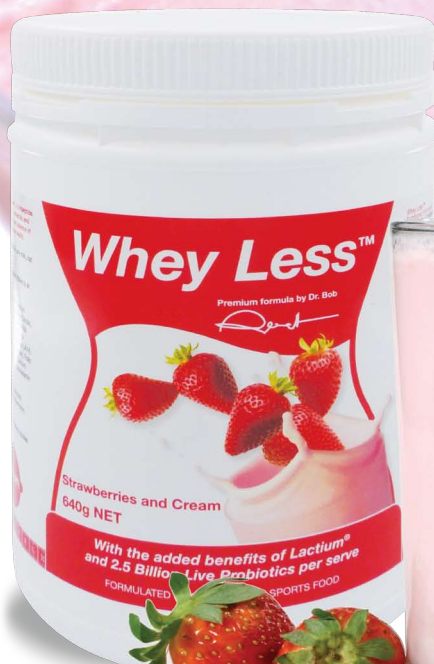


Whey Less™

Weight Management Program

Information Booklet
+ Dietary and
Lifestyle Guide



Choosing a Lifestyle Strategy

- It's Not All About Protein Shakes!

Whey Less™ Weight Management Program has been developed to equip you with a simple, delicious way to achieve and maintain a healthy body weight. The program is holistic in nature with the aim to initiate a healthier lifestyle incorporating healthy eating choices, exercise, stress management, and long-term maintenance of your overall health to increase your longevity and wellbeing.

The Whey Less™ Premium Formula uses the best form of biologically available protein - whey protein isolate and whey protein concentrate - with the added benefits of 2.5 billion live probiotics per serve, vitamins, minerals, co-nutrients and Lactium®, a unique ingredient that contains relaxing properties to reduce and regulate stress-related troubles naturally.

Help is in your hands - this Information Booklet is your invaluable reference guide for making everyday eating choices in order to reach your weight loss goal sooner and smoother.



Meal Guidelines

BREAKFAST	Whey Less™ smoothie (you may also like to add a cup of berries or 1 tsp PharmaFoods AnthoBerry®)
MORNING SNACK	Small portion of fruit from the "Foods To Enjoy" lists OR 30g almonds, walnuts, sunflower/pumpkin seeds OR 200g plain yoghurt OR 95g can of tuna
LUNCH	For example: mixed green salad with chicken, fish or hard-boiled egg Use the "Foods To Enjoy" lists as your guide
AFTERNOON SNACK	Small portion of fruit from the "Foods To Enjoy" lists OR 30g almonds, walnuts, sunflower/pumpkin seeds OR 200g plain yoghurt OR 95g can of tuna
DINNER	Lean meat with steamed vegetables from the "Foods To Enjoy" lists
EVENING SNACK <i>(If hungry)</i>	Only choose dessert if hungry. It is preferable to eat a green salad or an extra portion of vegetables with dinner. Alternatively, choose from the list below. Please note that fruit is best eaten 1 hour after a meal. Small portion of fruit from the "Foods To Enjoy" lists OR Grilled peach or nectarine topped with 2 tsp of yoghurt OR Baked apple with raisins and toasted almonds OR Hot chocolate (pure organic cocoa) made with low-fat or soy milk, sweetened with stevia if required.

Stress Savers

Common signs of stress range from fatigue and irritability to digestive upsets. Key factors to relieving stress include:

- Exercise! It will not only aid in stress management, but also serves to build muscle and improve energy levels.
- High-quality protein - essential for the body to be able to repair healthy muscle tissue, which may break down during periods of elevated stress hormone levels.

Intensive Phase

"I want to see the best results!"

To begin more rapid weight loss, or if you feel that your weight loss journey is beginning to plateau, the Intensive Phase allows you to:

Replace any 2 of your 3 main meals with:

- Whey Less™ French Vanilla plus berries
- Whey Less™ Double Chocolate
- Whey Less™ Strawberries and Cream
- Whey Less™ Butterscotch
- Whey Less™ Banana Smoothie

Foods To Enjoy During the Whey Less™ Program

The following foods are rich in nutrients and fibre, making them ideal for improving your overall health status. They also tend to be low GI foods that minimise the insulin response and thereby promote fat burning.

PROTEIN <ul style="list-style-type: none"> ✓ Chicken breast (no skin) ✓ Egg, particularly the whites (not fried) ✓ Lamb fillets (lean) ✓ Pheasant (no skin) ✓ Pork fillets (lean) ✓ Quail and wild duck (no skin) ✓ Rabbit (trimmed) ✓ Seafood (bream, calamari, shellfish, salmon, flounder, tuna, lobster, trevally, sardines, cod, jewfish, oysters, sashimi cuts) ✓ Steak (trimmed) ✓ Turkey breast (no skin) ✓ Venison 	VEGETABLES <ul style="list-style-type: none"> ✓ Alfalfa and other sprouts ✓ Artichoke ✓ Asparagus ✓ Beans (green) ✓ Beetroot ✓ Broccoli ✓ Brussels sprout ✓ Carrot ✓ Cabbage ✓ Capsicum ✓ Cauliflower ✓ Celery ✓ Celeriac ✓ Chillies ✓ Garlic 	<ul style="list-style-type: none"> ✓ Chinese greens ✓ Corn ✓ Cucumber ✓ Dill pickle ✓ Eggplant ✓ Endive ✓ Fennel ✓ Herbs (fresh) ✓ Leek ✓ Lettuce ✓ Mushroom ✓ Onion ✓ Parsnip ✓ Peas ✓ Pumpkin ✓ Radish 	<ul style="list-style-type: none"> ✓ Red cabbage ✓ Sauerkraut ✓ Seaweed ✓ Spinach ✓ Sweet potato ✓ Tomato ✓ Turnip ✓ Watercress ✓ Witlof ✓ Zucchini
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FRUITS <ul style="list-style-type: none"> ✓ Apple ✓ Apricot ✓ Blackberry ✓ Blueberry ✓ Cherry ✓ Grapefruit ✓ Grape ✓ Honeydew melon ✓ Lemon and lime ✓ Nectarine ✓ Orange ✓ Papaya ✓ Peach ✓ Pear ✓ Pineapple ✓ Plum ✓ Pomegranate ✓ Raspberry ✓ Rhubarb ✓ Rockmelon ✓ Strawberry ✓ Tangerine 	FOODS TO AVOID <p>These foods offer empty calories and often make losing weight very difficult.</p> <ul style="list-style-type: none"> ✗ Chips and crisps ✗ Cream and commercial ice-cream ✗ Dried fruits ✗ Fruit juices ✗ Margarine and processed oils ✗ Potatoes ✗ Rice - especially white ✗ Salt ✗ Sweetened and processed breakfast cereals ✗ Tinned fruit in syrup ✗ White flour and anything made from it including: <ul style="list-style-type: none"> • Breads • Crispbreads and crackers • Crumpets • Pasta • Pastry 	<ul style="list-style-type: none"> ✗ White sugar and anything made with it including: <ul style="list-style-type: none"> • Biscuits • Cakes • Jams • Jellies • Soft drinks • Sports drinks • Sweets
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Exercise Tips

- Stay active with 30 minutes of exercise each day after you have been on the Whey Less™ Weight Management Program for 3 weeks.
- Exercise is most effective first thing in the morning, before breakfast.
- Stretch! This will increase your flexibility and reduce your risk of injury.
- Invest in a set of 1-2kg dumbbells for a full body workout.

Maintenance Phase

“I’ve lost my excess weight, now I want to keep it off!”

The goal of this phase is to set you on a path to everyday healthy eating and better lifestyle choices, leading to improved wellbeing and effective long-term weight management. It is a low glycaemic eating strategy designed to promote gradual but long-lasting fat loss, and maintain a healthy body composition.

When moving to the Maintenance Phase:

- Reduce your Whey Less™ consumption to one serve daily
- Continue to follow our “Healthy Eating Guidelines”
- Limit refined, high GI foods
- Maintain adequate fibre intake

Extra Foods To Enjoy During the Maintenance Phase

The Maintenance Phase allows ONE serve daily of low GI, nutrient-dense, complex carbohydrates. Enjoy these foods at breakfast after your Whey Less™ smoothie/shake, or with lunch, rather than with the evening meal when metabolism is usually slower.

COMPLEX CARBOHYDRATES and suggested daily serving sizes	GLYCAEMIC INDEX (GI)*	GLYCAEMIC LOAD (GL)*
1/2 baked jacket potato	69	19
1/3 cup barley (e.g. roasted barley porridge)	62	17
1/3 cup brown rice, steamed	50	16
1/3 cup couscous	65	9
1/3 cup cracked wheat	46	12
1/3 cup gluten-free rice pasta	51	24
1/2 cup rolled oats (porridge or Bircher muesli)	55	13
1/3 cup soba noodles	46	22
*Average values.		

Healthy Eating Guidelines

Foods

- ✓ Choose fruits and vegetables from the "Foods To Enjoy" section of this booklet.
- ✓ Eat low GI foods throughout the day and reduce food quantities as the day progresses.
- ✓ Eat raw fruits and vegetables when possible to obtain their maximum level of nutrients.
- ✓ Look out for hidden sugars on food labels - sucrose, fructose, glucose, maltose, dextrose, glucose syrup, lactose, corn syrup, hydrolysed starch, inverted sugar and concentrated fruit juice.
- ✓ Avoid nitrates - these preservatives are found in all cured foods and some smoked foods such as sausages, ham and bacon to give them their pinkish appearance and are thought to be carcinogenic (cancer-causing).
- ✓ Watch out for salt! Eating too much salt puts a strain on the kidneys, and can increase calcium excretion, adding to the risk of developing osteoporosis later in life.
- ✓ Add vinegar to foods to lower their GI rating.
- ✓ Avoid all deep-fried foods and foods with "trans-" fats (check the label).
- ✓ Eat sufficient amounts of "good" fats every day.
- ✓ Do not eat too late at night - metabolism slows down at the end of the day.
- ✓ Do not overeat, and ensure that you are not mistaking thirst for hunger.
- ✓ Chew foods well before swallowing; increased chewing means you are also eating more slowly and increasing the bulk in your stomach.
- ✓ Monitor your hunger levels as this awareness is an important factor for weight loss. Eat foods from the "Foods To Enjoy" lists until you feel satisfied, to ensure that you do not go hungry.

Fluids

- ✓ Try to drink 1-2L of water per day - this can include herbal teas. Drinking 1-2 glasses of water before lunch and dinner will help provide a feeling of fullness.
- ✓ Avoid sugary drinks and sport drinks.
- ✓ You may have 1-2 cups of coffee or tea per day and unlimited green tea, herbal teas and decaf coffee, but avoid adding sugar. Try stevia or xylitol for a natural, low-calorie sweetener.
- ✓ Whey Less™ is best consumed immediately after preparing.

Food Preparation

- ✓ Don't overheat your cooking oil and always use cold-pressed, extra virgin olive oil in salad dressings as it undergoes no heating with minimal refinement and processing.
- ✓ Use the water from steaming or boiling vegetables in other cooking if possible (e.g. to help make the gravy or sauce, or to provide moisture if needed to other foods).
- ✓ Nutrients in fruit and vegetables are typically lost through heat and light, so consider the following in order to preserve the maximum amount of vitamins, minerals and other nutrients:
 - ✓ Steaming is the preferable method for nutrient preservation, followed by light stir-frying, then baking, and lastly boiling.
- ✓ When preparing vegetables for cooking, limit the amount of surface area exposed to heat to minimise loss of nutrients (i.e. cook the vegetable whole where possible).
- ✓ Always have your water boiling before you place your vegetables in the steamer or saucepan so that they have minimal exposure to heat in order to retain the most nutrients.
- ✓ Always steam or boil with the lid on to prevent escaping moisture.
- ✓ Try not to reheat vegetables as this causes greater nutrient loss. Cook fresh each day when possible.
- ✓ Have the oven fully heated to the correct temperature before putting food in to minimise time of exposure to heat.
- ✓ Store your vegetables in brown paper bags to minimise light exposure.
- ✓ Eat your fruit and vegetables raw where possible!

Recipes

Nutritious and delicious recipes can be found on www.wheyles.com.au and represent the kinds of foods and flavours you should be enjoying as part of your healthier lifestyle. The recipes are simple to make and may be modified with any of the ingredients from the "Foods To Enjoy" lists. Each recipe has been assessed by an Accredited Dietitian. Please note: When making your daily meal choices, your total intake should not exceed 5000-6300 kilojoules (1200-1500 calories).

Keys To Success

- The Whey Less™ Weight Management Program:
- Provides the best form of biologically available protein - whey protein isolate and high grade whey protein concentrate.
 - Combines high quality protein and low glycaemic index (GI) carbohydrates that naturally assist the body in burning fat stores.
 - Encourages you to eat more olive oil and omega-3 fatty acids which are vital to maintain overall health and promote fat burning.





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Breakfast Recipes

Whey Less™ is the ideal breakfast choice. However, if you prefer to have your smoothie/shake for lunch and/or dinner, or if you chance upon a lazy morning, here are some delicious and healthy breakfast recipes to try.

Corn Fritters with Bacon and Grilled Tomato

2 eggs
½ cup low-fat milk
¼ cup plain flour
1 cup corn kernels
¼ cup fresh Continental parsley, chopped
Vegetable salt, if desired
Black pepper
2 rashers bacon, rind removed, grilled
½ tomato, sliced

Whisk eggs and milk together. Mix in flour, followed by corn kernels and parsley. Season with salt and pepper. Heat up a large non-stick frypan. Place spoonfuls of corn mixture into pan to make 4 equal-sized fritters, each containing approximately 2 tablespoons of mixture. Use a knife to shape fritters into neat circles in the pan. Cook for 3-4 minutes each side or until golden and firm to touch in the centre. Serve with grilled bacon and sliced tomato.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1397.5kJ (333.8Cal)	23.0g	11.0g	33.5g	4.4g

Summer Fresh Fruit Salad with Low-Fat Yoghurt

Choose fresh fruit in season
½ cup grapes
½ cup blueberries
½ cup strawberries, sliced
2 small apricots, stone removed, chopped
1 nectarine, stone removed, chopped
1 cup chopped rockmelon
Pulp of 2 passionfruits
2 tablespoons low-fat yoghurt
Fresh mint leaves, chopped

Combine fruit in a bowl. Mix passionfruit pulp with yoghurt and serve over fruit. Sprinkle with mint leaves.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
208kJ (49.7Cal)	1.6g	0.2g	8.0g	4.0g

Homemade Bircher Muesli

¼ cup rolled oats
1/8 cup organic apple juice
1/8 cup low-fat milk
1 tablespoon low-fat yoghurt

Mix rolled oats with apple juice, milk and yoghurt. Soak overnight.

Optional extras: Serve with berries, chopped pear, chopped almonds or soaked prunes.

Serves = 1. Each serve provides:*

Energy	Protein	Fat	Carbs	Fibre
543.5kJ (129.8Cal)	4.8g	2.4g	21.2g	1.6g

*Amounts expressed exclude optional extras.

Breakfast Recipes

Whey Less™ is the ideal breakfast choice. However, if you prefer to have your smoothie/shake for lunch and/or dinner, or if you chance upon a lazy morning, here are some delicious and healthy breakfast recipes to try.

Evan's Tasty Omelette

10g leg ham, diced
½ cup mushrooms, sliced
¼ cup chopped red and green capsicum
1 spring onion, finely sliced
3 eggs
2 teaspoons milk
2 teaspoons water
½ cup grated hard yellow cheese
Black pepper
Vegetable salt, if desired
¼ cup fresh Continental parsley, chopped
1 slice 100% rye bread
Sliced tomatoes to serve (optional)

Heat up a non-stick frypan. Fry the ham, mushrooms, capsicum and spring onion for 2 minutes or until vegetables begin to soften, then turn down heat. Lightly whisk eggs with milk and water, then pour over vegetables in pan. When omelette is cooked on the bottom, sprinkle cheese on top. Fold one half of omelette over the other and let cheese melt in the centre. Season to taste. Top with parsley. Serve with rye bread and tomatoes, if desired.

Serves = 2. Each serve provides:*

Energy	Protein	Fat	Carbs	Fibre
851.8kJ (203.4Cal)	15.0g	10.5g	10.3g	2.8g

*Amounts expressed exclude tomatoes.

Spicy Baked Beans

1 can organic baked beans in tomato sauce
½ teaspoon turmeric
½ teaspoon ground coriander
Few drops of Tabasco sauce (to taste)
1 slice 100% rye bread, toasted
Sprinkle of grated hard yellow cheese

Heat baked beans in a saucepan. Once warm add spices, stir and heat through. Serve on toast and sprinkle with cheese.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1275.7kJ (304.7Cal)	17.9g	8.3g	34.7g	9.6g

Quick Spanish Omelette

1 cup vegetables (onions, asparagus, capsicum, tomato, spinach, parsley, chives, etc.), finely chopped
1 whole egg
2 egg whites
1 tablespoon water
Pinch of cayenne powder

Heat up a non-stick frypan. Lightly stir-fry vegetables, then remove from pan. Whisk egg with egg whites, water and cayenne powder. Pour into pan and cook lightly. When almost cooked, top with vegetables and flip to heat through.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
629.0kJ (150.2Cal)	17.4g	6.2g	4.4g	3.3g

Breakfast Recipes

Whey Less™ is the ideal breakfast choice. However, if you prefer to have your smoothie/shake for lunch and/or dinner, or if you chance upon a lazy morning, here are some delicious and healthy breakfast recipes to try.

Grated Apple with Sultanas and Almonds

1 small apple, grated
Juice of ½ orange
2 tablespoons yoghurt mixed with 1 scoop Whey Less™ French Vanilla
1 tablespoon natural sultanas
6 almonds, chopped

Combine all ingredients.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1347.0kJ (321.7Cal)	19.7g	6.3g	41.0g	4.3g

Bacon and Tomatoes

3 rashers bacon, rind removed
2 tomatoes, halved
1 tablespoons fresh parsley, chopped
1 tablespoons fresh chives, chopped
Pinch cayenne powder

Grill bacon and tomatoes. Serve topped with fresh herbs and cayenne powder.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1119.0kJ (267.3Cal)	29.6g	12.2g	7.2g	4.3g

Poached Eggs and Smoked Salmon

2 eggs
2 slices smoked salmon
1 slice 100% rye bread, toasted, lightly buttered

Poach the eggs, then assemble on a plate with salmon and toast.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1332kJ (318.1Cal)	27.3g	14.2g	18.9g	2.9g

Lunch Recipes

Pork Fillet with Spicy Cabbage

2 x 90g pork fillets
2 teaspoons light olive oil
1 onion, finely sliced
½ small red cabbage, finely sliced
1 apple, finely sliced
3 cloves
1 teaspoon apple cider vinegar
Dash of stevia

Bake or barbeque pork fillets for approximately 30 minutes. In a saucepan, sauté onion in olive oil for 1 minute. Add cabbage and cook for another minute. Add apple slices and cloves. Cover with a tight-fitting lid and reduce heat to very low. Simmer for 20 minutes, adding vinegar and stevia in the last 2 minutes.

Variation: Serve pork with sauerkraut and baked sweet potato.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
2064.5kJ (493.1Cal)	43.1g	14.7g	36.9g	22.0g

Chicken and Almonds

2 teaspoons light olive oil
60g blanched almonds
2 teaspoons grated ginger
1 onion, cut into wedges
1 carrot, sliced diagonally
1/3 cup sliced bamboo shoots (optional)
2 stalks celery, sliced diagonally
4 spring onions, thinly sliced
1 whole chicken breast (2 halves), cut into small cubes
2 tablespoons white wine or sherry

In a non-stick frypan, cook almonds with 1 teaspoon of olive oil until golden. Remove and drain on absorbent paper. Sauté 1 teaspoon of ginger with onion, carrot and bamboo shoots for 1 minute, then add celery and spring onions and cook for another 1-2 minutes. Remove vegetables and set aside. Lightly cook chicken cubes and remaining ginger in remaining oil until almost done. Add white wine/sherry to deglaze pan, then return vegetables and almonds to pan and warm through. Serve with extra green Chinese vegetables such as snow peas or bok choy.

Variation: During the Maintenance Phase, a small amount of cooked brown rice (1/3 cup) may be added as a side dish.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
2179.0kJ (520.4Cal)	39.1g	33.9g	7.9g	6.1g

Chicken Waldorf Salad

½ cup steamed chicken fillet, chopped
½ green apple, chopped
1 stalk celery, chopped
6 walnuts
¼ red onion, finely sliced
2 tablespoons olive oil
Juice of ½ lemon
Vegetable salt, if desired
Black pepper

Combine chicken, apple, celery, walnuts and red onion. Dress with olive oil mixed with lemon juice. Season to taste.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
2385.0kJ (569.7Cal)	23.2g	45.7g	15.8g	5.6g

Lunch Recipes



Antipasto Salad

2 cups salad greens (rocket, watercress, etc.)
2 cups oven-roasted vegetables (red capsicum, eggplant, zucchini, tomato, etc.)
8 olives or ½ avocado or 2 artichokes
Choice of two or more of the following: octopus, canned tuna, sardines, anchovies, mussels
Marinated mushrooms (in olive oil, apple cider vinegar and chopped herbs)
1 teaspoon olive oil
1 teaspoon vinegar/vinaigrette

Chop avocado or artichokes, if using. Combine all ingredients.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1734.4kJ (414.3Cal)	44.1g	21.1g	8.7g	7.5g

Spicy Lentil Soup

1 onion, chopped
2 cloves garlic, crushed
1 teaspoon grated ginger
3 cups vegetable stock
1 cup red lentils
1 carrot, chopped
3 tomatoes, chopped
2 teaspoons ground coriander
1 teaspoon ground cumin
½ teaspoon turmeric
½ cup light coconut milk (optional)
¼ cup fresh coriander leaves, chopped
Vegetable salt, if desired
Black pepper

Brown onion, garlic and ginger in a non-stick saucepan. Add stock, lentils, carrot, tomatoes and spices. Bring to boil and simmer for approximately 45 minutes. Add coconut milk and heat through. Season to taste. Garnish with coriander leaves.

Variation: For Mulligatawny Soup, add 1 cup chopped poached chicken breast and lemon juice to taste.

Serves = 2. Each serve provides:*

Energy	Protein	Fat	Carbs	Fibre
1443.8kJ (344.9Cal)	27.1g	3.0g	45.2g	17.7g

*Amounts expressed exclude coconut milk.

Lamb and Chickpea Salad

1 x 150g lamb fillet
2 cups cooked chickpeas
1 small red onion, finely diced
1 clove garlic, crushed
1 teaspoon ground cumin
1 tablespoon lemon juice
1 tablespoon olive oil
6 black olives
3 tablespoons fresh coriander leaves, chopped
½ preserved lemon, chopped (optional)
Vegetable salt, if desired
Black pepper

Bake, grill or barbeque whole lamb fillet until cooked to your liking. Thinly slice. Toss with other ingredients.

Serves = 2. Each serve provides:*

Energy	Protein	Fat	Carbs	Fibre
1831.6kJ (437.5Cal)	29.2g	17.5g	32.6g	11.0g

*Amounts expressed exclude preserved lemon.

Lunch Recipes



Tuna and Rice Salad

Medium-sized can tuna

2 cups vegetables (red onion or spring onion, celery, capsicum, etc.), finely chopped

¼ cup fresh herbs, e.g. parsley, finely chopped

2 teaspoons homemade mayonnaise (egg, virgin olive oil, lemon juice)

2/3 cup of cooked brown rice

Combine all ingredients.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
2161.7kJ (516.3Cal)	41.4g	20.2g	39.8g	4.4g

Minestrone Soup

2 teaspoons olive oil

1 onion, chopped

1 small potato with skin, chopped (optional)

1 carrot, chopped

1 stalk celery, chopped

4 cups beef or vegetable stock

1 can borlotti beans OR 1 cup cooked beans

3 tomatoes, skins removed, chopped

Vegetable salt, if desired

Black pepper

1 cup cabbage, chopped

¼ cup fresh parsley, chopped

Parmesan cheese

Heat oil in a large saucepan. Sauté onion, then potato, carrot and celery. Add stock, beans and tomatoes. Season to taste. Simmer until vegetables have just softened. Add cabbage a few minutes before the end of cooking. Serve with parsley and freshly grated Parmesan cheese.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1525.5kJ (364.4Cal)	19.4g	4.2g	56.9g	13.6g

**Amounts expressed exclude potato.*

Dinner Recipes

Lamb Fillet with Tabouli and White Bean Purée

2 x 150g lamb fillets

Tabouli

½ cup cracked wheat
1 cup fresh parsley, finely chopped
½ cup fresh mint, finely chopped
½ small red onion, finely diced
1 small tomato, finely chopped
2 teaspoons olive oil
Juice of ½ lemon juice
Vegetable salt, if desired
Black pepper

White Bean Purée

400g can white beans
2 cloves garlic
2 tablespoons lemon juice
2 tablespoons olive oil
Pinch cayenne powder

To make tabouli, soak cracked wheat in boiling water for approximately 20 minutes. Allow to cool, then combine with parsley, mint, red onion and tomato. Dress with olive oil and lemon juice. Season to taste. For the white bean purée, blend together white beans, garlic, lemon juice, olive oil and cayenne powder. Bake, grill or barbeque whole lamb fillets until cooked to your liking. Serve in slices with tabouli and white bean purée.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
2386.1kJ (570.0Cal)	36.2g	30.7g	26.8g	23.3g

Pesto “Pasta”

1-2 spaghetti squash
1 cup snow peas, blanched
1 cup mushrooms, sliced and sautéed in a little olive oil
1 bunch asparagus spears, cut into thirds and blanched
½ cup broccoli florets, steamed
3 tablespoons pesto sauce
1 tablespoon pine nuts, lightly toasted
Parmesan cheese

Pierce the skin of the spaghetti squash in several places with a large fork or metal skewer. Then bake in a preheated oven (190°C) for 1 hour. Cool for 30 minutes before removing seeds and scraping out spaghetti-like strands of squash. Combine all vegetables and gently heat through with pesto sauce. Toss through pine nuts and serve with freshly grated Parmesan cheese.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1500.1kJ (358.3Cal)	12.0g	30.5g	7.1g	6.5g

Dinner Recipes



Barbeque Kebabs

150g lean protein (chicken breast, lean beef, lamb or tofu), cubed
6 cherry tomatoes
6 zucchini cubes
6 eggplant cubes
6 onion wedges

Thread meat and vegetables onto skewers and barbeque, grill or bake until cooked.

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1462.6kJ (349.3Cal)	39.1g	8.4g	23.2g	11.1g

Eggplant Lasagne

2kg tomatoes, chopped
1 fennel bulb, chopped
1 carrot, chopped
6 cloves garlic
1 tablespoon olive oil
Vegetable salt, if desired
Black pepper
1 large eggplant, cut into 1cm slices, lengthwise
3 cups baby spinach
3 baby bocconcini or ½ cup low-fat cheddar cheese
3 tablespoons freshly grated Parmesan cheese

Roast tomatoes, fennel, carrot and garlic in a preheated oven (200°C) for 1 hour with olive oil. Season with salt and pepper and process to a thick sauce. Carefully grill eggplant slices on each side until brown (no need to baste). Layer half the eggplant in small baking dish, then top with half the spinach leaves and half of the vegetable sauce. Repeat layering with remaining eggplant, spinach leaves and vegetable sauce. Top with cheeses, sliced or grated. Bake for 50 minutes at 180°C.

Variation: Non-vegetarians may add to the middle layer some thin slices of veal which have been lightly cooked in a little olive oil.

Serves = 2. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1607.3kJ (383.9Cal)	21.2g	21.3g	18.6g	16.5g

Whey Less™

Smoothie Recipes



Rockmelon and Vanilla

200mL low-fat milk
1 cup rockmelon, cut into small pieces
1½ scoops Whey Less™ French Vanilla
1-2 tablespoons flaxseed meal
Ice
Honey to taste (optional)

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1472kJ (351.6Cal)	33.6g	8.6g	29.3g	4.6g

Banana and Strawberries

200mL low-fat milk
1 banana, cut into small pieces
1½ scoops Whey Less™ Strawberries & Cream
1-2 tablespoons flaxseed meal
Ice
¼ cup fresh strawberries, halved (optional)

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1713kJ (409.1Cal)	34.4g	8.6g	42.9g	5.6g

Berries and Chocolate

200mL rice milk
½ cup mixed berries, fresh or frozen
1 heaped scoop Whey Less™ Double Chocolate
Ice (if using fresh berries)

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
1059.4kJ (253Cal)	17.3g	4.0g	32.3g	1.9g

Whey Less™ Piña Colada

200mL coconut milk (OR 100mL water + 100mL coconut milk OR 200mL low-fat milk + coconut essence to taste)
½ cup crushed pineapple, fresh or canned (optional)
1½ scoops Whey Less™ French Vanilla
Splash of pineapple juice for added sweetness
1 slice of pineapple
Ice

Serves = 1. Each serve provides:*

Energy	Protein	Fat	Carbs	Fibre
2592.8kJ (619.27Cal)	20.4g	42.8g	32.1g	6.2g

*Amounts expressed include 200mL coconut milk, Whey Less™ and pineapple.

Whey Less™ Hot Chocolate

1 heaped scoop Whey Less™ Double Choc
100mL cool water
100mL hot water

Serves = 1. Each serve provides:

Energy	Protein	Fat	Carbs	Fibre
434kJ (103.7Cal)	14.8g	1.9g	3.0g	0.1g