



# *The Mixing Bowl*

Healthy Recipes for One or Two...

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# Cooking Basics



## Pasta

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Serves 2



Approx 15-20min

### Ingredients

1 cup uncooked pasta  
3 cups water

1. Boil water in large saucepan.
2. Add pasta and lightly stir.
3. Boil with lid off until pasta is tender (12 – 15 minutes). Check pasta packet for individual brand cooking times and measurements as these may vary.
4. Drain and serve with pasta sauce.

## Rice

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Serves 2



Approx 15-20min

### Ingredients

1 cup uncooked rice  
1.5 cups water (absorption method)

1. Boil water in large saucepan.
2. Add rice and lightly stir.
3. Boil with lid off until rice is tender (12 – 15 minutes). Check rice packet for the recommended cooking time and water amount as different rice varieties will require different cooking times.
4. Drain and serve.

## Boiled Eggs

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Serves 2



Approx 15-20min

### Ingredients

2 eggs  
1 litre water

1. Put cold water into a pot on the stove.
2. Place the eggs into the water.
3. Place lid on pot and put on high heat until boiling.
4. Remove lid, turn down heat and continue to cook for three minutes.
5. Serve hot, or cool eggs by running under cold water.
6. Peel shell and have as desired.

## Boiled Potatoes

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Serves 2



Approx 15-20min

### Ingredients

3 medium potatoes,  
peeled and cut into quarters  
1 litre water

1. In a large pot, place potatoes and cold water on stove.
2. Bring to the boil, then turn down heat and simmer until soft through (around 15 minutes).
3. Drain carefully over sink using a strainer.

## Baked Potatoes

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Serves 2



Microwave 5-10 min  
Oven 60 min

### Ingredients

2 medium potatoes

#### In microwave:

1. Prick potatoes all over the surface with fork.
2. Place in microwave on a plate.
3. Cook for 5 minutes on medium heat.
4. Remove from microwave, wrap in foil and set aside to finish cooking.

#### In oven:

1. Preheat oven to 180°C.
2. Lightly coat potatoes in oil.
3. Wrap in foil.
4. Place in oven for 1 hour or until soft all the way through.

## Milk from Milk Powder

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Serves 2



Approx 5min

### Ingredients

1 cup skim milk powder

1 litre of water

1. Add skim milk powder to water.
2. Mix together with a spoon or whisk.



#### Hint:

Full cream milk powder can be used also.

## Stock from Stock Cubes

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Serves 2



Approx 5min

### Ingredients

1 salt reduced stock cube

(e.g. vegetable, chicken, beef, lamb, fish)

250mL water

1. Boil water and measure 250mL into a bowl or large cup.
2. Add stock cube and use a fork to mix together.





# Beef Recipes

# Spaghetti Bolognaise



Serves 2



Approx 40-50 min

## Ingredients

- 1 cup uncooked spaghetti pasta
- 1 tablespoon vegetable oil
- 1 clove garlic, finely diced or crushed
- 1 onion, finely diced
- 200g lean beef mince
- 2 tablespoons salt reduced tomato paste
- 1 can crushed tomatoes
- 2 cups seasonal or mixed frozen vegetables, diced or grated (e.g. carrot, beans, peas, potatoes, capsicum, corn, grated zucchini, mushrooms)
- 1 tablespoon mixed herbs (optional)
- Salt and pepper, to season

## Method

1. Cook pasta (as shown on page 5) and set aside.
2. Meanwhile, in a large saucepan, fry oil, garlic and onion over medium heat until onions are soft.
3. Add mince and separate with a spoon. Stir through onion mixture and cook until brown (approximately 5 – 8 minutes), stirring frequently.
4. Add tomato paste, canned tomatoes, vegetables and herbs. Stir mixture thoroughly and season to taste.
5. Turn the heat to low and cook for a further 20-30 minutes.
6. Remove from heat and serve with pasta.



### Hint:

Add kidney beans to left over bolognaise and use to make Shepherd's Pie.





# Shepherd's Pie



Serves 2



Approx 50-60min

## Ingredients

3 medium potatoes  
3 tablespoons or ¼ cup low fat milk  
1 tablespoon vegetable oil  
200g lean beef mince  
½ onion, finely diced  
200g can red kidney beans  
1 small tub salt reduced tomato paste  
2 cups seasonal vegetables, diced or grated (e.g. carrot, beans, peas, potatoes, capsicum, corn, grated zucchini, mushrooms)  
1 beef stock cube (salt reduced), dissolved in 1 cup of water  
¼ cup low fat tasty cheese, grated

## Method

1. Preheat oven to 180°C.
2. Boil potatoes (as shown on page 5).
3. Mash potatoes and milk together. Set aside.
4. In a large pan, heat vegetable oil over medium heat and add beef mince and onion. Cook until brown, approximately 8 – 10 minutes.
5. Add kidney beans, tomato paste, vegetables and stock. Bring to the boil and cook on medium heat for a further 20 minutes.
6. Place the mince mix in a deep baking tray and top with the mashed potato.
7. Sprinkle with cheese and place in the oven for 20 minutes or until golden brown.



# Beef Rissoles

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Serves 2



Approx 25-30min

## Ingredients

200g lean beef mince

1 egg, lightly beaten

1 cup bread crumbs

1 onion, finely diced

1 medium carrot, peeled and grated

1 tablespoon mixed herbs (optional)

1 tablespoon vegetable oil

## Method

1. Place mince, egg, bread crumbs, onion, carrot and herbs into a large bowl and mix well using hands.
2. Split the beef mixture into 4 portions. Roll the mix into balls and squash flat to create rissoles.
3. Heat oil in a large pan and add rissoles. Cook for approximately 5 minutes on each side, until browned and cooked through.
4. Serve rissoles with vegetables or with salad to make a hamburger.



### Hint:

Instead of lean beef mince, try chicken, turkey or kangaroo mince.





# Beef Burger

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Serves 2



Approx 15-20min

## Ingredients

2 bread rolls or 4 pieces bread

½ cup lettuce, shredded

1 tomato, sliced

½ cucumber, sliced

½ red onion, sliced in rings

2 beef rissoles, cooked  
(as on page 10)

1 small can beetroot (optional)

½ cup low fat cheese, grated  
or 2 thin slices (optional)

## Method

1. Prepare ingredients by washing and cutting up.
2. Place the salads, cheese and rissole on the burger bun or bread.



### Hint:

Instead of beef rissoles, try tofu patties (fresh or frozen).

Wholemeal or grain breads are the healthier choice.





# Chicken Recipes



# Chicken Tomato Pasta

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Serves 2



Approx 20-25min

## Ingredients

1 cup uncooked pasta (e.g. penne, spaghetti, spiral, linguine)

1 tablespoon vegetable oil

1 clove garlic, finely diced

1 small onion, finely diced

1 chicken breast fillet, diced

2 tablespoons salt reduced tomato paste

1 can crushed tomatoes

1 chopped capsicum

¼ cup low fat cheese, grated

## Method

1. Cook pasta (as shown on page 5) and set aside.
2. Meanwhile, place oil, garlic and onion in heated pan and cook over medium heat until soft.
3. Add chicken and stir through, lightly browning all sides.
4. Add tomato paste, canned tomatoes and capsicum. Cook for a further 10 minutes.
5. Serve hot over pasta and sprinkle with grated cheese.



### Hint:

For extra flavour, add dried or fresh herbs e.g. Italian mixed herbs or basil.



# Homemade Pizza

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Serves 2



Approx 25-40min

## Ingredients

30cm round pizza base or  
2 x wholemeal pita breads

2 tablespoons salt reduced  
tomato paste

100g lean cooked chicken  
(or lean ham/turkey)

1 cup vegetables, sliced (e.g.  
mushrooms, capsicum, spinach,  
onion, olives, artichokes)

½ small tin pineapple pieces  
(in natural juice), drained

1 cup low fat mozzarella  
cheese, grated

## Method

1. Preheat oven to 180°C.
2. Place pizza base on oven tray.  
Spread tomato paste on pizza base.
3. Place toppings over base and cover  
with mozzarella cheese.
4. Cook on a lower oven shelf for 30 minutes  
or until base is well cooked and cheese is  
golden brown (15 minutes for pita bread).
5. Slice and serve hot.



### Hint:

Experiment with pizza toppings to create  
your own classic homemade pizza!





# Chicken and Mushroom Pasta



Serves 2



Approx 20-25min

## Ingredients

1 cup uncooked pasta (e.g. penne, spaghetti, spiral, linguine)

1 tablespoon vegetable oil

1 lean chicken breast or thigh, finely diced

6 large mushrooms, sliced

1 onion, finely diced

1 tablespoon cornflour

100ml low fat evaporated milk

½ cup mixed vegetables (e.g. spinach, frozen peas, corn)

Cracked pepper

## Method

1. Cook pasta (as shown on page 5) and set aside.
2. Meanwhile, place oil, chicken, mushrooms and onion in a pan on medium heat and cook until onions are softened.
3. In a small bowl, place cornflour and slowly add 1 tablespoon of evaporated milk whilst stirring.
4. Add the remaining evaporated milk into the hot pan with mushroom and chicken mixture.
5. Add the cornflour mix and stir until chicken is cooked (approximately 10 minutes).
6. Add mixed vegetables, heat through and season with cracked pepper.
7. Serve chicken sauce with pasta.



### Hint:

Mix extra vegetables, pasta and left over sauce and use to make a chicken pasta bake by following steps 4 and 5 of the tuna bake recipe (page 19).



# Chicken and Vegetable Stir-fry

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Serves 2



Approx 15-20min

## Ingredients

- 1 cup uncooked rice
- 1 tablespoon vegetable oil
- 1 chicken breast fillet, diced
- 1 medium onion, finely diced
- 1 clove garlic, finely diced
- 2 cups seasonal vegetables, chopped (e.g. capsicum, carrot, beans, snow peas, broccoli, cauliflower, cabbage, baby corn)
- 3 tablespoons teriyaki marinade
- ½ cup water

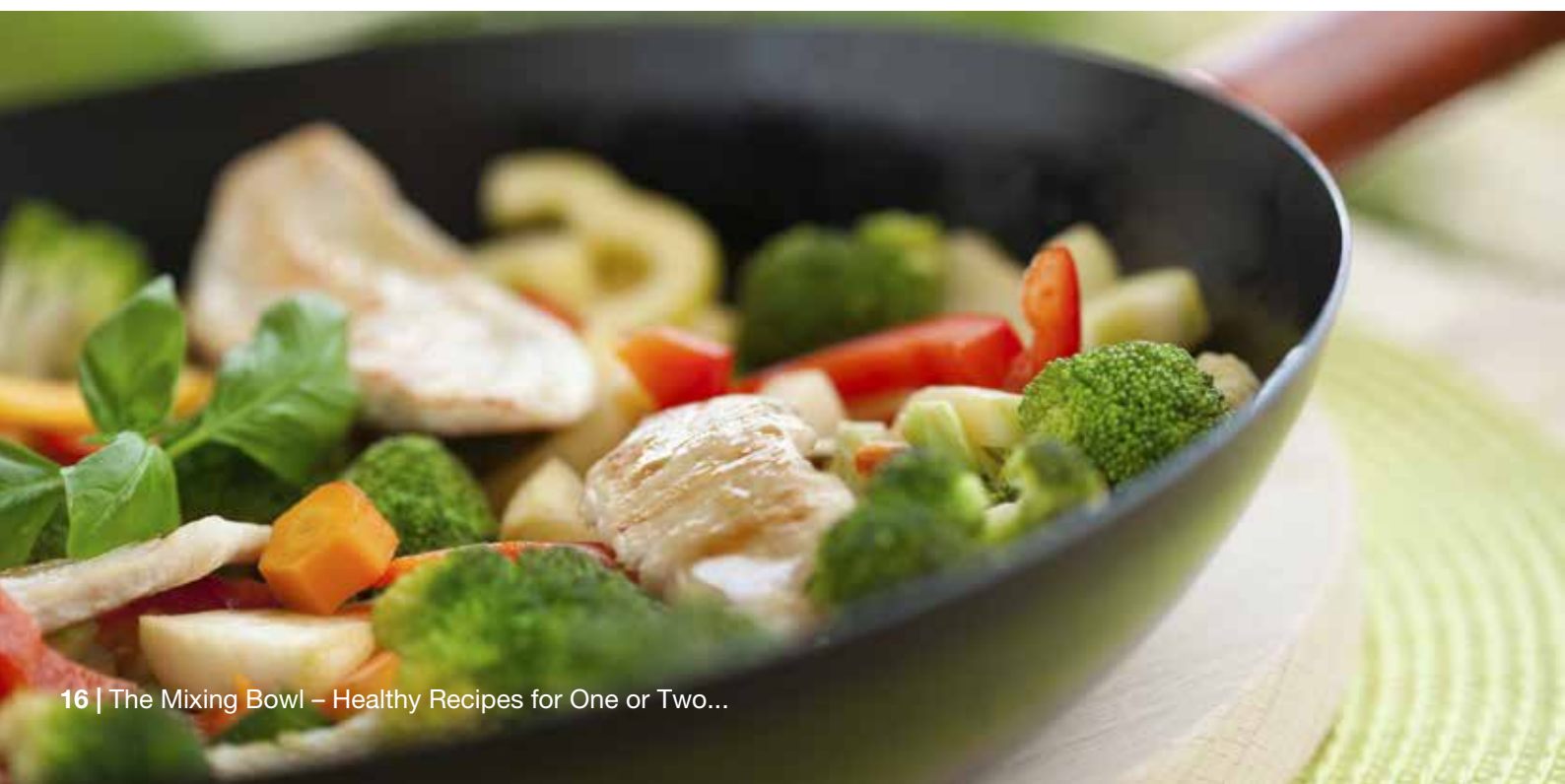
## Method

1. Cook rice (as shown page 5) and set aside.
2. Meanwhile, heat oil in pan and add chicken, onion and garlic. Stir over moderate heat until chicken is lightly browned.
3. Add vegetables, teriyaki marinade and water to the pan. Cook for approximately 5 – 8 minutes until chicken is cooked through and vegetables are tender.
4. Serve stir-fry with rice.



### Hint:

Try replacing chicken breast with kangaroo, beef, tofu or lean pork.





# Chicken and Bean Fajitas



Serves 2



Approx 20-25min

## Ingredients

½ tablespoon vegetable oil  
½ medium onion, finely sliced  
1 lean chicken fillet, cut in thin strips  
½ capsicum, thinly sliced  
1 sachet fajita seasoning  
½ cup water  
200g can red kidney beans, drained and rinsed  
150g can corn kernels, drained and rinsed  
4 tortillas  
1 small jar tomato salsa  
1 tomato, diced  
2 cups lettuce, chopped  
½ cup low fat cheese, grated  
½ cup low fat sour cream (optional)

## Method

1. Heat oil in a large pan then add onion, chicken and capsicum.
2. Add fajita seasoning and mix thoroughly. Turn heat down to cook, tossing regularly to prevent burning.
3. Add water then cook for 8 – 10 minutes.
4. Add kidney beans and corn kernels, and allow to heat through.
5. Remove from heat. Place tortilla on a plate and top with chicken mix, desired amount of salsa, salad, cheese and sour cream.



### Hint:

Fajita seasoning can be made by combining 1 teaspoon each of cumin, dried oregano, and sweet paprika, and ½ teaspoon of chilli powder (optional).





# Tuna Recipes





# Tuna Bake

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Serves 4



Approx 20-30min

## Ingredients

4 cups uncooked pasta (e.g. penne, spaghetti, spiral, linguine)

1 onion, diced

1 cup low fat cheese, grated

1 cup frozen peas or chopped fresh beans

425g tin chunky style tuna in spring water, drained

375ml can low fat evaporated milk

5 mushrooms, sliced

400g can corn kernels, drained and rinsed

## Method

1. Cook pasta (as shown page 5) and set aside.
2. Heat oven to 200°C.
3. In a large bowl mix pasta, onion, ¼ cup cheese, peas, tuna, evaporated milk, mushrooms and corn.
4. Place pasta mixture into a large baking dish and top with the remaining cheese.
5. Bake for 15 to 20 minutes or until golden brown, then serve.



### Hint:

Freeze the leftover portions.

Instead of pasta, use leftover rice.



# Greek Salad

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Serves 2



Approx 10-15min

## Ingredients

200g tin tuna in spring water, drained

½ cucumber, cubed

¼ red onion, sliced

2 ripe tomatoes, cut into wedges

10 black olives

60g low fat salt reduced feta  
cheese, diced

2 handfuls lettuce or English spinach  
leaves, washes and drained

1 tablespoon parsley, chopped (optional)

¼ cup reduced fat Greek salad dressing

## Method

1. Wash, chop and combine all ingredients in a bowl and mix well.
2. Serve fresh.





# Tuna Rissoles



Serves 2



Approx 20-30min

## Ingredients

3 medium potatoes, peeled and roughly chopped

200g tinned tuna in spring water, drained

1 carrot, grated

100g canned corn kernels, drained

¼ cup frozen peas

½ spring onion, finely diced

1 zucchini, grated

1 egg

Salt and pepper

1 cup dried breadcrumbs

2 tablespoon olive oil

Sweet chilli sauce, to serve (optional)

## Method

1. Boil potatoes (as shown on page 5) and mash.
2. Add tuna, carrot, corn, peas, spring onion, zucchini and egg in a large bowl. Season with salt and pepper, add half the breadcrumbs and mix well with hands until combined.
3. Divide mixture into 6 – 8 portions. Shape each portion into a patty, flatten and coat with the rest of the breadcrumbs.
4. Heat 1 tablespoon oil in frying pan. Cook ½ patties for approximately three minutes on a low to medium heat on each side or until golden brown. Cook second batch as per above.
5. Serve with salad and sweet chilli sauce if desired.



### Hint:

Use left-over patties to make a tuna burger.



# Tuna and Avocado Salad

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Serves 2



Approx 10-15min

## Ingredients

200g tin tuna in spring water

200g can butter beans,  
drained and rinsed

½ red onion, finely sliced

1 tomato, washed and diced

1 avocado, peeled and chopped

1 tablespoon low fat salad dressing

## Method

1. Wash and chop all ingredients.
2. Combine in a large bowl and mix thoroughly.
3. Serve with salad dressing if desired.







# Vegetable Recipes

# Vegetable Frittata



Serves 2



Approx 20-30min

## Ingredients

- 1 medium sweet potato, peeled and cut into small cubes
- 1 tablespoon water
- 1 tablespoon vegetable oil
- ½ onion, chopped
- ½ capsicum, cut into small cubes
- 6 mushrooms, sliced
- 300g can corn kernels, drained
- 4 eggs
- ½ cup low fat cheese, grated

## Method

1. Preheat oven to 180°C.
2. Place sweet potato in a microwave safe bowl with 1 tablespoon water. Cook for approximately 3 minutes (until tender) and set aside.
3. Heat oil over medium heat in a fry pan. Add onion, capsicum, mushrooms and corn and cook for approximately 5 minutes until soft. Spread the vegetables evenly across the base of a medium size baking dish.
4. Use a fork to whisk eggs in a bowl until well combined. Pour over vegetable mix and sprinkle with cheese.
5. Place baking dish in the oven and cook for 15 – 20 minutes (until egg is cooked).
6. Serve hot with a side salad.



### Hint:

This dish can be stored in the fridge for up to two days and eaten hot or cold (great for picnics!).





# Vegetable Fried Rice



Serves 2



Approx 25-30min

## Ingredients

1 cup uncooked rice

Canola or olive oil spray

1 egg, lightly beaten

2 cups vegetables (e.g. onion, capsicum, cabbage, mushrooms, carrot, beans, peas, snow peas, corn), chopped

1 tablespoon salt reduced soy sauce

1 tablespoon water

## Method

1. Cook rice (as shown page 5) and set aside.
2. Spray oil into hot frying pan. Pour beaten egg into pan, spread evenly across pan to cook.
3. Once cooked, break up egg into pieces with spatula, remove from pan and set aside with rice.
4. Wipe down pan and spray again with oil.
5. Place onion and capsicum in the pan and cook until soft. Add other vegetables, soy sauce and water. Stir until combined.
6. Place rice and egg into the pan with vegetables and continue to stir until well combined and heated through.
7. Serve hot with extra soy sauce to taste.



### Hint:

Add a handful of diced ham or peeled prawns for a different flavour.



# Vegetable Soup



Serves 4



Approx 30-45min

## Ingredients

1 tablespoon vegetable oil  
1 onion, chopped  
1 teaspoon mixed herbs  
1 clove garlic, finely sliced  
1 carrot, chopped  
1 large zucchini, diced  
1 potato, peeled and chopped  
1 litre vegetable stock  
(refer to page 6 for recipe)  
400g can chopped tomatoes  
300g can chickpeas, rinsed  
Salt and pepper, to season

## Method

1. Prepare all ingredients.
2. Place oil, onion, mixed herbs and garlic into pan. Over medium heat, sauté for 2 – 3 minutes.
3. Add carrot, zucchini and potato and cook lightly to soften (do not brown).
4. Add stock, tomatoes and chickpeas. Simmer over low heat for approximately 30 minutes or until vegetables are soft.
5. Season with salt and pepper to taste. Serve with wholemeal bread or toast.



### Hint:

As this recipe makes four serves, freeze left over soup for another meal.





# Pumpkin Soup

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Serves 4



Approx 30-45min

## Ingredients

400g pumpkin, peeled and cut into small chunks

1 zucchini, chopped

1 large onion, finely diced

1 large potato, peeled and diced

1 litre chicken stock

¼ cup low fat evaporated milk

Salt and pepper, to season

## Method

1. Combine pumpkin, zucchini, onion, potato and stock in a large pot. Cover and cook over gentle heat for 30 minutes or until vegetables are tender.
2. Remove from heat and puree in a blender or mash using a fork/potato masher.
3. Stir through milk, season with salt and pepper and serve hot with bread or toast.



### Hint:

Freeze left overs as individual serves to make quick and easy meals.

Top with natural yoghurt and herbs e.g. mixed dried, parsley or coriander.



# Spicy Mexican Beans



Serves 2



Approx 15-20min

## Ingredients

1 cup uncooked rice (or 2 large baked potatoes)

1 can kidney beans, drained and rinsed

1 can crushed tomatoes

1 sachet fajita seasoning

Low fat sour cream to serve (optional)

## Method

1. Cook rice (as shown page 5) or potato and set aside.
2. Place kidney beans, tomatoes and seasoning in a pan and cook on medium heat until heated through.
3. Serve with rice or potato and low fat sour cream.



### Hint:

Fajita seasoning can be made by combining 1 teaspoon each of cumin, dried oregano, and sweet paprika, and ½ teaspoon of chilli powder (optional).

Add 200g of beef mince to make chilli con carne.





# Veggie Curry

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Serves 2



Approx 40-50min

## Ingredients

1 cup uncooked rice  
1 tablespoon vegetable oil  
1 clove garlic, crushed  
1 medium onion, chopped  
1-2 tablespoons red or green curry paste (according to taste)  
2 cups seasonal vegetables (e.g. eggplant, carrots, pumpkin, capsicum, cauliflower, potato)  
425g can chopped tomatoes  
½ cup low fat evaporated milk  
1 tablespoon herbs (e.g. coriander, shallots)

## Method

1. Cook rice (as shown page 5) and set aside.
2. Meanwhile, heat oil in a large saucepan and add garlic and onion. Cook gently to soften.
3. Stir in curry paste over low heat.
4. Add vegetables and canned tomatoes and stir well.
5. Cover with lid and bring to the boil, then simmer until vegetables are tender (20 – 30 minutes). Add evaporated milk and simmer for a further 5 minutes.
6. Add herbs and stir well. Serve with rice.





# Fruit Recipes



# Apple Crumble

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Serves 4



Approx 35-45min

## Ingredients

400g can apples

1 cup rolled oats (porridge oats)

½ cup plain flour

2 tablespoons brown sugar

½ teaspoon cinnamon

2 tablespoons margarine, melted

## Method

1. Preheat oven to 180°C.
2. Place apples in a small oven proof dish or pan.
3. Mix oats, flour, brown sugar and cinnamon in a bowl.
4. Add margarine to the bowl with oats. Mix with hands until well combined.
5. Use hands to crumble mix over apples.
6. Bake for 20 minutes or until lightly browned.



### Hint:

Try using other canned fruits or frozen berries to make different flavoured crumbles.

Peel, slice and boil old fruit to make your own stewed fruit.



# Apple and Cinnamon Muffins

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Serves 6



Approx 30-40min

## Ingredients

- 1 ½ cups self-raising flour
- 1 teaspoon cinnamon
- ¼ cup brown sugar
- ½ cup sultanas
- 1 apple, peeled and grated
- 1 tablespoon margarine, melted
- ½ cup low fat milk
- 1 egg, lightly beaten

## Method

1. Preheat oven to 180°C.
2. Lightly grease a 6-hole muffin tin with margarine.
3. In a large bowl, mix flour, cinnamon, brown sugar, sultanas and grated apple.
4. In a smaller bowl, mix margarine, milk and egg with a fork until well combined.
5. Add the egg mixture to the dry ingredients and gently stir until well combined.
6. Spoon the mixture into the greased muffin tin and place into the oven for 15-20 minutes. When golden brown, check with a skewer and remove from oven if skewer comes out clean.
7. Allow to cool, eat when warm or keep for later.



### Hint:

Muffins can be frozen and then put in the microwave to eat warm.





# Banana Apple Pancakes



Serves 2



Approx 15-20min

## Ingredients

- 1 ½ cups self raising flour
- 1 cup low fat milk
- 1 apple, grated
- 1 egg, lightly beaten
- 1 tablespoon white sugar
- Margarine for cooking
- 1 large banana, sliced
- 1 tablespoon honey (optional)

## Method

1. In a large bowl, combine self raising flour, milk, apple, beaten egg and sugar and whisk until well combined.
2. Lightly grease frying pan with margarine over medium heat.
3. Spoon mixture into frying pan; approximately 2 spoons of mixture per pancake. When bubbles appear on upper side of the pancake, use a spatula to flip it over until cooked golden brown on both sides.
4. Serve with banana and drizzle with honey if desired.



### Hint:

Serve with low fat vanilla yoghurt.



# Fruit Smoothie

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Serves 2



Approx 5-10min

## Ingredients

250mL low fat milk

1 small tub or 200g plain yoghurt

2-3 ice cubes (optional)

## Any one or a combination of the following:

1 banana

1 handful fresh or frozen berries

½ cup drained tin fruit  
(peach, apricot, mango)

1 medium peeled fruit eg. peach

## Method

1. Place all ingredients into blender and mix until frothy. Can be mixed with a fork or shaken in a sealed container if no blender available.
2. Serve and drink immediately.







# Planning for Healthy Eating

## Foods to Keep in the Pantry

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You might find some of these foods handy to keep in the pantry.

### Carbohydrates

Wholemeal varieties are excellent choices

Rice  
Pasta  
Breakfast cereals  
Crackers

### Legumes and Beans

Dried or canned lentils  
Dried or canned kidney beans  
Canned baked beans (salt reduced)

### Herbs and Spices

Black pepper  
Mixed herbs  
Curry powder  
Chilli flakes

### Oils

Vegetable oil e.g. Canola oil, Olive oil, sunflower oil

### Sauces and Vinegar

Tomato pasta sauce  
Sweet chilli sauce  
Soy sauce (salt-reduced)  
Vinegar (white, balsamic etc.)

### Dried Fruit and Nuts

Almonds  
Walnuts  
Sultanas  
Apricots  
Prunes

### Fresh Food

Potatoes  
Onions  
Garlic

### Spreads

Peanut butter (salt-reduced)

### Canned Foods

Canned tuna  
Canned vegetables (tomato/corn)  
Canned fruit

### Other Essentials

Mixed frozen vegetables (freezer)  
Tomato paste (salt reduced)  
Stock cubes (low-salt)  
Light evaporated milk  
Plain flour  
Wholemeal flour  
Cornflour



## Planning your Weekly Healthy Meals

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Use the recipes in this book to help plan your own meals and shopping list. Include enough food for breakfast, lunch, the evening meal and snacks.

- When planning meals include left-overs where possible.
- Check if you need cleaning items.
- Shop for the whole week to save time and money.
- Use a meal planning template, a scrap of paper or your phone to write down your plan and shopping list.

### 7 Day Evening Meal Plan Example:

	Main Dish	Notes
<b>Monday</b>	Shepherd's Pie	Remember to buy frozen vegetables for the week.
<b>Tuesday</b>	Chicken Tomato Pasta	Add some vegetables to the dish to add some different flavours.
<b>Wednesday</b>	Vegetable Fried Rice	Add some peeled prawns for a treat.
<b>Thursday</b>	Beef Rissoles	Serve with mashed potato and peas. Make double the recipe so there is enough for beef burgers on Friday.
<b>Friday</b>	Beef Burger	Serve on a wholegrain burger bun.
<b>Saturday</b>	Tuna Bake	As this serves 4, freeze half for a meal next week.
<b>Sunday</b>	Vegetable Frittata	Make double the recipe so it can be eaten for lunch over the next couple of days.

# Healthy Menu Planner

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Day of the Week	Breakfast	Lunch	Evening	Snacks	Notes



## Shopping List

# The Mixing Bowl

## *The Mixing Bowl*

Healthy Recipes for One or Two...



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