



ASHLEIGH FELTHAM, APD

Ashleigh is the owner of Feed Your Future Dietetics. She has a Masters of Nutrition and Dietetics and a Bachelor of Human Nutrition and believes everyone deserves to live a life of health and wellness. To learn more about Ashleigh visit www.feedyourfuturedietetics.com

FIVE WONDERFUL WINTER MEALS

(USING ONLY EIGHT INGREDIENTS)

Enjoy winter with these tips and recipes from nutrition expert Ashleigh Feltham.

Gaining weight during winter is so common, thanks to those pesky fat-laden takeaway meals and comfort food options. So here are five super simple winter recipes, which only require eight main ingredients that are readily available at any typical supermarket. What's even better is that they're all really easy to prepare.

STEP 1 Make a shopping list

The amount you will need to buy will depend on the number of people you are cooking for.

- 1 Leafy greens: baby spinach, rocket, etc.
- 2 Rice (preferably brown)
- 3 Four bags of assorted frozen vegetables (great news is, frozen veggies still hold the same, if not more nutrients than fresh vegetables)
- 4 Low fat cheese
- 5 Lean meat (e.g. skinless chicken breast or consider kangaroo meat, as it's very lean and good for your cholesterol levels)
- 6 Beans (e.g. kidney beans or mixed beans)
- 7 Onions
- 8 Eggs (opt for free range if possible).

The little extras:

- 1 Herbs and spices, for seasoning
- 2 Olive oil
- 3 Tomato paste/sauce.

STEP 2 Plan

By pre-planning your meals, you'll minimise the labour time required on

the night. Sundays are always a nice time to enjoy the experience and round off a weekend by getting into the headspace for the week ahead.

Planning includes:

- 1 Frying all the meat in oil (opt for olive oil over saturated fat varieties), then storing them in the freezer for the days ahead. Remember, when thawing meat it should be on the bottom shelf of your fridge to minimise the risk of food poisoning.
- 2 Cooking your pasta/rice and store in the fridge. This can be done safely for one to three days if your fridge is set to 5°C; however, pregnant women should not consume leftovers older than one day.

STEP 3 Prepare

Here's a sample meal plan for the weekdays ahead. Exact measurements for ingredients have been left out, so you can tailor the recipes to the size of the family you're feeding. Keep in mind, the average person should aim to include 20g to 30g of protein per meal, which is based on an average of 0.7g to 1.2g protein per kilogram of bodyweight required over a whole day.

The ideal serve of protein per meal is 100g per person, so you may wish to aim for this figure when choosing your portions. You can also adjust the flavours of the following recipes by adding herbs and spices that you have in your pantry.



DAY 1 Meatless Monday:
Vegetable Frittata



Ingredients:

- Eggs
- Vegetables
- Onion
- Cheese
- Leafy Greens

Method:

- 1 Cook onion in a pan with olive oil.
- 2 Using microwave cook a bag of vegetables.
- 3 Cover the bottom of a pan with beaten eggs.
- 4 Add vegetables and onion.
- 5 Cover the rest of the mix with beaten eggs.
- 6 Add low fat cheese.
- 7 Cook until ready.
- 8 Serve with leafy greens as a side salad drizzled with some olive oil on top.

DAY 2 Mexico Madness



Ingredients:

- Beans
- Low fat cheese
- Leafy greens
- Onion
- Lean meat (optional)
- Rice
- Tomato paste/sauce

Method:

- 1 Cook the onion in olive oil.
- 2 Add the tomato paste/sauce.
- 3 Add beans and lean meat (optional)
- 4 Heat the rice in the microwave.
- 5 Serve rice on a plate, add the mix and cheese on top with the leafy greens on the side with a drizzle of olive oil.

DAY 3 Soup's Up!



Ingredients:

- Onion
- Tomato paste/sauce
- Beans
- Vegetables
- Cheese

Method:

- 1 Cook the onion in olive oil until brown.
- 2 Prepare a pot of boiling water with a dash of salt.
- 3 Add onion, beans, tomato paste/sauce and vegetables into the pot.
- 4 Serve with cheese on top and add salt (sparingly) and pepper if desired

DAY 4 Simple Stir Fry



Ingredients:

- Lean meat
- Vegetables
- Onion
- Rice
- Egg

Method:

- 1 Cook the onion using olive oil in a pan.
- 2 Add the vegetables to the pan and cook until soft.
- 3 Add lean meat until brown each side.
- 4 Add egg.
- 5 Heat rice in microwave.
- 6 Plate with rice underneath and fried vegetable and meat mix on top. Season as desired.

DAY 5 Perfect (Healthy) Parmigiana



Ingredients:

- Lean meat
- Onion
- Vegetables
- Rice
- Cheese

Method:

- 1 Cook onion in olive oil until golden brown.
- 2 Add vegetables and grill until soft.
- 3 Cook meat in a separate pan in olive oil and a pinch of salt and pepper.
- 4 Sprinkle cheese on top (optional).
- 5 Warm rice in microwave.
- 6 Plate and serve with rice, vegetables and meat on separate parts of the plate.

With a little bit of planning and preparation, you can successfully turn a few ingredients into delicious meals that can also help you escape winter without gaining any additional winter bulge! Enjoy! 🍷