

RECIPES FOR SPRINTS AND JUMPS

BREAKFAST IDEAS

CEREAL:

1 CUP RAISIN BRAN WITH 1 GLASS OF TRIM MILK, 1 BANANA (SLICED) AND 1/3 CUP LOW FAT YOGHURT

¾ CUP MUESLI WITH 1 GLASS TRIM MILK AND ¾ CUP OF PEACHES IN JUICE (DRAINED)

½ CUP OF ROLLED OATS WITH 1 TABLESPOON SUNFLOWER SEEDS AND 1 GLASS OF TRIM MILK + 1 ORANGE

½ CUP CEREAL WITH 1 GLASS TRIM MILK AND 2/3 CUP PEACHES (OR OTHER FRUIT) IN JUICE (DRAINED) + 1 SLICE GRAIN BREAD WITH HONEY

½ CUP OF MUESLI WITH TRIM MILK + 1 ORANGE + 1 SLICE GRAIN BREAD WITH PEANUT BUTTER

HOMEMADE BIRCHER MUESLI:

MIX AND LEAVE OVERNIGHT: ½ CUP ROLLED OATS, 1 TABLESPOON SULTANAS, 1 TABLESPOON ALMONDS (CHOPPED), ¼ CUP FRUIT JUICE, ½ CUP LOW-FAT YOGHURT, ½ CUP BERRIES (FRESH OR FROZEN) AND ½ APPLE (GRATED)

LUNCH IDEAS

BAKED BEANS ON TOAST:

½ X400G CAN BAKED BEANS ON 1 THICK SLICE GRAINY BREAD
GREEN SALAD (1 CUP) + KIWIFRUIT

RISONI SALAD:

MIX ¾ CUP COOKED RISONI (SMALL PASTA) OR QUINOA (GRAIN) WITH 1 SMALL CAN SALMON/TUNA IN SPRINGWATER (DRAINED), 1 CUP SPINACH LEAVES, ½ RED CAPSICUM (SLICED), ¼ CUP SLICED CUCUMBER AND RED ONION

KIWIFRUIT



PEA AND HAM SOUP:

1 PORTION SOUP + 1 RYE BREAD + APPLE

INGREDIENTS (PORTIONS 4):

COOKING OIL SPRAY
1 ONION, FINELY CHOPPED
2 CELERY STICKS, FINELY CHOPPED
2 CARROTS, FINELY CHOPPED
2 GARLIC CLOVES, CRUSHED
500G PACKET FROZEN PEAS
3 CUPS CHICKEN OR VEGETABLE STOCK
3 CUPS WATER
250G SHAVED HAM, CHOPPED
FRESHLY GROUND BLACK PEPPER
1/3 CUP LIGHT SOUR CREAM
4 X THICK RYE TOAST

STEP 1 HEAT OIL IN A LARGE SAUCEPAN OVER MEDIUM HEAT. ADD ONION, CELERY AND CARROT AND COOK, STIRRING, FOR 2 MINUTES.

STEP 2 ADD GARLIC AND PEAS AND COOK FOR A FURTHER 3-4 MINUTES.

STEP 3 STIR IN STOCK AND WATER AND BRING TO THE BOIL. REDUCE HEAT TO LOW AND SIMMER, STIRRING OCCASIONALLY, FOR 10 MINUTES, OR UNTIL VEGETABLES ARE TENDER. REMOVE FROM HEAT. BLEND COOLED SOUP IN BATCHES AND PLACE IN A CLEAN SAUCEPAN.

STEP 4 ADD HAM AND STIR OVER LOW HEAT UNTIL HOT. TASTE AND SEASON WITH PEPPER. LADLE INTO SOUP BOWLS, SWIRL WITH SOUR CREAM AND SERVE WITH TOAST.

TUNA PASTA SALAD:

MIX 1 SMALL CAN TUNA IN SPRING WATER (DRAINED) WITH 1 CUP COOKED PENNE PASTA OR OTHER PASTA, ½ CUP CHOPPED BROCCOLI, ¼ CUP GRATED CARROT, CHOPPED CELERY, SPRING ONION AND TOMATO.

APPLE

CHICKEN RICE SALAD:

COMBINE 2/3 CUP BOLIED BROWN RICE (OR ½ POUCH 90-SECOND BROWN RICE), ½ CUP COOKED DICED SKINLESS CHICKEN, ½ CUP LETTUCE, CHOPPED TOMATO, MUSHROOMS.

ORANGE

ROASTED VEGETABLE SOUP:

INGREDIENTS (6 PORTIONS)

1 ONION, CHOPPED
2 CLOVES GARLIC, CHOPPED
350G TOMATOES, QUARTERED
750G PUMPKIN, PEELED, DESEEDED, CUT IN 4CM CHUNKS
250G COURGETTES, CHOPPED
1 RED CAPSICUM, DESEEDED, CHOPPED
1 1/2 TABLESPOONS CHOPPED, FRESH OREGANO
2 TABLESPOONS OLIVE OIL
400G CAN CANNELLINI BEANS, DRAINED, RINSED
2 1/2 CUPS CHICKEN STOCK
1/2 CUP LIGHT EVAPORATED MILK
6 SLICES BREAD
1 CUP GRATED REDUCED FAT CHEESE (OR EDAM CHEESE)

STEP 1 PREHEAT OVEN TO 220°C. COMBINE ONION, GARLIC, TOMATOES, PUMPKIN, COURGETTES, CAPSICUM, OREGANO AND OIL IN LARGE BAKING DISH. BAKE FOR 30 MINUTES OR UNTIL VEGETABLES ARE SOFT.

STEP 2 PURÉE IN BATCHES IN BLENDER WITH BEANS, STOCK AND MILK, LEAVING A BIT CHUNKY. POUR MIXTURE INTO A SAUCEPAN AND HEAT THROUGH.

STEP 3 GRILL ONE SIDE OF THE BREAD. TURNOVER, SPRINKLE WITH CHEESE AND GRILL UNTIL MELTED. SERVE WITH SOUP.

SALMON AND SALAD PITA:

COMBINE 1 CUP LETTUCE, 1 TOMATO, ½ ONION (SLICED), ¼ CUP DICED CUCUMBER AND ¼ GRATED CARROT. SERVE IN A WHOLEMEAL PITA POCKET WITH 50G SMOKED SALMON.

NECTARINE

COUSCOUS SALAD:

POUR ¾ CUP BOILING WATER OVER ¾ CUP COUSCOUS. COVER AND SET ASIDE FOR A FEW MINUTES. FLUFF WITH A FORK AND ADD 300G CHICKPEAS (DRAINED), 210G CAN SALMON (DRAINED), 4 CUPS BABY SPINACH LEAVES, ¼ CUP WALNUTS, 2 TABLESPOONS CHOPPED DRIED APRICOTS, ZEST AND JUICE OF 1 LEMON AND 2 TABLESPOONS OLIVE OIL. PORTIONS 4.

PITA WITH SALAD AND COTTAGE CHEESE:

PREPARE SALAD WITH 1 CUP SHREDDED LETTUCE, 1 TOMATO (CHOPPED), ½ CAPSICUM (CHOPPED) AND 1 STALK CELERY (CHOPPED). HALVE A LARGE WHOLEMEAL PITA BREAD, FILL WITH SALAD AND TOP EACH HALF WITH 2 ROUNDED TABLESPOONS LOW-FAT COTTAGE CHEESE.

MANDARIN



BARLEY SALAD WITH CHICKEN:

MIX 1 CUP COOKED BARLEY WITH CHOPPED VEGETABLES (1/4 CUP ONION, 1/2 RED CAPSICUM, 1/2 GREEN CAPSICUM, 1 SUN-DRIED TOMATO), 1/4 CUP CHOPPED PARSLEY AND ZEST (OUTSIDE SKIN, THIN LAYER) OF 1 LEMON OR LIME. DRESS WITH 2 TEASPOONS EACH OF OIL AND VINEGAR AND MIX THROUGH 1/2 CUP DICED COOKED SKINLESS CHICKEN.

TUNA AND BREAD SALAD:

INGREDIENTS (4 PORTIONS) ADD THE DRESSING PRIOR TO EATING:

3 THICK SLICES CRUSTY DAY-OLD WHOLE GRAIN BREAD, CUT INTO LARGE CHUNKS
2 CLOVES GARLIC, CRUSHED
7 RIPENED TOMATOES, CHOPPED
1 RED ONION, FINELY SLICED
4 TABLESPOONS CHOPPED FRESH BASIL
4 TABLESPOONS BALSAMIC VINEGAR
3 TABLESPOONS OLIVE OIL
2 X 185G CANS TUNA CHUNKS IN WATER, DRAINED
LETTUCE LEAVES
4 MEDIUM-SIZED BAKED POTATOES

INSTRUCTIONS

STEP 1 GRILL BREAD UNTIL JUST GOLDEN AND PLACE IN A BOWL WITH GARLIC, TOMATOES, ONION AND HALF THE BASIL. MEANWHILE, COMBINE VINEGAR AND OIL. ADD TUNA CHUNKS AND TOSS.

STEP 2 ADD TUNA TO BREAD. MIX LIGHTLY AND SERVE WITH REMAINING BASIL. SERVE WITH LETTUCE AND POTATO.

TUNA, BEAN AND TOMATO SALAD:

INGREDIENTS

1 SMALL CAN TUNA IN WATER, DRAINED
1/2 CAN BUTTER BEANS OR CANNELLINI BEANS, DRAINED
HANDFUL SALAD GREENS OR ROCKET
1 TOMATO, CHOPPED
JUICE AND ZEST OF 1/2 LEMON
1 TABLESPOON OLIVE OIL
DASH CHILLI FLAKES (OPTIONAL)

INSTRUCTIONS:

COMBINE ALL THE INGREDIENTS IN AN AIRTIGHT PLASTIC CONTAINER IN THE FRIDGE AND ENJOY FOR A DELICIOUS, HEALTHY WORK LUNCH OR LIGHT DINNER.

SARDINES ON TOAST:

TOP EITHER 2 SLICES OF A LIGHT SANDWICH SLICE OR 1 DENSE GRAINY BREAD WITH SARDINES.

ADD A GREEN SALAD.

BAKED POTATOES AND BEANS:

PRICK A LARGE POTATO WITH A FORK SEVERAL TIMES AND MICROWAVE FOR 6-8 MINUTES. HEAT ½ CAN CHILLI BEANS IN THE MICROWAVE FOR ABOUT 2 MINUTES. SPLIT OPEN POTATO AND POUR BEANS OVER. TOP WITH 1 TABLESPOON LIGHT SOUR CREAM. SERVE WITH A SALAD.

HUMMUS AND SALAD PITA:

SLICE 1 STALK CELERY, ½ CAPSICUM, ¼ BROCCOLI, ¼ RED ONION. DRESS WITH 1 TEASPOON EACH OLIVE OIL AND VINEGAR (BALSAMIC OR OTHER). HALVE A LARGE WHOLEMEAL PITA, INSERT SALAD AND TOP EACH HALF WITH 2 TABLESPOONS HUMMUS.

TOMATO AND CHEESE ON TOAST:

TOP 2 SLICES TOASTED GRAIN BREAD EACH WITH 2 TABLESPOONS LOW-FAT COTTAGE CHEESE AND 1 THICKLY SLICED TOMATO.

PEAR



CHILLI BEAN TORTILLA:

KEEPING ONE END FREE TO TURN OVER, SPREAD 2 TABLESPOONS REDUCED FAT CREAM CHEESE OVER THE CENTRE OF A TORTILLA. ADD ½ CUP OR MORE SHREDDED LETTUCE. TOP WITH THINLY SLICED CELERY, ONION AND ½ X 400G CAN CHILLI BEANS (HEATED).

WRAP TORTILLA AROUND FILLING.



DINNER IDEAS

HOISIN PORK STIR-FRY WITH QUICK RICE:

THIS IS A SUPER-QUICK DINNER, ESPECIALLY IF YOU USE THE '90-SECOND' RICE.

INGREDIENTS (4 PORTIONS)

1 TABLESPOON PEANUT OIL
400G PORK FILLET, THINLY SLICED
1 1/2 CUPS SNOW PEAS, TRIMMED, THINLY SLICED
1 LARGE BUNCH BROCCOLI, TRIMMED, THINLY SLICED
2 CLOVES GARLIC, CRUSHED
3 TABLESPOONS HOISIN SAUCE
3 TABLESPOONS SALT-REDUCED SOY SAUCE
2 X 250G PACKETS 90-SECOND BROWN RICE

INSTRUCTIONS

STEP 1 HEAT HALF THE OIL IN A LARGE NON-STICK FRYING PAN OR WOK OVER A HIGH HEAT. STIR-FRY PORK IN BATCHES FOR 2 MINUTES UNTIL COOKED THROUGH. SET TO ONE SIDE. ADD REMAINING OIL AND STIR-FRY SNOW PEAS FOR 1-2 MINUTES.

STEP 2 RETURN PORK TO PAN WITH BROCCOLI, GARLIC, HOISIN SAUCE AND SOY SAUCE. STIR-FRY FOR A FURTHER 2-3 MINUTES UNTIL BROCCOLI IS TENDER.

STEP 3 MEANWHILE, COOK RICE FOLLOWING PACKET INSTRUCTIONS. LIGHTLY STIR RICE INTO PORK AND SERVE.

CHICKEN, BROCCOLI AND MUSHROOM STIR-FRY :

THIS IS A TASTY AND QUICK STIR-FRY THAT WORKS WELL WITH OTHER GREEN VEGGIES LIKE ASPARAGUS AND SILVER BEET.

INGREDIENTS (4 PORTIONS)

3 TABLESPOONS SALT-REDUCED SOY SAUCE
2 TABLESPOONS HOISIN SAUCE
200G RICE STICK NOODLES
2 TEASPOONS PEANUT OIL
400G SKINLESS CHICKEN BREAST FILLETS, THINLY SLICED
1 ONION, CUT INTO THIN WEDGES
3CM PIECE GINGER, PEELED, CUT IN THIN MATCHSTICKS



150G MUSHROOMS, HALVED
200G GREEN BEANS, TRIMMED, CUT IN 4CM LENGTHS
1 HEAD BROCCOLI, TOP AND STALK, SLICED
2 CUPS SPINACH LEAVES, WASHED, SLICED

INSTRUCTIONS

STEP 1 COMBINE SOY AND HOISIN SAUCES IN A SMALL BOWL. SET ASIDE. PLACE NOODLES IN A LARGE BOWL. COVER WITH BOILING WATER AND SET ASIDE TO SOAK FOR 5 MINUTES. DRAIN WELL.

STEP 2 MEANWHILE, HEAT HALF THE OIL IN A WOK OR FRYING PAN OVER A HIGH HEAT. COOK CHICKEN IN BATCHES FOR 2–3 MINUTES OR UNTIL GOLDEN. REMOVE FROM WOK AND SET ASIDE.

STEP 3 RETURN WOK TO A HIGH HEAT. ADD REMAINING OIL, ONION AND GINGER. STIR-FRY FOR 2 MINUTES. ADD MUSHROOMS. STIR-FRY FOR 1 MINUTE, THEN ADD BEANS AND BROCCOLI. STIR-FRY FOR A FURTHER 2 MINUTES.

STEP 4 RETURN CHICKEN TO WOK WITH SPINACH LEAVES, NOODLES AND COMBINED SAUCES. TOSS UNTIL EVERYTHING IS COATED AND LEAVES ARE JUST WILTED. SERVE IMMEDIATELY.

ONE-DISH CHICKEN AND OLIVE BAKE:

THIS IS A TASTY ALTERNATIVE TO ROAST CHICKEN, AND YOU CAN RELAX AND DO OTHER THINGS WHILE IT'S COOKING.

INGREDIENTS:

COOKING OIL SPRAY
4 SINGLE SKINLESS CHICKEN BREAST FILLETS, TRIMMED
600G WAXY POTATOES, HALVED
1/2 CUP REDUCED-SALT CHICKEN OR VEGETABLE STOCK
2 ONIONS, HALVED AND CUT INTO WEDGES
3 TOMATOES, FINELY CHOPPED
1/2 CUP PITTED KALAMATA OLIVES
2 GARLIC CLOVES, THINLY SLICED
1 TABLESPOON DRIED ROSEMARY
1/2 CUP DRY WHITE WINE
2 CUPS STEAMED GREEN BEANS TO SERVE

INSTRUCTIONS



STEP 1 PREHEAT OVEN TO 200°C. SPRAY A 6-CUP CAPACITY OVENPROOF DISH WITH OIL. HEAT OVER MEDIUM HEAT. ADD THE CHICKEN AND COOK, TURNING OCCASIONALLY, FOR 2 MINUTES, OR UNTIL BROWNED ALL OVER.

STEP 2 ADD THE POTATO TO THE DISH AND COOK, TURNING OCCASIONALLY, FOR 4 MINUTES, OR UNTIL GOLDEN. REMOVE FROM HEAT.

STEP 3 ADD STOCK, ONION, TOMATO, OLIVES, GARLIC, WINE AND ROSEMARY TO THE DISH. BAKE FOR 25 MINUTES, OR UNTIL THE CHICKEN IS COOKED AND POTATO IS TENDER. SERVE WITH GREEN BEANS.

LOOKING FOR AN “UNDER 10 MINUTE-MEAL?”

RECIPE 1: STIR-FRY SOY CHICKEN

COOK A SKINLESS CHOPPED/DICED CHICKEN BREAST IN A NON-STICK PAN (USE OIL SPRAY TO COAT THE PAN OR COOK IN LIQUID STOCK). ADD 2-3 CUPS CHUNKY FROZEN VEGETABLE MIX. ADD A CANNED SAUCE OF CHOICE: FOR EXAMPLE HONEY, SOY AND GARLIC. ADD 1-2 PACKETS OF UDON NOODLES TO THE PAN.

RECIPE 2: TUNA PASTA

FILL A MICROWAVE PROOF DISH WITH FROZEN PASTA & VEGETABLE MIX. COOK ACCORDING TO INSTRUCTIONS ON THE PACKET. ADD 1-2 TINS TUNA (CANNED IN SPRING WATER) AND A JAR OF TOMATO BASED SAUCE. MIX THROUGH. COOK FOR A FURTHER 2-3 MINUTES.

RECIPE 3: CHICKEN BURRITO

COAT SOME SKINLESS CHICKEN WITH SPICE (SUCH AS CAJUN, TANDOORI) AND COOK IN A NON-STICK PAN. PLACE THE CHICKEN, CHOPPED LETTUCE, TOMATO AND CARROT IN A BURRITO WRAP. TOP WITH TOMATO SALSA AND A SMALL AMOUNT OF GRATED LOW FAT CHEESE. WRAP UP AND EAT. (YOU CAN BUY BURRITO KITS, WHICH SUPPLY THE WRAPS, SAUCE AND SPICE).

RECIPE 4: COOKED BAKED POTATO/KUMARA

COOK POTATO/KUMARA IN THE MICROWAVE. SCOOP OUT THE FILLING, MASH

AND MIX WITH CHILI BEANS AND SALSA. SERVE WITH A SALAD OR VEGETABLES.
FOR VARIETY, ADD BAKED BEANS, BEAN SALAD, CHICKEN WITH SALSA,
CHOPPED HAM AND GRATED CHEESE, CHICKEN AND CREAMED CORN.



SNACKS:

- WHOLE FRUIT
- FRUIT SALAD
- BERRIES
- VEGETABLES STICKS/PIECES
- FRUIT YOGHURT
- CUP OF SOUP (COMMERCIAL)
- FRUIT BREAD
- MILO
- CRACKERS WITH HEALTHY TOPPING
 - HUMMUS
 - COTTAGE CHEESE AND TOMATO
 - LIGHT TUNA
 - AVOCADO AND CARROT
 - LIGHT CREAM CHEESE WITH CHUTNEY
- FRUIT FILLED BISCUITS (WATCH HOW MANY OF THESE YOU EAT)
- FRUIT SMOOTHIE (TRIM MILK, BANANA, LOW-FAT YOGHURT, 1 TEASPOON BRAN)
- CORN ON THE COB (NO BUTTER)
- HIGH FIBRE CEREAL AND MILK
- PLAIN HOMEMADE POPCORN
- NUTS

