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# **Post Surgery Food Guide**



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## HOW TO EAT

*How* to eat after weight loss surgery is just as important as *what* to eat after weight loss surgery.

If you are used to inhaling your food and/or mindlessly eating, you are going to need to re-program your eating behaviors.

Changing how you eat will:

- Prevent pain and regurgitating
- Prevent food from getting stuck (in the opening from the stomach to the gastrointestinal tract created with the gastric bypass surgery or in the narrow passage in the stomach created with lap band surgery)

### **Learn to stop eating as soon as you feel full**

If you do not, you'll potentially get sick (regurgitate)

How will you know you're full?

- You may feel pressure or fullness below your ribcage
- You might feel nauseated
- You may feel pain or pressure in your shoulder or upper chest (some people also describe it as a "heartburn" feeling)

Learn to hear and listen to your body's signals that it's full!

However, it is sometimes a sensation that some people rarely recognize, even after weight loss surgery. If this is you, then we suggest you concentrate on portion size alone, and stop when you have finished the volume on the plate we give you. Then you can focus on how long it takes until you feel hungry again, rather than if you feel full.

### **Take small bites**

This will help you slow down so you have a better chance of recognizing those signals.

### **Cut food into small pieces**

This is one more strategy to help you maximize satisfaction out of a very small portion and to slow your pace of eating. Cut your food up into

small pieces (size indicated on the plate model) then pay attention to every delicious bite!

### **Chew thoroughly**

Try chewing each bite 25-30 times. Chew foods until they are unidentifiable... "mush" or almost liquid, a consistency that is easily digested by your new stomach pouch.

Chewing thoroughly is just one more strategy to help you slow down, avoid overeating, and minimise the chance of obstruction caused by large pieces of food

### **When you eat...eat**

Sit down and focus on what you are eating. Avoid eating while standing, driving, or working. Avoid engaging in other activities at the same time that might cause you to become distracted, such as watching television or reading.

A meal should proceed something like this after surgery:

- Take a small portion of food and serve it on a small plate/bowl (start with the Great Ideas Plate that we give you after your surgery).
- Sit down at the table.
- Cut the food into small, pea size bites.
- Take a bite with a child size or baby size utensil and chew 25-30 times.
- Pause. Really pause
- Repeat
- Continue eating until you feel a slight pressure in your chest
- Stop eating.

The whole experience should take 15 to 20 minutes.

## WHAT TO EAT

Once you're back to eating regular foods, there are some general meal planning/eating guidelines to follow, regardless of which weight loss surgery you've had.

### **Divide your food up evenly during the day:**

Consuming regular meals avoids you becoming excessively hungry, which often results in a poor food choice. Always carry a 'plan B' (good food choice) with you to have on hand to avoid skipping meals.

It's important to make good sensible nutritional choices at each of your small meals...

### **Every Meal Should Include a Protein Rich Food:**

Weight loss surgery causes trauma to the body. After bariatric surgery, you have to eat sufficient protein every day to speed wound healing and to preserve your lean body mass as you lose body fat.

Protein rich foods delay stomach emptying and will help keep you feeling full long after your meal.

You should include a source of protein at every meal.

### *Best Protein Sources:*

The following is a list of high protein foods. The best are really the ones **you enjoy** and will eat regularly! (It doesn't matter how much protein fish has if you won't eat it!)

#### Animal Sources

Chicken/Turkey  
Fish  
Whole eggs  
Egg whites  
Egg substitutes  
Milk  
Yogurt  
Cheese, low fat  
Meat  
Whey or Egg Protein Powder

#### Plant Sources

Soy (tofu, tempeh, soymilk)  
Beans  
Nuts  
Peanut Butter  
Soy Protein Powder  
Rice Protein Powder

A lot of people have trouble eating high protein foods or they find it time consuming to prepare them

It can also be somewhat difficult to carry high protein foods around with you to have as a meal on the go.

The regular use of **protein shakes** in addition to meals can help you achieve an adequate protein intake

### *How Much Protein Do I Need?*

Use 50-80 grams per day as a general guideline

### **Carbohydrate Foods:**

Carbohydrate foods are a great source of fuel for your muscles and brain. However the type of carbohydrate food you choose is important. **Simple carbohydrates** provide excess calories that will make weight loss almost impossible, and the sugary foods can cause "dumping syndrome" if you've had gastric bypass surgery. **Complex carbohydrates** are more satisfying and provide other important nutrients, such as fibre.

#### Simple Carbohydrates:

- White bread
- White rice
- White pasta
- Sweets
- Chips
- Ice cream
- Muffins/ Cakes

#### Complex Carbohydrates:

- Wholegrain bread
- Brown rice
- Rolled oats
- Bran-based cereals
- Wholegrain crackers
- Legumes

It is fine to avoid carbohydrates for one meal of the day. The value of a carbohydrate free meal is a lower calorie intake and a higher nutrient intake (when the carbohydrate is replaced with low starch vegetables).

### **Multivitamins**

With restrictive surgeries, it can be difficult to consume the quantity required to supply all the nutrients you need. With careful planning it is easier to eat more nutrient-dense foods and cover your nutritional needs, however you are unlikely to eat in this way every day. A multivitamin (3-4 times per week) to supplement your food intake can help to cover your requirements if you have had gastric banding surgery, however if you have had gastric bypass surgery, it is

imperative that you take daily multivitamin supplements, along with your other prescribed supplements.

### **Drink 6-8 Cups of Non-caloric Beverages/Day**

Water is the best choice to hydrate yourself, but if you need more variety, it's ok to have calorie-free, caffeine free beverages:

- Water
- Decaf diet ice tea
- Decaf or herbal tea
- Decaf coffee
- Diet Cordials (Thrifty, Barkers and Halls low calorie concentrate)
- Vita Quench

### *Liquids to Avoid:*

- Regular carbonated drinks (coke etc)
- High calorie coffee drinks, such as Frappuccinos
- Sweetened beverages, such as fruit juice, sweetened tea
- Full fat milk shakes
- Alcohol (in moderation is acceptable)

These drinks go down easy, do not fill you up and can prevent weight loss.

Know the signs of dehydration:

Dry mouth	Fainting
Dark urine	Light headedness
Infrequent urination	
Constipation	
Light headedness	

In general, consuming high calorie, high fat and high sugar foods and/or drinks on a regular basis will **minimise the effectiveness of your weight loss surgery.**

## Snacking

*To snack or not to snack?* This is a difficult question to answer. In general it is recommended to avoid snacking in the initial stages after surgery. This is to prevent the 'mindless' eating habits in between meals creeping back in. However as your weight loss journey progresses and you become familiar with your body's physical hunger signals, **planned** snacks can be included. Planned snacks are also important when you have reached your goal weight where weight maintenance is the aim.

**There is a difference between planned snacks and mindless grazing.** A good, balanced planned snack should contain a source of protein and should be portion controlled. Taking your time to choose a good snack will increase your awareness of eating.

### *Examples of Planned Snacks;*

A small hand full of nuts (almonds are a good source of Chromium which assists with overcoming cravings and helps your body's insulin to work better)

Carrot/ celery sticks with hummus

1-2 crackers with cheese

½ cup of low fat yoghurt

½ a protein bar

A small (palm size) piece of fruit

## In Summary

Eat three regular protein based meals per day – use your plate to guide your portion sizes

Avoid simple carbohydrate foods and choose complex carbohydrates in moderation

Drink plenty of low calorie liquids, approximately 1-1.5L per day

If you need to snack, ensure it is a planned, protein-based snack

## STOCKING YOUR PANTRY PROPERLY

In order to eat right, you need to have healthy foods available at your fingertips. To help with this, you need to...

### **Stock Your Pantry With The Right Foods**

Having the **right** foods in your house (both immediately following surgery and in the long term) will make it easy to stick to healthy eating patterns.

### **Establish a regular, weekly shopping day**

Eating correctly really starts with **shopping properly** and **shopping consistently**.

The following lists should help give you an idea of what to keep on hand on a regular basis. Also remember to read ALL food labels and avoid any foods that have more than 5 g of fat per serve, and make sure that the sugar value is also under 10g of sugar per 100g as listed on the nutritional label.

### Suggested Protein Foods

- Canned beans (baked beans, kidney beans, chickpeas)
- Canned tuna (light, water packed)
- Canned salmon
- Canned sardines, low sodium
- Canned vegetarian chili
- Cheese, low fat (Edam)
- Cottage cheese
- Eggs, egg substitute, egg whites
- Chicken (thigh or tenderloins – more moist options)
- Crab (real crab meat...not imitation crab)
- Salmon or tuna
- Pre-cooked Rotisserie Chicken
- Scallops
- Shrimp – fresh or frozen
- Fish fillets – fresh or frozen
- Tofu
- Deli sliced meat
- Yogurt (low fat or lite)

### Suggested Vegetables

Asparagus	Green Beans
Capsicum	Mushrooms
Broccoli	Onions
Brusselsprouts	Spinach
Cabbage	Zucchini
Carrots	Eggplant
Cauliflower	Spinach
Cucumber	Leeks
Tomatoes	

### Suggested Fruits (limit to two palm size portions per day)

Mandarin Oranges  
Banana  
Mango  
Paw Paw  
Cantaloupe and honeydew melon  
Watermelon  
Pear  
Apple  
Orange (peel away white stuff really well)  
Grapefruit (peel away white stuff really well)  
Kiwifruit  
Cherries  
Berries fresh or frozen (strawberries, blueberries, raspberries)  
Grapes

### Suggested Whole Grains Products

Brown rice  
Rolled Oats  
Whole grain bread (toasted for the best tolerability)  
Whole grain crackers (Vita wheat, Corn-thins, Ryvita)  
Cruskit Crackers

### Suggested Healthy Fats (use sparingly)

Avocado  
Peanut butter  
Nuts and seeds (almonds, walnuts, pecans, sunflower seeds, etc.)  
Oils - Olive oil, canola oil, sesame oil (use in small quantities)

Keep in mind that everyone has different tolerance to foods after surgery.

You may not tolerate some of the recommended foods. There is some degree of trial and error involved in discovering which foods work for you and which do not. Have patience!

## MEAL IDEAS

Here are some quick and easy, well-balanced, nutritious, menu suggestions:

### Breakfast

Scrambled eggs topped with salsa or with baked beans

Protein shake (see protein recipe page for more ideas)

1/2 cup low fat cottage cheese + 1/2 cup berries

1/2 cup low fat ricotta cheese + 1 small apple, diced. Sprinkle with spice

1/2 cup porridge made with trim milk and sweetened with fresh fruit or lite yoghurt. The porridge should be made with rolled oats, not instant flavoured porridge

### Lunch

Chicken rolled up with a slice of low fat cheese (enough to cover half of your plate). Eat with 1 small apple

1/2 cup tuna (mix with plain non fat yogurt and mustard instead of mayo). Serve over a small bed of salad greens

Tinned chicken (Chop-Chop chicken) with salad

A hard-boiled egg with hummus or black bean dip. Eat with a handful of baby carrots

Serve 1/2 cup low fat cottage cheese on top of 1 slice toasted whole grain bread. Add tomato slices on top

Prepare an omelette. Place 1/2 cup cooked asparagus or salmon in the center of the omelette and roll up like a crepe

4-6 whole grain crackers (vita wheat or Ryvita) with a selection of toppings: low fat cottage cheese and tomato, edam cheese and marmite, hummus or pâté

1 small tub of low fat yoghurt with added protein powder (1 scoop) plus 1 piece of fruit

## **Dinner**

Meat/ poultry/ seafood with low carbohydrate vegetables (see recipe pages for more dinner meal ideas)

Omelette with peppers, mushrooms, capsicum, cheese etc

Protein-based soup – chicken, beef, lentil soup

## **PROTEIN SHAKE RECIPES**

Drinking the same protein shake day after day gets boring really fast! Use these recipes to help mix things up and keep your taste buds excited!

If you invent one of your own protein shake recipes let me know so I can pass them on to other patients!

Coconut: 1 cup low fat milk + 2 scoops vanilla protein powder + 1/2 tsp. coconut extract + ice

Latte: 1 cup low fat milk + 2 scoops vanilla protein powder + 1 Tbsp. instant decaf coffee + ice

Vanilla and Cinnamon: 1 cup low fat milk + 2 scoops vanilla protein powder + 1 tsp. vanilla extract + 1 tsp. cinnamon

Mocha: 1 cup low fat milk + 2 scoops chocolate protein powder + 1 Tbsp. instant decaf coffee + ice

Chocolate Mint: 1 cup low fat milk + 2 scoops chocolate protein powder + 1/2 tsp. peppermint extract + ice

Chocolate Banana: 1 cup low fat milk + 2 scoops chocolate protein powder + 1/2 tsp. banana extract (or 1/2 fresh banana) + ice

Berry Shake: 1 cup low fat milk + 2 scoops vanilla protein powder + 1/2 cup frozen berries + 1/4 cup natural low fat yoghurt

## RECIPES

### *Fish/ Seafood*

Shrimp Salad  
Tuna and bean salad  
Baked Fish  
Tuna Salad  
Tuna Patties

### *Chicken*

Chicken Crock-pot  
Chicken lettuce wraps  
Baked Chicken in white wine sauce  
Grilled Orange chicken strips  
Chickpea and Chicken Salad

### *Beef*

Beef Chili  
Slow Cooker Steak  
Beef Kebabs  
Beef and Vegetable Soup  
One Pan Mince

### *Vegetarian*

Crustless Quiche  
Omelette  
Chickpea and Vegetable Casserole  
Vegetarian Chili

## Shrimp Salad

This easy shrimp salad can be assembled in minutes.

Use pre-cooked frozen shrimp to speed preparation and simply defrost prior to using.

Shrimp is a great, low calorie source of protein!

### *Ingredients:*

1/2 bottle Raspberry Vinaigrette  
150g non-fat sour cream (or plain, non-fat Greek yogurt)  
1/2 bag fresh spinach OR 4 cups chopped salad greens  
1-2 mandarin oranges, peeled and cut into cubes  
Approx 350g shrimp, cooked and chopped (about 1 1/2 cups)  
1 medium red onion, sliced, divided into rings

### *Directions*

Combine dressing and nonfat sour cream.  
Layer spinach, mandarin oranges, shrimp, and onions in a glass baking dish  
Pour dressing mixture over layered salad. Garnish with additional mandarin orange, if desired.

Makes 4 servings.

Per serving: 25 grams protein

## Tuna and Bean Salad

### *Ingredients*

- 1 large can of tuna packed in water, drained
- 1 lemon
- 1/3 cup chopped red onion
- 3 tablespoons chopped, fresh parsley
- 2 cups canned cannellini beans, drained and rinsed thoroughly
- 1/2 cup low-fat vinaigrette dressing
- 12 black olives
- 1 cup of cherry tomatoes

### *Directions*

Place the tuna in a medium-sized bowl and squeeze the lemon all over the tuna.

Add the onion, parsley, beans and vinaigrette dressing to the tuna and gently mix together.

Serve tuna mixture on 4 chilled plates. Garnish with the olives and cherry tomatoes.

Makes 8 portions.

Per serving: 15 grams protein

## Baked Fish

### *Ingredients*

Two medium fish fillets  
1/4 cup canned diced tomatoes, drained  
1/4 cup diced mango  
1/4 cup tomato sauce  
2 Tablespoons mango nectar  
2 teaspoons brown sugar (not packed)  
2 teaspoons cider vinegar  
1/2 teaspoon garlic powder

### *Directions:*

In a medium bowl, combine tomato sauce, mango nectar, brown sugar, vinegar and garlic powder.  
Mix well, and then stir in diced tomatoes and mangoes.  
Place fish and sauce in a container and toss to coat.  
Cover and let marinate in the refrigerator for 30 minutes.  
Preheat oven to 180°C.  
Spray a medium oven-safe baking dish with nonstick spray. Transfer sauce and fish to the dish.  
Cook 10-15 minutes, until fish is cooked through.  
Plate fish and top with any excess sauce.

Makes 2 servings.

Per serving: 26.5 grams protein

## Tuna Salad

### *Ingredients:*

1 can tuna in spring water, drained  
1/3 cup Fat Free plain yogurt  
1 can crushed pineapple, drained  
1 stalk celery, finely chopped\* (1/3 cup)  
1/4 cup sweet pickle relish  
1/4 cup chopped almonds  
1 teaspoon mustard  
1/8 teaspoon ground cinnamon

### *Directions:*

Mix all ingredients together in a medium bowl.

\* Be sure to chop the celery well so all the strings don't get stuck going down!

### *Serve:*

Wrapped in a lettuce leaf

On top of a bed of salad greens

On top of a toasted slice of bread (if you tolerate bread) topped with a melted slice of low-fat cheese

Makes 4 servings.

Per serving: 22 grams protein

Try substituting canned salmon or even canned sardines for the tuna.

## Tuna Patties

### *Ingredients:*

1 can of tuna in water  
1 egg white  
4 Corn Thins crackers, crushed  
1 tablespoon grated carrot  
1-2 tablespoons chopped water almonds  
1 teaspoon minced onion, if tolerated  
Salt and pepper to taste

### *Directions:*

Mix all ingredients together.  
Spray pan with nonstick cooking spray.  
Cook patties until golden brown

Makes 2 servings

Per serving: 12 grams protein

Extras can be crumbled and served over salad on another day.

You can also substitute canned salmon or sardines for the canned tuna

## Chicken Crock-Pot

### *Ingredients*

600-800g skinless chicken breasts or thighs  
2 cans of tinned tomatoes  
1 tsp crushed garlic  
1 tsp dried mixed herbs  
1tsp chili flakes (optional)  
Fresh onions, mushrooms and other 'free vegetables' (optional)

### *Directions*

Combine all ingredients in crock-pot.  
Cook on low heat for 6-7 hours.  
Add fresh vegetables, if desired, and cook for 30 minutes more.

Makes 6 servings

Per serving: 35 grams protein

Use diced beef or lamb as a substitute for chicken

## Chicken Lettuce Wraps

### *Ingredients:*

2 cups chopped cooked skinless chicken breast  
1 cup salsa  
1/2 cup rinsed and drained canned red kidney beans  
One tomato, chopped  
Four lettuce leaves  
1/2 cup shredded low-fat cheddar cheese  
1/4 avocado, diced  
2 Tbsp. plain non-fat Greek yogurt

### *Directions:*

In a medium bowl, combine chicken, salsa, kidney beans and tomato.  
Mix well.

Heat in microwave oven 1-2 minutes, if desired.

To serve, spoon some of chicken mixture on a lettuce leaf, top with a little cheese and avocado and wrap up.

Dip into plain nonfat Greek yogurt and additional salsa if desired.

Recipe makes 4 wraps.

Per wrap: 26 grams protein

Filling possibilities are endless! Think about ingredient combinations you favor and wrap them up in lettuce leaves to make your own signature lettuce wraps.

## **Baked Chicken in White Wine Sauce**

### *Ingredients*

2 tablespoons flour  
1/4 teaspoon salt  
1/4 teaspoon paprika  
1/4 teaspoon ground black pepper  
4 boneless skinless chicken breasts  
1 tablespoon olive oil  
1/2 cup chicken stock  
1/2 cup dry white wine  
4 teaspoons grated Parmesan cheese

### *Directions*

Preheat oven to 180°C  
Combine flour, salt, paprika, and pepper in a shallow dish.  
Dredge chicken in flour mixture.  
Heat oil in an ovenproof skillet over medium heat.  
Add chicken; cook 2 minutes on each side or until browned.  
Add stock and wine.  
Bring to a boil; remove from heat.  
Cover and bake for 30 minutes or until chicken is done.  
Sprinkle with cheese.

Makes 8 servings

Per serving: 14 grams protein

## Grilled Orange Chicken Strips

These chicken strips come out juicy and moist every time.

To save time, you can make a large batch, divide it and put in freezer bags. Thaw, and the chicken is automatically marinated. Then proceed to cook as directed.

Alternatively, cook a large batch at one time and use in a variety of ways over the course of a week: in salads, as part of a sandwich rolled in a lettuce leaf, incorporated in omelettes, or just grab a couple of cold chicken strips as a quick high protein snack on the go.

### *Ingredients:*

- 2 Tablespoons chopped fresh orange segments
- 1/4 cup orange juice
- 1/4 cup olive oil
- 2 teaspoons lime juice
- 3 garlic cloves, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1 teaspoon salt (optional)
- 4 boneless skinless chicken breasts, cut into 1/4-inch strips

### *Directions:*

In a re-sealable plastic bag or shallow glass container, combine oranges, orange juice, olive oil, lime juice, garlic, thyme, oregano, and salt.

Add chicken and turn to coat.

Seal or cover and refrigerate for 1 hour.

Drain and discard marinade.

Grill, uncovered, over medium-high heat for 6 to 8 minutes or until juices run clear, turning often.

Makes 8 servings

Per serving: 13 grams protein

## Chickpea and Chicken Salad

This chicken salad has chicken and chick peas. It's high in protein and fibre. This is a great way to use up leftover chicken.

### *Ingredients:*

3/4 cup water  
1/2 tsp curry powder  
2/3 cup (whole wheat) couscous  
1 cup cubed cooked chicken breast (boneless and skinless)  
1 can chickpeas, drained  
1/2 cup chopped red cabbage  
1/4 cup plus 2 Tbsp fresh orange juice  
1 tsp grated orange rind  
2 tsp olive oil  
1/4 tsp pepper

### *Directions:*

In a medium saucepan, bring water, salt, and curry powder to a boil; stir in couscous.

Remove from heat; let stand, covered, 5 minutes. Fluff with a fork.

Add chicken, chickpeas, cabbage, and onions.

Combine orange rind, orange juice, olive oil, and pepper in a small bowl; stir with a wire whisk until blended. Add to couscous mixture; toss well.

Serve immediately or chill.

Makes 4 servings.

Per serving: 20 grams protein

## Beef Chili

This low fat chili is a great source of protein and fibre.

Consider doubling the recipe and freezing the leftovers for use at a later date.

### *Ingredients:*

- 2 teaspoons canola oil
- 1 medium yellow onion
- 1 large red pepper, deseeded and finely chopped
- 1 jalapeno chili pepper, deseeded and finely chopped
- 1 large carrot, chopped
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 400g extra-lean ground beef
- 1 can crushed tomatoes
- 1 can kidney beans, drained
- 2 cups frozen sweet corn

### *Directions:*

Heat oil in a large pan on medium heat.  
Add onion, red pepper, jalapeno pepper and carrot. Sauté for 5 minutes, until onion has softened. Sprinkle chili powder and cumin over the vegetables and stir for 1 minute.  
Crumble in the extra-lean ground beef. Cook on medium-high until no longer pink.  
Add canned tomatoes and kidney beans.  
Turn down heat and simmer for 15 minutes.  
Add sweet corn and cook for a further 5 minutes.

Serve with a dollop of plain nonfat (Greek) yogurt and/or a light sprinkling (1-2 tbsp) of reduced fat cheese.

Serves 6-8

Per Serving: 19 grams protein

## Slow Cooker Steak

### *Ingredients*

450-900g lean round steak  
1 cup chopped mushrooms  
1 can diced tomatoes  
1/4 cup salsa  
1 onion (medium)  
1-2 red peppers

### *Directions*

Cut steaks into strips  
Chop up onion and slice up red peppers  
Throw all ingredients into slow cooker on low for 6-8 hours.

Servings 6

## Beef Kebabs

### *Ingredients:*

2 tablespoons canola oil  
1 tablespoon chopped garlic  
1 tablespoon chili powder  
1/2 teaspoon salt  
Pinch of pepper  
900g boneless beef top sirloin, cut into pieces (about 24 pieces)  
3 medium capsicums  
2 tablespoons fresh parsley, chopped  
8- 12-inch metal or bamboo skewers (soaked in water)

### *Directions:*

Combine oil, garlic, chili powder, salt and red pepper in a bowl. Add beef and toss to coat. Marinate for 1 hour.  
Prepare a medium heat grill.  
On the skewers, alternately thread beef and capsicum pieces. Grill kebabs 10 to 15 minutes, turning occasionally, until desired doneness.  
Sprinkle with parsley

## Beef and Vegetable Soup

### *Ingredients:*

2 tablespoons unsalted butter  
230g mushrooms, sliced  
1 small onion, chopped (about 3/4 cup)  
1 celery stalk, diced (about 3/4 cup)  
1 1/2 teaspoons chopped garlic  
1 cup canned diced tomatoes  
3 cups vegetable stock  
3 cups beef stock  
1 cup water  
700g stew meat, trimmed and cut into cubes  
salt and freshly ground black pepper  
2 tablespoons olive oil  
1/2 cup broccoli, broken into small florets  
2 teaspoons fresh thyme, chopped)

### *Directions:*

In large non-stick skillet melt butter over medium-high heat. Add mushrooms and season with salt and pepper to taste. Sauté-until golden brown, about 5 minutes.  
Add onion and celery and sauté until barely softened, about 2 minutes.  
Add garlic and sauté until aroma is released, about 30 seconds.  
Add tomatoes and 1 cup of the vegetable stock and cook for about 5 minutes.  
Meanwhile, season meat with salt and pepper. In large pot over medium-high heat, heat olive oil. Add meat and sauté until well browned, about 8 minutes.  
Add tomato-vegetable mixture to the rest of the stock and water. Bring to boil, reduce heat, simmer until meat is very tender and vegetables are very soft, about 15 minutes.  
Add broccoli, cook 5 minutes.  
Stir in thyme and season with salt and pepper to taste.

## One Pan Mince

### *Ingredients:*

500g lean beef mince  
1 onion, peeled and diced  
2 Tbsp oil  
2 tsp Marmite (or Vegemite)  
1 Tbsp flour  
1 can of tinned chopped tomatoes  
1 cup water  
1 kumara, peeled and diced  
3 cups of tinned corn kernels

### *Directions*

Cook the onion and beef mince in the oil in a large lidded frying pan for 4-5 minutes until the onion has softened and the mince has browned. Break up the mince with a spoon or fork as you go. In a jug, mix together the marmite, flour, canned tomatoes, and water and pour over the mince. Stir in the kumara, cover and simmer for 10-15 minutes until the kumara is almost cooked. Add the corn and stir to mix. Cover and simmer for a further 10 minutes. Season with salt and pepper if you wish. Serve with fresh salad greens.

## Crust-less Quiche

### *Ingredients*

4 Large eggs  
1/2 pkg. frozen spinach thawed, drained  
1 1/2 cups low-fat cottage cheese  
1 cup shredded cheese (mozzarella or Swiss)  
1/3 cup chopped red onion  
1/3 cup chopped turkey or ham  
2 Tbsp. grated Parmesan cheese

### *Directions*

In a medium size bowl, mix all ingredients except for the Parmesan cheese.

Pour into a baking dish. (Note: Can also divide evenly between 8 muffin cups.)

Sprinkle with Parmesan cheese.

Bake at 180°C for 40 minutes.

Makes 8 servings.

Per serving: 15 grams of protein

## Omelette

### *Ingredients:*

- 1-2 eggs, beaten
- 2-4 slices deli meat or seafood (ham, salmon etc)
- 1/4 cup part low-fat mozzarella, finely shredded cheese

### *Directions*

1. Dice meat/seafood into small bits and place in small pan. Cook on low until they start to brown, then turn once.
2. Pour eggs on top of meat/ seafood and cook until eggs start to set. Turn once.
3. Sprinkle cheese over the top and fold in half.

Per serving: 21 grams protein

## Chickpea and Vegetable Casserole

### *Ingredients:*

½ onion  
1 carrot, peeled and chopped  
2 cloves garlic, crushed  
2cm piece ginger, finely grated  
1 tbsp olive oil  
1 tsp ground coriander  
½ tsp ground cumin  
½ tsp ground turmeric  
½ tsp red chili flakes  
½ stock cube, make up in 300ml boiling water  
400g tin crushed Italian tomatoes  
400g tin chickpeas  
1 cup broccoli florets  
1 cup coriander leaves, picked  
1 squeezed fresh lemon juice  
Fresh cracked pepper to taste

### *Directions*

Heat oil in a pan over medium heat and sauté onion until becoming translucent  
Add in carrot, garlic and ginger. Cook, stirring for 2 minutes  
Add Dried spices and stir for approx 1-2 minutes  
Add stock, chickpeas, tomatoes and stir. Bring to the boil and reduce heat to simmer. Simmer for 15 minutes or until carrot and onion is soft  
Add broccoli. Cover and allow to cook, stirring occasionally for 5 minutes or until vegetables are cooked to your liking  
Add in coriander, fresh lemon juice and season with cracked pepper.  
Remove from the heat and stir  
Serve 1 cup portions. Any leftovers can be frozen.

## Vegetarian Chili

### *Ingredients:*

300g tofu, chopped finely  
1 cup onion, chopped  
1 cup green pepper, chopped  
1 cup celery, sliced  
1 tin kidney beans  
1 tin corn kernels  
2 tins tomatoes, cut up  
1 small tin tomato paste  
2 cloves garlic, minced  
1 1/2 tbsp chili powder  
1 1/2 tbsp ground cumin  
3 tsp salt  
2 tbsp cooking oil

### *Directions:*

Sautee the onion, green pepper and celery in a small amount of oil until translucent.  
Add the remainder of the ingredients and simmer 1 to 1 1/2 hours.