Made by students for students

MORE WITH LESS

Flavoursome cooking made simple

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LET'S GET COOKING...

MADE BY STUDENTS FOR STUDENTS…

Let's face it, life as a student can get busy and who wants to spend hours in the kitchen cooking when you have three assignments due the following day? But it does not have to be that way…

This recipe book was created by Dietetics students to keep things simple, quick, and healthy in the kitchen, while not compromising on taste and flavour.

In this book you will find tips on healthy eating and hygienic food preparation and practices. It will also serve as a guide to prevent you from breaking the bank each time you go do grocery shopping.

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LIST OF RECIPES in this recipe book

Craving something warm and cosy or fresh and quick? We've got you!

BREAKFAST

- Peanut butter and banana overnight oats
- Creamy carrot cake oats
- Tomato and cheese egg scramble
- Two-way-wonders **flapjacks*
- Spinach baked eggs
- Mince shakshuka

LUNCH

- Summer Chickpea sandwich
- Chicken barbeque stuffed sweet potatoes
- Spaghetti Bolognese
- Chicken cumin coleslaw wrap
- Egg fried rice
- Fishcakes

SUPPER

- Moroccan meatballs
- Lentil, spinach, and mushroom loaded sweet potatoes
- Chicken patties
- Lentil soup
- Beef stir-fry
- Chicken pasta
- Spicy creamy chicken livers

SNACKS/DESSERTS

- Devilled eggs
- Hummus dip
- Cookie dough bliss balls
- Two-way-wonders **muffin*
- Snickers banana popsicles
- Deconstructed apple crumble

BUILDING A HEALTHY MEAL

3 STEPS TO BUILDING A NUTRIENT DENSE MEAL

Building a healthy meal does not have to be complicated. The following three steps can be taken to ensure that you have a healthy plate.

step 1

Start by choosing a healthy protein source such as chicken, lean mince, beans, and lentils. Try to fill ¼ of your plate with the protein source.

step 2

Next, try to fill at least half your plate with different coloured vegetables. Aim to have a variety of vegetables each day.

step 3

Fill the remained of your plate with whole grains such as brown rice, brown bread, brown pasta, potatoes, sweet potatoes, corn or maize meal.

THE THREE MACRONUTRIENTS

CARBOHYDRATES		PROTEIN		FAT	
Gives us energy		Repairs our muscles		Supports hormone function	
Bread Pasta Rice Oats Potatoes Wholegrains Starchy vegetables Sugar	Beans Lentils Milk Peas Yoghurt Soya-mince	Chicken breast Egg whites Fish Lean beef		Chicken drumsticks & thighs Whole eggs Beef mince Cheese Peanut butter Nuts	Cooking oil Avocados Egg yolks Seeds Olives Butter Margarine

TIPS FOR HEALTHY EATING AS A STUDENT

ALWAYS HAVE A PLAN

Always have a rough idea of what you want at the shop before going. We have attached meal planning templates to make that easier.

SHOP IN SEASON

These foods are usually cheaper than foods that are out of season.

PREP LIKE A PRO

Meal prepping doesn't mean to cook ALL your food for the following week. It can be simple things such as cooking some extra chicken and veggies for the week or for the days where loadshedding gets the best of you.

HEALTHY DOESNT MEAN BORING

This recipe book will ensure that both your taste buds and your body stays healthy.

EAT THE RAINBOW

Fill your plate with a variety of colours. This will ensure that you get all the nutrients you need every day.

BUDDY UP!

Buying foods in larger amounts often work out to be more affordable in the long run. Buying in bulk, and splitting with a friend will allow you to get the same amount of food for cheaper.

SIMPLE SWAPS

We all have to start somewhere. Try not to cut out all unhealthy foods at once, but to rather incorporate healthy habits into your life one at a time.

SAFE FOOD STORAGE:

Store your raw meats below cooked products

Don't store foods too long and always check "best before" dates.

Always refrigerate cooked foods and perishable foods.

Your fridge temperature should always be 4°C

Your freezer temperature should always be -18°C

Store foods in containers to avoid contact between raw and prepared foods

Decant canned foods once opened into a container before storing it in the fridge

SAFE FOOD HANDLING:

Always wash your hands with soap and warm water before and after food preparation.

Be sure to wipe down all surfaces when handling food.

Wash all fruits and vegetables before consumption.

Cook food thoroughly, especially chicken, pork and seafood.

Wash your hands after using the toilet or working with raw food.

Separate raw chicken, meat and seafood from other foods.

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PEANUT BUTTER AND BANANA OVERNIGHT OATS:

Serves 1

PER SERVING	
Energy	1963kJ
Protein	15.7g
Carbohydrates	84.9g
Fibre	7.4g
Fat	14.4g

Ingredients:

- Rolled oats, ½ cup (30g)
- Milk, 150ml
  **We recommend using low-fat milk*
- Peanut butter, 1 tbsp (15ml)
  *We recommend using the no added sugar & salt
- Cinnamon, ¼ tsp (1.25ml)
- Pinch of salt
- Sugar or honey, 1 tsp (5ml)
- Banana, 1 small

Method:

1. Add oats, milk, cinnamon, salt, sugar/honey and peanut butter to a container or bowl and mix until combined.
2. Cover the bowl or seal the container and store in fridge, overnight.
3. Top with chopped banana or extra peanut butter the next morning before serving.

Note: Feel free to add any additional toppings, like unsalted mixed nuts or seeds, any other fruits or yoghurt.

CREAMY CARROT CAKE OATS:

Serves 2

PER SERVING	
Energy	1354kJ
Protein	13.5g
Carbohydrates	38.6g
Fibre	4.3g
Fat	13.6g

Ingredients

- Plain oats, raw, 1 cup (120g)
- Carrot, grated, 1 cup (104g)
- Peanut butter, 2 tbsp (40g)
  **We recommend the no added sugar & salt*
- Plain yoghurt, 1cup (120ml)
  **We recommend the low-fat variety*
- Milk, 1 ½ cups (375ml)
  **Recommend the low-fat variety*
- Sugar, 1tbsp (15ml)
- Cinnamon, ¼ tsp (1.25ml)
- Salt, 2 pinches

Method:

1. Place a small size pot over medium heat.
2. Add the milk, oats, grated carrot, cinnamon, sugar, and salt to the pot.
3. Slowly stir the pot frequently to prevent the oats from sticking to the bottom of the pot. Cook over medium heat for 5-7 minutes or until oats are cooked to your preferred consistency.
4. Once well combined and cooked, dish the oats into two serving bowls and top with plain yoghurt and peanut butter.

Note: you can alternatively store the other portion in a container to reheat the following day.

TOMATO AND CHEESE, EGG SCRAMBLE:

Serves 1

PER SERVING	
Energy	1343kJ
Protein	21g
Carbohydrates	3.6g
Fibre	0.9g
Fat	24.6g

Ingredients

- Eggs, 2 large
- Oil, 1tsp (5ml)
  **We recommend canola oil*
- Cheddar cheese/ feta, matchbox size (30g)
- Spinach, 1/3 cup (15g)
- Tomato, ½ medium (20g)
- Mixed herbs, ½ tsp (2.5ml)
- Salt, a pinch
- Pepper, a pinch

Method:

1. In a bowl, crack the eggs and whisk until frothy. Add mixed herbs, salt and pepper to the eggs and mix.
2. In a pan, heat oil on medium heat and add egg mixture.
3. When the egg starts to cook, add the tomato and spinach to the pan. Gently stir everything together.
4. When the eggs are almost done, add the cheese.
5. Serve with choice of side or enjoy just as is.
   **We recommend serving it with a slice of whole-wheat bread*

Note: Feel free to add any additional veggies or cut up chicken, beans, or spices. We paired ours with sliced wholegrain bread and avocado to keep us fuller for longer.

TWO-WAY WONDER
FLAPJACK VARIETY:

Serves 6
(2 flapjacks per serving)

PER SERVING	
Energy	1263kJ
Protein	7.4g
Carbohydrates	40.9g
Fibre	5.5g
Fat	13g

Ingredients

- Bananas, 4 ripe, mashed
- Eggs, 2 large, beaten
- Rolled Oats/ Plain Flour, 2 ½ cups (240g)
- Oil, ¼ cup (60ml)
  **We recommend olive or canola oil*
- Salt, ¼ tsp (1.25ml)
- Baking soda, 1tsp (5ml)
- Baking powder, 1tsp (5ml)
- Cinnamon, 2tsp (10ml)
- Vanilla essence, 1tsp (5ml)

Method:

1. Pre-heat pan to a low-medium heat with oil/ spray and cook. Add bananas, eggs, oil and vanilla essence to a bowl and mix until combined.
2. Sift all dry ingredients together over same bowl. Gently, fold dry ingredients into wet until just combined. Avoid over mixing the batter.
3. Pour ¼ cup of batter into onto pan per pancake, avoiding overcrowding the pan.
4. Pop on the lid and flip when bubbles start to form on pancake. Cook each side for 1-2 minutes until golden and fluffy, depending on heat of pan and repeat for the remaining batter.

Note: Feel free to top with honey, banana slices or peanut butter. One can also add in some grated carrot to make a carrot cake version or add 2 tbsp of cocoa powder to make a chocolate version.

SPINACH BAKED EGGS

Serves 4

PER SERVING	
Energy	873kJ
Protein	9.1g
Carbohydrates	15g
Fibre	2.3g
Fat	12.6g

Ingredients

- Spinach, 1 cup (245g)
- Basil, a pinch
- Butter, 3tbsp (40g)
- Salt, 1tsp (5g)
- Pepper, ½ tsp (2.5g)
- Cottage cheese, 4tbsp/¼ cup (60ml)
  **We recommend using low-fat*
- Eggs, 2 large
- Tomato, ½ cup (120g)
- 4 slice of bread
  **We recommend using whole wheat bread*

Method:

1. Preheat oven to 190*C
2. Wash the spinach and trim off any thick stalks. Put into a large pan, then cook, covered, until the spinach is wilted, about 2-3 minutes. Drain well, pressing out all excess water, then return to the pan with about a quarter of the butter, stirring until the spinach is glistening then add the cottage cheese and tomato
3. Divide the spinach between 3 buttered ramekins, then break an egg into each. Season with salt and pepper, then top with a slice of butter. Bake for 15-20 minutes, until the eggs are just set.

MINCE SHAKSHUKA:

Serves 4

PER SERVING	
Energy	860kJ
Protein	13.1g
Carbohydrates	5g
Fibre	1.1g
Fat	15.1g

Ingredients

- Canola oil, 2tsp (10ml)
- Ground beef, ½ cup (120g)
- Onion, ½ cup (120g)
- Bell peppers, ½ cup (165g)
- Garlic, 10g
- Chili, 2g
- Black pepper, ½ tsp (2.5ml)
- Steak & chop spice 1 tsp (5ml)
- Tomato, grated, ½ whole (120g)
- Tomato sauce, 2tsp (10ml)
- Sweet chilli, 1tsp (5ml)
- Eggs, 4 (200g)
- Parsley, 10g

Method:

1. Heat a large pan over medium-high heat. Add oil to the pan, 2 turns of the pan. Add ground meat, crumble and cook until the pink colour goes away, and meat is lightly browned
2. Peel and chop onion, seed and finely chop the peppers and chop or slice the garlic & chili. Add onions and peppers to the meat and sauté for 3 to 4 minutes, until softened. Add spices and stir.
3. Add the chopped tomato, tomato sauce and sweet chili and cook for 10 minutes on low heat
4. Make 4 nests in meat sauce using the back of a wooden spoon and drop eggs into them. Transfer pan to oven for 8 to 10 minutes till eggs set.
5. Use parsley for garnishing.

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SUMMER CHICKPEA SANDWICH:

Serves 1

PER SERVING	
Energy	2448kJ
Protein	30.4g
Carbohydrates	94.1g
Fibre	2.8g
Fat	16.7g

Ingredients

- Bread, 2 slices
  **We recommend whole-grain, brown or rye variety*
- Mayonnaise, 2tsp (10ml)
  **We recommend the reduced fat variety*
- Chickpeas, ½ cup (63g), drained and rinsed
- Plain yogurt, ¾ cup (175ml)
  *We recommend the low-fat variety
- Tomato, ¼ cup (30g), diced
- Lettuce, 1 leaf, shredded
- Salt, ¼ tsp (1.25ml)
- Pepper, ¼ tsp (1.25ml)
- Mixed herbs, ½ tsp (2.5ml)

Method:

1. In a medium sized bowl, mash the rinsed chickpeas with a fork.
2. Add the tomato, lettuce, mayonnaise, and yogurt to the chickpea mixture.
3. Add salt, pepper and mixed herbs to the bowl and mix until everything is well incorporated.
4. Optional to toast bread or can leave fresh. Add the chickpea mixture to one slice of bread and top with the other. Slice in half and enjoy.

Note: Feel free to add any other herbs, spices, red onion, gherkins, or yellow peppers to your liking. One can add tuna, chicken, or beef to make this non- vegetarian.

CHICKEN BARBEQUE STUFFED SWEET POTATOES:

Serves 4

PER SERVING	
Energy	1772kJ
Protein	38.5g
Carbohydrates	50.9g
Fibre	3.3g
Fat	8.4g

Ingredients

- Sweet potatoes, 4 medium
- Chicken breasts, 4 small (400g)
- Oil, 2tbsp (30ml)
  **We recommend olive or canola oil*
- Spinach, 1 ½ cups (60g)
- Cheddar cheese, ½ cup (40g), grated
- Red onion, ¼ whole (26g), diced
- BBQ sauce, ¼ cup (60ml)
- Salt, ¼ tsp (1.25ml)
- Pepper, ¼ tsp (1.25ml)

Method:

1. In a large pot, boil all the sweet potatoes for 30-40minutes, depending on the size of the sweet potatoes. Cook until they are tender with a fork.
2. In a pan, heat oil and add chicken breasts. Add salt and pepper to the chicken breasts. Cook for 10-12minutes until done. Remove chicken from the pan into a bowl and shred with a fork. Toss the spinach into the chicken to wilt slightly.
3. Add BBQ sauce to the mixture and combine.
4. Once the potatoes are done, let cool for 5minutes and slice open down the middle (length wise). Remove some of the inside of the potatoes to make room for the stuffing.
5. Stuff the chicken mixture into the potatoes and top with diced red onion and grated cheese.

SPAGHETTI BOLAGNESE:

Serves 4

PER SERVING (Excluding spaghetti)	
Energy	685kJ
Protein	15g
Carbohydrates	8.2g
Fibre	1.1g
Fat	7.9g

Ingredients

- Lean mince, 250g
- Onion, 1 whole, diced
- Garlic, 1 clove, minced
- Mushrooms, ½ punnet (125g), sliced
- Carrot, 1 whole, grated
- Tomato mix, 1 can
- Tomato paste, 1tbsp (30g)
- Oil, 1tbsp (15ml)
  **We recommend canola oil*
- Sugar, 1tsp (5ml)
- Cumin, ½ tsp (2.5ml)
- Paprika, ½ tsp (2.5ml)
- Salt, ½ tsp (2.5ml)
- Pepper, ¼ tsp (1.25ml)

Method:

1. Cook spaghetti as packaged instructions.
2. Heat oil in a frying pan over medium heat. Add onion, garlic and spices to the pan and sauté until golden.
3. Add mushrooms and carrot to the pan and sauté until soft.
4. Add mincemeat and tomato paste to the pan and cook until brown.
5. Add tomato mix and sugar to the meat mixture and simmer for 8-10minutes, until well combined and thickened.
6. Add spaghetti to serving dish and top with Bolognese mixture.

CUMIN CHICKEN COLESLAW WRAP:

Serves 3

PER SERVING	
Energy	1234kJ
Protein	26.8g
Carbohydrates	9.8g
Fibre	2.2g
Fat	14.6g

Ingredients:

- Chicken breast, 250g
- Oil, 5ml
  **We recommend canola or olive oil*
- Pinch of salt
- Pepper, a pinch
- Garlic, 1 clove
- Green cabbage, 1 cup (200g)
- Red cabbage, 1 cup (200g)
- Carrot, 1 large (125g)
- Mayonnaise, 3 tbsp (45ml)
  **We recommend using the reduced fat.*
- Sweet chilli, 2 tbsp (30ml)

Method:

1. Add the oil to a skillet pan over low to medium heat.
2. In a separate bowl, season the chicken breast with cumin, salt, pepper, and finely chopped garlic.
3. Massage the spices into the chicken and add the chicken to the frying pan. Fry until tender and fully browned (about 15 minutes).
4. In a separate bowl, add finely chopped cabbage, finely grated carrot, mayonnaise and sweet chilli and mix.
5. Divide the coleslaw and chicken evenly between 3-4 wholewheat wraps and fold.

EGG FRIED RICE:

Serves 3

PER SERVING	
Energy	1219kJ
Protein	17.6g
Carbohydrates	28.3g
Fibre	3.2g
Fat	10.8g

Ingredients

- Eggs, 6 large
- Butter, 1 tsp (5ml)
- Mixed vegetable (carrots, peas, and corn), 2 cups (540g)
- Garlic, 4tsp (20g)
- White pepper, ¼ tsp (1.25ml)
- Rice, 1 cup (240g)
- Soya sauce, ¼ cup (60ml)
- Spring onion, 2 tbsp (40g)

Method:

1. Cook rice as per package instructions.
2. Add oil in a frying pan and heat on low to medium heat. Using a small pat of butter, scramble some eggs in a large sauté pan, breaking them into small pieces as you go. Then transfer the eggs to a separate plate and set aside.
3. Return your sauté pan to the heat, and sauté the onions, carrots, peas and garlic until soft and cooked through.
4. Add eggs, rice, soya sauce and spring onion to the vegetable mix and serve.

TUNA FISHCAKES:

Serves 2
(2 – 3 fishcakes per serving)

PER SERVING	
Energy	1393kJ
Protein	21.9g
Carbohydrates	285g
Fibre	1.5g
Fat	15.4g

Ingredients:

- Tuna, 1 can (120g)
- ½ onion, chopped
- All-purpose flour, ½ cup
- Egg, 1 large
- Lemon juice, 1 tsp (5ml)
- Salt, a pinch
- Pepper, a pinch
- Canola oil, 1 tbsp (15ml)
- Mayonnaise, 1tbsp (15ml)
  *We recommend using the reduced fat.

Method:

1. Add the tuna, chopped onion, salt and pepper to a bowl and mix
2. In a smaller bowl, whisk together the egg, mayonnaise, and lemon juice.
3. Add the liquid mixture to the tuna and mix and add ¼ cup of the flour.
4. Sprinkle the other ¼ cup of flour onto a surface and drop the fishcakes mixture into the flour after shaping 4 – 6 fishcakes, covering them, before cooking.
5. Add the oil into a frying pan and add the tuna patties into the pan and cook until brown (about 3-4 minutes a side).

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MOROCCAN MEATBALLS:

Serves 4
(2 meatballs per serving)

PER SERVING	
Energy	995kJ
Protein	7g
Carbohydrates	45.7g
Fibre	3g
Fat	2.8g

Ingredients

- Bean mix, 1 can, drained and rinsed
- Carrot, 1 whole, grated
- Baby marrow, 3 small marrows (120g), grated
- Egg, 1 whole
- Onion, ¼ whole (26g), diced
- Oil, 7.5ml (½ tbsp)
  **We recommend canola or olive oil*
- Tomato sauce, 1tbsp (15ml)
- Oats, raw, 1/3 cup (30g)
- Flour, ¾ cup *
- Mixed herbs, 1 tsp (5ml)
- Garlic, 1 clove, minced
- Salt, ½ tsp (2.5ml)
- Pepper, ¼ tsp, (1.25ml)
- Cumin, ½ tsp (2.5ml)

Method:

1. Pre-heat oven to 200°C.
2. Strain the carrot and baby marrow in a paper towel, over the basin to drain excess water. **Do not skip this step as your patties will become soggy.**
3. Add carrot and baby marrow mix, beans, egg, onion, tomato paste, garlic, tomato sauce, oats, **1/4 cup of the flour* and spices to a large bowl and mash well together.
4. Dust surface of counter or chopping board with the remaining flour, as well as coat your hands in flour for rolling. Roll into 8 meatballs and place on baking tray. Lightly drizzle with oil and bake in oven for 30minutes or until golden and crispy.

LENTIL, SPINACH ND MUSHROOM STUFFED SWEET POTATOES:

Serves 4

PER SERVING	
Energy	657kJ
Protein	14.6g
Carbohydrates	13.6g
Fibre	1.8g
Fat	4.8g

Ingredients

- Sweet potatoes, 4 medium
- Lentils, 1 can, drained and rinsed
- Spinach, 1 cup (40g), chopped
- Mushrooms, ½ punnet (125g), sliced
- Oil, 1tbsp (15ml)
  **We recommend canola or olive oil*
- Mayonnaise, 1 heaped tbsp (20ml)
- Tomato, half large (40g), diced
- Avocado, ½ small, sliced
- Lemon juice, 1 tsp (5ml)
- Red onion, ¼ whole (26g), diced
- Pepper, 1 pinch
- Salt, 2 pinches

Method:

1. In a large pot, boil all the sweet potatoes for 30-40minutes, depending on the size of the sweet potatoes. Cook until they are tender with a fork.
2. Add oil to the frying pan over a medium heat. Add the spinach and mushrooms to the pan and sauté for 2-3minutes.
3. Add drained lentils to the mix, along with salt and pepper.
4. Remove pan from the heat and mix in the mayonnaise and lemon juice.
5. Once the potatoes are done, let cool for 5minutes and slice open down the middle (length wise). Remove some of the inside of the potatoes to make room for the stuffing.
6. Stuff the lentil mixture into the potatoes and top with diced tomatoes, red onion and sliced avocado.

Note: Feel free to swap out the lentils for beef, fish or chicken strips

CHICKEN PATTIES:

Serves 4

PER SERVING	
Energy	1532kJ
Protein	33.4g
Carbohydrates	37.8g
Fibre	3g
Fat	8.7g

Ingredients:

- Chicken breast, 450g
- baby marrow, 3 small (80g)
- Garlic, 1 clove
- Oats, ½ cup (60g)
- Flour, ½ cup
- Salt, ¼ (1.25ml)
- Egg, 1 large
- Pepper, ¼ tsp (1.25ml)
- Mayonnaise, 1 tbsp (15ml)
- Onion, ¼ whole, chopped

Method:

1. Cut the chicken breast into thin strips and add to a large bowl. Use scissors to dice the chicken into a fine mince.
2. Grate the baby marrow onto a paper towel, wrap it and squeeze the water out over the sink.
3. Add the baby marrow, egg, mayonnaise, salt, pepper, diced onion, garlic and ½ cup of oats into a bowl and mix with your hands.
4. Use the scissors to cut all the ingredients together.
5. Sprinkle ½ cup flour evenly onto a table surface, shape 8 patties with your hands and drop it onto the surface and into the flour.
6. Make sure the patties are fully covered in flour, before adding it to a frying pan with oil for 5-6 minutes a side until brown.

SPICY CHICKEN LIVERS:

Serves 4

PER SERVING	
Energy	1184kJ
Protein	18.1g
Carbohydrates	13.4g
Fibre	0.9g
Fat	17.6g

Ingredients:

- Canola oil, 1 tsp (5ml)
- Onion, ½, chopped
- Chicken livers, 450g
- Cumin spice, 1tsp (5ml)
- Coriander, 1tsp (5ml)
- Salt, ¼ tsp (1.25ml)
- Pepper, ¼ tsp (1.25ml)
- Plain yoghurt, 2/3 cup

Method:

1. Chop your onions and add it to a frying pan with the canola oil. Fry the onions until soft. Add in the tomato paste and stir.
2. Add in the chopped garlic and salt, pepper, cumin, coriander, and chilli powder.
3. Add the chicken livers and cook for about 15 minutes until the chicken livers ae cooked through.
4. Add in plain yoghurt and let simmer for 2 minutes, while stirring every 30 seconds.

Note: Best served with rice, pasta, or any starch of choice.

LENTIL SOUP:

Serves 8 - 10

PER SERVING	
Energy	808kJ
Protein	10.4g
Carbohydrates	32g
Fibre	9.1g
Fat	2.4g

Ingredients:

- Canola oil, 1 tbsp (15ml)
- Butternut, 2 cups
- Lentils, 2 cans, drained
- Cauliflower, 1 medium
- Vegetable stock, 1 block
- Garlic, 1 clove
- Pepper, ¼ tsp (1.25ml)
- Salt, ¼ tsp (1.25ml)
- Onion, ½ whole, chopped
- Cumin, ½ tsp (2.5ml)

Method:

1. In a large pot, heat the canola oil and add diced onion. Cook for about 5 minutes.
2. Add the turmeric, garlic and cumin and cook for about 1 minute. Dissolve the stock block in 300ml of water and add to the pot.
3. Peel the potatoes and dice it into cubes. Dice the butternut into cubes. Add the potatoes, butternut and cauliflower, salt and pepper and lentils into the pot and let simmer over medium heat for 20 minutes.

BEEF STIR FRY:

Serves 2

PER SERVING	
Energy	1996 kJ
Protein	34.1g
Carbohydrates	13.8g
Fibre	4.2g
Fat	31.9g

Ingredients

- Oil, 2 tsp (10ml)
  **We recommend canola or olive oil*
- Beef sirloin, 240g
- Red bell pepper, 1 cup (240g)
- Onion, ½ whole (80g)
- Broccoli, 1 cup (120g)
- Garlic, 2 tbsp (40g)
- Black pepper, ½ tsp (2.5g)
- Steak & chop spice, 1tsp (5ml)
- Soy sauce, 2tbsp (40ml)

Method:

1. Heat vegetable oil in a large frying pan or skillet over medium-high heat; cook and stir beef until browned, 3 to 4 minutes. Move beef to the side of the pan and add broccoli, bell pepper, carrots, green onion, and garlic to the center of the wok. Cook and stir vegetables for 2 minutes.
2. Stir beef into vegetables and season with salt, black pepper, steak and chop spice, and soy sauce. Continue to cook and stir until vegetables are tender, about 2 more minutes.
3. Serve beef stir fry with cooked rice

CREAMY CURRY CHICKEN PASTA:

Serves 3

PER SERVING	
Energy	1415kJ
Protein	34.8g
Carbohydrates	16.5g
Fibre	1.6g
Fat	14.7g

Ingredients

- Onion, chopped 1 medium (160g)
- Cooking oil, 10ml
  **We recommend using olive or canola oil*
- Chicken breast, 400g
- Pinch of salt
- Sugar, 2 tsp (10g)
- Chutney, 1 tbsp (15ml)
- Yoghurt, 1 cup (250ml)
- Mayonnaise, 2 tbsp (30ml)
- All-in-one curry powder, 1tsp (3g)

Method:

1. In a skillet, heat the oil and add the chopped onions.
2. Sauté the onions on low to medium heat until soft.
3. In a separate bowl, mix together the plain yoghurt, mayonnaise, chutney, curry powder, salt, pepper, and sugar.
4. Add the whole chicken breasts to the pan with 45ml of hot water and cook for 10 – 15 minutes.
5. Shred the chicken in the pan using two forks. If you have a non-stick pan, remove the chicken and shred it in a separate bowl before adding it back into the pan to avoid damaging the pan.
6. Add the yoghurt mixture to the pan, cover and simmer for another 5 – 10 minutes, while stirring every minute.
7. Serve with your choice of pasta, cooked according to packet instructions.

- Pinch of pepper

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HUMMUS DIP:

Serves 3-4

PER SERVING	
Energy	1218kJ
Protein	9g
Carbohydrates	28g
Fibre	7.8g
Fat	17.6g

Ingredients

- Chickpeas, 1 can, drained and rinsed
- Oil, 1/4cup (60ml)
  **We recommend canola oil*
- Lemon juice, 1tbsp (15ml)
- Water, 3tbsp (45ml)
- Salt, ¼ tsp (1.25ml)
- Pepper, a pinch

Method:

1. Mix everything in a blender and blend until smooth and creamy.
   **If a blender is not available, use a fork and mash well, until all the ingredients are well combined. For extra creamy hummus, sieve through at the end.*
2. Serve with favourite cut up veggies or smear onto sandwiches.

DEVILLED EGGS:

Serves 1

PER SERVING	
Energy	1620kJ
Protein	27.6g
Carbohydrates	10.8g
Fibre	0.2g
Fat	26.1g

Ingredients

- Eggs, 2 large
- Mayonnaise, 1tbsp (15ml)
  **We recommend the light/ reduced fat variety*
- Mustard, 1tsp (5ml)
- Tomato sauce, 1tsp (5ml)
- Salt, a pinch
- Pepper, a pinch

Method:

1. Add water to a pot and bring to a boil. Gently add the whole eggs to the pot and allow to cook for 8-10minutes.
2. Carefully remove the eggs from the pot and place in a bowl of water with ice, to cool for 5minutes.
3. Deshell the eggs and slice in half. Gently remove the egg yolk from the egg white. Place the egg yolk in a bowl.
4. Add the mayonnaise, mustard, tomato sauce, pepper and salt to the egg yolks. Mix everything well until combined.
5. Scoop the yolk mixture back into the halved egg whites and enjoy.

Note: Feel free to add any other herbs to the yolk mixture or top with some paprika.

COOKIE DOUGH BLISS BALLS:

Serves 13
(2 balls per serving)

PER SERVING	
Energy	710kJ
Protein	5.9g
Carbohydrates	22.4g
Fibre	3.8g
Fat	6.2g

Ingredients

- Chickpeas, 1 can, drained and rinsed
- Peanut butter, 6 tbsp (90g)
  **We recommend the no added sugar & salt*
- Plain oats, raw, 120g
- Honey, 3tbsp (45ml)
- Vanilla extract, 1 tsp (5ml)
- Cinnamon, ½ tsp (2.5ml)
- Flour, 2tbsp (30ml)
- Dark chocolate, 6 small squares (30g)
- Salt, a pinch

Method:

1. Add all ingredients, except for the chocolate, into a food processor and pulse until the mixture becomes sticky and there are no whole chickpeas left.
   **Alternatively, one can mix everything together, except for the chocolate, by hand. Heat the peanut butter slightly to help bind everything together and be sure to mash the chickpeas very well.*
2. Roughly chop the chocolate into small shards and fold into the mixture.
3. Let mixture chill for 5 minutes in the fridge to firm up slightly, to avoid it melting in your hands. Roll into 26 balls or you can make 13 larger balls. Chill in freezer for 1hour to firm up.
4. One can store them in an airtight container, in the fridge for 2weeks or in the freezer for 2months. Just remove them 2-3minutes before enjoying to slightly defrost.

TWO-WAY WONDER

MUFFIN VARIETY:

Serves 6

PER SERVING	
Energy	1394kJ
Protein	7.1g
Carbohydrates	40g
Fibre	5g
Fat	16g

Ingredients

- Bananas, 4 ripe, mashed
- Eggs, 2 large, beaten
- Rolled Oats/ Plain Flour, 2 ½ cups (240g)
- Oil, ¼ cup (60ml)
  **We recommend oil or canola oil*
- Salt, ¼ tsp (1.25ml)
- Baking soda, 1 tsp (5ml)
- Baking powder, 1 tsp (5ml)
- Cinnamon, 2 tsp (10ml)
- Vanilla essence, 1 tsp (5ml)

Method:

1. Pre-heat oven to 180 degrees Celsius and grease muffin trey with oil/ spray and cook.
2. Add bananas, eggs, oil, and vanilla essence to a bowl and mix until combined.
3. Sift all dry ingredients together over same bowl. Gently, fold dry ingredients into wet until just combined. Avoid over mixing the batter.
4. Pour batter into muffin tray and set in oven to bake for 25-30 minutes, until golden.

Note: Feel free to add in diced apple, grated carrot, mixed nuts or top with peanut butter or cottage cheese for some extra protein.

SNICKERS BANANA POPSICLES

Serves 3

PER SERVING	
Energy	1258kJ
Protein	4.3g
Carbohydrates	28.4g
Fibre	1.4g
Fat	19g

Ingredients:

- Banana, peeled and halved, 3 medium
- Peanut butter, 4 tbsp (60g)
- Milk, 1 tbsp (15ml)
- Dark chocolate, 170g
- Cooking oil, 2 tbsp (30ml)

Method:

1. Line a baking sheet with parchment paper.
1. Insert the popsicle stick in one end of each halved banana piece.
2. Place peanut butter and milk into a small bowl and stir until slightly runny. Set aside in a tall glass. Dip one banana half in the glass of peanut butter and allow excess to drip off. Then place on parchment paper and repeat with remaining bananas. Place in refrigerator for 15-20minutes, until the peanut butter is firm.
2. Place chocolate into a microwave safe bowl. Add coconut oil and microwave it at 20-30 sec intervals, stirring in between until fully melted.
3. Transfer the melted chocolate to a tall narrow glass.
4. Dip one banana half in the glass of chocolate and allow excess chocolate to drip off. Place dipped banana back on parchment paper. Repeat with remaining bananas and refrigerate until chocolate is firm. Will take about 20-30minutes to firm up.

DECONSTRUCTED APPLE CRUMBLE:

Serves 2

PER SERVING	
Energy	2800 kJ
Protein	28.6g
Carbohydrates	82g
Fibre	11.1g
Fat	25g

Ingredients:

- Apples, 2 medium
- Cinnamon, ½ tsp (1.25ml)
- Sugar, 1 tsp (5ml)
- Hot water, 300ml
- Oats, ½ cup (60g)
- Peanut butter 1 tbsp (15ml)
- Plain yoghurt, 1 cup

Method:

1. Peel the apples, cut them into quarters and add them to a pot with the 300ml water, cinnamon, and sugar. Boil on medium heat without stirring.
2. In a separate bowl, mix the oats and peanut butter. Add it to a baking dish and bake in the oven for 20 minutes, stirring it every 5 minutes to prevent it from burning.
3. Remove the apple from the pot and serve it with a handful of baked oats and ½ cup plain yoghurt.

Note: The oats and peanut butter crumble can be substituted with normal granola if available.

	Day 1:		Day 2:		Day 3:		Day 4	
	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:
Breakfast:	Two way wonders	2 Flapjacks 1 cup Yoghurt 1tsp margarine	Egg scramble	2 Eggs 5ml canola oil 1 medium tomato 60g low fat cheese 1 slice brown bread	Overnight peanut butter and banana oats	1 cup oatmeal 1 banana 1 cup low fat milk 2 tsp (10ml) peanut butter	Mince shakshuka	2 slices brown bread 30g mince 50g egg 30g onion 55g bell pepper 10ml canola oil
Snack	Peanut butter banana	2 slices brown bread 2 tsp (20ml) peanut butter 1 medium banana	cereal bowl	60g Bran flakes 185ml low fat yoghurt 1 medium banana	Avo, baked beans and egg on toast	2 eggs 40g avocado 2 slices bread 1 cup tomato 2/3 cup baked beans	Two-way wonders	2 bran muffin 1 banana heaped tbsp peanut butter
lunch:	stuffed sweet potato	200g sweet potato 1/2 cup Mixed veg 90g chicken breast 5ml canola oil 1 cup tomato and cucumber As needed lettuce	fishcakes with veg and salad	2 Fishcakes 1 cup Peas 4 Potato wedges 1 cup Side salad	Speghetti bolognese	1 cup spaghetti 60g lean mince 5ml canola oil 1 cup mixed veg	cumin chicken coleslaw wrap	1 wrap 60g chicken breast 70g green cabbage 70g red abage 65g carrots 5ml Mayonnaise 5ml canola oil
Snack:	Chickpea sandwhich	2 slices brown bread 1 cup chickpeas 1 medium Apple	two way wonders muffin	1 bran muffin 5ml margarine 1 Apple	Sandwhich with a naartjie	1 nartjie 2 tsp sandwich spread 2 slices brown bread	cookie dough bliss balls with a peach	60g oats 20g peanut butter 100g chick peas 1 peach
supper	Creamy chicken livers	1 cup pasta 1/2 cup Corn 90g chicken livers 1 onion 10ml canola oil	lentil soup	1 cup brown rice 1/2 cup onion 1 medium tomatoes 1/2 cup cauliflower 1 tsp (5ml) canola oil 1 cup lentils 140g (2/3 cup) butternut	chicken burger with potato wedges and salad	60g chicken pattties 1 brown burger bun 100g potato 1 cup tomato nd lettuce 1 cup grated carrots 1 tsp mayonnaise	Moroccan bean meatballs	60g oats 200g bean mix 50g egg 30g carrots 85g baby marrow 30g onion 20ml canola oil
evening snack:	two way wonders muffin	1 bran muffin	rusk	1 Bran rusks	crackers	4 crackers	fruit snack	1 apple

	Day 5:		Day 6		Day 7		Day 8	
	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:
Breakfast:	creamy carrot oats	1 cup oats 1/2 cup milk (reduced fat) 100g carrots 2 tsp peanut butter	Spinach baked egg	2 slices brown bread 50g egg 30g cottage cheese 30g spinach 30g tomato 2tsp butter	bacon spinach scrambled eggs	2 slices brwon bread 20g bacon 1 egg 70g spinach 2tsp canola oil	yoghurt parfait	1 cup muesli 1/2 cup yoghurt 70g grapes 125g strawberry 2tsp peanut butter
Snack	Avo sandwich	2 slices brown bread 4 tsp butter 1 Avocado	peanut butter banana sandwich	2 slices brown bread 1 banana 2 tsp peanut butter	banana peanut butter smoothie	1 cup oats 1 banana 4tsp peanut butter	peanut butter sandwich	2 slices brown bread 1 orange 2 tsp peanut butter
lunch:	Egg fried rice	1 cup rice 2 eggs 180g mixed veg 30g sping onion 2tsp canola oil	lentil veggie loaded sweet potato	1 sweet potato 20g lentils 90g bell pepper 180 cucumber 25 mushrooms 20 spinach 50 tomato 1tsp mayonnaise 1 tsp canola oil	chicken mayo sandwich	2 slices pasta 60g chiken breast 60g onion 70g red pepper tsp mayonnaise 2tsp canola oil	loaded burger bowl	100g pumkin 60g mince (medium fat) 60g lettuce 70g tomato 30g onion 2 tsp canola oil
Snack:	stickers banana popsicles	1/2 cup milk (low fat) 4stp peanut butter 2 tsp canola oil 1 banana	deconstruted apple crumble	1tbsp oats 1tsp peanut butter 1 apple	Cheese crackers with a peach	4 crackers 30g cottage cheese 1 peach	cookie dough bliss balls	1 cup oats 10g chick peas 1 apple 4tsp peanut butter
supper	Beef stir fry	1 cup rice 60g beef sirloin 110g red pepper 30g brocoli 30g onion 4tsp canola oil	lentil veggie loaded sweet potato	1cup pasta 130g chichen breast 50g onion 30ml yoghurt 1tsp mayonnaise	spaghetti lentils	1 cup spaghetti 1/2 cup mixed veg 100g lentils 45g mushrooms 1 tomato 30g onion 50g carrots 4tsp canola oil	Creamy chicken curry	1 cup rice 60g chicken 200g bean mix 1 tomato 1 onion 1/2 cup yoghurt 2tsp canola oil 2tsp butter
evening snack:	fruit snack	1 nectarine	fruit snack	1 pear	fruit snack	1 apricot	fruit snack	1 pear

	Day 9		Day 10:		Day 11:	
	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:		
Breakfast:	boiled eggs & avo toast	2 slices brown bread 1 egg 1 avocado 2tsp butter	Apple and carrot pancakes	60 g Oats 50g Egg 150g Milk 50g Carrots 90g Apple 10g Margarine	Peanut butter overnight oats	30 g Oats 250ml Milk 80g Banana 10g Peanut butter
Snack	banana muesli	1 cup muesli 1 banana 2tsp peanut butter	Coconut and strawberry smoothie	60 Oats 7g (2tbsp) Coconut, desiccated 12 large Strawberries	cheese and tomato toastie	2 slices (60g) bread 30g Cheese Medium Tomato
lunch:	golden tuna melt sandwich	2 slices brown bread 60g tuna 30g onion 30g green pepper 2tsp mayonnaise	Mexican chicken bowl	85g Corn 60g Chicken breast 120g Lettuce 90g Cucumber 60ml Yoghurt plain 10ml Mayonnaise 10ml Canola oil	chickpea butternut curry stew	60g Rice 150g Butternut 200g Chickpea 60g Onion 70g Tomato 30 ml Yoghurt (plain) 10ml canola oil
Snack:	coconut smoothie	1 cup oats 25ml coconut milk 30g cottage cheese 125g pineapple	Cookie dough bliss balls	60g Oats 20g Peanut butter 100g Chick peas 1 Banana	crackers and cottage cheese	4 Crackers 10g (2tsp) Margarine 80g (1/3cup) Cottage Cheese, low fat Medium Peach
supper	beef stroganoff	1 cup pasta 60g beef sirloin 1 cup milk(low fat) 90g mushrooms 65g onion 2tsp canola oil	Lemon butter hake with glazed butternut	60g Rice 75g Butternut 60g Hake 30g Bell pepper (red& green) 30g Onion 30g Broccoli 20g Margarine	Beef stirfry	60g Rice 50g Sirloin 70g Broccoli p 55 g Bell pepper 30g Onion
evening snack:	fruit snack	1 apricot	fruit snack	1 Peach	fruit snack	250g (12 large) Strawberries

	Day 12:		Day 13:		Day 14	
	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:	RECIPE:	INGREDIENTS:
Breakfast:	Quiche cups	30 g Brown bread 50g Eggs 30ml Cottage cheese 40g Peas 70g Bell peppers 10g Margarine	cinnamon apple yoghurt granola	30 g Muesli 125ml Yoghurt 90g Apple 10g Margarine	bacon cheese toast	30 g Brown bread 20g Bacon 30g Cheese 50g Tomato
Snack	cheese cracker with a banana	8 Crackers 30g cheese 1 Banana (fresh peeled)	peanut butter banana oat pot	60 Oats 20g Peanut butter 1 Banana (fresh peeled)	Peanut butter crackers	8 Crackers 20g Peanut butter Medium Banana (fresh peeled)
lunch:	sweet and sour pork bowl	60g Rice 60g Pork 70g Onion 65g Red pepper 60g Pineapple 10ml canola oil	waldof chicken salad	2 slices Bread (toasted) 60g Chicken breast 70g Lettuce 50g Celery 90g Grapes 10 ml Mayonnaise	mashed summer chickpea snadwich	2 slices Whole grain bread 100g Chickpeas 60g lettuce 70g Red pepper 125g Yoghurt(low fat) 10 ml Mayonnaise (fat reduced)
Snack:	peanut butter bliss balls with a peach	60g Oats 20g Peanut butter 100g Chick peas 80g Peach	cottage chesse cracker with a peach	4 crackers 10g (2tsp) Margarine 80g (1/3cup) Cottage Cheese, low fat Medium Peach	peanut butter bliss balls with an apple	60g Oats 20g Peanut butter 100g Chick peas 80g apple
supper	baked spaghetti bolognaise	60g Spaghetti 60g Mince 125ml Milk (low fat) 15g Cheese 30g Onion 100 g Tomato 55g Bell pepper 20 ml Canola oil	pork chops with beet, mushroom & avo salad	100g Potato wedges 50g Pork chop 70g Spinach 55 g Beet 45g Mushroom 20 ml Avocado	shepard's pie	100g Potatoes (mashed) 180g Mixed veg, frozen 60g Mince 65g Onion 100 g Tomato 30g Red pepper 20 ml Canola oil
evening snack:	fruit snack	1 Apple	fruit snack	1 apple	fruit snack	250g (12 large) Strawberries

Suggested Ingredient staples

Cupboard:

- Whole-grain pasta/ rice
- Oats
- Whole-wheat bread
- Canned tomato and onion mix
- Salt
- Pepper
- Garlic flakes
- Mixed herbs
- Any beans/lentils
- Canola oil
- Peanut butter
- Canned tuna in salt water

Fridge:

- Eggs
- Milk
- Any fruit available
- Yogurt
- At least two to three different kinds/ colours of vegetables

Freezer:

- Mixed vegetables/ Peas/ corn
- Affordable meats like chicken, beef and chicken livers.

	Breakfast	Lunch	Dinner	Snacks
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				

Weekly *Meal Plan*

Week of: _____ How I felt today

S	Breakfast Lunch Dinner Snack	_____
M	Breakfast Lunch Dinner Snack	_____
T	Breakfast Lunch Dinner Snack	_____
W	Breakfast Lunch Dinner Snack	_____
T	Breakfast Lunch Dinner Snack	_____
F	Breakfast Lunch Dinner Snack	_____
S	Breakfast Lunch Dinner Snack	_____

Weekly *Meal* Plan

Week of:

Sunday

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Monday

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Tuesday

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Wednesday

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Shopping List

Dairy

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Produce

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Meat

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Grains

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Thursday

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Saturday

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Frozen

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Condiments

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~ Remember shopping bags ~

Weekly spending ordering takeaways...

McDonald's - R59.50 for a Big Tasty (burger only)
KFC - R39.90 for Streetwise Two with chips

If you were to order takeaways once a day for a week, it would cost you from R279 to R417 just for one meal a day.

This excludes fruit, vegetables and snacks.

Weekly spending using our recipes...

All the recipes included are now estimated at about R20 per meal as a practical 2026 planning average.

R20 x 3 meals a day x 7 days = R420 per week spent on delicious and nutritious meals!

Weekly savings, using our recipe book...

Savings:
Per day = R60 - R119
Per week = R418 - R830
Per 4-week month = R1 672 - R3 318
(Compared based on preparing three meals from our recipe book versus ordering three takeaway meals.)