

8 Week Summer

SHAPE-UP

LUNCH



VOL. 1

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Soy-Glazed Cod and Bok Choy

INGREDIENTS

Serves 4

- 2 tbsp. honey
- 2 tbsp. soy sauce
- 1 tbsp. balsamic vinegar
- 300-400g white fish
- salt and pepper
- 1 tbsp. olive oil
- 3 cloves garlic, finely chopped
- 4 spring onion, thinly sliced
- 1 small red chili, thinly sliced
- 1-inch piece ginger, grated
- 3 large heads bok choy, chopped toasted sesame seeds, for serving



Soy-Glazed Cod and Bok Choy

DIRECTIONS

- Position oven rack 15cm from grill and heat oven.
- In small microwave-safe bowl, whisk together honey, soy sauce and balsamic vinegar. Microwave until slightly thickened, 60 to 90 seconds.
- Pat cod fillets dry and season with 1/4 teaspoon salt and 1/2 teaspoon pepper. Spoon half of the glaze over cod and brush to coat. Broil until cod is opaque throughout, 6 to 7 minutes. Spoon remaining glaze over the top.
- Meanwhile, heat oil in a large pan over medium-high. Add garlic, onion, chili and ginger and cook, tossing for 30 seconds. Add bok choy and 1/4 teaspoon salt. Cover and cook for 2 minutes.

Soy-Glazed Cod and Bok Choy

DIRECTIONS

- Uncover and cook, tossing, until the bok choy is tender, 3 to 4 minutes more (adding 1 to 2 tablespoons water if necessary). Serve with glazed cod. Sprinkle fish with sesame seeds, if desired.

Calories per serve: 185

Protein: 26

Carb: 7

Fat: 6

Roast Chicken Cobb Salad

Serves 4

INGREDIENTS

- 2 tbsp. extra virgin olive oil
- 2 tbsp. red wine vinegar
- 2 tomatoes, diced
- 1 rotisserie chicken
- 1 avocado, diced
- 4 slices cooked bacon, cut into pieces
- 1/4 c. crumbled blue cheese
- 1 iceberg lettuce
- Hard-cooked egg, sliced



Roast Chicken Cobb Salad

DIRECTIONS

- In large bowl, combine extra virgin olive oil and red wine vinegar with 1/2 teaspoon each salt and pepper. Stir in plum tomatoes.
- From rotisserie chicken, shred 3 cups meat. Stir into dressing along with avocado, bacon and crumbled blue cheese.
- Serve over iceberg lettuce; top with sliced hard-cooked egg.

Calories per serve: 309

Protein: 32

Carb: 65

Fat: 16

Salmon with Green Beans and Tomatoes

Serves 4

INGREDIENTS

- 6 cloves garlic, smashed
- 300g bag green beans, trimmed
- 3 anchovy fillets, chopped (optional)
- 2 tbsp. olive oil
- salt & Pepper
- 4 salmon fillets
- Greek yogurt, for serving
- Cherry tomatoes
- 1/2 c. pitted olives



Salmon with Green Beans and Tomatoes

DIRECTIONS

- Heat oven to 220°C. On large rimmed baking sheet, toss garlic, beans, tomatoes, olives and anchovies (if using) with 1 tablespoon oil and 1/4 teaspoon pepper. Roast until vegetables are tender and beginning to brown, 12 to 15 minutes.
- Meanwhile, heat remaining tablespoon oil in large pan over medium heat. Season salmon with 1/4 teaspoon each salt and pepper and cook until golden brown and opaque throughout, 4 to 5 minutes per side. Serve with vegetables and yogurt if desired.

Calories per serve: 437

Protein: 29

Carb: 7

Fat: 33

Steak sandwich w caramelised onion & capsicum

Serves 4

INGREDIENTS

- 2 x 200g steaks, trimmed
- 2 tbsp. Worcestershire sauce
- 1 tbsp. wholegrain mustard, plus extra 1 tablespoon
- 1 clove garlic, minced
- olive oil spray
- 2 red onions, thinly sliced
- 1 red capsicum, deseeded, thinly sliced
- 1 yellow capsicum, deseeded, thinly sliced
- ½ tsp. castor sugar
- 8 slices wholegrain sourdough, toasted
- 2 cups baby cos lettuce leaves
- 2 small tomatoes, sliced
- 1 Lebanese cucumber, sliced
- 2 tablespoons barbecue sauce, to serve



Steak sandwich w caramelised onion & capsicum

DIRECTIONS

- Slice horizontally through steak middles to make 4 thin steaks. Mix Worcestershire sauce, mustard and garlic in a non-metallic dish. Add steaks and turn to coat. Cover dish. Marinate for 30 minutes.
- Meanwhile, spray a large non-stick frying pan with oil and set over a medium-low heat. Add onions. Cook, stirring occasionally, for 3-4 minutes or until onions are soft. Add capsicums and sugar to pan. Cook, stirring occasionally, for 10 minutes or until vegetables lightly caramelize. Transfer onions and capsicums to a bowl. Set aside.
- Spray cleaned frying pan with oil and return to a high heat. Drain steaks of excess marinade. Cook each side for 2 minutes or to your liking. Transfer steaks to a plate. Cover loosely with tinfoil and leave to rest for 2-3 minutes.

Steak sandwich w caramelised onion & capsicum

DIRECTIONS

- Spread each sourdough toast slice with 1 teaspoon extra mustard. Top with lettuce, tomato, cucumber, 1 steak slice, caramelised onion and capsicum. Drizzle sandwiches with BBQ sauce and serve.

Calories per serve: 437

Protein: 32

Carb: 45

Fat: 15

Sesame Chicken Stir-Fry

Serves 4

INGREDIENTS

- 1 c. rice
- 2 capsicum
- 1 onion
- 500g. boneless, skinless chicken breasts
- 2 spring onion
- 3 tbsp. cornstarch
- 2 tbsp. soy sauce
- 2 tbsp. rice vinegar
- 1 tbsp. sriracha (hot sauce)
- 1 tbsp. honey
- 1 tsp. toasted sesame oil
- 2 cloves garlic
- 3cm piece peeled fresh ginger
- 1 tbsp. Toasted sesame seeds



Sesame Chicken Stir-Fry

DIRECTIONS

- Cook 1 cup rice per package directions.
- Chop 2 capsicums and 1 onion. Cut boneless skinless chicken breasts into 3cm pieces. Thinly slice 2 green onion. Set aside.
- Heat 1 tablespoon oil in a nonstick pan on medium. Add the capsicums and onions and cook, stirring occasionally, until tender, 6 to 8 minutes; transfer to a bowl.
- Meanwhile, in large bowl, toss the chicken with 3 tablespoons cornstarch. Add another tablespoon oil to same pan and cook the chicken, stirring occasionally, until cooked through, 5 to 7 minutes.

Sesame Chicken Stir-Fry

DIRECTIONS

- In another bowl, whisk 2 tablespoons soy sauce, 2 tablespoons rice vinegar, 1 tablespoon Sriracha, 1 tablespoon honey, and 1 teaspoon toasted sesame oil. Finely chop 2 cloves garlic and a 3cm piece fresh ginger, and add to bowl.
- Return the vegetables to pan. Then add in the sauce and 1/3 cup water; simmer until slightly thickened, about 2 minutes. Sprinkle with 1 tablespoon sesame seeds and the sliced spring onion. Serve over rice.

Calories per serve: 495

Protein: 32

Carb: 60

Fat: 13

Chipotle chicken wraps

Serves 4

INGREDIENTS

- 1 tbsp. olive oil
- 1 onion , finely sliced
- 1 garlic clove
- 2 chicken breasts , sliced into strips
- 2 tbsp. chipotle paste
- 400g can chopped tomatoes
- 400g can black beans , drained
- 4 large corn or flour tortilla wraps
- ½ large avocado , stoned, peeled and sliced
- ½ lettuce , shredded
- 1 lime , halved



Chipotle chicken wraps

DIRECTIONS

- Heat the oil in a frying pan over a low-medium heat. Toss in the onion and cook for 10 mins until softened. Crush in the garlic and stir for 1 min before adding the chicken. Turn up the heat and brown the chicken all over. Spoon over the chipotle and stir to coat for 1 min. Pour in the tomatoes and bring to the boil. Season well and reduce the heat to a gentle simmer.
- Cook for 5-6 mins or until the chicken is cooked through and any excess liquid has evaporated. Stir the beans through until warmed, then remove from the heat. Warm the wraps following pack instructions.

Chipotle chicken wraps

DIRECTIONS

- Divide the mix between the wraps, top with the avocado and shredded lettuce, and squeeze over the lime. Roll up and cut in half before serving.

Calories per serve: 425

Protein: 28

Carb: 49

Fat: 11

Tuna Poke Bowl

Serves 4

INGREDIENTS

- 1 tbsp. plus 1 tsp soy sauce
- 1 tbsp. plus 1 tsp toasted sesame oil
- 1/4 onion, thinly sliced
- 3 spring onion, thinly sliced
- Salt
- 500g fresh sushi-grade fish or other protein source, cut in to 3cm cubes
- 1 Lebanese cucumber, thinly sliced
- 1 tbsp. rice vinegar
- 1/4 tsp. sugar
- 1 tsp. black sesame seeds, plus more for sprinkling
- 1 ripe avocado, quartered
- 2 1/2c Cooked rice, for serving



Tuna Poke Bowl

DIRECTIONS

- In large bowl, whisk together soy sauce, sesame oil, onion, spring onion, and pinch salt. Toss with tuna and refrigerate until ready to use.
- In small bowl, toss cucumbers with vinegar, sugar, sesame seeds, and pinch salt. Let stand 5 minutes.
- Serve tuna, marinated cucumbers, and avocado over rice. Sprinkle with additional black sesame seeds if desired.

Calories per serve: 327

Protein: 59

Carb: 7

Fat: 5

Ham & Veggie Slice

INGREDIENTS

Serves 4

- 6 eggs
- 60g plain flour
- 1 cup zucchini, grated and drained (150g)
- ½ cup sweet corn kernels or 225g can, drained
- 1 cup carrot, grated
- ¼ cup chives, chopped
- 100g lean ham, chopped
- 50g reduced-fat cheese, grated



Ham & Veggie Slice

DIRECTIONS

- Preheat oven to 180°C.
- Beat eggs and flour together until smooth.
- Add zucchini, corn, carrot, chives and ham and combine.
- Pour into a ovenproof baking dish lightly sprayed with oil.
- Top with cheese.
- Bake for 30-40 minutes until set.

Calories per serve: 267

Protein: 23

Carb: 23

Fat: 20