



FAMILY FRIENDLY RECIPE SOLUTIONS

Filled with family-friendly recipe solutions and leftover ideas, so that you don't have to cook multiple meals, allowing you to cook one meal for everyone.

for the family™

Just because you're on a part-time diet doesn't mean the rest of the family have to be on one too. Growing, active kids have different dietary needs and the same may well go for your partner or housemates, depending on their lifestyle. Having said that, you don't want to spend more time in the kitchen and you don't have to. Our Family Friendly Recipe Solutions is packed full of practical ideas to make meal time a cinch and leave you with leftovers that can transform into yummy snacks or lunches later on.



hawaiian kebabs

- ☐ ½ fresh pineapple
- ☐ 500g chicken breast, cubed and marinated in soy sauce and garlic
- ☐ 1 capsicum
- ☐ 1 onion
- ☐ Lime juice
- ☐ 16 button mushrooms

Spear cubed ingredients on skewers and turn regularly on the BBQ. If your kids are fussy about eating any of the vegetables simply substitute ones they will eat on their skewers.

Serve with any of the sides below, but the family may like to also have bread, potatoes or rice and that's okay. They're all pretty easy to add to the table or hotplate and the side dishes you could add to this meal from this e-book are so yum you won't feel deprived.

Leftovers: De-spear what is left and put in the fridge to add to the salad for tomorrow's healthy lunch.

150 CAL PER KEBAB

SERVES 4

CHICKEN

chickpea, tuna & fennel salad

- ☐ 400g tin chickpeas, drained and rinsed well to remove all starchy water
- ☐ 95g tin Italian style tuna in oil, drained weight 70g
- ☐ 1/2 fennel bulb, shaved
- ☐ 1 long green spring onion, finely sliced
- ☐ 1 cup rocket leaves
- ☐ 1/4 cup flat leaf parsley
- ☐ 1/2 small red chilli, sliced
- ☐ juice and finely grated zest of 1/2 lemon

Place drained tuna into a medium bowl. Add chickpeas, fennel, spring onion, rocket, parsley, chilli, and lemon juice and zest. Toss gently and season to taste with sea salt and freshly ground pepper.

Serve with bread for the family, low calorie wraps for you. Quinoa and cauliflower rice also goes well to supplement this dish, although it's great as a stand alone too.

Leftovers: There probably won't be any, but it's a easy one for tupperware - just open and eat! Try stuffed potatoes or sweet potatoes for variety.

390 CAL PER SERVE

SERVES 4

TUNA



lemon & garlic chicken

- ☐ 1 large chicken
- ☐ Garlic
- ☐ Olive oil spray
- ☐ Thyme
- ☐ 1 lemon

Baste the chicken in garlic and spray, then stuff with thyme and lemon wedges. Cook in a lidded BBQ with potatoes, pumpkin, carrots and whole onions. Serve with fresh greens and gravy from the pan (add a little cornflour).

Serve with Let the family dive into the lot but hold back on the potatoes yourself. The other veggies will be tasty enough and are very low calorie.

Leftovers: Jaffles, toasties and sandwiches for the family, mountain bread wraps with extra greens for you. Rocket and cucumber add a nice crunch to that juicy chicken. Mmmm-hmm!

Calories: 500 calories per serve with potato or 400 calories per serve without potato.

400 CAL PER SERVE

SERVES 4

CHICKEN

spicy roasted pumpkin

- ☐ 1 butternut pumpkin cut into wedges
- ☐ 1 tbsp apple juice - concentrate works best
- ☐ Cinnamon

That's it! Simply cook until crispy to make an awesome side that can be served generously.

Serve with the perfect side for roasted chicken, to complement BBQ'd lean meat or fish. The low calorie count will make this a go-to recipe.

Leftovers: cube and throw into a salad for tomorrow's lunch or the next family dinner.

75 CAL PER SERVE

SERVES 4

PUMPKIN



mango, prawn & avocado salad

- ☐ 400g shelled large prawns
- ☐ 1 mango, cubed
- ☐ 1 avocado, sliced

DRESSING

- ☐ Lime, add some zest as well as the juice
- ☐ Chopped coriander
- ☐ 2 chopped chillies
- ☐ Chopped basil

Drizzle cubed avocado, mango and prawns with dressing, toss lightly and serve.

Serve on butter lettuce. The family may like to eat this on bread rolls but you will find its really filling and delicious on its own.

Leftovers: As. If.

230 CAL PER SERVE

SERVES 4

PRAWN

broad bean, pea & feta salad

- ☐ 1kg frozen broad beans
- ☐ Lemon juice
- ☐ Fresh mint leaves
- ☐ 20g feta cheese, crumbled
- ☐ Parsley
- ☐ 1 clove chopped garlic
- ☐ 100g snowpeas
- ☐ 100g peas
- ☐ 1 tbsp olive oil

Add all ingredients into bowl, then whisk the lemon juice and oil before pouring. Add cracked pepper and sea and sea salt then serve.

Serve with Mediterranean in origin, this dish goes well with lamb! So, if you want to twist this, BBQ four lamb steaks and serve with pita bread (for the family) and hummus. If you're on a fast day you may want to have a half-serve and use as a side.

Leftovers: Have your other half-serving for lunch with a tin of tuna with lemon juice for only an extra 100 calories. Noice!

297 CAL PER SERVE

SERVES 4

VEGETARIAN



pear, walnut & balsamic salad

- ☐ 2 finely sliced pears
- ☐ 2 tbsp pine nuts, roasted on BBQ
- ☐ 1 tbsp olive oil
- ☐ 2 tbsp balsamic vinegar
- ☐ 1 tbsp Dijon mustard
- ☐ 150g rocket leaves
- ☐ ¼ cup parmesan cheese

Easy-peasy and delicious! Just chop, toss and serve!

Serve with This is a great low-calorie option. The family will probably still want a carb dish to go with the meal but if you stick to a BBQ piece of the very low-calorie fish like barramundi (137 calories per serve) you are looking at only 267 calories for dinner. How good is that?

Leftovers: A really delicious option for wrap filling or as a take-to-work lunch. Add some turkey slices with cranberry for variety.

130 CAL PER SERVE

SERVES 4

VEGETARIAN

family faves™



For more traditional options in the kitchen we've tweaked some family favourites to keep things simple enough that it's still only a one-cook-recipe, but variable enough that everyone's diet preferences are met. As you're about to see, you don't have to reinvent the dietary wheel, just roll with it a little.



thai chicken curry

- | | |
|---|--|
| ☐ 2 tbsp green curry paste | ☐ 750g diced chicken fillet |
| ☐ 1 tin low fat coconut milk | ☐ 1 tin bamboo shoots |
| ☐ 2 red chillies | ☐ 1 sliced carrot |
| ☐ 1 chicken stock cube | ☐ 1 chopped broccoli head |
| ☐ 1 tsp fish sauce | ☐ 1 diced onion |

Fry the curry paste in olive oil spray and add some low-fat coconut milk. Toss in the chicken and onion and brown them in the sauce. Add other ingredients and simmer, adding extra cumin if the curry paste is too weak.

Serve with Serve with boiled rice for the family, and cauliflower rice for you.

Leftovers: For the family, this can make a great pie filler. For you, have some the next day with konjac rice or noodles.

Calories: Family version: 600 calories
Your version: 400 calories

400 CAL PER SERVE

SERVES 4

CHICKEN

bacon & eggs

- ☐ 500g lean grilled bacon
- ☐ 4 poached eggs
- ☐ 4 grilled tomatoes

Yes, you can enjoy this simple, popular dish and with just a few tweaks, we can keep the calories down quite significantly. Cook, eat and enjoy!

Serve with For you, one slice of bacon, one poached egg and a grilled tomato on one serving of cauliflower toast. For the family: two slices of bacon, one poached egg, one tomato and two slices of buttered toast.

Note: you may be able to persuade the family to eat cauliflower toast - it's pretty delicious.

Calories: Family version: 585 calories
Your version: 290 calories

290 CAL PER SERVE

SERVES 4

BACON



cauliflower toast

- ☐ 80g raw cauliflower, blended
- ☐ 1/3 cup light mozzarella
- ☐ 2 raw egg whites
- ☐ Salt and pepper

Drain all water from cauliflower and combine ingredients. Preheat oven to 350 degrees and line a baking sheet with greaseproof paper. Spread 1 cm squares onto the tray x 4. Bake for 25 minutes then turn for another 10 minutes.

Note: You can make the same cauliflower mix to use as a pizza base. The family can still have home-made pizzas using traditional frozen bases, but yours will have zero carbs and be lower in calories. Belissimo!

Leftovers: Make double the amount of dough for pizza tomorrow.

50 CAL PER SLICE

SERVES 4

VEGETARIAN

and a few quick tips™

LASAGNE & PASTA

You can make a smaller lasagne for yourself and use konjac noodle sheets instead of pasta sheets. The meat sauce can be the same and try using low fat milk and cheese to lower the calories. Your version will be up to 200 calories less than the family's.

- » Use turkey mince, it's much lower in calories
- » Bulk out pasta sauces with extra veggies
- » Add flavor with fresh herbs and spices like basil, garlic, onion and fresh chili
- » Read the sauce jar labels carefully or make it yourself: calorie counts vary widely
- » For variety, opt for vegetable pastas, spaghetti squash and zoodles and use regular pasta for the family

MEAT AND POTATOES

Yes, you can still have this family favourite! Lean meat is a great source of iron and when eaten with green leafy veggies you will absorb even more. Potatoes also have nutritional value however because of their higher calories, won't work easily into a fast day. We recommend:

- » Baked beetroot and pumpkin instead of potatoes
- » Add green steamed sides to the meal such as broccoli, beans and snow peas with mint
- » Use lean meats and less gravy
- » Flavour the meal by adding mustards and pickles to your plate

A FINAL FEW SNACKING TRICKS

- » Stock the cupboard with lots of low-cal snacks such as carrot sticks, celery sticks, almonds, fruit, rice crackers, turkey and ham slices, cherry tomatoes, boiled eggs and low fat cheese slices. We can't stress this enough! If there's nothing but kid snacks that you love you'll find it hard to resist them, which brings us to our last point...
- » Buy the kids snacks you don't like. Temptation nullified. Bam!

