

WEEK 2 - RECIPES

MEDITERRANEAN DIET // VEGETARIAN



FERNWOOD
NUTRITION
COACHING

Nourishing you for life

Breakfast

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.

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.

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.

MEDITERRANEAN EGGS WITH CHICKPEAS

Serves 1

INGREDIENTS

45g (1 regular) Egg
4.6g (1 tsp) Extra virgin olive oil
3g (1 clove) Garlic
2.7g (1 tsp) Cumin
20g (1 Tb) Tomato paste
150g Tinned tomatoes
2.7g (1 tsp) Sweet paprika
40g Canned chickpeas, rinsed and drained
30g (1 slice) Sourdough bread
5g Fresh parsley
45g (1 cup) Spinach

METHOD

1. Heat olive oil in a frying pan over medium heat. Add garlic, cooking for 3 minutes or until soft.
2. Add cumin and paprika to garlic, stirring until fragrant.
3. Add tomato paste and stir for a further minute before adding tinned tomatoes, spinach and chickpeas. Bring tomatoes to the boil, and then reduce to a low heat.
4. After 5 minutes, or when the sauce begins to reduce, create a space in the centre of the pan. Crack the egg in the centre of the mixture and cook for a further minutes or until egg whites are set.
5. Toast sourdough and serve with Mediterranean eggs. Garnish with fresh parsley to finish.

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Breakfast

WHIPPED COTTAGE CHEESE & BANANA 'CREPE'

Serves 1

INGREDIENTS

60g Cottage cheese, reduced fat
20mL Lemon juice
7.2g (1 tsp) Honey
75g Banana
50g (2 regular) Rye mountain bread
1.3g (0.5 tsp) Cinnamon
2.5g (1 tsp) Flaked almonds

METHOD

1. Using a blender, whip the ricotta, lemon juice and honey until smooth.
2. Layer the mountain bread slices on top of each other to increase the thickness of the crepe. Warm in the microwave for 30 seconds.
3. Spread cottage cheese evenly across the mountain bread. Slice banana finely and add to the mountain bread along with the flaked almonds.
4. Roll the mountain bread tightly to enclose the filling and enjoy.

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.

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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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.

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.

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.

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.

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.

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.

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Lunch & Dinner

CHICKPEA, KALE AND 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 softens.
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.

EGGPLANT AND 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 Napoletana 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.

GREEK MARINATED TOFU KEBABS, PITA AND 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.

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Lunch & Dinner

BALSAMIC TOFU WRAPS

Serves 1

INGREDIENTS

150g Firm tofu
25g (1 regular) Rye mountain bread wrap
10g (2 tsp) Hummus dip
75g Tomato
35g (1 cup) Mixed leafy greens
40g (0.25 medium) Red onion
20g (4 tsp) Balsamic vinegar
4.6g (1 tsp) Extra virgin olive oil
15g (0.25 cup) Parsley
50g (0.25 small) Cucumber

METHOD

1. Slice tofu into long strips and place in a shallow dish. Cover with balsamic vinegar and olive oil and allow to marinate for 10 minutes.
2. Heat olive oil in a frypan over medium heat.
3. Add balsamic tofu to pan, cooking for 3 minutes each side, until the tofu browns.
4. Meanwhile, prepare vegetables by finely slicing red onion and chopping parsley, cucumber and tomato.
5. Spread hummus onto mountain bread, layer with vegetables and add tofu strips to finish, Wrap and enjoy.

LENTIL RAGU WITH WHOLEMEAL AND ZUCCHINI NOODLES

Serves 1

INGREDIENTS

45g (0.25 cup) Brown lentils
3g (1 clove) Garlic
4.6g (1 tsp) Extra virgin olive oil
65g Carrot
200g Zucchini
75g Red onion
1.3g (0.5 tsp) Cinnamon
1.3g (0.5 tsp) Cumin
20g Basil
1 Lemon
300g Diced tomatoes
10g Fresh parmesan
30g Wholemeal spaghetti, uncooked

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 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, cook the spaghetti in rapidly boiling water for 12 minutes or as per packet instructions.
6. Peel or spiralise zucchini into long strips and mix through the drained spaghetti.
7. Serve the ragu with the wholemeal and zucchini noodles. Sprinkle with fresh basil and parmesan and enjoy.

ROASTED DUKKAH VEGETABLES AND QUINOA SALAD

Serves 1

INGREDIENTS

45g (0.25 cup) Quinoa, uncooked
70g Pumpkin
70g Red capsicum
85g (1 cup) Mushrooms
75g (0.5 medium) Red onion
4.6g (1 tsp) Extra virgin olive oil
85g (1.5 cup) Rocket
10g (2 tsp) Balsamic vinegar
30g (2 Tb) Tinned brown lentils
2.7g (1 tsp) Dukkah
10g (2 Tb) Basil

METHOD

1. Preheat oven to 180 degrees.
2. Prepare vegetables by cutting pumpkin into cubes, capsicums into long strips and mushrooms and red onion into large chunks.
3. Coat in olive oil and dukkah and season with salt and pepper. Bake for 30 minutes.
4. Meanwhile, fill saucepan with 1 cup of water and bring to boil over high heat.
5. Rinse quinoa under water and add to saucepan. Reduce heat to a simmer and cook for 20 minutes or until cooked through.
6. Drain quinoa once cooked and add to bowl.
7. Add roast vegetables, rocket and lentils to quinoa. Dress salad with balsamic vinegar and sprinkling of basil leaves.

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Lunch & Dinner

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 mushrooms 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.

CHILLI CON VEG WITH BROWN RICE

Serves 1

INGREDIENTS

110g (0.5 small) Red capsicum
4.6g (1 tsp) Extra virgin olive oil
60g (1/3 cup) Red kidney beans
200g Tinned diced tomatoes
3g (1 clove) Garlic
75g (0.5 medium) Red onion
1.3g (0.5 tsp) Cumin
1.3g (0.5 tsp) Paprika
2.7g (1 tsp) Oregano
10g (2 Tb) Fresh coriander
20g (1 Tb) Fat free Greek yoghurt
100g Butternut pumpkin
55g (1/3 cup) Microwavable or cooked brown rice

METHOD

1. Heat olive oil in frying pan over medium heat.
2. Add onion, cooking for 4 minutes or until softened. Add garlic stirring for a further 3 minutes.
3. Add cumin, paprika, oregano to pan and stir until fragrant.
4. Cut pumpkin into small 2cm chunks.
5. Add pumpkin to pan, along with the tinned tomatoes and kidney beans. Cook for 15 minutes, or until pumpkin softens.
6. Garnish with Greek yoghurt and coriander and serve with rice.