



OFF THE TRACK TRAINING

# FIT HABITS

## *In The Kitchen*



Recipes, Tips & More

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# Welcome to

## FIT HABITS IN THE KITCHEN

### Meet our online recipe creator

Roslyn Rees grew up on a mixed enterprise farm in the Western District of NSW. As a child, Roslyn would be found standing on a little wooden stool in the kitchen with her Grandmother learning how to cook.

After moving to Ivanhoe, NSW in her early 20's to a 40,000-acre sheep station, where she met her husband Grahame, Ros had to adapt to cooking for shearing teams of up to 10 - 20 workers.

After going through some health issues and overcoming breast cancer 6 years ago. Ros found that she became intolerant to grains and dairy so she started to adapt her cooking with Paleo based ingredients that are grain-free, dairy free and easy to make. (Gluten free also and no refined sugars).

**ROSLYN REES**  
*Founder,  
Be Inspired Recipes*





OFF THE TRACK TRAINING

# *Shopping List*

CHECKLIST

## *Flours*

- ☐ Almond Meal
- ☐ Coconut Flour
- ☐ Banana Flour
- ☐ Hazelnut Meal

## *Oils*

- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Avocado Oil
- ☐ Macadamia

## *Milk*

- ☐ Almond
- ☐ Macadamia
- ☐ Coconut & Coconut Cream

## *Sugars*

- ☐ Coconut Sugar
- ☐ Rapadura
- ☐ Honey
- ☐ Maple Syrup
- ☐ Dates - Seedless

## *Herbs & Spices*

- ☐ Garlic Crushed or minced in jars
- ☐ Ginger Crushed or minced in jars
- ☐ Chilli in jars
- ☐ Tandoori Paste
- ☐ Cajun Spice





# Breakfast

## Crunchy Muesli

1. Put nuts into a food processor and quickly process until nuts are broken up.
2. Add all other ingredients to the nuts and combine well.
3. Store in an air tight container.

### Handy Tips:

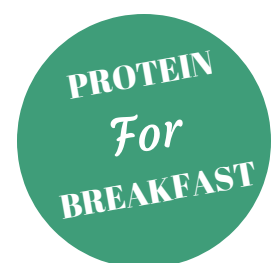
You can use any variety of nuts and dried fruit you like, just be aware that some dried fruits do have a lot of sugar in them and some have a sulphur solution on them to prevent browning.

This mixture will make 10 1/2 cup servings.

Have it with milk of choice, coconut, Greek yogurt or stewed fruit.

### INGREDIENTS

- 1 cup almonds**
- 1 cup pecans**
- 1 cup hazelnuts**
- 1/2 cup sunflower seeds**
- 1 1/2 cups shredded coconut**
- 1/2 cup sultanas**
- 1/2 cup dried cranberries**







# Breakfast

## Open Omlette

1. In a small frying pan gently fry the vegetables and choice of meat with a good dash of olive oil.
2. Add the parsley and dill last.
3. Beat eggs until light and fluffy, add a pinch of salt and pepper, then pour over your vegetables.
4. Put the lid on and cook for 3-5 minutes, until the eggs are firm.
5. Loosen around edges and underneath and flip out onto a plate.
6. Add some fresh avocado

### INGREDIENTS

#### Choose your meat:

**1 small tin tuna**

**1 cup chicken**

**1/2 rashers of diced bacon**

**3 eggs**

**1/3 thinly sliced leek or 2-3 shallots or spring onions**

**2 leaves of kale chopped**

**1 small grated succini**

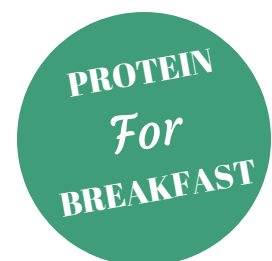
**Pinch salt & pepper**

**Fresh dill and parsley finely chopped**

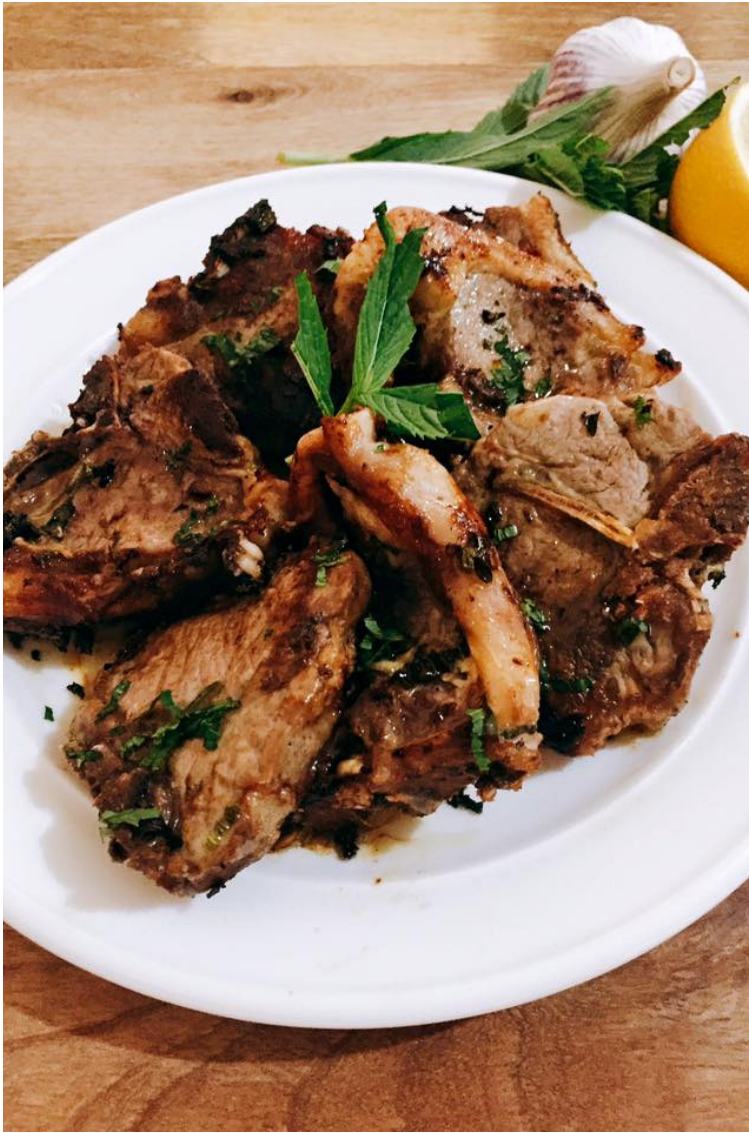
**Olive Oil**

#### Handy Tips:

This makes a great breaky, quick and easy. Also, add a little chilli jam for some extra flavour.







# Lunch

## Marinated Mint and Lemon Lamb Chops

1. Combine the lemon juice, garlic, olive oil, mint, and salt.
2. Place chops in the marinade and make sure they are all coated. Sit in the fridge for around 2 hours.
3. Cook in the frying pan or on the BBQ and as the chops are cooking, spoon over the chops are cooking, spoon over remaining marinade.
4. When cooked garnish with some extra chopped up mint.

### INGREDIENTS

**1kg lamb chops, about 10**  
**Juice 1 lemon**  
**2 garlic cloves crushed**  
**1/4 cup olive oil**  
**Handful mint chopped finely**  
**Pinch salt**  
**Handful of parsley**

### Handy Tips:

If you don't have mint, Thyme or oregano is really good. You can use all cuts of lamb with this marinade and is good with boned butterfly leg of lamb.





# Lunch

## Spicy Cajun Chicken Salad

1. To make the dressing add lemon juice, garlic, honey and oil into a bowl and give a good stir.
2. Place half the dressing over chicken and combine well.
3. Place chicken into heated frying pan with a little oil, sprinkle Cajun spices on both sides of chicken and when cooked remove from pan and let cool.
4. Combine all ingredients in a bowl and pour the remaining dressing. Slice chicken and add to salad.

### Handy Tips:

Serve 4 good size meals, you could also use chicken thighs instead of fillets.

### INGREDIENTS

**1kg free range chicken tender loins**

**Cajun spices**

**1 bunch cos lettuce or 4 handfuls of mixed salad leaves**

**2 cup of cherry tomatoes**

**1 cucumber sliced or chopped**

**2 mangoes cubed**

**1 capsicum chopped**

**Olive Oil**

### DRESSING

**Juice 1 large lemon**

**2 Tspn crushed garlic**

**4 Tblspn olive oil or macadamia oil**

**1 Tspn honey**





#### INGREDIENTS

- 1kg beef or lamb mince**
- 1 onion finely diced**
- 1 cup finely grated carrot**
- 1 cup grated zucchini**
- 3-4 eggs**
- 2 cloves finely chopped garlic**
- Pinch salt**
- 1 handful fresh parsley or Tblspn dried parsley**
- 2 zucchinis - for noodles**

#### SAUCE

- 500grams chopped tomatoes or 1 large tin**
- 2 cups beef stock**
- 2 Tblspn brown sugar or rapadura sugar**
- 2 garlic gloves**
- Pinch salt**
- 4 Tblspn tomato paste - optional**
- Handful fresh parsley or basil chopped**

# Dinner

## Vegetable & Mince Meatballs in Bolognese Sauce with Zucchini Noodles

### MEATBALLS

1. Grate carrots and zucchini first of all and set aside. Then squeeze out excess liquid. Add all ingredients to mince and using hands combine well together.

2. Roll into small balls and place on a greased oven tray. Cook in oven 180'C for 15-20 minutes, turning them half way through, cook until brown and remove from oven and set aside.

### SAUCE

1. In a large frying pan drizzle with some olive oil and add chopped onions first and cook until lightly brown. Add garlic, cooking for a few minutes.

2. Add all other ingredients and let gently simmer for 20 minutes with the lid on until it becomes slightly thicker and rich in flavour.

3. Place meatballs into the sauce and gently stir.

### ZUCCHINI NOODLES

1. Put zucchinis through a spiralizer and place into a bowl of hot water for 2-3 minutes to blanch, then remove.

### Handy Tips:

This makes 35-40 meatballs. Also, can be frozen for future use.

Carrots, sweet potato, and beetroots make great noodles.





# Dinner

## Thai Beef Salad

1. Combine lemon or lime juice, garlic, ginger, fish sauce, sugar, tamari or coconut aminos together and mix well.
2. Pour half of dressing over the steak and let sit in the fridge for 1-2 hours.
3. On a hot frying pan or BBQ cook steak for 2-3 minutes each side, then remove to a plate and let rest.
4. In a salad bowl add the lettuce, coriander, mint, radish, cucumber, onions, tomatoes and roasted peanuts.
5. Thinly slice steak, cutting across the grain and then placing on salad, pour over the remaining dressing and gently toss using salad tongs.

### INGREDIENTS

**500grams Rump or Round steak**  
**2 cloves garlic crushed**  
**2 Tspn crushed chilli**  
**1 Tblspn rapadura or brown sugar**  
**1 Tblspn fish sauce**  
**1/3 cup of lime juice or lemon**  
**2 Tbspn grated ginger**  
**1 Tbspn Tamari or coconut aminos**  
**1 medium sized cucumber thinly sliced**  
**2 radishes thinly sliced**  
**5 shallots thnly sliced or 1 red onion thinley sliced**  
**Mixed lettuce leaves**  
**1/3 cup toasted peanuts**  
**1 cup cherry tomatoes**

### Handy Tips:

This is a great way to incorporate lots of mixed vegetables, and use what you have in the fridge. If you don't have peanuts, pine nuts are great, or roasted hazelnuts. Nice light meal to have in the evenings and make enough for 2-3 people.



# Sweet Treat

## Sweet Potato Chocolate Slice

1. Peel and finely grate the sweet potato and place in a bowl.
2. Add eggs, vanilla, flour, baking powder and sugar to sweet potato and mix through.
3. In separate bowl combine melted coconut oil and cacao and stir to remove any lumps, add to rest of mixture.
4. Grease and line a 34x20cm slice tray with baking paper, or smaller and pour mixture in.
5. Place in oven at 160'C for 20 - 25 mins until firm to touch.
6. When cool dust with cacao.

### INGREDIENTS

**3 firmly packed cups finely grated sweet potato**

**3 eggs**

**1/3 cup rapadura sugar**

**3 Tbspn Almond Meal**

**1/2 cup melted coconut oil**

**1/2 cup cacao**

**1 Tspn vanilla**

**1 Tspn baking powder**

### Handy Tips:

You can replace the Almond Meal flour with other flour choices. If replacing with coconut flour add an extra egg.





# Sweet Treat

## Ginger & Macadamia Bickies

1. Add all ingredients to banana flour and mix well
2. The mixture should be a little sticky
3. Place large teaspoon of mixture on a greased oven tray and press down with fork, to make the ridges on top.
4. Place in oven at 180°C for 10-15 minutes until firm to touch.
5. These won't go real brown so when they are firm to touch take them out of the oven.


### INGREDIENTS

- 1 1/2 cup Banana flour**
- 1/2 cup rapadura or coconut sugar**
- 4 eggs**
- 2 Tsp ginger spice**
- 1 cup macadamia nuts roughly chopped**
- 1/3 cup melted coconut oil**

### Handy Tips:

Batch will make about 25-30 biscuits.





HAUTE CHOCOLATE'S

The Healthy  
*Smoothie*

CHECKLIST

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# *Healthy Smoothie*

CHECKLIST

## *The Basics*

Blender  
Frozen Fruit  
Frozen Vegetables  
Ice  
Liquid (water, milk, almond milk, coconut milk, etc.)

## *Optional Add-Ins*

Protein Powder  
Yogurt  
Peanut Butter or Almond Butter  
Cereal or Oatmeal  
Flax Seeds, Hemp Seeds, etc.

## *The Perfect Smoothie*

Add Liquid First  
Add Fruit or Vegetables (Frozen)  
Add in Remaining ADD-INS

## *The Recipes Days 1-3*

### *Mango Madness*

2 cups water  
2 mangos  
1 cup spinach

### *Very Berry*

2 cups water  
1 cup mixed berries  
1 mango  
1 cup spinach

### *Rockin' Raspberry*

2 cups water  
1 cup raspberries  
1 banana  
1 cup bok choy / pak choi