

WEEK 1 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

BASIL & 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.

SPINACH & 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.
5. Fold omelette in half with the spatula to enclose the filling.
6. Cook for a further minute to melt the feta and then remove from heat.
7. Serve with slice of 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 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.

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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.

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.

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.

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.

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Snacks

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.

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.

EGG & TOMATO CRACKER

Serves 1

INGREDIENTS

45g (1 regular) Egg
6g (1 slice) Ryvita crispbread

15g (0.25 cup) Fresh basil
75g (0.5 medium) Tomato

METHOD

1. Bring saucepan of water to a boil over high heat.
2. Boil egg for 8-10 minutes over medium-high heat.
3. Allow egg to cool slightly and peel from shell.
4. Slice tomato and egg and arrange on Ryvita with fresh basil leaves.

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.

WHIPPED RICOTTA WITH BERRIES

Serves 1

INGREDIENTS

65g (0.25 cup) Reduced fat ricotta
3.6g (0.5 tsp) Honey
1.3g (0.5 tsp) Cinnamon
2.5g (0.5 tsp) Vanilla extract
5ml (1 tsp) Lemon juice
75g (0.5 cup) Frozen berries, thawed

METHOD

1. Place ricotta honey cinnamon vanilla extract and lemon juice in food processor.

2. Blend for 30 seconds until light and smooth.

3. Serve with berries.

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.

HOMEMADE TZATZIKI WITH CRISPbread

Serves 1

INGREDIENTS

17g (2 slices) Ryvita crispbread
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

METHOD

1. Grate cucumber and use paper towel to absorb excess moisture.
2. Combine cucumber, yoghurt, lemon juice and garlic in a bowl.
3. Serve with Ryvita.

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Lunch & Dinner

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.

ONE POT TUSCAN PASTA

Serves 1

INGREDIENTS

70g Red capsicum
300g Tomatoes
3g (1 clove) Garlic
12g (3 whole) Pitted olives, halved
1.3g (0.5 tsp) Chilli flakes
10g (2 Tb) Fresh basil leaves
4.6g (1 tsp) Extra virgin olive oil
3g (1 tsp) Capers
300mL Vegetable stock
65g Canned cannellini beans, rinsed and drained
55g (0.5 cup) Penne pasta, uncooked
Pinch of salt and pepper

METHOD

1. Heat olive oil in a saucepan over a medium heat.
2. Add the capsicum, tomatoes, garlic, capers, cannellini beans, olive and chilli flakes and stir to combine.
3. Stir for 1 minute or until fragrant. Add the pasta along with the stock. You may need more or less, adding just enough so that the pasta is covered.
4. Bring to a gentle boil and then simmer for 10-12 minutes, or until pasta is al dente.
5. Season with salt and pepper and serve with fresh basil.

CHICKPEA, KALE & TOMATO STEW

Serves 1

INGREDIENTS

45g (0.25 cup) Canned chickpeas
115g (1 cup) Kale
20ml (1 Tb) Lemon juice
40g (0.25 medium) Red onion
200g Canned tomatoes
2.7g (1 tsp) Cumin
2.7g (1 tsp) Paprika
4.6g (1 tsp) Extra virgin olive oil
250ml (1 cup) Salt reduced vegetable stock
20g (1 Tb) Fat free Greek yoghurt
10g (2 Tb) Coriander
90g (0.5 cup) Brown rice, cooked

METHOD

1. Heat olive oil in a saucepan over medium heat.
2. Finely chop red onion and add to saucepan, cooking for 4 minutes or until softened.
3. Add cumin and paprika, stirring for 1 minute until fragrant.
4. Remove stems from kale and add the kale leaves to saucepan along with canned tomatoes, chickpeas, lemon juice and vegetable stock.
5. Bring the sauce to the boil then reduce the heat to medium and allow to simmer for 15 minutes.
6. Serve with heated microwavable rice, Greek yoghurt and fresh coriander leaves on top.

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Lunch & Dinner

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.

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 frypan 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.

QUINOA MINESTRONE SOUP

Serves 1

INGREDIENTS

40g (1 medium stalk) Celery
35g (0.25 medium) Brown onion
3g (1 clove) Garlic
65g (0.5 medium) Carrot
500ml Vegetable stock
45g (2 Tb) Salt reduced tomato paste
50g Zucchini
100g Cannellini beans
2.7g (1 tsp) Dried oregano
100g Tinned plum tomatoes
30g (2 Tb) Quinoa
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Heat olive oil in saucepan over medium heat.
2. Dice onion and garlic and add to pan. Cook for 4 minutes, stirring frequently.
3. Cut carrot, zucchini and celery into small cubes and add to pan. Cook for a further minute and then add tomato paste.
4. Stir for 2 minutes, before adding vegetable stock, tinned tomatoes, quinoa, cannellini beans and oregano.
5. Bring soup to the boil, before reducing to a simmer.
6. Allow to simmer for 20 minutes or until quinoa is cooked through.

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Lunch & Dinner

CAULIFLOWER STEAKS WITH TAHINI & COUS COUS

Serves 1

INGREDIENTS

150g Cauliflower
4.6g (1 tsp) Extra virgin olive oil
3g (1 tsp) Dukkah
46g (0.25 cup) Cous cous,
uncooked
30g (2 Tb) Canned chickpeas,
rinsed and drained
10g (2 tsp) Tahini
20mL (1 Tb) Lemon juice
60g (1 cup) Rocket
10g (2 Tb) Fresh parsley
10g (2 Tb) Fresh dill
125ml (0.5 cup) Vegetable stock,
salt reduced

METHOD

1. Preheat oven to 200 degrees.
Line a baking tray with
baking paper.
2. Place the cauliflower head
on its side and slice into 2cm
thick pieces.
3. Drizzle cauliflower with olive
oil and sprinkle with dukkah.
Bake for 35-45 minutes or until
cauliflower is tender when
poked with fork.
4. Meanwhile, prepare cous cous
by heating stock in microwave
and then pouring over cous
cous. Allow to stand for 5
minutes and then use a fork to
fluff the cous cous.
5. Add rocket, chickpeas, dill and
parsley to a bowl. Toss through
cous cous and lemon juice.
6. Drizzle tahini over cauliflower
steaks and serve cous cous
salad on the side.

PUMPKIN, SPINACH & FETA FRITTATA

Serves 1

INGREDIENTS

90g (2 regular) Eggs
40g Reduced fat feta
4.6g (1 tsp) Extra virgin olive oil
45g (1 cup) Spinach
80g Pumpkin
100g (0.5 medium) Potato
3g (1 tsp) Minced garlic

METHOD

1. Preheat oven to 160 degrees.
2. Dice the potato and pumpkin
into 2cm wide cubes.
3. Add to microwavable
bowl along with 4 Tb water
and cook for 5 minutes or
until tender.
4. Line a round quiche dish with
baking paper and add the
cooked pumpkin and potato
and spinach.
5. Whisk eggs in a bowl and
season with salt and pepper.
Add the minced garlic and feta
and pour over the pumpkin
potato and spinach.
6. Bake for 20 minutes, or until
golden and set.