



## **NO GRAIN FOOD GUIDES**

WEEK 1 NO GRAIN MEAL  
PLAN, RECIPES AND  
SHOPPING LIST

**MÖDERE.**



## WEEK 1 NO GRAIN MEAL PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Steamed omelette	2 Protein Packed Muffins and 100g strawberries	3/4 cup No Grain Breakfast Cereal and 1 cup almond milk	Frittata in a Cup and 1 slice of grain-free toast	Eggs on Mushrooms and 1 slice grain-free toast	Breakfast Fit For A King with 1 slice grain-free toast	Sunshine Smoothie Bowl and 1 gluten-free scone
MORNING TEA	1 cup celery and carrot sticks, 1/3 cup hummus and 20g almonds	1 pear and 40g walnuts	100g blackberries and 20g almonds	1 cup carrot and cucumber sticks and 20g almonds	1 banana and 20g unsalted almonds	40g unsalted almonds	100g blueberries
LUNCH	Mediterranean Chicken Soup and 2 slices grain-free bread	Beef Sticks with Spicy Sauce	Zucchini Noodles in Tomato Sauce	Fish Parcel with carrots and asparagus	Salmon and Kelp Noodle Bowl	No Rice Fried Rice	Black Sesame Stir Fry
AFTERNOON TEA	<b>CHOCOLATE SHAKE PEA PROTEIN</b> Protein Snack	<b>CHOCOLATE SHAKE PEA PROTEIN</b> Protein Snack	<b>CHOCOLATE SHAKE PEA PROTEIN</b> Protein Snack	<b>CHOCOLATE SHAKE PEA PROTEIN</b> Protein Snack	<b>CHOCOLATE SHAKE PEA PROTEIN</b> Protein Snack	<b>CHOCOLATE SHAKE PEA PROTEIN</b> Protein Snack	<b>CHOCOLATE SHAKE PEA PROTEIN</b> Protein Snack
30 MINS BEFORE DINNER	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink	<b>SYNC</b> Fibre Drink
DINNER	Pineapple Honey Prawns	Stuffed Eggplants with quinoa	Hearty Roast Chicken and Vegetable Soup and 1 gluten-free roll	Pumpkin and Haloumi Delight	Grilled Lemon and Herb Chicken with sugar snap peas and squash	Spiced Barramundi with broccolini	Spicy Beef Cups with Carrot Salad
SUPPER	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea	Herbal tea

## STEAMED OMELETTE

### INGREDIENTS

1/4 cup firmly packed fresh basil leaves  
 1/4 cup firmly packed flat-leaf parsley leaves  
 210g canned navy beans  
 50g fresh champignon mushrooms, quartered  
 65g roma tomatoes, quartered  
 50g haloumi, coarsely grated  
 4 eggs  
 Salt and pepper

### DIRECTIONS

Chop up all the herbs finely, season and set aside.

Rinse, drain beans and add to bowl. Quarter mushrooms, tomatoes and grate haloumi.

Divide half the mushroom mixture into ovenproof dishes. Carefully break one egg into each dish. Top with remaining mushroom mixture, then break remaining eggs into dishes; one into each.

In a bamboo steamer over a wok of simmering water, steam dishes covered for about 10 minutes or until eggs are cooked through.

Serves 2

## PROTEIN PACKED MUFFINS

### INGREDIENTS

1 cup cauliflower cut into bite size florets  
 3 large eggs  
 1 cup spinach lightly packed and torn  
 3/4 cup cooked up shredded chicken  
 Cooking spray  
 Salt and pepper

### DIRECTIONS

Preheat oven to 200°C and spray muffin tin with cooking spray. Set aside.

Blitz the cauliflower using a food processor until it resembles rice. Set aside.

Whisk eggs in a large bowl, add in the chicken, cauliflower, spinach and season with a pinch of salt and pepper. Mix well.

Pour the mixture into the six muffin tins and bake for 20 minutes or until cooked through.

Let them cool in the pan.

Serves 2 - 3

*TIP: Leftovers are great for snack or can be refrigerated for 2 days.*

## NO-GRAIN BREAKFAST CEREAL

### INGREDIENTS

200g chopped almonds  
 100g coconut flakes  
 50g pepitas  
 100g sultanas  
 100g dried apple  
 100g dried cranberry  
 200ml almond or coconut milk, to serve

### DIRECTIONS

Mix all dry ingredients in a large bowl then store in an airtight container.

Using 3/4 cup of mixed cereal, add either coconut or almond milk for a nutritious breakfast.

You can use your favorite nuts in the recipe. Depending on how much sweetness you desire you could also add more or less dried fruit. You can use raisins, dried chopped apricots or cherries or top with fresh seasonal fruits.

Serves 1



## FRITTATA IN A CUP

### INGREDIENTS

200g small leek, thinly sliced  
90g button mushrooms, quartered  
2 tsp olive oil  
2 roma tomatoes, sliced  
1 egg  
3 egg whites  
60g soft low-fat bocconcini cheese

### INSTRUCTIONS

Preheat oven to 200°C.

Trim and wash leeks. Heat oil in medium frying pan; cook leeks, stirring, until softened. Add mushrooms, cook, stirring occasionally until tender. Spoon mixture into two 1 cup ovenproof dishes.

Combine egg, egg whites and cheese in a small bowl and season. Pour into dishes. Top with tomato slice.

Bake frittatas for 25 minutes or until set.

Serves 2

## EGGS ON MUSHROOMS

### INGREDIENTS

4 large portobello mushrooms, stem removed and wiped cleaned  
4 large eggs  
1 clove garlic, minced finely  
30g parmesan cheese, grated  
4 tbsp flat-leaf parsley for garnish  
Salt and pepper  
Cooking spray

### DIRECTIONS

Preheat grill. Line a baking tray with baking paper. Set oven rack in the middle of the oven.

Coat the mushroom caps with cooking spray on both sides.

Season with salt and pepper, grill for approximately 5 minutes. Flip the mushrooms over and cook the other side for 5 minutes.

Remove mushrooms from oven. Tip out any liquid and turn the oven settings to 204°C.

Break an egg into each mushroom. Sprinkle with the cheese. Bake for approximately 15 mins or until egg is white. Garnish with parsley and serve with grain-free toast.

Serves 2



APPLE AND CINNAMON WAFFLES



## BREAKFAST FIT FOR A KING

### INGREDIENTS

2 x 120g salmon fillet  
1 tsp garlic powder  
2 tsp olive oil  
2 tsp dried dill  
Salt and pepper  
2 eggs (optional)  
Cooking spray

### DIRECTIONS

Preheat oven to 180°C.

Coat an ovenproof baking dish with cooking spray.

Wash, drain and pat dry salmon, then place it flesh side up in the baking dish. Drizzle fish with olive oil.

In a small bowl, mix garlic powder, dill, salt and pepper.

Sprinkle a thin layer of the mix over the salmon fillet. Store the remaining herb mixture in an airtight container for future use.

Bake in the oven until salmon is cooked through, for approximately 15-20 minutes.

Serve with either a fried or poached egg if you wish.

Serves 2

## SUNSHINE SMOOTHIE BOWL

### INGREDIENTS

1 large banana, chopped  
2 cups fresh ripe papaya, chopped  
1/2 cup unsweetened pineapple juice  
1 cup coconut water  
1 tsp cinnamon  
1 scoop Modere Vanilla Shake Pea Protein

### TOPPING

Blueberries  
Desiccated coconut flakes  
Pistachios, coarsely chopped  
Sesame seeds

### DIRECTIONS

Place all ingredients in a blender, whiz up until smooth and creamy.

Divide into 2 bowls. Top with suggested toppings.

Serve immediately.

Serves 2

## MEDITERRANEAN CHICKEN SOUP

### INGREDIENTS

3 cups chicken broth or stock  
1 1/2 tbsp olive oil  
2 cloves garlic, minced  
1 spring onion, chopped  
Zest of 1/2 a lemon  
Juice of 1 lemon  
1 cup cauliflower, chopped  
1 chicken breast, skinless and boneless  
1/2 tsp red chilli, finely chopped  
60g feta, crumbled  
1/3 cup chives, chopped  
Salt and pepper

### DIRECTIONS

Process the cauliflower through a food processor to resemble rice. Set aside.

Heat a pot over low-medium heat. Add olive oil and once hot, saute garlic and spring onions until translucent.

Pour in the chicken stock, turn the heat up to high, cover the pot and bring to a boil. Add chicken breast, lemon zest and crushed chilli. Once boiled, reduce heat to medium, then simmer for 5 minutes.

Add cauliflower, 1 teaspoon salt and pepper to taste. Simmer for another 5 minutes, then turn the heat off.

Remove the chicken breast from the pot. Shred the chicken then return it to the pot. Stir in the crumbled feta and chives. Season with salt and pepper as needed.

Serves 2

## BEEF STICKS WITH SPICY SAUCE

### INGREDIENTS

350g extra lean beef mince  
1 large handful of mint leaves, finely chopped  
2 large handfuls of coriander leaves and stems, finely chopped  
1 red onion, finely chopped  
2 tsp ground coriander seeds  
1 tsp grated ginger  
1 tsp ground cumin  
Juice of half a lime  
1 egg  
1 tbsp tomato paste  
1 long green chilli, finely diced  
2 tbsp olive oil  
1 tsp sea salt  
Chopped tomatoes to serve  
Coriander leaves to serve

### CORIANDER SAUCE

3 large handfuls of coriander leaves and stems, chopped  
2 handfuls of mint leaves, chopped  
1 tsp sea salt  
Juice of half a lime  
1 small red chilli, halved, seeded and sliced  
3 tbsp olive oil

### DIRECTIONS

Soak 8 bamboo skewers in water for 20 minutes, or use metal skewers.

For beef sticks: place all the ingredients except the tomatoes and coriander leaves in a large bowl and mix well by hand or with a large spoon. Shape the mixture into small sausage shapes around the skewers. Arrange them on a tray, cover and rest in the fridge for at least an hour.

For coriander sauce: put the coriander, mint, salt, lime juice, chilli and olive oil in a blender. Add 2-3 tablespoons of water; you want to just moisten the mixture, then blend to make a sauce. Transfer to a bowl, cover and set aside.

When you are ready to cook, heat the barbecue or grill to low-medium and cook the skewers for around 10 minutes, turning frequently until cooked through and nicely browned.

Serves 2



## ZUCCHINI NOODLES IN TOMATO SAUCE

### INGREDIENTS

2 medium to large zucchini  
1 tomato, roughly chopped  
1 red pepper, roughly chopped  
5 green olives, pitted and roughly chopped  
5 semi-dried tomatoes  
60g swiss brown mushroom, roughly chopped  
1 handful of basil leaves, torn  
1 tsp rosemary leaves, finely chopped  
1 clove garlic, minced  
1 small red chilli, sliced (optional)  
Juice of half a lemon  
40ml olive oil  
1 tbsp flat-leaf parsley, finely chopped  
Freshly ground black pepper  
1 large handful of baby spinach leaves  
Toasted pine nuts to serve  
Sunflower seeds to serve  
Pumpkin seeds to serve

### DIRECTIONS

Wash and dry zucchini, peel thinly to resemble wide noodles. Set aside.

Place the semi-dried tomatoes in a food processor, along with the fresh tomatoes, pepper, olives, mushrooms, basil, rosemary, garlic and lemon juice. Pulse until combined but still chunky. Transfer to a bowl, drizzle on 3 tablespoons of olive oil, then set aside for 5-10 minutes at room temperature.

To serve, combine the zucchini noodles with the chunky tomato sauce and baby spinach leaves. Sprinkle with pine nuts, sunflower seeds and pumpkin seeds.

Serves 2

## FISH PARCEL WITH CARROTS AND ASPARAGUS

### INGREDIENTS

2 x 200g white fish fillets  
2 carrots, sliced  
1 bunch asparagus, trimmed  
Juice of half a lemon  
1 tbsp olive oil  
2 cups baby spinach  
Lemon wedge to serve

### DIRECTIONS

Preheat oven to 200°C.

Place four large squares of baking paper on top of 4 large squares of aluminium foil. Layer carrots and asparagus on squares; top with fish. Drizzle with lemon juice and olive oil. Season to taste.

Fold parcel to enclose fish and vegetables in foil; place on oven tray.

Bake parcels for about 15 minutes.

Arrange parcels on a separate dinner plates, serve with lemon wedge and a cup each of baby spinach.

Serves 2

## SALMON AND KELP NOODLE BOWL

### INGREDIENTS

350g salmon fillets, cut in 1 cm thick cubes  
270g packet kelp noodles, cooked following packet directions  
2 spring onions, thinly sliced lengthways  
150g frozen edamame or broad beans  
1 carrot, peeled, julienned  
1 cucumber, thinly sliced diagonally  
4 radishes, thinly sliced crossways  
80ml Japanese dressing (recipe below)  
2 tbsp sesame seeds

### MARINADE

4 tbsp soy sauce - salt reduced  
4 tbsp rice wine vinegar  
Juice of half a lemon

1 tbsp sesame oil

### JAPANESE DRESSING

2 spring onions, trimmed thinly sliced

1 tbsp lemon juice

1 tbsp salt reduced soy sauce

1 tsp sesame oil

1 tbsp rice wine vinegar

1 tsp ginger, finely grated

1/4 tsp toasted sesame seeds (garnish)

Mix all ingredients except for the sesame seeds in a tight jar and gently shake.

### DIRECTIONS

Marinate salmon fillets in marinade mixture for 10 minutes. Drain and sprinkle with sesame seeds.

Place spring onions in a bowl. Cover with iced water. Stand for 15 minutes. Drain. Divide noodles among serving bowls. Top with carrots, radish, broad beans, cucumber, spring onions and salmon.

Drizzle with dressing. Sprinkle over sesame seeds.

Serves 2 - 3

## NO RICE FRIED RICE

### INGREDIENTS

300g cauliflower heads, separated into florets  
30g chicken mince  
60g small raw prawns, shelled and deveined  
1 egg, whisked  
1 tbsp olive oil  
1 tbsp coconut oil  
1 garlic clove, finely chopped  
1 spring onion, finely sliced  
30g shiitake mushrooms, sliced  
1.5 cm knob ginger, finely grated  
2 asparagus, chopped  
1 small carrot, chopped  
1 tbsp gluten free soy sauce  
1 handful of bean sprouts  
1 tbsp flat-leaf parsley, chopped  
Sea salt and freshly ground pepper  
1 small red chilli, finely sliced (optional)  
Fish sauce to serve (optional)

### DIRECTIONS

Pulse the cauliflower in a food processor until it resembles rice. Set aside.

Heat a large wok and sauté half of the onion and garlic in olive oil, then add the chicken mince. Stir fry for approximately 5 minutes or until cooked, occasionally stirring to separate the mince. Add prawns and cook until opaque and firm. Remove from pan and set aside.

Pour the egg into the same wok and let it set for a minute then stir quickly so eggs are not overcooked and resemble the size of the cooked mince. Remove from pan and add to the mince mix.

Heat the remaining coconut oil in the pan over high heat, add the onion and garlic and cook for a few minutes or until softened. Stir in the ginger and mushrooms and cook for another few minutes. Add the carrots and asparagus, cover and cook for 1 minute. Add the cauliflower and cook for 2-3 minutes, or until tender. Add the chicken, egg, soy sauce, bean sprouts, spring onion, chilli and parsley. Season with salt and pepper to taste and cook for 2 more minutes, or until everything is heated through and well combined.

Serve with your favourite condiment.

Serves 2



## BLACK SESAME STIR FRY

### INGREDIENTS

2 chicken breast, skinless and boneless cut in 2 x 4 cm chunks  
1 tbsp olive oil  
1 carrot, diagonally sliced  
2 spring onions, diagonally sliced  
1 small bunch broccolini, cut into pieces  
Handful snow peas, sliced diagonally  
Handful of bean sprouts  
Juice of half a lime  
1 tbsp gluten free soy sauce  
1-2 tbsp corn flour, dissolved in 1/2 cup water

### MARINADE

1 fresh red chilli, finely chopped  
1 garlic clove, minced  
Small handful of fresh coriander, chopped  
1 1/2 cm knob of fresh ginger, peeled and finely grated  
Juice of half a lime  
1 tbsp gluten free soy sauce  
1 tbsp sesame seeds to garnish

### DIRECTIONS

Place all the marinade ingredients in a bowl. Add chicken, refrigerate and leave to absorb the flavour for around 20 minutes.

Heat oil in a wok and add the marinated chicken. Stir fry over medium heat for 10 minutes. Set aside.

Add the carrot, spring onions, broccolini, snow peas and bean sprouts to the wok with lime juice and 1 tablespoon of water. Cover with a lid, simmer for 3-5 minutes, giving the vegetables a toss a couple of times. Add soy sauce. Make a well in the vegetables and pour the dissolved corn flour, stirring frequently until it thickens. Mix sauce in with the vegetables and remove from the heat. Garnish with 1 tbsp black sesame seeds and fresh coriander.

*TIP: For a vegetarian option, replace the chicken with tofu.*

Serves 2

## PINEAPPLE HONEY PRAWNS

### INGREDIENTS

1/2 a small pineapple, coarsely chopped  
400g uncooked green prawns, shelled and deveined, tails intact  
75g snow peas, trimmed  
1 spring onion, sliced lengthways  
1/2 of red capsicum, coarsely chopped  
1 clove garlic, minced  
100g canned bamboo shoots, rinsed and drained  
1 tsp peanut oil  
1 tbsp tamarind concentrate  
1/2 tbsp honey

### DIRECTIONS

Heat oil in wok over medium-high heat; stir fry garlic, spring onions, prawns, capsicum and snow peas until prawns have changed colour.

Add remaining ingredients; stir occasionally until well done. Season to taste.

Serve with half a cup of steaming hot brown rice or our No Rice Fried Rice.

Serves 2

## STUFFED EGGPLANTS WITH QUINOA

### INGREDIENTS

2 medium - large eggplants, cut in half lengthways  
2 tbsp olive oil  
180g quinoa  
350-400ml vegetable stock  
1 red onion, coarsely chopped  
2 handfuls of spinach  
2 cloves garlic, minced  
15g parmesan cheese, grated

### DIRECTIONS

Preheat the oven to 210°/190 °C fan forced.

Place eggplants, cut side up, on a baking tray. Drizzle with olive oil and bake for 20 minutes or until tender.

Place the quinoa in a pan and add vegetable stock. Bring to the boil, reduce the heat and simmer for 20 minutes. Cook covered for the last 5 minutes. Take off the heat and let cool in the pan.

Scoop out the insides of the eggplant when cooled, leaving the shells on the tray. Transfer the flesh to a food processor and add the onion.

Blanch the spinach with hot water for a couple of minutes and drain well. Add to the processor with garlic and blitz until smooth. Place in a large bowl and stir in the quinoa.

Add the cheese to the quinoa mix before spooning back into the eggplant shells. Bake for another 5 minutes to melt cheese or serve immediately.

Serves 2

## HEARTY ROAST CHICKEN AND VEGETABLE SOUP

### INGREDIENTS

2-3 cups leftover shredded roasted chicken or 500g uncooked chicken breast  
100g kent pumpkin, peeled and cubed  
2 cloves garlic, minced  
100g carrots, peeled and diced  
100g sweet potato, peeled and diced  
100g baby spinach  
1/2 white onion, quartered  
2 tbsp olive oil  
1 lt chicken stock  
3/4 tsp dried parsley  
1 tsp sea salt  
1/2 tsp dried thyme  
1/2 tsp dried rosemary  
1/4 tsp dried oregano  
1/4 tsp cracked pepper  
1 cup water

### DIRECTIONS

Preheat oven to 220°C. Coat a large roasting pan with olive oil, add the vegetables, except onion, and season with salt and pepper. Roast until the vegetables are tender and slightly brown on the edges.

While roasting the vegetables, bring the chicken stock to a boil in a large pot. Once boiled, reduce the heat to simmer. Add the shredded chicken, herbs, salt and pepper. Cover and cook for about 15 minutes. For raw chicken breasts, cook for about 45 minutes until chicken is cooked through and tender enough to shred with a fork.

Add half the vegetables to the soup and place the other half in a blender. Make sure to put all of the onion quarters in the blender. Puree the vegetables with 1 cup of water. Add the vegetable puree and baby spinach to the soup. Simmer for 5-10 minutes until the spinach is wilted. Taste and season accordingly.

*TIP: Half of the quantity can be frozen*

Serves 4



## PUMPKIN AND HALOUMI DELIGHT

### INGREDIENTS

325g kent pumpkin, cut into thin wedges  
100g green beans, halved crosswise  
1 tbsp olive oil  
1 tbsp red wine vinegar  
1/2 cup fresh coriander, loosely packed  
1/2 cup fresh flat-leaf parsley leaves, loosely packed  
50g baby spinach  
25g toasted pepitas  
125g haloumi, sliced thickly  
Cooking spray

### DIRECTIONS

Heat a 28cm frying pan over medium - high heat. Coat the pan with cooking spray and cook haloumi until browned on both sides. Set aside.

Blanch beans in cold water; drain well. Steam pumpkin and beans separately until almost tender. Set aside.

Heat the barbecue grill plate or grill, coat with cooking spray and cook pumpkin on the hot plate until wedges are tender.

Place oil, vinegar, herbs, spinach and pepitas in a large bowl; toss gently to combine.

Add haloumi, pumpkin and beans to spinach mixture; toss gently to combine.

Serves 2

## GRILLED LEMON AND HERB CHICKEN

### INGREDIENTS

2 chicken breast, boneless, skinless, halved

### MARINADE:

1 tbsp extra virgin olive oil  
2 cloves garlic, minced  
1/2 tsp salt  
1/4 tsp pepper  
1 tbsp fresh parsley, finely chopped  
1 tbsp coriander, finely chopped  
1/2 tsp fresh thyme, finely chopped  
1/2 tsp fresh oregano, finely chopped  
1/2 tsp fresh rosemary, finely chopped

Juice of half a lemon

Zest of half of a lemon

Sunflower oil for grilling

### DIRECTIONS

Mix all the marinade ingredients in a large bowl. Massage the marinade into the chicken breast until evenly coated. Cover and refrigerate for at least 2 hours.

Heat up the grill to high temperature.

Coat the grill with sunflower oil, using tongs, carefully rub over grates several times until glossy.

Place chicken breast on the grill and cook until cooked through, approximately 2-3 minutes per side.

Serves 2

## SPICED BARRAMUNDI

### INGREDIENTS

2 x 120g barramundi fillets (or another firm white fish)

Lemon wedges to serve

1/2 tbs coconut oil

### SPICE MIX

1 tbsp fennel seeds  
1 tbsp cumin seeds  
1/2 tbsp freshly ground black pepper  
1/2 tbsp sea salt

Bunch of broccolini

### SAUCE

1 tbsp sweet chilli sauce  
1/2 tbsp fish sauce  
Juice of half a lime  
1 tbsp water

### DIRECTIONS

For spice mix: place all the spices in a spice grinder or mortar and pestle and grind to a fine powder. Mix in the salt and pepper.

For sauce: place all ingredients in a bowl or a jar with a lid and mix or shake to combine.

Coat the fish in the spice mix. Heat a large frying pan or skillet over high heat. Melt the coconut oil and when hot, sear the fish for approximately 2-3 minutes each side or until golden brown.

Serve on a bed of steamed broccolini.

Serves 2

## SPICY BEEF CUPS WITH CARROT SALAD

### INGREDIENTS

250g lean beef mince  
2 large tomatoes, diced  
1/2 red onion, finely chopped  
2 garlic cloves, finely chopped  
1 red hot chili, minced  
1 tsp cumin seeds, crushed  
1 tsp paprika  
2 tbsp olive oil  
Juice and zest of 1 lime  
Sea salt and freshly ground pepper  
TO SERVE  
4-6 perfectly shaped romaine lettuce cups  
1/2 avocado, sliced into long slivers  
1/2 bunch of coriander, stalks removed, chopped  
Extra virgin olive oil  
CARROT SALAD  
4 carrots, grated  
Leaves of 1/2 bunch of coriander  
4 tsp poppy seeds  
Seeds from 1 fresh pomegranate  
Juice and zest of 1 lime  
Sea salt and fresh ground black pepper  
3 tbsp extra virgin olive oil

### DIRECTIONS

For beef: heat a large frying pan over medium heat. Coat with olive oil, then saute onions and garlic until translucent. Stir in the mince (make sure to break it up) then add the tomatoes, cumin, paprika, lime juice (reserving a little for serving) and zest. Pop the lime peel halves into the pan and let it all simmer away until the mixture has reduced by a third. Discard the lime peel. Add the chopped red chilli.

For carrot salad: add grated carrots into a bowl, then add the coriander, poppy seeds, pomegranate seeds and lime juice and zest. Season with sea salt and freshly ground pepper to taste and drizzle with extra virgin olive oil.

To assemble: take a lettuce cup and pop in some carrot salad, then spicy beef mix. Top with a few slivers of avocado, some coriander leaves, a drop of lime juice and a drizzle of olive oil.

Serves 2



# WEEK 1 NO GRAIN MEAL PLAN

## SHOPPING LIST - SERVES 2

PROTEIN	QTY	VEGETABLES	QTY	FRUIT	QTY	NUTS & SEEDS	QTY	CONDIMENTS, OILS, GRAINS	QTY
Barramundi fillets	240g	Asparagus	2 bunch	Banana	2	Almond	320g	Bread roll - GF	2
Eggs	19	Baby spinach	450g	Apple - dried	100g	Pepitas	75g	Broad beans	150g
Chicken cooked/roasted	600g	Bamboo Shoots	100g	Avocado	1	Poppy seeds	4tsp	Chicken stock	750ml
Chicken breast	45g	Bean Sprouts	250g	Blackberries	100g	Pumpkin seeds	2tsp	Coconut flakes	150g
Chicken mince	500g	Broccolini	2 bunch	Blueberries	200g	Quinoa	180g	Coconut water	250mL
Mince beef	1100g	Capsicum - red	1.5	Cranberry - dried	100g	Sesame seeds - black	10g	Cooking spray	1
Mince chicken	250g	Carrots	11.5	Lemon	4	Sesame seeds - white	30g	Cornflour/starch	2 tbsp
Pea Protein Shake powder	1 scoop	Cauliflower	1 large	Lime	5	Sunflower seeds	3g	Fish sauce	2.5 tbsp
Salmon fillet	590g	Celery sticks	2	Papaya	1/4 pcs			Grain-free bread	4
Lean beef mince	600g	Continental cucumbers	1	Pear	1			Honey	15g
White fish fillets	400g	Eggplant	2	Pineapple	1 small			Hummus	1/3 cup
Prawns	490g	Green beans	100g	Sultanas	100g			Kelp noodles	270g
		Lettuce -romaine	4-6 leaves					Navy beans	210g
		Mushroom - button	140g	<b>DAIRY</b>	<b>QTY</b>	<b>HERBS</b>	<b>QTY</b>	Oil - coconut	2 tbsp
		Mushroom - shitake	30g	Almond Milk	500mL	Basil	2 bunch	Oil - olive	400mL
Cottage Cheese		Mushroom - swiss brown	60g	Bocconcini Cheese	60g	Chilli long	1	Oil - peanut	1 tsp
Haloumi		Onion red	2.5	Feta Cheese	60g	Chilli small	5	Oil - sesame	20mL
Hard Cheese (low fat)		Onion white	1	Haloumi Cheese	275g	Chives	1 bunch	Oil - sunflower	20mL
Quark (low fat German style)		Pomegranate	1	Parmesan Cheese	45g	Cinnamon	1 tsp	Olives - green	5
Salmon Smoked*		Portobello	1	Walnuts	40g	Coriander	5 bunch	Pepper	4 tsp
Sardines**		Pumpkin	4			Coriander seeds	10g	Salt	4 tsp
Tuna**		Radish	425g			Cumin	2 tbsp	Scone - GF	2
		Snow peas	125g			Dill - dried	2 tsp	Soy sauce - GF salt reduced	8.5 tbsp
		Spinach	1 cup			Fennel seeds	1 tbsp	Sweet chilli sauce	1 tbsp
		Squash - yellow	240g			Garlic - clove	15	Tamarind concentrate	1 tbsp
		Sugar Snap	150g			Garlic powder	1 tsp	Tomato paste	1 tbsp
		Sweet Potato	100g			Ginger	4 cm	Vege stock	1.5 L
		Tomato - semi dried	5			Leek	1	Vinegar - wine	5 tbsp
		Tomato roma	5			Mint	2 bunch		
		Zucchini	2			Oregano	10g		
						Parsley	1 bunch		
						Red chilli	3		
						Rosemary leaves	3 sprigs		
						Spring Onions	8		
						Thyme	2 sprigs		

\*check label for hidden sugars

\*\*small can in spring water