

WEEK 3 - RECIPES

MEDITERRANEAN DIET



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

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.

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.

CHAI-SPICE BANANA PANCAKE

Serves 1

INGREDIENTS

100g Banana
90g (2 regular) Eggs
10g (1 Tb) Wholemeal flour
1.3g (0.5 tsp) Cinnamon
0.5g (0.25 tsp) Ground cloves
0.7g (0.25 tsp) Ground nutmeg
0.7g (0.25 tsp) Ground cardamom
13.3g (2 tsp) Maple syrup to serve
20g (1 Tb) Fat free Greek yoghurt

METHOD

1. Using a whisk or fork, whisk 2 eggs in a bowl. Gradually add the flour to the egg mixture to avoid lumps developing.
2. In a separate bowl, mash the banana with a fork. Add the banana to the egg mixture, along with the spices. Stir to combine.
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, mix the yoghurt and maple syrup together.
6. Remove pancake from the heat and serve with maple yoghurt.

TOMATO & RICOTTA TOASTS

Serves 1

INGREDIENTS

60g (2 slices) Wholemeal or sourdough bread
10g (2 Tb) Fresh basil
150g Tomatoes
4.6g (1 tsp) Extra virgin olive oil
65g Low fat ricotta cheese
5g (1 tsp) Balsamic vinegar
Pinch of salt and pepper

METHOD

1. Slice the tomato thickly and place in a small bowl.
2. Drizzle with olive oil and balsamic vinegar, and season with salt and pepper.
3. Toast the bread to your liking and spread the ricotta evenly over two slices.
4. Layer the dressed tomato on to the toast and finish with freshly torn basil leaves.

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CHOC-BANANA SMOOTHIE

Serves 1

INGREDIENTS

100g Banana
3.6g (2 tsp) Cacao powder
10g (2 tsp) Tahini
20g Fat free Greekyoghurt
300ml Skim cow milk

METHOD

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

GRILLED ASPARAGUS TOASTS WITH EGG

Serves 1

INGREDIENTS

45g (1 regular) Egg
100g Asparagus
40g Frozen green peas
4.6g(1 tsp Extra virgin olive oil
30g (1 slice) Wholemeal bread
3g (1 clove) Garlic
10g Grated/shaved parmesan cheese

METHOD

1. Heat frying pan over a medium heat.
2. Slice garlic finely and add to pan along with olive oil, peas and asparagus. Cook for 5 minutes or until asparagus softens.
3. Remove asparagus and peas from pan. Add egg and cook until egg whites are set.
5. Cook toast to liking. Place asparagus on toast and rest egg on top.
6. Sprinkle with parmesan to finish.

BEAN MUSH' MUFFIN

Serves 1

INGREDIENTS

75g (1) Wholemeal English muffin
70g Reduced-salt baked beans
20g Spinach
40g Button mushrooms
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Heat the olive oil in a frying pan over medium heat.
2. Slice mushrooms in half and add to the heated frying pan.
3. Cook for approximately 5 minutes or until softened.
4. Add baked beans to pan and stir to heat through (approximately 2 minutes).
5. Remove the mixture from the heat and add the spinach to the pan. Stir through until the spinach wilts and shrinks in size.
6. Slice muffin in half and toast until golden. Layer mixture on one half of the muffin and place the other muffin on top to finish.

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Snacks



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CHOC HAZELNUT BALLS

(makes 4 balls) Serving size 1

INGREDIENTS

30g (3 Tb) Hazelnuts
2g (1 tsp) Cacao powder
40g (0.25 cup) Medjool dates
2.5g (0.5 tsp) Vanilla extract
15g (2 Tb) Rolled oats
1.3g (0.5 tsp) Cinnamon

METHOD

1. Combine all ingredients in food processor or blender, adding 1 Tb of water if necessary to help combine.

Note: These can be made in large batches and frozen for use at a later date.

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.

HOMEMADE TORTILLA CHIPS

Serves 1

INGREDIENTS

25g (1 regular) Rye mountain bread
4.6g (1 tsp) Olive oil
1.3g (0.5 tsp) Cumin
1.3g (0.5 tsp) Paprika
1.3g (0.5 tsp) Dried oregano

METHOD

1. Preheat oven to 180 degrees.
2. Cut mountain bread into triangles.
3. Place on baking tray lined with baking paper.
4. Drizzle over olive oil and sprinkle with cumin, paprika and dried oregano.
5. Bake for 5 minutes or until golden and crisp.

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.

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.

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.

WEEK 3 - RECIPES

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Lunch & Dinner

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 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.

THYME & GARLIC PORTOBELLO MUSHROOMS WITH SALAD

Serves 1

INGREDIENTS

150g Portobello mushrooms
3g (1 clove) Garlic clove
5.3g (2 tsp) Dried thyme leaves
4.6g (1 tsp) Extra virgin olive oil
30g (0.5 cup) Parsley, fresh
75g Cherry tomato
40g Reduced fat ricotta
128g (0.5 cup) Cannellini beans
60g (1 cup) Rocket
10g (2 tsp) Balsamic vinegar
30g (1 slice) Sourdough

METHOD

1. Preheat oven to 200 degrees and line a baking tray with baking paper.
2. Wash and dry Portobello mushroom with paper towel, leaving whole. Finely slice garlic and sprinkle over mushroom, along with thyme and olive oil.
3. Tear sourdough into rough chunks and scatter around the mushrooms along with the cherry tomatoes. Bake for 15 minutes.
4. Prepare salad by mixing cannellini beans, rocket, ricotta and parsley in a bowl. Add the roasted cherry tomatoes and drizzle with balsamic vinegar.
5. Place mushrooms on top of salad and finish with toasted sourdough chunks.

ONE-TRAY CHICKEN AND QUINOA BAKE WITH BASIL SAUCE

Serves 1

INGREDIENTS

45g (0.25 cup) Quinoa, uncooked
200ml Chicken stock, salt reduced
60g (0.5 small) Chicken breast
70g (0.5 cup) Green beans
90g (1 cup) Broccolini
70g (0.25 medium) Red capsicum
3g (1 clove) Garlic
20g (1 Tb) Fat free Greek yoghurt
0.5 Small lemon
30g (0.5 cup) Fresh basil
4.6g (1 tsp) Extra virgin olive oil

METHOD

1. Preheat oven to 180 degrees.
2. Line baking dish with baking paper. Rinse quinoa with water and add to baking dish. Cover with stock and bake for 10 minutes.
3. Slice capsicum into thin strips and cut beans and broccolini in half.
4. Remove quinoa from oven. Add broccolini, green beans, capsicum, garlic, lemon and chicken. Drizzle with olive oil and cover with aluminium foil.
5. Return to oven and cook for a further 20 minutes, turning chicken once in between, until chicken is cooked through.
6. Squeeze juice from roasted lemon into small bowl. Add roasted garlic, yoghurt, and basil. Stir to combine, pour over chicken and serve.

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Lunch & Dinner

BAKED HONEY BALSAMIC SALMON WITH SIMPLE ROAST VEG

Serves 1

INGREDIENTS

80g Salmon fillet
20ml (1 Tb) Balsamic vinegar
7g (1 tsp) Honey
3g (1 tsp) Minced garlic
20ml (1 Tb) Chicken stock
4.6g (1 tsp) Extra virgin olive oil
100g (0.5 small) Sweet potato
70g (0.25 medium) Red capsicum
100g (1 small) Zucchini
60g (1 cup) Rocket
40g (0.25 medium) Red onion

METHOD

1. Pre-heat oven to 200 degrees.
2. Slice red onion, zucchini and capsicum into long strips and cut sweet potato into cubes. Add to baking tray lined with baking paper and drizzle with olive oil. Place in oven and cook for 10 minutes.
3. Meanwhile, prepare salmon dressing by combining the balsamic vinegar, honey, minced garlic and chicken stock in a small bowl. Stir to combine.
4. Place salmon on an aluminium foil sheet. Pour over dressing and wrap to enclose.
5. After 10 minutes, add wrapped salmon to vegetables in oven and cook for further 20 minutes or until salmon is cooked through.
6. Mix rocket through roast vegetables, unwrap salmon and serve alongside salad.

PORK IN MUSHROOM GARLIC SAUCE WITH SILVERBEET & SOURDOUGH

Serves 1

INGREDIENTS

80g Lean pork chop
1.5g (0.5 clove) Garlic
15g (0.25 cup) Fresh parsley
5g (2 tsp) Plain wholemeal flour
4.6g (1 tsp) Extra virgin olive oil
60ml Chicken stock, reduced salt
60ml Evaporated milk, reduced fat
130g (1.5 cup) Mushrooms
90g (2 cups) Silverbeet
30g (1 slice) Sourdough
5g (1 tsp) Seeded mustard

METHOD

1. Heat oil in frypan over medium heat.
2. Season pork with salt and pepper.
3. Cook for 2-4 minutes each side, until lightly browned. Remove from pan and set aside.
4. Finely slice garlic and mushrooms and add to pan. Cook stirring for 5 minutes, or until they begin to soften.
5. Add flour to pan and stir for 30 seconds until mushrooms are coated well.
6. Pour in chicken stock and evaporated milk. Add mustard and mix to combine. Bring to a boil and then reduce heat, simmering to reduce sauce for 3 minutes.
7. Return pork to pan. Add silverbeet and cook for 15 minutes or until pork is tender and sauce has thickened.
8. Serve with fresh parsley and a slice of crusty sourdough bread.

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.

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Lunch & Dinner

TUNA PATTIES WITH WARM GREENS

Serves 1

INGREDIENTS

95g (1 small can) Tuna in spring water
25g (2 Tb) Wholemeal breadcrumbs
15g (0.25 cup) Fresh parsley
30g (2 Tb) Brown lentils
20mL (1 Tb) Lemon juice
2.7g (1 tsp) Lemon zest
90g (2 cups) Silverbeet
20g (0.5 regular) Egg
4.6g (1 tsp) Extra virgin olive oil
70g (0.5 cup) Asparagus
70g (0.5 cup) Green beans
6g (1 tsp) Dijon mustard
20g (1 Tb) Fat free Greek yoghurt

METHOD

1. Heat olive oil in frypan over medium heat. Add green beans and asparagus, cooking with lid on. After 5 minutes, add silverbeet and cook for a further 5 minutes or until cooked through.
2. While greens are cooking, combine tuna, breadcrumbs, parsley, lentils, lemon juice, lemon zest and eggs in a food processor. Blitz to combine.
3. Use hands to form mixture into 2 patties.
4. Remove greens from heat and cover to keep warm.
5. Cook patties in fry pan 4 minutes each side or until golden and crisp.
6. Mix yoghurt and mustard in small bowl and serve alongside patties with warm greens.

HERBED CHICKEN & QUINOA BOWL

Serves 1

INGREDIENTS

60g (0.5 small) Chicken breast
15g (0.25 cup) Fresh basil
15g (0.25 cup) Fresh parsley
40ml (2 Tb) Lemon juice
4.6g (1 tsp) Extra virgin olive oil
3g (1 clove) Garlic
45g (0.25 cup) Quinoa
20g (1 Tb) Fat free Greek yoghurt
90g (1 cup) Broccoli
115g (1 cup) Kale
200ml Salt reduced chicken stock
6g (1 tsp) Seeded mustard

METHOD

1. Bring stock to boil in saucepan. Reduce heat to a simmer and add quinoa. Cook for 15-20 minutes or until cooked through.
2. Slice chicken into pieces. In a small bowl, mix parsley, basil, garlic, olive oil, chicken and half of the lemon juice, and stir to coat well.
3. Heat olive oil in non-stick frypan over medium heat. Add chicken and cook, stirring for 6-8 minutes or until cooked through. Remove from pan and keep warm.
4. Increase heat to high. Cut broccoli into small florets. Add kale and broccoli to frypan along with 2 Tb of water. Stir fry for 8 minutes or until softens.
5. Serve quinoa, chicken and vegetables in bowl.
6. Mix yoghurt, mustard and remaining lemon juice and pour over salad as dressing.