rinsed and drained

5.3g (2 tsp) Thyme  
1.3g (0.5 tsp) Paprika  
2.7g (1 tsp) Oregano  
125ml (0.5 cup) Salt reduced vegetable stock  
20g (1 Tb) Salt reduced tomato paste  
3g (1 clove) Garlic  
200g (0.5 can) Canned tomatoes  
4.6g (1 tsp) Extra virgin olive oil  
65g (0.5 medium) Carrot  
20g (0.5 medium stalk) Celery  
10g (0.5 Tb) Fat free Greek yoghurt  
40g Wholemeal pasta

#### METHOD

1. Heat olive oil in frypan over medium heat.
2. Slice garlic and mushrooms finely and cut carrot and celery into small cubes.
3. Add garlic, mushrooms, paprika, thyme and oregano to frypan, stirring for 3 minutes. Add celery, carrot and tomato paste and cook for a further minute.
4. Add canned tomatoes, lentils and vegetable stock and bring mixture to the boil. Reduce heat and simmer for 15 minutes or until carrots are cooked through.
5. Meanwhile, bring a saucepan of water to the boil and season well with salt. Add wholemeal pasta, reduce heat to a gentle simmer and cook according to packet instructions, or until al dente.
6. Add cooked and drained pasta to a bowl. Serve with mushroom ragu topped with Greek yoghurt.

### ROAST CAULIFLOWER & WHITE BEAN SOUP WITH SOURDOUGH

**Serves 1**

#### INGREDIENTS

200g Cauliflower  
3g (1 clove) Garlic  
250ml (1 cup) Skim milk  
250ml (1 cup) Reduced salt vegetable stock  
60g (0.25 cup) Canned cannellini beans  
2.7g (1 tsp) Thyme  
2.7g (1 tsp) Oregano  
70g (0.5 small) Leek, white part only  
4.6g (1 tsp) Extra virgin olive oil  
30g (1 slice) Sourdough

#### METHOD

1. Preheat oven to 200 degrees.
2. Use hands to break apart cauliflower into chunks. Add to baking tray lined with baking paper, and dress with garlic, olive oil, thyme and oregano.
3. Slice the white part of the leek into large chunks and add to the baking tray along with the cannellini beans. Bake for 20 minutes or until cauliflower is tender.
4. Heat vegetable stock in a saucepan over medium heat. Remove from heat and add roast vegetables and milk.
5. Use a stick blender to puree soup until smooth. You may need more or less stock or water to reach the desired consistency.
6. Serve with a slice of freshly toasted sourdough.