



June *Recipe Book*



Wholesome
Genie

Disclaimer

The calorie and macronutrient information provided in this recipe book has been calculated to the best of our ability using commonly used ingredients. However, it is important to note that actual nutritional values may vary depending on factors such as brand names, variations in ingredient types, portion sizes, cooking methods, and other variables.

Barcodes placed on each recipe are generated from the ingredients and quantities provided by the nutritionists. While the barcodes are a useful tool for tracking, it is essential for users to make an effort to calculate nutritional information using the most up-to-date ingredients in the manner employed by their coach or nutritionist. Users should also take responsibility for checking the carbohydrate and fibre content of the ingredients used and ensuring it aligns with their specific dietary goals. The NUTTAB (Australian Nutrition Database), USDA and verified databases is utilised to track whole foods, and the data from the nutritional information panels is used for packaged foods.

Please note that in some entries, the calories and macros may not quite add up when scanned into MyFitnessPal. This is because the system uses the calories listed on the food labels and tracks fibre and sugar alcohols as calories. For ease of tracking for general population clients, the calories listed in the recipe book have been adjusted based on the general calculations: 4 calories per gram of protein, 4 calories per gram of carbohydrates, and 9 calories per gram of fat.

The images included in this recipe book are generated using AI to the best of our ability. While accuracy is the goal, the images may not reflect exactly how the recipe will look once prepared.

While every effort has been made to ensure accuracy, individuals with specific dietary concerns or requirements are encouraged to consult a qualified healthcare professional or nutritionist for personalised advice. Additionally, it is advisable to refer to nutritional labels on packaged ingredients for the most accurate information.

MyFitnessPal Barcodes

Scan a recipe, log it in MFP, get on with your day.



READ THIS FIRST

Calories will look higher in MFP. That is normal - don't recalculate.

MFP counts the calories in fibre and sugar alcohols. The recipe card doesn't. So the cal number drifts up by a small amount when you scan.

The carbs, fat, and protein are exactly the same on both. Track those.

RECIPE CARD SAYS

476	cal	≠
37g	carbs ✓	=
12g	fat ✓	=
52g	protein ✓	=

MFP SAYS (AFTER SCAN)

~520	cal — slightly higher, that's fine
37g	carbs ✓
12g	fat ✓
52g	protein ✓

Calories may differ. Macros never do.

How to scan

01

Tap +

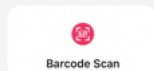
The plus icon at the bottom of MFP.



02

Pick Barcode Scan

Top-right tile in the menu.



03

Scan or type

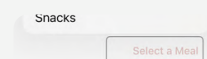
Aim at the recipe barcode, or type the number underneath.



04

Save it

Pick the meal slot and tap the tick top-right.



REMINDER

"The macros are what we track. Calorie counts can drift between systems — totally expected, no need to recalculate or change anything."

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Breakfast

Recipes

Ham & Cheese Toasted Fingers with Pizza Dipping Sauce

BREAKFAST 

TOTAL CALORIES
276

Protein
15g

Fats
12g

Carbs
27g

Fibre
0g



Prep Time
10 minutes



Cook Time
10 minutes



Servings
5



Ingredients

- 235g Buttercup Country Split White Bread (10 slices)
- 150g D'Orsogna Leg Ham Shaved
- 150g Coles Australian Light Shredded Mozzarella
- 200g eggs (4 eggs)
- 40ml Woolworths Lite Milk
- 2g Garlic Powder
- 2g Italian Dried Herbs
- 5g Extra Virgin Olive oil Spray
- 200g Woolworths Pizza Sauce Squeeze Bottle

Cooking Instructions

Step 01.

Place 5 slices of bread onto a chopping board.

Step 02.

Divide ham evenly over the bread slices.

Step 03.

Sprinkle mozzarella evenly over the ham and top with remaining bread slices.

Step 04.

Using a sharp knife, cut each sandwich into 3 fingers.

Step 05.

In a shallow bowl, whisk together eggs, milk, garlic powder and Italian herbs.

Step 06.

Preheat air fryer to 190°C for 3 minutes.

Step 07.

Dip each sandwich finger lightly into the egg mixture, coating all sides. Allow excess egg to drip off.

Step 08.

Spray air fryer basket lightly with olive oil spray.

Step 09.

Place sandwich fingers into the air fryer basket in a single layer. Lightly spray the tops with olive oil spray.

Step 10.

Air fry at 190°C for 8–10 minutes, turning halfway through, until golden, crispy and cheese is melted. Heat pizza sauce in the microwave for 30 seconds and serve on the side for dipping.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Spinach, Fetta & Egg White Wrap

BREAKFAST 

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
279	33g	11g	12g	12g

V

Prep Time
10 minutes



Cook Time
8 minutes



Servings
5



Ingredients

- 350g Simson's Pantry High Protein Low Carb Wraps Garlic & Herb (5x)
- 500g Liquid Egg Whites
- 120g Baby Spinach
- 100g South Cape Reduced Fat Greek Style Fetta
- 80g Bulla Cottage Cheese Original
- 50g Red Onion
- 2g Cracked Black Pepper
- 2g Garlic Powder
- 10ml Extra Virgin Olive oil spray

Cooking Instructions

Step 01.

Finely dice the red onion and roughly chop baby spinach.

Step 02.

In a large bowl, combine egg whites, cottage cheese, garlic powder and pepper. Whisk well.

Step 03.

Heat a non stick frying pan over medium heat and spray lightly with olive oil spray.

Step 04.

Add onion and cook for 2 minutes until softened.

Step 05.

Add spinach and stir for 1 minute until wilted.

Step 06.

Pour egg white mixture into the pan and gently scramble until mostly cooked.

Step 07.

Sprinkle fetta through the mixture.

Step 08.

Warm wraps for 20 seconds in the microwave.

Step 09.

Divide filling evenly into wraps and roll tightly.

Step 10.

Toast wraps in a sandwich press for 2 minutes.

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Banoffee Baked GF Weetbix

BREAKFAST 

TOTAL CALORIES
487

Protein
45g

Fats
11g

Carbs
52g

Fibre
3g

GF, V

Prep Time
10 minutes



Cook Time
25 minutes



Servings
5



Ingredients

- 150g Gluten Free Weet-Bix (10)
- 500ml So Good Unsweetened Almond Milk
- 240g Bananas
- 150g Rule 1 Lightly Salted Caramel Protein Powder
- 20g Sugar Free Maple Syrup
- 5g Cinnamon Powder
- 800g YoPRO High Protein Yoghurt Salted Caramel
- 100g Biscoff Spread

Cooking Instructions

Step 01.

Preheat oven to 180°C.

Step 02.

Add Weet-Bix to a large mixing bowl and crush finely using hands.

Step 03.

Mash bananas with a fork until smooth.

Step 04.

Add mashed banana, almond milk, protein powder, maple syrup and cinnamon into the bowl. Stir until combined.

Step 05.

Pour mixture into a lined baking dish.

Step 06.

Bake for 25 minutes until golden.

Step 07.

Slice and place into 5 meal prep containers.

Step 08.

Top with yoghurt and drizzle melted Biscoff spread over the top.

Log it in MyFitnessPal

Scan or type the barcode into your app



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Coconut Mango Protein Smoothie Bowl

BREAKFAST 

TOTAL CALORIES
449

Protein
24g

Fats
17g

Carbs
50g

Fibre
5g

GF, V, VG

Prep Time
5 minutes

Servings
2

Ingredients

- 250g Woolworths Frozen Mango
- 150g Creative Gourmet Frozen Banana Chunks
- 160g Cocobella Protein Coconut Yoghurt Pouch Vanilla
- 60g Vanilla Buttercream Premium Almond Protein
- 120ml So Good Unsweetened Almond Milk
- 10g Macro Organic Coconut Shredded
- 20g Food For Health Gluten Free Granola Honey Roasted Nuts
- 50g Fresh Mango

Cooking Instructions

- Step 01.**
Dice fresh mango into small cubes.
- Step 02.**
Add frozen mango, frozen banana, coconut yoghurt, protein powder and Almond Milk into a blender.
- Step 03.**
Blend until thick and creamy.
- Step 04.**
Spoon into bowls.
- Step 05.**
Top with granola, shredded coconut and fresh mango.

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Main Meal

Recipes

Slow Cooker Creamy Chicken & Corn Soup

MAIN MEAL



TOTAL CALORIES
453

Protein
53g

Fats
13g

Carbs
31g

Fibre
4g

GF

Prep Time
15 minutes



Cook Time
6 Hours



Servings
5



Ingredients

- 1kg Chicken Breast
- 300g Spudlite
- 150g Carrot
- 120g Celery
- 120g Brown Onion
- 300g Edgell Corn Kernels
- 1L Hart & Soul Chicken Bone Broth
- 250ml Woolworths Light Thickened Cream
- 30g Cornflour
- 5g Garlic Powder
- 3g Cracked Pepper
- 2g Salt
- 20g Fresh Parsley

Cooking Instructions

- Step 01.**
Peel and dice potato into small cubes.
- Step 02.**
Dice carrot, celery and onion finely.
- Step 03.**
Add chicken breast, potato, carrot, celery, onion, corn and chicken stock into the slow cooker.
- Step 04.**
Sprinkle garlic powder, salt and pepper over the top.
- Step 05.**
Cook on low for 6 hours.
- Step 06.**
Remove chicken and shred using two forks.
- Step 07.**
In a jug, whisk cornflour with cream until smooth.
- Step 08.**
Pour cream mixture into the slow cooker and stir well.
- Step 09.**
Return shredded chicken to the slow cooker and cook for another 20 minutes until thickened.
- Step 10.**
Stir through chopped parsley before serving.

Log it in MyFitnessPal
Scan or type the barcode into your app



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Slow Cooker Meatballs with Onion Gravy

MAIN MEAL



TOTAL CALORIES
713.7

Protein
55.3g

Fats
28.5g

Carbs
59g

Fibre
4.1g



Prep Time
20 minutes



Cook Time
5 Hours



Servings
5



Ingredients

- 1kg Extra Lean Beef Mince
- 80g Essentials Breadcrumbs
- 50g Egg
- 10g Garlic
- 80g Brown Onion
- 5g Onion Powder
- 3g Cracked Pepper
- 70g Continental Classics Simmer Soup French Onion Salt Reduced (2 x packets)
- 750ml Hart & Soul Beef Bone Broth
- 200ml Woolworths Light Thickened Cream
- 15g Cornflour
- 1kg Spudlite Potatoes
- 150ml Woolworths Lite Milk

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Finely dice onion and mince garlic.

Step 02.

Add beef mince, breadcrumbs, egg, garlic, onion, onion powder and pepper into a bowl. Mix well.

Step 03.

Roll mixture into 20 meatballs.

Step 04.

Place meatballs into the slow cooker.

Step 05.

In a jug, whisk onion soup mix and beef broth together. Pour over meatballs.

Step 06.

Cook on low for 5 hours.

Step 07.

Peel and chop potatoes into cubes. Boil until soft.

Step 08.

Drain potatoes and mash with milk until smooth.

Step 09.

Whisk cornflour into cream and stir into slow cooker for final 15 minutes.

Step 10.

Serve meatballs over mashed potato.

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Slow Cooker Honey Mustard Chicken

MAIN MEAL



TOTAL CALORIES	Protein	Fats	Carbs	Fibre
645.1	60.6g	18.3g	59.5g	3.4g

GF

Prep Time
10 minutes



Cook Time
7 Hours



Servings
5



Ingredients

- 900g Chicken Breast
- 150g Brown Onion
- 150g Carrot
- 80g Masterfoods Dijon Mustard
- 40g Woolworths Wholegrain Mustard
- 60g Honey
- 150ml Woolworths Light Thickened Cream
- 20g Cornflour
- 625g Sunrice Jamine Rice Cup

Cooking Instructions

- Step 01.**
Finely dice the brown onion. Peel and finely dice or grate the carrot so it softens nicely into the sauce.
- Step 02.**
Place the chicken breast into the slow cooker. Add the diced onion and carrot over the top.
- Step 03.**
In a small bowl, mix together the Dijon Mustard, Wholegrain Mustard, honey and Cream until combined.
- Step 04.**
Pour the honey mustard cream sauce over the chicken and vegetables. Stir gently so everything is coated.
- Step 05.**
Cook on high for 4 hours or low for 6–7 hours, until the chicken is cooked through and tender.
- Step 06.**
Remove the chicken breasts from the slow cooker and shred using two forks. Add the shredded chicken back into the sauce and stir through.

- Step 07.**
Mix the 20g cornflour with a small splash of cold water to make a slurry. Pour into the slow cooker and stir well. Cook for another 10–15 minutes on high, or until the sauce thickens.
- Step 08.**
Heat the Rice Cups as per packet instructions. This will be 125g rice per serve.
- Step 09.**
Divide the rice between 5 containers or bowls, then top evenly with the creamy honey mustard chicken.

Log it in MyFitnessPal
Scan or type the barcode into your app



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One Pot Buffalo Chicken Rice Bake

MAIN MEAL



TOTAL CALORIES
557.1

Protein
70.1g

Fats
17.9g

Carbs
28.9g

Fibre
1.8g

GF

Prep Time
15 minutes



Cook Time
40 minutes



Servings
5



Ingredients

- 900g Chicken Breast
- 300g Long Grain Rice
- 800ml Maggie Beer Chicken Bone Broth
- 150g Frank's Red Hot Buffalo Wings Sauce
- 150g Woolworths Light Cream Cheese
- 150g Woolworths Corn Sweet Kernels
- 150g Red Capsicum
- 100g Brown Onion
- 100g Woolworths Shredded Mozzarella Cheese
- 10g Garlic
- 5g Smoked Paprika
- 4g Onion Powder
- 3g Garlic Powder
- 3g Salt
- 3g Black Pepper
- 10g Spring Onion
-

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Preheat oven to 190°C.

Step 02.

Dice chicken breast into small bite sized pieces.

Step 03.

Finely dice onion, dice capsicum and mince garlic.

Step 04.

Add uncooked rice, chicken broth, buffalo sauce, light cream cheese, corn, capsicum, onion, garlic, smoked paprika, onion powder, garlic powder, salt and pepper into a large oven safe baking dish.

Step 05.

Stir well until the cream cheese starts to mix through the liquid.

Step 06.

Add diced chicken breast and stir again so the chicken is evenly spread through the rice mixture.

Step 07.

Cover tightly with foil and bake for 30 minutes.

Step 08.

Remove foil, stir the rice bake, then sprinkle grated mozzarella over the top.

Step 09.

Bake uncovered for another 10 minutes, or until the rice is cooked, chicken is cooked through and cheese is melted.

Step 10.

Finely slice spring onion and sprinkle over the top before serving.

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Crispy Tonkatsu Chicken Bowl

MAIN MEAL



TOTAL CALORIES
551.2

Protein
53.2g

Fats
13.2g

Carbs
54.9g

Fibre
3.2g

Prep Time
20 minutes

Cook Time
15 minutes

Servings
5

Ingredients

- 750g Chicken Breast
- 25g Plain Flour
- 50g Egg
- 150g Egg Whites
- 75g Obento Panko Breadcrumbs
- 3g Salt
- 3g Black Pepper
- 3g Garlic Powder
- 5ml Extra Virgin Olive Oil Spray
- 625g Sunrice Jasmine Microwave Pouch
- 250g Cucumber
- 200g Carrot
- 150g Blue Banner Pickled Red Onion
- 100g Kikkoman Gluten Free Tonkatsu Sauce
- 50g Kewpie 50% Reduced Fat Mayonnaise
- 15g Mingle Furikake Rice Topper Seasoning
- 10g Spring Onion

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Slice chicken breast into thin schnitzel style pieces.

Step 02.

Add flour to one shallow bowl.

Step 03.

Whisk whole egg and egg whites together in a second shallow bowl.

Step 04.

Add panko breadcrumbs, salt, pepper and garlic powder to a third shallow bowl.

Step 05.

Coat chicken lightly in flour, dip into egg mixture, then press into panko breadcrumbs.

Step 06.

Preheat air fryer to 190°C.

Step 07.

Spray crumbed chicken lightly with olive oil spray.

Step 08.

Air fry for 12-15 minutes, flipping halfway, until crispy and cooked through.

Step 09.

While chicken cooks, thinly slice cucumber, grate carrot and finely slice spring onion.

Step 10.

Heat rice according to packet instructions.

Step 11.

Divide rice into bowls. Top with cucumber, carrot, pickled red onion and crispy chicken.

Step 12.

Drizzle each bowl with tonkatsu sauce Kewpie mayo, and sprinkle with furikake and spring onion.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Italian Steak & Potato Bowls

MAIN MEAL



TOTAL CALORIES	Protein	Fats	Carbs	Fibre
358.8	21.4g	12g	41.3g	7.5g

GF

Prep Time
15 minutes



Cook Time
25 minutes



Servings
5



Ingredients

- 750g Beef Rump Steak
- 1000g Spudlite Baby Potatoes
- 500g Green Beans
- 250g Cherry Tomatoes
- 150g Red Onion
- 100g Baby Spinach
- 50g Woolworths Shredded Parmesan Cheese
- 5ml Extra Virgin Olive Oil

Seasoning

- 6g Italian Herbs
- 5g Garlic Powder
- 5g Smoked Paprika
- 4g Salt
- 4g Black Pepper
- 200g Chobani Natural Light Plain Greek Yoghurt
- 50g Woolworths Basil Pesto
- 40ml Lemon Juice
- 10g Garlic
- 2g Salt
- 2g Black Pepper

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Dice baby potatoes into small cubes.

Step 02.

Trim green beans, halve cherry tomatoes, thinly slice red onion and roughly chop baby spinach.

Step 03.

Slice steak into thin strips.

Step 04.

Add potatoes to a bowl with olive oil spray, Italian herbs, garlic powder, smoked paprika, salt and pepper. Toss well.

Step 05.

Air fry potatoes at 200°C for 20–25 minutes, shaking halfway, until golden and tender.

Step 06.

Heat a non stick pan over medium-high heat.

Step 07.

Add sliced steak and cook for 2–3 minutes each side, or until cooked to your liking.

Step 08.

Steam green beans for 3–4 minutes until bright and tender.

Step 09.

In a small bowl, mix Greek yoghurt, pesto, lemon juice, minced garlic, salt and pepper until smooth.

Step 10.

Divide potatoes, steak, green beans, cherry tomatoes, red onion and spinach into bowls.

Step 11.

Top with parmesan and drizzle with creamy pesto yoghurt sauce.

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High Protein Chicken Pasta Bake

MAIN MEAL



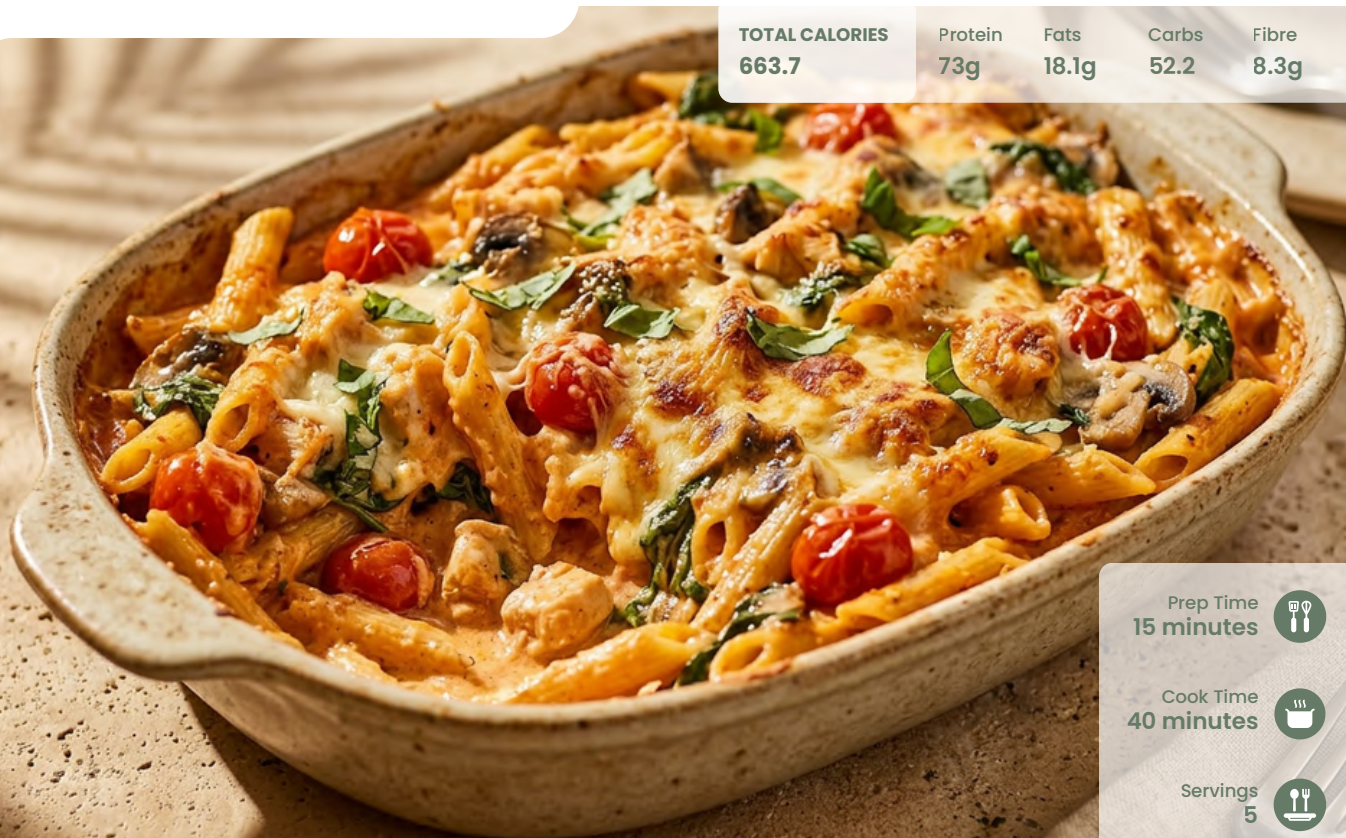
TOTAL CALORIES
663.7

Protein
73g

Fats
18.1g

Carbs
52.2

Fibre
8.3g



Prep Time
15 minutes



Cook Time
40 minutes



Servings
5



Ingredients

- 300g Vetta SMART Protein Penne
- 700g Chicken Breast
- 500g Dolmio Pasta Bake Pasta Sauce Creamy Tomato & Mozzarella
- 600ml Maggie Beer Bone Broth
- 150g Brown Onion
- 15g Garlic
- 250g Cherry Tomatoes
- 250g Mushrooms
- 100g Baby Spinach
- 100g Woolworths Shredded Mozzarella
- 25g Woolworths Shredded Parmesan Cheese
- 5g Woolworths Italian Herbs
- 4g Garlic Powder
- 4g Salt
- 4g Black Pepper
- 5ml Extra Virgin Olive Oil Spray

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Preheat oven to 190°C.

Step 02.

Dice chicken breast into bite-sized pieces.

Step 03.

Finely dice onion, mince garlic, halve cherry tomatoes, slice mushrooms and roughly chop baby spinach.

Step 04.

Spray a large baking dish with olive oil spray.

Step 05.

Add uncooked pasta, diced chicken, pasta bake sauce, chicken stock, onion, garlic, cherry tomatoes, mushrooms, spinach, Italian herbs, garlic powder, salt and pepper.

Step 06.

Stir well so the pasta is covered in liquid.

Step 07.

Cover tightly with foil and bake for 30 minutes.

Step 08.

Remove from oven and stir well.

Step 09.

Sprinkle mozzarella and parmesan over the top.

Step 10.

Bake uncovered for another 10 minutes, or until pasta is tender, chicken is cooked through and cheese is melted.

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Korean Sticky BBQ McCrispy Fakeaway

MAIN MEAL



TOTAL CALORIES
635.6

Protein
54.6g

Fats
16g

Carbs
71g

Fibre
3.7g



Prep Time
20 minutes



Cook Time
15 minutes



Servings
5



Ingredients

- 700g Chicken Breast
- 50g Cornflour
- 50g Whole Egg
- 150g Egg Whites
- 75g Obento Panko Breadcrumbs
- 4g Garlic Powder
- 4g Onion Powder
- 3g Smoked Paprika
- 3g Salt
- 3g Black Pepper
- 5ml Extra Virgin Olive Oil Spray
- 60g Obento Gochujang Paste
- 100g Fountain Barbecue BBQ Sauce Reduced Sugar
- 40ml Kikkoman Soy Sauce Reduced Salt
- 25g Honey
- 30ml Obento Japanese Rice Wine Vinegar
- 10g Garlic
- 5g Ginger
- 5 Brioche Gourmet Burger Buns, 312.5g in total
- 100g iceberg lettuce
- 40g Kewpie Mayonnaise 50% Reduced Fat
- 50g Always Fresh Cucumbers Bread & Butter

Cooking Instructions

- Step 01.**
Slice chicken breast into 5 even burger fillets.
- Step 02.**
Add cornflour to one shallow bowl.
- Step 03.**
Whisk whole egg and egg whites in a second shallow bowl.
- Step 04.**
Add panko breadcrumbs, garlic powder, onion powder, smoked paprika, salt and pepper to a third bowl.
- Step 05.**
Coat each chicken fillet in cornflour, dip into egg mixture, then press into panko crumbs.
- Step 06.**
Preheat air fryer to 190°C.
- Step 07.**
Spray chicken lightly with olive oil spray.
- Step 08.**
Air fry for 12-15 minutes, flipping halfway, until crispy and cooked through.
- Step 09.**
While chicken cooks, mince garlic and finely grate ginger.

Log it in MyFitnessPal

Scan or type the barcode into your app



Continue on the next page



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Korean Sticky BBQ McCrispy Fakeaway

MAIN MEAL



TOTAL CALORIES
635.6

Protein
54.6g

Fats
16g

Carbs
71g

Fibre
3.7g



Prep Time
20 minutes



Cook Time
15 minutes



Servings
5



Ingredients

- 700g Chicken Breast
- 50g Cornflour
- 50g Whole Egg
- 150g Egg Whites
- 75g Obento Panko Breadcrumbs
- 4g Garlic Powder
- 4g Onion Powder
- 3g Smoked Paprika
- 3g Salt
- 3g Black Pepper
- 5ml Extra Virgin Olive Oil Spray
- 60g Obento Gochujang Paste
- 100g Fountain Barbecue BBQ Sauce Reduced Sugar
- 40ml Kikkoman Soy Sauce Reduced Salt
- 25g Honey
- 30ml Obento Japanese Rice Wine Vinegar
- 10g Garlic
- 5g Ginger
- 5 Brioche Gourmet Burger Buns, 312.5g in total
- 100g iceberg lettuce
- 40g Kewpie Mayonnaise 50% Reduced Fat
- 50g Always Fresh Cucumbers Bread & Butter

Cooking Instructions

Step 10.

Add gochujang, BBQ sauce, soy sauce, honey, rice wine vinegar, garlic and ginger to a small saucepan.

Step 11.

Simmer over low heat for 3-4 minutes until sticky.

Step 12.

Finely shred lettuce and slice pickles.

Step 13.

Toast burger buns lightly in the air fryer for 1-2 minutes.

Step 14.

Toss crispy chicken fillets through the Korean sticky BBQ sauce.

Step 15.

Build burgers with bun, lettuce, sticky chicken, pickles and light mayo.

Log it in MyFitnessPal

Scan or type the barcode into your app



Continue on the next page



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Original Crispy Tower Twister Fakeaway

MAIN MEAL



TOTAL CALORIES
567.1

Protein
54.7g

Fats
20.3g

Carbs
41.4g

Fibre
4g



Prep Time
20 minutes



Cook Time
18 minutes



Servings
5



Ingredients

- 700g Chicken Breast
- 50g Plain Flour
- 50g Egg
- 150g Egg Whites
- 75g Panko Breadcrumbs
- 5g Smoked Paprika
- 4g Garlic Powder
- 4g Onion Powder
- 3g Cayenne Pepper
- 3g Salt
- 3g Black Pepper
- 5ml Extra Virgin Olive Oil
- Spray
- 5 Simons High Protein Low Carb + Fibre Wraps (350g)
- 375g Woolworths Australian Hash Browns
- 150g Iceberg Lettuce
- 100g Woolworths Tasty Light Cheese Slices
- 50g Kewpie Mayonnaise 50% Reduced Fat
- 75g MasterFoods Tomato Sauce

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Slice chicken breast into long strips.

Step 02.

Add flour to one shallow bowl.

Step 03.

Whisk whole egg and egg whites in a second shallow bowl.

Step 04.

Add panko breadcrumbs, smoked paprika, garlic powder, onion powder, cayenne pepper, salt and pepper to a third bowl.

Step 05.

Coat chicken strips in flour, dip into egg mixture, then press into seasoned panko crumbs.

Step 06.

Preheat air fryer to 190°C.

Step 07.

Place hash browns in the air fryer and cook for 8 minutes.

Step 08.

Add crumbed chicken to the air fryer with the hash browns, spray lightly with olive oil spray and cook for another 12–15 minutes, flipping halfway.

Step 09.

Finely shred iceberg lettuce.

Step 10.

Warm wraps in the microwave for 20 seconds to soften.

Step 11.

Add lettuce, crispy chicken, cheese, hash brown, mayonnaise and tomato sauce to each wrap.

Step 12.

Fold tightly into a twister-style wrap.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Fish Bowl Yuzu Days Fakeaway

MAIN MEAL



TOTAL CALORIES
834.1

Protein
69.2g

Fats
19.3g

Carbs
95.9g

Fibre
5.2g

DF

Prep Time
25 minutes



Cook Time
15 minutes



Servings
5



Ingredients

- 900g Chicken Breast
- 1000ml Water
- 10g Woolworths Chicken Stock Powder
- 10g Ginger
- 10g Garlic
- 3g Salt
- 500g SunRice Jasmine Rice Packet
- 200g Kale
- 250g Bok Choy
- 200g Woolworths Whole Fresh Beetroot
- 150g Radish
- 50g Shallots
- 150g Spiral Foods Pickled Daikon Radish
- 35g Almonds
- 50g Kewpie Mayonnaise Yuzu Flavour
- 40g Mayvers Hulled Tahini
- 40ml lime juice
- 30ml Pureharvest Organic Tamari
- 60ml Water
- 10g Garlic
- 5g Ginger

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

- Step 01.**
Add water, chicken stock powder, sliced ginger, crushed garlic and salt to a large pot.
- Step 02.**
Bring to a gentle simmer.
- Step 03.**
Add chicken breast and poach for 12–15 minutes, or until cooked through.
- Step 04.**
Remove chicken and rest for 5 minutes before shredding.
- Step 05.**
Finely shred kale and bok choy.
- Step 06.**
Dice beetroot, thinly slice radish, finely slice shallots and slice pickled daikon.
- Step 07.**
Roughly chop almonds.
- Step 08.**
In a bowl, whisk tahini, lime juice, tamari, water, minced garlic and grated ginger until creamy.
- Step 09.**
Heat jasmine rice according to packet instructions.
- Step 10.**
Divide rice between bowls.
- Step 11.**
Top with kale, bok choy, beetroot, radish, shallots, pickled daikon and shredded chicken.
- Step 12.**
Drizzle with yuzu mayo and lime tahini dressing.
- Step 13.**
Sprinkle chopped almonds over the top.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Chicken Fajita Lasagna

MAIN MEAL



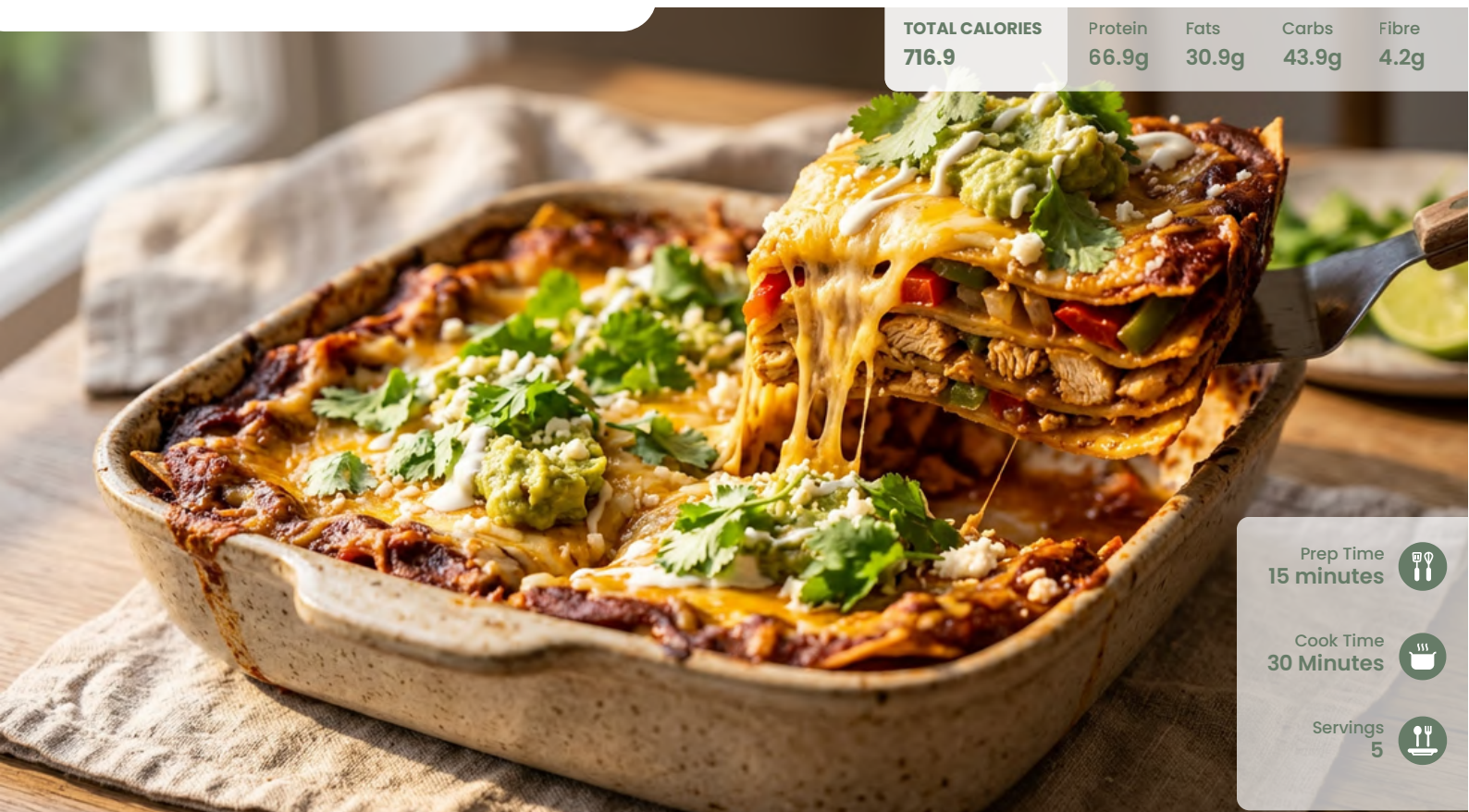
TOTAL CALORIES
716.9

Protein
66.9g

Fats
30.9g

Carbs
43.9g

Fibre
4.2g



Prep Time
15 minutes



Cook Time
30 Minutes



Servings
5



Ingredients

- 750g Chicken Breast
- 150g Red Capsicum
- 150g Green Capsicum
- 150g Yellow Capsicum
- 100g Red Onion
- 35g Old El Paso Fajita Seasoning
- 5ml Olive Oil
- 80ml Water
- 200g Mountain Bread Rye Wraps (8 wraps)
- 250 Old El Paso Thick 'n Chunky Salsa
- 300g Old El Paso Enchilada Sauce
- 150g Perfect Italiano Mexican Blend Grated Cheese
- Cheese
- 100g Bulla Light Sour Cream
- 100g Obela Guacamole
- 15g Coriander

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 01.

Preheat oven to 190°C.

Step 02.

Thinly slice the chicken breast into strips.

Step 03.

Thinly slice the red capsicum, green capsicum, yellow capsicum and red onion.

Step 04.

Heat olive oil in a large non-stick pan over medium-high heat.

Step 05.

Add chicken strips to the pan and cook for 5-6 minutes, stirring often, until lightly golden.

Step 06.

Add sliced capsicum and red onion to the pan. Cook for another 4-5 minutes until softened.

Step 07.

Sprinkle over the fajita seasoning and pour in the water. Stir well until the chicken and vegetables are coated in the seasoning.

Step 08.

Add salsa and enchilada sauce to a bowl and stir together.

Step 09.

Spread a small amount of the salsa and enchilada sauce mixture over the base of a baking dish.

Step 10.

Lay 2 Mountain Bread Rye Wraps over the sauce as one layer. Trim slightly if needed to fit the dish.

Step 11.

Add one quarter of the chicken fajita mixture, a spoonful of sauce and a sprinkle of cheese.

Step 12.

Repeat with remaining Mountain Bread wraps, chicken mixture, sauce and cheese.

Step 13.

Finish with the final wrap layer, remaining sauce and cheese on top.

Step 14.

Bake for 25-30 minutes until golden, bubbling and heated through.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Chicken Fajita Lasagna

MAIN MEAL



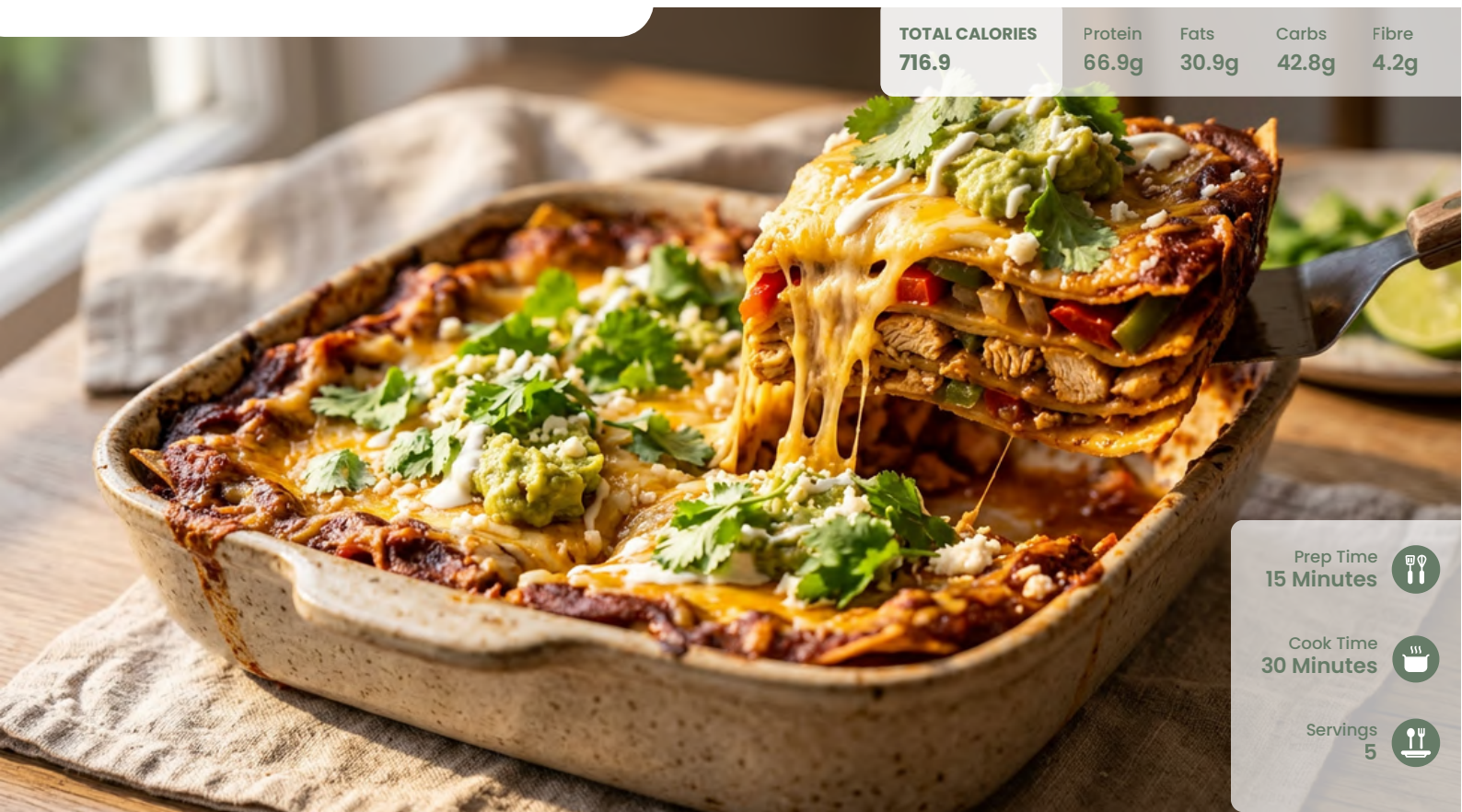
TOTAL CALORIES
716.9

Protein
66.9g

Fats
30.9g

Carbs
42.8g

Fibre
4.2g



Prep Time
15 Minutes



Cook Time
30 Minutes



Servings
5



Ingredients

- 750g Chicken Breast
- 150g Red Capsicum
- 150g Green Capsicum
- 150g Yellow Capsicum
- 100g Red Onion
- 35g Old El Paso Fajita Seasoning
- 5ml Olive Oil
- 80ml Water
- 200g Mountain Bread Rye Wraps (8 wraps)
- 250 Old El Paso Thick 'n Chunky Salsa
- 300g Old El Paso Enchilada Sauce
- 150g Perfect Italiano Mexican Blend Grated Cheese
- Cheese
- 100g Bulla Light Sour Cream
- 100g Obela Guacamole
- 15g Coriander

Log it in MyFitnessPal

Scan or type the barcode into your app



Cooking Instructions

Step 15.
Roughly chop fresh coriander.

Step 16.
Allow lasagne to sit for 5 minutes before slicing into 5 serves.

Step 17.
Top each serve with light sour cream, guacamole, and coriander.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Greek Chicken Risotto

MAIN MEAL



TOTAL CALORIES
676.9

Protein
72g

Fats
19.3g

Carbs
53.8g

Fibre
4.2g



Prep Time
15 minutes



Cook Time
25 Minutes



Servings
5



Ingredients

- 900g Chicken Breast
- 300g Cucina Matese Risoni
- 150g Brown Onion
- 15g Garlic
- 250g Cherry Tomatoes
- 100g Always Fresh Kalamata Pitted Olives
- 120g Lemnos Reduced Fat Fetta
- 850ml Maggie Beer Bone Broth
- 10ml Olive Oil
- 10g Lemon Zest
- 40ml Fresh Lemon Juice
- 6g Dried Oregano
- 3g Salt
- 3g Black Pepper
- 15g Fresh Parsley

Log it in MyFitnessPal

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Cooking Instructions

- Step 01.**
Dice chicken breast into bite-sized pieces.
- Step 02.**
Finely dice onion, mince garlic, halve cherry tomatoes, slice olives and crumble fetta.
- Step 03.**
Finely zest the lemon, then juice the lemon and set both aside separately.
- Step 04.**
Heat olive oil in a large deep pan over medium-high heat.
- Step 05.**
Add diced chicken, 3g dried oregano, salt and cracked black pepper. Cook for 5-6 minutes, stirring often, until lightly golden.
- Step 06.**
Remove chicken from the pan and set aside on a plate.
- Step 07.**
Add diced onion to the same pan and cook for 3-4 minutes until softened.
- Step 08.**
Add minced garlic and cook for 30 seconds until fragrant.
- Step 09.**
Add uncooked risoni to the pan and stir for 1-2 minutes to lightly toast.
- Step 10.**
Pour in chicken broth, lemon zest and remaining 3g dried oregano. Stir well.
- Step 11.**
Add chicken back into the pan and stir through the risoni.
- Step 12.**
Reduce heat to low, cover with a lid and simmer for 12-15 minutes, stirring once or twice, until the risoni is tender and most of the liquid has absorbed.
- Step 13.**
Stir through lemon juice, cherry tomatoes, sliced olives and crumbled fetta.
Cover and allow to sit for 5 minutes so the sauce thickens and flavours settle.
- Step 14.**
Finely chop parsley or basil and sprinkle over the top before serving.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Chicken Chow Mein Salad Bowl

MAIN MEAL



TOTAL CALORIES
367.7

Protein
37.1g

Fats
10.5g

Carbs
31.2g

Fibre
5.1g

DF

Prep Time
20 minutes



Cook Time
12 minutes



Servings
5



Ingredients

- 700g Chicken Breast Mince
- 10g Ayam Sesame Oil
- 15g Garlic
- 10g Ginger
- 8ml Ayam Reduced Salt Soy Sauce
- 60g Ayam Hoisin Sauce
- 30ml Rice Wine Vinegar
- 20g Honey
- 4g Chinese Five Spice
- 3g Black Pepper
- 400g Wombok Cabbage
- 250g Red Cabbage
- 200g Carrot
- 200g Cucumber
- 150g Red Capsicum
- 100g Bean Sprouts
- 50g Spring Onion
- 30g Fresh Coriander
- 60g Chang's Fried Noodles
- 80ml Lime Juice
- 40ml Kikkoman Soy Sauce Reduced Salt
- 30g Ayam Thai Sweet Chilli Sauce Light
- 20ml Rice Wine Vinegar
- 10ml Ayam Sesame Oil
- 10g Ginger

Log it in MyFitnessPal

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Cooking Instructions

- Step 01.**
Finely shred wombok and red cabbage.
- Step 02.**
Grate carrot, thinly slice cucumber and capsicum, finely slice spring onion and roughly chop coriander.
- Step 03.**
Mince garlic and finely grate ginger.
- Step 04.**
Heat sesame oil in a large non-stick pan over medium-high heat.
- Step 05.**
Add chicken mince and cook for 5–6 minutes, stirring often, until golden and cooked through.
- Step 06.**
Add garlic, ginger, soy sauce, hoisin sauce, rice wine vinegar, honey, Chinese five spice and pepper.
- Step 07.**
Stir for 2–3 minutes until the chicken is sticky and coated.
- Step 08.**
In a small bowl, whisk lime juice, soy sauce, sweet chilli sauce, rice wine vinegar, sesame oil and ginger.
- Step 09.**
Divide cabbage, carrot, cucumber, capsicum, bean sprouts, spring onion and coriander between bowls.
- Step 10.**
Top with sticky chicken.
- Step 11.**
Drizzle over dressing and sprinkle crispy fried noodles on top just before serving.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Creamy Garlic Chicken Noodles - Easy Eats

MAIN MEAL



TOTAL CALORIES	Protein	Fats	Carbs	Fibre
499.6	47.6g	19.2g	34.1g	4.8g



Prep Time
5 minutes



Cook Time
10 minutes



Servings
5



Ingredients

- 3 x MAGGI 2 Minute Noodles discarded, approx. 216g total
- 700g Mt Barker Free Range Roast Chicken Breast
- 500g Woolworths Frozen Peas Carrot Corn
- 150g Philadelphia Light Cream Cheese
- 250ml Maggie Beer Chicken Bone Broth
- 100ml Bulla Light Cooking Cream
- 20g Garlic
- 30g Woolworths Grated Parmesan Cheese
- 4g Garlic Powder
- 3g Onion Powder
- 3g Salt
- 3g Black Pepper
- 5ml Olive Oil

Log it in MyFitnessPal

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Cooking Instructions

- Step 01.**
Shred the chicken breast and set aside.
- Step 02.**
Mince the garlic and finely grate the parmesan cheese.
- Step 03.**
Heat olive oil in a large non-stick pan over medium heat.
- Step 04.**
Add minced garlic and cook for 30 seconds until fragrant.
- Step 05.**
Add frozen peas, carrot and corn. Cook for 3–4 minutes, stirring often, until softened.
- Step 06.**
Pour in chicken broth, light cooking cream and light cream cheese. Stir until smooth and creamy.
- Step 07.**
Add garlic powder, onion powder, salt and cracked black pepper.
- Step 08.**
Break the noodle cakes slightly and add them to the pan. Discard the flavour sachets.
- Step 09.**
Simmer for 2–3 minutes, stirring gently, until the noodles soften and the sauce thickens.
- Step 10.**
Stir through shredded chicken and parmesan cheese. Cook for another 1–2 minutes until hot and creamy.
- Step 11.**
Divide into 5 serves.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Viral Vegan Tofu Sushi Bake

MAIN MEAL



TOTAL CALORIES
628

Protein
36.9g

Fats
27.2

Carbs
58.9g

Fibre
13.5g

DF, VG, V



Prep Time
10 minutes



Cook Time
15 minutes



Servings
5



Ingredients

- 2 x 250g SunRice Jasmine Microwave Rice
- 900g Macro Firm Tofu
- 250g Woolworths Frozen Edamame Beans
- 80ml Lee Kum Kee Salt Reduced Soy Sauce
- 80g Heinz Seriously Good Mayonnaise Vegan Mayo
- 40g Flying Goose Sriracha Sauce Original
- 150g Cucumber
- 10g Obento Yaki Nori Seaweed Sushi Sheets
- 10g Sesame seeds

Cooking Instructions

Step 01.

Preheat oven to 190°C.

Step 02.

Microwave rice pouches according to packet instructions.

Step 03.

Press the cooked rice into the base of a lined baking dish.

Step 04.

Press tofu with paper towel to remove excess liquid, then crumble it into small pieces.

Step 05.

Add tofu, edamame and soy sauce to a bowl. Mix well.

Step 06.

Spread the tofu mixture over the rice.

Step 07.

Mix vegan mayonnaise and sriracha together in a small bowl.

Step 08.

Drizzle the spicy mayo over the tofu layer.

Step 09.

Bake for 15 minutes, or until hot and lightly golden.

Step 10.

Finely dice cucumber and thinly slice nori.

Step 11.

Top the sushi bake with cucumber, nori and sesame seeds. Slice into 5 serves.

Log it in MyFitnessPal

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NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Sweet Chilli Jam Chicken Rice Cup - Easy Eats

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
495.7	35.1g	19.3g	45.7g	3.2g

DF,GF



Prep Time

5 minutes

Cook Time

90 seconds

Servings

1

Ingredients

- 125g SunRice Microwave Jasmine Rice
- 120g Mt Barker Free Range Roast Chicken Breast, shredded
- 100g Woolworths Coleslaw Mix
- 25g Kewpie 50% Less Fat Mayo
- 30g Nando's Sweet Chilli Jam Medium

Cooking Instructions

- Step 01.

Microwave rice according to packet instructions.
- Step 02.

Shred the Mt Barker chicken breast.
- Step 03.

Add rice to a bowl or container.
- Step 04.

Top with shredded chicken and coleslaw mix.
- Step 05.

Drizzle over kewpie mayo and sweet chilli jam.
- Step 06.

Mix together or leave layered and serve.

Log it in MyFitnessPal

Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.



Snacks & Desserts

Recipes

Pizza Toast Air Fryer Muffins

SNACKS & DESSERTS

TOTAL CALORIES
413.1

Protein
39.7g

Fats
12.7g

Carbs
35g

Fibre
1.1g



Prep Time
10 minutes



Cook Time

8 minutes



Servings

5



Ingredients

- 5 Tip Top English Muffins (Approx. 335g)
- 500g Mt Barker Free Range Roast Chicken Breast
- 70g Leggo's Pizza Sauce
- 150g Woolworths Mozzarella
- 100g Cherry Tomatoes
- 80g Red Capsicum
- 30g Baby Spinach
- 5g Italian Herbs
- 3g Garlic Powder
- 5ml Extra virgin Olive Oil Spray

Cooking Instructions

Step 01.

Split the English muffins in half and place them cut side up.

Step 02.

Shred the cooked chicken breast.

Step 03.

Finely dice the cherry tomatoes and red capsicum.

Step 04.

Roughly chop the baby spinach.

Step 05.

Spread pizza sauce over each muffin half.

Step 06.

Top with shredded chicken, cherry tomatoes, capsicum and spinach.

Step 07.

Sprinkle mozzarella over the top.

Step 08.

Add Italian herb seasoning and garlic powder.

Step 09.

Place muffins in the air fryer basket in a single layer.

Step 10.

Spray lightly with olive oil spray.

Step 11.

Air fry for 6–8 minutes at 180°C, or until the cheese is melted and the muffins are crispy.

Log it in MyFitnessPal

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NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Vegemite & Cheese Scrolls

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
298.4	28g	12.8g	17.8g	8g



Prep Time
10 minutes



Cook Time
8 Minutes



Servings
5



Ingredients

- 5 Simson's Pantry Low Carb High Protein (225g)
- 40g Vegemite
- 250g Bega Cheese Tasty Protein Grated
- 5ml Extra Virgin Olive Oil Spray

Cooking Instructions

- Step 01.

Lay wraps flat on a chopping board.
- Step 02.

Spread 8g Vegemite over each wrap.
- Step 03.

Sprinkle 50g grated cheese over each wrap.
- Step 04.

Roll each wrap up tightly.
- Step 05.

Slice each wrap into 4 scrolls.
- Step 06.

Place scrolls into the air fryer basket, cut side facing up.
- Step 07.

Spray lightly with olive oil spray.
- Step 08.

Air fry for 6–8 minutes at 180°C, or until golden, crispy and melted.

Log it in MyFitnessPal
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NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Chicken Sushi Rice Paper Rolls

TOTAL CALORIES
470.2

Protein
41.9g

Fats
8.6g

Carbs
56.3g

Fibre
1.6g

GF



Prep Time
15 minutes



Cook Time
10 Minutes



Servings
5



Ingredients

- 10 Valcom Rice Paper Sheets, approx. 100g total
- 2 x 250g SunRice Microwave Jasmine Rice
- 700g Mt Barker Free Range Roast Chicken Breast
- 150g Blue Banner Pickled Red Onion
- 120g Philadelphia Light Cream Cheese
- 60g Flying Goose Sriracha
- 5ml Extra Virgin Olive Oil Spray

Cooking Instructions

- Step 01.**
Microwave rice packets according to packet instructions, then set aside to cool slightly.

Step 02.
Shred the Mt Barker chicken breast.

Step 03.
Roughly chop the pickled red onion if the pieces are large.

Step 04.
Mix light cream cheese and sriracha together in a bowl until smooth.

Step 05.
Fill a shallow bowl with warm water.

Step 06.
Dip one Valcom rice paper sheet into the water for a few seconds until just soft.
- Step 07.**
Place the rice paper onto a clean chopping board.

Step 08.
Add rice, shredded chicken, pickled red onion and the sriracha cream cheese mixture.

Step 09.
Fold the sides in, then roll tightly.

Step 10.
Repeat with remaining rice paper sheets.

Step 11.
Spray rolls lightly with olive oil spray.

Step 12.
Air fry for 8–10 minutes at 190°C, turning carefully halfway, until lightly crispy.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Log it in MyFitnessPal
Scan or type the barcode into your app



Protein Chocolate Coconut Rough Cups

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
270.5	24.1g	15.7g	8.2g	1.3g

V, GF

Prep Time
10 minutes



Chill Time
60 Minutes



Servings
5



Ingredients

- 100g Noshu 98% Sugar Free Dark Chocolate Baking Chips
- 90g Rule 1 Chocolate Fudge Protein Powder
- 60g Wellness Road Soy Protein Crisps
- 50g Shredded Coconut
- 40ml Queen Sugar-Free Maple Syrup
- 30ml So Good Unsweetened Almond Milk
- 20g Coconut Oil
- 2g Salt

Log it in MyFitnessPal
Scan or type the barcode into your app



Cooking Instructions

- Step 01.**
Line a muffin tray with 10 silicone or paper cases.
- Step 02.**
Add dark chocolate and coconut oil to a microwave safe bowl.
- Step 03.**
Microwave in 20-second increments, stirring each time, until melted and smooth.
- Step 04.**
Add protein powder, soy protein crisps, shredded coconut, sugar-free maple syrup, almond milk and salt.
- Step 05.**
Stir until thick and fully combined.
- Step 06.**
Divide mixture evenly between 10 muffin cases.
- Step 07.**
Press down gently with the back of a spoon.
- Step 08.**
Freeze for 60 minutes, or until set.
- Step 09.**
Serve 2 cups per serve.

NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Brioche Donut Bites with Chocolate Drizzle

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
214.8	6g	8.4g	28.8g	5.5g



Prep Time
5 minutes



Cook Time
5 Minutes



Servings
5



Ingredients

- 10 Brioche Gourmet Sliders (approx 200g)
- 40g Noshu Milk Chocolate
- 40g Noshu White Chocolate
- 15g Lakanto Icing Sugar
- 5ml Olive Oil Spray

Cooking Instructions

- Step 01.**
Cut the brioche sliders into cubes. Lightly spray the brioche pieces with olive oil spray.

Step 02.
Place into the air fryer basket in a single layer.

Step 03.
Air fry for 4–5 minutes at 170°C, or until warm, lightly golden and slightly crisp on the outside.

Step 04.
Add Noshu milk chocolate to a microwave-safe bowl and melt in 15-second bursts, stirring between each burst.

Step 05.
Repeat with the Noshu white chocolate in a separate bowl.

Step 06.
Drizzle both chocolates over the warm brioche bites.
- Step 07.**
Dust Lakanto icing sugar over the top.

Step 08.
Serve warm.

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Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.

Strawberry Cheesecake Smoothie Cup

TOTAL CALORIES	Protein	Fats	Carbs	Fibre
296.5	25.8g	8.5g	29.2g	4g



Prep Time
5 minutes



Cook Time
90 seconds



Servings
1



Ingredients

- 100g Woolworths Frozen Strawberries
- 30g Happy Way Strawberry Protein
- 100ml Woolworths Lite Milk
- 100g ice cubes
- 20g Arnott's Scotch Finger Biscuits

Cooking Instructions

- Step 01.**
Add frozen strawberries, strawberry protein powder, light milk and ice cubes to a blender.
- Step 02.**
Blend until thick, smooth and creamy.
- Step 03.**
If the smoothie is too thick to blend, add an extra 10–20ml milk slowly, but keep it thick enough to eat with a spoon.
- Step 04.**
Crumble the Scotch Finger biscuit into small pieces.
- Step 05.**
Spoon the smoothie into a cup or bowl.
- Step 06.**
Top with crumbled Scotch Finger and serve immediately.

Log it in MyFitnessPal
Scan or type the barcode into your app



NOTE: This meal may appear higher in calories when scanned into MyFitnessPal, however the macros are exactly the same. Please refer to page 2 for further details.