

ORIGINAL CHALLENGE RECIPES

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### **PASTA SAUCE**



Serves: 4



Nutrition per serving: 31 kcal 1g Fats 5g Carbs 2g Protein

#### WHAT YOU NEED

- 1 tin chopped tomatoes
- Garlic and salt to taste
- Basil/Oregano/Parsle y to taste
- Chili (optional but is great as a fat burner)
- 1 cup chicken stock (we use oxo cubes)

#### WHAT YOU NEED TO DO

Place all ingredients into a pan and heat and then keep on medium to low to reduce sauce until thickened.

\*\*\*This Sauce can be used with meat or vegetarian options such as firm tofu.





### **ROASTED VEGE STACK**



Nutrition per serving: Calculate through myfitnesspal based on your quantities

#### WHAT YOU NEED

Your favourite veges

#### WHAT YOU NEED TO DO

- Choose your favourite veges from the authorised food list.
- Cut and prepare them as required the harder veges cut thinner so they roast quicker.
- Quantities are based on your appetite.
- Lightly spray with cooking oil and toss together with some salt and/or spices
- Place in oven at 180c until roasted to your liking (at least 15-20 mns depending on which veges you choose)
- Stack and enjoy





### FRIED RICE



Serves: 2



Nutrition per serving: 295 kcal 11g Fats 45g Carbs 6g Protein

#### WHAT YOU NEED

- 1 cup cooked rice
- 2-4 cups of chopped veges (depends on your appetite but 4 cups would be an awful lot)
  - These can be a mix of capsicum, onion, snow peas, carrots, zucchini etc:
- 2 tsp of Coconut oil

#### WHAT YOU NEED TO DO

- 1. Toss and soften the veges slightly in a frying pan.
- 2. Mix in the rice, add coconut oil and heat through





### EASY CHICKEN LUNCH PREP



Nutrition per serving:
Calculate in Myfitnesspal based on the amount of chicken and the coating you are using.

#### WHAT YOU NEED

- Chicken Breast
- Your favourite spices eg: paprika, lemon herb etc:

#### OR

Your favourite Indian paste

#### PRO TIP:

Thin down the paste with Chobani Yoghurt. This will reduce the calories but not the flavour.

#### WHAT YOU NEED TO DO

Cut chicken breast into large chunks - how much depends on how many serves you are making.

Coat in your favourite herbs and spices and put in a single layer in a baking dish.

Cover

Put in the oven at 180 for 30 minutes.

Done

You can use it for dinner or lunches and it's so quick and easy to prepare. Serve it with a salad or have it on it's own as a high protein snack.





## EASY CHICKEN CURRY WITH VEG & MINI PAPPADUMS



Serves: 2



Nutrition per serving: 333 kcal 4g Fats 26g Carbs 44g Protein

#### WHAT YOU NEED

- 350g of Chicken Breast
- Tin of diced tomatoes
- Beef stock Cube
- Curry powder to taste
- Hot paprika or chilli to taste
- 1 cup of water
- Mixed veges
- Mini pappadums microwaved only

#### WHAT YOU NEED TO DO

Add Chicken, tomatoes, beef stock cube, water and spices to a frypan and cook until chicken is cooked through and sauce is thick enough.

Serve with mixed veg and mini papadums





### **TURKEY CHILLI MEATBALLS**



Serves: 3



49g Protein

#### WHAT YOU NEED

- 500g Turkey Breast Mince
- 1 Onion diced
- 1/4 tsp Nutmeg
- 1 egg
- 250ml chicken stock
- 1 clove garlic diced
- 1 tin diced tomatoes
- Salt
- Basil and Parsley enough for your desired flavour
- Fresh chopped chilli again enough for your taste

# Pro Tip:

 If you don't like chilli then don't add it as it's completely delicious without it too and is a favourite with the kids as well.

#### WHAT YOU NEED TO DO

Pre-heat oven to 180

Heat frying pan and cook half the onion until softened.

Tip into a bowl and add mince, nutmeg, egg and salt to taste and mix well. Form into small balls - 12-14 for this amount - then brown off in frying pan for 5-6 mns using cooking spray or a small amount of oil. Transfer to a baking dish.

Add remaining onion into frypan and cook until softened, add garlic and chilli and cook for 30-60secs before adding chicken stock, tin tomatoes and basil and parsley.

Simmer until sauce is rich and thick then pour over meatballs. Cover dish with foil and cook in oven for 30 minutes.

Serve with veg

The above calorie totals are with 2 cups of broccoli.

I normally make a double quantity which makes around 6 meals because it freezes well.





### **BAKED POTATOS**



Serves: 4



Nutrition per serving: 450 kcal 18g Fats 31g Carbs 40g Protein

#### WHAT YOU NEED

- 4 medium low carb potatoes
- 500g extra lean mince
- Pasta sauce (from these recipes)
- 4tbsp Light Sour Cream
- 100g Light Grated Cheese
- 1tbsp Olive Oil
- Chopped spring onion to garnish.

#### **Optional Toppings:**

- Jalapenos
- Pineapple (these are not in the calorie count)

### Pro Tip:

Whenever using sour cream - WATER IT DOWN.
 This doesn't effect the flavour but makes it go a lot further, so you're not tempted to over do your portion size.

#### WHAT YOU NEED TO DO

Turn oven on to 200c

Microwave the potatoes until fully cooked through.

Brush potatoes with olive oil and sprinkle some salt over the top. Place in oven for ten minutes to brown and crisp up.

Meanwhile, brown mince in fry pan and mix with pasta sauce until cooked through.

Serve with sour cream, cheese and spring onion.





# CREAMY CHICKEN & AVOCADO WITH ZUCCHINI PASTA



### Nutrition per serving: 342 kcal 13g Fats 7.5g Carbs 45g Protein

#### WHAT YOU NEED

- 350g Chicken breast cut into strips
- 2 Zucchinis spiralised

#### For the Sauce

- ½ Avocado
- 2 Heaped Tbsp Chobani Yoghurt
- Tbsp Lemon juice
- Fresh, chopped basil
- 1 clove crushed garlic
- Salt
- Spring Onion
- Water just enough to make a good 'saucey' consistency.

#### WHAT YOU NEED TO DO

Put all of the sauce ingredients into a bullet blender and blend thoroughly. Add only as much water as is necessary.

Place chicken breast in frying pan and cook through

Add the zucchini pasta to the frying pan and cook until softened (this won't take long - only about a minute)

Serve the zucchini pasta onto plates and top with the chicken.

Gently heat the sauce in microwave or pan and pour over the chicken and zucchini noodles. (Do not heat sauce too quickly or it will curdle)





# LAMB WITH MASHED CAULIFLOWER & TOMATO & JALAPENO JAM



#### WHAT YOU NEED

- 2 serves of lean Lamb Steak
- 1-2 cups Broccoli

#### **Cauliflower Mash**

- 500grm Cauliflower steamed
- 1-2 cloves garlic finely diced
- 2 tbsp Chobani greek yoghurt
- Salt to taste

#### **Tomato & Jalapeno Jam**

- 8 Cherry tomatoes, quartered
- 1/4 red onion thinly sliced
- 1 tbsp jalapenos, chopped
- 2 tbsp balsamic vinegar
- Salt to taste

#### WHAT YOU NEED TO DO

Cook the lamb steak to your liking

Process the cauliflower mash in a blender until it is a smooth consistency.

While your steak is resting, cook tomatoes, onion and jalapenos in frying pan until soft. Add balsamic and reduce down to a jam-like consistency. Add salt to taste. Serve over the top of the mashed cauliflower.

Plate up with the steak and broccoli and enjoy





40g Protein



### THAI STYLE PRAWNS WITH RICE & SALAD



### Nutrition per serving: 430 kcal 9g Fats 45g Carbs 33g Protein

#### WHAT YOU NEED

- ½ cup cooked rice
- · Large salad

#### Thai Prawns

- 2 serves of green prawns
- 1-2 cloves garlic, diced
- 1 cm cube ginger, roughly chopped
- 1  $\frac{1}{2}$  small red chilli's finely chopped
- Juice of one lime
- Juice of one lemon
- 15 grm coconut oil (optional so omit if you need to reduce your daily fat content)
- Fresh coriander leaves to serve

#### WHAT YOU NEED TO DO

Use spray oil in a frying pan.

Add garlic, ginger & chilli and lightly fry (do not have heat too high for this).

Raise heat and add prawns and cook through.

Add lemon and lime juice just before prawns are cooked.

Turn heat off and add coconut oil and allow to melt in.

Serve immediately with the rice and salad and add coriander leaves to the top of the prawns.

**ALTERNATIVE**: Cook Barramundi portions. Remove from pan and add chilli, garlic & ginger. Cook for a minute or two then add juices and oil before adding Barramundi back in and coating it with the flavours before serving





### CHUNKY CHICKEN & VEGETABLE SOUP



Serves: 8



Nutrition per serving: 262 kcal 2g Fats 17g Carbs 39g Protein

#### WHAT YOU NEED

- 1200g Chicken Breast cut into large chunks
- 170g Snow Peas
- 200g Button Mushrooms
- 600g Butternut Pumpkin chopped
- 300g Capsicum chopped
- 3 Carrot Medium Chopped
- 4 x OXO Beef Cubes
- 400g Tinned Chopped Tomatoes
- 1tsp Minced Garlic
- 2tbsp Worcestershire Sauce
- 1 Cup Water
- Salt to Taste

#### WHAT YOU NEED TO DO

Add all ingredients to the Slow Cooker and cook on high for 4 hours.





### **MEXICAN BEEF & BEANS**

#### **Version 1 WITH BEANS**



Serves: 5



#### **Version 2 WITHOUT BEANS**



Serves: 4



Nutrition per serving: 202 kcal 6g Fats 5g Carbs 28g Protein

#### WHAT YOU NEED

#### **Version 1 WITH BEANS**

- 500gms Lean Mince
- 1 Container of Salsa
- 1 tin four bean mix
- 1tblsp Tomato Paste
- Jalapenos or Chilli to taste (optional)
- Salt and pepper to taste

#### **Version 2 WITHOUT BEANS**

- 500g lean beef mince
- 1 x 400g tin chopped tomatos
- 1 tbsp Tomato Paste
- 50g Jalapenos (optional)
- ½ Packet Taco Seasoning
- Chilli flakes to taste (optional)

#### WHAT YOU NEED TO DO

Brown mince in frying pan.

Add the rest of the ingredients and cook through.

#### **SERVE WITH:**

- a) Rice
- b) Sweet Potato
- c) Baked Potato
- d) Veges

DON'T FORGET TO ADD THESE CALORIES IN





### CHICKEN CACCIATORE



Serves: 8



Nutrition per serving: 318 kcal 2g Fats 30g Carbs 41g Protein

#### WHAT YOU NEED

- 1200 g, Breast, Raw Large cubes
- 2 Medium Brown Onion -Chopped into chunks
- 3 Carrot Medium, Medium Carrot - Chopped
- 450 g, Red Capsicum Pepper
- Chopped
- 600 g, Butternut Pumpkin Chopped
- 1 container (700 mls ea.), Passata
- 2 Cube (6g) per 200ml, Beef Cube
- 400 g, Tinned Chopped Tomatoes
- 1-2tsp Minced Garlic
- 2tsp basil, dried
- 1 tsp, oregano, dried

#### WHAT YOU NEED TO DO

- 1. Place everything into the slow cooker and cook on high for 4 hours.
- 2. Serve with extra Green veges.





### CHICKEN FAJITA BOWL



Serves: 2



27g Carbs

40g Protein

#### WHAT YOU NEED

- Seasoning: 1 tsp chilli powder, 1 tsp ground paprika, 1 tsp Himalayan salt, 1 tsp freshly ground black pepper mix together
- 300gms Skinless Chicken Breast cut into small cubes
- 1 x small tin Four Bean Mix
- drained and rinsed.
- 1 x small tin corn kernels drained and rinsed
- 250g Capsicum whatever colour you like
- $\bullet$  ½ of small red onion thinly sliced
- 100g cherry tomatos, halved
- 100g chopped cucumber
- ½ Avocado
- Fresh Lime
- 2tbls chopped coriander

#### WHAT YOU NEED TO DO

Preheat oven to 180 degrees.

- 1. Coat Chicken in seasoning and place in oven for 25mns or until cooked (cooking times will vary depending on your oven.
- 2. Mix beans, corn, capsicum, onion, tomatos, cucumber and avocado into a salad mix.
- 3. Serve salad and chicken in a bowl, sprinkle over coriander and squeeze fresh lime over the top to serve.





### KANGA BANGAS WITH MASH & GRAVY



Nutrition per serving: 331 kcal 4g Fats 51g Carbs 28g Protein

#### WHAT YOU NEED

- 8 x Kanga Bangas
- 600g Sweet Potato cooked and mashed
- 800g Greens
- 1 cup Gravox Traditional gravy - as per stove top directions

#### WHAT YOU NEED TO DO

Plate up into four serves and enjoy 🚳

If you require a lower amount of carbs then omit the Sweet Potato and have extra Green veges.





### LOW CARB ENCHILADAS



#### WHAT YOU NEED

#### **Enchilada Wraps**

- 1 Whole Egg
- 3 Egg Whites
- ½ tsp Chick Pea Flour



Nutrition per serving: 310 kcal 11g Fats 17g Carbs 37g Protein

#### **Meat Sauce**

- 500 g, Heart Smart Mince
- 1 Container Salsa
- 1 tbls Tomato Paste
- 1 400g can Four Bean Mix
- ½ Packet Taco Seasoning
- 75 g Mozzarella Light Shredded
- Jalapenos (optional)

There is a video on the Challenge website showing how to make the egg sheets.

#### WHAT YOU NEED TO DO

#### Pretend Enchilada Wraps

- 1. Whisk /blend eggs and sifted chickpea flour until completely mixed.
- 2. Using a large electric frying pan on medium heat, pour 1 ladle and a bit into the pre heated pan and swirl to cover the entire bottom. Any gaps drizzle a little extra mixture to cover.
- 3. Do not flip over. Wait until entirely cooked and remove from pan. Cook remaining sheet/s in the same manner. Sheets may be refridgerated for later.

#### Meat Mix

- 1. Brown mince
- 2. Add remaining ingredients (except cheese and jalapenos) and reserve a couple of tablespoons of salsa for spreading on top.
- 3. Simmer 10-15 minutes.

#### Assembly

- 1. Pre Heat oven to 180
- 2. Cut sheets so you have five wraps
- 3. Place some of the cheese in the middle of the wrap along with Jalapenos.
- 4. Put a serving of meat mix on top, wrap it up and place it seam side in a baking dish.
- 5. Repeat the process with the remaining 5 wraps.
- 6. Spread reserved salsa evenly over the top and sprinkle over remaining cheese.
- 7. Place in the oven for approx.. 15-20 minutes (depending on whether the meat mix is hot or cold)
- 8. After it's heated through place under Griller to brown on top.
- 9. Serve with a salad and enjoy.





### LOW CARB LASAGNE



#### 4 SERVES



Nutrition per serving: 328 kcal 10g Fats 12g Carbs 36g Protein

#### **3 SERVES**



serving: 440 kcal 13g Fats 17g Carbs 49g Protein

#### WHAT YOU NEED

#### Lasagne Sheets

- 1 Whole Egg
- 3 Egg Whites
- ½ tsp Chick Pea Flour Meat Sauce
- 500 g, Heart Smart Mince
- 100 g, Carrots diced
- 300 g, Zuchinni
- 1 tin diced Tomatoes
- 100 g, Mushrooms, white, raw
- 2 x Beef or Chicken OXO Cubes
- Basil, Oregano, Garlic and Salt to taste

#### The Good Stuff

- 125 g, Smooth Light Ricotta
- 75 g Mozzarella Light Shredded

There is a video on the Challenge website showing how to make the egg sheets.

#### WHAT YOU NEED TO DO

#### Pretend Pasta Sheets (same as Enchiladas)

- 1. Whisk /blend eggs and sifted chickpea flour until completely mixed.
- 2. Using a large electric frying pan on medium heat, pour 1 ladle and a bit into the pre heated pan and swirl to cover the entire bottom. Any gaps drizzle a little extra mixture to cover.
- 3. Do not flip over. Wait until entirely cooked and remove from pan. Cook remaining sheet/s in the same manner. Sheets may be refridgerated for later.

#### Meat Sauce

- 1. Brown mince
- 2. Add Tomato, basil, oregano, salt, garlic and oxo cubes and simmer for a minute
- 3. Add veges and simmer approx.. 5mns. You don't want to simmer too long or the veges will release too much liquid. **Assembly**
- 1. Pre Heat oven to 180
- 2. Cut sheets to fit cooking dish
- 3. Place one sheet on the bottom and top with meat sauce.
- 4. Place another sheet on top then spread with half of the ricotta and sprinkle with a third of the cheese.
- 5. Repeat this process until you finish with 3 layers of the meat sauce and finish with one sheet on top and sprinkle remaining cheese.
- 6. Place in the oven for approx. 10 minutes (this will take longer if the meat sauce is not already warm)
- 7. After it's heated through place under Griller to brown on top.



### SHEPHERDS PIE



Serves: 1 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 502 kcal 20g Fats 56g Carbs 28g Protein





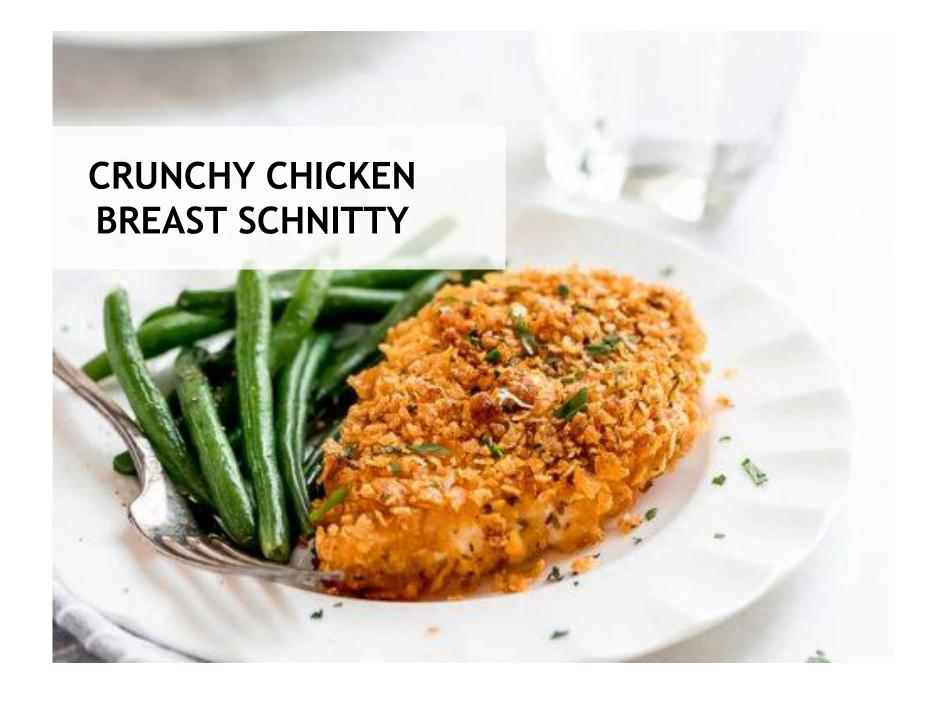
#### WHAT YOU NEED

- 500gm lean mince
- 1  $\frac{1}{2}$  tbsp Gravox Gravy powder
- Salt
- 2tbsp Worcestershire Sauce
- 1 Cup frozen mixed veges
- 400gm Sweet Potato
- 25gm Light Tasty Grated cheese

#### WHAT YOU NEED TO DO

- 1. Preheat oven to 180 degrees
- 2. Brown mince in pan
- 3. Add 1 Cup water and bring to boil
- 4. Add veges
- 5. Make Gravox powder into a smooth paste and add to pan
- 6. Add Worcestershire sauce and salt to taste
- 7. Reduce heat and simmer until sauce has thickened
- 8. Cook sweet potato in microwave to soften and then mash
- 9. Place mince mix in baking dish and top with mashed potato and then cheese
- 10. Place in oven for 10 minutes and finish by browning under grill
- 11. Serve with extra veges





### CRUNCHY CHICKEN BREAST SCHNITTY



### Nutrition per serving: 187 kcal 3g Fats 9g Carbs 29g Protein

#### WHAT YOU NEED

- 500g Chicken Breast
- 2 egg whites
- 1 Cup Cornflakes
- Salt n Pepper (or whatever herbs and spices you like)

#### WHAT YOU NEED TO DO

Pre Heat Oven to 180

- 1. Slice Chicken Breast in half lengthways
- 2. Beat egg whites in a bowl
- 3. In a separate bowl crush the cornflakes
- 4. Add preferred seasoning to the cornflake crumbs
- 5. Coat chicken in egg white, then cornflakes then place on oven tray lightly sprayed with nonstick spray.
- 6. Cook for 15mns before turning over and cooking for another 10mns approximately
- 7. Serve with your choice of veg or salad





### **CRUNCHY CHICKEN PARMI**



Serves: 1



Nutrition per serving: 357 kcal 10g Fats 28g Carbs 39g Protein

#### WHAT YOU NEED

- 1 Serve Crunchy Chicken Breast Schnitty
- 1 Serve Chunky Salsa
- 100g pineapple pieces in juice (drained)
- 25grms (1 serve) light grated cheese

#### WHAT YOU NEED TO DO

#### Pre Heat Grill

- 1. Prepare the chicken as per the Crunchy Chicken Breast Schnitty Recipe
- 2. Spread Salsa over the top
- 3. Top with pineapple and grated cheese
- 4. Heat under the grill until salsa and pineapple are heated through and cheese is melted.
- 5. Serve with your choice of veg or salad

