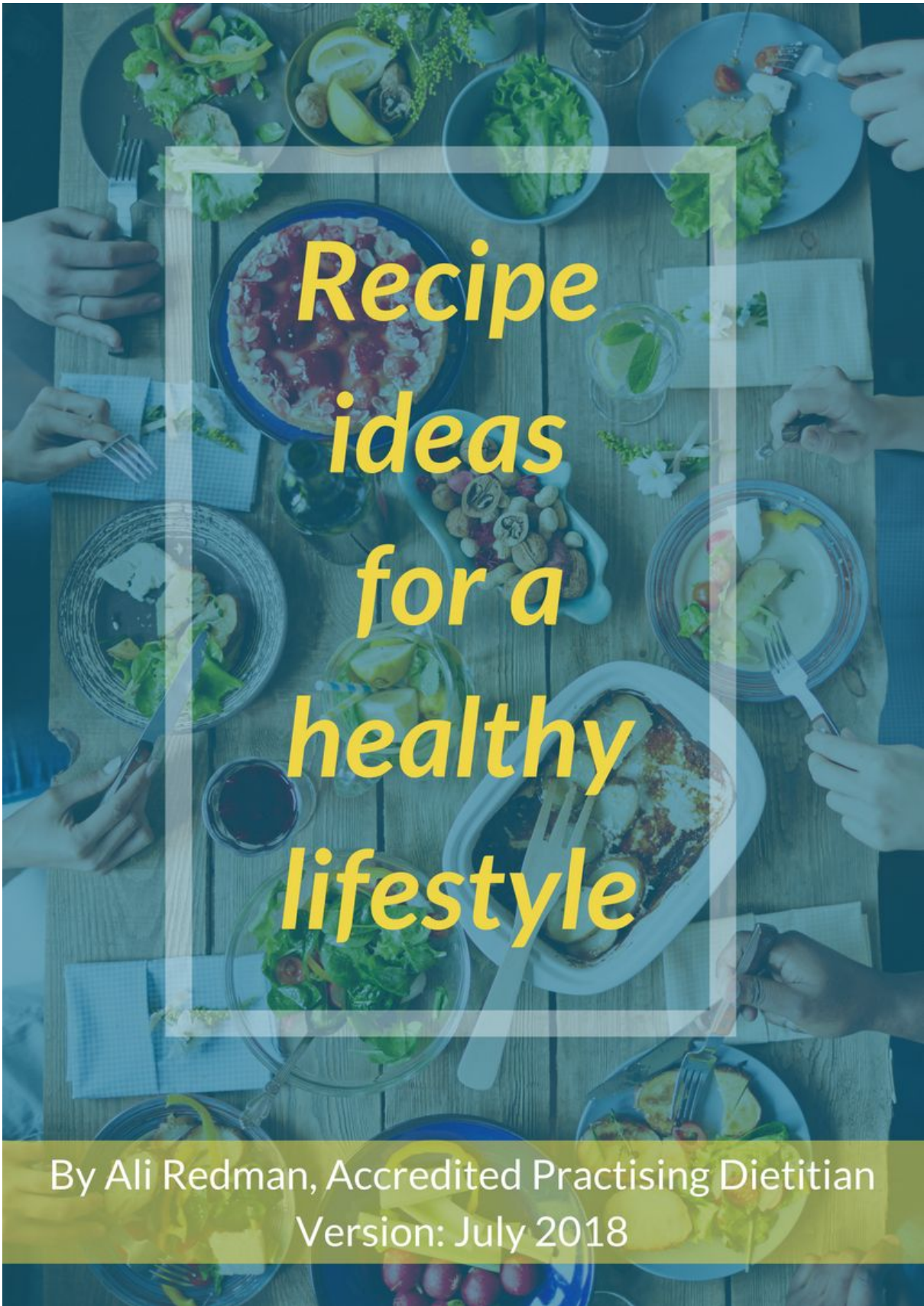




Recipe ideas for a healthy lifestyle

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Introduction

Coast Sport Dietitian Ali is passionate about giving people the tools to make healthier choices on a daily basis so has put together some of her favourite recipes that are delicious, nutritious and cost effective- what's not to like!

Ali is big on promoting vegetable intake as currently only 7% of Australian Adults consume the recommended 5 serves of vegetables per day. To learn more about what a serve of vegetable is visit the eatforhealth.gov.au for more information.

The following recipes are a guide for the general population to increase the amount of nutrients in the diet without sacrificing taste or flavour. Remember it's okay to indulge from time to time but remember we should be providing our body with nutrients (something your body can use) majority of the time.

Enjoy!



*Healthy meals
and snacks
for everyday*

Simple Fried Rice

Serves 4

Ingredients

- 2 tbsp extra virgin olive oil
- 1 large brown onion
- 5 mushrooms
- 60g peas
- 60g corn
- 1 red capsicum
- 1 head of broccoli
- 3 tbsp soy sauce
- 2 eggs
- 2 cups basmati rice



Method

1. Add olive oil to large pan and heat (high)
2. Cook chicken breast evenly in pan and set aside
3. Crack two eggs into a bowl and whisk with a fork and microwave until cooked evenly and set aside
4. In a wok or large frypan add 1 tbsp of olive oil and heat (high)
5. Dice all vegetables (onion, capsicum, broccoli) and add along with peas and corn
6. Continue to stir on high heat for 10-15 minutes
7. Cut chicken into small pieces and break up the scrambled eggs and add to the pan and stir before taking off heat
8. Cook bag of rice (or pre-made on stove/rice cooker)
9. Finally stir through 3 tbsp soy sauce and serve

Tips/Alternatives

- Add additional vegetables such as carrot or zucchini
- Frozen vegetables work just as well in fried rice
- Ensure you cook the egg and chicken separately
- Remove chicken for a vegetarian option

Homemade Chicken Burger

Serves 4

Ingredients

- 1 tbsp extra virgin olive oil
- 2 large chicken breasts
- ½ red onion (diced)
- 2 medium carrots (skin on, grated)
- 60g baby spinach/lettuce
- 4 sandwich slices cheese
- ½ avocado
- 4 tbsp tomato chutney
- 4 wholemeal buns



Method

1. Add olive oil to large pan and heat (high)
2. Cut both chicken breast in half and cook evenly
3. Cut buns in half and cover each with 1 tbsp of tomato chutney and 1 tbsp avocado
4. Add 1 slice of cheese to each bun (grill if desired)
5. Add chicken breast onto bun (1/2 breast each)
6. Evenly distribute grated carrot, spinach and onion across all buns

Tips/Alternatives

- Extras such as sliced beetroot and/or pineapple is a good way to add more nutrients to the burger
- Avoiding using chicken with skin and/or stuffing
- Cook chicken in garlic, herbs and/or spices to increase flavour without additional salt
- Bake some potato and sweet potato with small amount of olive oil and spices as a healthier option to deep fried or oven baked (packet) chips

Homemade Pizza

Serves 2

Ingredients

- 1 wholemeal pizza base (Bazzar Pizza Base or Lebanese bread)
- 2-3 tbsp tomato paste (tomato and/or BBQ sauce can also be used)
- 1-2 garlic cloves or 1 tsp minced garlic
- 1 cup baby spinach leaves
- ¼ red or brown onion
- 2 mushrooms (cup)
- 80-100g shaved ham or chicken
- ½ cup slices red capsicum
- ½ cup pineapple chunks
- 1 cup light cheese



Method

1. Pre-heat oven to 180°C (fan forced) and line a pizza tray with baking paper and place base on top
2. Add garlic into the tomato paste/sauce and evenly spread across base
3. Cover the base with spinach leaves
4. Dice onion, mushrooms and capsicum and evenly spread over base
5. Evenly spread chicken or ham
6. Add pineapple chunks
7. Sprinkle cheese over the top of all ingredients
8. Bake for 10-20 minutes or until cheese is melted and base is crispy

Tips/Alternatives

- By putting the veggies on first it can be a good way to hide them
- Change the variety of vegetables on your bases there are no rules!

Spaghetti Bolognese Veggie Loaded Mince

Serves 10

Ingredients

- 1 tbsp extra virgin olive oil
- 500g lean beef mince
- 1 large brown onion (diced)
- 2 cloves garlic
- 2 medium carrots (skin on, grated)
- 1 large zucchini (skin on, grated)
- 6 small mushrooms (diced)
- 2 tins (800g) lentils (drained and washed)
- 1 tin (400g) diced tomatoes
- 1 jar (500g) salt reduced pasta sauce
- 2 tsp black pepper



Method

1. Add olive oil to large pan and heat (high)
2. Add mince and stir until brown
3. Add brown onion and garlic and stir
4. Add the diced tomato and pasta sauce, then carrots, zucchini, mushrooms, lentils, pepper and stir
5. Reduce heat (medium/low) and let the ingredients simmer stirring every 5-10 minutes or as needed
6. After 20 minutes turn off heat and serve with pasta, on a salad, wrap or once cooled store in a container and freeze



Tips/Alternatives

- Bulking mince with vegetables allows you to provide more meals for the family, it works out cheaper per serve, contributes to your daily vegetable intake and doesn't sacrifice the taste of an old favourite meal
- Use salt reduced lentils, tinned tomatoes and pasta sauce where possible as there is already plenty of salt in the diet
- The use of garlic, onion and pepper provides flavour without additional salt
- Use legumes as per performance such as kidney beans or chickpeas, which count as a vegetable and are high in protein
- A favourite of mine is using Pulse Pasta made from various legumes

Taco Veggie Loaded Mince

Serves 10

Ingredients

- 1 tbsp extra virgin olive oil
- 500g lean beef mince
- 1 large red onion (diced)
- 6 small mushrooms (diced)
- 2 tins (800g) of four bean mix (drained and washed)
- 1 packet of salt reduced taco seasoning
- 2 tsp black pepper

Method

1. Add olive oil to a large pot and heat (high)
2. Add mince and stir until brown (drain off excess fat)
3. Add red onion and stir
4. Add the diced mushrooms, beans and taco seasoning and stir
5. Reduce the heat (medium/low) and let the ingredients simmer stirring every 5 minutes or as needed
6. After 15 minutes turn off the heat and serve with pasta on a salad, wrap or once cooled store in a container and freeze
7. Serve on wraps with salad such as lettuce/spinach grated cheese, tomato, avocado and cheese



Tips/Alternatives

- Bulking mince with vegetables allows you to provide more meals for the family, it works out cheaper per serve, contributes to your daily vegetable intake and doesn't sacrifice the taste of an old favourite meal
- Mince dishes can be very versatile with how you serve them so get creative!
- Use salt reduced legumes (when possible), as there is already plenty of salt in the diet



Sweet Potato Salad

Serves 4

Ingredients

- 1 small bag mixed salad leaves or baby spinach
- 2 cup mushrooms diced
- ½ red capsicum (~100g)
- ½ green capsicum (~100g)
- 1 carrot (~70g)
- 1 medium sweet potato (~360g raw)
- 1 tsp crushed garlic
- Pepper to taste
- ¾ block feta cheese (~120g)
- 2 tbsp of balsamic vinegar



Method

1. Preheat oven at 200°C (fan forced)
2. Wash lettuce and place into a large bowl
3. Dice mushrooms, red capsicum, zucchini and feta into small pieces and add to bowl
4. Grate carrot and add to bowl
5. Dice sweet potato into small portions and place in a separate bowl, and drizzle some extra virgin olive oil over the potato, adding the garlic and pepper. Mix around with a large spoon then place on a baking tray and bake for 20-30 minutes
6. Once the sweet potato has been cooked and cooled, add to the other ingredients
7. For the dressing combine balsamic vinegar and pour over entire salad and stir
8. Serve

Tips/Alternatives

- Add chicken breast to provide more protein to the meal
- Add other veggies to the mix such as grated beetroot
- Sprinkle pepita or chia seeds for an extra source of protein and healthy fats

Salmon and Sweet Potato Chips

Serves 1

Ingredients

- 1 small piece salmon (defrost first if frozen portion)
- Season with garlic, chilli, pepper and ginger
- 1 small sweet potato
- 1 tablespoon of extra virgin olive oil

Method

1. Pre-heat oven to 180°C (fan forced)
2. Chop sweet potato into small cubes and place in a bowl
3. Add oil and seasoning of your choice ensuring all potato is coated with added seasoning
4. Any left-over seasoning mixture in the bowl place on salmon
5. Wrap salmon in aluminium foil and when the potato is almost cooked place in oven for 10-15 minutes



Tips/Alternatives

- I use the Ocean Chef Salmon Portion (1kg bag) as they are tasty and come on special regularly
- Can add tomatoes, red onion and balsamic vinegar and have a bruschetta type topping when baking your salmon
- Put salmon on top of a sweet potato salad

Slow Cooked Beef with Rice

Serves 6

Ingredients

- 500g chunk steak
- ¼ cup cornflour
- 2 tbsp extra virgin olive oil
- ½ tsp crushed garlic
- ¾ cup of soy sauce (salt reduced)
- ¾ cup water
- ½ cup brown sugar
- 1 grated zucchini
- 1 cup grated carrot
- 1 brown onion
- 4 cup mushrooms diced
- Shallots and/or sesame seeds for garnish



Method

1. Cut steak into thin strips and add to a ziplock bag with cornflour - shake to coat
2. Add olive oil, minced garlic, soy sauce, water, carrot, zucchini, onion and mushrooms to slow cooker
3. Stir ingredients
4. Add coated steak and stir again until coated in sauce
5. Cook on high for 2-3 hours or low for 4-5 hours, until tender
6. Serve with rice and garnish with shallots and/or sesame seeds

Tips/Alternatives

- This recipe is based on one from recipe critic that I modified to be more nutritious. The original recipe has steak and carrots, I altered to have more vegetables and less sugar.
- Don't be afraid to mix up old favourites by adding in vegetables.
- Add a tin of salt reduced lentils to this mix for added nutrients!

Bruschetta

1 serve

Ingredients

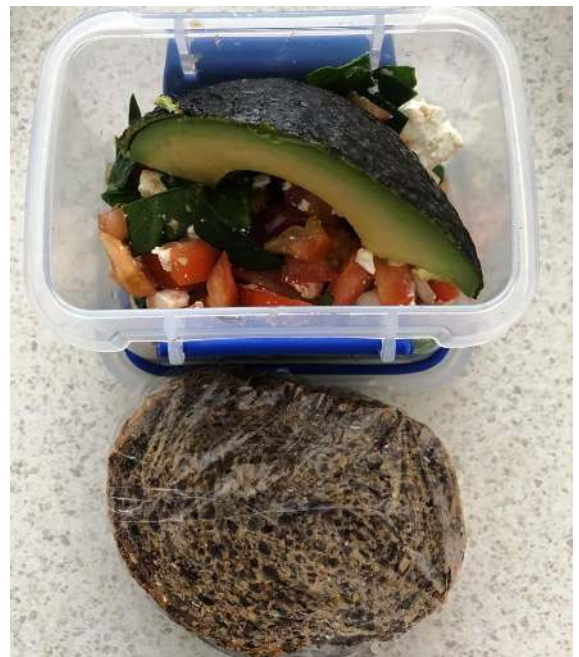
- ½ tomato diced
- 1 tbsp crumbled feta
- ¼ cup chopped baby spinach leaves
- 1 tbsp red onion diced
- 1 clove garlic crushed
- Pepper to taste
- Splash balsamic vinegar
- ¼ avocado
- 2 small slices of sourdough bread/ small slices wholemeal/multigrain bread

Method

1. Combine tomato, baby spinach, red onion, garlic, pepper, garlic in a bowl and combine
2. Sprinkle feta and balsamic vinegar to previous ingredients
3. Toast sourdough/bread and spread avocado across two pieces
4. Enjoy!

Tips/Alternatives

- Portion into a container to make a great school or work lunch
- Make a large serving and take a packed of plain corn chips to a party for a tasty snack
- Can add mushrooms, capsicum and zucchini to the mix for something different



Veggie Stir Fry

Serves Serves 4

Ingredients

- Extra virgin olive oil
- 3-4 cloves of garlic
- 2 medium carrot
- 1 head of broccoli
- 5 small cup mushrooms
- 1 brown onion
- 1 red capsicum
- 1 zucchini
- Soy sauce
- Sesame seeds
- Approx 1.5 cups uncooked basmati rice



Method

1. Chop all vegetables to into small pieces and add to the pan/wok
2. Heat olive oil in a fry pan or wok then add the diced onion and garlic - saute
3. Cook basmati rice, either on stove or rice cooker
4. Continue to stir until vegetables have softened
5. Lightly swirl soy sauce around the pan and wok and give a final stir
6. Serve approx 1.5 cups of vegetables with 1 cup of cooked rice and sprinkle with sesame seeds
7. Enjoy!

Tips/Alternatives

- You can use whatever vegetables you have in the fridge or freezer (beans, peas, corn, etc)
- Add lean meat such as chicken or beef for protein
- I use basmati or brown rice as they are both low GI versions. Basmati is a white rice so can be good for those who do not like the taste or texture of brown
- Portion only 1 cup of cooked rice per main meal

Pork and Cabbage Gyoza (dumplings)

Serves 8

Ingredients

- 1 packet wonton wrappers
- 2 ½ cup wombok cabbage
- 500g lean pork mince
- 1 tbsp grated/minced ginger
- 1 tbsp minced garlic
- ⅓ cup spring onions
- 1 ½ tbsp soy sauce
- 1 tbsp extra virgin olive oil
- 1 ½ tbsp sesame oil



Method

1. Wash and finely slice cabbage
2. Add pork, ginger, garlic, spring onions, soy sauce, and oils to a mixing bowl and stir
3. Add cabbage and stir evenly
4. Have a small bowl of water/cup near by to roll the dumplings
5. Place 1 wonton wrapper in the palm on your hand, add a heaped tablespoon of the mince mixture to the centre of the wonton
6. Dip your fingers into the bowl of water and trace around the edge of the wonton wrapper, fold and press the edges together to secure mixture inside.
7. Set aside on a plate ready for steaming
8. Line steamer basket with baking paper.
9. In a saucepan bring water to boil over a high heat, place steamer over the top and steam dumplings for ~15 minutes or until tender and cooked throughout
10. Serve



Tips/Alternatives

- Serve with Simple Fried Rice from page 5, or some steamed vegetables.
- Aim for 5-6 dumplings per serve
- I use the Supreme Wonton Wrappers (square) from coles/woolworths. They are found in the refrigerated section with the ravioli
- If you run out of wonton wrappers you can stir fry the remaining in with your fried rice
- Play with your fillings, the second photo are of some veggie dumplings

Low Carb Chicken Schnitzel

4 Serves

Ingredients

- 2 chicken breast
- 1 cup lupin flakes
- ½ cup grated parmesan cheese
- ¼ cup rosemary/parsley/basil
- Extra Virgin Olive Oil
- 2 eggs
- Bowl of flour for dusting (GF flour if intolerant/coeliac)



Method

1. Preheat oven to 180°C (fan forced) and line a tray with baking paper
2. In a bowl combine Lupin Flakes, cheese and rosemary
3. Cut chicken breast in half horizontally (to make 4 pieces)
4. Scramble eggs into a bowl and set up next to flour
5. Coat chicken in flour, then egg wash, then roll in lupin mix
6. Place on baking tray
7. Bake for 20-30 minutes flipping chicken over once

Tips/Alternatives

- Serve with some roast vegetables and/or salad
- You can do this without needing an egg and flour wash
- Can be made into smaller nuggets
- More Lupin recipes can be found at thelupinco.com.au



What is Lupin?

- ➔ Lupin is a legume that is part of the pea family
- ➔ It is high in protein and fibre so helps keep us fuller for longer
- ➔ Lupin is a prebiotic meaning it feed our good gut bugs
- ➔ It is also a great alternative to crumbing and increasing protein content of foods for those who cannot eat gluten or after a low carbohydrate option

Zucchini & Lupin Slice

Ingredients

- 6 eggs
- 1 cup flour
- 3/4 cup @thelupinco flakes
- 375g grated zucchini
- 1 brown onion
- 1/4 cup diced spring onion
- 3 slices short cut bacon
- 1/4 cup extra virgin olive oil
- 1 cup reduced fat grated cheese
- Pepper to taste



Method

1. Heat oven to 160 degrees celcius fan forced
2. Evenly mix all ingredients in a large bowl
3. Pour into a baking pan or into muffin trays lightly sprayed with canola or olive oil
4. Bake for ~30 minutes or until golden brown

Tips:

- If you don't have Lupin, it can be left out.
- Great way to fit protein, carbohydrates, and aim towards your daily vegetable serves.
- Works well as a snack, or served with a salad for a main meal.

Three glasses of strawberry shortcake dessert are shown, each topped with a fresh strawberry and a metal straw. The dessert consists of layers of white cream, yellow cake crumbs, and sliced strawberries. The background is dark and out of focus.

Treats for special occasions

These recipes are not for 'every day foods' but can great for special occasions. It is completely okay to indulge from time to time, but remember we should be providing our body with nutrients it can use majority of the time!

Banana Coconut and Cinnamon Bread

Serves 8

Ingredients

- ½ cup of extra virgin olive oil or coconut oil
- ½ cup honey or maple syrup
- 2 eggs
- 1 cup of mashed ripe bananas (~2 large bananas)
- ¼ cup milk or water
- 1 tsp of vanilla extract
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon (additional to sprinkle on top)
- 1 ¾ cup of flour (white, wholemeal, buckwheat (GF))
- ½ cup shredded coconut (additional to sprinkle on top)
- 4 tbsps lupin flakes (optional)



Method

1. Preheat oven to 165°C (fan forced) and line a loaf pan with baking paper
2. In a large bowl, beat the oil, honey/maple syrup together with a whisk. Add the eggs and continue to whisk, followed by mashed bananas and milk
3. Add the baking powder, vanilla extract, salt and cinnamon and mix evenly. Lastly with a wooden spoon stir through flour and shredded coconut
4. Pour the batter into the loaf pan and sprinkle lightly with cinnamon and coconut
5. Bake for 55-60 minutes, or until a toothpick inserted into the centre of the loaf comes out clean
6. Let the bread cool in the loaf pan for 10 minutes then transfer to a wire rack and cool for 20 minutes before slicing

Tips/Alternatives

- Can be made into muffins
- I use extra virgin olive oil instead of coconut oil provides more “good fats” to your body. Coconut oil isn’t advised to be used for all cooking

Flourless Chocolate Almond Cake

Serves 10

Ingredients

Cake

- 250g bag of almonds (or almond meal)
- 200g block of dark chocolate
- ½ cup sugar
- 150 unsalted butter
- 6 eggs
- 1 tsp baking powder
- 1 tbsp cacao

Icing (optional)

- 1 cup icing sugar
- 20g unsalted butter
- 1 tbsp milk or water
- 1 tsp cacao



Method

1. Preheat oven to 160°C (fan forced) and line a cake tin with baking paper or muffin trays
2. Crack eggs into a large mixing bowl and scramble with a fork
3. Place almonds into a blender and pulse until flour consistency (some lumps are okay!)
4. Add almonds into the mixing bowl with sugar, baking powder, cacao and mix with a wooden spoon
5. Break chocolate into cubes and melt (1-2 minutes in microwave) then add to mixing bowl
6. Melt butter in microwave and add to mixing bowl
7. Pour into cake tin (sometimes also enough mixture for muffins too) and bake in oven for ~60 minutes or until a skewer inserted into the centre of the cake comes out clean
8. Remove and cool
9. For icing melt butter and add all additional ingredients stir and smooth over the top of the cake
10. Top with strawberries, flaked almonds or coconut and enjoy!

Tips/Alternatives

- Although almonds are great food to consume they are high in energy so keep to one piece at a time!
- I use bag of almonds from Aldi as they are the cheapest I have found.

Nut Free Protein Balls

Serves 10

Ingredients

- 15-20 pitted dates
- 1 cup seeds (eg pepita and sunflower)
- ¼ cup of raw cacao powder
- 1 cap full of vanilla essence
- 2 tsp of ground cinnamon
- 2 scoops of protein powder (optional)
- 2 tbsp chia seeds
- 1 tbsp coconut oil (extra virgin olive oil works too)
- ¼ cup shredded coconut (plus extra for coating)



Method

1. Soak dates in water for half an hour
2. Place seeds into a food processor (or blender) until they become 'flour like'
3. Add dates cinnamon, vanilla essence and cacao and process again
4. Add oil, protein powder and chia seeds and process again
- note you may need extra water or oil depending on consistency
5. Roll mixture into balls, and lightly roll in a bowl of coconut and place in a container or tray
6. Place in fridge for at least 15 minutes to set
7. Enjoy!

Tips/Alternatives

- These are healthy but high energy sacks so only eat 1-2 at a time
- Use nuts (eg almonds) instead of seeds, or use both
- Instead of protein powder use some traditional oats
- Extra virgin olive oil or peanut butter instead of coconut oil provides more "good fats" to your body. Coconut oil isn't advised to be used for all cooking

High Protein Pancakes

Serves 4

Ingredients

- 1 cup self raising flour (or other)
- 2tbsp sugar
- $\frac{3}{4}$ cup light milk (or other)
- 4tbsp Lupin Flakes (providing 16g of protein)
- 1 egg
- $\frac{1}{4}$ tsp baking soda
- 1 tsp vanilla essence

Method

1. Place all ingredients into a bowl and beat with an electric beater
2. Lightly spray a fry pan (or bbq) with olive oil spray and cook pancakes to size desired slipping once bubbles begin to appear on the surface
3. Serve with yoghurt, fruit and LSA mix
4. Serve and enjoy

Tips/Alternatives

- Can be a quick pre/post training snack (2-3 pancakes with honey or jam)



Banana NiceCream

2 Serve

Ingredients

- 1.5 frozen bananas (best to dice and keep in a container in the freezer)
- 2 tsp cocoa/cacao
- ½-⅓ cup milk/milk alternative

Method

5. Place all ingredients into a food processor/blender and pulse until smooth (soft serve consistency)
6. Serve and enjoy

Tips/Alternatives

- Try adding 1 tbsp of peanut butter for extra flavour

Orange and Almond Cake

Serves 20

Ingredients

Cake

- 2 oranges washed
- 125g unsalted butter
- 1 cup caster sugar
- 5 eggs
- 2 cups ground almonds (240g)
- ½ cup self raising flour
- 2 tsp baking powder

Cream Cheese Icing (optional)

- 60g cream cheese
- 20g unsalted butter
- 1/2 tsp vanilla extract
- ¾ cup icing sugar



Method

1. Preheat oven to 180°C (fan forced)
2. Place oranges in a saucepan of water, cover and simmer for 10 minutes or until soft.
3. Remove from water and chop roughly removing seeds.
4. Process oranges in a blender
5. Remove and place in a large mixing bowl, adding all additional cake ingredients and stir until smooth
6. Bake for ~60 minutes or until a skewer inserted into the centre of the cake comes out clean
7. Remove and cool
8. For icing melt butter and add all additional ingredients stir and smooth over the top of the cooled cake

Tips/Alternatives

- Can be made into muffins
- Grate orange zest on top to decorate

Final Tips and Notes

- Products used depend on what is on special, sometimes it pays to shop around between Woolworths, Coles, Aldi and your local fruit and veg markets.
- Remember to take your reusable bags- while it can be frustrating at first you just need to establish good habits and visual reminders such as leaving bags where you keep your keys or once you unpack at home, put your bags back into your car for next time.
- You can add extra nutrients to just about any meal so be creative with some of your commonly cooked meals.
- If you or your family need a bit of extra help with nutrition, meal ideas for busy lifestyle, sports nutrition or fussy eating book in at Coast Sport to see an Accredited Practising Dietitian. Dietitians are not the 'food police' and will help you make small changes to your lifestyle that will make big differences!
- For assistance with buying packaged products you can download our credit card sizes resource to assist you and your family make better choices. Follow this link:
<http://coastsport.com.au/wp-content/uploads/2018/01/General-Guide-to-Labels-updated-resource.pdf>
- Like the Coast Sport Facebook and Instagram pages for new recipes and tips from Dietitian Ali.

