

Liver-Friendly Cookbook

70 recipes • 14 breakfasts • 28 lunches • 28 dinners

High protein • no added salt • metric • one serve per recipe

Every recipe in this book carries a calculated nutrition panel: energy, protein, fat, carbohydrate, fibre and sodium.

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How to use this book

This book collects 14 breakfasts, 28 lunches and 28 dinners into a single four-week rotation. Each recipe serves one adult, uses metric measurements, and is written to be cooked on a weeknight or assembled ahead for work.

The breakfasts are built around protein first, which is what keeps you full through the morning; each one names the parts you can scale up or down to suit your appetite without touching the protein. There are fourteen, so they run on a fortnightly rotation across the four weeks. Lunches are built mostly around wraps and cold plates because they travel well. Dinners are hot meals designed to be cooked in roughly 25 minutes. Weeks are interchangeable - cook them in any order, repeat the ones you like, and use the shopping lists at the back to buy for a week at a time.

Cooking without salt

No recipe in this book adds salt. Flavour is built by layering instead: **acid** (lemon, lime, vinegar), **heat** (chilli, pepper, spices), **aromatics** (garlic, ginger, onion), **bitterness** (herbs and greens), and **texture** (char, roasting, caramelisation). Cook proteins hot and rest them before slicing, use spices generously and fats deliberately, and finish every plate with herbs, citrus or chilli.

The sodium that does appear comes almost entirely from packaged ingredients - wraps, crackers, olives and canned fish. A 70 g wholegrain wrap alone carries roughly 315 mg. Where sodium matters to you, choose the lowest-sodium wrap on the shelf, rinse canned beans and fish, or swap the wrap for lettuce cups.

Reading the nutrition panel

Every recipe shows energy in kilojoules and Calories, then protein, fat, carbohydrate, fibre and sodium per serve. These figures are calculated from the listed ingredient weights using standard food composition data for Australian retail foods. They are good estimates for planning, not label-accurate values - brands vary, and so does the size of a 'medium' tomato.

Meat and fish weights are raw unless the ingredient says roast, grilled or cooked. Rice, quinoa, couscous, bulgur and lentils are cooked weights.

Important. This book is educational content, not medical or dietetic advice. Nutrition needs differ widely between individuals, and they differ a great deal in liver disease, kidney disease, diabetes and pregnancy. Always check with your doctor or an Accredited Practising Dietitian before changing how you eat, particularly if you are managing a diagnosed condition or taking medication.

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BREAKFAST 1 • 5 min

Greek Yogurt & Berry Bowl

2155 kJ ENERGY	515 kcal	31 g PROTEIN	25 g FAT	34 g CARBS	10 g FIBRE	133 mg SODIUM
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INGREDIENTS

- Greek yogurt 250 g
 - Frozen mixed berries 100 g
 - Light milk 50 ml
- Granola 20 g
 - Slivered almonds 10 g
 - Chia seeds 12 g

Quantities are the standard serve. To make it lighter or larger, change only the granola, slivered almonds, chia seeds and leave the protein as it is.

METHOD

1. Tip the berries into the bowl and leave them 5 minutes to soften, or warm them 30 seconds if you want them soft through.
2. Spoon the yogurt over, loosen with the milk.
3. Scatter the granola, almonds and chia on top.
4. A pinch of cinnamon lifts it without sugar.

BREAKFAST 2 • 8 min

Three-Egg Scramble with Spinach & Mushroom

1648 kJ ENERGY	394 kcal	28 g PROTEIN	22 g FAT	18 g CARBS	5 g FIBRE	398 mg SODIUM
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INGREDIENTS

- Eggs 3
 - Spinach 60 g
 - Mushrooms 80 g
- Olive oil 1 tsp
 - Black pepper to taste
 - Wholegrain toast 1 slice

Quantities are the standard serve. To make it lighter or larger, change only the wholegrain toast and leave the protein as it is.

METHOD

1. Slice the mushrooms and cook them hard in the oil until they colour - that browning is where the flavour comes from with no salt.
2. Add the spinach and let it wilt down.
3. Beat the eggs, pour them in, pull them through the pan over low heat.
4. Take them off while still slightly loose. Plenty of black pepper.
5. Toast alongside.

BREAKFAST 3 • 5 min

Cottage Cheese & Tomato on Toast

1453 kJ ENERGY	347 kcal	29 g PROTEIN	13 g FAT	25 g CARBS	4 g FIBRE	826 mg SODIUM
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INGREDIENTS

- Cottage cheese 200 g
 - Tomato 1 small
 - Fresh basil a few leaves
- Black pepper to taste
 - Wholegrain toast 1 slice
 - Olive oil 1 tsp

Quantities are the standard serve. To make it lighter or larger, change only the wholegrain toast, olive oil and leave the protein as it is.

Cottage cheese carries most of the salt in this one, around 660 mg. Swapping it for ricotta drops that to about 150 mg for similar protein.

METHOD

1. Toast the bread well.
2. Spread the cottage cheese thickly.
3. Slice the tomato, lay it over, tear the basil across.
4. Drizzle the oil, crack pepper over.

BREAKFAST 4 • 6 min

Protein Oats with Berries

1962 kJ ENERGY	469 kcal	37 g PROTEIN	14 g FAT	47 g CARBS	9 g FIBRE	182 mg SODIUM
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INGREDIENTS

- Rolled oats 50 g
 - Protein powder 25 g
 - Light milk 200 ml
- Frozen mixed berries 80 g
 - Slivered almonds 10 g

Quantities are the standard serve. To make it lighter or larger, change only the frozen mixed berries, slivered almonds and leave the protein as it is.

METHOD

1. Cook the oats with the milk, 3 minutes, stirring.
2. Take the pot off the heat and let it cool a minute - stir the protein powder in off the heat or it goes grainy.
3. Fold the berries through so they bleed into it.
4. Almonds on top.

BREAKFAST 5 • 10 min

Turmeric Tofu Scramble

1703 kJ ENERGY	407 kcal	31 g PROTEIN	21 g FAT	22 g CARBS	6 g FIBRE	43 mg SODIUM
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INGREDIENTS

- Firm tofu 200 g
 - Capsicum 60 g
 - Mushrooms 60 g
 - Turmeric 1 tsp
- Cumin 1 tsp
 - Olive oil 1 tsp
 - Fresh coriander 10 g
 - Corn tortillas 1 small

Quantities are the standard serve. To make it lighter or larger, change only the corn tortillas and leave the protein as it is.

METHOD

1. Press the tofu between paper towel for a minute, then crumble it.
2. Cook the capsicum and mushrooms in the oil until they take colour.
3. Add the tofu and spices, stir hard for 3 minutes.
4. Coriander through at the end. Warm the tortilla in the dry pan.

BREAKFAST 6 • 4 min

Ricotta & Banana Toast

1975 kJ ENERGY	472 kcal	25 g PROTEIN	21 g FAT	46 g CARBS	7 g FIBRE	392 mg SODIUM
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INGREDIENTS

- Ricotta (reduced fat) 150 g
 - Cinnamon 1/2 tsp
 - Wholegrain toast 1 1/2 slices
- Banana 1 small
 - Walnuts 10 g

Quantities are the standard serve. To make it lighter or larger, change only the wholegrain toast, banana, walnuts and leave the protein as it is.

METHOD

1. Toast the bread.
2. Spread the ricotta thickly and dust with cinnamon.
3. Slice the banana over the top.
4. Break the walnuts across by hand.

BREAKFAST 7 • 15 min

Baked Eggs with Tomato & Capsicum

1549 kJ ENERGY	370 kcal	20 g PROTEIN	17 g FAT	30 g CARBS	8 g FIBRE	307 mg SODIUM
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INGREDIENTS

- Eggs 2
- Tomato 2 small
- Capsicum 80 g
- Onion 1/2 small
- Smoked paprika 1 tsp
- Garlic 2 cloves
- Olive oil 1 tsp
- Fresh parsley 10 g
- Wholegrain toast 1 slice

Quantities are the standard serve. To make it lighter or larger, change only the wholegrain toast and leave the protein as it is.

METHOD

1. Soften the onion, capsicum and garlic in the oil, 5 minutes.
2. Add the chopped tomato and paprika, simmer until it thickens.
3. Make two wells, crack an egg into each, cover the pan.
4. Cook 4 minutes for a soft yolk. Parsley over. Toast to mop it up.

BREAKFAST 8 • 5 min, overnight

Chocolate Protein Chia Pudding

1742 kJ ENERGY	416 kcal	33 g PROTEIN	20 g FAT	21 g CARBS	13 g FIBRE	189 mg SODIUM
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INGREDIENTS

- Chia seeds 25 g
- Protein powder 20 g
- Light milk 250 ml
- Cocoa powder 1 tsp
- Frozen mixed berries 60 g
- Walnuts 10 g

Quantities are the standard serve. To make it lighter or larger, change only the frozen mixed berries, walnuts and leave the protein as it is.

METHOD

1. Whisk the milk, cocoa and protein powder smooth in a jar.
2. Stir the chia through, wait 2 minutes, stir again - that second stir is what stops it clumping.
3. Lid on, refrigerate overnight.
4. Berries and walnuts over it in the morning.

BREAKFAST 9 • 7 min

Smashed Avocado with Egg

1692 kJ ENERGY	404 kcal	21 g PROTEIN	21 g FAT	27 g CARBS	9 g FIBRE	378 mg SODIUM
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INGREDIENTS

- Eggs 2
 - Avocado 1/2 small
 - Lemon juice 2 tsp
- Chilli flakes pinch
 - Wholegrain toast 1 1/2 slices
 - Cherry tomatoes 60 g

Quantities are the standard serve. To make it lighter or larger, change only the wholegrain toast, cherry tomatoes and leave the protein as it is.

METHOD

1. Poach or fry the eggs however you like them.
2. Smash the avocado with the lemon juice and plenty of pepper.
3. Spread it on the toast, eggs on top.
4. Halve the tomatoes over, finish with chilli flakes.

BREAKFAST 10 • 12 min

High-Protein Pancakes

2448 kJ ENERGY	585 kcal	48 g PROTEIN	25 g FAT	37 g CARBS	7 g FIBRE	540 mg SODIUM
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INGREDIENTS

- Eggs 2
 - Cottage cheese 100 g
 - Rolled oats 40 g
 - Protein powder 15 g
- Olive oil 1 tsp
 - Frozen mixed berries 80 g
 - Greek yogurt 60 g

Quantities are the standard serve. To make it lighter or larger, change only the frozen mixed berries, greek yogurt and leave the protein as it is.

METHOD

1. Blitz the oats, eggs, cottage cheese and protein powder to a batter.
2. Rest it 5 minutes - it thickens and holds together far better.
3. Cook small pancakes in the oil over medium heat, about 2 minutes a side.
4. Warm the berries in the pan afterwards, spoon over with the yogurt.

BREAKFAST 11 • 8 min

Mushroom & Herb Omelette

1638 kJ ENERGY	391 kcal	27 g PROTEIN	22 g FAT	18 g CARBS	4 g FIBRE	368 mg SODIUM
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INGREDIENTS

- Eggs 3
 - Mushrooms 100 g
 - Fresh parsley 10 g
 - Olive oil 1 tsp
- Black pepper to taste
 - Wholegrain toast 1 slice
 - Rocket 20 g

Quantities are the standard serve. To make it lighter or larger, change only the wholegrain toast, rocket and leave the protein as it is.

METHOD

1. Cook the mushrooms hard in the oil until well browned. Set aside.
2. Beat the eggs with the parsley and pepper.
3. Pour into the hot pan, draw the edges in, let it set 2 minutes.
4. Mushrooms over one half, fold, slide out. Rocket and toast alongside.

BREAKFAST 12 • 4 min

Yogurt, Apple & LSA Bowl

1865 kJ ENERGY	446 kcal	29 g PROTEIN	24 g FAT	25 g CARBS	6 g FIBRE	104 mg SODIUM
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INGREDIENTS

- Greek yogurt 250 g
 - Cinnamon 1/2 tsp
 - Apple 1 small
- LSA mix 15 g
 - Pumpkin seeds 10 g

Quantities are the standard serve. To make it lighter or larger, change only the apple, lsa mix, pumpkin seeds and leave the protein as it is.

METHOD

1. Grate the apple coarsely, skin on, and stir it through the yogurt with the cinnamon.
2. Leave it 5 minutes if you have them - the apple softens and sweetens it.
3. LSA and pumpkin seeds over the top.

BREAKFAST 13 • 9 min

Black Bean & Egg Tortilla

1892 kJ ENERGY	452 kcal	25 g PROTEIN	20 g FAT	37 g CARBS	14 g FIBRE	330 mg SODIUM
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INGREDIENTS

- Eggs 2
 - Black beans (rinsed) 100 g
 - Fresh tomato salsa 40 g
 - Fresh coriander 10 g
- Cumin 1 tsp
 - Olive oil 1 tsp
 - Corn tortillas 1 small
 - Avocado 30 g

Quantities are the standard serve. To make it lighter or larger, change only the corn tortillas, avocado and leave the protein as it is.

METHOD

1. Warm the beans with the cumin, crushing a few against the pan.
2. Fry or scramble the eggs in the oil.
3. Warm the tortilla in the dry pan until it blisters.
4. Beans, eggs, salsa, avocado, coriander. Roll or eat open.

BREAKFAST 14 • 8 min with cooked quinoa

Quinoa Bowl with Poached Egg

1762 kJ ENERGY	421 kcal	24 g PROTEIN	23 g FAT	29 g CARBS	6 g FIBRE	176 mg SODIUM
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INGREDIENTS

- Eggs 2
 - Quinoa (cooked) 120 g
 - Spinach 50 g
 - Olive oil 1 tsp
- Lemon juice 2 tsp
 - Cherry tomatoes 80 g
 - Pumpkin seeds 10 g

Quantities are the standard serve. To make it lighter or larger, change only the cherry tomatoes, pumpkin seeds and leave the protein as it is.

METHOD

1. Warm the quinoa through with the spinach until it wilts.
2. Poach the eggs, 3 minutes for a running yolk.
3. Dress the quinoa with the oil and lemon - the acid does the work salt would otherwise do.
4. Eggs on top, tomatoes halved around, seeds scattered.

Mediterranean Chicken Salad Wrap

2080 kJ ENERGY	497 kcal	48 g PROTEIN	15 g FAT	36 g CARBS	6 g FIBRE	422 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1 large (70 g)
- Roast chicken breast 120 g
- Tomato 80 g (1 small)
- Cucumber 60 g
- Rocket 20 g
- Greek yogurt 30 g
- Lemon juice 10 ml
- Extra-virgin olive oil 5 ml
- Black pepper

PREP AHEAD

1. Roast 3–4 chicken breasts (≈700 g) with olive oil and pepper. (Or buy a roasted chook)
2. Cool and slice thinly.
3. Store refrigerated up to 4 days.

METHOD

1. Lay wrap flat on a board.
2. Mix yogurt with lemon juice and pepper.
3. Spread yogurt evenly over wrap leaving 2 cm border.
4. Place rocket along the centre line.
5. Slice tomato and cucumber thinly and layer over greens.
6. Add sliced chicken evenly.
7. Drizzle olive oil lightly.
8. Fold bottom of wrap over filling, tuck sides in, and roll tightly.

Vietnamese Lemongrass Chicken Wrap

1902 kJ ENERGY	455 kcal	47 g PROTEIN	10 g FAT	39 g CARBS	6 g FIBRE	434 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1 (70 g)
- Lemongrass grilled chicken 120 g
- Shredded carrot 50 g
- Cucumber 60 g
- Fresh mint 10 g
- Fresh coriander 10 g
- Greek yogurt 20 g
- Lime juice 15 ml

PREP AHEAD

1. Cook lemongrass chicken with dinner batch:
2. Chicken marinade:
 - Lemongrass – 20 g
 - Garlic – 1 clove
 - Lime juice – 20 ml

3. Grill and slice.

METHOD

1. Spread yogurt thinly on wrap.
2. Add carrot and cucumber strips.
3. Scatter mint and coriander.
4. Lay chicken slices evenly.
5. Drizzle lime juice.
6. Roll tightly.

Greek Lamb Wrap

2098 kJ ENERGY	501 kcal	42 g PROTEIN	20 g FAT	37 g CARBS	6 g FIBRE	520 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Roast lamb 110 g
 - Tomato 80 g
- Red onion 20 g
 - Cos lettuce 30 g
 - Tzatziki 40 g

PREP AHEAD

1. Tzatziki (4 servings)
 - Greek yogurt – 200 g
 - Grated cucumber – 120 g
 - Garlic – 1 clove
 - Lemon juice – 15 ml
2. Store refrigerated.

METHOD

1. Spread tzatziki evenly.
2. Layer lettuce leaves.
3. Add tomato slices.
4. Add lamb slices.
5. Sprinkle onion.
6. Roll tightly.

Mexican Chicken Avocado Wrap

2084 kJ ENERGY	498 kcal	46 g PROTEIN	15 g FAT	38 g CARBS	9 g FIBRE	554 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Roast chicken 120 g
 - Capsicum 70 g
- Avocado 40 g
 - Fresh tomato salsa 50 g
 - Lime juice 10 ml

PREP AHEAD

1. Fresh Salsa
 - Tomato – 200 g
 - Red onion – 40 g
 - Lime – 20 ml
 - Coriander – 10 g

METHOD

1. Mash avocado across wrap.
2. Add sliced chicken.
3. Add capsicum strips.
4. Spoon salsa along centre.
5. Squeeze lime juice.
6. Roll firmly.

Japanese Chicken Cabbage Wrap

1997 kJ ENERGY	477 kcal	48 g PROTEIN	11 g FAT	40 g CARBS	8 g FIBRE	440 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Roast chicken 120 g
 - Shredded cabbage 80 g
 - Carrot 40 g
- Greek yogurt 25 g
 - Sesame seeds 3 g
 - Rice vinegar 10 ml

PREP AHEAD

1. Slice cabbage and carrot and store in airtight container.

METHOD

1. Mix yogurt and rice vinegar.
2. Spread over wrap.
3. Add cabbage and carrot.
4. Add chicken slices.
5. Sprinkle sesame seeds.
6. Roll tightly.

Italian Tuna & White Bean Wrap

1890 kJ ENERGY	452 kcal	39 g PROTEIN	10 g FAT	47 g CARBS	10 g FIBRE	484 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Tuna (low sodium) 100 g
 - Cooked cannellini beans 70 g
 - Tomato 80 g
- Parsley 10 g
 - Lemon juice 15 ml
 - Olive oil 5 ml

PREP AHEAD

1. Mix tuna, beans, lemon juice and parsley.

METHOD

1. Spread tuna mixture down centre of wrap.
2. Add tomato slices.
3. Drizzle olive oil.
4. Roll tightly.

Mediterranean Protein Plate (Mixed Lunch)

2605 kJ ENERGY	623 kcal	58 g PROTEIN	26 g FAT	28 g CARBS	7 g FIBRE	509 mg SODIUM
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INGREDIENTS

- Roast chicken 120 g
- Boiled eggs 2
- Cherry tomatoes 120 g
- Cucumber 120 g
- Hummus 40 g
- Wholegrain crackers 3 (30 g)

PREP AHEAD

1. Boil 6 eggs at once for the week.

METHOD

1. Slice eggs in halves.
2. Arrange chicken slices on plate.
3. Add tomatoes and cucumber.
4. Spoon hummus into small dish.
5. Serve with crackers.

Thai Chicken Crunch Wrap

2197 kJ ENERGY	525 kcal	50 g PROTEIN	15 g FAT	41 g CARBS	8 g FIBRE	442 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1 large (70 g)
- Roast chicken breast 120 g
- Shredded carrot 50 g
- Cucumber 60 g
- Red cabbage 40 g
- Fresh mint 10 g
- Greek yogurt 25 g
- Natural peanut butter 10 g
- Lime juice 10 ml

PREP AHEAD

1. Prepare peanut yogurt dressing (3 servings)
 - Greek yogurt – 90 g
 - Peanut butter – 30 g
 - Lime juice – 30 ml
 - Water – 10 ml

2. Whisk until smooth.

METHOD

1. Lay wrap flat.
2. Spread 2 tablespoons peanut yogurt dressing across centre.
3. Add carrot, cabbage and cucumber.
4. Scatter mint leaves.
5. Place sliced chicken evenly across vegetables.
6. Roll tightly, keeping vegetables packed inside.

Mediterranean Tuna & Olive Wrap

1622 kJ ENERGY	388 kcal	36 g PROTEIN	9 g FAT	36 g CARBS	6 g FIBRE	753 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
- Tuna (low sodium) 100 g
- Cucumber 60 g
- Tomato 80 g
- Kalamata olives 20 g
- Greek yogurt 25 g
- Lemon juice 10 ml
- Parsley 10 g

PREP AHEAD

1. Mix tuna, yogurt, lemon juice and parsley.
2. Store up to 2 days refrigerated.

METHOD

1. Spread tuna mixture evenly along wrap centre.
2. Slice cucumber and tomato thinly.
3. Scatter olives across the filling.
4. Fold bottom edge of wrap over filling.
5. Fold sides inward and roll tightly.

Turkish Lamb & Pepper Wrap

2056 kJ ENERGY	491 kcal	43 g PROTEIN	18 g FAT	38 g CARBS	6 g FIBRE	608 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
- Roast lamb 110 g
- Roasted red capsicum 80 g
- Lettuce 30 g
- Greek yogurt 30 g
- Garlic 1/2 clove finely grated
- Lemon juice 10 ml
- Smoked paprika 1/4 tsp

PREP AHEAD

1. Garlic yogurt sauce (4 servings)
 - Greek yogurt – 120 g
 - Garlic – 1 clove
 - Lemon juice – 20 ml

METHOD

1. Spread garlic yogurt sauce on wrap.
2. Add lettuce leaves.
3. Slice capsicum into strips and add.
4. Place lamb slices evenly across wrap.
5. Sprinkle smoked paprika lightly.
6. Roll firmly.

Mexican Turkey & Bean Wrap

2318 kJ ENERGY	554 kcal	50 g PROTEIN	12 g FAT	48 g CARBS	14 g FIBRE	439 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Roast turkey breast 120 g
 - Black beans (rinsed) 70 g
 - Tomato 80 g
- Avocado 40 g
 - Lime juice 10 ml
 - Coriander 10 g

PREP AHEAD

1. Cook turkey breast with dinner batch and slice.

METHOD

1. Mash avocado across wrap surface.
2. Add turkey slices evenly.
3. Spoon black beans along centre.
4. Add tomato slices.
5. Sprinkle coriander.
6. Drizzle lime juice.
7. Roll tightly.

Cold Quinoa Chicken Bowl (Mixed)

1711 kJ ENERGY	409 kcal	44 g PROTEIN	12 g FAT	27 g CARBS	5 g FIBRE	102 mg SODIUM
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INGREDIENTS

- Roast chicken 120 g
 - Cooked quinoa 100 g
 - Cucumber 80 g
 - Cherry tomatoes 100 g
- Red onion 20 g
 - Olive oil 5 ml
 - Lemon juice 15 ml
 - Parsley 10 g

PREP AHEAD

1. Cook 300 g quinoa at once and refrigerate.

METHOD

1. Place quinoa in bowl.
2. Dice cucumber and tomatoes and add.
3. Slice chicken into strips.
4. Add red onion and parsley.
5. Drizzle olive oil and lemon juice.
6. Toss gently.

Vietnamese Beef Herb Wrap

1973 kJ ENERGY	472 kcal	44 g PROTEIN	14 g FAT	38 g CARBS	6 g FIBRE	416 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Grilled beef 110 g
 - Shredded carrot 50 g
 - Cucumber 60 g
- Fresh mint 10 g
 - Fresh coriander 10 g
 - Greek yogurt 20 g
 - Lime juice 15 ml

PREP AHEAD

1. Grill 400 g beef steak with dinner prep and slice thinly.

METHOD

1. Spread yogurt lightly on wrap.
2. Add carrot and cucumber.
3. Scatter mint and coriander.
4. Lay beef slices along centre.
5. Drizzle lime juice.
6. Roll tightly.

Greek Chicken Tzatziki Wrap

1993 kJ ENERGY	476 kcal	47 g PROTEIN	12 g FAT	37 g CARBS	6 g FIBRE	528 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Roast chicken 120 g
 - Cucumber 80 g
 - Tomato 80 g
- Tzatziki 40 g
 - Lettuce 30 g
 - Lemon juice 10 ml

PREP AHEAD

1. Prepare tzatziki earlier in the week (see Day 3 recipe).

METHOD

1. Spread tzatziki across wrap.
2. Add lettuce leaves.
3. Slice cucumber and tomato thinly.
4. Add sliced chicken evenly.
5. Drizzle lemon juice.
6. Roll tightly.
7. **
8. **

Italian Chicken Pesto Wrap

2414 kJ ENERGY	577 kcal	49 g PROTEIN	24 g FAT	35 g CARBS	6 g FIBRE	633 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1 large (70 g)
- Roast chicken breast 120 g
- Cherry tomatoes 80 g
- Rocket 20 g
- Basil pesto (low sodium) 25 g
- Parmesan cheese 10 g
- Black pepper

PREP AHEAD

1. Roast Chicken Batch
2. Chicken breast – 700 g
3. Olive oil – 10 ml
4. Black pepper
5. Roast 180°C for 22 minutes, cool and slice.

METHOD

1. Lay wrap flat.
2. Spread pesto evenly over wrap.
3. Add rocket leaves.
4. Halve cherry tomatoes and scatter over greens.
5. Arrange sliced chicken across centre.
6. Sprinkle parmesan.
7. Roll tightly, folding bottom first.

Moroccan Chicken Chickpea Wrap

2336 kJ ENERGY	558 kcal	54 g PROTEIN	12 g FAT	53 g CARBS	12 g FIBRE	464 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
- Roast chicken 120 g
- Cooked chickpeas 80 g
- Cucumber 60 g
- Greek yogurt 30 g
- Lemon juice 10 ml
- Ground cumin 1/2 tsp
- Paprika 1/2 tsp
- Fresh parsley 10 g

PREP AHEAD

1. Season chickpeas:
2. Chickpeas 240 g
3. Cumin 1 tsp
4. Paprika 1 tsp
5. Lemon juice 20 ml
6. Store refrigerated.

METHOD

1. Spread yogurt across wrap.
2. Dice cucumber and scatter.
3. Spoon seasoned chickpeas along centre.
4. Add sliced chicken.
5. Sprinkle parsley.
6. Roll firmly.

Japanese Sesame Tuna Wrap

1729 kJ ENERGY	413 kcal	37 g PROTEIN	10 g FAT	40 g CARBS	8 g FIBRE	476 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Tuna (low sodium) 100 g
 - Shredded cabbage 80 g
 - Carrot 40 g
- Greek yogurt 25 g
 - Rice vinegar 10 ml
 - Sesame seeds 5 g
 - Sesame oil 2 ml

PREP AHEAD

1. Tuna mixture:
2. Tuna 200 g
3. Greek yogurt 50 g
4. Rice vinegar 20 ml
5. Sesame oil 4 ml

METHOD

1. Spread tuna mixture along wrap centre.
2. Add cabbage and carrot.
3. Sprinkle sesame seeds.
4. Fold bottom of wrap upward.
5. Roll tightly.

Mexican Chicken Corn Wrap

2289 kJ ENERGY	547 kcal	48 g PROTEIN	15 g FAT	48 g CARBS	10 g FIBRE	417 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Roast chicken 120 g
 - Sweet corn 70 g
 - Capsicum 60 g
- Avocado 40 g
 - Lime juice 10 ml
 - Fresh coriander 10 g

PREP AHEAD

1. Prepare corn salad:
2. Corn 200 g
3. Capsicum 120 g
4. Lime juice 20 ml

METHOD

1. Mash avocado over wrap.
2. Add sliced chicken.
3. Spoon corn mixture along centre.
4. Sprinkle coriander.
5. Roll tightly.

Mediterranean Protein Plate (Mixed)

2775 kJ ENERGY	663 kcal	58 g PROTEIN	30 g FAT	28 g CARBS	7 g FIBRE	510 mg SODIUM
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INGREDIENTS

- Roast chicken 120 g
 - Boiled eggs 2
 - Cherry tomatoes 120 g
 - Cucumber 120 g
- Hummus 40 g
 - Wholegrain crackers 3 (30 g)
 - Olive oil 5 ml

PREP AHEAD

1. Boil 6 eggs at once:
2. Place eggs in cold water
3. Bring to boil
4. Cook 9 minutes
5. Cool in ice water

METHOD

1. Slice eggs in halves.
2. Arrange chicken slices on plate.
3. Add tomatoes and cucumber.
4. Spoon hummus into small dish.
5. Drizzle olive oil lightly.
6. Serve with crackers.

Thai Beef Herb Wrap

1973 kJ ENERGY	472 kcal	44 g PROTEIN	14 g FAT	38 g CARBS	6 g FIBRE	416 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Grilled beef steak 110 g
 - Shredded carrot 50 g
 - Cucumber 60 g
- Fresh mint 10 g
 - Fresh coriander 10 g
 - Greek yogurt 20 g
 - Lime juice 15 ml

PREP AHEAD

1. Grill beef:
2. Steak 400 g
3. Black pepper
4. Slice thinly across grain.

METHOD

1. Spread yogurt lightly across wrap.
2. Add carrot and cucumber.
3. Scatter mint and coriander.
4. Lay beef slices evenly.
5. Drizzle lime juice.
6. Roll tightly.

Greek Lamb Tzatziki Wrap

2080 kJ ENERGY	497 kcal	42 g PROTEIN	20 g FAT	36 g CARBS	6 g FIBRE	521 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
- Roast lamb 110 g
- Tomato 80 g
- Cos lettuce 30 g
- Tzatziki 40 g
- Lemon juice 10 ml
- Fresh oregano 5 g

PREP AHEAD

1. Use leftover tzatziki batch from Week 1.

METHOD

1. Spread tzatziki across wrap.
2. Layer lettuce leaves.
3. Add sliced tomato.
4. Place lamb slices evenly.
5. Sprinkle oregano.
6. Drizzle lemon juice.
7. Roll tightly.
8. **
9. **

Vietnamese Chicken Herb Wrap

1902 kJ ENERGY	455 kcal	47 g PROTEIN	10 g FAT	38 g CARBS	6 g FIBRE	434 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1 large (70 g)
- Roast chicken breast 120 g
- Shredded carrot 50 g
- Cucumber 60 g
- Fresh mint 10 g
- Fresh coriander 10 g
- Greek yogurt 20 g
- Lime juice 15 ml
- Black pepper

PREP AHEAD

1. Roast 4 chicken breasts (≈700 g)
2. Olive oil – 10 ml
3. Black pepper
4. Roast 180°C for 22 minutes, cool and slice thinly.

METHOD

1. Lay wrap flat on board.
2. Spread yogurt lightly across wrap.
3. Add carrot and cucumber.
4. Scatter mint and coriander.
5. Arrange chicken slices along centre.
6. Drizzle lime juice.
7. Roll tightly while tucking sides in.

Mediterranean Tuna Olive Wrap

1622 kJ ENERGY	388 kcal	36 g PROTEIN	9 g FAT	36 g CARBS	6 g FIBRE	753 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
- Tuna (low sodium) 100 g
- Kalamata olives 20 g
- Tomato 80 g
- Cucumber 60 g
- Greek yogurt 25 g
- Lemon juice 10 ml
- Fresh parsley 10 g

PREP AHEAD

1. Mix tuna filling (2 servings):
2. Tuna – 200 g
3. Greek yogurt – 50 g
4. Lemon juice – 20 ml
5. Parsley – 20 g

METHOD

1. Spread tuna mixture along centre of wrap.
2. Slice cucumber and tomato thinly.
3. Scatter olives evenly.
4. Fold bottom of wrap upward.
5. Fold sides inward and roll tightly.

Turkish Chicken & Roasted Pepper Wrap

1930 kJ ENERGY	461 kcal	48 g PROTEIN	10 g FAT	38 g CARBS	6 g FIBRE	615 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
- Roast chicken 120 g
- Roasted red capsicum 80 g
- Lettuce 30 g
- Greek yogurt 30 g
- Garlic 1/2 clove grated
- Lemon juice 10 ml
- Smoked paprika 1/4 tsp

PREP AHEAD

1. Garlic yogurt sauce (4 servings)
2. Greek yogurt – 120 g
3. Garlic – 1 clove
4. Lemon juice – 20 ml

METHOD

1. Spread garlic yogurt sauce evenly on wrap.
2. Add lettuce leaves.
3. Slice roasted capsicum into strips and place on wrap.
4. Add chicken slices evenly.
5. Sprinkle smoked paprika lightly.
6. Roll firmly.

Cold Lentil Chicken Bowl (Mixed)

1931 kJ ENERGY	462 kcal	53 g PROTEIN	10 g FAT	32 g CARBS	14 g FIBRE	102 mg SODIUM
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INGREDIENTS

- Roast chicken 120 g
- Cooked lentils 150 g
- Cucumber 80 g
- Cherry tomatoes 100 g
- Red onion 20 g
- Olive oil 5 ml
- Lemon juice 15 ml
- Fresh parsley 10 g

PREP AHEAD

1. Cook lentils (4 servings):
2. Dry lentils – 200 g
3. Water – 600 ml
4. Simmer 20 minutes, cool and refrigerate.

METHOD

1. Place lentils into bowl.
2. Dice cucumber and tomatoes and add.
3. Slice chicken breast into strips.
4. Add red onion and parsley.
5. Drizzle olive oil and lemon juice.
6. Toss gently before serving.

Mexican Turkey & Bean Wrap

2318 kJ ENERGY	554 kcal	50 g PROTEIN	12 g FAT	48 g CARBS	14 g FIBRE	439 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
- Roast turkey breast 120 g
- Black beans (rinsed) 70 g
- Tomato 80 g
- Avocado 40 g
- Lime juice 10 ml
- Fresh coriander 10 g

PREP AHEAD

1. Roast turkey breast batch:
2. Turkey breast – 600 g
3. Olive oil – 10 ml
4. Black pepper
5. Roast 180°C for 30 minutes, cool and slice.

METHOD

1. Mash avocado across wrap.
2. Add turkey slices evenly.
3. Spoon black beans along centre.
4. Add tomato slices.
5. Sprinkle coriander.
6. Drizzle lime juice.
7. Roll tightly.

Italian Chicken Rocket Wrap

2121 kJ ENERGY	507 kcal	48 g PROTEIN	16 g FAT	36 g CARBS	6 g FIBRE	561 mg SODIUM
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INGREDIENTS

- Wholegrain wrap 1
 - Roast chicken 120 g
 - Rocket 20 g
 - Tomato 80 g
- Parmesan cheese 10 g
 - Olive oil 5 ml
 - Balsamic vinegar 10 ml
 - Black pepper

PREP AHEAD

1. Slice chicken breast thinly and store chilled.

METHOD

1. Lay wrap flat.
2. Add rocket leaves along centre.
3. Place tomato slices on top.
4. Arrange chicken slices evenly.
5. Drizzle olive oil and balsamic vinegar.
6. Sprinkle parmesan and black pepper.
7. Roll tightly.

High Protein Snack Plate (Mixed)

2839 kJ ENERGY	679 kcal	70 g PROTEIN	28 g FAT	27 g CARBS	5 g FIBRE	754 mg SODIUM
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INGREDIENTS

- Roast chicken 120 g
 - Boiled eggs 2
 - Cottage cheese 120 g
 - Cherry tomatoes 120 g
- Cucumber 120 g
 - Wholegrain crackers 3 (30 g)
 - Olive oil 5 ml
 - Black pepper

PREP AHEAD

1. Boil eggs for the week:
2. Place eggs in cold water.
3. Bring to boil.
4. Cook 9 minutes.
5. Cool in ice water.
6. Store refrigerated.

METHOD

1. Slice eggs in halves.
2. Arrange chicken slices on plate.
3. Add cottage cheese in small bowl.
4. Add tomatoes and cucumber slices.
5. Drizzle olive oil lightly over vegetables.
6. Sprinkle black pepper.
7. Serve with crackers.
8. **
9. **

Thai Chilli Lime Chicken

1960 kJ ENERGY	468 kcal	49 g PROTEIN	10 g FAT	41 g CARBS	4 g FIBRE	205 mg SODIUM
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INGREDIENTS

- Chicken breast 180 g
- Jasmine rice (cooked) 120 g
- Zucchini 150 g
- Asian greens 120 g
- Garlic 2 cloves, minced
- Fresh chilli 1–2, sliced
- Lime juice 20 ml
- Lime zest 1/2 lime
- Olive oil 1 tsp
- Coriander 10 g

METHOD

1. Cook rice; rest covered.
2. Marinate chicken with lime, zest, half garlic and chilli (10–30 min).
3. Grill chicken hot, 3–4 min per side; rest.
4. Sauté vegetables quickly with remaining garlic and oil.
5. Finish with coriander and extra lime.

Middle Eastern Spiced Fish

2448 kJ ENERGY	585 kcal	49 g PROTEIN	18 g FAT	49 g CARBS	12 g FIBRE	234 mg SODIUM
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INGREDIENTS

- White fish 200 g
- Sweet potato 200 g
- Cauliflower 150 g
- Olive oil 1 1/2 tsp
- Cumin 1 tsp
- Coriander 1 tsp
- Smoked paprika 1/2 tsp
- Lemon zest 1/2 lemon
- Tahini 1 tbsp
- Lemon juice 15 ml
- Garlic 1 clove

METHOD

1. Roast vegetables with spices at 200°C until caramelised.
2. Whisk tahini, lemon juice, garlic and water.
3. Pan-sear fish, 2–3 min per side.
4. Plate vegetables, fish, tahini, lemon zest.

Tandoori Chicken Bowl

2505 kJ ENERGY	599 kcal	65 g PROTEIN	13 g FAT	53 g CARBS	7 g FIBRE	220 mg SODIUM
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INGREDIENTS

- Chicken breast 200 g
- Greek yoghurt 120 g
- Turmeric 1/2 tsp
- Garam masala 1 tsp
- Chilli powder 1/2–1 tsp
- Cauliflower 150 g
- Capsicum 100 g
- Basmati rice (cooked) 130 g
- Lemon juice 15 ml

METHOD

1. Marinate chicken in yoghurt, spices and lemon (30 min).
2. Roast vegetables at 220°C.
3. Grill chicken hot until charred.
4. Assemble bowl.

Korean-Style Beef (No Soy)

1648 kJ ENERGY	394 kcal	47 g PROTEIN	16 g FAT	10 g CARBS	5 g FIBRE	126 mg SODIUM
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INGREDIENTS

- Lean beef or kangaroo 180 g
- Zucchini noodles 200 g
- Mushrooms 120 g
- Garlic 2 cloves
- Ginger 10 g
- Gochugaru 1–1 1/2 tsp
- Rice vinegar 15 ml
- Sesame oil 1 tsp
- Sesame seeds 1/2 tsp

METHOD

1. Slice beef thinly.
2. Sear beef hard; remove.
3. Add sesame oil, garlic, ginger, chilli.
4. Add mushrooms, zucchini, beef back in.
5. Finish with vinegar and sesame seeds.

Moroccan Lamb or Tofu

2065 kJ ENERGY	494 kcal	40 g PROTEIN	16 g FAT	40 g CARBS	11 g FIBRE	116 mg SODIUM
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INGREDIENTS

- Lean lamb 150 g or firm tofu – 220 g
 - Eggplant 200 g
 - Capsicum 100 g
 - Couscous (cooked) 120 g
 - Ras el hanout 1 1/2 tsp
- Chilli 1/2 tsp
 - Lemon juice 20 ml
 - Olive oil 1 tsp
 - Parsley 10 g

METHOD

1. Rub protein with spices and lemon.
2. Grill lamb or sear tofu.
3. Char vegetables.
4. Steam couscous.
5. Finish with parsley and lemon.

Mexican-Style Fish or Chicken

1886 kJ ENERGY	451 kcal	42 g PROTEIN	13 g FAT	35 g CARBS	9 g FIBRE	180 mg SODIUM
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INGREDIENTS

- Fish or chicken 180 g
 - Corn tortillas 2 small
 - Capsicum 120 g
 - Onion 80 g
 - Avocado 30 g
- Lime juice 20 ml
 - Smoked paprika 1 tsp
 - Cumin 1/2 tsp
 - Olive oil 1 tsp
 - Coriander 10 g

METHOD

1. Spice protein and sear hot.
2. Char onion and capsicum.
3. Warm tortillas.
4. Assemble and finish with coriander.

Mediterranean Herb Chicken

2108 kJ ENERGY	504 kcal	53 g PROTEIN	11 g FAT	43 g CARBS	7 g FIBRE	141 mg SODIUM
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INGREDIENTS

- Chicken breast 200 g
 - Potatoes 200 g
 - Tomato 120 g
 - Cucumber 120 g
 - Garlic 2 cloves
- Oregano 1 tsp
 - Lemon juice 20 ml
 - Olive oil 1 tsp
 - Chilli flakes 1/2 tsp

METHOD

1. Roast potatoes with garlic and oregano.
2. Grill chicken with lemon and chilli.
3. Toss salad with lemon.
4. Serve hot and fresh together.

Japanese Ginger Chicken (No Soy)

2388 kJ ENERGY	571 kcal	46 g PROTEIN	22 g FAT	46 g CARBS	5 g FIBRE	192 mg SODIUM
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INGREDIENTS

- Chicken thigh (skinless) 200 g
 - Rice (cooked) 120 g
 - Broccolini 150 g
 - Ginger 15 g
- Garlic 1 clove
 - Rice vinegar 20 ml
 - Honey 5 ml
 - Sesame oil 1 tsp

METHOD

1. Method: Marinate chicken 20 min, pan-sear until caramelised, steam
2. broccolini, reduce pan juices, serve over rice.

Sicilian Lemon Oregano Fish

1967 kJ ENERGY	470 kcal	46 g PROTEIN	7 g FAT	44 g CARBS	7 g FIBRE	181 mg SODIUM
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INGREDIENTS

- White fish 200 g
 - New potatoes 220 g
 - Cherry tomatoes 150 g
 - Garlic 2 cloves
- Oregano 1 tsp
 - Lemon juice 25 ml
 - Olive oil 1 tsp

METHOD

1. Method: Roast potatoes, pan-sear fish, warm tomatoes, finish with
2. lemon.

Vietnamese Lemongrass Beef

1900 kJ ENERGY	454 kcal	46 g PROTEIN	10 g FAT	42 g CARBS	4 g FIBRE	133 mg SODIUM
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INGREDIENTS

- Lean beef 180 g
 - Rice noodles (cooked) 120 g
 - Bean sprouts 100 g
 - Cucumber 100 g
- Lemongrass 20 g
 - Garlic 1 clove
 - Lime juice 20 ml

METHOD

1. Method: Marinate beef, sear hot, assemble bowl with herbs.

Spanish Paprika Turkey

1942 kJ ENERGY	464 kcal	54 g PROTEIN	4 g FAT	44 g CARBS	8 g FIBRE	128 mg SODIUM
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INGREDIENTS

- Turkey breast 200 g
 - Potatoes 200 g
 - Red capsicum 150 g
- Smoked paprika 1 1/2 tsp
 - Garlic 2 cloves
 - Sherry vinegar 15 ml

METHOD

1. Method: Roast vegetables, grill turkey, deglaze pan with vinegar.

Indonesian Turmeric Fish

1907 kJ ENERGY	456 kcal	47 g PROTEIN	6 g FAT	43 g CARBS	5 g FIBRE	180 mg SODIUM
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INGREDIENTS

- White fish 200 g
 - Rice (cooked the day before then frozen) 120 g
 - Green beans 150 g
 - Turmeric 1/2 tsp
- Ginger 10 g
 - Garlic 1 clove
 - Coconut milk (light) 50 ml
 - Lime juice 20 ml

METHOD

1. Method: Simmer fish gently with spices, finish with coconut milk and
2. lime.

Greek Chicken & Lentils

1912 kJ ENERGY	457 kcal	63 g PROTEIN	6 g FAT	32 g CARBS	16 g FIBRE	196 mg SODIUM
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INGREDIENTS

- Chicken breast 200 g
 - Cooked lentils 150 g
 - Spinach 100 g
- Red onion 50 g
 - Lemon juice 25 ml
 - Oregano 1 tsp

METHOD

1. Method: Grill chicken, warm lentils with spinach, finish with lemon.

Peruvian Ají Chicken

2304 kJ ENERGY	551 kcal	50 g PROTEIN	21 g FAT	43 g CARBS	6 g FIBRE	227 mg SODIUM
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INGREDIENTS

- Chicken thigh 200 g
 - Quinoa (cooked) 120 g
 - Sweetcorn 80 g
- Ají amarillo paste 1 tsp
 - Greek yoghurt 40 g
 - Lime juice 20 ml

METHOD

1. Method: Marinate, grill hard, serve over quinoa.

Chinese Five-Spice Chicken

2074 kJ ENERGY	496 kcal	44 g PROTEIN	17 g FAT	42 g CARBS	2 g FIBRE	252 mg SODIUM
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INGREDIENTS

- Chicken thigh 200 g
- Rice (cooked) 120 g
- Bok choy 150 g
- Five-spice 1/2 tsp
- Garlic 2 cloves
- Rice vinegar 20 ml
- Honey 5 ml

METHOD

1. Method: Marinate, sear, steam bok choy, glaze and serve.

French Turkey with Lentils

1924 kJ ENERGY	460 kcal	64 g PROTEIN	4 g FAT	35 g CARBS	16 g FIBRE	191 mg SODIUM
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INGREDIENTS

- Turkey breast 200 g
- Lentils (cooked) 160 g
- Carrot 80 g
- Celery 50 g
- Thyme 1 tsp

METHOD

1. Method: Simmer lentils gently, pan-sear turkey, serve together.

Malaysian Turmeric Fish

2198 kJ ENERGY	525 kcal	48 g PROTEIN	14 g FAT	43 g CARBS	5 g FIBRE	181 mg SODIUM
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INGREDIENTS

- White fish 200 g
 - Rice (cooked) 120 g
 - Green beans 150 g
- Turmeric 1/2 tsp
 - Ginger 10 g
 - Coconut milk 60 ml

METHOD

1. Method: Cook fish gently, add coconut milk, serve with beans.

Italian Chicken Cacciatore

1423 kJ ENERGY	340 kcal	53 g PROTEIN	6 g FAT	15 g CARBS	6 g FIBRE	141 mg SODIUM
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INGREDIENTS

- Chicken breast 200 g
 - Cherry tomatoes 200 g
 - Mushrooms 120 g
- Onion 80 g
 - Garlic 2 cloves
 - Oregano 1 tsp

METHOD

1. Method: Sear chicken, simmer vegetables, return chicken and finish.

Persian-Spiced Lamb

1756 kJ ENERGY	420 kcal	39 g PROTEIN	12 g FAT	37 g CARBS	4 g FIBRE	178 mg SODIUM
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INGREDIENTS

- Lean lamb 150 g
- Rice (cooked) 120 g
- Spinach 120 g
- Cumin 1 tsp
- Cinnamon 1/4 tsp
- Turmeric 1/2 tsp

METHOD

1. Method: Spice lamb, sear hot, wilt spinach, serve with rice.

Caribbean Jerk Fish

1838 kJ ENERGY	439 kcal	45 g PROTEIN	3 g FAT	52 g CARBS	10 g FIBRE	188 mg SODIUM
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INGREDIENTS

- Firm fish 200 g
- Sweet potato 220 g
- Capsicum 120 g
- Allspice 1/2 tsp
- Thyme 1 tsp
- Lime juice 25 ml

METHOD

1. Method: Roast vegetables, grill fish, finish with lime.

Scandinavian Dill Chicken

2157 kJ ENERGY	516 kcal	57 g PROTEIN	8 g FAT	45 g CARBS	9 g FIBRE	189 mg SODIUM
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INGREDIENTS

- Chicken breast 200 g
 - Baby potatoes 220 g
 - Green beans 150 g
- Greek yoghurt 40 g
 - Dijon (low salt) 1 tsp
 - Dill 10 g

METHOD

1. Method: Roast potatoes, grill chicken, mix yoghurt dressing.

Thai Basil Turkey

2151 kJ ENERGY	514 kcal	47 g PROTEIN	15 g FAT	42 g CARBS	5 g FIBRE	157 mg SODIUM
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INGREDIENTS

- Turkey mince 200 g
 - Rice (cooked) 120 g
 - Green beans 150 g
 - Garlic 2 cloves
- Chilli 1 tsp
 - Lime juice 20 ml
 - Basil 15 g

METHOD

1. Method: Stir-fry hot, finish with basil and lime.

Moroccan Fish Tagine

1655 kJ ENERGY	396 kcal	48 g PROTEIN	3 g FAT	37 g CARBS	6 g FIBRE	187 mg SODIUM
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INGREDIENTS

- Fish 200 g
 - Couscous (cooked) 120 g
 - Tomato 200 g
- Zucchini 120 g
 - Ras el hanout 1 1/2 tsp

METHOD

1. Method: Simmer gently, serve over couscous.

Argentinian Chimichurri Steak

1832 kJ ENERGY	438 kcal	44 g PROTEIN	9 g FAT	36 g CARBS	4 g FIBRE	116 mg SODIUM
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INGREDIENTS

- Lean beef 180 g
 - Potatoes 200 g
 - Parsley 15 g
- Garlic 2 cloves
 - Red wine vinegar 20 ml

METHOD

1. Method: Grill steak hard, spoon chimichurri over.

Japanese-Style Glazed Eggplant & Tofu

2166 kJ ENERGY	518 kcal	34 g PROTEIN	16 g FAT	51 g CARBS	10 g FIBRE	31 mg SODIUM
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INGREDIENTS

- Eggplant 250 g
 - Firm tofu 220 g
 - Rice (cooked) 120 g
- Ginger 10 g
 - Rice vinegar 20 ml
 - Honey 5 ml

METHOD

1. Method: Roast eggplant, glaze tofu, serve with rice.

Palak-Style Chicken

1457 kJ ENERGY	348 kcal	58 g PROTEIN	9 g FAT	8 g CARBS	5 g FIBRE	276 mg SODIUM
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INGREDIENTS

- Chicken breast 200 g
 - Spinach 200 g
 - Garlic 2 cloves
- Garam masala 1 tsp
 - Greek yoghurt 60 g

METHOD

1. Method: Simmer gently, finish with yoghurt.

Spanish Seafood Rice

1600 kJ ENERGY	382 kcal	39 g PROTEIN	4 g FAT	42 g CARBS	3 g FIBRE	411 mg SODIUM
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INGREDIENTS

- Mixed seafood 200 g
 - Rice (cooked) 120 g
 - Tomato 150 g
- Paprika 1 tsp
 - Garlic 2 cloves

METHOD

1. Method: Cook rice dry-style, fold through seafood.

Turkish Lamb & Peppers

1565 kJ ENERGY	374 kcal	37 g PROTEIN	12 g FAT	31 g CARBS	9 g FIBRE	109 mg SODIUM
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INGREDIENTS

- Lean lamb 150 g
 - Bulgur (cooked) 120 g
 - Capsicum 150 g
- Cumin 1 tsp
 - Lemon juice 20 ml

METHOD

1. Method: Char lamb and peppers, finish with lemon.

Shopping lists

Quantities are for one person for the stated week. Pantry staples - spices, vinegars, oils - are assumed on hand unless listed.

Lunches · Week 1

Proteins

- Chicken breast – 600 g
- Lamb roast or leftover lamb – 250 g
- Tuna (low sodium) – 2 cans (~200 g drained)
- Eggs – 6
- Hummus – 80 g

Herbs

- Parsley – 1 bunch
- Coriander – 1 bunch
- Mint – 1 bunch

Wraps & Grains

- Wholegrain wraps – 6
- Wholegrain crackers – 1 small pack (≈120 g)

Dairy

- Greek yogurt – 300 g

Vegetables

- Tomato – 4 medium (~320 g)
- Cucumber – 2 (~300 g)
- Cherry tomatoes – 200 g
- Rocket – 40 g
- Carrot – 1 large (~120 g)
- Red onion – 1 small
- Capsicum – 1
- Lettuce – 1 small cos

Pantry

- Lemon – 2
- Olive oil
- Sesame seeds
- Crackers

Lunches · Week 2

Proteins

- Chicken breast – 500 g
- Turkey breast – 250 g
- Beef steak – 250 g
- Tuna – 1 can (~100 g drained)

Herbs

- Mint – 1 bunch
- Coriander – 1 bunch
- Parsley – 1 bunch

Wraps & Grains

- Wholegrain wraps – 6
- Quinoa (dry) – 120 g

Dairy

- Greek yogurt – 250 g

Vegetables

- Cucumber – 2
- Tomato – 4
- Cherry tomatoes – 150 g
- Carrot – 2
- Red cabbage – 120 g
- Capsicum – 1
- Avocado – 1
- Lettuce – 1 small

Pantry

- Lime – 3
- Peanut butter – 40 g
- Black beans – 1 small can

Lunches · Week 3

Proteins

- Chicken breast – 500 g
- Lamb – 200 g
- Beef steak – 250 g
- Tuna – 1 can
- Eggs – 6

Legumes

- Chickpeas – 1 can

Pantry

- Basil pesto – 50 g
- Lime – 2
- Sesame seeds
- Corn kernels – 1 small can

Wraps

- Wholegrain wraps – 6

Herbs

- Mint – 1 bunch
- Coriander – 1 bunch
- Parsley – 1 bunch

Vegetables

- Cherry tomatoes – 200 g
- Cucumber – 2
- Carrot – 2
- Cabbage – 150 g
- Capsicum – 1
- Lettuce – 1

Dairy

- Greek yogurt – 250 g

Lunches · Week 4

Proteins

- Chicken breast – 500 g
- Turkey breast – 250 g
- Tuna – 1 can
- Eggs – 6
- Cottage cheese – 200 g

Legumes

- Lentils (dry) – 120 g
- Black beans – 1 can

Pantry

- Olive oil
- Lemon – 2
- Balsamic vinegar
- Crackers

Wraps

- Wholegrain wraps – 6

Herbs

- Mint – 1 bunch
- Coriander – 1 bunch
- Parsley – 1 bunch

Vegetables

- Tomato – 4
- Cherry tomatoes – 200 g
- Cucumber – 2
- Carrot – 1
- Capsicum – 1
- Lettuce – 1
- Avocado – 1

Dairy

- Greek yogurt – 250 g

Dinners · Week 1

Proteins

- Chicken breast – 960 g
- Lean beef or kangaroo – 180 g
- Lean lamb – 150 g
- White fish – 200 g

Grains & Starches (dry weights)

- Jasmine rice – 200 g
- Basmati rice – 90 g
- Couscous – 60 g
- Corn tortillas – 2 small (50 g)
- Potatoes – 200 g

Vegetables

- Zucchini – 350 g
- Asian greens – 120 g
- Sweet potato – 200 g
- Cauliflower – 300 g
- Capsicum – 200 g
- Eggplant – 200 g
- Onion – 80 g
- Tomato – 120 g
- Cucumber – 120 g

Dairy / Fats

- Greek yoghurt – 120 g
- Tahini – 15 g

Herbs, Aromatics & Citrus

- Garlic – 2 bulbs
- Fresh chilli
- Coriander – 30 g
- Parsley – 10 g
- Lemons – 4
- Limes – 3

Dinners · Week 2

Proteins

- Chicken thigh (skinless) – 400 g
- Chicken breast – 200 g
- Lean beef – 180 g
- Turkey breast – 200 g
- White fish – 400 g

Grains & Legumes (dry weights)

- Short-grain rice – 90 g
- Jasmine rice – 90 g
- Rice noodles – 60 g
- Quinoa – 60 g
- Lentils (dry equivalent) – 70 g
- Potatoes – 200 g

Vegetables

- Broccolini – 150 g
- Cherry tomatoes – 150 g
- Bean sprouts – 100 g
- Cucumber – 100 g
- Capsicum – 150 g
- Green beans – 150 g
- Sweetcorn – 80 g
- Spinach – 100 g

Dairy / Fats

- Greek yoghurt – 80 g
- Coconut milk (light) – 50 ml

Herbs, Aromatics & Citrus

- Garlic – 2 bulbs
- Ginger – 40 g
- Lemongrass – 20 g
- Spring onion – 10 g
- Mint – 10 g
- Coriander – 20 g
- Lemons – 3
- Limes – 3

Dinners · Week 3

Proteins

- Chicken thigh – 200 g
- Chicken breast – 400 g
- Turkey breast – 200 g
- Lean lamb – 150 g
- White fish – 200 g

Grains & Legumes (dry weights)

- Jasmine rice – 180 g
- Basmati rice – 90 g
- Lentils (dry equivalent) – 80 g
- Sweet potato – 220 g

Vegetables

- Bok choy – 150 g
- Carrot – 80 g
- Celery – 50 g
- Mushrooms – 120 g
- Onion – 80 g
- Cherry tomatoes – 200 g
- Spinach – 120 g
- Capsicum – 120 g
- Green beans – 150 g

Herbs, Aromatics & Citrus

- Garlic – 2 bulbs
- Ginger – 20 g
- Lemons – 3

Dinners · Week 4

Proteins

- Turkey mince – 200 g
- Chicken breast – 200 g
- Lean beef – 180 g
- Mixed seafood – 200 g
- Firm tofu – 220 g
- Lean lamb – 150 g

Dairy / Fats

- Greek yoghurt – 60 g

Grains & Starches (dry weights)

- Jasmine rice – 180 g
- Bulgur – 60 g
- Couscous – 60 g
- Potatoes – 200 g

Herbs, Aromatics & Citrus

- Garlic – 2 bulbs
- Ginger – 20 g
- Lemons – 3
- Fresh herbs (parsley, basil, dill)

Vegetables

- Capsicum – 300 g
- Tomatoes – 350 g
- Zucchini – 120 g
- Eggplant – 250 g
- Spinach – 200 g

One-hour Sunday prep

This session prepares every lunch component for the week ahead.

0–10 MINUTES

Start the proteins

- Preheat oven 180°C
- Season 600 g chicken breast with olive oil and pepper.
- Place in oven (22 minutes).

Optional if required that week:

- Add turkey or beef to oven or pan.

10–20 MINUTES

Prepare grains & eggs

- Cook quinoa or lentils if needed that week.
- Place 6 eggs in pot:
- Bring to boil
- Cook 9 minutes
- Cool in cold water.

20–35 MINUTES

Prepare vegetables

Wash and cut:

- Cucumbers – slices
- Carrots – shredded
- Tomatoes – wedges
- Capsicum – strips
- Cabbage – shredded

Store each in airtight containers.

35–45 MINUTES

Prepare sauces

Mix small jars:

Lemon yogurt

- 200 g Greek yogurt
- 30 ml lemon juice

Garlic yogurt

- 200 g Greek yogurt
- 1 grated garlic clove

Peanut yogurt (if needed)

- 120 g yogurt
- 40 g peanut butter
- lime juice

45–55 MINUTES

Slice proteins

Remove cooked chicken.

Slice into 120 g portions.

Store in containers.

55–60 MINUTES

Final setup

Prepare grab containers:

Example:

Container 1 – chicken portions

Container 2 – sliced vegetables

Container 3 – herbs

Container 4 – sauces

Wraps stay sealed until needed.

Nutrition summary

All 70 recipes, per serve. Breakfasts are the standard portion. Calculated from listed ingredient weights using standard food composition data.

Breakfasts

	Recipe	kJ	kcal	Protein	Fat	Carbs	Fibre	Sodium
B1	Greek Yogurt & Berry Bowl	2155	515	31 g	25 g	34 g	10 g	133
B2	Three-Egg Scramble with Spinach & Mushroom	1648	394	28 g	22 g	18 g	5 g	398
B3	Cottage Cheese & Tomato on Toast	1453	347	29 g	13 g	25 g	4 g	826
B4	Protein Oats with Berries	1962	469	37 g	14 g	47 g	9 g	182
B5	Turmeric Tofu Scramble	1703	407	31 g	21 g	22 g	6 g	43
B6	Ricotta & Banana Toast	1975	472	25 g	21 g	46 g	7 g	392
B7	Baked Eggs with Tomato & Capsicum	1549	370	20 g	17 g	30 g	8 g	307
B8	Chocolate Protein Chia Pudding	1742	416	33 g	20 g	21 g	13 g	189
B9	Smashed Avocado with Egg	1692	404	21 g	21 g	27 g	9 g	378
B10	High-Protein Pancakes	2448	585	48 g	25 g	37 g	7 g	540
B11	Mushroom & Herb Omelette	1638	391	27 g	22 g	18 g	4 g	368
B12	Yogurt, Apple & LSA Bowl	1865	446	29 g	24 g	25 g	6 g	104
B13	Black Bean & Egg Tortilla	1892	452	25 g	20 g	37 g	14 g	330
B14	Quinoa Bowl with Poached Egg	1762	421	24 g	23 g	29 g	6 g	176

Lunches

	Recipe	kJ	kcal	Protein	Fat	Carbs	Fibre	Sodium
W1D1	Mediterranean Chicken Salad Wrap	2080	497	48 g	15 g	36 g	6 g	422
W1D2	Vietnamese Lemongrass Chicken Wrap	1902	455	47 g	10 g	39 g	6 g	434
W1D3	Greek Lamb Wrap	2098	501	42 g	20 g	37 g	6 g	520
W1D4	Mexican Chicken Avocado Wrap	2084	498	46 g	15 g	38 g	9 g	554
W1D5	Japanese Chicken Cabbage Wrap	1997	477	48 g	11 g	40 g	8 g	440
W1D6	Italian Tuna & White Bean Wrap	1890	452	39 g	10 g	47 g	10 g	484
W1D7	Mediterranean Protein Plate (Mixed Lunch)	2605	623	58 g	26 g	28 g	7 g	509
W2D8	Thai Chicken Crunch Wrap	2197	525	50 g	15 g	41 g	8 g	442
W2D9	Mediterranean Tuna & Olive Wrap	1622	388	36 g	9 g	36 g	6 g	753
W2D10	Turkish Lamb & Pepper Wrap	2056	491	43 g	18 g	38 g	6 g	608
W2D11	Mexican Turkey & Bean Wrap	2318	554	50 g	12 g	48 g	14 g	439
W2D12	Cold Quinoa Chicken Bowl (Mixed)	1711	409	44 g	12 g	27 g	5 g	102
W2D13	Vietnamese Beef Herb Wrap	1973	472	44 g	14 g	38 g	6 g	416
W2D14	Greek Chicken Tzatziki Wrap	1993	476	47 g	12 g	37 g	6 g	528
W3D15	Italian Chicken Pesto Wrap	2414	577	49 g	24 g	35 g	6 g	633
W3D16	Moroccan Chicken Chickpea Wrap	2336	558	54 g	12 g	53 g	12 g	464
W3D17	Japanese Sesame Tuna Wrap	1729	413	37 g	10 g	40 g	8 g	476
W3D18	Mexican Chicken Corn Wrap	2289	547	48 g	15 g	48 g	10 g	417
W3D19	Mediterranean Protein Plate (Mixed)	2775	663	58 g	30 g	28 g	7 g	510

	Recipe	kJ	kcal	Protein	Fat	Carbs	Fibre	Sodium
W3D20	Thai Beef Herb Wrap	1973	472	44 g	14 g	38 g	6 g	416
W3D21	Greek Lamb Tzatziki Wrap	2080	497	42 g	20 g	36 g	6 g	521
W4D22	Vietnamese Chicken Herb Wrap	1902	455	47 g	10 g	38 g	6 g	434
W4D23	Mediterranean Tuna Olive Wrap	1622	388	36 g	9 g	36 g	6 g	753
W4D24	Turkish Chicken & Roasted Pepper Wrap	1930	461	48 g	10 g	38 g	6 g	615
W4D25	Cold Lentil Chicken Bowl (Mixed)	1931	462	53 g	10 g	32 g	14 g	102
W4D26	Mexican Turkey & Bean Wrap	2318	554	50 g	12 g	48 g	14 g	439
W4D27	Italian Chicken Rocket Wrap	2121	507	48 g	16 g	36 g	6 g	561
W4D28	High Protein Snack Plate (Mixed)	2839	679	70 g	28 g	27 g	5 g	754

Dinners

	Recipe	kJ	kcal	Protein	Fat	Carbs	Fibre	Sodium
W1D1	Thai Chilli Lime Chicken	1960	468	49 g	10 g	41 g	4 g	205
W1D2	Middle Eastern Spiced Fish	2448	585	49 g	18 g	49 g	12 g	234
W1D3	Tandoori Chicken Bowl	2505	599	65 g	13 g	53 g	7 g	220
W1D4	Korean-Style Beef (No Soy)	1648	394	47 g	16 g	10 g	5 g	126
W1D5	Moroccan Lamb or Tofu	2065	494	40 g	16 g	40 g	11 g	116
W1D6	Mexican-Style Fish or Chicken	1886	451	42 g	13 g	35 g	9 g	180
W1D7	Mediterranean Herb Chicken	2108	504	53 g	11 g	43 g	7 g	141
W2D8	Japanese Ginger Chicken (No Soy)	2388	571	46 g	22 g	46 g	5 g	192
W2D9	Sicilian Lemon Oregano Fish	1967	470	46 g	7 g	44 g	7 g	181
W2D10	Vietnamese Lemongrass Beef	1900	454	46 g	10 g	42 g	4 g	133
W2D11	Spanish Paprika Turkey	1942	464	54 g	4 g	44 g	8 g	128
W2D12	Indonesian Turmeric Fish	1907	456	47 g	6 g	43 g	5 g	180
W2D13	Greek Chicken & Lentils	1912	457	63 g	6 g	32 g	16 g	196
W2D14	Peruvian Aji Chicken	2304	551	50 g	21 g	43 g	6 g	227
W3D15	Chinese Five-Spice Chicken	2074	496	44 g	17 g	42 g	2 g	252
W3D16	French Turkey with Lentils	1924	460	64 g	4 g	35 g	16 g	191
W3D17	Malaysian Turmeric Fish	2198	525	48 g	14 g	43 g	5 g	181
W3D18	Italian Chicken Cacciatore	1423	340	53 g	6 g	15 g	6 g	141
W3D19	Persian-Spiced Lamb	1756	420	39 g	12 g	37 g	4 g	178
W3D20	Caribbean Jerk Fish	1838	439	45 g	3 g	52 g	10 g	188
W3D21	Scandinavian Dill Chicken	2157	516	57 g	8 g	45 g	9 g	189
W4D22	Thai Basil Turkey	2151	514	47 g	15 g	42 g	5 g	157
W4D23	Moroccan Fish Tagine	1655	396	48 g	3 g	37 g	6 g	187
W4D24	Argentinian Chimichurri Steak	1832	438	44 g	9 g	36 g	4 g	116
W4D25	Japanese-Style Glazed Eggplant & Tofu	2166	518	34 g	16 g	51 g	10 g	31
W4D26	Palak-Style Chicken	1457	348	58 g	9 g	8 g	5 g	276
W4D27	Spanish Seafood Rice	1600	382	39 g	4 g	42 g	3 g	411
W4D28	Turkish Lamb & Peppers	1565	374	37 g	12 g	31 g	9 g	109

About these recipes

These recipes were developed while working out what practical, liver-friendly home cooking actually looks like: high in protein, low in salt, quick enough to cook after work, and portable enough to take to a job site.

They were collected alongside LiverCare AI, a tool for analysing meals and suggesting liver-friendly options.

Educational content only. Nothing in this book is medical or dietetic advice, and it is not a treatment for any condition. Nutrition requirements in liver disease vary with the stage and type of disease and can run counter to general healthy-eating advice - protein and energy needs are often higher, not lower. Always check with your doctor or an Accredited Practising Dietitian before making changes, especially if you are managing a diagnosed condition, taking medication, pregnant, or advised to restrict fluid, protein or sodium.

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