Why start?

Reason 1: You stay sharp

Did you know?
A study of the effects of exercise on the brain found that fitness improves memory, boosts cognition, helps you learn faster, increases brain volume, and even makes you a better reader. In addition, recent studies have found that working out helps prevent the cognitive decline as we age and diseases like Alzheimer’s.

Reason 2: Your heart is safer

Did you know?
Plaque can narrow or block the coronary arteries and reduce blood flow to the heart muscle. Obesity also can lead to heart failure. This is a serious condition in which your heart can’t pump enough blood to meet your body’s needs.

Reason 3: You feel happier

Did you know?
In another study, researchers found a 25 percent increase in the risk of developing mood disorders among the obese. The stigma of being overweight plus limited physical activity could contribute to depression, researchers say.
Why start?

**Reason 4: You protect your vital organs**

It may feel like your heart is thumping itself out of your chest during those hill sprints, but your ticker will thank you later. As shown in an extensive report from the American Heart Association, exercise strengthens your heart muscle as well as reduces your risk of heart disease and other related conditions.

**Reason 5: You may breathe and sleep better**

Researchers found that people who exercised regularly had less incidence of insomnia and a higher quality of sleep. In addition, for people who did suffer from insomnia, adding consistent daily exercise significantly reduced their sleepless nights.

**Reason 6: Your joints feel less stressed**

Being overweight can put some serious strain on your joints—especially your knees. While everyone has to deal with everyday wear and tear on their joints, those who are overweight build up excess stress on these same joints. Bone density helps us maintain a strong and mobile body.

**Did you know?**

Researchers found that people who exercised regularly had less incidence of insomnia and a higher quality of sleep. In addition, for people who did suffer from insomnia, adding consistent daily exercise significantly reduced their sleepless nights.
Why FatBlaster?

So why FatBlaster?

FatBlaster has developed a range of proven, successful products to help enhance and assist you with your weight loss goals. That’s why it’s the number 1 weight loss solution in Australia.

FatBlaster is designed to make losing weight easy: helping you consume less and burn more calories.

FatBlaster offers a complete range of products to help reduce calorie intake and increase the calories burnt so you can achieve your weight loss goals!

MORE PRODUCTS. MORE SOLUTIONS. MORE RESULTS.
Before you start

If your goal is a healthier you, those cabinets and fridge full of sugary snacks and salty, over-processed junk food are your first serious roadblock. It’s time to throw out your junk food so you’ll stick to your convictions. Here’s a step-by-step guide to help you clean out the pantry once and for all, replace that junk food with healthy alternatives that will still fulfil your cravings, and jump start your path to a healthier diet you’ll actually stick to.

Be Courageous
Before we get started, the first thing you’ll need to do is summon as much courage as possible. To make changes that stick, requires doing it in a dramatic way so you won’t be tempted to just slip into your old habits, and educating yourself so you have healthy options.

Out with the Bad: Throw Out the Junk, Over-Processed, Unhealthy Food
The first thing we need to do is give you a fresh start. Head into the kitchen, and get a large rubbish bag. Open up all of the kitchen cabinets, and fridge and get ready to throw out (or donate, if the food is non-perishable and your local community pantry or soup kitchen is accepting donations!) your awful food.

Healthy Tip:
Try to get as many whole grains in your diet as possible, and make sure that those whole grains are the first ingredient on the label.
Try high-fibre breads that are 100% whole grains with 4 or 5 grams per slice, or whole wheat pasta. If you love toast and sandwiches, high-fibre bread is a great way to avoid white flour while you get fibre in your diet at the same time.
Before you start

Stop, Think, and Plan Before You Go Re-Stock the Pantry

Now that the rubbish is in the bin and your cupboards are bare, it’s time to think about alternatives. You might think to put the planning before tossing, but we put them in this order to force you to go to the grocery store after coming up with healthy alternatives.

As you make your shopping list, replace the foods you normally would buy with healthy options you’ll enjoy. Think about the types of flavours that you like, and look for healthy alternatives that hit those notes. If you give up your beloved bag of potato chips for tortilla chips or popcorn, you’re more likely to stick with your healthy diet change than if you toss out a bag of Cheezels and hope you’ll learn to love dried apricots. Here are some suggestions to get your list started.

**Savory Foods:**
- Mixed nuts are always a good snack if they’re eaten in moderation. Try unroasted and unsalted.
- Air-popped popcorn is always a great alternative to chips, and you can season and salt it yourself.
- Tortilla chips and salsa or cut vegetables and hummus are also great savory alternatives to keep in the fridge or pantry.

**Sweet Foods:**
- Try Greek Yogurt with honey, berries, or bananas.
- Try fruits that are naturally sweet, like figs, raisins, and dates, or develop a love for dark chocolate.
- Try putting some seedless grapes in the freezer for a day, then break them out as a sweet snack that can satisfy your ice cream craving.
- Sour and Bitter Foods: If sour treats tickle your palate, there’s a really easy fix for you: citrus fruits and fruit juices.
- Try some plain yogurt to get a little tangy bite into your mornings. Try adding a side of citrus fruit like oranges or kiwis to round out a breakfast or snack.
- Grapefruit is also a great option, and a favorite of dieters everywhere.
- If bitter is more your style, make sure to add some dark chocolate to your shopping list (the higher the cacao percentage the better).
- Bitter food lovers can also munch on some raw zucchini, maybe with a yogurt based dip like tzatziki.

If you love dipping sauces, guacamole and pesto are also tasty, savory alternatives.
FatBlaster’s Formula for Success

Healthy Diet + Daily Exercise = Weight Loss

The formula for weight loss is simple, as you exercise you burn calories, by burning more calories than you eat, your body begins to burn fat stores which helps lead to weight loss.

The key here is to have Fewer Calories In & More Calories Out!

With FatBlaster, we help you achieve your goals by providing you with a range of products that have been expertly formulated to deliver less calories or increase calorie burn.
FatBlaster range

**Fewer Calories In**
- Coconut Detox
- Coconut & Lemon Detox
- FatBlaster Collagen & Coconut Beauty Booster

**More Calories Out**
- FatBlaster Fat Absorber
- FatBlaster Super Shake
- FatBlaster Super Shake
- FatBlaster Super Shake

- FatBlaster Diuret
- FatBlaster Fat Blaster Triple Tea
- FatBlaster Green Coffee Bean
- FatBlaster Garcinia Max
- FatBlaster Lean Power
- FatBlaster Gummies
- FatBlaster Booster
Detox Phase

Week 0 - Coconut Detox 2 Day Plan

1. Take 3 servings of the Coconut Detox product a day.
2. If you feel the need to eat, ensure a healthy diet of steamed vegetables and healthy snacks.
3. Drink 2 litres of water (8 glasses) every day.
4. After the 2 days, continue with Rapid Phase diet.

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<td>POSSIBLE SNACK</td>
<td>- 1 piece of fresh fruit</td>
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<tr>
<td>LUNCH</td>
<td>- 1 Serve of 2 Day Coconut Detox</td>
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<tr>
<td>POSSIBLE SNACK</td>
<td>- 1 Cup steamed green vegetables</td>
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<td>DINNER</td>
<td>- 1 Serve of 2 Day Coconut Detox</td>
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# Rapid Phase

## Week 1 - Meal Plan

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*See Recipes starting on page 25

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## Rapid Phase

### Week 1 - Workout Guide

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*See Workout Guide starting on page 39

**END OF WEEK WEIGHT:**

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**FatBlaster**
Rapid Phase

Week 2 - Meal Plan

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# Rapid Phase

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<td>Belly Fat – Circuit 2*</td>
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*See Workout Guide starting on page 39

**END OF WEEK WEIGHT:**

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# Rapid Phase

## Week 3 - Meal Plan

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# Rapid Phase

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<td>Summer Body 1*</td>
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*See Workout Guide starting on page 39

END OF WEEK WEIGHT: 

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FatBlaster
Rapid Phase

Week 4 - Meal Plan

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Rapid Phase

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*See Workout Guide starting on page 39

END OF WEEK WEIGHT: [ ]
# Steady Phase

## Week 5 - Meal Plan

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## Steady Phase

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*See Workout Guide starting on page 39*

**END OF WEEK WEIGHT:**

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**FatBlaster**
# Steady Phase

## Week 6 - Meal Plan

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# Steady Phase

## Week 6 - Workout Guide

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END OF WEEK WEIGHT:
# Steady Phase

## Week 7 - Meal Plan

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Steady Phase

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END OF WEEK WEIGHT: [___]
## Steady Phase

### Week 8 - Meal Plan

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Steady Phase

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Recipes

Soups

Sweet and Sour Chicken Soup (serves 4)

INGREDIENTS:
2 small bird’s eye chillies, seeded and chopped
1 large clove garlic
1 tbsp rice syrup (purchase at your local grocery store or health food store)
1 litre chicken stock
3 tbsp salt reduced soy sauce
1 chicken breast finely sliced
½ cup mixed mushrooms diced (such as shiitake, enoki, and oyster)
¼ tsp ground white pepper
Apple cider vinegar
1 can bamboo shoots, finely sliced
1 egg beaten
2 shallots finely chopped
1 tbsp cornflour

METHOD
Pound the chilli, garlic and rice syrup together to form a paste. Pour the chicken stock into a pan with the sliced chicken, soy sauce, shitake mushrooms and chilli paste and simmer gently for ten minutes.
Add the pepper, vinegar and bamboo shoots and simmer for a further three minutes. Mix the kudzu with 2 tablespoons of cold water to a smooth paste and add to the soup to simmer for a further five minutes. Beat the egg in a small jug and slowly pour it into the soup stirring as you pour.
Serve the soup with chopped shallots over the top.

Pumpkin Soup (serves 2)

INGREDIENTS:
1 tbsp olive oil
1 onion finely chopped
3 cloves garlic, crushed
¼ large pumpkin
1 litre chicken stock, sodium reduced
1 cup water
400g tomatoes, canned
4 tsp cream cheese, reduced fat

METHOD
Sauté the onions and garlic in the olive oil for a couple of minutes.
Add the pumpkin, stock and tomatoes and simmer for 55 minutes.
Roughly mash the pumpkin or process in a blender and serve with a dollop of low fat cream cheese.

NB: If only using one serve, the rest may be frozen.

Enjoy!
## Recipes

### Soups

### Super Beet Soup (serves 2)

**INGREDIENTS:**
- 1 tablespoon of coconut oil
- 1 large 600g fennel bulb, thinly sliced, fronds reserved
- 2cm piece fresh turmeric, chopped
- 3cm piece of fresh ginger, chopped
- 4 cups of vegetable stock
- ½ teaspoon ground cumin
- ½ teaspoon ground cinnamon
- Sea salt
- 2 large (500g) beetroot, cut into chunks
- 2 large apples, cut into chunks
- 100ml coconut cream
- Black pepper

**METHOD**

Heat coconut oil in a large saucepan over medium high heat. Add sliced fennel, turmeric and ginger. Saute for 5 minutes or until fennel has softened.

Add vegetable stock, cumin and cinnamon to the pan and season with salt. Bring to a gentle boil. Add the beetroot and apple then reduce the heat cover and simmer for 45 minutes.

Allow the soup to cool a little then pour into a high-powered blender and blend until smooth.

Ladle the soup into bowls. Swirl coconut cream through the soup and sprinkle with cracked black pepper. Serve garnished with reserved fennel fronds.

### Mixed Green Soup with Chicken Meatballs (serves 4)

**INGREDIENTS:**
- 2 tablespoons of coconut oil
- ½ fennel bulb, thinly sliced
- ¼ small (750g) white cabbage, finely shredded
- 2 spring onions, sliced
- 2 celery sticks, thinly sliced
- 2 baby bok choy, leaves separated
- 6 cups (1.5 litres) water
- ¼ cup (60ml) organic tamari
- 6 kaffir lime leaves
- 1 teaspoon finely grated fresh ginger
- ½ teaspoon finely grated fresh turmeric
- 250g chicken mince
- 2 teaspoons spirulina

**METHOD**

Melt coconut oil in a large saucepan or stock pot over medium high heat. Add fennel, cabbage and spring onion. Cook, stirring occasionally, for 5 minutes or until vegetables begin to soften.

Add vegetable stock, cumin and cinnamon to the pan and season with salt. Bring to a gentle boil. Add the beetroot and apple then reduce the heat cover and simmer for 45 minutes.

Allow the soup to cool a little then pour into a high-powered blender and blend until smooth.

Ladle the soup into bowls. Swirl coconut cream through the soup and sprinkle with cracked black pepper. Serve garnished with reserved fennel fronds.
## Salads

### Warm Lentil and Smoked Salmon Salad (serves 2)

**INGREDIENTS:**
- 1/3 cup puy lentils
- 1/3 cups water
- 2/3 tbsp olive oil
- 1 clove garlic, finely sliced
- 1/3 red chilli seeded and finely chopped
- 1 tbsp sage, chopped
- 1 2/3 small zucchini, cut into thin ribbons
- 1/3 of the lemon grated zest.
- 2/3 tbsp capers
- 300g smoked salmon, broken into flaked pieces
- 1 tbsp lemon juice
- Cracked black pepper

**METHOD**
Rinse the lentils and place them in a pan with 2 cups of water. Bring the water to boil, reduce the heat and simmer for 20 minutes. In a large frying pan, heat the oil and add the garlic, chilli and sage and sauté for a couple of minutes. Add the zucchini, lemon zest and capers to cook for 15 minutes, turning them over regularly. Add the smoked salmon pieces, lemon juice and pepper and heat through. Drain the lentils and toss through the salmon and zucchini.

Enjoy!

### Thai Beef Rice Salad (serves 2)

**INGREDIENTS:**
- ½ cup basmati rice cooked
- 120g beef
- ¼ tbsp olive oil
- ¼ cucumber sliced
- ¼ red onion sliced
- ½ punnet cherry tomatoes
- Handful of fresh mint roughly chopped

**Dressing**
- 1 tbsp fish sauce
- ½ tbsp salt reduced soy sauce
- ¼ lime juiced
- ½ tbsp sesame oil
- ¼ red chilli sliced and deseeded (optional)

**METHOD**
Chop beef into bite sized pieces.
Heat oil in a wok and stir fry beef until cooked to your liking. Remove from pan and set aside to cool.
In a small bowl mix together all the dressing ingredients.
Combine salad, beef, dressing and serve.

Enjoy!
Salmon and Cannellini Bean Salad (serves 2)

**INGREDIENTS:**
- 1 cups mixed greens
- ½ Lebanese cucumber sliced
- ½ carrot cut into thin strips
- ¼ tbsp extra virgin oil
- ½ tbsp rice vinegar
- ¼ tsp grainy mustard
- 100g can cannellini beans
- 185g can salmon drained with the bones remaining
- 1 small tomato, cut into quarters
- Cracked black pepper

**METHOD**
Wash and dry the salad greens. Combine the oil, rice vinegar, mustard and toss half of the dressing over the leaves, cucumber and carrots. Drain the cannellini beans and toss the remaining dressing through the beans.

Arrange the salad on individual plates. Top with cannellini beans, salmon, tomatoes and season with black pepper.

**NOTE:** Left over cannellini beans are delicious pureed with olive oil, garlic and a little vinegar and served as a low GI dip or alternative to mashed potatoes or rice.

Enjoy!

Spinach and Egg Salad (serves 2)

**INGREDIENTS:**
- 375g sweet potato peeled
- Olive oil
- 1 cups baby spinach leaves
- 1 free range egg
- ¼ tbsp oil
- ¼ tbsp white balsamic vinegar
- ¼ tsp hot English mustard powder
- ¼ tsp lemon zest
- ¼ tsp of honey

**METHOD**
Preheat the oven to 190 degrees Celsius. Using a potato peeler, peel the sweet potato into thin shavings.

Line 2 baking sheets with baking paper and lay the sweet potato on top. Lightly brush the chips with olive oil and season with a little sea salt.

Place in the oven to bake for approximately 10-15 minutes until crispy. Set aside to cool.

Boil the egg for 5-6 minutes. Combine the oil, vinegar, mustard, lemon zest and honey.

Toss the dressing over the spinach leaves and egg and top with crispy sweet potato chips.

Serve with 2 thin rice cakes.

Enjoy!
Recipes

Salads

Greek Lamb Salad (serves 4)

INGREDIENTS:
Olive oil spray
200g lean lamb steak
120g asparagus, sliced
40g rocket
1/2 red onion (73g), thinly sliced
60g low fat feta, crumbled
30g dried figs, thinly sliced
2 tablespoons mint leaves (6g), shredded
1 fresh lime, cut into wedges

METHOD
Spray a non-stick frying pan with oil and heat over medium heat. Cook lamb for 2-3 minutes each side for medium or until cooked to your liking. Set aside to rest for 2 minutes- then thinly slice.
Meanwhile, place asparagus into a heatproof bowl and cover with boiling water. Stand for 1 minute, then drain.
Divide rocket, onion, lamb, asparagus, feta, figs and mint between plates.
Season with freshly ground black pepper and serve with lime wedges.
Enjoy!

Grated Raw Salad with Spirulina & Tahini Dressing (serves 2)

INGREDIENTS:
50g organic baby kale
2 baby beetroot, grated
2 carrots, grated
1 zucchini, grated
25g snow pea sprouts
1/3 cup tahini, at room temperature

METHOD
Layer the kale, grated beetroot, carrot, zucchini and snow pea sprouts into serving glasses.
Whisk together the tahini and 1/3 cup water to form a creamy dressing.
Drizzle over the salad.
Serves 2 as a main or 4 as a side salad.
Enjoy!
Recipes

Wraps

Chicken Wrap (serves 2)

INGREDIENTS:
- 100g chicken breast cooked and chopped
- 2 tbsp low fat cottage cheese
- 2 tbsp low fat natural yoghurt
- ¼ tsp lemon zest
- ¼ tsp Dijon mustard
- Cracked black pepper to season
- ¼ tbsp chives chopped
- ¼ tbsp dill, chopped
- ¼ cup celery finely chopped
- 4 slices wholegrain sourdough bread
- Rocket lettuce

METHOD
In a food processor, combine the cheese, yoghurt, lemon zest, mustard and seasoning. Stir through the herbs, celery and chicken.
Fill the wrap with the chicken mixture and rocket leaves.
Roll up and enjoy!

Tuna, Pecan, Tomato and Avocado Wrap (serves 2)

INGREDIENTS:
- 2 mountain bread barley wraps (found at your local grocery store)
- 90g tuna
- 1 tomato
- ½ an avocado
- 3 leaves cos lettuce
- 5 pecans chopped roughly
- Black pepper to taste

METHOD
Spread ¼ an avocado on each wrap. Top with diced tomato and tuna. Season tomato with pepper. Sprinkle lettuce leaves and nuts over top.
Roll up and cut diagonally. Can wrap and store in your fridge for lunch later the same day.
Enjoy!
Recipes

Wraps

Beef Fajita (serves 2)

INGREDIENTS:
2 teaspoons olive oil (11g)
1 red capsicum (150g), thinly sliced
1/2 red onion (70g), thinly sliced
2 cloves garlic (5g), crushed
3/4 teaspoon Mexican spice (1g)
290g lean rump steak
2 wholegrain wrap (70g)
50g mixed salad leaves
50g extra light sour cream
35g reduced fat cheddar, grated
1/2 cups fresh coriander (20g)

METHOD
Heat half the oil in a large non-stick frying pan over medium-high heat. Add capsicum, Mexican spice, onion, and garlic to pan. Stir-fry for 3 minutes or until onion is lightly golden. Transfer to a plate and cover with foil to keep warm. Season freshly ground black pepper over the steak. Heat remaining oil in frying pan over medium-high heat. Cook steak for 2-3 minutes each side for medium or until cooked to your liking. Set aside for 2 minutes to rest. Cut into slices. Place wraps on plates and top with salad leaves, capsicum mixture, beef slices, sour cream, cheese and coriander. Wrap to enclose and serve.

Enjoy!

Shredded Slaw, Cheese & Black Bean Wrap (serves 2)

INGREDIENTS:
125g red cabbage, finely shredded
1 carrot (61g), grated
1 tablespoon fresh coriander (3g), finely chopped
2 pieces wholegrain wrap (140g)
1/2 cups canned black beans (90g), rinsed & drained
30g reduced fat cheddar, grated
2 tablespoons tomato salsa (40g)

METHOD
Place cabbage, carrot and coriander in a bowl and toss to combine. Place wraps on a plate. Top with cabbage salad, black beans and grated cheese. Spoon salsa over. Wrap firmly to enclose filling. Preheat a sandwich press. Cook wraps for 2-3 minutes each or until golden and cheese has melted. Enjoy!
Recipes

Stir Frys

Mushroom, Prawn and Asparagus Stir Fry (serves 4)

**INGREDIENTS:**
- 1 tbsp oyster sauce
- ½ tbsp salt reduced soy sauce
- ¼ tbsp rice syrup
- 150g green prawns peeled and deveined
- 75g mushrooms, thickly sliced
- ¼ tbsp olive oil
- ¼ Spanish onion chopped into small wedges
- ¼ bunch choy sum, trimmed and stalks cut
- ¼ bunch asparagus, trimmed and cut into 3 cm pieces
- ¼ packet buckwheat noodles or ½ cup basmati rice.

**METHOD**
Combine oyster sauce, soy sauce and rice syrup in a small jug. Place prawns and mushrooms into separate bowls. Pour ¼ the soy mixture over prawns and remaining soy mixture over mushrooms. Toss well to coat. Cover and place in the fridge to marinate for 15 minutes.

Heat a wok over high heat until hot. Add 1 tbsp oil and prawns and stir fry for 1-2 minutes or until pink. Remove and set aside. Add remaining oil and onion to wok and stir fry for 1 minute. Add choy sum stems and asparagus and stir fry for 1 minute. Add mushrooms and stir fry for 2 minutes or until mushrooms are almost tender.

Add prawns and choy sum leaves and stir fry for 1 minute or until leaves just wilt. Serve immediately with rice or noodles.

Enjoy!

Beef & Sesame Teriyaki Noodles (serves 2)

**INGREDIENTS:**
- 300g lean rump steak, thinly sliced
- 150g partially cooked udon
- 150g dried noodles
- ½ teaspoons cornflour (3g)
- 3 tablespoons teriyaki sauce (60g)
- 2 teaspoons sesame seeds (6g)
- 2 teaspoons olive oil (10g)
- ½ onion (73g), thinly sliced
- 1 X 2cm pieces ginger (10g), finely grated
- 1 red capsicum (155g), cut into thin strips
- 100g snow peas, trimmed & halved

**METHOD**
Cook noodles in a medium saucepan of boiling water, following packet directions, or until tender. Drain and rinse under cold water. Combine cornflour and teriyaki sauce in a small bowl.

Meanwhile, heat a large wok over medium heat. Add sesame seeds and cook, stirring, for 1-2 minutes or until golden. Transfer to a plate.

Heat half the oil in the wok over high heat. Add beef and stir-fry for 1 minute or until brown. Transfer to a plate.

Heat remaining oil over medium-high heat. Add onion, ginger, capsicum and snow peas. Stir-fry for 2-3 minutes or until vegetables are tender-crisp.

Add noodles and sauce mixture to wok. Toss until well combined and heated through. Turn off heat and toss in beef and sesame seeds. Divide between bowls and serve.

Enjoy!
Recipes

Stir Frys

Thai Basil Chicken Stir-Fry (serves 4)

INGREDIENTS:
- 170g skinless, boneless chicken breast halves, cut into 1/4-inch-thick strips
- 2 tablespoons hoisin sauce
- 1 tablespoon sugar
- 1 tablespoon water
- 1 tablespoon fish sauce
- 1 tablespoon peanut oil
- 3 garlic cloves, minced
- 1 1/2 cups sliced red capsicum
- 1 cup thinly vertically sliced onion
- 1/2 cup fresh basil leaves, roughly chopped
- 1 tablespoon fresh lime juice

METHOD
Combine hoisin, sugar, 1 tablespoon water, and fish sauce in a bowl, stirring with a whisk until sugar dissolves.

Heat a wok or large skillet over high heat. Add oil; swirl to coat. Add garlic; stir-fry 30 seconds or until fragrant. Add chicken; stir-fry 4 minutes. Add capsicum and sliced onion; stir-fry 2 minutes. Add hoisin mixture; bring to a boil. Cook 30 seconds or until slightly thickened.

Stir in basil and juice. Serve immediately.

Enjoy!

Smoky Pork Stir-Fry (serves 4)

INGREDIENTS:
- 2 teaspoons canola oil
- 300g pork tenderloin, trimmed and cut into bite-sized pieces
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 2 teaspoons dark sesame oil
- 1 1/2 cups thinly sliced yellow capsicum
- 1 cup snow peas
- 1 tablespoon grated fresh ginger
- 1 garlic clove, minced
- 3 tablespoons rice vinegar
- 1 tablespoon lower-sodium soy sauce
- 2 teaspoons sugar
- 1 teaspoon chili garlic sauce
- 3 cups tricolor coleslaw
- 3 green onions, thinly sliced

METHOD
Heat a large skillet over high heat. Add canola oil; swirl to coat. Sprinkle pork with paprika and salt. Add pork to pan; sauté 3 minutes or until browned. Remove pork from pan. Return pan to medium-high heat. Add sesame oil; swirl to coat. Add capsicum, peas, ginger, and garlic; stir-fry 3 minutes or until vegetables are crisp-tender, stirring frequently. Combine vinegar, soy sauce, sugar, and chili garlic sauce in a bowl, stirring with a whisk. Add pork and soy sauce mixture to pan; cook 1 minute. Stir in coleslaw; cook 1 minute or until slightly wilted. Remove pan from heat; sprinkle with green onions.
Recipes

Stir Frys

**Beef and Broccoli Stir-fry (serves 4)**

**INGREDIENTS:**
- 450g pre-cut beef for stir-fry
- 2 garlic cloves, smashed
- 1 tablespoon grated fresh ginger
- 2 tablespoons soy sauce
- 1 bunch broccoli
- 2 tablespoons vegetable oil
- 1/2 cup water
- 1 1/2 cups beef stock
- 2 tablespoons cornstarch
- 1 cup fresh mung bean sprouts

**METHOD**

Combine beef, garlic, ginger and soy sauce in a bowl and let stand.

Wash broccoli thoroughly and cut into florets. Trim and peel stems and cut into 6mm thick slices.

Heat oil in a large nonstick skillet or wok over high heat, add broccoli florets and stems, then stir-fry for 2 minutes. Add 1/2 cup water and stir until water evaporates. Transfer broccoli to a plate.

Add remaining oil to pan, add beef mixture and stir-fry for 3 minutes. Stir together stock and cornflour, add to meat and stir-fry until sauce is thickened, about 3 minutes longer. Add broccoli and bean sprouts, then cook, stirring, until heated through, about 2 minutes.

Enjoy!

**Garlic Turkey-Broccoli Stir-Fry (serves 8)**

**INGREDIENTS:**
- 2 teaspoons sesame oil, divided
- 450g turkey tenderloin, cut into thin strips
- 1 cup chicken stock
- 4 garlic cloves, minced
- 1 1/2 tablespoons cornflour
- 1/4 teaspoon cracked pepper
- 1/4 teaspoon salt
- 1 red capsicum, cut into thin strips
- 2 cups fresh broccoli florets
- 220g sliced water chestnuts, drained
- 2 tablespoons light soy sauce

**METHOD**

Place a large nonstick skillet over medium-high heat until hot. Add 1 teaspoon sesame oil to pan, and tilt to coat evenly. Add turkey, and stir-fry 5 minutes or until turkey is no longer pink in center. Remove turkey, and set aside.

Combine stock and next 4 ingredients in a small bowl; stir until cornflour dissolves. Set aside.

Add remaining 1 teaspoon oil to pan; add capsicum strips and broccoli; stir-fry 1 minute. Add water chestnuts, and stir-fry 30 seconds. Increase heat to high. Stir stock mixture, and add to pan with soy sauce, turkey, and any accumulated juices. Bring to a boil; cook 1 to 2 minutes or until slightly thickened.

Enjoy!
Recipes

Protein meals

French Provincial Lamb (serves 4)

INGREDIENTS:
- 500g lamb neck, fat trimmed
- 1 ½ tablespoons flour
- 1 pinch peppercorns
- 1 tablespoons olive oil
- 300g shallots peeled
- 3 cloves garlic, crushed
- 1 cup butter beans, soaked overnight
- 350g baby carrots
- 1 litre chicken stock

METHOD
Cut lamb into cubes approximately 4cm thick. Season flour with black pepper and roll lamb in flour. Set the pressure cooker express to sauté and heat oil in pan. Add lamb and garlic and brown on all sides. Stir through shallots, and garlic and cook for a few minutes. Add beans, carrots and stock. Cover the pan and lock the lid. Ensure the pressure valve is sealed. Turn the timer to setting 3. Once cooked, allow a few minutes before releasing the valve. Open lid once all the steam has released.

If you do not have a pressure cooker follow below.
Cut lamb into cubes approximately 4cm thick. Season flour with black pepper and roll lamb in flour. Heat oil in large pan. Add lamb and garlic and brown on all sides. Stir through shallots, and garlic and cook for a few minutes. Add beans, carrots and stock and set to simmer and cover with lid slightly. Cook on simmer for approximately 45 minutes. Serve with fresh steamed green beans and side salad. Enjoy!

Za’tar Chicken Thigh with Spinach and Tahini Sauce (serves 2)

INGREDIENTS:
- 250g chicken thigh fillet, trimmed of any fat
- ½ tbsp sesame seeds, lightly toasted
- Pinch of sea salt
- ¾ tbsp fresh thyme
- ½ bunch English spinach, washed and trimmed

DRESSING
- ¾ tbsp tahini
- ¼ lemon juice only
- ½ clove garlic, crushed
- Sea salt and cracked black pepper

Spinach steamed to serve

METHOD
Preheat oven to 170 degrees celsius.
Lightly roast sesame seeds in a small pan until they turn golden. Combine them with freshly chopped thyme. Add half a tsp of sea salt and mix together (this is the za’tar)
Sprinkle the Za’tar on both sides of the chicken thighs. Heat olive oil in a non stick pan and sear the chicken for two minutes on both sides. Transfer the chicken to an oven and cook for a further 20 minutes.
While the chicken is cooking make the tahini sauce. Simply mix the tahini with the lemon juice, add the crushed garlic and combine. Add water, a little bit at a time, until the sauce has taken on a creamy consistency. Season with cracked pepper.
Toss spinach in a pan for a few minutes until wilted. Serve the spinach on a plate with a little tahini sauce over it and add the chicken over the top.
Serve with a little bit of extra sauce on the side and with a garden salad.
Recipes

Protein meals

Char grilled Ocean Perch with Kumara Mash (serves 2)

INGREDIENTS:
- ½ medium kumara, peeled and chopped into 2.5cm pieces
- 125g ocean perch fillets
- 1 tbsp za’tar
- ½ tbsp olive oil
- ½ bunch English spinach

METHOD
Steam the kumara for 20 minutes or until tender, then mash. While the kumara is steaming, preheat the grill. Wipe the perch fillets with damp paper towel and pat dry.

In a small bowl mix the za’tar with enough of the olive oil to make a paste. Using a flat knife, smear the za’tar paste over each side of the fish.

Grill for 3 minutes each side. Meanwhile, steam the spinach for 3 minutes or until wilted.

Serve the perch on the mashed kumara with steamed English spinach on the side. Serve with a garden salad. Make a dressing for your garden salad with 1 tbsp olive oil and ½ tbsp lemon juice.

Season with black pepper.

Enjoy!

Creamy Chicken with Broccoli Pasta (serves 2)

INGREDIENTS:
- 1 cup wholemeal pasta
- ½ tbsp olive oil
- 125g chicken breast cut into strips
- ½ tbsp lemon rind
- 50g mushrooms, sliced
- 125g broccoli florets
- 15g reduced fat cream cheese (or 15 mls of skim milk)

METHOD
Lightly steam the broccoli florets for approx 4 mins.

Add the pasta to a pan of simmering water and cook it according to the instructions on the pack.

Whilst this is cooking heat 2 tbsp of olive oil in a large pan and add the chicken breast, cut into strips with the lemon rind and mushrooms, and let that cook for about 7 minutes turning the chicken over to make sure it’s completely cooked.

When this is cooked, add the broccoli florets and finally the reduced fat cream cheese. Stir until it has completely melted through the dish.

Place the cooked and drained pasta into a serving dish and top with the chicken/broccoli/cheese mixture.

Season with black pepper.

Enjoy!
Recipes

Protein meals

Beef burger with the Lot (serves 4)

**INGREDIENTS:**
- 500g premium minced beef
- 1/3 small onion, finely diced
- 1/3 small carrot, grated
- 1/3 zucchini grated
- Cracked black pepper
- 4 seeded (wholegrain) bread rolls
- 4 lettuce leaves
- 1 tomato
- 4 slices of beetroot
- 33g grated reduced fat cheddar cheese

**METHOD**
Mix together minced meat, with onion, carrot, zucchini and pepper to season. Combine well and mould together 4 patties out of it. Heat the pan over a medium heat and add the patties. Turn over after about 6 minutes and cook them on the other side for the same length of time. While the patties are cooking, take the bread rolls and slice them open. Pop a couple of lettuce leaves onto each adding a burger patty when cooked. Layer some sliced tomato, a couple of slices of beetroot and about 15g of reduced fat grated cheddar cheese. Enjoy!

Please note* You can make the patties the night before and take all the ingredients separately to compile your burger at work, if you are taking them to work.

Poached Egg on Rye with Rocket (serves 1)

**INGREDIENTS:**
- 1 egg
- 1 slice rye bread toasted
- ½ tbsp vinegar
- ½ handful rocket
- ¼ lemon juiced
- Sea Salt and pepper to season lightly

**METHOD**
Fill a small pan with water and vinegar. Bring the water to the boil and crack the egg into it to poach. Reduce the heat slightly and cook for approximately 3 minutes until the white is cooked and the yellow is still slightly runny. While the eggs are cooking, wash rocket and toast the rye bread. Serve egg on the toast with rocket, lemon juice and seasoned with sea salt and black pepper. Enjoy!
Recipes

Protein meals

Grilled Sirloin with Kidney Bean Salsa (serves 2)

INGREDIENTS:
1 can kidney beans
½ cobs corn, steamed and kernels removed
¼ red capsicum
¼ red chilli
¼ Spanish onion
¼ Lebanese cucumber
Handful coriander roughly chopped
¼ lime juiced
150g sirloin steak
Olive oil

METHOD
Drain and rinse the kidney beans.
Combine the beans with the corn, capsicum, chilli, onion, cucumber, coriander and lime juice.
Brush the steak with olive oil and sear for 3-4 minutes each side depending on your preference of cooking.
Serve the steak over the salsa with an accompanying green salad.
NOTE: To store fresh herbs such as coriander, wrap the stalks in damp absorbent paper and store in plastic snap lock bags.
Enjoy!

Strawberry and Ricotta Bruschetta (serves 1)

INGREDIENTS:
2 slices of wholegrain sourdough bread or rye bread toasted
¼ punnet strawberries washed and sliced
2 tbsp low fat ricotta
1/4 tsp cinnamon
1/2 tbsp bush honey (or natural honey)

METHOD
Preheat oven to 160 degrees celsius
Spread the ricotta over the sourdough toast.
Pile the strawberry slices over the ricotta.
Drizzle the honey and sprinkle the cinnamon over the berries.
Arrange on a baking sheet and heat in the oven for 10 minutes.
Enjoy!
Workout Guide

Full body Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

Circuit 1: Vertical hip lifts - 15 reps
Circuit 1: Russian twists - 25 reps
Circuit 1: Ab crunches - 25 reps
Circuit 2: Walking lunges - 20 each side
Workout Guide

Full body Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

Circuit 2: Inner-thigh lifts - 25 each side
Circuit 2: Jumping lunges - 15 each side
Circuit 2: Squats - 20 reps
Circuit 2: Hip raises - 25 reps
Workout Guide

Belly Fat Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

Circuit 1: Ab crunches - 25 reps
Circuit 1: Up-down plank - 10 reps
Circuit 1: Russian Twists - 25 reps
Circuit 1: Bicycle crunches - 20 each side
Workout Guide

Belly Fat Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

Circuit 2: Side hip raises - 15 each side

Circuit 2: Abdominal v-ups - 15 reps

Circuit 2: Plank - 1 minute

Circuit 2: Vertical hip lifts - 15 reps
Workout Guide

Body Blaster Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

1. Circuit 1: Lateral leg raises - 25 each side
2. Circuit 1: Inner-thigh lifts - 25 each side
3. Circuit 1: Burpees - 10 reps
4. Circuit 1: Round-house kick - 15 each side
Workout Guide

Body Blaster Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

Circuit 2: Ab crunches - 25 reps
Circuit 2: Jumping Lunge - 15 each side
Circuit 2: Hip Raises - 25 reps
Circuit 2: Squats - 20 reps
Workout Guide

Summer Body Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

Circuit 1: Bicycle crunches - 20 reps
Circuit 1: Push ups - 10 reps
Circuit 1: Plank - 45 seconds
Circuit 1: Ab crunches - 25 reps
Workout Guide

Summer Body Workout - 3 sets of each exercise with 1 min rest, for approximately 30 mins

Circuit 2: Walking lunges - 20 each side
Circuit 2: Burpees - 10 reps
Circuit 2: Jumping lunges - 45 seconds
Circuit 2: Squats - 20 reps