

WEEK 2 - RECIPES

MEDITERRANEAN DIET



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

BOILED EGGS WITH HUMMUS, TOMATO AND SPINACH TOAST

Serves 1

INGREDIENTS

90g (2 regular) Eggs
2.7g (1 tsp) Dukkah
20g (1 Tb) Hummus
120g Tomato
25g Spinach
30g (1 slice) Wholemeal bread

METHOD

1. Bring a saucepan of water to the boil. Reduce to a medium heat and use a spoon to slowly lower the eggs into the water. Boil for 7 minutes.
2. Meanwhile, toast bread until cooked to liking.
3. Cut tomato into slices and season with salt and pepper.
4. Spread toast with hummus and sprinkle with dukkah. Add tomato and spinach on top of toast. Peel boiled eggs and serve with toast.

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 fry pan 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.

FAST SCRAMBLED EGGS

Serves 1

INGREDIENTS

90g (2 regular) Eggs
40ml (2 Tb) Skim milk
20g Grated cheese, reduced fat
40g Tomato
15g Basil
Pinch of salt and pepper
30g (1 slice) Wholemeal bread

METHOD

1. Whisk eggs and milk together and place in a medium microwave-safe container.
2. Dice tomatoes and add to the eggs, along with the cheese and basil.
3. Season with salt and pepper and microwave on high for 30 seconds.
4. Remove from microwave, stir, and return to microwave for a further 70-80 seconds or until the eggs are fluffy and set.
5. Serve with a slice of wholegrain toast.

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Breakfast

CAPRESE BREAKFAST SALAD

Serves 1

INGREDIENTS

45g (1 regular) Egg
15g (4 whole) Pitted olives
15g (0.25 cup) Basil leaves
90g Rocket
40g (2 small) Bocconcini
250g Kumata or other sweet tomatoes
10g (2 tsp) Balsamic vinegar
15g (0.5 slice) Wholemeal bread

METHOD

1. Bring a saucepan of water to the boil over a high heat, and then lower the heat to create a rapid simmer.
2. Add the egg slowly to prevent it from cracking, and cook for 5 minutes for a runny yolk, or 7 minutes if you prefer a harder yolk.
3. While the egg is cooking, prepare the salad. Slice the tomatoes, olives and bocconcini and add to a bowl.
4. Roughly tear the basil leaves and add to the bowl, along with the rocket.
5. Once cooked, peel the egg and place on top of the salad.
6. Drizzle with balsamic vinegar.

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.

BLUE-BANANA SMOOTHIE

Serves 1

INGREDIENTS

30g Frozen blueberries
50g Banana
30g Rolled oats
250ml Skim milk
40g Fat free Greek yoghurt
Ice to blend

METHOD

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

MANGO YOGHURT PARFAIT

Serves 1

INGREDIENTS

200g Fat free Greek yoghurt
140g Frozen diced mango
3.6g (1 tsp) Chia seeds
20g Rolled oats
5g (1 tsp) Vanilla extract
3.8g (1 tsp) Lime juice
Zest from 1/2 Lime
40g (2 Tb) Water

METHOD

1. Blend mango, vanilla extract, lime juice and zest with water in a blender or food processor. If the mixture is too thick, add additional water until you reach a puree consistency.
2. Using a container, glass or jar, assemble the parfait alternating with layers of mango, chia seeds and yoghurt.
3. Leave overnight or enjoy immediately, sprinkling with oats right before serving.

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Snacks



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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.

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.

SWEETENED YOGHURT

Serves 1

INGREDIENTS

150g (3/4 tub) Fat free
Greek yoghurt
3.6g (0.5 tsp) Honey

METHOD

1. Mix honey through Greek yoghurt and serve.

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.

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.

ROASTED TAMARI SEEDS

Serves 1

INGREDIENTS

23g (2 Tb) Pepitas
1.3g (0.25 tsp) Tamari sauce

METHOD

1. Preheat oven to 200 degrees.
2. Add pepitas to baking tray lined with baking paper.
3. Pour over tamari sauce and roast for 10 minutes.

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.

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.

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Lunch & Dinner

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.

CHICKPEA RISsoles WITH SAUTÉED KALE

Serves 1

INGREDIENTS

85g (0.5 cup) Chickpeas
25g (2 Tb) Breadcrumbs
75g (1 small) Carrot
15g (0.25 cup) Fresh coriander
15g (0.25 cup) Fresh parsley
3g (1 tsp) Minced garlic
2.7g (1 tsp) Cumin
1.3g (0.5 tsp) Paprika
25g (0.5 regular) Egg, beaten
4.6g (1 tsp) Extra virgin olive oil
200g Kale, stems removed
40mL (2 Tb) Lemon juice
20g (1 Tb) Fat free Greek yoghurt

METHOD

1. Add chickpeas, carrot, breadcrumbs, herbs, garlic, cumin, paprika and egg to a food processor.
2. Blend until combined, adding water if needed to loosen the mixture.
3. Roll mixture into one large patty.
4. Heat olive oil in fry pan over a medium heat. Add patty and cook 5 minutes on each side or until golden.
5. Using the same pan, add the kale and 1Tb lemon juice. Cook for 3 minutes or until wilted.
6. Mix remaining Greek yoghurt with lemon juice. Serve chickpea rissole on bed of kale with yoghurt sauce.

SPICED FISH & BEAN BOWL

Serves 1

INGREDIENTS

100g Ling or other firm white fish fillets
1.3g (0.5 tsp) Cumin
1.3g (0.5 tsp) Paprika
1.3g (0.5 tsp) Oregano
4.6g (1 tsp) Extra virgin olive oil
50g (0.25 cup) Canned four-bean mix
120g (1 small) Tomato
30g (2 Tb) Quinoa, uncooked
50g (1.5 cup) Mixed lettuce leaves
20ml (1 Tb) Lemon juice
100g (1 small) Cucumber
40g (0.25 medium) Red onion
65g (0.5 medium) Carrot

METHOD

1. Place fish in a shallow dish and sprinkle with cumin, paprika, oregano. Add olive oil and allow to marinate for at least 10 minutes.
2. While the fish is marinating, bring a small saucepan of water to a boil and add quinoa. Cook for 15-20 minutes, or until quinoa is cooked through.
3. Heat a non-stick frypan over medium heat. Add fish, along with marinate, cooking 3 minutes each side or until cooked through.
4. Grate carrot and dice tomatoes, cucumber and red onion and add to bowl along with lettuce leaves and four bean mix.
5. Stir through quinoa and lemon juice and serve alongside spiced fish.

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Lunch & Dinner

MEATY MUSHROOM BOLOGNAISE

Serves 1

INGREDIENTS

50g (0.25 cup) Lean beef mince
40g (0.5 cup) Mushrooms
200g (0.5 can) Tinned tomatoes
100ml Chicken stock
20g (1 Tb) Tomato paste
30g (2 Tb) Brown lentils
2.7g (1 tsp) Oregano
40g (0.25 medium) Red onion
40g Penne
4.6g (1 tsp) Extra virgin olive oil
100g (1 small) Zucchini

METHOD

1. Heat olive oil in frypan over medium heat.
2. Dice onion and add to frypan. Cook, stirring for 2 minutes, before adding beef mince.
3. Cook the mince until it browns, for approximately 5 minutes.
4. Slice mushrooms and add to sauce, along with tomato paste. Cook for 2 minutes before adding tinned tomatoes, oregano, lentils and chicken stock.
5. Grate zucchini and stir through sauce.
6. Bring sauce to the boil before reducing to a simmer and cooking for 15 minutes.
7. While sauce is simmering, bring saucepan of salted water to a boil. Cook penne according to packet instructions or until al dente.
8. Serve bolognese with pasta.

BEET & BEEF MEATBALLS WITH CAULIFLOWER COUS COUS

Serves 1

INGREDIENTS

60g (0.25 cup) Lean beef mince
40g (0.5 medium) Canned beetroot
1.3g (0.5 tsp) Dried oregano
15g (0.25 cup) Fresh basil leaves
10g (1 Tb) Fresh breadcrumbs
1.5g (0.5 tsp) Minced garlic
4.6g (1 tsp) Extra virgin olive oil
Pinch of salt and pepper
40g (0.25 cup) Cous cous, uncooked
125ml Chicken stock
20g (1 Tb) Fat free Greek yoghurt
20mL (1 Tb) Lemon juice
60g (0.5 cup) Cauliflower
45g (1 cup) Spinach leaves

METHOD

1. Add beetroot, beef mince, oregano, basil, breadcrumbs and garlic to food processor. Season with salt and pepper and blitz to combine.
2. Roll meatballs into balls the size of a 50-cent coin. If time permits, place in refrigerator for an hour to help prevent meatballs from falling apart when cooking.
3. To cook, heat olive oil in frypan over medium heat. Cook meatballs, 4 minutes each side with lid on, or until cooked through.
4. While meatballs are cooking, heat chicken stock in microwave. Grate cauliflower and add to bowl with spinach and cous cous. Pour over heated stock. Cover with tea towel until liquid is absorbed.
5. Mix lemon juice and Greek yoghurt in a small bowl.
6. Use fork to fluff cous cous, place beet and beef meatballs on top and serve with lemon yoghurt.

LENTIL RAGU WITH CAULIFLOWER MASH

Serves 1

INGREDIENTS

45g (0.25 cup) Brown lentils
3g (1 clove) Garlic
4.6g (1 tsp) Extra virgin olive oil
65g (0.5 medium) Carrot
100g (1 small) Zucchini
75g (0.5 medium) Red onion
1.3g (0.5 tsp) Cinnamon
1.3g (0.5 tsp) Cumin
20g (0.5 cup) Basil
300g Diced tomatoes
175g (1.5 cup) Cauliflower
40ml Skim milk
30g (1 slice) Wholemeal bread

METHOD

1. Heat olive oil in a frying pan over a medium heat.
2. Add the red onion, sautéing for 3 minutes or until softened. Add the garlic and stir for a further 3 minutes.
3. Grate the carrot and zucchini and add to the pan along with the cinnamon and cumin. Stir for 1 minute or until fragrant.
4. Add the diced tomatoes, lentils and lemon juice and cook for 15 minutes or until the sauce reduces.
5. Meanwhile, steam the cauliflower for 10-15 minutes, or until tender.
6. Drain cauliflower and mash using a fork.
7. Sprinkle with fresh basil. Serve the ragu with the cauliflower mash and fresh wholemeal bread to soak up leftover juices.

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Lunch & Dinner

GREEK CHICKEN & LEMON SOUP

Serves 1

INGREDIENTS

400ml Chicken stock
40g (2 Tb) Brown rice, uncooked
15g (1 small) Egg yolk, separated
20ml (1 Tb) Lemon juice
75g (0.5 medium) Skinless chicken thigh
115g (1 cwup) Kale
100g (1 small) Zucchini
40g (2 Tb) Cannellini beans, drained
2.7g (1 tsp) Thyme leaves

METHOD

1. Pour chicken stock into a saucepan and bring to the boil. Reduce heat to medium, add brown rice and cook for 20 minutes.
2. After 20 minutes, dice chicken thigh and add to brown rice along with thyme. Cook for a further 10 minutes, or until chicken is cooked through. Add more water if necessary to prevent the soup from reducing too much.
3. Use a ladle to remove 1 cup of stock from the saucepan and blend with 1/4 cup rice, egg yolks and lemon juice. Puree until smooth.
4. Return puree to the stock and stir to combine well.
5. Shave zucchini into strips using a vegetable peeler. Remove stems from kale. Add kale leaves, zucchini strips and cannellini beans to soup.
6. Cook for a further 5 minutes and then serve.

TUNA, PEA AND HERBED RISONI SALAD

Serves 1

INGREDIENTS

50g (0.5 small can) Tuna
1.5g (0.5 clove) Garlic
15g (0.25 cup) Fresh Dill
15g (0.25 cup) Fresh Parsley
20ml (1 Tb) Lemon juice
40g (0.25 medium) Red onion
50g (0.5 cup) Uncooked risoni
5g (1 tsp) Balsamic vinegar
4.6g (1 tsp) Extra virgin olive oil
40g (0.25 cup) Frozen green peas
70g (2 cups) Mixed salad leaves
20g (1 Tb) Fat free Greek yoghurt
100g (1. small) Zucchini

METHOD

1. Bring a small saucepan of water to a boil. Season with salt and add risoni and cook for 8 minutes.
2. Add green peas to risoni and cook for a further 3 minutes, or until heated through. Drain risoni and peas and place in salad bowl.
3. Roughly chop dill, parsley and red onion. Add to risoni along with the mixed salad leaves and drained tuna.
4. Grate zucchini and add to risoni salad. Toss well to combine.
5. Finely slice garlic, and mix in small bowl with olive oil, Greek yoghurt, lemon juice and balsamic vinegar.
6. Pour dressing over salad, mix and enjoy.