

## • QUICKLOSS MENU PLAN •

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b>	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water
<b>MORNING SNACK</b> (if hungry)	1 piece of fruit ¼ cup almonds or cashews	100g of sardines/salmon/ tuna + 1 cup of green leafy vegetables	Small handful of pumpkin seeds + 1 raw carrot	½ cup of plain unsweetened yoghurt + 3 strawberries	½ cup of berries + 1 piece of cheese (size 6cm x 6cm)	One curried hard boiled egg	1 Tbsp hummus + 2 celery sticks
<b>LUNCH</b>	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water	QuickLoss Shake with 250 to 300mL milk* or water
<b>AFTERNOON SNACK</b> (if hungry)	1 piece of fruit + 1 piece of cheese (size 6cm x 6cm)	½ small avocado with 4 olives, iodised salt and black pepper	2 Tbsp cottage cheese + 1 small handful of sunflower seeds or pepitas	1 apple or orange ¼ cup walnut halves	1 boiled egg + 1 cup green leafy salad/herbs	2 Tbsp ricotta cheese ¼ cup Brazil nuts	5 strawberries or ½ banana + ¼ cup almonds
<b>DINNER CHOICE</b>  OR	200g roasted beef with mustard and horseradish OR Veggie Burger (Recipe 1) + 2 cups of steamed vegetables + 1 cup of salad	200g grilled fish with lemon juice OR Chicken Curry (Recipe 2) + 2 cups steamed vegetables + 1 cup of salad	200g kebabs made from poultry/lean red meat and vegetable pieces + 1 cup of salad	200g stir-fry beef/chicken/ seafood OR tofu + 2 cups steamed vegetables + 1 cup salad	3 - 4 grilled lamb loin chops + 2 cups of steamed vegetables + 1 cup salad	200g grilled/baked fish + 2 cups of steamed/baked vegetables + 1 cup of salad	200g grilled pork/ veal/chicken OR Bean casserole (Recipe 3) + 2 cups stir-fry vegetables
<b>DINNER CHOICE</b>  OR	200g BBQ or grilled prawns (Recipe 4) + 2 cups of salad	200g grilled fish/chicken + 2 cups cooked vegetables + 1 cup of salad	3 marinated lamb cutlets (Recipe 5) + 2 cups of salad + 1 cup cooked vegetables	200g grilled beef /chicken + 2 cups of salad + ½ cup cooked brown rice	200g fish fillet with ginger and garlic + 2 cups salad + 1 cup cooked vegetables	200g tofu stir- fry (Recipe 6) + 2 cups cooked vegetables	2-4 egg omelette with finely cut vegetables, topped with 20g grated parmesan cheese + 1 cup salad
<b>DINNER CHOICE</b>  OR	1 grilled chicken breast + 2 cups steamed vegetables + 1 cup of salad	200g roast lamb with garlic, rosemary and lemon + 1 cup salad + 2 cups of steamed vegetables	1 serve lamb & lentil casserole (Recipe 7)	2- 4 egg omelette OR poached salmon (Recipe 9) + 2 cups of salad	200g grilled fish with basil and olives + 1 bunch steamed spinach, lemon juice + 1tsp butter	lemon chicken (Recipe 8) + 1 cup steamed broccoli and carrot + 1 cup of green salad	200g salmon steaks - grilled + 1 cup green salad + 1 cup cooked vegetables
<b>DINNER CHOICE</b>	200g spicy mince (Recipe 10) + 1 cup steamed broccoli	200g fish Cajun style (Recipe 11) + 2 cups of salad + 1 cup steamed broccoli	200g roasted chicken + 1 cup steamed asparagus/ green beans, 1tsp butter + 1 cup of green salad	Fish burgers (Recipe 13) + 1 cup of salad + 1 cup steamed green vegetables	3 Indian style lamb cutlets (Recipe 12) + 2 cups salad + 1 cup steamed broccolini	200g grilled/baked fish + 2 cups of steamed vegetables + 1 cup of salad	200g grilled fish/chicken + 1 cup steamed broccolini + 2 cups of salad

# • QUICKLOSS DINNER RECIPES •

## Recipe 1 - VEGGIE BURGER (serves 2)

½ cup kidney beans (canned or cooked) or tofu mashed, 1 egg beaten, ½ cup peanuts, ½ cup sesame seeds, ½ carrot grated, 1 onion finely chopped, 1 stalk celery finely chopped, 2 cloves garlic crushed, ½ tsp ground cumin, ½ tsp turmeric, sea salt and black pepper.

*Mix all ingredients with beaten egg. Add ½ tsp salt and cracked black pepper and spices. Shape into patties. Heat olive oil in pan and brown patties on both sides.*

## Recipe 2 - CHICKEN CURRY (serves 6)

500g chicken breast cubed, 2 large onions cut into wedges, 1 bunch coriander, 600g Jap pumpkin cut into medium wedges, ¼ cup toasted sesame seeds, 2-4 Tbsp red/green curry paste, 400ml can coconut milk, 400ml vegetable stock/water, 3 Tbsp cold pressed olive oil, 2 lemons - cut each lemon into 3 pieces.

*Heat the oil in a wok/pan. Stir-fry chicken until golden brown, set aside. Add 1 Tbsp new oil. Sauté onions until brown. Add washed and chopped coriander, cook for 5 mins. Add pumpkin, stir into the mixture. Add chicken, coconut milk and stock. Bring to a simmer. Cook uncovered until the pumpkin is tender. Simmer to reduce the liquid. Garnish with lemon wedges, extra coriander leaves and sprinkle with sesame seeds.*

## Recipe 3 - BEAN CASSEROLE (serves 2)

1 Tbsp extra virgin olive oil, 2 cloves garlic crushed, 1 finely chopped onion, 400g can diced tomatoes, 1 red capsicum diced, 400g can lentils drained, 1 cup each of green beans, cauliflower and carrots chopped, 2 cups stock (chicken/vegetable) or water, 1 cup parsley and ¼ cup dill chopped, ½ tsp each of paprika and turmeric.

*Heat the oil in a saucepan. Toss in onions, garlic and cook until golden brown. Add spices, stir. Pour in tomatoes, lentils and stock, cooking for a further 10 mins. Add vegetables, cook until tender. Just before serving add the chopped fresh herbs.*

## Recipe 4 - BBQ or GRILLED PRAWNS (serves 1)

200g of cleaned uncooked (green) prawns per person, ½ tsp each ground turmeric and cumin, 1 garlic clove crushed, 1 handful chopped parsley and mint, juice of 1 lemon, 1 Tbsp cold pressed olive oil.

*Mix all ingredients together. Stir through and leave refrigerated for at least 1 hour. BBQ or grill prawns until cooked.*

## Recipe 5 - SPICY MARINATED LAMB CUTLETS (serves 2)

6 lamb cutlets (3 per person)

Marinade - 1 small chilli diced, 2 Tbsp olive oil, juice of 1 lemon, ½ tsp ground cardamon.

*Place all ingredients into a sealed container, mix through and leave overnight or longer. Place in griller and cook.*

## Recipe 6 - TOFU CURRY STIR-FRY (serves 1)

200g tofu diced, 2 Tbsp olive oil, 1 tsp grated fresh ginger, 2 cups chopped vegetables (celery, broccoli, red capsicum and zucchini), 1 small onion diced, 1 clove garlic crushed, 1 tsp finely grated lemon peel, 1 Tbsp each pepitas, sesame and sunflower seeds, 1 Tbsp Trident Red Thai curry paste, 200ml coconut milk, 1 handful chopped coriander, 2 Tbsp slivered almonds.

*Heat the oil in a wok/pan. Add the tofu, stir-fry until golden brown, remove and set aside. Add the curry paste, onions, garlic, lemon peel, ginger and stir. Add the washed and chopped vegetables, turn up the heat, stir through and when sizzling add coconut milk, tofu and seeds. Serve with chopped coriander and almonds.*

## Recipe 7 - LAMB AND LENTIL CASSEROLE (serves 2-3)

3 forequarter lamb chops (fat trimmed), 1 can cooked lentils, 250g pkt frozen spinach (defrosted), 2 cups chopped vegetables (green beans, carrots, celery), 1 onion finely diced, 2 cloves crushed garlic, ½ tsp each ground cumin, cinnamon and turmeric, 1 bunch parsley chopped, 1 Tbsp olive oil, 1-2 cups water.

*Heat the oil in a large saucepan. Add the onion, garlic, spices, stir until golden. Add the lamb, stir through the spices until browned. Add lentils, spinach, chopped vegetables and water. Bring to a boil and then reduce heat to simmer for about 40 mins. Season to taste. Just before serving, add the fresh chopped herbs.*

## Recipe 8 - LEMON CHICKEN (serves 2)

1 chicken breast per person, 1 tsp grated fresh ginger, 1 tsp finely grated lemon peel, sea salt and black pepper to taste, 2 Tbsp fresh lemon juice, 1 Tbsp olive oil, foil - enough to wrap each fillet individually.

*Preheat the oven to 180°C. Mix all ingredients together, except the chicken. Drizzle the mixture over the chicken and wrap in the foil, making sealed parcels. Place in oven for 30-40 mins until chicken is tender. 10 mins before end of cooking time open the foil and let the chicken brown.*

## Recipe 9 - POACHED SALMON (serves 1)

1 piece of fresh salmon, 1 bay leaf, 1 handful fresh dill, 1 cup of water, sea salt and black pepper, 1 spring onion chopped in half.

*Place all ingredients, except the fish, into a saucepan. Bring to a boil, then reduce the heat to a simmer, gently place the fish into the liquid and cover. Gently simmer until cooked through (5-10 mins). Top with fresh dill and lemon wedges.*

## Recipe 10 - SPICY MINCE (serves 4)

750g beef/lamb mince, 1 large onion finely diced, 1 garlic clove crushed, 2 cups chopped button mushrooms, 1 carrot diced, 2 Tbsp tomato paste, ½ tsp cinnamon, 2 chillies finely diced, 1 cup of water, 2 Tbsp olive oil. Sea salt and black pepper to taste.

*Heat oil in pan and brown onion and garlic. Remove from pan and set aside. Add mince to pan; on high heat brown the meat, stirring often until meat is crumbly. Return onion, garlic and all other ingredients to pan. Simmer until tender and mixture resembles thick soup.*

## Recipe 11 - CAJUN STYLE FISH (serves 2)

2 pieces of fish (king, snapper, mullet), ¼ cup of olive oil, 2 shallots finely sliced, 2 garlic cloves crushed, ½ tsp each paprika and cayenne pepper, ½ tsp ground black pepper, 2 Tbsp chopped parley, 1 tsp sea salt, 4 Tbsp plain unsweetened yoghurt.

*Place all ingredients into a dish, except fish. Mix through. Add the fish and let stand for approx 15 mins. Heat pan, add the fish, only turn once (about 3 mins on each side). Add a little of the marinade on each side before turning. Add a squeeze of lime and top with 2 extra Tspn of yoghurt.*

## Recipe 12 - INDIAN STYLE LAMB CUTLETS (serves 2)

6 lamb cutlets (3 per person)

Marinade - ½ tsp each turmeric, cumin, coriander, garam masala, 1 garlic clove crushed, 1 Tbsp lime juice, 1 Tbsp olive oil, 1 tsp grated fresh ginger, ½ cup plain yoghurt, 2-3 Tbsp tandoori paste.

*Mix all the ingredients into a shallow, non-metallic dish. Add the lamb cutlets. Cover with lid and refrigerate overnight. Remove lamb from marinade. Heat and then brush the grill with olive oil. Cook the cutlets for 5 mins on each side.*

## Recipe 13 - FISH BURGERS (serves 4-6)

4Tbsp cold pressed olive oil, 2 onions finely chopped, 3 cloves garlic finely diced, 1-2 red chillies de-seeded and finely chopped (optional), 1 tsp ground cumin, 2 Tbsp fresh coriander, 410g canned tuna or salmon (drained) and mashed, ¼ cup of LSA, 2 Tbsp parsley chopped finely, 2 eggs lightly beaten and sea salt and black pepper to taste.

*Heat 2 Tbsp oil in a fry pan. Stir-fry onions until slightly golden, add garlic, chilli and spices, cook for another minute, add pepper and salt to taste. Cook for 2 mins. Place all the ingredients into a bowl and mix well. Form into 4-6 patties. Shallow-fry in the remaining oil for 4-6 mins each side.*