

More Food FOR Less Money

With 40+ Recipes

Based on the
**MONEY-
SAVING**
FOODcents
project



"Where healthy gets delicious ... and cheap!"

Margot Marshall

Kaysie Vokurka (Butler)

Endorsements

"*More Food for Less Money* plainly showcases two key benefits for eating whole plant foods: it makes sense for your health and cents for your wealth."

– Michael Greger, M.D. FACLM, Founder, NutritionFacts.Org.

"Research shows that people who follow the FOODcents approach eat a healthier diet and save money. The messages are just as relevant today as they were 30 years ago."

– Associate Professor Christina Pollard, School of Population Health, Curtin University.

"I am delighted to endorse this appropriately titled book *More Food for Less Money*. This colourful and well-presented book clearly shows how to use and apply the 10-Plan, which is a key FOODcents concept. The pages providing facts about the legumes, nuts, fruit and vegetables, and whole grains that form the basis of a healthy diet have good visual impact and are motivational. I commend the authors Margot Marshall and Kaysie Vokurka together with 3ABN Australia Inc for making this e-resource available free of charge, which will increase its availability to those who need it most."

– Ruth M Foley, BAppSc(Nut&Diet) Melb, Post Grad Dip Health Prom (Curtin),
Grad Dip Health Ec (Sydney), developer of the FOODcents project.

"*More Food for Less Money* is a gorgeous, full colour resource that everyone could benefit from. Its focus is twofold—addressing food insecurity and reducing the burden of chronic disease, and it succeeds brilliantly. In other words, this book will not only save you money, it could also save your life. It is an absolute delight to read—brimming with practical tips, charts, fabulous recipes, menus, and fun facts. Bravo!"

– Brenda Davis, RD, leading plant-based pioneer, international speaker and award-winning author of *Nourish: the Definitive Plant-Based Nutrition Guide for Families*.

"This is an amazing cookbook that enables you to eat well and live healthier and longer. And all of that with financial savings! What a win-win opportunity."

– Winston Craig, PhD, MPH, Professor Emeritus of Nutrition & Wellness, Andrews University.

"So much good sense and so much reliable information to promote better health! So valuable these days when finances are so often stretched. And most important—as climate change bites—a plant-rich diet is the most sustainable way to eat. Thank you for putting it all together so succinctly."

– Dr Rosemary Stanton OAM, Public Health Nutritionist

"To encourage healthy eating, food needs to be both delicious and nutritious, and also affordable. Kaysie and Margot have created a cookbook that achieves these three goals. This cookbook provides lots of practical tips on eating well, particularly how to make family meals nutritious without having to spend a fortune. Kaysie and Margot have busted the myth that it's expensive to eat well. If you are raising a family and trying to feed hungry children nutritious food on limited \$\$, this cookbook is for you."

– Angela Saunders, APD, APN, Retired, Senior Dietitian, Sanitarium Health and Wellbeing.

"More Food for Less Money dispels a common myth that healthy foods are more expensive. It lays out the scientific and practical benefits of eating more whole plant-based foods whilst providing delicious healthy recipes to try. You will learn how to save money at the supermarket whilst choosing healthier options. This is a highly practical resource that I would be happy for any of my patients to have to assist them to eat more healthy food that not only tastes good, but saves them money and is good for the planet. What a win-win situation! This book is highly recommended."

– **Andrew Pennington, BSc(Hons), BMed, DRANZCOG Adv, FRACGP, FARGP,
Founder of Sanctuary Lifestyle Clinic, Sydney.**

"Kaysie and Margot's online book showing the affordability of whole food plant-based eating is a much-needed resource when the cost of living is increasing. It is great that you can use simple kitchen equipment for most of their recipes. You do not need to buy an expensive high-speed blender. Providing the practical FOODCents food budgeting tools in the context of whole food plant-based eating is a real strength of this free resource."

– **Dr Robyn Pearce, Senior Lecturer in Food & Nutrition, Avondale University**

"A delightful read. This e-book not only presents healthy food options as colourful, appetising, and easy to prepare but the authors have successfully managed to demonstrate economically and logistically sensible meal planning. I will definitely promote this resource as a health promotion tool to my students and to the community groups I'm involved with. Well done!"

– **Linda Cloete BSc (Nursing) MSc (Nursing) PhD candidate. University Lecturer
and Community Lifestyle Medicine Educator.**

"More Food for Less Money is not merely an e-cookbook; it is a beacon of hope, shining light on the intersecting issues of food insecurity and chronic diseases. As a Plant-Based Chef and Lifestyle Medicine Consultant, I meet countless individuals who face the seemingly insurmountable challenge of adopting a healthier lifestyle due to perceived cost and nutritional concerns. This book, expertly crafted by Margot Marshall and Kaysie Vokurka, debunks those misconceptions, proving that healthful, nutrient-rich eating can be both affordable and delicious.

"Its distinctive focus on whole plant foods makes this e-cookbook a game changer for anyone looking to stretch their budget without compromising their health. The authors' innovative approach enables even beginners to transform affordable, nutrient-dense ingredients into appetising, soul-nourishing meals. Offering this invaluable resource free of charge truly underscores the authors' and 3ABN Australia's commitment to societal betterment.

"As someone passionate about empowering others to eat well and live healthfully, I can't help but love this e-book and the initiative it represents. *More Food for Less Money* is a must-read for anyone seeking a practical guide on how to eat better, spend less, and live a healthier, more fulfilling life. It's more than a cookbook; it's a pathway to wellness."

– **Camila I. Skaf, Plant-based Chef, Lifestyle Medicine Consultant,
Co-founder of SEEDS Newcastle, SoZo Health, and Food Farmacy.**

"This e-book is an absolute necessity in our lives today with finances getting more difficult and complicated and a majority of the population facing daily health challenges. I love the way it is laid out, simply allowing each person to personalize it for their needs. The workbook style guides each person step by step in achieving 'win-win' results! It is packed with powerful information, beautiful descriptive pictures, and leaves no unanswered questions. I personally am excited to promote this resource to many of my future clients!"

– **Darlene Blaney, PhD, NCP, CFT, author of four cookbooks, including *The Optimal Diet: The Official CHIP Cookbook.***

"Today we have an epidemic of lifestyle diseases. Our services are under pressure due to so many people presenting with what are primarily preventable, lifestyle diseases. A major cause of lifestyle diseases is the modern diet; highly refined and low in nutrition and unprocessed plant foods. Most government health departments are emphasising the need to have more fruit and vegetables. The main reasons I hear from people for not having a less refined diet and having more fruit and vegetable are: (1) the perceived cost; (2) such diets are boring and tasteless; and (3) they are difficult to prepare. This book by Margot Marshall and Kaysie Vokurka addresses all these objections, by showing how food can be purchased economically and be prepared easily to be tasteful and healthy. I highly recommend it to all those who want to 'live better longer'."

– **Warren Grubb BSc(Hons), PhD, FASM, FAAM, Emeritus Professor of Pharmacy and Biomedical Sciences, Curtin University**

"As a Health Psychologist trained in nutritional medicine to help improve my client's mental and emotional health, this eBook is ideal for the work I do. As soon as I opened it, I wanted to share it with my clients and everyone else I know. It is well laid out and has excellent nutritional advice with inspiring visuals. I love the fact that it not only educates but takes the cost of having a healthy eating plan into account, especially at this time where so many individuals and families are struggling financially.

"The people I work with don't have a high income and are literally starving themselves in a land of plenty. The feedback I have had over the years is that 'I can't afford a healthy diet!', hence many live on cheap junk food that is nutrient deficient. This means that they are constantly in a nutritional drought lacking motivation to buy and prepare food to provide healthy nutrient dense meals to fuel their starving brain and body. As I cannot work with nutrient deficient brains, I do a lot of education to be able to purchase healthy and nutritious foods at a good price.

"The authors, Margot and Kaysie are providing a wonderful health resource online, so you can see why I'm singing its praises. I believe that we would ALL benefit greatly from the knowledge and inspiration this eBook offers, so I would highly recommend it to anyone who wants to have good health, more energy and better brain function. This can only result in improving everybody's mental, emotional and physical health."

– **Jenifer Skues, BAppPsych, MAPSc, GDip(BHSc), PostGradDip (NutrMedMenHlth), Health Psychologist.**

"*More Food for Less Money* delightfully shows how easy and inexpensive it can be to eat healthily. It is packed with great information and practical tips—share it with others!"

– **Professor Darren Morton, Director of the Lifestyle Medicine & Health Research Centre, Avondale University.**

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Introduction

So, finances are tight, you have to cook for yourself and/or family, and you could use a little help. This book is designed for you! It shows how to make significant savings on the food bill while enhancing health at the same time!

Seriously? How so? It's based on the FOODcents project, and used with permission.

FOODcents was developed in 1992 by Ruth Foley, a Regional Dietitian for the Great Southern Region of Western Australia. Observing that foods increased in price as they become more processed, she intuitively came up with a plan that involved spending:

- 10% on foods we should *eat least*
- 30% on foods we should *eat moderately*
- 60% on foods we should *eat most*



This ingenious, yet simple formula cuts right through the complexities of nutrition and shows how to balance the diet by balancing the food budget. Research found that people attending FOODcents sessions improved their eating, cooking and shopping practices.¹



A Case Study

In 2002, a lady who had a weekly food budget of just \$27.50 per family member per week was convinced there was nothing more she could do to lower it – yet a year after Margot mentored her with FOODcents she joined Margot on commercial TV telling viewers that she had saved \$2,000 that year – while spending twice as much on fruit and veggies!

An Actual \$60 Shop!



=



Capturing the FOODcents principles and armed with extra resources, this book teaches you how to:

- Maximise savings on your food bill by making healthy choices – no kidding!
- Balance your diet by balancing your food budget
- Transform healthy food into yummy meals with the 40+ recipes provided

But there's more!

It will also guide you with setting up a pantry, selecting essential tools, using weekly menus and shopping lists, so you will have all that you need to get started.

BONUS:

You can view a compelling FOODcents presentation plus recipe demonstrations at: 3abn.au/foodcentsdemos



Powerful Ways to Save on Food

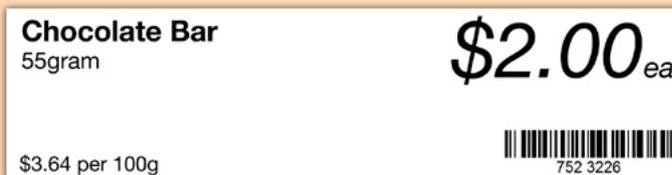
Compare price per kilogram

Comparing price per kilogram gives a true price comparison. The kilogram price of a product can cost from twice as much up to a whopping 26 times as much depending on how it's packaged – take oats for example:

Oats (generic) in plastic bag	\$1.90/kg
Oats in a box	\$9.00/kg = 5 times the price
Oats in Sachets in a box	\$16.00/kg = 8 times the price
Single serve oats:	\$50.00/kg = 26 times the price!!!

(Prices correct as of 2022 in regional NSW, Australia)

To work out the kilogram price, utilise supermarket shelf strips (see example below). Move the decimal point of the 100g price (not unit price) one place to the right.



\$3.64 per 100g → \$36.40 per 1kg

Move decimal point one place to the right to determine price per kilogram.
(If your country doesn't have shelf strips, utilise the KiloCents Counter on page 92 to calculate approximate price per kilo.)

FOODcents programs have been able to initiate long-term changes in eating and shopping. In a follow-up survey of participants 2-4 years after attending a FOODcents program, 61-84% reported comparing price-per-kilo, reading the Nutrition Information Panel and making healthier food choices more frequently than before attending FOODcents.²

To taste the impact of FOODcents, view a compelling virtual Supermarket Tour at 3abn.au/foodcentstour

Home cooking

Eating out or ordering in can cost around 3-10 times as much home cooking.

Pre-chopped fruit and vegetables range from 3-5 times the price compared to chopping them at home.

Avoid waste

Food waste costs Australian households \$2000-2500 per year.³ That's almost \$50 per week of wasted food!

Make healthy choices

But wait a minute. Isn't healthy food expensive?

Actually, it's cheaper – significantly cheaper, but we'll come to that.

First let's identify healthy foods.



So, What Foods *Are* Healthy?

Who should we ask?

WHO

**(World Health Organisation) –
that's who.**

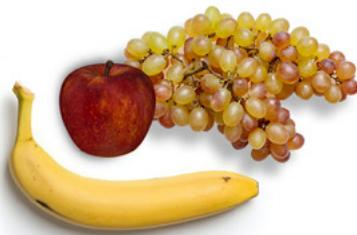
"A healthy diet includes the following:

*Fruit,
Vegetables,
Legumes
(e.g. lentils and beans),*

*Nuts
and*

*Whole grains
(e.g. unprocessed maize, millet,
oats, wheat and brown rice)."*

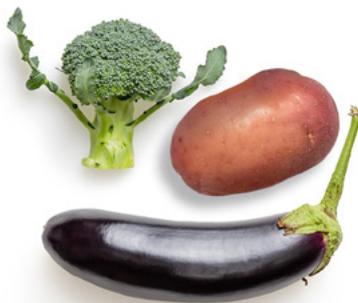
World Health Organization Fact Sheet⁴



Fruit



Nuts



Vegetables



Legumes



Whole Grains

Hmmm – all plant foods.

Interestingly, this endorses the Designer Menu the Creator established for our first parents in the beginning.⁵

But what's so special about plant foods anyway?

Thousands of things – literally thousands!

- **Phytochemicals** (est. 5,000-25,000) are only in plant foods, and every plant food has them.
- **Fibre** is also exclusive to all unrefined plant foods.
- **Zero cholesterol** – Cholesterol is found only in animals and their products.
- **Antioxidants, vitamins and minerals** – Plant foods are packed with these!

The following pages expand on the amazing benefits of the foods identified as healthy by the World Health Organization.

Legumes

(also known as beans or pulses)

are associated with a myriad of health benefits and may be the single most important dietary predictor of a long lifespan.⁶

- In common with all plant foods, legumes are rich in **phytochemicals** and have **zero cholesterol**. They are the king of **fibre** and are **antioxidant** superstars.⁷
- Legume consumption keeps company with slimmer waists and better blood pressure, blood sugar, insulin and cholesterol levels. Beans can also help reduce risk of stroke, colon cancer and depression, which is likely linked to the protective fibre, folate and phytates they contain.⁸
- Beans and pulses have a tendency to significantly regulate blood sugars not only at the meal they are consumed, but also at subsequent meals... even the next day! This is called the “second-meal effect.”^{9,10}
- In addition to prebiotic fibre, beans contain indigestible sugars that can make it down to the colon, provide extra food for good bacteria, and improve colon health.¹¹
- Eating a daily cup of cooked beans, chickpeas, or lentils for 3 months may lower resting heart rate as much as a 3-month aerobic conditioning program on a treadmill.^{12,13}
- Legumes are **low in fat**, **low GI**, and they're **cheap!** – just a fraction of the price of animal protein alternatives.
- Legumes are **the only food allocated to 2 segments of the Australian Guide to Healthy Eating** (the fruit & veg segment, and protein segment). And in an effort to establish legumes as a **primary source of protein** and other essential nutrients, the United Nations declared:

2016 International Year of Pulses.¹⁴

WOW!

So based on this information, it would even benefit meat eaters to

enjoy legumes daily!



Nuts



DID YOU KNOW: Eating nuts can help you manage your weight?

Nuts are **energy dense**. They have a **high fat** content. But research shows that eating them is associated with a **decreased** risk of being **overweight** and **obese**.¹⁵

How is this possible?

- Nuts naturally satisfy hunger due to being high in fat, protein and fibre
- Nuts reduce your appetite so you are likely to eat less at later meals
- Nuts have fibrous cell walls that prevent our bodies from absorbing up to 15% of the calories they contain

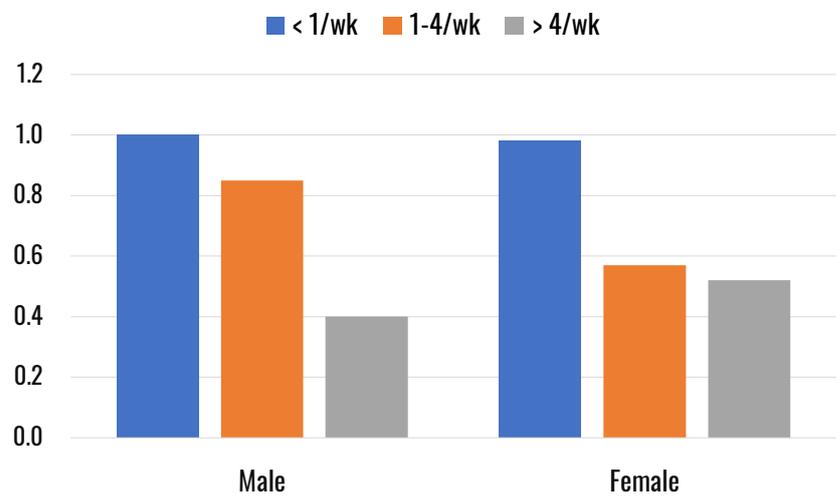
Yes! You can both **eat nuts** and **manage your weight**.

Not only that, regularly eating nuts is associated with reduced risk of:

- Cardiovascular Disease¹⁶
- Diabetes
- Cancer
- All-cause mortality

More reasons to **eat nuts!**

Nuts and Coronary Heart Disease Event Risk



How many nuts should you eat? The Australian Dietary Guidelines suggest 30g regularly. A recent analysis of the Australian Bureau of Statistics showed that **only 2%** of Australians are meeting this recommendation.

So, eat nuts. 30g. A healthy handful. **EVERY DAY!**

For more information, visit: www.nutsforlife.com.au



Fruit & Vegetables

4.9 million lives worldwide might be saved if humans simply ate more fruit.¹⁷

On average, berries boast almost ten times more antioxidants than other fruits and vegetables and fiftyfold more than animal foods.¹⁸

Dark green leafy vegetables are among the world's healthiest foods, as they are the most nutrient dense per calorie.¹⁹

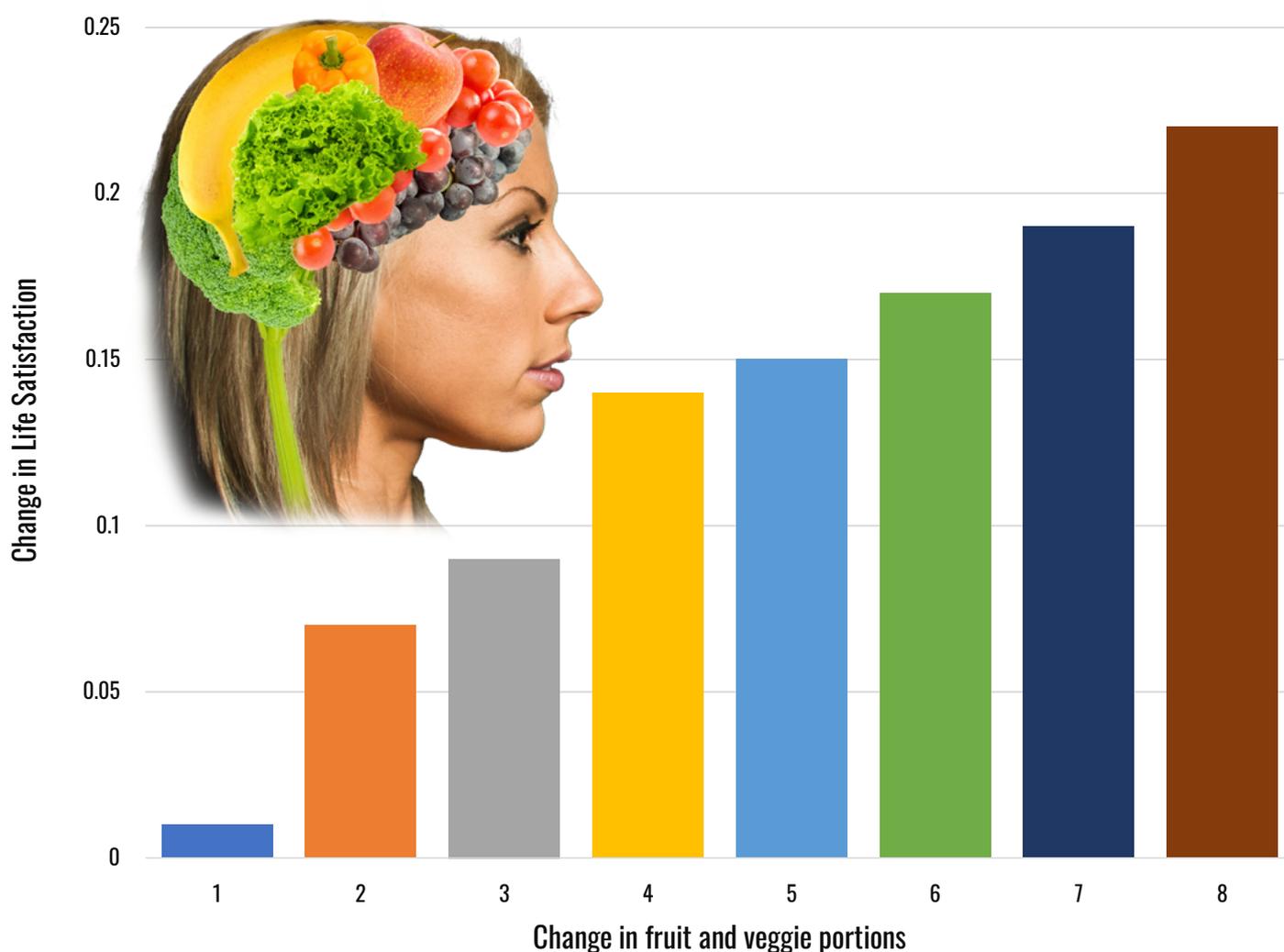
A simple, yet powerful step to help prolong your life is to eat a daily serving of green leafy vegetables.²⁰

"Kale is a best-of-all-worlds food, low in calories and packed to the hilt with nutrition—vitamins, minerals, anti-inflammatory compounds, antioxidant phytonutrients—you name it."²¹

Eating more vegetables (> 3x/week) may reduce the odds of depression by as much as 62%.²²

A study involving 12,000+ adults found a direct correlation between fruit and vegetable consumption and improvement in mental well-being, happiness and overall life satisfaction, as illustrated on the graph below.²³

Evolution of Well-Being and Happiness After Increases in Consumption of Fruit and Vegetables.



Whole Grains

- Whole grains may promote health of the bowels, bones, brain and heart, as well as optimise weight, blood sugar, and cancer prevention.²⁴
- Fibre – such as found in whole grains – is a nutrient of public health concern. Research indicates that less than 30% of Australian adults are eating adequate amounts of fibre, and less than 20% are eating ideal amounts. This is despite fibre's known benefits for gut health, and reduced risk of chronic disease.²⁵
- Consuming just three portions of whole grains a day may be as powerful as medications to alleviate hypertension.²⁶
- “Whole grains are great, but *intact* whole grains may be even better, allowing us to feed our good gut bacteria with the left-overs.”²⁷
- Legumes and whole grains are core dietary ingredients of the Earth's longest living populations.²⁸

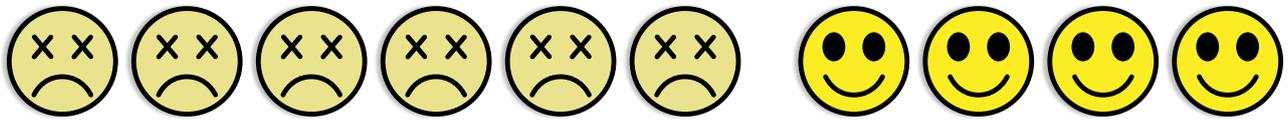
Diet/Health Connection

Aussies spend most on what they should eat least!

58% of Australian food budget is spent on foods that don't form the basis of a healthy diet,²⁹

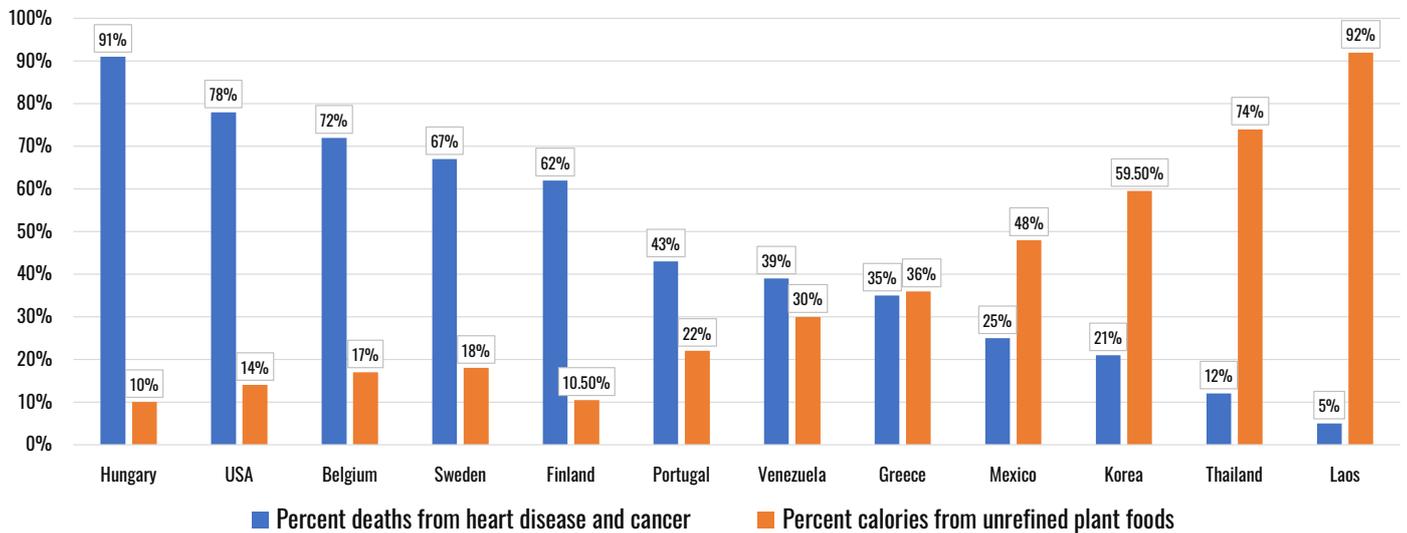


and almost 60% of deaths in Australia are diet-related.³⁰



But a healthy diet pays off!

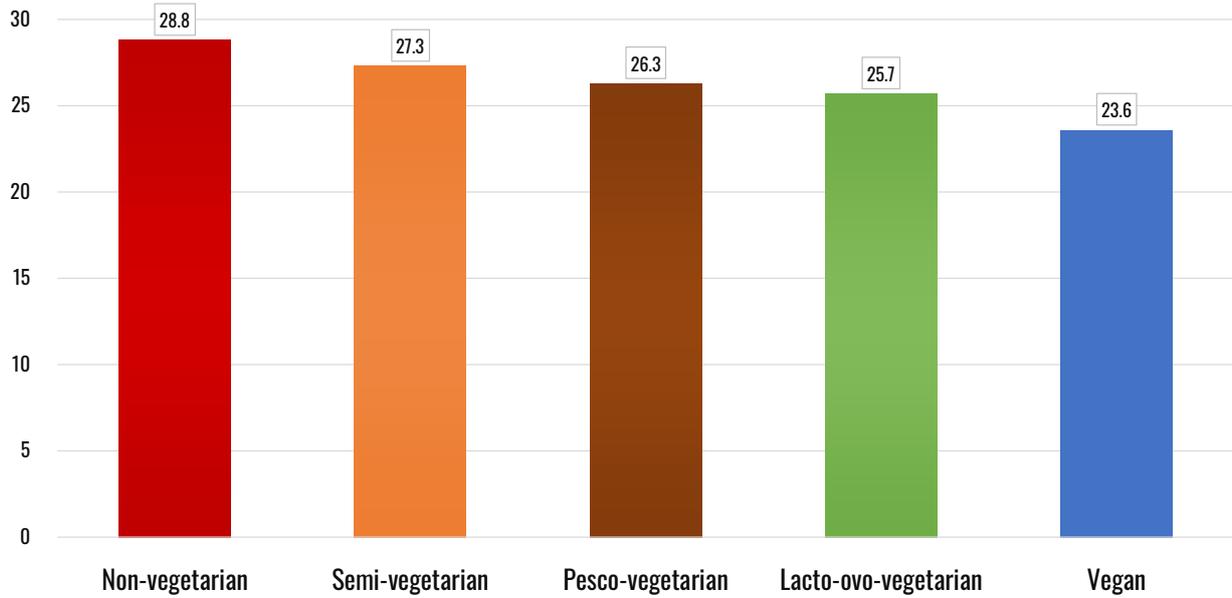
Unrefined Plant Food Consumption vs. the Killer Diseases



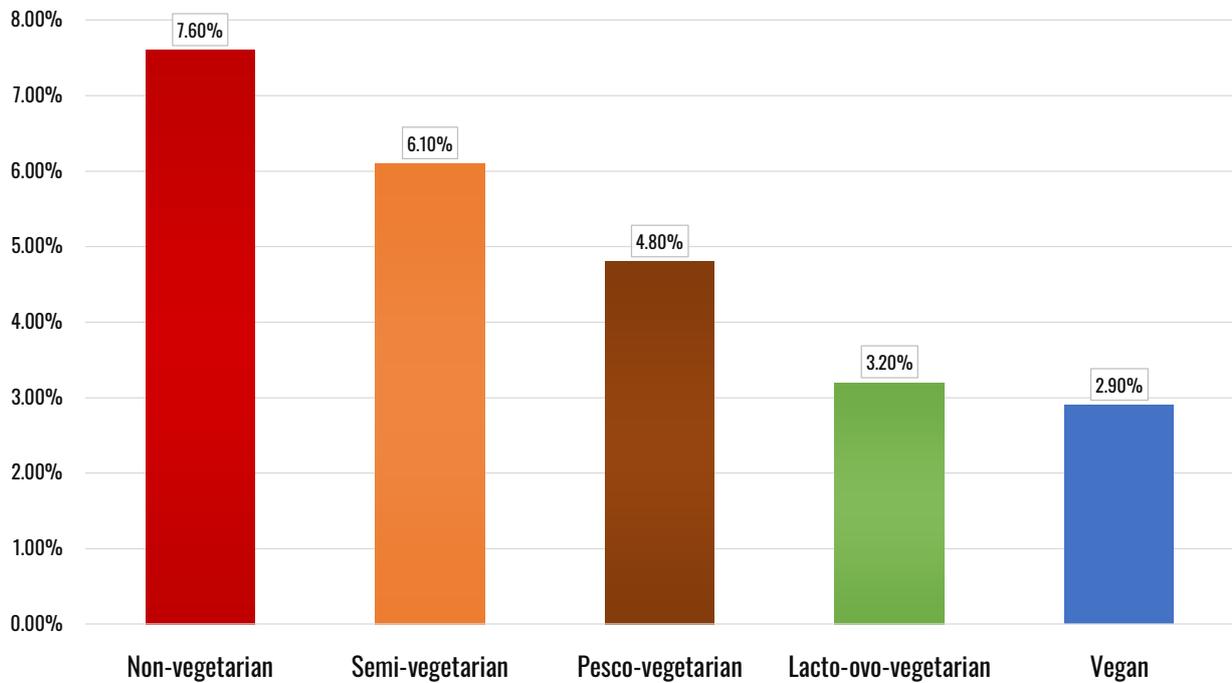
Data source: World Health Organization; National Institutes of Health, etc.³¹



Body Mass Index (kg/m²)



Type 2 Diabetes Prevalence

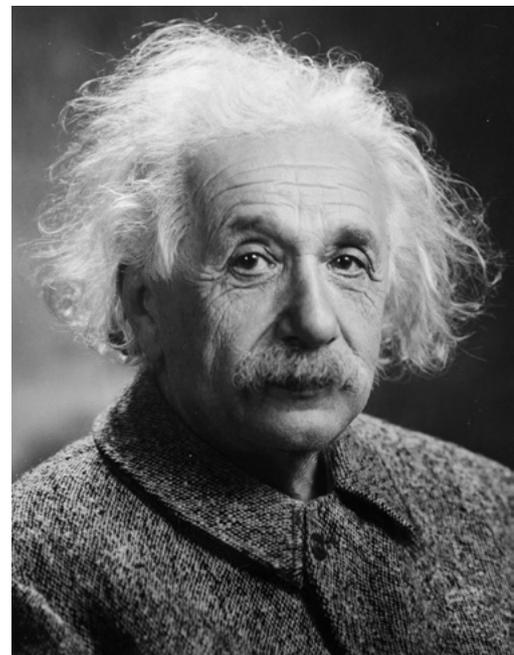


Data source: Adventist Health Study 2.³²

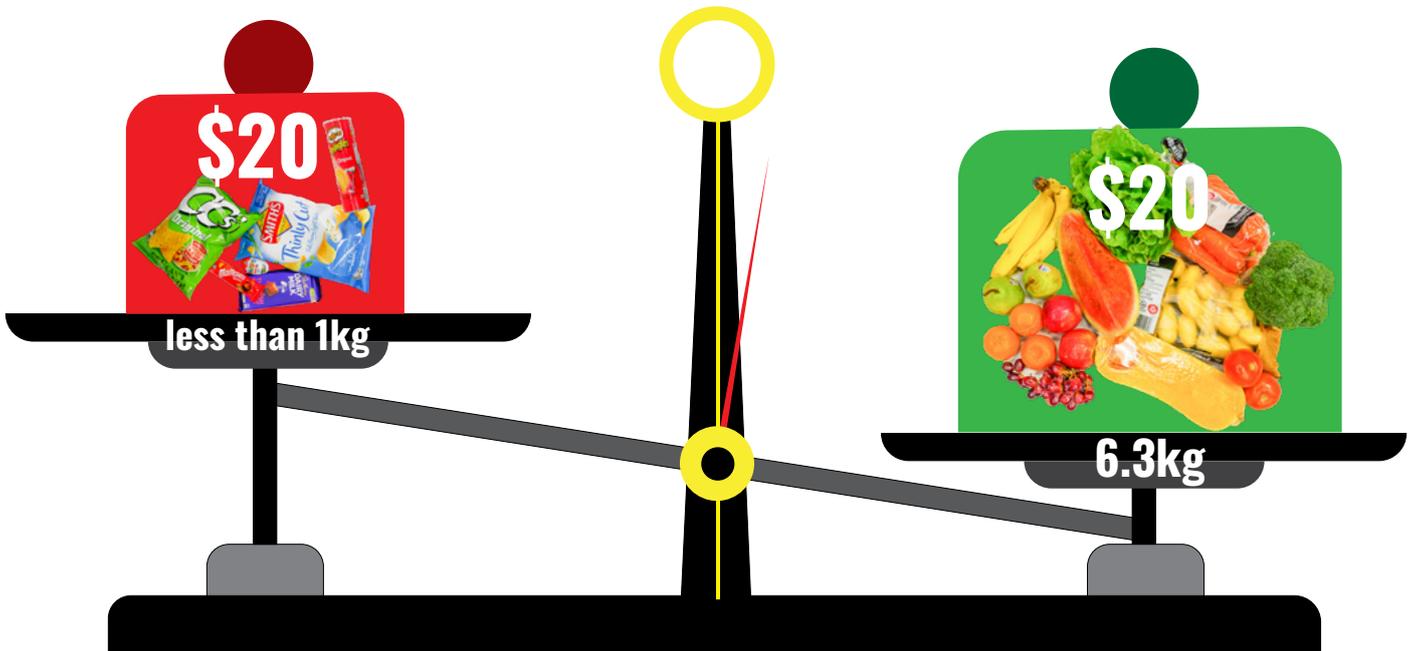
In other words, there's no threshold or stopping point at which the benefits of eating plant foods stop. Quite simply, *"the more you substitute plant foods for animal foods, the healthier you are likely to be."*³³

"Nothing will benefit human health and increase survival of life on earth as much as the evolution to a vegetarian diet."
- Albert Einstein³⁴

See Testimonials on page 95. Now let's get back to the costs.



Is Healthy Food Really Expensive?



Fruit & Vegetables: See comparison above where \$20 purchased six times the weight of fruit and vegetables as \$20 spent on junk foods.

Grains: Rice, oats, and barley cost around \$2-\$4 /kg

Nuts: A serve is just 30g and costs around 80 cents, which is comparable to the cost per serve of moderately priced meats.

Legumes: \$2-\$7 /kg compared to meat at \$5-\$40 /kg

(Prices correct as of 2022 in regional NSW, Australia)

Rule of thumb: 

The lower the price per kilogram, the more likely it is that the product is healthy, with very few exceptions – very few, hence the FOODcents slogan:



**Don't tell them it's healthy;
tell them it's cheap!**

Sustainability

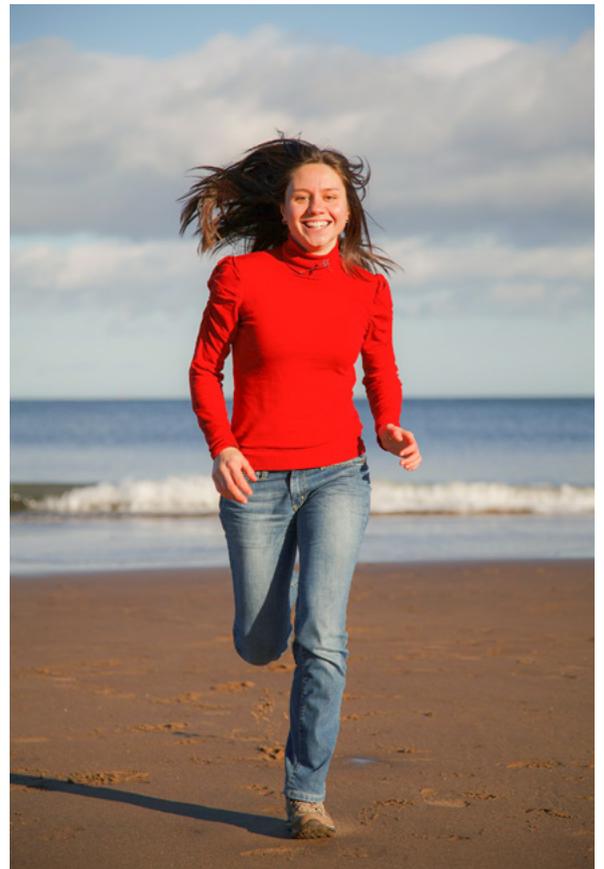
And from a sustainability perspective, Dr David Pimentel of Cornell University estimates that *"animal-based foods require about five to fifty times more land and water resources than the same number of calories from plant-based food."*³⁵

So, reducing your food-print is a
Win! Win! Win!

Win for your **Wallet...**



Win for your **Health...**



Win for the **Planet...**



How to Balance Your Diet by Balancing Your Food Budget

Utilising the money-saving FOODcents project



Spend Least 10%

Spend least on foods that aren't actually necessary in the diet – even though you might like them! These foods are often high in fat, salt and/or sugar, such as fatty meats, chicken with skin, chocolate, chips, sweet biscuits (cookies), butter, margarine, oils, cordials, soft drinks, fruit juice, coffee, tea, and alcohol. They should only be occasional indulgences, if used at all. FOODcents allows 10% of the food budget to be spent on these 'Eat Least' foods.

Spend Moderately 30%

Spend moderately on foods that you need in moderate amounts for good health, such as legumes*, nuts, tofu, lean meat, chicken without skin, fish, eggs, cheese, yoghurt, milk or milk substitutes with calcium. FOODcents recommends that 30% of the food budget be spent on 'Eat Moderately' foods.

Spend Most 60%

Spend most on foods you should eat most of to provide energy, vitamins, minerals, phytochemicals, antioxidants and fibre, such as bread, low-sugar cereals, fruit, vegetables, and legumes*. FOODcents recommends that 60% of the food budget be spent on 'Eat Most' foods.

Why are legumes in both Spend Most & Spend Moderately?

Legumes enjoy the best of both worlds! They are technically a subgroup of vegetables and also have high-quality protein.

So, where should legumes be placed on the 10-plan? (page 14)

Opinions vary; the important thing is to eat them daily in order to enjoy their well-documented health benefits.

See Legumes feature on page 5.

* Legumes are sometimes referred to as beans or pulses. Some examples are baked beans, split peas, chick peas, lentils, kidney beans, black beans, cannellini, etc.



The 10-Plan

Spend your food money in the same way you balance the foods in your diet.

First Step

Write down the amount of money you usually spend on food per week or fortnight or month.

Food Money = \$ _____

Second Step

Divide the amount by 10 to give you a 'part' (e.g. \$120 divided by 10 means \$12 per 'part').

Food Money = \$ _____ \div 10 = \$ _____ per 'part'

Third Step

On the 10-Plan below, write the amount you should spend on each section.

Eat Least Foods

These foods usually cost around \$10-60 kg

1 Part

\$ _____ x 1

= \$ _____ to spend on fatty meats, chips, chocolate, soft drinks, tea, coffee, alcohol, etc.

Eat Moderately Foods

These foods usually cost around \$3-30 kg.

3 Parts

\$ _____ x 3

= \$ _____ to spend on lean meat, chicken without skin, fish, eggs, milks, legumes, nuts, tofu.

Eat Most Foods

These foods usually cost around \$2-\$7 kg.

6 Parts

\$ _____ x 6

= \$ _____ to spend on vegetables, fruit, baked beans, lentils, bread, low-sugar cereals, rice, pasta.

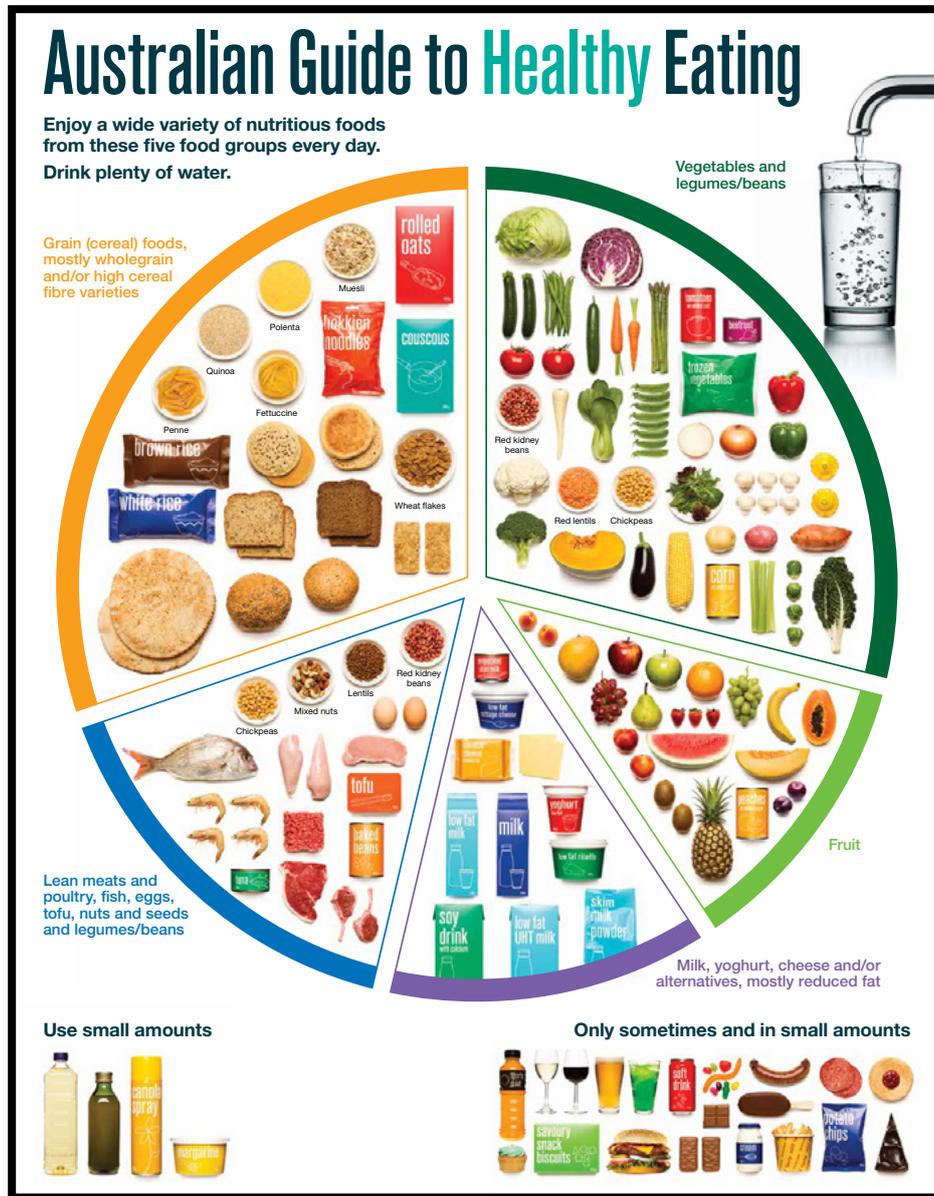
Remember - for every \$10 that you spend on food, spend:

\$6 on 'Eat Most Foods'

\$3 on 'Eat Moderately Foods'

\$1 on 'Eat Least Foods'

The Australian Guide to Healthy Eating accommodates omnivores and vegans, with plant foods in all five segments and animal foods in just two.



Source: National Health and Medical Research Council, 2013

To achieve a balanced diet (and food budget) the average Australian needs to spend around 3 times as much on plant foods as they currently do!

But don't be daunted; it's a journey, and this book shows you how to make **tasty meals** out of all those healthy plant foods.

Notes from the Nutritionist

It is entirely possible to gain all the vital nutrients you need from a plant based diet.³⁶ To achieve this, you simply need to be intentional about getting enough sources of some specific nutrients. These nutrients and their sources are below:^{37,38}

Calcium is important for healthy teeth and strong bones. Nerves and muscles also depend on calcium for healthy function.

Good plant sources of calcium include fortified non-dairy milks, tofu (if the firming agent is calcium-based), tahini, almonds, some legumes, and dark green leafy vegetables such as kale and Asian greens.

B12 is essential for the nervous system and for making red blood cells. A deficiency can lead to anaemia.

Vitamin B12 can only be obtained reliably from animal foods. Thus, if eating a strictly plant-based diet (no meat, dairy, eggs, etc), it is very important to consume fortified foods or take B12 supplements. Many non-dairy milks are fortified with B12 - check the labels. For supplements, taking them sublingually often maximises absorption.

What about protein?

Good sources are legumes, whole grains, and nuts. Even vegetables have modest amounts of protein. If you eat a variety of these plant protein sources regularly, and you meet your energy needs, you will easily get enough protein. There is no need to worry about becoming deficient! In fact, even if you ate just one type of legume, wholegrain, nut or vegetable all day to match your energy needs, each of these foods would provide more protein than you actually need!⁴⁰

Omega 3 Essential Fatty Acids are a type of fat that your body can't make - you must get it from food you eat.

Good plant sources of these nutrients are walnuts, ground flaxseeds and chia seeds.

Iron is required for oxygen transport in the blood and deficiency can lead to anaemia.

The body is able to regulate the absorption of non-haem iron from plants. This means that iron from plant sources can help keep your iron levels at an optimal level - not too little, not too much.³⁹ Best plant based sources of iron are whole grains, fortified cereals, green leafy vegetables, legumes, dried apricots, figs, and prunes. Foods high in vitamin C optimize iron absorption, so try to eat foods like berries, citrus, kiwifruit, capsicum and tomatoes along with the high iron foods.

About the Recipes

The recipes in this book have been designed to incorporate plenty of minimally processed, whole plant foods. As has been shown, these foods are among the best in value for money and health. Care has been taken to select ingredients that are readily available, so that the recipes can be made economically in most localities.

All of the recipes have been given symbols to indicate their dietary and practical features. The meaning of each symbol is given below.

Key to Recipe Symbols:

-  = Gluten free
-  = Gluten free options
-  = Dairy free
-  = Dairy free options
-  = Freezes well
-  = Vegan
-  = Contains nuts, seeds or coconut
-  = Creative recipe. This means the recipe has options for variation so you can experiment with different ingredients, flavours and textures, according to taste or what you have on hand.



Recipe Costs

Each recipe also includes an approximate cost per serve. These cost values are an average best, based on 2022 pricing in regional NSW, Australia. Since the cost of food, especially fresh produce, is subject to change depending on season, availability, locality, and inflation, the recipes may end up costing more or less than the price per serve indicated.

Dry Sauté Instructions

The recipes in this book use a no-oil dry sauté technique to help reduce processed food intake.

Method:

1. Heat a dry pan and add peeled, chopped onions.
2. Stir onions until a golden-brown colour develops on the pan.
3. Pour 2-4 Tbsp of water onto the pan to deglaze the colour from off the pan into the onions.
4. Cook until the water evaporates and the onions have absorbed the colour.

Basic Equipment Needed

To make things as doable as possible for you, these recipes have been designed to require minimal equipment – nothing fancy!

For 90% of the recipes in this book, here is all you will need:

Equipment:



Sharp Knife



Stove



Pots and Pans



Cutting Board



Citrus Juicer



Masher



Mixing Bowl



Baking Dish



Baking Trays



Oven



Hand Grater

Kitchen Supplies:

- Baking Paper
- Aluminium Foil
- Cling Wrap



For the remaining 10% of recipes, you will need the following:



Slow Cooker (opt.), page 23



Rolling Pin, page 71



800ml Mason Jars (or similar), page 41



Coffee/Nut/Seed Grinder or Blender (for grinding oats, flax, etc), page 71 & 75

Ideal: Microplane – perfect for mincing garlic, ginger and zesting citrus



BREAKFASTS



5 Tips for How to Make “The Most Important Meal of the Day” *the most important meal of the day!*

1. Plan ahead

A good breakfast starts the night before. Plan what you will eat so it will be quick and easy to prepare for the next day. It can be as simple as checking your pantry for dry cereal, preparing a hot cereal — so all you have to do is heat and cook it — or setting aside some leftovers.

2. Go for whole plant foods

Whole plant foods are full of fibre which helps make them a source of sustaining, slow-release energy. Especially include a source of whole grains, plenty of fresh fruit, and a handful of nuts and seeds. If you prefer a savoury breakfast, ensure you have some vegetables and beans.

3. Eat plenty

A key to having a good appetite for breakfast is to eat less later in the day. By eating less, especially at the evening meal, your stomach will get a chance to rest overnight, and then it will be raring to go at breakfast time! When you make breakfast one of your largest meals, you set yourself up for success by giving your body the fuel it needs to perform at its peak for the day.

4. Be practical

Tailor your breakfast to your needs, and don't become locked into only having a “typical” breakfast. If you must eat on the run, plan your food accordingly, e.g. a sandwich and 2-3 pieces of fresh fruit, or a smoothie you can whiz in 5 minutes and take in a flask. There are so many different ways you can eat whole grains, fresh fruit, vegetables, beans and nuts – keep it simple, doable and achievable for YOU.

5. Enjoy!

Make breakfast a highlight of your day by including foods that you really like. Go for your preference, whether savoury or sweet, hot versus cold, freshly cooked or leftovers. Also, make sure you allow yourself enough time to relish it without rushing. In doing this, breakfast will become something you won't want to miss and it will be the best way to kick-start your day.

How to Cook Grains

Absorption Method – *suitable for any grain*

1. Place grain with appropriate amount of water (see table below) in a pot, and bring to a boil.
2. Once boiling, reduce heat as low as possible to simmer. Cover with a lid until all water is absorbed.
3. Turn off heat and leave, covered, for 10 minutes to allow moisture to distribute evenly through the grain. This helps eliminate dryness on the surface of the cooked grain.

Boiling Method – *suitable for barley, millet, quinoa, rice*

1. Place grain in a pot with plenty of water—no need to measure, just use plenty of water like you would for pasta.
2. Bring to boil and allow to gently boil until cooked (see simmer times below for a guide). Don't boil them for too long, as the grains will continue to swell in the water.
3. Drain water and return to heat for a few minutes to evaporate excess liquid.

Water / Grain Ratios for Absorption Cooking Method

Grain/Seed	Water / 1 cup dry grain	Simmer time	Yield	Cost / 1 cup cooked
Barley, pearled	4 cups	75-90 min	4 cups	\$0.55
Buckwheat	2 cups	20-30 min	3 cups	\$1.30
Cornmeal / Polenta	3 cups	30 min	4 cups	\$0.55
Millet	3 cups	50-60 min	4 cups	\$1.85
Oats, rolled	2 cups	20-30min	2 cups	\$0.20
Quinoa	2 cups	30 min	3 cups	\$1.95
Rice, brown	2 cups	50-60 min	3 cups	\$0.60

BARLEY BREAKFAST



Makes: 6 cups (1 serve = 1 cup)

Cost/Serve: \$0.15

1 cup barley
5 cups water

1. Place barley and water in a slow cooker, and turn on to low heat overnight.
2. In the morning, it will be ready to serve like porridge.
3. Serve with chopped dates, sultanas, nuts and fresh fruit, and milk of choice.

Tips:

- Barley cooked this way keeps well in the fridge for a few days, and you can simply reheat on the stove for another breakfast. It also freezes well.
- Try cooking the barley with ½ cup dates for a sweeter variation.



Barley has the lowest glycaemic index of all whole grains with an average GI value of 30. Great for diabetics.⁴¹

CREAMY CANNELLINI & CORN



Makes 4 x 1 cup serves

Cost/Serve: \$0.70

**1 medium onion, chopped/
finely diced**

½ tsp dried basil

**2 x 400g cans no added salt
cannellini beans or 3 cups
cooked**

2 cups frozen corn kernels

¾ tsp salt or to taste

**½ cup water, plus extra, as
needed**

1. Dry sweat onion on low heat until translucent.
2. Add basil, 1 can of drained beans, and ½ cup water. Allow beans to heat up and soften, then mash thoroughly until creamy while on the stove. More water can be added as needed.
3. Add remaining cannellini beans, corn and salt and bring to boil. Add more water as needed to achieve desired creamy consistency.
4. Once the mixture is hot, mash everything a little more, as desired. Leave some cannellini beans whole.
5. Serve warm over rice or toast. Makes a very quick and delicious savoury breakfast item



GLORIFIED GRAIN BOWLS



Makes 1 full meal

Cost per serve: \$1.90

Cost/1 cup cooked grain: \$0.08 – 0.65

- 1 cup cooked grain
- 2 tbsp dried fruit
- 2 tbsp nuts/seeds
- 1 cup fresh fruit
- 1 cup milk

1. Place selected cooked grain in a bowl.
2. Top with dried fruit, nuts and seeds, and fresh fruit.
3. Pour milk of choice over the whole bowl.
4. Eat and enjoy!

Grain Options

- Barley
- Brown rice **GF**
- Buckwheat **GF**
- Cornmeal (polenta) **GF**
- Millet **GF**
- Oats *(or **GF** oats)
- Quinoa **GF**

Nut/Seed Options

- Almonds
- Brazil nuts
- Cashews
- Chia seeds
- Linseeds, ground
- Pecans
- Pumpkin seeds
- Sunflower seeds
- Walnuts

Dried Fruit Options:

- Apricots
- Cranberries
- Currants
- Dates
- Raisins
- Sultanas

Fresh Fruit Options:

- Apple
- Apricot
- Banana
- Cherry
- Fig
- Grape
- Grapefruit
- Kiwifruit
- Mandarin
- Mango
- Orange
- Peach
- Pear
- Pineapple
- Plum
- Rockmelon
- Watermelon



POTATO PATTIES



Makes: 8 patties (1 serve = 2 patties)

Cost/Serve: \$0.70 (2 patties)

4 medium potatoes, finely shredded, juice squeezed out

4 spring onions (scallions), finely sliced

½ cup corn kernels (frozen/fresh/tinned)

1 tsp garlic powder

½ tsp salt

1. Combine all ingredients in a mixing bowl.
2. Line a tray with baking paper, and form mixture into 10 cm wide patties on the tray.
3. Bake at 180°C for 45 minutes or until golden.
4. Serve for breakfast with baked beans, grilled tomato and zucchini. Can serve hot or cold – makes a great lunch box item. Freezes well.

Try tasting these cold – your gut microbes will love the extra resistant starch!



SAVOURY LENTILS WITH MUSHROOMS & TOMATOES



Makes: 6 cups (1 serve = 1 cup)

Cost/Serve: \$0.90

1 onion, chopped
2 garlic cloves, minced
2 tsp mixed herbs
1 tsp salt
200g mushrooms, sliced
1 cup dry green lentils
2 cups water
2 x 400g cans diced tomatoes

1. Dry sauté onion until soft. Deglaze pan with a little water and stir through garlic, mixed herbs, salt and mushrooms. Sauté mushrooms until tender.
2. Add dry green lentils and water, then bring to boil.
3. Add canned tomatoes, then reduce heat to simmer, and cook mixture for 30 minutes or until lentils are soft.
4. Serve over toast, rice, pasta or potatoes. Makes a great savoury breakfast option.



TOASTED MUESLI



Makes: 1.2kg (24 x 50g [1/2 cup] serves)

Cost/Kg: \$3.70

Cost/Serve: \$0.20/50g

1/2 cup pitted dates

1 cup boiling water

1 large ripe banana

1 tbsp ground coriander

1/2 tsp salt

1 tsp vanilla

9 cups rolled oats*

1/2 cup chopped nuts or seeds

1/2 cup desiccated coconut

1. Halve pitted dates (to ensure no pits) and place in the boiling water.
2. Place banana, coriander, salt, and vanilla in a mixing bowl, then mash thoroughly.
3. Mash softened dates thoroughly (in the water). Combine with mashed banana mixture.
4. Combine oats, seeds/nuts/coconut in a large mixing bowl. Thoroughly stir through date/banana mixture to evenly coat and moisten the oat mixture.
5. Bake at 150°C for 2 hours, stirring every 30 minutes until dry and golden. Alternatively bake overnight at 70-80°C, no stirring required.
6. Serve as a breakfast cereal with fresh fruit, milk of choice, and a sprinkle of nuts and seeds, or as a topping for stewed fruit.

Tips:

- Mashed banana can be substituted with 2/3 cup stewed fruit of any kind.
- Both cooking methods make a delicious product but the higher temperature of the 2-hour cooking method develops a richer roasted flavour. It is also a more economical use of electricity, however one must be available to stir every 30 minutes.
- Note that each oven is different. You may need to experiment with your oven, adjusting the baking temperature and times so as to not burn the mixture (particularly with the 2-hour cooking method).
- * For gluten free use gluten free oats

Eating just 3g/day of the soluble fibre in oats can measurably lower cholesterol levels. You can get this much fibre in just 1 cup rolled oats.^{42,43}



MAIN DISHES



How to Cook Legumes

Cooking Beans

Step 1: Soak

Soak in cold water overnight. If the weather is hot, soak the beans in the fridge to avoid fermentation. For a quicker soak, bring the dry beans to boil in plenty of water for a few minutes, then turn off the heat and allow to soak for 1–4 hours before cooking.

Step 2: Rinse

Discard soaking water—this will get rid of most of the oligosaccharides that cause gassiness.

Step 3: Boil and De-froth

Put soaked beans in a pot with twice the amount of water to soaked beans. Bring to boil, and scoop off any froth that comes to surface.

Step 4: Simmer

Turn down heat to simmer beans for 1–2 hours. Add more water, if needed. Add salt if desired halfway through simmering time. Ratio of $\frac{1}{2}$ tsp for every 1 cup dry beans.

Cooking Lentils

Step 1: Rinse

Rinse lentils to remove any residual dirt/dust.

Step 2: Boil

Bring to boil with 2–3 times as much water as dry lentils.

Step 3: Simmer

Turn down heat to simmer for $\frac{1}{2}$ –1 hour until the lentils are tender.

Cooking Split Peas

Use either of the above methods. Peas tend to produce a lot of froth and take longer to cook – these reasons make the first method preferable.

CARROT & RED LENTIL CROQUETTES



Makes: 30 (1 serve = 2 croquettes)

Cost/Serve: \$0.55

2 medium onions, finely diced
 4-6 garlic cloves, finely minced
 1 tbsp mixed herbs
 2 ½ tsp salt
 2/3 cup red lentils
 1 ½ cups water
 4 carrots, diced
 3 (~550g) medium potatoes, diced
 ½ cup finely minced fresh parsley
 3 cups (300g) quick oats*
 2/3 cup (90g) sesame seeds

1. Dry sauté onion until soft, add garlic, mixed herbs and salt, and sauté for 30 seconds.
2. Add red lentils and water, and bring to boil, then reduce to simmer on very low heat, and cover. It should be cooked in 30 minutes.
3. Meanwhile steam carrots and potatoes until soft.
4. Mash hot steamed carrots and potatoes in a large bowl. Add cooked lentil mixture, and combine well. Stir through parsley and oats.
5. Allow mixture to stand for 10 minutes to firm up. Form into cylinders 6cm x 3cm diameter then dip in sesame seeds to coat.
6. Line a baking tray with non-stick paper, and bake at 180°C for 30-40 minutes until golden.
7. Serve warm with Lemon Parsley Sauce for dipping, or drizzled on top. Freezes well.

Tips:

- Once the croquettes have been formed and coated with sesame seeds, they can be frozen, and then baked when a savoury is needed on demand.
- For an alternative method for forming the croquettes, press mixture into a baking dish and allow to cool completely and set. Once cold, slice into rectangular batons (3x3x6cm). Dip in sesame seeds to coat. Cook as per step 6.
- * For gluten free use gluten free oats



ASPARAGUS & WHITE BEAN RISOTTO



Makes: 6 cups (1 Serve = 1 ½ cups)

Cost/Serve: \$1.40

- 1 onion, diced
- 2 garlic cloves, minced
- 2 tsp onion powder
- 1 tsp garlic powder
- 2 tsp dried parsley
- 1 tsp salt
- 2 cups cannellini beans
- 4 cups water
- 2 bunches asparagus (approx. 12 spears)
- 3 cups cooked brown rice*

1. Sauté onion and garlic. Add onion powder, garlic powder, dried parsley, salt, beans, and water. Bring to boil, and then partially mash beans.
2. Remove tough ends of asparagus. Chop stems in 2cm lengths. Leave tips whole. Add asparagus to beans, and cook for 5 minutes.
3. Add rice and extra water as needed. Cook for 5-10 minutes further until asparagus is tender.

Tips:

- When asparagus is not in season, try this recipe with green peas, green beans, broccoli, broccolini, zucchini, or any other green vegetable available. This could also lower the cost of the recipe, depending on the vegetable used.
- * See page 22 on How to Cook Rice

Whole grains, such as brown rice, can initiate changes in the gut microbiome which, in turn, can help reduce inflammation in the body.⁴⁴



LENTIL VEGETABLE STEW



Makes: 8 cups (1 Serve = 2 cups)

Cost/serve: \$1.55

- 2 onions, diced
- 3 garlic cloves, minced
- 3 tbsp tomato paste
- 2 tbsp mixed herbs
- 3 tsp salt
- 1 cup dry brown lentils, soaked in hot water for 30 minutes
- 8 cups root vegetables e.g. potato, sweet potato, carrots, parsnip, turnip, diced
- 3 cups water
- 2 cups peas
- 1 tbsp wholegrain flour*
- ¼ cup cold water

1. Dry sauté onion. Deglaze pan to caramelize. Add garlic, tomato paste, mixed herbs, and salt, sautéing for 30 seconds.
2. Add drained brown lentils, root vegetables, and 3 cups water. Bring to boil, and simmer for 40 minutes until root vegetables are tender.
3. Add peas. Combine flour with ¼ cup cold water, and then stir into the stew. Simmer for further 5-10 minutes.
4. Serve with a wholemeal roll or over toast.

Tip

- * For gluten free use gluten free flour.



Healthy food choices go a long way to alleviating hunger, dependency and sickness.

FLEXI PATTIES



Makes: 25 patties (1 serve = 2 patties)

Cost/Serve: \$0.40

Dry

3 cups quick oats*
 2 onions, very finely
 diced
 ½ cup walnuts, chopped
 2 tbsp Italian herbs or
 mixed herbs
 1 tsp garlic powder
 1 ½ tsp salt

Wet

3 tbsp tomato paste
 2 cups hot water
 2 x 400g cans (or 3
 cups cooked) legumes
 e.g. lentils, kidney
 beans, white beans, etc.,
 drained and mashed

1. Prepare and combine dry ingredients.
2. Dissolve tomato paste into the hot water and stir through the mashed legumes
3. Add the wet legume mixture to the dry ingredients and combine thoroughly. Allow the mixture to rest for 10 minutes to absorb moisture.
4. Scoop onto a lined baking tray and form into patties (approx. 6cm diameter x 1.5cm high). Bake for 20 minutes at 180°C. Flip patties and bake another 10–15 minutes on the other side.
5. Serve with Tomato Topping (see page 66) and a salad or roasted potato and vegetables.

Variations:

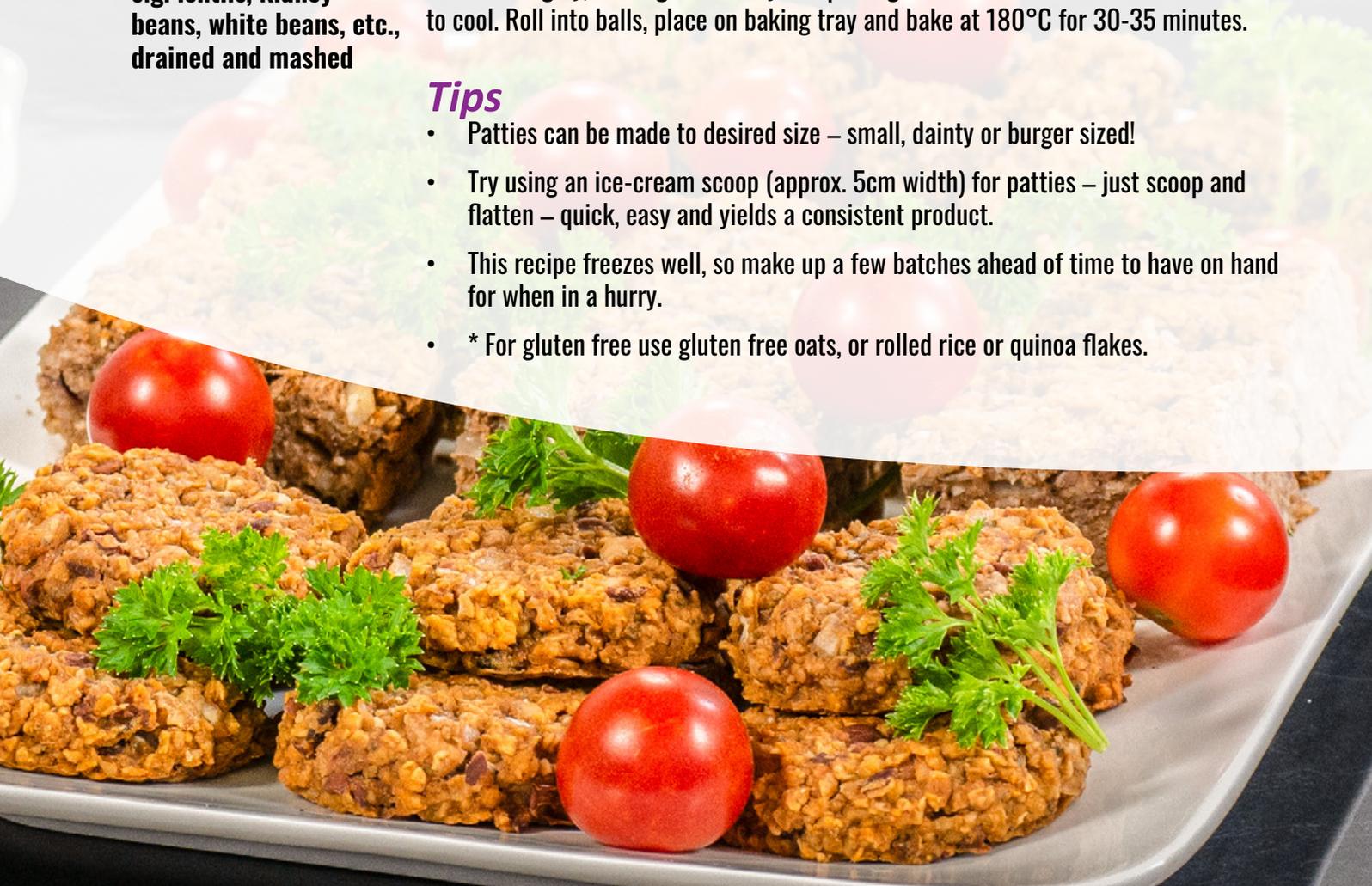
Flavour options: Try experimenting with other herbs, seasonings, nuts, seeds, and a variety of legumes, using this recipe. The possibilities are endless!

Loaf: Simply add 1 extra cup of quick oats to the recipe, press into a loaf baking dish and bake for 45 minutes to 1 hour. Test by inserting knife and see how it comes out. It should be fairly clean/not gluggy.

'Meatballs': Add 1 cup of extra quick oats to the recipe. Place mixture in a pot and heat thoroughly, stirring constantly like porridge until it steams and thickens. Allow to cool. Roll into balls, place on baking tray and bake at 180°C for 30-35 minutes.

Tips

- Patties can be made to desired size – small, dainty or burger sized!
- Try using an ice-cream scoop (approx. 5cm width) for patties – just scoop and flatten – quick, easy and yields a consistent product.
- This recipe freezes well, so make up a few batches ahead of time to have on hand for when in a hurry.
- * For gluten free use gluten free oats, or rolled rice or quinoa flakes.



RATATOUILLE



Makes: 14 cups (1 serve = 1 cup)

Cost/Serve: \$1.50

3 onions, finely sliced
4 garlic cloves, crushed
½ tbsp Italian herbs
2 medium eggplants, diced
2 red capsicums, diced
3 zucchini, sliced into rounds
3 fresh tomatoes, diced (or 1 x 400g can diced tomatoes)
2 tsp salt
350g (1/2 x 700g bottle tomato passata)
15g (~ ½ bunch) fresh basil

1. Dry sauté onion in a large saucepan until the bottom of the pan starts to caramelize. Quickly pour in a little water to deglaze the pan. The caramelization will soak into the onion.
2. Add garlic and Italian herbs and cook briefly for 30 seconds.
3. Add eggplant, capsicum, zucchini, tomatoes and salt. Cover and simmer for 30 mins, stirring occasionally. Veggies will juice up a bit as they cook.
4. Add passata to the stewed vegetables. Cover and simmer a further 10 minutes.
5. Stir through fresh basil leaves a few minutes prior to serving.
6. Serve over rice, pasta, quinoa or toast. Enjoy!



Buy in season to save! Unseasonal fruit and vegetables can cost about twice as much.

ROASTED PUMPKIN & CHICKPEA RISOTTO



Makes: 6 cups (1 serve = 1 ½ cups)

Cost/Serve: \$1

4 cups diced pumpkin (1 ½ cm cubes), skin removed

2 tbsp coconut cream

1 tsp dried thyme

1 onion, diced

¾ tsp salt

1 x 400g can chickpeas

2 ½ cups cooked brown rice*

4 cups water

1. Stir coconut cream and thyme into the diced pumpkin. Spread out on a baking tray and bake at 200°C for 20-30 minutes until tender. Remove from heat and allow to cool in the refrigerator.
2. Sweat onion with salt gently on medium heat. Add chickpeas, brown rice and 2 cups of the water and bring to boil.
3. Gently stir baked pumpkin through rice and add remaining water till it covers the rice and pumpkin. Bring to boil again, then cover and simmer for 30 minutes. Do not stir as this will break up the pumpkin bits.
4. Serve warm with vegetables or a fresh garden salad.

* See 'How to Cook Grains', page 22

Tip:

- Cooling the pumpkin in the fridge helps it keep its shape when you first stir it through the rice.
- For singles or couples, halve the recipe or freeze the leftovers and/or save them for a second meal.



SATAY STIR FRY



Makes: 4 serves
Cost/Serve: \$1.80

8 cups raw stir-fry vegetables: e.g. onion, carrot, zucchini, broccoli, cauliflower snow peas, sugar snap peas, capsicum, baby corn, mushrooms, Asian greens etc.

1 recipe Satay Sauce
(see page 65)

4-6 cups cooked brown rice, pasta or noodles*

1. Sauté vegetables in water beginning with onions and carrots, followed by the remaining vegetables. Add any leafy green vegetables last. Cook lightly so that they retain some firmness – don't let the vegetables go soft and mushy.
2. Stir satay sauce through the vegetables or just drizzle over the top.
3. Serve vegetables and sauce over rice, pasta or noodles. Makes a complete meal.

Tip

- * For gluten free option, serve with gluten-free pasta or noodles



VEGETABLE CURRY



Makes: 8 cups (1 serve = 2 cups)

Cost/Serve: \$2.30

- 1 onion, chopped**
- 2 garlic cloves, minced**
- 1 tbsp grated ginger**
- 1 tbsp lemon zest**
- 2 tbsp curry powder** (see page 61)
- 2 tbsp tomato paste**
- 2 tsp salt**
- 4 cups diced hard vegetables, e.g. potato, sweet potato, carrot, parsnip, pumpkin**
- 4 cups softer vegetables, e.g. cauliflower, broccoli, celery, capsicum, eggplant, green beans, cabbage, corn, mushrooms, asparagus, peas, spinach, chard, kale, Asian greens**
- 3 cups cooked legumes e.g. chick peas, lima beans, butter beans, lentils**
- 3 cups water**
- 1 cup coconut cream**

1. Dry sauté onion until tender. Deglaze pan with a little water. Add garlic, ginger, lemon zest and curry powder and sauté 30 seconds. Add tomato paste, sauté 30 seconds.
2. Add hard vegetables, plus salt and 2 cups water. Bring to boil and simmer for 20 minutes.
3. Add softer vegetables and remaining water. Simmer for 10 minutes or until tender.
4. Add legumes and coconut cream. Simmer a further 5 minutes.
5. Serve as a topping over 1 ½ cups of cooked brown rice to make a complete meal. Including the rice, this costs only \$2.50 per person for the whole meal!!!

Tip:

- This recipe is best for special occasions due to its higher saturated fat content. For a lower fat version, use ⅓ cup coconut cream and ⅔ cup extra water.



PACKED LUNCHES



Packed Lunch Ideas

Dips with Crudités:

Freeze dips in single serve portions (e.g. ½ cup). Pack lunch with vegetable sticks and crackers or a sandwich.

Salad Jars:

These are a great all-in-one packed lunch that you can prepare ahead for the whole week!

Hearty Wraps:

Spread a wholemeal wrap with your favourite dip, throw in some leftover Zucchini Bites or mini Flexi Patties and top with fresh, crisp salad items. Wrap, roll and enjoy!

Burgers:

Use the Flexi Patties recipe and make them burger-sized. Fill a wholemeal roll with the burger plus your favourite salad items, spreads and sauces.

Leftover savouries:

Curry & rice, ratatouille, croquettes, patties, risottos, etc. Make extra in a batch and freeze/set aside serves in takeaway containers for lunches.

Hot Thermos:

Fill with comforting soups, stews or curries. Throw in a bread roll to compliment.

Sweet Treats:

For a sweeter finishing touch to packed lunches, pop in a piece of Ginger Coconut Slice or some Apricot Almond Balls!

SALAD JARS



Makes: 1 (full meal)

Cost/Serve: \$2.40

2 tbsp dressing (or to taste)

½ cup hearty veggies, grated/chopped/sliced/steamed

½ cup less hearty veggies, grated/chopped/sliced/steamed

1 cup wholegrain or starch, cooked e.g. pasta*

½ cup legumes, canned/cooked/sprouted

1 cup greens

2 tbsp nuts/seeds

1. Stack ingredients in an 800ml mason jar (or similar) in the order listed.
2. Refrigerate. Keeps for up to 4 days.
3. Serve by pouring contents out onto a plate or into a bowl. It will be dressed and ready to eat instantly!

Tips:

- Treat this recipe as a guide – the quantity of ingredients can be adjusted according to appetite, size of jar, etc.
- Salad jars like this can make a complete meal – they contain all the veggies, carbohydrates, protein and plant-based fats that you need in a balanced meal.
- For gluten free options use the GF* suggestions in the table below.

Hearty Veggies

Beetroot
Carrot
Cauliflower, raw/
blanched
Celery
Fennel
Green beans
Pumpkin/squash,
cooked
Red Onion
Radish
Snow peas
Shallots

Less Hearty Veggies

Capsicum
Cucumber
Mushroom
Sprouts
Tomato

Wholegrain/Starch

Barley
Buckwheat GF*
Corn GF*
Millet GF*
Quinoa GF*
Rice GF*
Pasta GF Opt.*
Potato, cooked
Sweet potato, cooked

Legumes

Black beans
Borlotti beans
Kidney beans
Chickpeas
Lentils
White beans

Greens

Arugula/Rocket
Broccoli, raw/blanched
Baby spinach
Cabbage
Kale
Lettuce
Parsley

Nuts/Seeds

Almonds
Cashews
Coconut
Pecans
Pine Nuts
Pumpkin seeds
Sunflower seeds
Sesame seeds
Walnuts



ASIAN STYLE RED BEAN DIP



Makes: 1 ¼ cups (1 serve = ¼ cup)

Cost/Serve: \$0.50

- 1 ½ cups cooked adzuki or red beans
- 3 tbsp lemon juice
- 1 tbsp tahini
- 1 shallot/scallion, finely sliced
- 1 tbsp toasted sesame seeds
- 1 tbsp grated fresh ginger
- 3 garlic cloves, minced
- 1 ½ tsp ground coriander
- ½ tsp salt

1. Place all ingredients in a bowl and thoroughly mash with a potato masher until a thick dip consistency is reached.
2. Serve with fresh vegetable crudités, wholegrain crackers, or try spreading on sandwiches, wraps or in sushi.

Tips:

- Heating the beans first will make them easier to mash.
- Toast sesame seeds by placing them in a dry pot over high heat stirring frequently until they go golden. Be careful! They can burn quickly and easily.

Did you know:
Adzuki or red beans
contain more antioxidants
per serve than
blueberries!^{45,46}



BABA GHANOUSH WITH LENTILS



Makes: 2 ½ cups (1 serve = ¼ cup)

Cost/Serve: \$0.50

1 medium eggplant (approx. 500g)

1 ⅓ cups water

⅔ cup dry red lentils

¼ tsp salt

1 bay leaf

2 tbsp tahini

2 tbsp lemon juice

2 cloves garlic, crushed

½ tsp salt

¼ tsp smoked paprika

1. Wrap whole eggplant in aluminium foil and roast at 180°C for about 1 hour until soft.
2. Bring to boil water, red lentils, ¼ tsp salt and bay leaf, then reduce to simmer for 25-30 minutes until lentils are mushy. Remove bay leaf once done.
3. When eggplant is soft, remove from the oven and allow to cool. Cut off the stalk and peel away the outermost layer of skin – the tougher, shinier part. The darker, softer, inner part of the skin can remain. Place the eggplant in a bowl and mash well.
4. Add cooked lentils and all remaining ingredients to the eggplant and mix well.
5. Chill and serve with pita bread, crudité's or crackers. Freezes well.



CURRIED CHICKPEA & SWEET POTATO DIP



Makes: 2 ¼ cups (1 serve = ¼ cup)

Cost/Serve: \$0.45

- 1 ½ cups cooked chickpeas
- 1 cup cooked unpeeled sweet potato, diced
- ¼ red onion, finely minced
- ¼ cup lemon juice
- ¼ cup coconut cream
- 1 garlic clove, crushed
- 1 tbsp curry powder
- 1 tbsp tahini
- 1 tsp cumin
- 1 tsp salt

1. Place all ingredients in a bowl. Mash thoroughly with a potato masher until a thick dip consistency is achieved. Alternatively, whiz together in a food processor to desired texture.
2. Serve with fresh vegetable crudité's, wholemeal crackers or Lebanese pita chips. It is also fabulous as a sandwich spread or in wraps.

Tip:

- Heating the chickpeas first will make them softer to mash/blend, yielding a smoother product.

Research has shown that for every 20g increase in daily legume intake there is an 8% reduction in risk of death. That's with just two tablespoons!⁴⁷

CURRIED ZUCCHINI BITES



Makes: 25 bites (1 serve = 5 bites)

Cost/serve: \$0.95

3 cups shredded zucchini
1 cup finely sliced leek (can use green tips)
½ red capsicum, finely diced
1 cup besan (chickpea) flour
1/3 cup sunflower seeds
1 tsp salt
1 tsp curry powder
½ tsp cumin
¾ tsp coriander ground
1 ½ tsp lemon zest

1. Combine all ingredients in a bowl and allow to sit for 5-10 minutes. The salt will cause the zucchini to juice up and form a soft, thick mixture.
2. Spoon mixture into bite-sized mounds on a tray with baking paper. Bake at 180°C for 30-40 minutes until gently browned.
3. Serve hot and topped with stewed tomato and onion, on its own and cold as a packed lunch item, or as finger food for a party. Freezes well.

Turmeric, the yellow-coloured spice commonly in curry powder, contains numerous anti-cancer and anti-inflammatory compounds.



SPINACH CANNELLINI BEAN DIP



Makes: 2 cups (1 serve = ¼ cup)

Cost/Serve: \$0.40

1 ½ cups cannellini beans

2 tbsp lemon juice

1 tbsp tahini

2 garlic cloves, minced

1 tbsp sliced black olives,
minced

2 tsp dried thyme

½ tsp salt

½ white onion, finely diced

50g baby spinach leaves, sliced
into 1cm squares

2 tbsp finely diced red
capsicum

1. Place cannellini beans, lemon juice, tahini, garlic, olives, thyme and salt in a mixing bowl and mash thoroughly until a thick dip consistency is achieved.
2. Dry sauté onion. Deglaze pan to caramelize. Add red capsicum and baby spinach. Cook until spinach leaves wilt. Remove from heat.
3. Stir cooked onion, capsicum and spinach through the mashed cannellini bean mixture.
4. Serve with fresh vegetable crudité and wholemeal crackers. Makes a perfect dip to stuff capsicums or a round cob of bread. It's yum... flavours hint of pizza!



SALADS



BEETROOT & FENNEL SALAD



Makes: 2 cups (1 serve = ½ cup)

Cost/Serve: \$0.50

1 large beetroot
1 cup finely sliced fresh fennel

Dressing:

2 tbsp lemon juice
2 tsp honey
½ tsp dried dill
1/3 tsp salt

Garnish:

Sesame seeds
Fennel greens

1. Roast beetroot whole at 180°C for 1 – 1 ½ hours until tender. Allow to cool, then peel and dice.
2. Combine fennel, diced beetroot and stir through the dressing.
3. Garnish with sesame seeds and fresh fennel greens.
4. Serve as a side dish as part of a main meal. Pairs well with roasted potatoes and a green salad.



CARROT SALAD WITH HONEY GINGER DRESSING



Makes: 6 cups (1 serve = 1 cup)

Cost/serve: \$0.60

Salad:

4 cups grated carrot

1 cup finely shredded purple cabbage

½ cup finely sliced shallots

½ cup toasted sesame seeds

Dressing:

1/3 cup lemon juice

1 tbsp honey

1 tsp minced/grated fresh ginger

½ tsp salt (opt.)

1. Combine salad ingredients in a bowl.
2. Whisk together dressing ingredients. Pour dressing over salad and stir through about 15 minutes before serving.
3. Serve as a tasty side dish to complement a main meal.

Tip:

- Toast sesame seeds by simply placing in a dry saucepan and heating them on the stove until they brown. Stir regularly and watch carefully as once hot they brown quickly.



KALE & AVOCADO PASTA SALAD



8 cups (1 serve = 1 cup)

Cost/Serve: \$0.55

100g dry wholegrain or pulse pasta*

3 cups water

4 cups curly kale leaf pieces, de-stemmed (approx. 2-4 leaves)

½ ripe avocado, diced

¼ tsp salt

¼ tsp garlic powder

2 tsp lemon juice

¼ red onion, sliced

1 ripe tomato, cut into chunks

1. Bring water to boil and add pasta. Cook until tender but not too soft (see package for directions specific to pasta used). Once cooked, drain the water and allow the pasta to cool.
2. Place kale leaves in a large bowl and add the avocado, salt, garlic powder and lemon juice. Massage the avocado and seasonings into the kale leaves until coated. Can leave some avocado chunks remaining.
3. Toss red onion, tomato pieces and cooked pasta through the seasoned kale.
4. Serve immediately. This salad can be a meal on its own especially with some cooked legumes thrown in!

Tip:

- * Use gluten free grain or pasta for gluten free version.

Kale, whether raw or cooked, has been shown to stimulate the immune system.⁴⁸



MEXICAN SALAD



Makes: 8 cups (1 serve = 1 cup)

Cost/Serve: \$0.70

2 cups cooked black beans or 400g tin black beans, drained

2 cups corn kernels, cooked or raw

2 Lebanese cucumbers, diced small

1 red capsicum, diced small

2 tomatoes, diced small

1 red onion, diced small

¼ cup lemon juice

½ tsp cumin powder

Salt to taste (optional)

1. Combine all ingredients. If making up ahead of time, leave off lemon, cumin and salt and add about 15 minutes before serving.
2. Serve as a colourful side dish, as a fresh topping or side for tacos, burritos or nachos, or as a meal on its own in a bed of lettuce.

Tip:

- For singles or couples, halve the recipe.



VEGGIE FETTUCCINE SALAD



Makes: 4 cups (1 serve = 1 cup)

Cost/Serve: \$0.75

2 small zucchini
1 carrot
1 tomato, cut in wedges
¼ red capsicum, finely diced
¼ red onion, sliced
2 tbsp sliced black olives
1 tbsp pepitas
2 tbsp lemon juice
1 garlic clove, crushed
Sprinkle of salt

1. Peel zucchini and carrot completely into strips with a vegetable peeler.
2. Toss tomato, capsicum, onion, olives and pepitas through the carrot & zucchini.
3. Stir crushed garlic through the lemon juice and drizzle over the salad. Sprinkle with salt then toss a few times to evenly distribute the dressing and salt with the salad.
4. Serve immediately as an elegant complement to a main meal. Pairs well with a pasta or potato bake or patties.



SOUPS



CURRIED POTATO SOUP



Makes: 10 cups (1 serve = 2 cups)

Cost/Serve: \$1.15

2 medium onions, diced

2 tbsp curry powder

(see page 61)

2/3 cup coconut cream

6 cups diced potatoes

6 cups water

2 tsp salt

1. Dry sauté onion until golden, deglaze with a little water.
2. Add curry powder and coconut cream and sauté briefly.
3. Add diced potatoes, water and salt. Bring to boil then simmer until potatoes are tender.
4. Serve with a wholemeal roll or crackers, plus some sliced cucumber and tomato.

Tips:

- If using a store bought curry powder, check to make sure it is gluten free if you require this – some brands are not gluten free.
- Add different vegetables, such as carrots, broccoli, zucchini for extra colour and variety. Delete a cup of potato for each cup of other vegetable added.
- For singles or couples, halve the recipe or freeze the leftovers and/or save them for a second meal.



GREEN SPLIT PEA & POTATO SOUP



Makes: 8 cups (1 serve = 2 cups)

Cost/Serve: \$1

2 onions, finely chopped
2 garlic cloves, minced
1 tsp dried basil
2 tsp dried parsley
8 medium potatoes, diced
1 cup green split peas
4 cups water
1 ½ tsp salt

1. Dry sauté onion and garlic in a large saucepan. Deglaze pan with a little water.
2. Add remaining ingredients except salt and bring to a rolling boil. Reduce heat to simmer for 40-50 minutes.
3. Add salt and stir thoroughly to break up the split peas a bit to make it more saucy. Serve with wholemeal toast or crackers.



MINISTRONE SOUP



Makes: 8 cups (1 serve = 2 cups)

Cost/Serve: \$3.20

1 onion, diced
 2 garlic cloves, chopped
 1 tbsp Italian herbs
 ¼ cup tomato paste
 1 tsp salt
 2 carrots, diced
 2 stalks of celery, diced
 1 zucchini, diced
 1 ½ cups cooked borlotti beans
 2 x 400g cans diced tomatoes
 1 ½ cups spiral pasta*

1. Dry sauté onion, deglaze pan with a little water. Add garlic, Italian herbs and tomato paste and cook for 30 seconds.
2. Add salt, carrots and celery and cook until partly tender. Add remaining ingredients, bring to boil and simmer for about 10 minutes until pasta is cooked.
3. Serve with a wholemeal roll. This is a hearty soup that makes a complete meal.

Tip:

- * For gluten free use gluten free pasta.



PEANUT & KUMARA SOUP



Makes: 8 cups (1 serve = 2 cups)

Cost/Serve: \$1.60

2 onions diced
4 tsp grated fresh ginger
2 garlic cloves, minced
¼ cup smooth peanut butter
¼ cup tomato paste
6 cups grated or small diced kumara (sweet potato)
6 cups water
2 tsp salt

1. Dry sauté onion, ginger and garlic. Add peanut butter, tomato paste and a little water and dissolve.
2. Add kumara, water and salt. Bring to boil then simmer until kumara is tender.
3. Serve with wholemeal toast and a green salad.

Tip:

- You can leave the skin on the kumara in this recipe to maximise the nutritional value of this soup.

Eating well brings significant health and economic benefits. A US study demonstrated that it costs half as much to provide healthy food for people for six months as the cost of spending one day in hospital.⁴⁹



RED LENTIL & CABBAGE SOUP



Makes: 10 cups (1 serve = 2 cups)

Cost/Serve: \$0.85

- 1 onion, finely diced
- 2 garlic cloves, minced
- 1 ½ tsp cumin powder
- 3 large potatoes, diced small
- 2 carrots, finely diced
- 1/2 cup red lentils
- 6 cups water
- 1/4 head of white cabbage, finely shredded
- 2 tsp salt

1. Dry sauté onion to caramelize. Deglaze pan with a little water. Sauté garlic and cumin for 30 seconds.
2. Add the diced potatoes, carrots, red lentils and 4 cups of the water. Bring to boil then simmer for 25 minutes until lentils are cooked and potato is tender.
3. Add shredded cabbage, remaining water and salt. Bring to boil again and simmer for further 10-15 minutes until the cabbage is soft.
4. Serve with a wholemeal roll.

Eating cruciferous vegetables such as cabbage, cauliflower and broccoli is associated with improved cognitive ability in older people.⁵⁰



VEGETABLE BARLEY SOUP



Makes: 8 cups

Cost/Serve: \$0.90/2 cups

1 onion, diced or sliced

1 garlic clove, minced

1 tbsp tomato paste

1 ½ tsp mixed herbs

4-5 cups diced vegetables – e.g. carrot, pumpkin, parsnip, turnip, swede, beetroot, celery, zucchini, capsicum, fennel, squash, eggplant, mushrooms, broccoli, cauliflower, peas, etc.

1 x 400g can diced tomatoes

1 cup cooked barley

1 tsp salt

6 cups water

1. Cook ¼ cup dry barley in 2-3 cups water – boil then simmer on low heat for 40-50 minutes. Set aside ready to add to soup.
2. Dry sauté onion. Add garlic, tomato paste and herbs and sauté for 30 seconds.
3. Add root vegetables (longer cooking), 1 cup water and simmer for 5-10 minutes.
4. Add softer vegetables (shorter cooking) and remaining ingredients. Bring to boil then simmer for 10-20 minutes until vegetables are tender.

Tips:

- If using peas, add them in the last 5 minutes of cooking time so they retain their bright colour.
- Can add more or less water as desired – stew vs. soup consistency.
- The flavour of this soup will vary depending on the vegetables used. Capsicum goes really well in it.
- Can add a tin of beans to make the soup more hearty.

Try adding grated or diced broccoli & cauliflower stalks for extra nutrition and less waste.





**SPREADS,
SAUCES &
CONDIMENTS**

CURRY POWDER



6 x 1 Tbsp (20ml) serves (based on 1 part = 1 tsp)

Cost/serve: \$0.45

Basic: (Think: CCC PT!)

3 parts **C**umin
 3 parts **C**oriander
 1 part **C**ardamom
 2 parts **P**aprika
 3 parts **T**urmeric

Optional extras:

1 parts bay leaf
 2 parts fennel
 3 parts fenugreek

1. Combine powdered spices thoroughly, and store in an airtight container. If including bay leaves, fennel or fenugreek, these need to be ground to powder before mixing with the basic spices.
2. Use wherever curry powder is called for!

Tips:

- In Indian cooking, recipes only list the spices used, not their quantities. The cooks gauge how much of the spices to use according to their individual taste. So be adventurous! Try different ratios of the spices and see what you like.
- Spices lose their strong aromatic flavours fairly quickly once ground. Thus it is best to buy spices in smaller quantities that you will use quickly, rather than large amounts that will lose their flavour before you use them.



LEMON PARSLEY SAUCE



Makes: 3 cups (1 serve = ¼ cup)

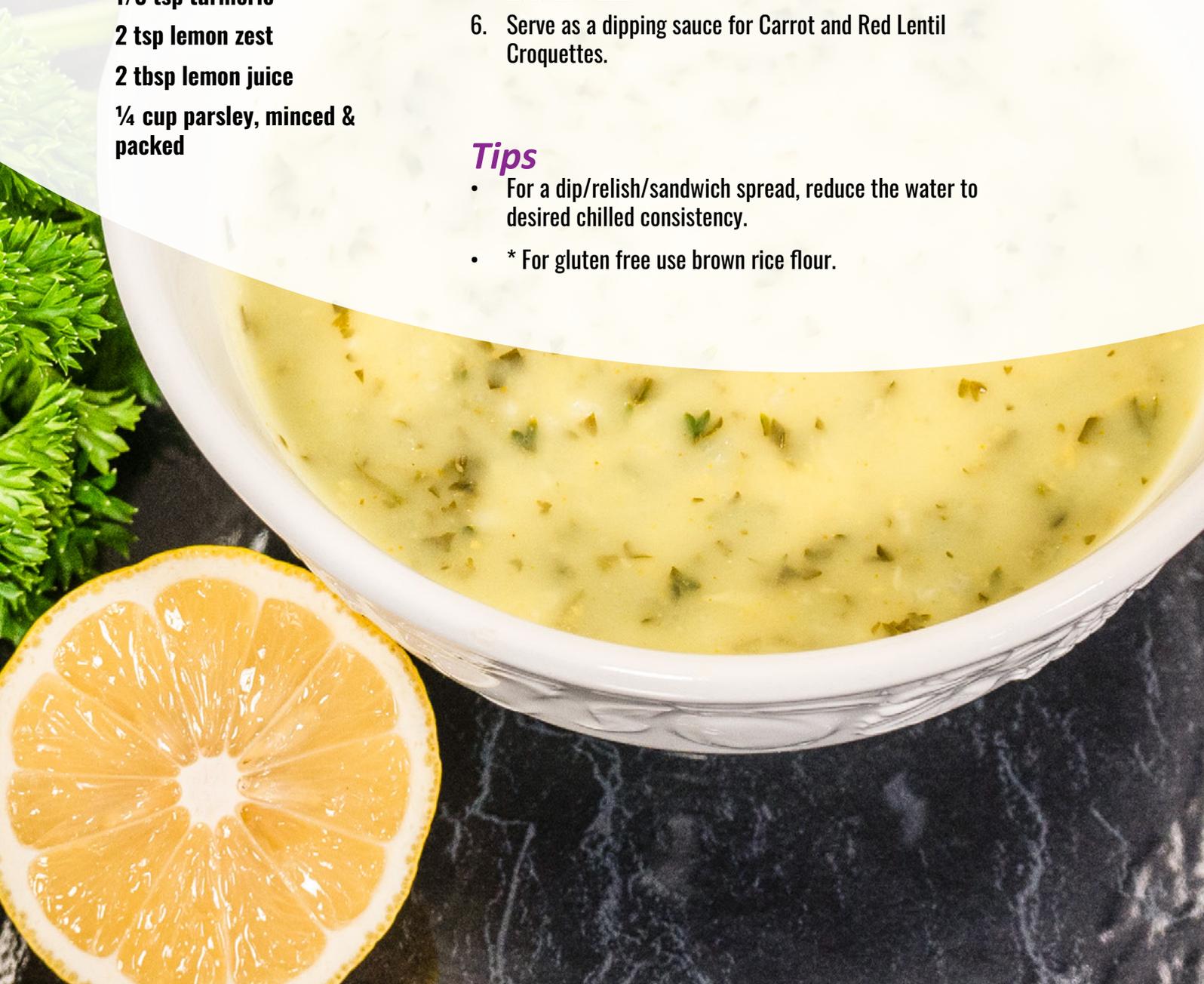
Cost/Serve: \$0.30

½ cup coconut cream
6 garlic cloves, minced
1 tsp salt
2 tbsp wholegrain flour (e.g. brown rice, whole wheat)*
2 cups water
1/3 tsp turmeric
2 tsp lemon zest
2 tbsp lemon juice
¼ cup parsley, minced & packed

1. Bring coconut cream to simmer and add garlic. Cook for 30 seconds.
2. Add salt and flour. Will form a clump.
3. Add water a bit at a time, stirring constantly with a whisk to evenly disperse the clump.
4. Add turmeric and lemon zest. Bring to boil.
5. Add lemon juice and parsley. Combine then remove from heat and chill.
6. Serve as a dipping sauce for Carrot and Red Lentil Croquettes.

Tips

- For a dip/relish/sandwich spread, reduce the water to desired chilled consistency.
- * For gluten free use brown rice flour.



FRUITY PEANUT SPREAD



Makes: 1 1/2 cups

Cost: \$0.65

1/2 cup dates, pitted

1 medium orange

1 ripe banana

2 tbsp smooth peanut butter

1/2 tsp ground coriander

1/4 tsp ground cardamom

1/4 tsp ground ginger

1. Chop dates in half to ensure no pits remain.
2. Juice orange and place juice and any seedless pulp in a saucepan with dates.
3. Heat dates to soften and mash until a paste is formed.
4. Mash banana thoroughly and combine with date paste along with remaining ingredients. Heat for a few minutes until banana is cooked.
5. Chill. Use as a sandwich spread, on toast, or as an alternative filling for Coconut Date Pinwheel Cookies. Keeps for 1-2 weeks in refrigerator, 3-6 months in freezer.



DATE PASTE



Makes: 1 1/2 cups

Cost: \$0.60

1 cup pitted dates, tightly packed

1 cup water

1. Halve pitted dates to ensure no pits.
2. Place water and dates in a saucepan and bring to boil.
3. Turn off heat and mash dates thoroughly to a paste.
4. Chill and store in an air-tight container in the refrigerator or freezer.
5. Use in place of jam, or as whole plant food sweetener in spreads, sauces, smoothies, savouries and sweets. Keeps at least 1 week in fridge, 3-6 months in freezer.

Tip:

- If you have access to a blender, you can simply soak the dates in 1 cup boiling water for a few minutes and then blend. Remember to check that the dates don't have any pits before blending.

Research shows that regularly eating dates (4-5 medjool dates per day) has no adverse effects on blood sugar levels in healthy people, making them a wholesome natural sweetener.⁵¹



SATAY SAUCE



Makes: 2 ½ cups (1 serve = ½ cup)
Cost/Serve: \$0.45

½ cup smooth peanut butter
½ cup tomato paste
3 garlic cloves, minced
½ tsp salt
2 tbsp lemon juice
1 ½ cups water

1. Whisk all ingredients together with a fork until a smooth consistency is reached. Can add more water if desired.
2. Stir through rice, pasta, stir-fry vegetables, or where a satay sauce is required.

Eating peanuts and/or other nuts >1-2 times per week during adolescence has been associated with reduced risk of breast diseases and breast cancer.⁵²



TOMATO TOPPING



Makes: 4 cups (1 serve = 1/3 cup)

Cost/Serve: \$0.25 each

1 large onion, diced
2 tbsp tomato paste
2 tsp dried basil
1 tsp oregano
½ tsp salt
2 garlic cloves, minced
2 x 400g cans diced tomatoes

1. Dry sauté onion to caramelize. Add tomato paste, basil, oregano and salt. Deglaze pan with a little water as needed.
2. Add minced garlic and sauté for 30 seconds.
3. Add diced tomatoes and bring to boil. Simmer for 10 minutes.
4. Serve as topping over patties, savoury loaf, etc.



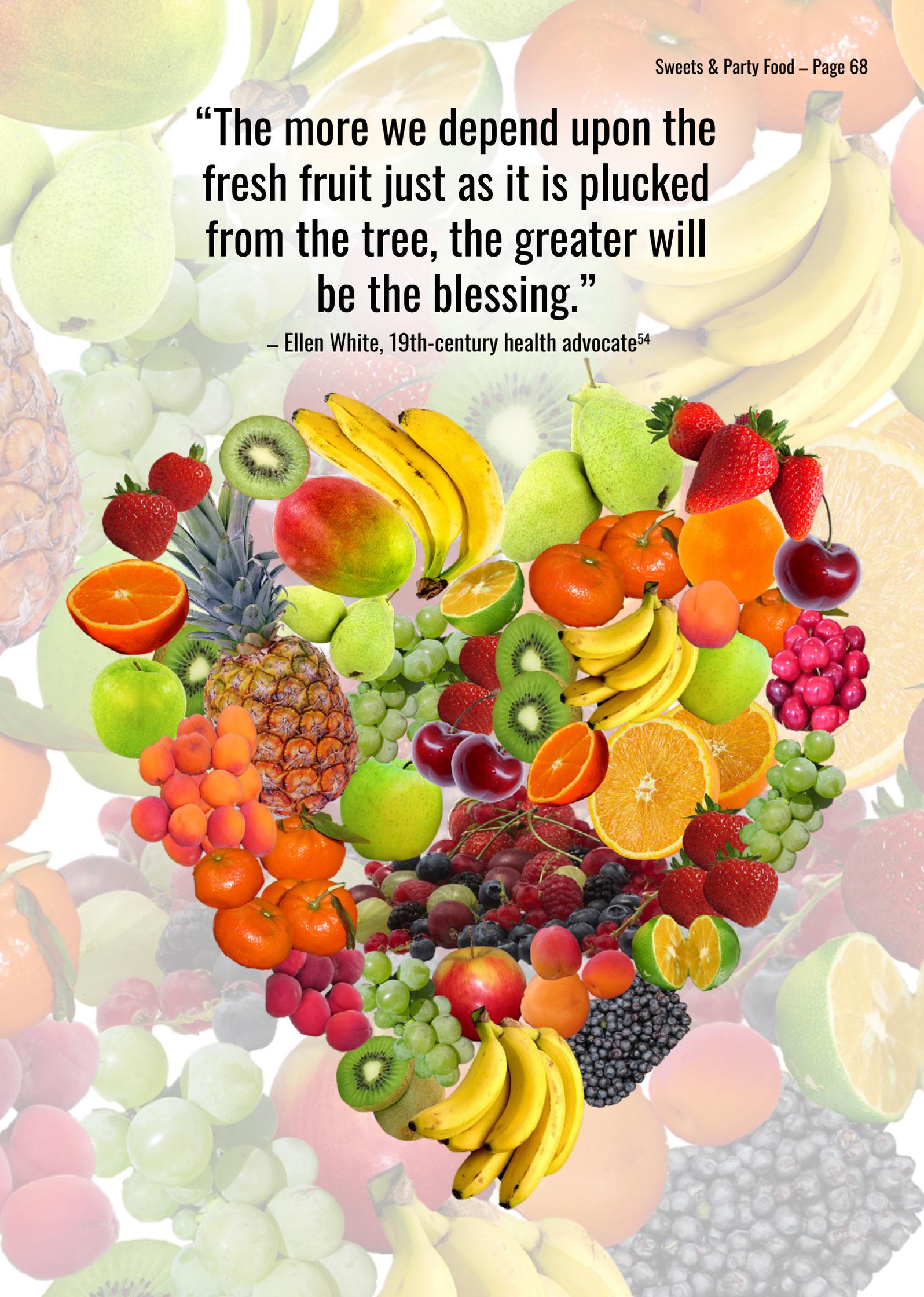
Cooked tomatoes offer 4 times the amount of cancer-fighting lycopene than raw tomatoes.⁵³

SWEETS & PARTY FOOD



“The more we depend upon the fresh fruit just as it is plucked from the tree, the greater will be the blessing.”

– Ellen White, 19th-century health advocate⁵⁴



FUN WITH FRUIT

If you want party food you can eat to your heart's content, you can't beat luscious fresh fruit! Try some of these creative cuts at your next special occasion... young and young-at-heart will love it!

MELON SAILS



PINEAPPLE BOATS



**STRAWBERRY
ROSES AND FANS**



BANANA OCTOPUS



FRUIT SKEWERS



KIWI FLOWERS



APRICOT ALMOND BALLS



Makes: 18 balls (1 serve = 2 balls)

Cost/Serve: \$0.65

½ cup dried pitted dates
1 orange, juiced (approx. 1/3 cup)
½ tsp ground coriander
1 ½ cups almond meal
½ cup dried apricots, finely chopped
¼ cup almond meal to coat

1. Place pitted dates and orange juice in a saucepan and bring to simmer on low heat. Once simmering, turn off heat and mash thoroughly to a paste. Stir through coriander.
2. Mix apricot pieces and almond meal in a bowl. Add date paste and combine.
3. Form into balls approx. 3cm diameter and roll in extra almond meal.
4. Store in refrigerator or freezer.
5. Serve as a delightful finishing touch to any meal, a lunch box item, or for parties and special occasions.

Dried apricots are a good source of iron and can be especially helpful for alleviating anaemia.⁵⁵



COCONUT DATE PINWHEEL COOKIES



Makes: 20 cookies (1 serve = 1 cookie)

Cost/Serve: \$0.25

Filling

2 cups pitted dates

1 ½ tbsp orange
zest (opt.)

¼ cup fresh
orange/mandarin
juice

¼ cup water

1 tsp vanilla

Pastry

1 cup coconut
cream

1 tbsp honey

1 tsp salt

4 cups oats, ground
to flour*

1. Heat all filling ingredients on a stove top. Mash thoroughly to eliminate large date chunks – large chunks will be hard to cut through later.
2. Pastry: combine coconut cream, honey and salt. Stir through oat flour until just combined. If a little sticky, let rest for a couple of minutes until oats absorb excess moisture. If a little dry and stiff, add some water.
3. Moisten bench top with a sprinkle of water. Place some cling wrap (length ~45cm) on moistened bench. Shape dough into a rectangle. Cover with another piece of cling wrap. Roll to ½ cm thick roughly. Patch up corners to square them, making a large rectangle.
4. Spread filling mixture to edge on long sides, leave a gap on short sides. Roll up from one of the short sides. Cover with the cling wrap from the bench. Freeze for 1 hour, or refrigerate for at least 1 day.
5. Slice with a large serrated knife into 1 cm slices. Bake at 180°C for 25-30 minutes or until golden.
6. Serve as an eye-catching morsel for treats and special occasions... though with minimal refined sugar, it could pass for a lunch box!

Tips:

- The uncooked cookie roll can keep in the fridge for a couple of days if needed before baking.
- To make more cookies per batch, roll up the pastry and filling from the long side instead of the short side. This will make a rounder pinwheel and will yield about 30 cookies.
- * For gluten free use gluten free oats.



GINGER COCONUT SLICE



Makes: 15 squares (1 serve = 1 square)

Cost/Serve: \$0.45

2 ripe bananas
½ cup honey
1 tbsp grated fresh ginger
2 tsp ground ginger
1 tsp vanilla essence
2 cups quick oats*
1 cup desiccated coconut
¾ cup almond meal

1. Place bananas, honey, ginger and ginger powder, and vanilla in a mixing bowl and mash thoroughly.
2. Stir through oats, coconut and almond meal.
3. Line a slice tin or baking tray with baking paper. Press mixture onto a 15 x 25cm tray 1 ½ cm high, and square the edges.
4. Bake at 180°C for 20-25 minutes until golden. Immediately slice carefully into 5cm x 5cm squares while still warm.
5. Allow to cool. Serve. A great lunch box treat!

Tip:

- * For gluten free use gluten free oats.

Did you know:
1/8 tsp of powdered ginger was found to be comparable to the drug sumatriptan in relieving migraine headache.⁵⁶



GINGERETTES



Makes: 40 cubes (1 serve = 2 cubes)

Cost/Serve: \$0.45

½ cup smooth peanut butter

½ cup honey

1 tsp vanilla essence

2 bananas, medium, ripe, mashed

2 tbsp grated fresh ginger

1 cup desiccated coconut

¾ cups crushed Weet-Bix, Vita Brits, flaked cereal, oat bran or ground flaxseeds*

1 tbsp powdered ginger

½ cup desiccated coconut

1. Combine peanut butter, honey, vanilla, mashed bananas, and ginger in a pot.
2. Cook mixture, stirring constantly until it turns a dark caramel colour, indicating the banana is cooked.
3. Remove from stove and add cereal/oat bran, coconut, and powdered ginger to mixture while still hot.
4. Fill base of a 15 x 20cm flat dish with ¼ cup of remaining coconut. Gently spoon warm mixture onto coconut and smooth out flat.
5. Sprinkle remaining ¼ cup coconut onto top and gently press down to flatten and compress.
6. Allow to cool, then freeze. Cut into 2-2.5cm cubes. Serve frozen.
7. Serve straight from the freezer as an end of meal treat or for special occasions.

Tip:

- Fresh ginger can be substituted with ½ cup crystallized ginger, finely diced.
- * For gluten free option use gluten free Weet-Bix, gluten free cereal, gluten free oats or ground flaxseeds.



LEMON RICE PUDDING



Makes: 4 cups (1 serve = $\frac{2}{3}$ cup)

Cost/Serve: \$0.70

- 2 cups cooked brown rice
- 1 x 400g can coconut cream
- $\frac{1}{2}$ cup water
- $\frac{1}{2}$ cup honey
- $\frac{1}{2}$ tsp salt
- 1 tsp vanilla
- $\frac{1}{4}$ cup lemon juice
- 1 tbsp lemon zest

1. Combine all ingredients in a saucepan.
2. Bring to boil then simmer gently for 30-40 minutes to allow the rice to swell and the flavours mingle evenly.
3. Spoon pudding into serving dishes to set (or into one large dish) and allow to cool.
4. Serve garnished with a thin slice of fresh lemon. Can be served warm or cold. Can be frozen, however it may require reheating to regain consistency.

Tip:

- This recipe is best for special occasions due to its higher saturated fat content. For a lower fat version, use $\frac{1}{2}$ cup coconut cream and 1 cup extra water.



TANGY APPLE CRUMBLE



Makes: 6 serves (1 serve = 1 cup)

Cost/Serve: \$1.30

1 x 820g can pie apple slices

1 tbsp fresh lemon zest

2 tbsp honey

2 tbsp lemon juice

1 ½ cups oat flour*

½ cup whole grain flour (wheat, rice, etc)*

½ cup almond meal

½ cup desiccated coconut

1/3 cup water

2 tbsp honey

¼ tsp salt

1. Combine apple, lemon zest, honey, and lemon juice. Spread over the base of a 20 x 20cm baking dish.
2. Place oat flour, whole grain flour, almond meal, and coconut in a mixing bowl and combine well. Dissolve honey and salt in water and combine with the flour mixture to the consistency of a crumble topping. You should be able to clump the topping into a ball and then easily break it into crumbles by rubbing through your hands. If the topping is too dry to achieve this, add a little more water, 1 tbsp at a time until the above consistency is reached.
3. Spread the topping over the apple. Bake the dish at 180°C for about 30 minutes until the crumble topping is golden.
4. Serve warm or cold with a dollop of stewed berries or coconut cream.

Tips:

- Fresh apples can be used and cooked for this recipe – it will generally make it a little cheaper, but there is a bit more work to do in preparation. Just peel and slice the apples, mix lemon juice and 1 cup additional water with the sliced apples and bring to a boil. Simmer for 10 minutes with lid on. Remove lid and simmer for 10 more minutes until the excess liquid is gone. Continue the recipe as above.
- Make oat flour by blending pure rolled oats in a blender until they turn to powder.
- This recipe can be made without coconut – substitute with more almond meal or oat flour.
- * For gluten free use gluten free oats and whole grain flour.



WATERMELON CAKE



Makes: 20 x 3cm wedge slices (25cm diameter melon)

Cost/Serve: \$0.90

1 watermelon

**1 punnet
strawberries, thinly
sliced**

**3 kiwifruit, peeled
and thinly sliced**

2 passion fruit

**1 x 440g can sliced
pineapple**

**1 punnet blueberries
or 1 small bunch
dark grapes**

1. Do your best to choose an oval watermelon in which the middle section can form a round cake with straight sides once the two ends have been removed. Remove the two ends of the watermelon, cutting to achieve desired cake height/shape – e.g. a cake height of 10cm for a 25cm diameter melon.
2. Lay the middle section flat on a clean cutting board. Carefully cut away only the outer green portion of the skin, leaving the thick white part attached. Be careful to not cut away too much white - the red flesh will show through.
3. Stick sliced strawberries and kiwifruit to the sides and top of the watermelon in desired pattern. The fruit should adhere to the white sides of the watermelon easily by surface tension, provided the white pith has not dried out. Also include pineapple slices and dark grapes or blueberries in the design.
4. Remove pulp from the passion fruit. Place pulp carefully on any red watermelon flesh that is showing on top of the cake.
5. Best served immediately, though can last for a day. Reserve for special occasions – it takes a while to make!

Tips:

- The key for the fruit to stick well is to slice the pieces thinly (less heavy) and to stick them on the white melon pith as soon as possible after it has been cut. After they are stuck on, they can stay in place for hours.



How-to Helps

Can I really get more food for less money?

Yes! Is it as simple as going to the shop and buying about \$60 worth of groceries and then trying to make it last the week? Not quite. Using your food dollar wisely often involves learning new ways of cooking and eating. It can take some new awareness, careful thought, and planning in order to succeed.

In this book, we have aimed to provide resources to help with all of this. The recipes are designed to help you cook with economical and healthful foods and this section provides some additional tools to help with the planning and organisational process.

Are there any extra tips for maximising value for money?

It's important to think about food value in terms of the *value of the food you consume during the week, rather than the value of your weekly shop*. Often it's more economical to buy foods in bulk at a cheaper price per kg, than to buy small amounts of just what you need for the week. Thus, you may spend more at one time, but it will pay off over the coming weeks. Also, some items simply don't get used up in a week so these will flow over to another. In this way, your shopping list may fluctuate, depending on what you need to stock up on, but what you actually eat every day will be best value for money.

The key lies not only in what you actually buy, but also in how you organise yourself to buy and eat your food. Eating well for your wallet is possible when there is a system of shopping and eating that follows some simple principles that maximise economy and, it so happens, health. Taking this approach, it's quite easy to eat for the good of your budget, your health, and the planet. You'll enjoy it too!

What are the tools I will need to succeed?

You will need to:

- **Understand and apply** the principles in the section How to Balance Your Diet by Balancing Your Budget
- **Follow the steps** to set up your own pantry
- **Plan** your weekly menu and shopping lists using the Menu Samples and Recipes as a starting point, or make your own with the templates provided

By doing this you will be well on your way to ...

...WIN, WIN, WIN!





PANTRY SET-UP



Systematic Pantry Set-Up

5 Simple Steps to Set Up and Maintain a Pantry

1. Make a list of all of the food items and products you use that can be stored out of the fridge in a pantry.
2. Determine the quantity of each food item you want to have as a baseline stock amount and add this to the list. This will differ depending on if your pantry caters for an individual, couple or family. For example, your baseline stock quantity for long life milk might be 4x 1L cartons, but if you are a large family, it might be 12x 1L cartons.
3. Divide the food items on your list into those that you use regularly, semi-regularly and occasionally.
4. Buy the regular items first (basic set-up), then at a subsequent trip buy the semi-regular items (intermediate set-up). The occasional items can then be purchased on a third trip or as needed (comprehensive set-up).
5. Keep your personalised pantry set-up checklist in your pantry and use it as a stock take guide and shopping list for topping up and maintaining your pantry.

Benefits of a Systematic Pantry Set-Up

- Have all you need to make a meal or recipe whenever you are ready to make it.
- Can stagger the purchasing of items during set up to avoid a large initial cost.
- Have a clear grasp of the items you use most, moderately and least and can adjust as needed for health and economy.
- Can easily stock take your pantry and add top up items to your shopping list. This beats trying to remember what you need when at the shops and coming home only to find you missed something!

This pantry set-up plan is based on all of the items required to make the recipes in this book.

Eat Most

Vegetables	Legumes – Dry	Cereals/Grains	Dried Fruit
4x 400g tins diced tomatoes	1kg green lentils	2kg brown rice	2kg dates
500g tomato paste	1kg red lentils	1.5kg quick oats	1kg sultanas
2x 500g bottles passata	1kg green split peas	1.5kg rolled oats	500g apricots
1kg brown onions	1kg black beans	1kg Weet-Bix	375g raisins
2x red onions	1kg yellow split peas	1kg wholemeal pasta	375g currants.
2x bulbs garlic	1kg adzuki beans	1kg pearl barley	150g cranberries
2kg potatoes		1kg polenta	
2x sweet potatoes	Legumes – Tinned	1kg buckwheat	
1x medium ginger	2x 400g cannellini	500g quinoa	Tinned Fruit
	2x 400g lentils	500g millet	1x 425g pineapple pieces
Vegetables - Frozen	2x 400g chickpeas		1x 800g pie apple
1kg corn	2x 400g black beans	Flours	1x 825g peach slices
1kg peas	2x 400g red kidney beans	1kg wholemeal flour	1x 825g pear slices
1kg green beans	2x 400g borlotti beans	1kg chickpea flour	1x 825g apricot halves
	2x 400g butter beans	300g cornflour	1x 425g pineapple slices

Eat Moderately

Nuts	Herbs & Seasonings:	Milks & Creams	Eat Least Refined Products
1kg almonds	40g mixed herbs	4L soy, almond, etc.	1kg honey
1kg cashews	30g Italian herbs	2x 400g tins coconut cream	1kg salt
1kg walnuts	38g onion powder		500ml olive oil
500g flaxseed	50g garlic powder		100g vanilla
500g sunflower seeds	100g paprika		4L fruit Juices
500g desiccated coconut	30g cumin		
400g Brazil nuts	30g turmeric	Olives/Preserves	
350g pepitas	30g ground coriander	250g sliced black olives	
100g sesame seeds	15g dried basil		
400g almond meal	15g dried thyme		
	12g dried dill		
Nut Butters	15g dried parsley		
500g peanut butter, smooth	15g bay leaves		
500g peanut butter, crunchy	25g oregano		
385g tahini	25g ground ginger		
	32g cardamom		
	32g fennel seeds		
	40g fenugreek		

Costing Totals

Eat Most Items	\$168.46	Shop 1 Cost	\$208.87
Eat Moderately Items	\$172.48	Shop 2 Cost	\$94.74
Eat Least Items	\$29.00	Shop 3 Cost	\$66.33
Total Pantry Set-Up Cost	\$369.94	Total Pantry Set-Up Cost	\$369.94

Systematic Pantry Set-Up Template

Here is your opportunity to make your own personalised pantry set-up plan.

Eat Most

Vegetables	Legumes – Dry	Cereals/Grains	Dried Fruit
	Legumes – Tinned		Tinned Fruit
Vegetables - Frozen		Flours	

Eat Moderately

Eat Least

Nuts	Herbs & Seasonings:	Milks & Creams	Refined Products
		Olives/Preserves	
Nut butters		Other	

MENU SAMPLES & HELPS



Menu Sample Warm Season

Note: Italicised items are recipes from this book. Consume 1 serve of each recipe except where otherwise specified. Serving sizes are for an individual. Pricing is a guide only (based on 2022 pricing) and could vary.

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<i>Creamed Cannellini & Corn</i> on toast 2x serves fresh fruit Handful of almonds	<i>Glorified Grain Bowl</i> 1x serve fresh fruit	1 cup <i>Toasted Muesli</i> 2x serves fresh fruit 1 cup milk Sprinkle of nuts/seeds	<i>Glorified Grain Bowl</i> 1x serve fresh fruit	1 cup <i>Toasted Muesli</i> 2x serves fresh fruit 1 cup milk Sprinkle of nuts/seeds	<i>Glorified Grain Bowl</i> 1x serve fresh fruit	1 cup <i>Toasted muesli</i> 2x serves fresh fruit 1 cup milk Sprinkle of nuts/seeds
Main Meal	½ cup <i>Curried Chickpea & Sweet Potato Dip</i> with pita chips & crudités	<i>Salad Jars</i>	<i>Salad Jars</i>	<i>Salad Jars</i>	Jacket baked potato dressed with ½ cup <i>Spinach & Cannellini Bean Dip</i> Salad toppings	Salad wrap with <i>Curried Zucchini Bites</i> & leftover dip from Sunday	<i>Satay Stir-Fry</i>
Light Meal	4 cups (full meal) <i>Kale Avocado Pasta Salad</i>	Fruit salad with sprinkle of <i>Toasted Muesli</i> Toast	Wholemeal wrap with banana & 2 tbsp <i>Fruity Peanut Spread</i> Fresh fruit	1 large baked potato 2 cups <i>Veggie Fettuccine Salad</i>	Toast with 2 Tbsp <i>Fruity Peanut Spread</i> Fresh fruit	2 cups (full meal) <i>Mexican Bean Salad</i>	<i>Lemon Rice Pudding</i> Fresh fruit
Total Cost	\$7.70	\$8.22	\$8.53	\$7.84	\$8.43	\$6.96	\$7.42

Total Weekly Cost of Food Per Person (approx.): \$54.10

Warm Season Menu Shopping List

How to use this list:

1. Check your pantry and fresh/frozen food for all of these items.
2. Tick the items you need to buy.
3. Once at the shops, cross out the ticked items as you collect them.

Pantry Items

Vegetables

- White onions 3 bulbs
- Red onions 2 bulbs
- Garlic 7 cloves
- Tomato paste ½ cup
- Potatoes 2 large
- Sweet potato 1 small tuber
- Sliced black olives 3 Tbsp
- Corn kernels (frozen) 2 cups

Legumes

- Green lentils (dry) ½ cup (opt.)
- Black beans (dry) ½ cup (opt.)
- Chickpeas 1x 400g can
- Cannellini beans 2x 400g cans
- Black beans 1x 400g can
- Any type 1x 400g can

Cereals/Grains

- Rolled oats 900g
- Whole grains (any) 3 cups
- Brown rice 3 cups
- Pasta 50g

Flours

- Besan (chick pea) 1 cup

Nuts/Seeds

- Any type 2 cups
- Desiccated coconut ½ cup
- Sunflower seeds 1/3 cup
- Pepitas 1 Tbsp
- Almonds ¼ cup

Nut Butters

- Peanut butter, smooth 1/3 cup
- Tahini 2 Tbsp

Dried Fruit

- Any type ½ cup
- Dates 1 cup

Milk/Creams

- Milk for cereal 1.5L
- Coconut cream ¾ cup

Herbs, dried

- Mixed herbs 1 Tbsp
- Garlic powder ¼ tsp
- Basil ¼ tsp
- Thyme 2 tsp

Spices, ground

- Coriander 2 Tbsp
- Cumin 3 tsp
- Turmeric 1 tsp
- Paprika ¾ tsp
- Cardamom 1 tsp
- Ginger ¼ tsp

Refined products

- Olive oil 2 Tbsp
- Honey ¼ cup
- Vanilla 1 ½ tsp
- Salt 5 ½ tsp

Fresh Perishables

Fruit

- Fresh fruit (any) 20 serves
- Bananas 3 medium
- Orange 1 medium
- Lemons 9 medium

Vegetables

- Lebanese cucumbers 3 medium
- Carrots 1 kg
- Tomatoes 6 medium
- Avocado 1 medium
- Leek 1 small
- Baby spinach 150g
- Zucchini 4 small/med
- Red capsicum 2 medium
- Curly leaf kale 1 bunch
- Snow peas 20-25
- Cos lettuce 1 medium
- Celery ½ bunch

Bread

- Wholemeal bread for toast 1 loaf
- Lebanese wraps 1 pk/5 wraps

Warm Season Menu Resources

Batch Cooking Day

To streamline using this menu and make it time-efficient, plan a time at the start of the menu week to make up the following recipes. They will then be ready-made for when you need them during the week.

- Toasted Muesli
- Curried Chickpea & Sweet Potato Dip
- Spinach & Cannellini Bean Dip
- Curried Zucchini Bites
- Salad Jars x 3
- Fruity Peanut Spread

How-to Helps for Extra Menu Items

Here are a few helpful how-tos for some of the non-recipe items on the menu.

- *Making pita chips:*
Slice up wholemeal Lebanese bread into wedges or chips and lay out on a baking tray. Place in an oven at 150°C for 15-20 minutes until dry and crisp. Keep an eye on them so they don't burn. These can be flavoured if brushed with olive oil and a sprinkle of herbs. This is a nutritious, economical cracker alternative – 2-3x cheaper than most other store-bought crackers.
- *Baking Jacket potatoes:*
Take a large, clean potato and prick it in a few places with a knife. Leaving skin on, place it whole in a hot oven (180-200°C) and bake for at 60-80 minutes. When done, cross cut it to open and add toppings. Super simple – enjoy!
- *Super quick salad dressing:*
Squeeze a few lemons and place juice in an empty jar. Add a couple tablespoons of cold pressed olive oil to the lemon juice, place lid on the jar and shake. Drizzle over salad, use in salad jars, or over baked potatoes. Can add extra flavours like crushed garlic and herbs to infuse into the dressing. Keeps for up to a week in the fridge.

Menu Sample COOL Season

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	1 cup Toasted Muesli 2x serves fresh fruit 1 cup milk Sprinkle of nuts/seeds	Glorified Grain Bowl 1x serve fresh fruit	Glorified Grain Bowl 1x serve fresh fruit	1 cup Toasted Muesli 2x serves fresh fruit 1 cup milk Sprinkle of nuts/seeds	Glorified Grain Bowl 1x serve fresh fruit	Glorified Grain Bowl 1x serve fresh fruit	Savoury Lentils with Mushrooms 1x Grilled tomato Potato Patties
Main Meal	Roasted Pumpkin & Chickpea Risotto Tossed Salad	Lentil Vegetable Stew Wholemeal roll	4x Flexi Patties with $\frac{2}{3}$ cup Tomato Topping Carrot Salad with Honey Ginger Dressing on Cos Lettuce	Vegetable Curry Rice	Asparagus & White Bean Risotto Tossed Salad	Ratatouille Wholemeal roll	Carrot & Red Lentil Croquettes with Lemon Parsley Sauce Steamed Broccoli Beetroot & Fennel Salad
Light Meal	Peanut & Kumara Soup Toast or crackers	Green Split Pea & Potato Soup Toast or crackers	Red Lentil & Cabbage Soup Toast or crackers	Vegetable Barley Soup Toast or crackers	Minestrone Soup Toast or crackers	Curried Potato Soup Toast or crackers	Tangy Apple Crumble with fresh fruit
Total Cost	\$8.11	\$7.66	\$7.23	\$7.49	\$10.01	\$7.63	\$8.33

Total Food Cost for Week per person: \$56.46

Cool Season Menu Shopping List

How to use this list:

1. Check your pantry and fresh/frozen food for all of these items.
2. Tick the items you need to buy.
3. Once at the shops, cross out the ticked items as you collect them.

Pantry Items

Vegetables

- White onions 1.5kg
- Garlic 2 bulbs
- Diced tomatoes 4x 400g cans
- Tomato paste ½ cup
- Ginger 1 ½ Tbsp
- Passata 700g bottle
- Potatoes 3kg
- Sweet potato 1 large tuber
- Corn kernels (frozen) ¾ cup
- Peas (frozen) 1 cup

Legumes

- Green lentils (dry) 1 cup
- Red lentils (dry) 1 cup
- Green split peas ½ cup
- Chickpeas 1x 400g can
- Cannellini beans 1x 400g can
- Borlotti beans 1x 400g can
- Any type 1x 400g can

Cereals/Grains

- Rolled oats 900g
- Quick oats 400g
- Whole grains (any) 2 cups
- Brown rice 1 ½ cups
- Spiral Pasta 1 cup
- Barley ¼ cup

Flours

- Wholegrain 1/3 cup

Nuts/Seeds

- Any type 1 ½ cups
- Desiccated coconut ¾ cup
- Sesame seeds ¾ cup
- Walnuts ¼ cup
- Almond meal ¼ cup

Nut Butters

- Peanut butter, smooth 2 Tbsp

Dried Fruit

- Any type 1 cup
- Dates ½ cup

Milk/Creams

- Milk for cereal 1.5L
- Coconut cream 2x 400g cans

Herbs, dried

- Mixed herbs 2 Tbsp
- Italian herbs 2 Tbsp
- Garlic powder 1/2 Tbsp

Herbs, dried cont.

- Onion powder 1 tsp
- Parsley 2 tsp
- Basil 1 ½ tsp
- Thyme ½ tsp
- Dill ½ tsp
- Oregano ½ tsp

Spices, ground

- Coriander 4 tsp
- Cumin 2 tsp
- Turmeric 2 tsp
- Paprika 1 tsp
- Cardamom ½ tsp

Refined products

- Honey 3 Tbsp
- Vanilla 1 tsp
- Salt 1/3 cup

Fresh Perishables

Fruit

- Fresh fruit (incl. banana) 15 serves
- Lemons 4 medium

Vegetables

- Mushrooms 100g
- Carrots 1 kg
- Tomatoes 4 medium
- Pumpkin 1 small
- Asparagus 1 bunch
- Eggplant 1 medium
- Red capsicum 1 medium
- Fennel 1 small bulb
- Beetroot 1 large
- Zucchini 3 medium
- Celery ½ bunch
- Broccoli 1 small head
- Purple cabbage ½ small head
- White cabbage ½ small head
- Cos lettuce 1 head

Herbs

- Shallots 1 bunch
- Basil 1 bunch
- Parsley 1 bunch

Bread

- Wholemeal bread for toast 1 loaf
- Wholemeal bread rolls 2 rolls

Cool Season Menu Resources

Batch Cooking Day

To streamline using this menu and make it time-efficient, plan a time at the start of the menu week to make up the following recipes. They will then be ready-made for when you need them during the week.

- Toasted Muesli
- Flexi Patties
- Carrot & Red Lentil Croquettes
- Tomato Topping
- Soups (some to freeze)
- Savouries (some to freeze)

How-to Helps for Extra Menu Items

Here are a few helpful how-tos for some of the non-recipe items on the menu.

- *Tossed salad:*
Chop up your favourite fresh salad veggies (tomato, cucumber, carrot, onion, beetroot, olives, cabbage, fennel, etc.) and toss them through some crisp lettuce pieces. Super simple!
- *Grilled tomatoes:*
Simply slice tomatoes in half horizontally and place under a grill or in an oven at high heat (200°C) until they soften and brown on top.

My Weekly Menu

Meal	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast							
Main Meal							
Light Meal							
Total Cost							

Total Weekly Cost of Food Per Person (approx.): _____

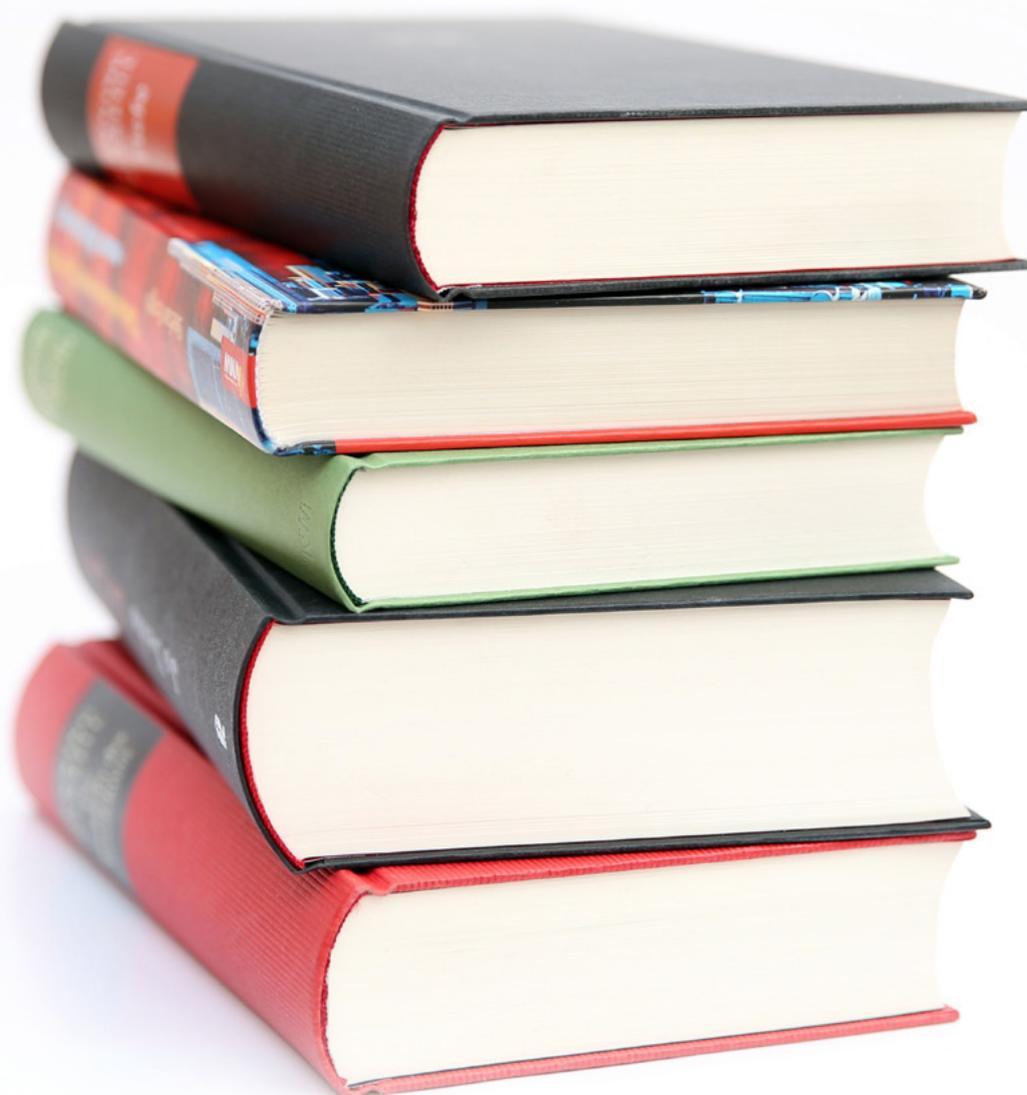
The KILOcents Counter

GRAMS	PRICE										PRICE										ML
	50c	\$1.00	\$1.50	\$2.00	\$2.50	\$3.00	\$3.50	\$4.00	\$4.50	\$5.00	\$5.50	\$6.00	\$6.50	\$7.00	\$7.50	\$8.00	\$8.50	\$9.00	\$9.50	\$10.00	
50	10.00	20.00	30.00	40.00	50.00	60.00	70.00	80.00	90.00	100.00	110.00	120.00	130.00	140.00	150.00	160.00	170.00	180.00	190.00	200.00	50
100	5.00	10.00	15.00	20.00	25.00	30.00	35.00	40.00	45.00	50.00	55.00	60.00	65.00	70.00	75.00	80.00	85.00	90.00	95.00	100.00	100
150	3.33	6.67	10.00	13.33	16.67	20.00	23.33	26.67	30.00	33.33	36.67	40.00	43.33	46.66	50.00	53.33	56.67	60.00	63.33	66.66	150
200	2.50	5.00	7.50	10.00	12.50	15.00	17.50	20.00	22.50	25.00	27.50	30.00	32.50	35.00	37.50	40.00	42.50	45.00	47.50	50.00	200
250	2.00	4.00	6.00	8.00	10.00	12.00	14.00	16.00	18.00	20.00	22.00	24.00	26.00	28.00	30.00	32.00	34.00	36.00	38.00	40.00	250
300	1.67	3.33	5.00	6.67	8.33	10.00	11.67	13.33	15.00	16.67	18.33	20.00	21.67	23.34	25.00	26.66	28.33	30.00	31.67	33.34	300
350	1.43	2.86	4.28	5.71	7.14	8.57	10.00	11.43	12.86	14.28	15.71	17.14	18.57	20.00	21.43	22.86	24.29	25.72	27.14	28.56	350
400	1.25	2.50	3.75	5.00	6.25	7.50	8.75	10.00	11.25	12.50	13.75	15.00	16.25	17.50	18.75	20.00	21.25	22.50	23.75	25.00	400
450	1.11	2.22	3.33	4.44	5.56	6.67	7.78	8.89	10.00	11.11	12.23	13.34	14.45	15.56	16.67	17.78	18.89	20.00	21.11	22.22	450
500	1.00	2.00	3.00	4.00	5.00	6.00	7.00	8.00	9.00	10.00	11.00	12.00	13.00	14.00	15.00	16.00	17.00	18.00	19.00	20.00	500
550	0.91	1.82	2.73	3.64	4.54	5.45	6.36	7.27	8.18	9.09	10.00	10.90	11.81	12.72	13.63	14.54	15.35	16.36	17.27	18.18	550
600	0.83	1.67	2.50	3.33	4.17	5.00	5.83	6.67	7.50	8.33	9.17	10.00	10.83	11.66	12.50	13.34	14.17	15.00	15.83	16.66	600
650	0.77	1.54	2.31	3.08	3.85	4.61	5.38	6.15	6.92	7.69	8.46	9.22	10.00	10.76	11.53	12.30	13.07	13.84	14.61	15.38	650
700	0.71	1.43	2.14	2.86	3.57	4.28	5.00	5.71	6.43	7.14	7.85	8.56	9.28	10.00	10.71	11.42	12.14	12.86	13.57	14.28	700
750	0.67	1.33	2.00	2.67	3.33	4.00	4.67	5.33	6.00	6.67	7.33	8.00	8.67	9.34	10.00	10.66	11.33	12.00	12.67	13.34	750
800	0.62	1.25	1.87	2.50	3.12	3.75	4.37	5.00	5.62	6.25	6.87	7.50	8.12	8.74	9.37	10.00	10.62	11.24	11.87	12.50	800
850	0.59	1.18	1.76	2.35	2.94	3.53	4.12	4.70	5.29	5.88	6.47	7.06	7.65	8.24	8.82	9.40	10.00	10.58	11.17	11.76	850
900	0.55	1.10	1.67	2.22	2.78	3.33	3.89	4.44	5.00	5.56	6.11	6.66	7.22	7.78	8.33	8.88	9.44	10.00	10.56	11.12	900
950	0.53	1.05	1.58	2.10	2.63	3.16	3.68	4.21	4.74	5.26	5.79	6.32	6.84	7.36	7.89	8.42	8.95	9.47	10.00	10.52	950
1000	0.50	1.00	1.50	2.00	2.50	3.00	3.50	4.00	4.50	5.00	5.50	6.00	6.50	7.00	7.50	8.00	8.50	9.00	9.50	10.00	1000

1000g = 1kg

1000mL = 1 Litre

RESOURCES



Online Resources

The websites below can help you enjoy a lifestyle that's good for your health, good for your wallet, and good for the planet – check them out today!



PROVEN RESULTS *Priceless benefits*

<https://chiphealth.com.au>



<https://www.pcrm.org>



<https://eliawellness.com>



<https://plantbasedonabudget.com>



T. COLIN CAMPBELL
Center for Nutrition Studies

<https://nutritionstudies.org>



NutritionFacts.org

<https://nutritionfacts.org>



plant based health
AUSTRALIA

<https://www.wholefoodsplantbasedhealth.com.au>

Testimonials

Here are some personal experiences of people (known by the authors) who have tried one of the resources on the previous page:

CHIP – the Complete Health Improvement Program.

The CHIP program focuses on improving health and reducing lifestyle disease through a whole food plant based diet and other lifestyle modifications.

These testimonials indicate how powerful an optimal lifestyle can be.

So be inspired... it could change your life too!

Darren Turton: “I Didn’t Need the Kidney Transplant!”

In my late 40s I needed a kidney transplant, but needed to lose weight in order to have the operation. I weighed 186 kgs. My wife said I looked like a dead man walking. I could hardly walk.

After applying CHIP principles, and losing 54 kgs (a whole person!), I didn’t need the kidney transplant! My Kidney Specialist couldn’t believe my GFR improved from 23 to 36 in 4 weeks. He had never ever seen this before, and responded, “Whatever you’re doing, keep doing it!” But it didn’t stop there: at 6 weeks it was 88, and then 100.

But that’s not all! My diabetes reversed. My HbA1c was 8.2 with 100 units of insulin, and became 5.3 with 15-20 units. My cholesterol was high with meds, then became normal without meds. My blood pressure was high despite 5 medications and became normal with just one!

And the list goes on:

- Improved eyesight; no longer need glasses for reading
- Improved hearing
- More energy
- Neuropathy in feet - gone
- Crack down centre of toenail for 4 years healed
- Feel good
- Happier

CHIP turned my whole life around.

Olive Dunstan: “At 87, CHIP Gave Me My Life Back!”

Before doing the CHIP, my angina caused severe pain with the least exertion. Osteoarthritis would cause painful spasms in the base of my spine.

I was very limited in what I could do. Angina pain prevented me from walking to my letterbox, changing my bed, gardening, etc. Sweeping was also very painful, but it had to be done. I had to force myself to do it and had to keep stopping. I had very little energy and didn’t feel up to doing anything much.

How different my life is since doing the CHIP course! I can now walk to the mailbox and I don’t have to stop two-thirds of the way like I used to, to get my breath. There’s a little bit of a hill at the end and I could never make it. It would also make my left arm ache because of the angina. And I now walk for 40 minutes a day. I couldn’t believe this improvement could happen in such a short time. It’s fantastic, absolutely! I would never have thought that in 4 or 5 weeks I could improve so much.

I now enjoy walking around Carousel Shopping Centre without effort or pain, whereas before I had to be pushed around in a wheel chair.

Last year my daughter had to do my gardening for me. The other day I was gardening for hours. I felt wonderful and was enjoying it so much that I didn’t stop for lunch. I didn’t get any angina pain or pain in my lower spine from osteoarthritis, and I was bending and all sorts of things. I just love doing it. It’s so much nicer when I can do it myself. It’s unbelievable, absolutely fabulous!

Besides all that I am now caring for a very sick cancer patient in my home!

I have energy that I never had, and more interest in doing things – like cleaning out cupboards and the fridge - and I feel better every day. I didn’t know I could feel so good.

Testimonials - cont.

Cyril Emery:

“I feel like a new person!”

Cyril Emery received a letter from Veteran’s Affairs saying that the average lifespan of a Vietnam Vet was 56 years. With his 56th birthday just a year away, having out-of-control diabetes, and having had five bypasses and 3 stents in his heart, Cyril almost despaired. “I prayed to God to help my diabetes and my heart”, he said. “Then one day my church offered to sponsor me to do the CHIP course. I couldn’t believe it; they didn’t know about my prayer.”

Cyril applied himself diligently to the CHIP principles, and achieved improvements in all areas: blood pressure, weight, cholesterol, triglycerides and, best of all, his blood sugar levels. They had settled between 4 & 7, down from between 13 and 21 – having halved his medication! His blood sugar levels are now steady at around 5.5., and his endocrinologist is so pleased he has again halved Cyril’s diabetes medication.

Besides all that, Cyril’s whole outlook on life has improved dramatically. “CHIP has done so much for me. I feel like a new person. That black cloud isn’t hanging over me anymore. I’m going to be a grandfather again soon, and I intend to be around until he/she grows up.”

John Noonan: “Energy back – like when I was 30 (now 50)!”

I wouldn’t have believed.

Couldn’t have been told I could be so calm and focused.

Like inhabiting a new body; like a body transplant

Getting more done

Attitude improved

Staggering difference

Energy back – like when I was 30 (now 50)

I thought I had run my race.

Jennifer Duffy: “Thank you so much for the CHIP program!”

The CHIP program was always of interest to me so when the opportunity was made available I was happy to attend.

I was informed at the age of around 18-20 years of age via blood tests that my cholesterol was quite elevated. I was very surprised about this as I was brought up in the country with a relatively good diet and lifestyle.

When I attended the CHIP programme all effort was made to follow what was being taught there in regards to dietary advice and healthful living. I also learnt what the correct levels of cholesterol should be and even the World Health Organisation’s levels as well.

I had not been able, in the past approximately 31 years, to lower my cholesterol readings satisfactorily.

I thought to myself that if my levels for cholesterol match these recommended levels I would fully believe in the effectiveness of this programme.

When my final blood results came back the result was exactly the level it should be. I was so happy in regards to this. Thank you so much for the CHIP programme.

ABOUT THE AUTHORS



Kaysie Vokurka (née Butler)

As a young girl, Kaysie liked to help her mother and grandmother in the kitchen. Cooking quickly turned into one of her favourite passions. Now, relishing natural simplicity, she loves to develop delicious recipes centred on whole plant foods.

Being well familiar with the pressures of daily life, Kaysie prizes making recipes do-able. Valuing economy, both of time and money, she enjoys the challenge of coming up with recipes that are quick and easy, requiring minimal equipment.

For Kaysie however, cooking is far more than just something “you have to do”. It is something that is full of adventure, possibilities, and fun. In fact, one of her greatest thrills is to create recipes with a “surprise ingredient”—one you wouldn’t ordinarily expect to find in a particular dish. She reaches the pinnacle of exhilaration when she serves the dish up to guests asking them to guess the surprise ingredient ... and gleefully watches their astonished looks when they find out what it is!!!

Kaysie also has a deep appreciation for healthy eating and living. This grew from her upbringing where her brother had serious difficulties with food allergies and other severe health problems. Consequently, nutrition was an important part of her home life in a very real way. Kaysie also experienced first-hand the incredible power of lifestyle factors such as exercise and rest to impact and improve health. All of this helped spark her desire to become a nutritionist and lifestyle medicine advocate.

Kaysie’s educational background includes a BSc in Food & Nutrition and Biomedical Science, and a Diploma in Nutrition Consulting. In addition, she holds the Professional Plant-based Certification from Rouxbe Cooking School—a course that develops culinary skill in plant-based cuisine. Her professional experience spans from working as a Nutritionist and Lifestyle Advisor at Cedarvale Health & Lifestyle Retreat, to consulting through her business, Phytonourish Nutrition & Wellness. She has also organised numerous community health events that provide education and social support for people seeking to improve their lifestyle.

Other interests include birdwatching, bush walking, gardening, playing her violin and spending time with her husband, Daniel.



Margot Marshall

Having witnessed astonishing chronic disease reversal when people simply change their lifestyle habits, Margot Marshall has devoted most of her life to educating, motivating and empowering people to embrace what is called lifestyle medicine—things people can do for themselves. And she likes to make learning simple and fun.

When it comes to simplicity, she believes the FOODcents project takes first prize. “As the name implies, it cuts right through the complexities of nutrition information ‘and focuses on money, changing ‘Eat Most’ to ‘Spend Most’. How simple is that?”

The supermarket tour component of FOODcents provides the fun element for Margot, where she explodes the myth that healthy food is expensive. “It blows their socks off! It’s jaw on the floor, or eyebrows that won’t come down,” she says. “Sheer entertainment—but it’s serious fun; 91% of participants reported that they would change the way they spent money on food.”

And she gets a buzz out of seeing how surprised some people are to discover that healthy food actually tastes great—even party food! In fact, while offering healthy party food tastes at a shopping centre, she even had a marriage proposal!

Margot’s lifestyle medicine journey has included a health promotion business partnership “LiveSmart”, government contracts, presentations at universities, schools, prisons, churches, workplaces and interstate and international conferences. She has trained hundreds of health professionals and lay people throughout Australia to teach FOODcents and has presented it on radio and TV (which won a media award). Her appointment as Director of Health for the Northern Australian region of the Seventh-day Adventist Church was followed by being appointed Producer and Host of the Healthy Living programs which are viewed by a worldwide audience three times a week on 3ABN.

Margot enjoys gardening, cooking for the homeless, quality time with family and friends, and enjoys health promotion so much she does it in her spare time!

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