



Spark Up: Incorporating Veggies Into Every Meal Example Meal Plan & Recipes

Breakfast Ideas:

- Poached eggs with steamed asparagus and broccoli (toast optional)
- Corn or zucchini fritters with baby spinach (smoked salmon optional)
- Avocado and tomato on toast with spinach
- Omelet with tomatoes, mushrooms and spinach
- Baked mushrooms with steamed greens and poached egg
- Green smoothie with kale, spinach, coconut water, cucumber and lemon

Poached eggs with steamed greens

Ingredients:

- Two organic eggs
- Water
- Tablespoon vinegar
- Greens of your choice (beans, bok choy, kale, spinach, asparagus)
- Salt and pepper to taste
- One slice bread of choice, lightly buttered

Method:

The key to good poached eggs? The freshness of the eggs! Heat a small saucepan with around 3 cups of water and bring to the boil. Turn down to a simmer and add 1-2 tablespoons vinegar. The vinegar should turn the boiling water bubbles into smaller, lighter bubbles which should gently rise to the surface. Adjust the temperature until you have this effect. Crack the eggs one at a time gently into the simmering water. Cook for 3-4 minutes, until they are completely white on the inside with a slightly runny yolk on the inside. Remove gently and leave to drain on some paper towel. Meanwhile, in another saucepan, boil a cup of water and add in the cut up greens. The larger, heavier greens should go in first and the smaller, lighter leaves should go toward the top of the saucepan. Cook greens for 3-4 minutes until bright green. The beans/asparagus should still be slightly crunchy. In a bowl, serve the eggs on top of the greens and sprinkle with salt and pepper.

Lunch ideas:

- Shredded chicken and salad sandwich with lettuce, beetroot, carrot and tomato
- Quinoa, kale and roast veggie salad with almonds and sultanas, drizzled in a lemon and olive oil dressing
- Roasted sweet potato with coleslaw
- Steamed fish with greens and mashed sweet potato
- Chicken, vegetable and lentil soup
- Lamb wrap with salad and tzatziki dressing

Superfood Salad

Ingredients:

- 2 Cups cooked quinoa/brown rice
- 1 cup grated carrot
- 1 cup crispy kale (cooked lightly a pan with olive oil)
- ½ cup sultanas
- ½ cup silvered almonds, lightly browned
- 3 cups roast or raw veggies of your choice – capsicum, pumpkin, sweet potato, peas, beans, eggplant, zucchini
- 4 tablespoons olive oil
- 1 lemon, squeezed

Method (best made in a big batch the night before):

Add all ingredients and mix well. Should make around 4 lunch serves.



Beyond Being Well

Dinner ideas:

- Zucchini fritters with mango salad
- One pot Mediterranean chicken with roast vegetables
- Zucchini noodles with basil pesto and cherry tomatoes
- Lamb backstrap with lentils, broad beans and feta
- Tofu and vegetable stir fry with brown rice
- Cauliflower base pizza with roast vegetables
- Rice paper rolls with vegetables and tofu

Tofu and Vegetable Stir Fry

Ingredients:

- One packet firm tofu
- One yellow/red capsicum
- 1 bunch bok choy
- 1 zucchini
- Handful snow peas
- 1-2 cloves garlic, crushed
- 3 spring onions, diced
- 1 large carrot
- 2 tablespoon grated fresh ginger
- 1 tablespoon honey
- ½ tablespoon fish sauce
- 1 tablespoon tamari or soya sauce
- Chilli to taste (fresh or dried)
- Olive oil
- Cooked brown rice to serve

Method:

Heat a fry pan lightly covered in oil. Once hot, fry the cut up firm tofu until browned on all sides. Remove and place on some paper towel. Cut up all the vegetables into bite sized pieces. Heat the wok/fry pan with some more oil, adding the carrot, spring onions and capsicum. Stir fry on a high heat. Add the zucchini, snow peas, ginger, honey, tamari and chilli. Cook until vegetables are browned but still slightly crispy. Add the bok choy, stir through and turn off from heat. Mix in the tofu and serve on top of brown rice or rice noodles.