

**Naturaliste Nutrition Health & Fitness**

**NATIONAL NUTRITION WEEK 11<sup>TH</sup> OCTOBER - 17<sup>TH</sup> OCTOBER**

**BY NUTRITION AUSTRALIA TO ENCOURAGE ALL OF US TO  
INCREASE OUR FRUIT AND VEGETABLES**

*These Keto and Low-Fat recipes are part of our affordable weight loss program.*



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## KETO RECIPES

### Pear, Walnut, Feta and Chicken Salad

SERVES 2



#### Ingredients

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- 3 handfuls of salad greens, e.g. rocket, lettuce, spinach or baby kale
  - 2 sticks of celery, sliced
  - ½ red onion, quartered and finely sliced
  - ½ small pear, cored and finely sliced
  - ¼ cup of walnuts
  - 1 tbsp of olive oil
  - 2 tbsp of balsamic vinegar
  - 50g feta cheese, crumbled
  - 2 palm-sized portions of chicken, cooked and shredded
  - Salt and pepper to taste
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#### Method

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1. Place the salad greens, celery, onion, pear and walnuts (or seeds) into a serving bowl.
  2. Add olive oil and balsamic and toss together to combine.
  3. Divide between two plates and sprinkle feta cheese over the top. Add chicken and season with salt and pepper to taste. Enjoy!
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Variation: replace some or all of the walnuts with sunflower or pumpkin seeds

## Zucchini Slice

SERVES 3-4



### Ingredients

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- 5 eggs
  - 150g (1 cup) self-raising flour, sifted
  - 375g zucchini, grated
  - 1 large onion, finely chopped
  - 200g rindless bacon, chopped
  - 1 cup grated cheddar cheese
  - 60ml (1/4 cup) vegetable oil
  - ¼ scoop Shake It Spring Vegetable Soup
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### Method

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1. Preheat oven to 170C.
  2. Beat the eggs in a large bowl until combined
  3. Add the flour and Shake-It Soup and beat until smooth
  4. Add zucchini, onion, bacon, cheese and oil and stir to combine.
  5. Grease and line a 30 x 20cm lamington pan. Pour into the prepared pan and bake in oven for 30 minutes or until cooked through.
  6. Cut into 15 square and eat as a high protein snack between meals
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## Pesto, Pine Nut, Ricotta and Vegetable Stack

SERVES 1



### Ingredients

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- 2handfuls of mixed eggplant, capsicum and zucchini
  - 2large flat field mushrooms
  - 1tbsp of olive oil
  - 1palm-sized portion of ricotta cheese
  - 1tbsp of fresh chives, chopped
  - 1tsp of garlic, crushed
  - 1tsp of lemon rind, finely grated
  - Sun dried tomato pesto
  - 1tbsp of pine nuts, toasted
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### Method

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- 1.** Cut eggplant, zucchini and capsicum into strips, leave mushrooms whole and grill or fry with olive oil until tender.
  - 2.** Combine ricotta, chives, garlic and lemon rind in a bowl.
  - 3.** Place cooked mushrooms stem side up on a plate and layer with cheese mixture and slices of eggplant, capsicum and zucchini. Dress generously with pesto and sprinkle with pine nuts.
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## LOW FAT RECIPES

### Chia Berry Shake It Smoothie

SERVES 1



### Ingredients

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- 1 serve Bio Pure Collagen protein powder
  - 1 tbsp of chia seeds
  - ¼ cup of mixed berries
  - 1 banana, medium sized
  - 1 cup of unsweetened almond milk
  - Ice (optional)
  - Cinnamon powder (to taste)
  - Vanilla extract (to taste)
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### Method

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1. Place all ingredients into a blender and blend until smooth and creamy.
  2. Pour into a cup and consume.
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## Tuna and Salad Wrap

Serves 1



### Ingredients

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- 1 tin of tuna in spring water (95 g), drained
  - 2 whole meal wraps, large
  - 2 handfuls of rocket or spinach leaves
  - 1 tomato, sliced
  - 1 Lebanese cucumber, thinly sliced
  - 1 carrot, medium sized and grated
  - 2 tsp of whole grain mustard
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### Method

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1. Spread 1 teaspoon of mustard to each of the wraps.
  2. Place half of the salad and tuna onto the centre of the wraps, leaving enough space to be able to fold up the base and sides of the wrap.
  3. Fold the base of the wrap up towards the centre, then the sides.
  4. Eat straight away, or wrap in baking paper and secure with twine and store in the fridge.
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## Honey Soy Beef and Vegetables

SERVES 2



### Ingredients

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- 250 g beef, diced
  - 1 tbsp of olive oil
  - 2 garlic cloves, minced
  - 1 carrot, finely sliced
  - 1 cup of cauliflower florets
  - 6 button mushrooms, sliced
  - ¼ cup of water
  - 1 onion, finely sliced
  - ½ red capsicum, finely sliced
  - 1 cup of green beans, sliced
  - 200 g hokkien noodles
  - 2 tbsp of soy sauce
  - 2 tbsp of oyster sauce
  - 1 tbsp of honey
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### Method

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1. Slice beef into thin strips. Heat wok or medium non-stick frying pan over medium heat. Add ½ tbsp of olive oil and beef, stir fry until golden brown. Set aside.
  2. Add remaining oil to pan and stir fry onion and capsicum until golden brown, around 3 to 4 minutes. Add garlic and stir for 1 minute. Add the water to the pan. Cook the carrot, mushrooms, beans and cauliflower until softened. Add beef and stir until combined. Squeeze honey over the mixture then add the soy and oyster sauce.
  3. Remove noodles from the pack and untangle in hot water. Drain and add to beef and vegetables.
  4. Serve immediately.
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## Sticky Chilli and Lemongrass Caramel Chicken

SERVES 2



### Ingredients

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- 1 tsp of peanut oil
  - 1 chicken breast, large
  - 2 garlic cloves, minced
  - 1 lemongrass stalk (white part only), finely chopped
  - 1 long red chilli, thinly sliced
  - 2 tbsp of kecap manis
  - 1 tbsp of fish sauce
  - 1 tbsp of lime juice
  - 1 tbsp water
  - 1 bunch baby bok choy
  - 1 cup brown rice
  - ¼ cup fresh coriander, chopped
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### Method

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1. Place rice in a small saucepan with 2 cups of water. Bring it to the boil. Reduce the heat to low and allow to simmer for 25 minutes, stirring occasionally. Once cooked, remove from heat and set aside.
  2. Heat oil in a large frying pan over medium-high heat. Cook chicken, turning occasionally, for 5 minutes or until browned all over. Transfer to a plate. Cover to keep warm.
  3. Add garlic, lemongrass and chili to pan. Cook, stirring for 2 minutes or until fragrant. Add kecap manis, fish sauce, lime juice and water. Stir to combine. Bring to the boil.
  4. Add chicken to the pan. Reduce heat to medium-low. Cover and simmer for 5 minutes. Turn chicken. Cook, uncovered, for a further 5 minutes or until chicken is cooked through and sauce thickens slightly.
  5. Meanwhile, place the baby bok choy in a steamer basket and place the basket over (not in) simmering water. Steam until the base of the baby bok choy is just tender when pierced with the tip of a knife, about 6 minutes.
  6. Serve chicken and sauce with baby bok choy and rice, and sprinkle with coriander.
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## Hot Chocolate

SERVES 1



### Ingredients

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- 1 cup of low fat (1%) milk
  - 1 tbsp of Bio Pure Collagen Protein powder
  - 1 tbsp of raw cacao powder
  - 1 tsp of rice malt syrup
  - ¼ tsp of cinnamon powder
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### Method

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- 1.** Heat up the milk in a saucepan to approximately 70°C. (Use a thermometer to measure.)
  - 2.** Whisk in powders until well combined, stir in the rice malt syrup
  - 3.** Pour into a mug and enjoy!
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## 10 Small Steps To Improve Your Health

Many of us make health-related resolutions, such as to lose weight, stop smoking or join the gym.

Why not start with small steps first as they are achievable and are easier to fit into your daily routine, and less overwhelming.

Here are 10 to try:

1. Keep an eye on your weight and work on making sure you are not gaining extra kilo's. Even if you gain 1kg a year in 10 years that's 10kg.

Our BMR declines by 4% to 5 % every 10 years. Our body builds less muscle and stores more fat. Since muscle is metabolically active, the reduction in muscle, and the deterioration of organ functions are causing the inevitable decline in BMR.

2. Take more small steps. Use a pedometer to count your daily steps; then add 2,000, the equivalent of one extra mile. Keep adding steps, 1,000 to 2,000 each month or so, until you take 10,000 steps on most days.

3. Eat breakfast. Breakfast eaters tend to weigh less and have better diets overall. For a filling and nutrition-packed breakfast, top Whole Grain Total® with fresh fruit slices and low-fat or fat-free milk.

4. Switch three grain servings each day to whole grain. If you're like the average American, you eat less than one whole grain serving a day.

5. Have at least one green salad every day. Eating a salad (with low-fat or fat-free dressing) is filling and may help you eat less during the meal. It also counts toward your five daily cups of vegetables and fruits.

6. Trim the fat. Fat has a lot of calories, and calories count. Purchase lean meats, eat poultry without the skin, switch to lower-fat cheeses, use a nonstick pan with only a dab of oil or butter.

7. Consider calcium by including two or three daily servings of low-fat or fat-free milk or yogurt. Dairy calcium is good for bones and may also help you lose weight.

8. Downsize. The smaller the bag, bottle or bowl, the less you will eat.

9. Lose just 5 to 10 percent of your current weight. The health benefits are huge-lower blood pressure, blood sugar, cholesterol and triglycerides.

10. Keep track of your eating. Write down what you eat over the next couple of days and look for problem spots. Often, just writing things down can help you eat less.

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