




TASTE A 12WBT RECIPE

Recipe based on 10k Running Program, 1500 Calories per day

Berry Muesli

Sweet berries make this quick and easy breakfast extra yummy!

 **2 SERVES**
 **5 MIN PREP**
 **402 CAL/SERVE**



INGREDIENTS

- 180g Natural Muesli
- 160g Frozen Mixed Berries, thawed
- 1 Cup Low Fat Milk (250g)

METHOD

- 1** Place muesli in a bowl.
- 2** Top with berries and pour over milk to serve.

Michelle Bridges
12WBT

Mish Tips

* To thaw berries, place on a plate lined with paper towel and refrigerate overnight. Alternatively, thaw in the microwave for 30 seconds.

Nutritional Information Per Serve*

Calories 402 // Protein 15.5g // Fat Total 9.2g // Fat Saturated 2.7g // Carbohydrates 59.3g // Sugars 31.7g // Sodium 100.1mg // Dietary Fibre 11.9g

- ⬆ High in Protein
- ⬆ High in Fibre
- ⬇ Low In Fat
- ⬇ Low In Sodium

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Lentil & Beetroot Salad with Ricotta

Beetroot is such a great part of any salad. It's one of the most powerful superfoods!

 **2 SERVES**
 **5 MIN PREP**
 **372 CAL/SERVE**



INGREDIENTS

- 1 X 440g cans Canned Beetroot (308g), drained & sliced
- 1 X 400g cans Canned Lentils (240g), rinsed & drained
- 80g Baby Spinach
- 1 Shallot (3g), sliced
- 1/4 Cup Mint Leaves (10g)
- 1 Tablespoon Olive Oil (20g)
- 1 Tablespoon Balsamic Vinegar (20g)
- 200g Reduced Fat Ricotta

METHOD

- 1** Place beetroot, lentils, spinach leaves, shallot and mint into a large bowl. Toss to combine, then divide between serving plates.
- 2** Whisk oil and vinegar together in a small bowl. Drizzle dressing over salad, then crumble ricotta over. Season with freshly ground black pepper to serve.

Michelle Bridges
12WBT

Mish Tips

- * Choose canned baby beetroot in juice, if possible.
- * Feel free to replace the lentils with cannellini beans or chickpeas.
- * Shallots are the long, green, thin variety.

Nutritional Information Per Serve*

Calories 372 // Protein 19.2g // Fat Total 19.4g // Fat Saturated 7.0g // Carbohydrates 26.0g // Sugars 16.6g // Sodium 989.0mg // Dietary Fibre 7.0g

- ⬆️ High in Protein
- ⬇️ Low in Carbohydrates
- ⬆️ High in Fibre
- ⊖ Gluten Free

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Penang Chicken

*This tastes just like it came from a restaurant - but healthy!!
The recipe serves 6 so some to freeze for another meal or two.*





 **6 SERVES**
 **35 MIN PREP**
 **10 MIN COOKING**
 **406 CAL/SERVE**



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12WBT

Nutritional Information Per Serve*

Calories 406 // Protein 55.5g //
Fat Total 10.3g // Fat Saturated
2.7g // Carbohydrates 21.2g
// Sugars 20.0g // Sodium
453.5mg // Dietary Fibre 3.2g

-  High in Protein
-  Low in Carbohydrates
-  Low In Sodium
-  Gluten Free

INGREDIENTS

- 21 1/2 Tablespoons Red Curry Paste (30g)
- 1200g Lean Chicken Breast, cut into strips
- 1 X 400g cans Coconut Flavoured Evaporated Milk (400g)
- 3 Teaspoons Fish Sauce (15g)
- 3 Tablespoons Brown Sugar (60g)
- 3 Tablespoons Peanut Butter, No Added Sugar Or Salt (60g)
- 250g Broccoli, cut into florets
- 200g Snow Peas

METHOD

- 1 Heat a large non-stick frying pan over medium heat.
- 2 Add the curry paste and cook, stirring, for 1 minute. Add the chicken and stir to coat in the paste. Add the coconut milk and cook, stirring often, for 2 minutes (don't let the mixture boil).
- 3 Add the fish sauce, sugar and peanut butter. Stir until smooth. Simmer gently for 5 minutes or until the chicken is cooked through (don't allow the sauce to boil or it will separate).
- 4 Meanwhile, cook the broccoli and snow peas in steamer set over a saucepan of simmering water for 2-3 minutes or until tender crisp.
- 5 Divide the chicken, sauce and vegetables among serving plates.

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