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| **WEEKEND BREAKFAST** | | | |
| **FRUIT SALAD** | | | |
| 15 servings | | | |
|  | | | |
| 1. MIX | | | |
| • | 1 1/4 |  | tinned fruit salad |
| • | 3 |  | chopped apples |
| • | 3 |  | sliced bananas |
| • | 3 |  | chopped pears |
| • |  |  | grapes, if available |
|  | | | |
| 2. SERVE in two large bowls | | | |

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| **WEEKEND LUNCH** | | | |
| **SALAD** | | | |
| 15 servings | | | |
|  | | | |
| 1. TOSS | | | |
| • | 3/4 |  | sliced cucumbers |
| • | 1 | cup | grated carrots |
| • | 2 | cup | sliced celery stalks |
| • | 1 1/2 | cup | sliced red capsicums |
| • | 1 1/2 |  | coarsely chopped lettuces (into 2cm x 2cm cubes) |
| • |  |  | fresh sprouts (just a sprinkling) |
| • |  |  | fresh herbs, if available |
| • |  |  | sunflower seeds |
|  | | | |
| 2. PUT IN A SEPARATE BOWL | | | |
| • | 6 |  | chopped tomatoes |
|  | | | |
| 3. SERVE salad in two large bowls and tomatoes separately in a smaller bowl | | | |

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| **WEEKDAY BREAKFAST** | | | |
| **FRUIT SALAD** | | | |
| 12 servings | | | |
|  | | | |
| 1. MIX | | | |
| • | 1 |  | tinned fruit salad |
| • | 2 1/2 |  | chopped apples |
| • | 2 1/2 |  | sliced bananas |
| • | 2 1/2 |  | chopped pears |
| • |  |  | grapes, if available |
|  | | | |
| 2. SERVE in two large bowls | | | |

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| **WEEKDAY LUNCH** | | | |
| **SALAD** | | | |
| 12 servings | | | |
|  | | | |
| 1. TOSS | | | |
| • | 1/2 |  | sliced cucumbers |
| • | 3/4 | cup | grated carrots |
| • | 1 1/2 | cup | sliced celery stalks |
| • | 1 1/4 | cup | sliced red capsicums |
| • | 1 1/4 |  | coarsely chopped lettuces (into 2cm x 2cm cubes) |
| • |  |  | fresh sprouts (just a sprinkling) |
| • |  |  | fresh herbs, if available |
| • |  |  | sunflower seeds |
|  | | | |
| 2. PUT IN A SEPARATE BOWL | | | |
| • | 4 3/4 |  | chopped tomatoes |
|  | | | |
| 3. SERVE salad in two large bowls and tomatoes separately in a smaller bowl | | | |

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| **DAILY SAFE MEAL** | | | |
| **TOFU VEGETABLE STIR FRY** | | | |
| 4 servings | | | |
|  | | | |
| 1. SAUTE | | | |
| • | 2 | tbs | minced fresh ginger |
| • | 1 | tbs | finely chopped fresh corriander |
| • | 1 1/2 |  | blocks tofu, cut into cubes |
|  | | | |
| 2. ADD | | | |
| • | 1 | cup | chopped carrots |
| • | 2 | cup | chopped kumara |
| • | 1 1/2 | cup | chopped broccoli florets |
| • | 1 | cup | chopped red capsicums |
|  | | | |
| 3. ADD AND SIMMER about 20 minutes | | | |
| • | 1 | cup | tinned coconut milk |
|  | | | |
| 4. ADD | | | |
| • | 8 | tbs | gluten free soy sauce |
| • | 1 | cup | chopped spinach |
| • | 2 | tsp | ground corriander |

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| **SATURDAY LUNCH** | | | |
| **SPLIT PEA COMBINATION CURRY** | | | |
| 12 servings | | | |
|  | | | |
| 1. COOK for 50 minutes or so | | | |
| • | 3 1/4 | lt | chopped potatoes |
| • | 4 1/4 | cup | split peas. Soaked by Tenzo the night before. Rinse and drain first |
|  | | | |
| 2. SAUTE | | | |
| • | 7 3/4 |  | garlic cloves. Remove from oil once cooked |
| • | 3 | cup | chopped onions |
|  | | | |
| 3. ADD & SAUTE | | | |
| • | 5 1/2 | tbs | curry powder |
| • | 4 1/4 | tbs | garam masala |
| • | 3 1/4 | tsp | ground turmeric |
| • | 3 1/4 | tsp | ground cumin |
| • | 2 1/4 | tsp | salt |
|  |  |  |  |
| 4. ADD and bring up to temperature | | | |
| • |  |  | cooked split peas from step 1 |
| • |  |  | cooked potatoes from step 1. Should be soft but recognisable when served |
| • |  |  | NOTE: sauce will form around potatoes and peas |

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| **SATURDAY DINNER** | | | |
| **GYPSY SOUP** | | | |
| 12 servings | | | |
|  | | | |
| 1. COOK | | | |
| • | 2 | cup | chickpeas. Soaked by Tenzo the night before. Rinse and drain first |
|  | | | |
| 2. STEAM WITH LID ON | | | |
| • | 1 1/2 | cup | diced celery stalks |
| • | 1 3/4 | lt | diced carrots |
| • | 2 1/4 | tsp | salt |
|  | | | |
| 3. ADD & STEAM WITH LID ON | | | |
| • | 3 1/4 | tsp | paprika |
| • | 2 1/4 | tsp | ground turmeric |
| • | 2 1/4 | tsp | dried basil |
| • | 1/2 | tsp | cinnamon |
| • | 2 1/4 |  | bay leaves |
| • | 2 | lt | water, approximately |
|  | | | |
| 4. COVER AND SIMMER | | | |
|  | | | |
| 5. ADD | | | |
| • | 2 3/4 | cup | diced green capsicums |
|  | | | |
| 6. COVER AND SIMMER | | | |
| • |  |  | adjust seasoning as required |

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| **SUNDAY LUNCH** | | | |
| **RED LENTIL DAHL** | | | |
| 12 servings | | | |
|  | | | |
| 1. WASH and drain well | | | |
| • | 4 1/4 | cup | red lentils. Blot with paper towels or clean tea towels to get as dry as possible |
|  | | | |
| 2. FRY for 30 seconds on medium heat | | | |
| • |  |  | washed lentils from step 1 |
| • | 1 1/2 | tbs | ground turmeric |
| • | 1/2 | cup | oil |
|  | | | |
| 3. ADD and fry for one more minute | | | |
| • | 1 3/4 |  | tinned chopped tomatoes, drained |
| • | 1 3/4 | lt | chopped zucchini |
|  | | | |
| 4. THEN ADD | | | |
| • | 12 | cup | water |
| • | 2 3/4 | tsp | salt |
| • | 1 3/4 | tbs | minced fresh ginger |
|  | | | |
| 5. COOK | | | |
| • |  |  | bring to boil over high heat then cover and reduce heat |
| • |  |  | simmer for 20 minutes or until lentils have dissolved into a thick soup porridge |
| • |  |  | add more water if needed and set aside |
|  | | | |
| 6. HEAT in a small pan | | | |
| • | 1/4 | cup | oil |
|  | | | |
| 7. ADD and fry until they start to pop. WATCH CAREFULLY TO MAKE SURE IT DOESN'T BURN! | | | |
| • | 4 1/4 | tbs | cumin seeds |
| • | 2 | tbs | black mustard seeds |
|  | | | |
| 8. ADD fried seeds to dahl and stir through | | | |
|  |  |  |  |
| 9. GARNISH WITH | | | |
| • |  |  | sprigs fresh corriander, if available |

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| **SUNDAY DINNER** | | | |
| **ITALIAN SOUP** | | | |
| 12 servings | | | |
|  | | | |
| 1. SAUTE until softened | | | |
| • | 3/4 | cup | oil |
| • | 1 3/4 | lt | diced carrots |
| • | 1 1/2 | cup | diced celery stalks |
|  | | | |
| 2. ADD | | | |
| • | 2 3/4 |  | tinned chopped tomatoes |
| • | 2 3/4 | lt | vegetable stock |
| • | 2 3/4 |  | sprigs fresh rosemary |
| • | 2 3/4 |  | sprigs fresh thyme |
| • | 2 3/4 |  | bay leaves |
|  | | | |
| 3. ADD for final 10 minutes of cooking | | | |
| • | 5 1/2 | lt | sliced silverbeet leaves |
|  | | | |
| 4. REMOVE sprigs of rosemary, thyme and the bay leaf | | | |
|  | | | |
| 5. SEASON by adding | | | |
| • |  |  | salt, to taste |
| • |  |  | ground black pepper, to taste |

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| **MONDAY LUNCH** | | | |
| **THAI STYLE VEGETABLES** | | | |
| 10 servings | | | |
|  | | | |
| 1. MIX AND GRILL IN OVEN: | | | |
| • |  |  | oil |
| • | 1 1/2 |  | blocks tofu, cut into cubes |
| • | 3 | tbs | tamari |
|  | | | |
| 2. SAUTE LIGHTLY IN A BIG POT: | | | |
| • | 6 1/4 | tbs | sesame oil |
| • | 2 | tbs | thai green curry |
| • | 3 1/4 | cup | chopped onions |
| • | 3 1/4 | tbs | minced fresh ginger |
| • | 5 3/4 | cup | chopped cauliflowers |
|  | | | |
| 3. ADD AND COOK UNTIL SLIGHTLY CRUNCHY: | | | |
| • | 1/4 | lt | water |
| • | 5 1/2 | cup | chopped broccoli florets |
| • | 2 3/4 | cup | chopped yellow capsicums |
| • | 5 1/4 | cup | sliced celery stalks |
| • | 3 3/4 |  | tinned bamboo |
|  | | | |
| 4. ADD: | | | |
| • | 3 |  | juiced lemons |
| • | 750 | g | frozen green beans |
| • | 1 1/4 |  | tinned coconut cream |
|  | | | |
| 5. BRING UP TO SERVING TEMPERATURE (DON'T BOIL) AND TURN OFF HEAT. | | | |
|  | | | |
| 6. ADD: | | | |
| • | 2 | cup | cashew nuts |
| • |  |  | grilled tofu |
| • |  |  | sprigs fresh corriander, for garnish |

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| **MONDAY DINNER** | | | |
| **KUMARA, CARROT, AND CORN SOUP** | | | |
| 10 servings | | | |
|  | | | |
| 1. HEAT in a large saucepan | | | |
| • | 3 | lt | vegetable stock |
|  | | | |
| 2. ADD | | | |
| • | 4 1/2 | lt | chopped kumara |
| • | 1 1/2 | lt | chopped carrots |
| • |  |  | water, ONLY IF REQUIRED to completely cover vegetables |
|  | | | |
| 3. SIMMER with lid on until vegetables are very soft (about 15 minutes) | | | |
|  | | | |
| 4. MASH some of the vegetables with a potato masher, leaving some whole pieces as well | | | |
|  | | | |
| 5. ADD and stir well | | | |
| • | 2 |  | tinned creamed corn |
| • | 5 1/4 | tbs | dijon mustard |
| • | 1/4 | cup | olive oil |
|  | | | |
| 6. THEN ADD and stir well | | | |
| • | 4 | tsp | ground cumin |
| • | 4 | tbs | nutritional yeast |
|  |  |  |  |
| 7. GENTLY REHEAT for another 10 minutes or so | | | |
|  |  |  |  |
| 8. SEASON by adding | | | |
| • |  |  | salt, to taste |
| • |  |  | ground black pepper, to taste |
|  |  |  |  |
| 9. GARNISH with | | | |
| • |  |  | chopped fresh chives, if available |

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| **TUESDAY LUNCH** | | | |
| **BROCCOLI AND TOFU WITH PEANUT SAUCE** | | | |
| 10 servings | | | |
|  | | | |
| 1. WHISK TOGETHER | | | |
| • | 2 1/4 | cup | peanut butter |
| • | 2 3/4 | cup | hot water |
|  | | | |
| 2. ADD | | | |
| • | 1/4 | cup | cider vinegar |
| • | 1/4 | cup | soy sauce |
|  | | | |
| 3. GRILL IN GREASED DISH | | | |
| • | 2 1/4 |  | blocks tofu, cut into cubes |
|  | | | |
| 4. SAUTE | | | |
| • | 3 1/2 |  | garlic cloves. Remove from oil once cooked |
| • | 2 1/2 | cup | chopped onions |
| • | 1/4 | cup | minced fresh ginger |
|  | | | |
| 5. ADD & MIX | | | |
| • | 2 1/4 | lt | chopped broccoli florets |
| • | 3 1/4 | lt | chopped cauliflowers |
| • | 1 | cup | peanuts |
| • | 2 1/4 | cup | tinned coconut milk |
| • |  |  | grilled tofu |
| • |  |  | peanut sauce |

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| **TUESDAY DINNER** | | | |
| **MISO AND TOFU SOUP** | | | |
| 10 servings | | | |
|  | | | |
| 1. SWEAT in a minimal amount of oil | | | |
| • | 3 1/4 | tbs | minced fresh ginger |
| • | 1 3/4 | lt | sliced carrots |
| • | 2 3/4 | cup | sliced celery stalks |
| • | 4 1/4 | lt | thinly sliced white cabbage leaves |
|  | | | |
| 2. ADD and bring to a boil | | | |
| • | 2 1/4 | lt | vegetable stock |
|  | | | |
| 3. REDUCE HEAT and SIMMER for 10-20 minutes | | | |
|  | | | |
| 4. ADD and simmer for 5 more minutes | | | |
| • | 2 |  | blocks tofu, cut into small cubes |
|  |  |  |  |
| 5. RINSE AND SOAK for 5 minutes in cold water | | | |
| • | 1 |  | package wakame, then drain and set aside |
|  | | | |
| 6. JUST BEFORE SERVING, DISSOLVE in a bowl with a little of the broth | | | |
| • | 3 1/4 | tbs | miso |
|  | | | |
| 7. JUST BEFORE SERVING, ADD | | | |
| • |  |  | miso broth |
| • |  |  | soaked wakame |

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| **WEDNESDAY LUNCH** | | | |
| **SHEPHERDESS PIE** | | | |
| 10 servings | | | |
|  | | | |
| BASE | | | |
|  | | | |
| 1. COOK SEPARATELY | | | |
| • | 2 | cup | dried brown lentils |
| • | 2 3/4 | lt | chopped potatoes |
|  | | | |
| 2. SWEAT in a minimal amount of oil | | | |
| • | 3 1/2 | cup | diced carrots |
| • | 1 3/4 | cup | diced celery stalks |
| • | 1 | tbs | dried sage |
|  | | | |
| 3. MIX lentils, carrots and celery with | | | |
| • | 4 | cup | tinned pasta sauce |
|  | | | |
| 4. LAY base mixture in 1-2 lasagne style dishes | | | |
|  | | | |
| TOPPING | | | |
|  | | | |
| 5. MASH potatoes | | | |
|  | | | |
| 6. ADD | | | |
| • | 2 | tbs | sweet chili sauce |
| • | 2 | tsp | dijon mustard |
| • | 2 | tsp | ground turmeric |
| • | 2 | tsp | salt |
| • | 2 | cup | soymilk |
|  | | | |
| 7. SPREAD the topping on the base | | | |
|  | | | |
| 8. BAKE 40-50 minutes at 150 degrees | | | |

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| **WEDNESDAY DINNER** | | | |
| **CURRIED KUMARA AND CARROT SOUP** | | | |
| 10 servings | | | |
|  | | | |
| This is a thick soup so don't add too much water at the beginning. | | | |
|  | | | |
| 1. SAUTE: | | | |
| • | 6 |  | garlic cloves. Remove from oil once cooked |
|  | | | |
| 1. ADD and SAUTE UNTIL SOFTENED: | | | |
| • | 5 1/4 | tbs | oil |
| • | 4 | tbs | minced fresh ginger |
| • | 6 1/4 | cup | chopped celery stalks |
| • | 3/4 | tbs | curry powder |
| • | 1 1/4 | tbs | ground cumin |
| • | 1 1/4 | tbs | ground corriander |
| • | 2 3/4 | tbs | ground turmeric |
| • | 1/2 | tbs | cinnamon |
|  | | | |
| 2. ADD AND SIMMER: | | | |
| • | 6 | cup | vegetable stock. This soup is thick so DON'T ADD TOO MUCH |
| • | 4 1/2 | cup | chopped carrots |
| • | 8 | cup | chopped kumara |
| • | 2 |  | tinned black beans, drained and rinsed |
|  | | | |
| 3. MASH. | | | |
|  | | | |
| 4. ADD: | | | |
| • | 1 |  | tinned coconut cream |
| • | 1 1/4 |  | juiced lemons |
| • |  |  | water, if required |
| • |  |  | salt, to taste |
| • |  |  | ground black pepper, to taste |
|  | | | |
| 5. BRING TO BOIL AND TURN OFF HEAT. | | | |

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| **THURSDAY LUNCH** | | | |
| **COURGETTE AND CHICKPEA CURRY** | | | |
| 10 servings | | | |
|  | | | |
| 1. SAUTE LIGHTLY | | | |
| • | 1/4 | cup | oil |
| • | 5 1/4 |  | garlic cloves. Remove from oil once cooked |
| • | 2 1/2 | cup | chopped onions |
| • | 2 | tbs | minced fresh ginger |
| • | 1 | tbs | thai green curry |
|  | | | |
| 2. STIR IN | | | |
| • | 3/4 | cup | peanut butter |
| • | 3/4 | lt | vegetable stock |
|  | | | |
| 3. ADD and simmer 10 minutes | | | |
| • | 4 3/4 | cup | chopped kumara |
| • | 5 | cup | chopped carrots |
|  | | | |
| 4. ADD and cook until slightly crunchy | | | |
| • | 1 3/4 | lt | chopped cauliflowers |
| • | 1 3/4 | lt | sliced zucchini |
| • | 6 1/4 | cup | sliced silverbeet leaves |
| • | 3/4 | tbs | salt |
|  | | | |
| 5. MIX IN | | | |
| • | 1 1/4 |  | tinned coconut cream |
| • | 4 |  | tinned chickpeas. Rinse and drain first |
| • |  |  | water, if required |
| • |  |  | salt, to taste |
| • |  |  | ground black pepper, to taste |
|  | | | |
| 6. BRING UP TO TEMPERATURE (DON'T BOIL) AND TURN OFF HEAT | | | |

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| **THURSDAY DINNER** | | | |
| **VEGGIE AND SPLIT PEA SOUP** | | | |
| 10 servings | | | |
|  | | | |
| This is a thick soup so don't add too much water at the beginning. | | | |
|  | | | |
| 1. COOK UNTIL SOFT AND DRAIN: | | | |
| • | 1 1/4 | cup | split peas. Soaked by Tenzo the night before. Rinse and drain first |
|  | | | |
| 2. SAUTE: | | | |
| • | 6 1/4 | tbs | oil |
| • | 5 |  | garlic cloves. Remove from oil once cooked |
| • | 1 1/4 | tbs | ground turmeric |
| • | 3/4 | tbs | cinnamon |
| • | 4 1/2 | tbs | minced fresh ginger |
|  | | | |
| 3. ADD AND STIR TO KEEP FROM STICKING: | | | |
| • | 1 1/4 | lt | water. This soup is thick so DON'T ADD TOO MUCH |
| • | 1 3/4 | lt | chopped potatoes |
| • | 5 3/4 | cup | chopped celery stalks |
| • | 1 3/4 | lt | chopped silverbeet leaves |
|  | | | |
| 4. ADD: | | | |
| • | 1 1/4 |  | tinned coconut cream |
| • |  |  | cooked split peas from step 1 |
| • |  |  | water, if required |
| • |  |  | salt, to taste |
|  | | | |
| 5. BRING UP TO SERVING TEMPERATURE (DON'T BOIL) AND TURN OFF HEAT. | | | |

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| **EXTRAS** | | | |
|  | | | |
| PER PERSON PER DAY: | | | |
| • | 1 1/4 |  | slices regular bread, 2x day, if non-GF |
| • | 1 1/4 |  | slices gluten free bread, 2x day, if GF |
| • | 1/2 | cup | regular porridge, if non-GF |
| • | 1/2 | cup | jasmine rice, if GF |
| • | 15 | g | cheese, 2x day, if non-DF |
| • | 1/3 | cup | milk, 2x day, if non-DF |
| • | 1/3 | cup | soymilk, 2x day, if DF |
| • | 10 | g | butter, 2x day, if non-DF |
| • | 10 | g | olivani, 2x day, if DF |
| • | 1/2 |  | apples |
| • | 1/2 | cup | brown rice |

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| **GLOSSARY OF TERMS** | | | |
|  | | | |
|  |  | *Chopped:* | Cut into pieces the size of your thumbnail |
|  |  | *Cubed:* | Cut into cubes the size of your thumbnail |
|  |  | *Diced:* | Cut into pieces the size of your little fingernail |
|  |  | *Minced:* | Cut into pieces the size of a match head |