



Gestational Diabetes

7 DAY MEAL PLAN



Katrina Ridout

— NUTRITION —



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— NUTRITION —

Even when choosing nutritious foods, it can be difficult to get enough of all the essential nutrients you need from your diet alone. It is therefore recommended that all women who are pregnant take a pregnancy multivitamin supplement each day in addition to a healthy diet.

This will help to ensure you are getting enough of the key nutrients for your baby's development. Because women have differing medical histories, pregnancy symptoms, diet preferences and patterns, it's important that you consult with a prenatal dietitian to ensure your supplementation and diet is meeting all of you and your baby's nutrition requirements.



All the hard work has been done for you!

- ✓ Meets national and international dietary recommendations for pregnant women with Gestational Diabetes Mellitus
- ✓ Meets GDM guidelines for carbohydrate distribution and total carbohydrate
- ✓ Meets AGHE recommendations for pregnant women
- ✓ Easy to prepare and cook
- ✓ Utilises standard ingredients, with option to substitute for available other foods if necessary
- ✓ Five star tested and rated
- ✓ Often freezer friendly, ability to cook in bulk and eat for more than one meal

Each meal is listed in single serve portions but most recipes in this plan serve 4 people, meaning that if you have a two person household, you can either have the same meals the following day (making this a 60 day meal plan) or can freeze them and have them the following week for variety. Each day has been nutritionally designed to meet all your estimated requirements so you can repeat each day of the plan multiple times over your pregnancy to achieve a balanced diet.

In order to keep the nutrition composition of your day relatively the same, only swap items in the meals from the same food group i.e. if you don't like broccoli, swap if for another cruciferous vegetable like cauliflower, if you don't like salmon, swap for another type of low mercury fish.



Week Six Meal Plan

	M	T	W	T	F	S	S
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
BREAKFAST	Scrambled eggs on toast (2 slices); milk-based drink (1 cup milk)	Banana and cinnamon porridge	Oat, pear and cardamon smoothie	Toast with avocado, tomato and sardines or tuna (2 slices); orange juice (1 glass)	Granola dust with greek yoghurt and berries	Peanut butter and tomato on toast (2 slices)	Carrot and walnut muffin; milk-based drink (0.5 cup milk)
MORNING TEA	Strawberry pineapple banana smoothie	Sundried tomato dip + crackers; vege sticks	Raisin toast (1 slice); milk-based drink (0.5 cup milk)	Bliss ball; milk based drink (1 cup milk)	Cheese (2 slices); multigrain crackers (1 serve); orange juice (1glass)	Carrot and walnut muffin; cup ginger tea	Mushroom Brunch (+1egg); grainy toast (2 slices)
LUNCH	Baked bean and cheese toastie	Roast carrot and grain salad with chilli mint and quick tahini dressing	Roast carrot and grain salad with chilli mint and quick tahini dressing	Pita pocket	egg salad sandwich	Vegetable lasagne and salad	Pita pizza
AFTERNOON TEA	Sundried tomato dip; wholegrain crackers	Healthy no bake chocolate peanut butter cookies x 2	Muesli and nut bar; ginger tea	Hummus, crackers, and vege sticks	High fibre muesli bar; carrot	2 x hard-boiled eggs on 1 slice wholegrain toast; 1 piece fresh fruit; orange juice (1/2 glass)	Fruit smoothie; small handful mixed nuts
DINNER	Chicken and cashew stir fry with rice noodles	Quiche x 2 serves; salad (1 cup); garlic bread (2 x slices)	Veggie noodle stir-fry	Perfect grilled salmon with steamed green beans, broccoli, carrots, corn and potato	Vegetarian lasagne; salad (1 cup)	Steak sauteed with mushroom, steamed veg and sweet potato	Chilli and ginger fish with quinoa bok choy and broccoli
SUPPER	Healthy no bake chocolate peanut butter cookies x 2	Tutti frutti popsicle-watermelon; milk-based drink (1 cup milk)	Vanilla custard (1 cup) + ½ banana	Custard (1 cup); tinned peaches (½ cup); hot milky tea	Raisin toast (1 slice); milk-based drink (0.5 cup milk)	Cheddar cheese (2 slices); multigrain crackers (1 serve); milk-based drink	Greek yoghurt (100g); fresh fruit (½ cup)

Nutrient Analysis (% Daily Intake)

	S	M	T	W	T	F	S
Energy (kJ)	9208 (100%)	8357 (100%)	7439 (100%)	8723 (100%)	7539 (100%)	8664 (100%)	8677 (100%)
Protein	21	17	14	23	19	22	23
Fat	38	42	50	32	35	40	37
CHO	34	37	43	40	42	35	36
NUTRIENT ANALYSIS (% RECOMMENDED DAILY INTAKE)							
Fibre	174	148	151	183	130	155	187
Thiamine	150	120	134	183	130	126	206
Riboflavin	159	169	102	138	180	133	160
Niacin	171	96	68	180	62	134	131
Folate	220	168	109	229	204	203	206
Vit B6	181	162	151	259	135	176	185
Vit B12	242	250	141	373	219	254	242
Vit C	804	245	368	752	539	603	283
Vit E	271	442	322	457	260	255	370
Calcium	112	119	128	174	139	127	124
Iodine	206	628	50	590	595	761	192
Iron	70	77	195	73	56	77	82
Magnesium	160	182	208	162	119	131	202
Phosphorus	164	162	153	199	136	157	194
Zinc	86	81	66	83	64	91	89
Selenium	144	91	129	150	93	124	161
Grains	7	6	5	5	6	6	7.5
Vegetable	6	5.5	5	8	6	9	5
Fruit	2	2	2.5	3	3	2	2
Dairy	2.5	2.5	2.5	2.5	3	2.5	3
Meat/Alt	4.5	3.5	3.5	3.5	3	3.5	3.5
TOTAL CHO SERVES							
BF	3	3	2.5	3	2.5	2.5	2
MT	1.5	1.5	2	1.5	2	1.5	2
L	3	3	3	3	2.5	2.5	3
AT	1	1	1	2	1.5	2	2
D	3	2.5	2.5	3	2.5	2	2
S	1	1.5	1.5	1.5	2	1.5	1

What constitutes a serve?

Grains (Bread and cereals)

a standard serve is about 500kJ

- 1 slice bread
- ½ medium bread roll or flat bread/ wrap
- ½ cup cooked rice, pasta, noodles, buckwheat, polenta, semolina, quinoa

*Grain (cereal) foods, mostly wholegrain and / or high cereal fibre varieties



Fruit

a standard serve is about 150g (350kJ)

- 1 medium apple, banana, orange or pear
- 2 small apricots, kiwi fruits or plums
- 1 cup diced or canned fruit (with no added sugar)
- Or only occasionally
- 125ml or ½ cup fruit juice with no added sugar
- 30g dried fruit (1.e. 4 dried apricots, or 1 ½ tablespoons of sultanas)

Vegetables

a standard serve is about 75g (100-350kJ)

- ½ cup cooked green or orange vegetables e.g. broccoli, spinach, carrots, pumpkin
- ½ cup cooked, dried or canned beans, peas, lentils
- 1 cup green leafy or raw salad vegetables
- ½ cup sweet corn
- ½ medium potato or other starchy vegetables (sweet potato, taro or cassava)
- 1 tomato



What constitutes a serve?

Dairy

a standard serve is about 500-600kJ

- 1 cup (250ml) milk (fresh, UHT long life, reconstituted powdered milk or buttermilk)
- 1 cup (250ml) soy, rice almond or other cereal-based milk, with at least 100mg of added calcium per 100ml
- $\frac{3}{4}$ cup (200g) yoghurt
- $\frac{1}{2}$ cup evaporated milk
- 2 slices (40g) or 4 x 3 x 2 cm cube (40g) of hard cheese, such as cheddar
- $\frac{1}{2}$ cup ricotta cheese

*choose mostly reduced fat

If you do not eat any foods from this group, try the following foods, which contain about the same amount of calcium as a serve of milk, yogurt, cheese or alternatives (note: the kilojoule content of some of these serves (especially nuts is higher so watch this if trying to maintain a healthy gestational weight gain)

- 100g almonds with skin
- 60g sardines, canned in water
- $\frac{1}{2}$ cup (100g) canned pink salmon with bones
- 100g firm tofu (check the label as calcium levels vary)



Meat and alternatives

a standard serve is about 500-600kJ

- 65g cooked lean red meats such as beef, lamb, veal, pork, goat or kangaroo (about 90-100g raw)
- 80g cooked lean poultry such as chicken or turkey (100g raw)
- 100g cooked fish fillet (about 115g raw) or one small can of fish
- 2 large (120g) eggs
- 1 cup (150g) cooked or canned legumes / beans such as lentils chickpeas or split peas
- 170g tofu
- 30g nuts, seeds, peanut or almond butter or tahini or other nut or seed paste*

*only to be used occasionally as a substitute for other foods in the group. Note: this amount for nuts and seeds gives approximately the same amount of energy as the other foods in this group but will provide less protein, iron or zinc.

Breakfast





Banana and cinnamon porridge with toasted almonds and poppy seeds

Serves 4
Cook: 15 mins

Ingredients

- 160 g rolled oats
- 600 ml milk or calcium fortified soy milk
- 2 ripe bananas
- 30 g flaked almonds
- ½ teaspoon ground cinnamon
- 2 tablespoons poppy seeds
- maple syrup or runny honey

Instructions

1. For the basic porridge, place the oats and the milk (or 600ml water) into a large pan over a medium heat, and add a tiny pinch of sea salt.
2. Bring to a steady simmer for 5 to 6 minutes, stirring often to give you a smooth, creamy porridge, and loosening with extra milk, if needed.
3. Serve as is, or while it's blipping away in the pan, follow the next steps to prepare the banana and cinnamon topping.
4. Peel and slice the bananas at an angle.
5. Toast the almonds in a dry non-stick frying pan over a medium heat for 3 to 4 minutes, or until lightly golden.
Stir the cinnamon, poppy seeds and a little maple syrup or honey through the porridge, then divide between bowls.
6. Scatter the bananas and almonds on top, then drizzle with a little extra maple syrup or honey, if you like



Oat, pear and cardamom smoothie

Serves 2

15 mins plus overnight freezing

Ingredients

- 2 pears
- 6 cardamom pods
- 500ml oat milk
- 100g natural yoghurt
- 2 teaspoons runny honey
- 2 teaspoons bee pollen

Instructions

1. The night before you want to make your smoothie, peel and core the pears. Pop them into the freezer.
2. Open the cardamom pods and extract the seeds, then crush up in a pestle and mortar.
3. Tip the crushed seeds into a blender, then add the frozen pears, oat milk, yoghurt and honey. Blitz until smooth.
4. Divide between two glasses and sprinkle over the bee pollen



Granola dust with Greek yoghurt and berries

Serves 32
Prep: 25 mins

Ingredients

- 1kg porridge oats
- 250g unsalted mixed nuts, such as walnuts, Brazils, hazelnuts, pecans, pistachios, cashews
- 100g mixed seeds, such as chia, poppy, sunflower, sesame, linseed, pumpkin
- 250g mixed dried fruit, such as blueberries, cranberries, sour cherries, mango, apricots, figs, sultanas
- 3 tbsp quality cocoa powder
- 1 tbsp freshly ground coffee
- 1 large orange

Instructions

1. Preheat the oven to 180°C/350°F/gas 4.
2. Place the oats, nuts and seeds in your largest roasting tray. Toss together and roast for 15 minutes, stirring halfway.
3. Stir the dried fruit, cocoa and coffee into the mix, finely grate over the orange zest, then, in batches, simply blitz to a rough powder in a food processor, tipping it into a large airtight jar as you go for safekeeping.
4. To serve, you can have loads of fun – the simplest way is 50g of granola dust per person, either with cold cow's, goat's, soya, nut or oat milk or 2 tablespoons of natural yoghurt, and a handful of fresh fruit (80g is one of our 5-a-day). You can make porridge using 50g of granola dust to 200ml of milk, then top with fresh fruit, and this ratio also works for a smoothie – I like to chuck 1 ripe banana and 1 handful of frozen raspberries into the mix too. It's even a great base for pancakes – simply beat 2 heaped tablespoons of granola dust with 1 heaped tablespoon of wholemeal self-raising flour, 1 mashed banana and 1 large free-range egg, then cook as normal. And in winter, try a hot drink – heat 25g of granola dust with 200ml of your favourite milk to your desired consistency.

Morning
Tea





Strawberry Pineapple Banana Smoothie

Serves 1
5 mins

Ingredients

- 1 cup Strawberries
- 1/2 cup Pineapple
- 1 Banana
- 2 cups Orange Juice
- 1/2 cup Greek Yogurt
- 1 cup Spinach optional
- 1 Tablespoon Chia or Flaxseeds optional
- Ice

Instructions

1. Add all ingredients to blender and blend for 1-2 minutes until smooth.



Cranberry and orange bliss balls

Serves 15
Prep: 20 mins

Ingredients

- 1 Cup Dried Cranberries, 150 grams
- 1/2 Cup Dried Dates, 75 grams
- 1 Cup Cashews, 125 grams
- 2 Tablespoons Cocoa Powder, 12 grams
- 1 Tablespoon desiccated coconut (plus more for rolling)
- 1 Tablespoon Coconut Oil, honey, or rice syrup (choose your favourite flavour)
- Zest of 1 Orange

Tip:

if your dates don't feel sticky and moist, you can soak them in water for 10 minutes then drain before processing. This will help them blend better and hold the balls together better.

Instructions

1. Place the cranberries and dates in a small bowl and cover in boiling water for a 2-3 minutes to soften then drain off water
2. Put the cashews in a food processor and pulse until they are blitzed into tiny bits
3. Add the cranberries, dates, cocoa powder and coconut and blitz to form a paste
4. Add the melted coconut oil slowly while pulsing the mixture until it comes together to form a sticky dough - I found 1 Tablespoon was plenty sticky enough!
5. Roll the dough into small balls and roll them in coconut to coat the outside then place on a tray
6. Freeze for 30 minutes then enjoy!
7. Store in an airtight container in the fridge until you are ready to eat them



Best ever Bliss Balls

Serves 18

Ingredients

- 250g dates
- 80g chia seeds
- 50g raw almonds chopped
- 3 tablespoons cocoa
- pinch of iodised salt (optional)
- 1 tablespoon coconut oil
- 1/4 cup desiccated coconut

Instructions

1. Optional first step - add the chia seeds into your food processor and pulse for a few times to "chop" the chia seeds. You can start with this step if you prefer the chia seeds to be fully chopped/processed in your bliss balls. But skip this step if you prefer having mostly whole chia seeds in your bliss balls.
2. Add the rest of the ingredients (if you skipped the first step, then add ALL of the ingredients) into the processor and mix on low speed for about 2 minutes (stop to scrape down the sides if needed) until the ingredients come together to form a "dough".
3. Process for another 2 - 3 minutes if needed to form the dough.
4. If the dough is not coming together (if your dates were too dry for example), you can add a little water or coconut oil - a teaspoon at a time, to get a dough like consistency.
5. Turn the sticky "dough" out into a bowl. Use oil coated hands to fold the dough into one big piece.
6. Roll the "dough" in to small 4cm balls. You can use a small, oiled cookie scoop to portion out the dough, or use well-oiled hands (preferably with coconut oil).
7. Optional - roll the smooth chocolate chia bliss balls in the coconut or the freeze-dried fruit powder to coat.

To avoid sticky fingers, you can place the chia bliss balls in a plastic bag along with the freeze-dried fruit powder, then seal the bag and shake until the bliss balls are evenly coated.
8. Store in an airtight container for a few days. These can be kept in the fridge, but will then get less soft.



Healthy carrot, walnut and raisin muffins

Serves 12
Prep: 10 mins
Cook: 15 mins

Ingredients

- 2 cups rolled oats
- 8 medjool dates chopped, pits removed
- 1/2 cup olive oil
- 1/4 cup real maple syrup
- 3–4 carrots, peeled and shredded (about 2 cups total)
- 2 eggs
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- pinch of iodised salt
- large handful of walnuts or raisins (optional)

Instructions

1. Preheat the oven to 350 degrees.
2. Mix all ingredients in a kitchen mixer until batter comes together.
3. Pour batter into a greased or lined muffin tin. Bake for 15-18 minutes, until the tops gently spring back when you press into them.
4. Smear warm muffins with butter and/or honey. Attempt not to eat them all. Serve warm or cold.

Tip:

If your dates are firm, soak them in hot water for 15 mins first so they are easier to blend!



Mushroom Kickstarter

Serves 4

Cook : 12-15 mins

Ingredients

- 250g mushrooms
- 2 garlic cloves
- 1 tbsp olive oil
- 150g bag kale or baby spinach leaves
- 4 eggs
- Iodised salt and pepper to taste

Instructions

1. Slice the mushrooms and crush the garlic cloves. Heat the olive oil in a large non-stick frying pan, then fry the garlic over a low heat for 1 min. Add the mushrooms and cook until soft. Then, add the kale or spinach. If the kale or spinach won't all fit in the pan, add half and stir until wilted, then add the rest. Once all the leaves are wilted, season with iodised salt and pepper.
2. Crack in the eggs into the same pan and keep them cooking gently for 2-3 mins. Then, cover with the lid to for a further 2-3 mins or until the eggs are cooked to your liking. Serve with bread (Goes especially well with sourdough or Turkish pide).

Lunch





Roasted carrot and grain salad with tahini, chilli and mint

Serves 4
Prep: 10 mins
Cook: 30 mins

Ingredients

- 450g baby or small carrots
- 2 heaped teaspoons cumin seeds
- Olive oil
- 1 tablespoon tahini
- 4 tablespoons Greek-style yoghurt
- 2 lemons
- 1 bunch mint (30g), roughly chopped
- 2 cups cooked wholegrain rice or quinoa (can purchase a mixed grain pouch)
- 1 ripe avocado, chopped into chunks
- Iodised salt and pepper to taste
- Optional: 1 red chilli, handful toasted crushed nuts, 4 pita wraps

Instructions

1. Preheat oven to 190°C.
2. On a large baking tray, toss the carrots with the cumin seeds, a pinch of salt and pepper and 1 tablespoon of olive oil. Bake for 30 minutes, giving them a shake halfway through, until golden and crispy.
3. To make the dressing, mix the tahini, yoghurt, and the juice of 1 lemon together with a pinch of salt and pepper.
4. Chop the avocado and add a little of the dressing, set aside.
5. When the carrots are almost done, tip the cooked grains onto a serving platter and sprinkle over the mint.
6. Drizzle with 2 tablespoons of olive oil and the juice of the remaining lemon, then season to perfection and toss everything together. Add the avocado and arrange the carrots on top.
7. Drizzle over the remaining dressing and an extra drizzle of olive oil. Scatter over some chilli and toasted crushed nuts, and serve with warm pita breads, if you like.



Pita Pockets

Serves 1
Prep: 2 mins

Ingredients

- ½ wholemeal pitta bread
- 25g cooked skinless chicken breast
- ¼ cucumber, cut into chunks
- 4 cherry tomatoes, halved
- Handful baby spinach leaves
- 1 tablespoon low fat mayonnaise
- Sprinkle of iodised salt and pepper to season

Instructions

1. Fill the pita with chicken, cucumber, tomatoes and spinach leaves and drizzle with low fat mayonnaise.
2. Season with iodised salt and pepper to taste.



Roast vegetable lasagne

Serves 6

Prep: 30 mins

Cook: 1 hr 25 mins

Ingredients

- 950g mixed vegetables peeled sliced
- 2 tbs oil
- 1 onion finely chopped large peeled
- 1 garlic clove crushed peeled
- 2 tbs sun-dried tomato pesto
- 660g canned crushed tomatoes
- 100g fresh lasagne sheets
- 1 cup extra tasty cheddar cheese grated
- 1 pinch salt and pepper *to taste

Cheese Sauce

- 80g butter
- 1/3 cup plain flour
- 2 1/2 cups milk
- 1/2 cup parmesan cheese grated
- 1/2 tsp nutmeg
- 1 pinch salt and pepper *to taste

Instructions

1. Place vegetables in a large bowl. Season with salt and pepper and combine with 1 tablespoon of the oil.
2. Place the pumpkin and sweet potato on a baking tray or dish and roast at 180C for 10 minutes.
3. Add remaining vegetables and roast for approximately 15 minutes, until the vegetables are tender. Turn the vegetables once during cooking.
4. While vegetables are roasting, heat the remaining oil in a large saucepan over medium heat. Add onion and cook for 2-3 minutes until soft.
5. Add garlic and pesto and cook for another minute. Stir in crushed tomatoes. Reduce heat and simmer for approximately 10 minutes, until sauce has thickened.
6. Remove from heat and stir in roasted vegetables.
7. To make the cheese sauce, melt butter in a large saucepan over medium-low heat. Stir flour into melted butter and cook for 2-3 minutes, stirring constantly.
8. Gradually add milk, stirring constantly, until sauce is smooth. Continue cooking until sauce bubbles and thickens.
9. Remove from heat and stir in parmesan cheese, nutmeg, salt and pepper.
10. Spoon half the vegetable mixture into 2.5L casserole dish. Top with a layer of lasagne sheets. Spread with half the cheese sauce. Repeat the layers, finishing with cheese sauce.
11. Sprinkle with grated cheese. Bake at 180C for 35-40 minutes, until golden brown.

Notes: Mixed vegetables can include: pumpkin, sweet potato, zucchini, mushroom and eggplant all peeled and sliced.



Vegetarian Pita Pizza

Serves 15
Prep: 5 mins
Cook: 5 mins

Ingredients

- 1 pita bread round
- 1 teaspoon olive oil
- 3 tablespoons pizza sauce
- ½ cup shredded mozzarella cheese
- ¼ cup sliced mushrooms
- ½ cup green or red capsicum
- Handful of olives
- ½ teaspoon garlic or iodised salt

Instructions

1. Preheat grill for medium-high heat.
2. Spread one side of the pita with olive oil and pizza sauce. Top with cheese and mushrooms, and season with salt.
3. Lightly oil grill grate. Place pita pizza on grill, cover, and cook until cheese completely melts, about 5 minutes.

Afternoon
Tea





Sundried tomato and red capsicum dip and crackers

Serves 15
Prep: 5 mins

Ingredients

- 30 g Parmesan cheese, grated finely
- 1 garlic clove, crushed
- 100 g sun-dried tomatoes or semi sun-dried tomatoes, drained
- ½ red capsicum, deseeded and cut into quarters
- 120 g raw unsalted cashews
- 20 g olive oil
- 10 g white vinegar

Instructions

1. Add all ingredients to food processor and process until a rough yet evenly chopped consistency is achieved.
2. Serve immediately with crackers or refrigerate until ready to use.



Easy no-bake peanut butter cookie bars

Serves 6

Prep: 30 mins

Cook: 1 hr 25 mins

Ingredients

- 1 $\frac{3}{4}$ cups old-fashioned oats or quick-cooking oats
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon fine sea salt (if using regular table salt, scale back a bit)
- 2 cups mix-ins* (nuts, seeds, chocolate, shredded coconut or dried fruit)
- 1 cup creamy peanut butter or almond butter
- $\frac{1}{2}$ cup honey or maple syrup
- 1 teaspoon vanilla extract

Instructions

1. Line a 9-inch square baker with two strips of criss-crossed parchment paper, cut to fit neatly against the base and up the sides. The parchment paper will make it easy for you to slice the bars later.
2. Place the oats in a large mixing bowl**. Add the cinnamon and salt, and stir to combine. Set aside.
3. Now we'll blitz the mix-ins briefly in the food processor or blender (or, you can chop them by hand). Add any large nuts (like almonds or pecans) first and blitz for a few seconds. Then add the rest and run the machine for a few more seconds, until the ingredients are all broken up into pieces smaller than your pinky nail. Pour the mix-ins into the bowl of oats.

4. In a 2-cup liquid measuring cup, measure out the nut butter. Top with ½ cup honey and the vanilla extract. Stir until well blended. If you must, you can gently warm the liquid mixture on the stovetop or in the microwave, but make sure it's close to room temperature before you pour it into the dry mixture (this is especially important if using chocolate, since it will melt).
5. Pour the liquid ingredients into the dry ingredients. Use a big spoon to mix them together until the two are evenly combined and no dry oats remain. This takes some arm muscles, but you can do it! If the mixture was easy to mix together, that's a sign that you need to add some more oats—sprinkle in more oats until you can't incorporate any more.
6. Transfer the mixture to the prepared square baker. Use your spoon to arrange the mixture fairly evenly in the baker, then use the bottom of a flat, round surface (like a short, sturdy drinking glass) to pack the mixture down as firmly and evenly as possible.
7. Cover the baker and refrigerate for at least one hour, or preferably overnight. (The oats need time to soak up some of the moisture so they aren't sticky.) When you're ready to slice, lift the bars out of the baker by grabbing both pieces of parchment paper on opposite corners. Use a sharp knife to slice the bars into 4 even columns and 4 even rows.
8. Wrap individual bars in plastic wrap or parchment paper (if you store them all together, they will stick to one another). Bars keep well for several days at room temperature, a couple of weeks in the fridge, or several months in a freezer-safe bag in the freezer for best flavor.

Notes:

*Mix-in options: Any combination of nuts (almonds, pecans, walnuts, etc.), seeds (pepitas or sunflower seeds), chocolate chips or roughly chopped chocolate, shredded coconut and/or dried cranberries or cherries. For the bars shown here, I used 1 cup pecan halves, 1/2 cup pepitas, 1/4 cup shredded coconut and 1/4 cup roughly chopped dark chocolate. Keep in mind that anything larger than your pinky nail will need to be broken into smaller pieces. If you don't have a food processor, chop them by hand.

**Granola bar texture: If you're using old-fashioned oats and would prefer a more smooth, less chewy texture (shown in my photos), blitz your oats in a food processor for 3 to 5 seconds to break them up. Then, add them to the bowl.

Change it up: These bars can be sweetened (mostly) with Medjool dates, if you'd like to increase the fiber content. Soak 12 dates in piping hot water for 10 minutes, then tear them in half and remove their pits. Place them in a food processor with 2 tablespoons maple syrup or honey and blend until completely smooth.

Make it gluten free: Be sure to use certified gluten-free oats.

Make it nut free: Do not use nuts (pepitas and sunflower seeds are good options) and replace the nut butter with sunflower butter.

Make it vegan: Use maple syrup instead of honey.



Fruit smoothie

Serves 4

Cook: 10 mins

Overnight Freeze

Berry Smoothie

Ingredients

- 1 mug of frozen berries , (200g)
- 1 mug of unsweetened almond milk , (300ml)
- 6 tbsp natural yoghurt
- 1 super-ripe banana
- 1 small handful of porridge oats , (35g)
- 1 tbsp mixed seeds , (I like flaxseeds and sunflower seeds)

Mango, Passionfruit & Mint Smoothie

Ingredients

- 1 mug of frozen mango pieces, (150g)
- 1 mug of unsweetened almond milk, (300ml)
- 6 tbsp natural yoghurt
- 1 super-ripe banana
- 1 small handful of porridge oats (35g)
- 1 tbsp mixed seeds, (I like flaxseeds and sunflower seeds)
- 3 sprigs of fresh mint
- 2 ripe passion fruits
- 1 tbsp desiccated coconut, optional

Instructions

1. I like to use the bags of frozen fruit you can easily get in the supermarket – they’re so convenient, and a bit of a staple in the Oliver household. I use unsweetened almond milk in my smoothies, but you can use regular milk, or fresh juice (but bear in mind it will be sweeter), if you prefer. You can add all sorts of delicious extras to these smoothies: vanilla is really nice in the berry smoothie, and fresh ginger is fantastic in the mango, passion fruit and mint version.
2. Add all the ingredients to a blender (removing any herb stalks first), fasten the lid and whiz until nice and smooth – you might need to stop the blender and scrape down the sides to help it along. Pour into cups, then serve. At this point you could pour the mixture into ice-lolly moulds and freeze them – they’re always a big hit with my kids.



Hummus

Serves 6-8
Prep: 5 mins

Ingredients

- 1 x 700g jar of quality chickpeas
- 1 lemon
- 1 clove of garlic
- 2 tbsp tahini
- extra virgin olive oil

Instructions

1. Pour the chickpeas (juice and all) into a blender and squeeze in the lemon juice.
2. Peel and add the garlic, along with the cumin, a good pinch of sea salt, the tahini and a good lug of extra virgin olive oil.
3. Blitz until creamy, then season to perfection, loosening with a little extra oil, if needed. Delicious topped with my Amba sauce and served as part of a Middle Eastern feast!

Dinner





Honey soy chicken and cashew stir-fry

Serves 4
Cook: 15 mins

Ingredients

- 6 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon rice vinegar
- 2 tablespoons honey
- 1 teaspoon sesame oil
- ½ tablespoon ginger, minced
- 2 cloves garlic, minced
- 340g chicken breast, cut into 2 1/2 cm pieces
- Salt and pepper, to taste
- 1 tablespoon cornflour
- 1 tablespoon sesame oil
- 600g broccoli
- 1 red capsicum, cut into 2 1/2 cm pieces
- 95g raw cashews
- ½ cup water
- Rice noodles, to serve

Instructions

1. In a medium bowl, combine the soy sauce, hoisin sauce, rice vinegar, honey, sesame oil, ginger, and garlic. Set aside.
2. In a medium bowl, season the chicken with salt, pepper, and cornflour.
3. Heat a fry pan over medium-high heat and add sesame oil.
4. Add the chicken and cook for 5-6 minutes, or until the chicken begins to brown.
5. Remove chicken and set aside in a separate bowl.
6. Add the broccoli and capsicum and cook for 2-3 minutes.
7. Add the chicken, cashews and sauce. Stir together and allow sauce to thicken.
8. Remove from heat and serve over rice noodles.



Easy tasty quiche

Serves 6
Prep: 10 mins
Cook: 45 mins

Ingredients

Base:

- 6 eggs
- 1 cup milk
- 1 cup cheese (grated (cheddar cheese, swiss cheese or mozzarella))
- 2 tbsp parmesan cheese (optional)
- salt & pepper to taste
- 1 cup optional ingredients (See below for combinations to make up 1 cup total)

Plus 1 cup Additional Ingredients:

- cubed ham or crumbled cooked bacon
- chopped broccoli
- chopped tomatoes
- sliced onions or green onions
- chopped spinach
- chopped asparagus
- cooked cubed potato

Instructions

1. Preheat your oven to 350 degrees.
2. Whisk together the milk, egg, cheese and salt & pepper. Stir in any additional ingredients.
3. Pour the egg mixture into a pie dish, and bake uncovered for about 45 minutes. Or until the centre is set, and not jiggly.



Veggie noodle stir fry

Serves 2

Prep: 10 mins

Cook: 15 mins

Ingredients

- 200 g thick flat rice noodles
- 1 red onion
- 2 cloves of garlic
- 5cm piece of ginger
- ½ a bunch of fresh coriander
- 1 head of broccoli
- 1 red or yellow capsicum
- 350 g firm tofu
- 1 carrot
- ½ a fresh red chilli, optional
- 100 g cashew nuts
- vegetable oil
- 100g snow peas
- 100 g baby spinach leaves
- 2 limes
- Reduced salt soy sauce

Instructions

1. Cook the noodles according to the packet instructions, then drain and refresh in cold water and place to one side.
2. Peel and finely slice the onion and garlic, ginger, and chilli.
3. Pick the coriander leaves and finely chop the stalks.
4. Chop the broccoli and capsicum into bite sized pieces and peel the carrot lengthways into long ribbons.
5. Cut the tofu into rough 2cm cubes.
6. Place a wok or large non-stick frying pan on a medium heat, add the cashew nuts, and toast until golden, stirring regularly. Tip into a small bowl.
7. Place the pan back on a high heat and drizzle in 1 tablespoon of vegetable oil. Add the red onion, garlic, ginger and coriander, then fry for 2 minutes, or until lightly golden, stirring regularly.
8. Throw in the broccoli, capsicum, tofu and snow peas, and fry for 2 minutes, stirring regularly.
9. Stir in the spinach and allow it to wilt, then add the noodles and carrot ribbons. Toss well for a minute to heat through.
10. Squeeze over the juice from half the lime, add 1 teaspoon of sesame oil and 2 tablespoons of soy sauce, then toss to coat.
11. Sprinkle over the sliced chilli (if using), toasted nuts and the reserved coriander leaves, then serve with lime wedges for squeezing.



Perfect grilled salmon with green beans, carrots and broccoli

Serves 1
Cook: 15 mins

Ingredients

- Ingredients
- 1 piece salmon fillet
- 1 teaspoon olive oil

Seasoning

- pinch garlic powder
- pinch onion powder
- pinch iodised salt
- 1 tablespoon parsley, chopped
- 1 tablespoon basil, chopped

Instructions

1. Mix seasoning ingredients together
2. Rub salmon with olive oil and sprinkle with seasoning
3. Grill salmon (either on BBQ, griddle plate) for about 5 minutes per side (depending on thickness). The salmon is done with it flakes easily with a fork.
4. Serve with steamed green beans, carrots and broccoli

Tip: add kipfler potatoes or mash as a side for extra energy (depending on what you have eaten throughout the rest of the day).



Chilli and ginger fish with quinoa, broccoli and bok choy

Serves 4

Prep: 10 mins

Cook: 10 mins

Ingredients

- Olive oil, for greasing
- 600g firm white fish fillets, halved
- 3 green shallots, trimmed, cut into long thin strips
- 2.5cm piece fresh ginger, peeled, cut into matchsticks
- 1 fresh red chilli, thinly sliced
- 1/2 cup fresh coriander leaves
- 2 tablespoons soy sauce
- 2 tablespoons fresh lime juice
- 200g quinoa
- 1 bunch baby bok choy or other Asian greens
- 1 bunch broccoli
- Lime wedges, to serve

Instructions

1. Preheat oven to 180°C. Cut four 30cm long pieces of non-stick baking paper or foil. Brush lightly with oil to grease.
2. Place a piece of fish in the centre of each piece of baking paper or foil. Divide the green shallots, ginger, chilli and 1/2 the coriander leaves among the fish. Combine the soy sauce and lime juice in a small jug and drizzle over each piece of fish. Fold in the sides of the paper to enclose the filling (be careful not to spill any liquid). Place the parcels on a baking tray and cook in preheated oven for 10-12 minutes or until fish flakes easily when tested with a fork.
3. Meanwhile, cook quinoa, following packet directions, until tender.
4. Bring a large saucepan of salted water to the boil. Add the bok choy and cook for 1 minute or until it just wilts. Drain. Steam broccoli in microwave or on stovetop. Divide the bok choy and broccoli among serving plates and top with the fish. Sprinkle with the remaining coriander and serve with the lime wedges and quinoa.

Dessert



Tip:

You can use any combination of fruit to blend or you can even use 100% fruit juice and add some diced fruit of your liking e.g. mango, berries, canned peaches or pineapple. Get creative and use whatever fruit you have in your fridge, perfect for using seasonal fruit.

For stripes of colour half fill moulds with one fruit, freeze for 4 hours or overnight then fill with a different flavour or colour of fruit or fruit yoghurt before freezing.



Tutti Frutti watermelon popsicles

Serves 4

Prep: 5 mins + Freezing

Ingredients

- 200g watermelon flesh
- 200g natural yoghurt
- 8 mint leaves
- * You will need ice block moulds or plastic cups and paddlepop sticks for this recipe

Instructions

1. Place all ingredients into a blender and blend until smooth
2. Pour into 4 disposable plastic cups or iceblock moulds.
3. Insert paddlepop sticks and freeze for 4-6 hours or overnight until solid.
4. Stand at room temperature for a few minutes before removing from mould.




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