



**VOGEL'S<sup>®</sup>**

**GUT HEALTH  
CHALLENGE  
RECIPE BOOK**

# MEAL PLAN

## WEEK 1

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### Day 1



**Breakfast** Cinnamon, cashew and dried cranberry granola  
**Lunch** Sour cream & chives with parmesan crusted brussel sprouts  
**Dinner** Balsamic glazed steak with roasted vegetable salad

### Day 2



**Breakfast** Summer fruit bircher muesli with banana and berries  
**Lunch** Sauerkraut & sesame seeds on hummus toast  
**Dinner** Salmon and cauliflower fishcakes with pea, spinach and asparagus salad

### Day 3



**Breakfast** Oat-y spelt and chocolate hotcakes with coconut bananas  
**Lunch** Quick-fix: Tuna, avocado and ricotta salad  
**Dinner** Chicken cheat's paella

### Day 4



**Breakfast** Breakfast bruschetta  
**Lunch** Quick-fix: Tofu, bocconcini and greens  
**Dinner** Lentil hotpot with steamed greens

### Day 5



**Breakfast** Quick-fix: Untoasted muesli, yoghurt and berries  
**Lunch** Indian-style chickpea toastie  
**Dinner** Quick-fix: Salmon, haloumi and roast vegetables

### Day 6



**Breakfast** Chilli beans and avocado melts  
**Lunch** Japanese-style tuna and avocado sandwich  
**Dinner** Lemongrass pork with cauliflower fried rice and cashews

### Day 7



**Breakfast** Quick-fix: Avocado, tomato and ricotta toast  
**Lunch** Green tapenade and vegetable melt  
**Dinner** Tandoori tofu with tomato, cucumber and mint salad

# SHOPPING LIST

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### Fruit

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85g pomegranate seeds  
35g reduced-sugar dried cranberries  
½ x orange  
35g blueberries  
65g strawberries  
1 ¼ x small banana  
190g grape or cherry tomatoes  
4x tomatoes  
3x avocado  
100g mixed berries (fresh or frozen)  
2x lemon  
1x lime  
350g brussels sprouts

### Vegetables

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1 bunch of fresh basil leaves  
1 bunch of fresh rocket leaves  
1 bunch of fresh parsley  
1 bunch of fresh chives  
1 bunch of asparagus  
1 bunch of fresh mint leaves  
90g baby spinach leaves  
30g rocket leaves  
½ x small eggplant  
½ x green chilli  
½ x leek  
1 ½ x carrot  
½ x red onion  
½ x yellow onion  
2 ½ x spring onion  
1 ½ x clove garlic  
½ x large red capsicum  
1 ¼ x celery stick  
½ x stalk lemongrass  
2x sweet potato

6x potatoes  
¾ x zucchini  
30g button mushrooms  
40g sugar snap peas  
30g snake beans  
1 ¼ x Lebanese cucumber  
2x iceberg lettuce leaf cups  
250g Kent/butternut pumpkin  
½ x cauliflower  
½ x head of broccoli  
40g broad beans  
65g green beans  
100g mixed salad  
100g mixed roasted vegetables  
125g Asian greens  
100g edamame  
10g snow pea tendrils  
20g pitted Sicilian green olives  
95ml salt-reduced tomato passata

### Meat and Fish

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2x egg  
100g chicken tenderloin  
200g minute steak  
200g pork butterfly (loin medallion steak)  
220g chicken or thigh fillet  
150g salmon fillet  
2x tin of tuna 95g  
2x tin of salmon 95g  
250g bacon

### Dairy

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300ml milk  
20ml almond milk  
600ml lactose-free Greek natural yoghurt  
130g smooth ricotta  
30g cheddar cheese  
25g mozzarella  
30g parmesan  
8g spread of your choice  
350g firm tofu  
50g baby bocconcini  
100g haloumi  
40g hummus  
250g sour cream

### Breads and Cereals

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1 loaf Vogel's Digestive Wellbeing Superseed  
160g raw (natural) rolled oats  
40g quinoa flakes  
20g brown rice flakes

### Other

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700g organic passata  
1x bottle lemon juice  
75g Japanese mayonnaise  
Sauerkraut

# MEAL PLAN

## WEEK 2

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### Day 8



**Breakfast** Quick-fix: Avocado, spinach and eggs on rye  
**Lunch** Chicken and fennel sandwich  
**Dinner** Lamb, feta and mint gozleme with capsicum dip

### Day 9



**Breakfast** Quick-fix: Fruit toast with banana and ricotta  
**Lunch** Chicken and sauerkraut sandwich  
**Dinner** Italian-style wrap

### Day 10



**Breakfast** Quick-fix: Untoasted muesli and strawberries  
**Lunch** Sesame haloumi, chargrilled vegetable and sumac chickpea bowl  
**Dinner** Herby haloumi and avocado sandwich

### Day 11



**Breakfast** Quick-fix: Rolled oats with chia seeds and banana  
**Lunch** Salmon, zucchini, horseradish and dill toasty  
**Dinner** Quick-fix: Steak and vegetables

### Day 12



**Breakfast** Quick-fix: Scrambled eggs and haloumi on toast  
**Lunch** Italian-style toastie  
**Dinner** Quick-fix: Chicken, avocado and coleslaw

### Day 13



**Breakfast** Quick-fix: Vegetables, avocado and hummus wrap  
**Lunch** Lebanese-style eggplant sandwich with garlic dip  
**Dinner** Quick-fix: Tofu and healthy fried rice

### Day 14



**Breakfast** Quick-fix: Porridge and blueberries  
**Lunch** Quick-fix: Hard-boiled egg salad  
**Dinner** Chilli con carne with sweet potato and cannellini bean mash

# SHOPPING LIST

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### Fruit

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- 1x lemon
- 4x avocado
- 1x banana
- ½ x green banana
- 125g strawberries
- 75g blueberries
- 130g grape or cherry tomatoes
- 1 ½ x tomato

### Vegetables

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- 1 bunch of fresh basil leaves
- 1 bunch of fresh parsley
- 1 bunch of fresh mint leaves
- 50g rocket leaves
- 180g baby spinach leaves
- ½ x fennel bulb
- ¼ x Lebanese cucumber
- 2x butter lettuce leaves
- 1x celery stalk
- ½ x sweet potato
- ½ x red capsicum
- ¾ x zucchini
- 1x artichoke
- 1x artichoke in brine (jar)
- ¼ x carrot
- 100g roasted capsicum strips (jar)
- 40g shredded silver beet leaves
- 250g edamame
- 260g mixed salad
- 10g chives
- 40g purple sauerkraut
- ½ x Lebanese eggplant
- ½ x eggplant
- ½ x red onion
- ½ x yellow onion
- 1x clove garlic

- 15g dill
- canned corn
- 10g rosemary
- 100g coleslaw

### Meat and Fish

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- 6x eggs
- 280g of chicken breast
- 200g beef rump steak
- 180g lean beef steak
- 125g beef mince
- 125g lean lamb mince
- 1x tin of salmon 95g
- 1x tin of tuna 95g
- 1x tin of tuna in olive oil 95g
- 2x tin of salmon 95g

### Dairy

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- 250ml milk
- 125ml almond milk
- 10g butter
- 105g fetta
- 40g mozzarella
- 40g smooth ricotta
- 150g natural yoghurt
- 140g vanilla yoghurt
- 170g haloumi
- 120g bocconcini
- 160g cheddar cheese
- 150g tofu
- horseradish cream
- 265g light cream cheese
- 50g red capsicum dip
- 20g garlic dip

### Breads and Cereals

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- 1 loaf Vogel's Digestive Wellbeing bread
- 1 pack of Freya's Digestive Wellbeing Wraps
- 1 loaf Vogel's Fruit Toast
- 40g low GI, high-fibre, untoasted muesli or bran-based cereal
- 200g raw (natural) rolled oats

### Other

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- 180g hummus
- 15g nut butter

# DAY 1

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## CINNAMON, CASHEW AND DRIED CRANBERRY GRANOLA

Prep Time: 15 minutes | Cook Time: 35 minutes | Servings: 1



### INGREDIENTS

- 1 cup raw (natural) rolled oats
- 3/8 cup quinoa flakes
- 3/4 cup raw cashews, roughly chopped
- 2 Tbsp raw almonds, roughly chopped
- 1/2 Tbsp LSA (or 1/4 Tbsp linseeds and 1/4 Tbsp sesame seeds)
- 1/2 tsp ground cinnamon
- 1/4 tsp ground ginger
- 2 Tbsp boiling water
- 1 Tbsp pure maple syrup
- 1/4 tsp pure vanilla extract
- 35g reduced-sugar dried cranberries
- 250ml skim milk and 85g pomegranate seeds, to serve

### METHOD

1. Preheat the oven to 140°C (120°C fan-forced). Line one large baking tray with baking paper.
2. Place the oats, quinoa flakes, cashews, almonds, LSA or seeds in a large bowl and stir to combine. Add the cinnamon, ginger and mix well.
3. Combine the boiling water, maple syrup and vanilla in a heatproof jug and pour over the oat mixture, then stir to mix it through evenly; the oat mixture should be slightly damp but not wet.
4. Add the oat mixture to the tray, spreading it out to form an even layer.
5. Bake for 35 minutes until fragrant and golden.
6. Leave to cool on the tray, then stir through the cranberries. Store in an airtight container for up to 3 weeks.
7. Scoop one serve into bowl and top with skim milk and pomegranate seeds.
8. If you are sensitive to FODMAPS, swap cashews for low-FODMAP nuts (brazil/macadamia/pecan/hazelnuts); and reduce the serve of pomegranate seeds to 40g per serve.

## SOUR CREAM & CHIVES WITH PARMESAN CRUSTED BRUSSEL SPROUTS

Prep Time: 20 minutes | Cook Time: 20 minutes | Servings: 1



### INGREDIENTS

- 1 tsp olive oil
- 350g Brussel sprouts
- 250g bacon cut into pieces
- 250g sour cream
- Handful of chives
- 30g finely grated parmesan
- Vogel's Digestive Wellbeing Superseed

### METHOD

1. Preheat the oven to 180.
2. Stir the sour cream and chopped chives together with a pinch of salt and pepper. Place in the fridge until serving.
3. Toss the Brussels in oil, salt and pepper on a lined baking tray and bake at 180 for ten minutes. After ten minutes, toss the Brussels, coat with Parmesan and bake for a further 10 minutes.
4. While the Brussels are baking, fry bacon bits until crispy.
5. To serve, top toasted Vogel's with a generous spoonful of sour cream, Parmesan crusted Brussel sprouts and add a sprinkling of bacon.

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# DAY 1

## BALSAMIC GLAZED STEAK WITH ROASTED VEGETABLE SALAD

Prep Time: 15 minutes (+ overnight prep) | Cook Time: 40 minutes | Servings: 1



### INGREDIENTS

#### BALSAMIC-GLAZED STEAK

- olive oil spray, for cooking
- 200g minute steak, all visible fat removed
- ½ Tbsp balsamic vinegar

#### ROASTED VEGETABLE SALAD

- 2 potatoes, steamed, lightly crushed and chilled overnight
- ¼ sweet potato, cut into 2cm pieces, steamed and chilled overnight
- ¼ eggplant, cut into 3cm pieces
- ¼ large red capsicum, seeded and cut into 2cm pieces
- 3/8 Tbsp finely chopped rosemary
- ¼ Tbsp garlic-infused olive oil
- 65g grape or cherry tomatoes
- ¼ large zucchini, halved lengthways and cut into 2cm pieces

### METHOD

1. Preheat the oven to 210°C (190° fan-forced). Line a large roasting tin with baking paper.
2. To make the roasted vegetable salad, place the crushed potatoes, sweet potato, eggplant and capsicum in the lined tin, then sprinkle with ¼ Tbsp of the rosemary and drizzle with the olive oil, tossing well to coat.
3. Roast for 15 minutes, then add the tomatoes and zucchini and scatter with the remaining rosemary, tossing gently to coat. Roast for another 15 minutes or until the vegetables are tender and golden brown and the potatoes are crisp.
4. Meanwhile, pan-fry the steak. Heat a large heavy-based frying pan over high heat, then spray with olive oil. Season both sides of the steak well with freshly ground black pepper, then pan-fry for two to three minutes on each side for medium-rare or continue until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside.
5. Remove the pan from the heat, then add the balsamic vinegar and stir to scrape up any caught-on bits from the base of the pan.
6. Add one Tbsp (15ml) water and bring to a simmer over low heat, stirring to create a sauce.
7. Return the steak to the pan, remove from the heat, then turn to coat in the sauce.
8. Place the steak on a plate, then spoon any remaining balsamic mixture in the pan over the roasted vegetables and gently stir to mix. Add the vegetables to the plate and serve immediately.

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# DAY 2

## BIRCHER MUESLI WITH BANANA AND BERRIES

Prep Time: 5 minutes | Cook Time: 5 mins (+overnight) | Servings: 1



### INGREDIENTS

- ½ cup raw (natural) rolled oats
- 1 Tbsp brown rice flakes
- juice of ½ an orange
- 20ml boiling water, or as needed
- freshly grated nutmeg, to taste
- 35g blueberries
- 65g strawberries, hulled and quartered or sliced
- 200ml lactose-free natural or vanilla yoghurt
- ½ tsp pure maple syrup
- ½ Tbsp raw cashews, roasted
- ¼ small banana, sliced or diced

### METHOD

1. Combine the oats, brown rice flakes and orange juice in a bowl. Add enough boiling water to ensure the mixture is almost covered in liquid, then grate over a little nutmeg to taste. Cover with plastic film and refrigerate for a minimum of two hours or overnight, if time permits.
2. Just before serving, stir in the blueberries and half of the strawberries, the yoghurt and maple syrup.
3. Add the bircher muesli to a bowl and top evenly with the cashews, banana and remaining strawberries. Serve with extra grated nutmeg, if desired.

**Note:** If you are sensitive to FODMAPS, swap cashews for low-FODMAP nuts (brazil/macadamia/pecan/hazelnuts).

## SAUERKRAUT & SESAME SEEDS ON HUMMUS

Prep Time: 5 minutes | Cook Time: 5 minutes | Servings: 1



### INGREDIENTS

#### SAUERKRAUT & SESAME SEEDS ON HUMMUS

- 2 slices Vogel's Digestive Wellbeing Super Seeds Toast
- 30g hummus
- sauerkraut
- black sesame seeds

### METHOD

1. Toast your Vogel's to your desired toastiness.
2. Top with hummus, sauerkraut and a sprinkling of black sesame seeds.
3. Enjoy!

# DAY 2

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## SALMON AND CAULIFLOWER FISHCAKES WITH PEA, SPINACH AND ASPARAGUS SALAD

Prep Time: 15 mins (+overnight prep) | Cook Time: 1 hr 40 mins | Servings: 1



### INGREDIENTS

#### SALMON AND CAULIFLOWER FISHCAKES

- olive oil spray, for cooking
- ¼ small head cauliflower, trimmed and cut into small florets
- ½ potato, halved, steamed and chilled overnight
- 140g tinned salmon, drained, skin and bones removed, flaked
- 2 Tbsp plain flour, plus extra for dusting
- finely grated zest of ¼ lemon
- ½ Tbsp finely chopped chives
- ½ Tbsp finely chopped flat-leaf parsley leaves

#### PEA, SPINACH AND ASPARAGUS SALAD

- ¼ Tbsp extra-virgin olive oil
- 1 egg
- 6 Tbsp frozen peas
- ¼ bunch asparagus, bases trimmed
- ½ cup baby spinach leaves, stems trimmed
- ¼ Tbsp lemon juice
- ¼ tsp wholegrain mustard

#### MINTED YOGHURT

- 25ml reduced-fat natural Greek-style yoghurt
- ½ Tbsp finely chopped mint leaves
- ½ tsp lemon juice, to taste

### METHOD

1. Steam the cauliflower for six minutes or until tender. Transfer to a food processor or blender and blend to form a chunky puree.
2. Place in a bowl, add the potato and mash to combine. Stir in the salmon, flour, lemon zest, chives and parsley and mix to combine.
3. Divide into two even portions, then shape into patties. Place on a baking tray lined with baking paper, cover with plastic film and refrigerate for 30 minutes to firm.
4. Meanwhile, to make the salad, boil the eggs in a saucepan of simmering water for seven minutes for medium-soft. Drain, then peel and cut in half.
5. Cook the peas in a saucepan of simmering water for three minutes or until tender, then drain and set aside.
6. Blanch the asparagus in a saucepan of simmering water for two minutes or until tender but still crisp, then drain and set aside.
7. Place the spinach leaves in a bowl, then add the cooled peas and asparagus.
8. Mix the lemon juice, mustard and olive oil in a small bowl until well combined and emulsified, then set aside.
9. To make the minted yoghurt, mix the yoghurt and mint in a small bowl, then stir in the lemon juice to taste. Cover with plastic film and refrigerate until required.
10. Heat a non-stick heavy-based frying pan over medium heat and spray with olive oil. Dust the salmon cakes lightly in flour, shaking to remove the excess. Pan-fry for four to five minutes on each side until golden brown and warmed through; reduce the heat to low-medium if necessary.
11. Add the dressing to the salad and toss gently to coat. Add the salad to a plate and top with the egg and two salmon cakes, then serve with the minted yoghurt alongside.

## DAY 3

OAT-Y SPELT AND CHOCOLATE HOTCAKES  
WITH COCONUT BANANAS

Prep Time: 15 minutes | Cook Time: 15 mins | Servings: 1



## INGREDIENTS

## OATY CHOCOLATE HOTCAKES

- olive oil spray, for cooking
- 2 2/3 Tbsp gluten-free plain flour
- 2 Tbsp raw (natural) rolled oats
- ½ Tbsp raw unsweetened cocoa powder
- ¼ tsp ground cinnamon
- ¼ tsp baking powder
- 40ml high-calcium, lactose-free skim milk
- 1 Tbsp small egg, lightly beaten
- 100ml lactose-free natural yoghurt
- raw unsweetened cocoa powder, extra, to serve

## COCONUT BANANAS

- 1 banana
- ¼ Tbsp desiccated coconut
- ¼ Tbsp LSA

## METHOD

1. Place the gluten-free flour, oats, cocoa, cinnamon and baking powder in a bowl and whisk to combine.
2. Mix together the milk and egg, then fold into the oat mixture. Leave to stand for 10–15 minutes.
3. Preheat the oven to 100°C (80°C fan-forced) and line a baking tray with baking paper.
4. Heat a large non-stick, heavy-based frying pan over low–medium heat, then spray with oil.
5. Pour the batter into the pan in batches. Smooth the tops gently to spread the batter out a little and cook for three minutes or until bubbles start to appear on the surface; reduce the heat to low if they brown too quickly. Turn and cook on the other side for 2–3 minutes until puffed and cooked through.
6. Transfer to the lined tray, cover loosely with foil and keep warm in the oven while you cook the remaining hotcakes. You should have enough batter to make two in total.
7. Just before serving, make the coconut banana. Peel and cut the banana into thick slices.
8. Combine the desiccated coconut and LSA, then brush the sliced banana with lemon juice and press to coat in the coconut and LSA mixture.
9. Serve 2 hotcakes, topped with the coconut banana and yoghurt, and dusted with extra cocoa.

## LUNCH: QUICK-FIX: TUNA, AVOCADO AND RICOTTA SALAD

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 1



## INGREDIENTS

- 95g canned tuna, drained
- ½ cup cannellini beans
- 40g smooth ricotta
- 1/3 diced avocado
- 1 cup of mixed salad
- mixed herbs, to serve

## METHOD

1. Prepare and combine your quick-fix ingredients.
2. Add to a bowl or plate and enjoy.

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# DAY 3

## CHICKEN CHEAT'S PAELLA

Prep Time: 20 mins | Cook Time: 1 hr 5 mins | Servings: 1



### INGREDIENTS

- olive oil spray, for cooking
- 150g chicken breast or thigh fillets, cut into bite-sized pieces
- ¼ red onion, finely chopped
- ¼ large red capsicum, seeded, ½ finely chopped and ½ thinly sliced
- ¼ clove garlic, chopped
- ¼ tsp sweet paprika
- 6 Tbsp salt-reduced tomato passata
- pinch of saffron threads, soaked in 2 Tbsp boiling water for 10 minutes
- 40g broad beans
- 40g green beans, trimmed
- ¾ cup frozen peas
- ¼ cup cooked basmati rice
- ¼ cup mixed salad leaves
- lemon wedge, to serve

### METHOD

1. Heat a heavy-based frying pan with a lid over medium heat and spray with olive oil.
2. Add the chicken and cook, stirring for four to five minutes until browned all over. Transfer to a bowl and set aside.
3. Spray the pan with a little more olive oil, then add the onion, chopped capsicum and garlic and cook, stirring occasionally, for five minutes or until softened. Stir in the paprika and cook for 30 seconds. Add the passata and bring to a simmer. Stir in the saffron mixture, chicken and 1/8 cup (30ml) water and bring to the boil over high heat. Cover, reduce the heat to low and cook for 20–25 minutes until the chicken is cooked through.
4. Preheat the oven grill to high. Line a baking tray with foil, top with the sliced capsicum and grill for five minutes or until softened and the skin is slightly charred.
5. Cook the broad beans in a small saucepan of simmering water for one minute, then remove with a slotted spoon, run under cold water and double-peel.
6. Add the peas to the pan of simmering water and cook for three minutes or until tender. Drain.
7. Cook the beans in a saucepan of simmering water for four minutes or until tender but a little crisp.
8. Add the capsicum, broad beans, peas and beans to the chicken mixture.
9. Add the rice to a plate or bowl and top with the chicken and vegetable mixture, serving immediately with the salad leaves and lemon wedges to the side.

DINNER

# DAY 4

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## BREAKFAST BRUSCHETTA

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



### INGREDIENTS

- 75g cherry tomatoes, quartered
- 125g can chickpeas, drained, rinsed
- ¼ large avocado, diced
- 2 Tbsp baby basil leaves
- ½ Tbsp lemon juice
- 1 tsp extra virgin olive oil
- 1 slice Vogel's Digestive Wellbeing Superseed
- 1 tsp mixed seeds, toasted, to serve

### METHOD

1. Combine tomatoes, chickpeas, avocado, 1 Tbsp of basil, the juice and oil in a medium bowl. If using larger basil leaves, coarsely chop them before combining with other ingredients.
2. Toast bread until golden. Add tomato mixture to toast; sprinkle with seeds and remaining basil leaves. Season with pepper.

## QUICK-FIX: TOFU, BOCCONCINI AND GREENS

Prep Time: 15 mins (+overnight prep) | Cook Time: 1 hr 5 minutes | Servings: 1



### INGREDIENTS

- 150g grilled firm tofu
- ½ cup edamame
- 50g baby bocconcini
- 20g roasted pepitas
- 2 cups of Asian greens
- cracked pepper to taste

### METHOD

1. Prepare and combine your quick-fix ingredients.
2. Add to a bowl or plate and enjoy.

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# DAY 4

## LENTIL HOTPOT WITH STEAMED GREENS

Prep Time: 15 mins (+overnight prep) | Cook Time: 1 hr 5 mins | Servings: 1



### INGREDIENTS

- olive oil spray, for cooking
- ¼ onion, finely chopped
- ¼ large carrot, finely chopped
- ¼ stick celery, finely chopped
- ¼ large clove garlic, finely chopped
- ½ tsp curry powder
- ¼ x 400g tin salt-reduced chopped tomatoes
- ¼ x 400g tin lentils, drained and rinsed
- ¼ x 400g tin salt-reduced four-bean mix, drained and rinsed
- ¾ cup frozen peas
- 1 ¼ potatoes, cut into 5mm thick slices, steamed and chilled overnight
- sweet paprika, for sprinkling
- ¼ head broccoli, trimmed and cut into small florets
- 25g green beans, trimmed

### METHOD

1. Preheat the oven to 190°C (170°C fan-forced). Spray a 1.5-litre baking dish with olive oil.
2. Heat a deep heavy-based frying pan over medium heat and spray with olive oil.
3. Add the onion, carrot and celery and cook, stirring, for five minutes or until softened.
4. Add the garlic and curry powder and stir for 30 seconds or until fragrant. Stir in the tomatoes, lentils and bean mix and bring to a simmer over medium-high heat, then stir in the peas and return to a simmer; add a little water if necessary to prevent the mixture from sticking.
5. Spoon the lentil mixture into the prepared baking dish, then top with the potato slices, placing them in overlapping lines to cover the lentil mixture. Spray with olive oil and sprinkle with paprika.
6. Bake the hotpot for 45–50 minutes until the potato topping is golden and crisp.
7. Just before serving, steam the broccoli and beans in a steamer basket over a saucepan of simmering water for three minutes or until tender but crisp. Serve the hotpot with the steamed vegetables alongside.

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# DAY 5

## QUICK-FIX: UNTOASTED MUESLI, YOGHURT AND BERRIES

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



### INGREDIENTS

- ½ cup low GI high-fibre, untoasted muesli
- 200ml plain Greek yoghurt
- 40g sunflower seeds
- 100g mixed berries (fresh or frozen)
- cinnamon, to serve

### METHOD

1. Prepare and combine your quick-fix ingredients.
2. Add to a bowl or plate and enjoy.

## INDIAN-STYLE CHICKPEA TOASTIE

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 1



### INGREDIENTS

- olive oil cooking spray
- ½ x 125g can chickpeas, drained, rinsed
- 50g cherry tomatoes, chopped
- 1 green onion, sliced thinly
- ½ Tbsp chopped coriander
- ¼ tsp ground cumin
- 2 slices Vogel's Digestive Wellbeing Superseed bread
- 2 Tbsp ricotta
- ½ cup baby spinach leaves

### METHOD

1. Place chickpeas in a medium bowl, roughly mash with a fork. Add tomatoes, green onion, coriander and cumin, stir to combine. Season with salt and pepper.
2. Lay a sheet of baking paper on a chopping board, top with bread. Lightly spray slices with olive oil. Turn one slice so oiled side faces down, spread with ricotta and top with chickpea mixture and spinach. Sandwich with the remaining bread slice, oiled-side up.
3. Preheat a sandwich press. Toast sandwich in hot sandwich press for three minutes or until golden and crisp.

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# DAY 5

## QUICK-FIX: SALMON, HALOUMI AND ROAST VEGETABLES

Prep Time: 5 mins | Cook Time: 15 mins | Servings: 1



### INGREDIENTS

- 1 medium fillet (150g) of salmon
- ½ cup of four-bean mix
- 100g haloumi
- 20g roasted pine nuts
- 2 cups of mixed roasted vegetables (capsicum, carrot, eggplant, zucchini)
- add some mixed herbs to flavour vegetables

### METHOD

1. Cook ingredients to your liking.
2. Add to a plate or bowl with your other quick-fix ingredients, and enjoy.

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# DAY 6

## CHILLI BEANS AND AVOCADO MELTS

Prep Time: 15 minutes | Cook Time: 15 mins | Servings: 1



### INGREDIENTS

- 125g can black beans, drained, rinsed
- 1 vine-ripened tomato, seeded, diced
- 1 tsp lime juice
- 1/8 tsp chilli flakes
- 1 slice of Vogel's Digestive Wellbeing Superseed bread
- 1/4 large avocado, mashed
- 1/4 cup finely grated cheddar cheese
- 1/2 sliced green chilli and baby rocket leaves, to serve

### METHOD

1. Place beans in a medium bowl; roughly mash with a fork. Add tomato, lime juice and chilli flakes; stir to combine. Season to taste.
2. Preheat grill on high. Place bread under grill until lightly toasted on both sides.
3. Spread toast with the mashed avocado; top with bean mixture and grated cheese.
4. Return toast to grill for 1 minute or until the cheese is melted. Serve topped with rocket and sliced chilli.

## JAPANESE-STYLE TUNA AND AVOCADO SANDWICH

Prep Time: 5 minutes | Cook Time: 5 minutes | Servings: 1



### INGREDIENTS

- 95g can tuna in olive oil, drained
- 1/2 green onion, chopped finely
- 2 Tbsp Kewpie mayonnaise
- 1/4 Tbsp sesame oil
- 2 slices Vogel's Digestive Wellbeing Superseed bread
- 1/2 medium avocado, sliced
- 10g snow pea tendrils
- 1/2 Lebanese cucumber, peeled into ribbons

### METHOD

1. Combine tuna, green onion, mayonnaise and oil in a small bowl; season to taste.
2. Lay a sheet of baking paper on a chopping board; top with bread. Top one slice with avocado, tuna mixture, snow pea tendrils and cucumber. Sandwich with remaining bread.

# DAY 6

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## LEMONGRASS PORK WITH CAULIFLOWER FRIED RICE AND CASHEWS

Prep Time: 15 mins | Cook Time: 50 mins | Servings: 1



### INGREDIENTS

#### LEMONGRASS PORK

- olive oil spray, for cooking
- ¼ tsp fish sauce
- ½ clove garlic, finely chopped
- ½ stalk lemongrass, white part only, finely chopped
- ¼ tsp freshly ground white pepper
- 200g pork butterfly (loin medallion) steak, all visible fat removed
- 2 inner iceberg lettuce leaf cups
- ¼ Lebanese cucumber, chopped
- 1 ½ Tbsp roasted unsalted cashews, coarsely chopped

#### CAULIFLOWER FRIED RICE

- olive oil spray, for cooking
- 125g cauliflower, cut into small florets
- ¾ cup frozen peas
- 40g sugar snap peas, trimmed
- 30g snake beans, cut into 3cm lengths
- ¼ small head broccoli, trimmed and cut into small florets
- 30g button mushrooms, trimmed and thickly sliced
- 1 spring onion, finely chopped
- ¼ carrot, coarsely grated
- ¼ cup cooked basmati rice
- ½ tsp salt-reduced soy sauce
- sesame oil, for drizzling

### METHOD

1. Place the fish sauce, garlic, lemongrass and pepper in a small bowl and stir to combine. Place the pork in a baking dish, spoon the marinade over to coat each side, cover and set aside.
2. To make the fried rice, place the cauliflower in a food processor and process until finely chopped, then set aside. Cook the peas in a saucepan of simmering water for three minutes until tender, then drain and set aside.
3. Spray a chargrill pan with olive oil and heat over high heat (or heat a barbecue grill plate to high). Add the pork and cook for five to six minutes on each side until browned and just cooked through. Transfer to a plate and cover loosely with foil to rest.
4. Spray a wok or large non-stick heavy-based frying pan with olive oil and heat over medium heat. Add the sugar snap peas and beans and stir-fry for two to three minutes until just softened. Transfer to a heatproof bowl and set aside.
5. Add the broccoli and mushrooms to the wok, spray with more oil if necessary, and stir-fry for three minutes or until tender, then transfer to the bowl.
6. Add the cauliflower, spring onion and carrot to the wok and stir-fry for two minutes, then add the rice, peas, reserved vegetables and soy sauce and stir-fry for two to three minutes until heated through. Drizzle with sesame oil and set aside.
7. Cut the pork into thick slices on the diagonal. Place the two lettuce cups into the base of a bowl. Add the fried rice and cucumber and the sliced pork steak. Scatter over the chopped cashews and serve immediately with lime wedges.

## DAY 7

## QUICK-FIX: AVOCADO, TOMATO AND RICOTTA TOAST

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



## INGREDIENTS

- 1 slice Vogel's Digestive Wellbeing Superseed bread
- 40g smooth ricotta
- 1/3 avocado
- 2 thick slices of tomato
- cracked pepper to taste

## METHOD

1. Prepare and add your quick-fix ingredients to your toast.
2. Pop on a plate and enjoy.

## GREEN TAPENADE AND VEGETABLE MELT

Prep Time: 5 minutes | Cook Time: 20 minutes | Servings: 1



## INGREDIENTS

## CHICKEN AND VEGETABLE MELT

- 100g chicken tenderloins, halved through centre
- 1/8 small eggplant, cut into 1 round
- 1/4 zucchini, halved crossways, then cut lengthways into 3mm thick slices
- 2 slices Vogel's Digestive Wellbeing Original bread
- 1/4 large tomato, sliced into thin rounds
- 25g mozzarella, grated

## GREEN TAPENADE

- 1/4 cup baby spinach leaves
- 20g pitted Sicilian green olives
- 1/4 Tbsp pumpkin seeds (pepitas), toasted
- finely grated zest and juice of 1/4 small lemon
- 1/2 tsp of garlic-infused olive oil

## METHOD

1. To make the green tapenade, place all the ingredients in a small food processor and blend until smooth, adding a little water if required to loosen it. Season to taste with freshly ground black pepper.
2. Heat a large chargrill pan over high heat. Add the chicken and cook for four minutes on each side or until cooked and golden, then transfer to a plate. Add the eggplant and zucchini slices and cook for two minutes on each side or until just tender.
3. Preheat the oven grill to high. Grill the bread on one side for 30 seconds or until golden. Turn one slice over and leave it on the grill tray. Remove the remaining slice and spread the uncooked side with some of the green tapenade, then top with the warm chargrilled chicken, vegetables, tomato slices and mozzarella.
4. Return it to the grill and cook for 30 seconds. Remove the plain toasted bread slice and continue to grill the topped bread for one to two minutes or until the cheese has melted.
5. Dollop the remaining tapenade over the melt and place the toasted bread slice on top. Serve warm.

## DAY 7

TANDOORI TOFU WITH TOMATO, CUCUMBER  
AND MINT SALAD

Prep Time: 25 mins | Cook Time: 45 mins | Servings: 1



## INGREDIENTS

## TANDOORI MARINADE

- 1 ½ Tbsp reduced-fat natural Greek-style yoghurt
- ¼ small onion, finely chopped
- ½ clove garlic, crushed
- ¼ x 50g sachet salt-reduced tomato paste
- ¾ tsp ground cumin
- ¾ tsp ground coriander
- ¾ tsp sweet paprika
- 1/8 tsp ground ginger
- 1/6 tsp ground turmeric
- 1/16 tsp (pinch) smoked paprika
- 1/16 tsp (pinch) ground cardamom

## TOMATO, CUCUMBER AND MINT SALAD

- ¾ Roma tomato, cut into thin wedges
- ½ Lebanese cucumber, cut into chunks on the diagonal
- 1/8 small red onion, cut into thin wedges
- 1 cup rocket leaves, trimmed
- 1 ½ Tbsp reduced-fat natural Greek-style yoghurt
- ½ Tbsp thinly sliced mint leaves

## TOFU

- 200g firm tofu, drained
- olive oil spray, for cooking

## METHOD

1. Press the tofu between two plates or heavy-based baking trays for 15 minutes.
2. Meanwhile, to make the marinade, place the first 11 ingredients (i.e. from Greek-style yoghurt to cardamom) in a food processor or blender and blend to combine.
3. Cut the pressed tofu into 2cm cubes and place in a baking dish, then spoon the marinade over, turning to coat evenly. Season with freshly ground black pepper and set aside for 15 minutes to marinate. Preheat the oven to 210°C (190°C fan-forced).
4. Line a baking tray with baking paper, then place an ovenproof wire rack on top. Place the tofu on the wire rack and spray with olive oil, then bake for seven minutes or until golden brown. Turn, spray again with oil and bake for another seven minutes or until slightly charred. Preheat the oven grill to high and grill for two minutes on each side or until well browned.
5. While the tofu is cooking, make the salad. Place the tomato, cucumber, onion and rocket in a bowl and stir gently to mix. Place the yoghurt and mint in a small bowl and stir to combine.
6. Just before serving, add the yoghurt dressing to the salad and gently mix to lightly coat.
7. Add the tomato salad to a plate and top with tofu, then serve.

# DAY 8

## QUICK-FIX: AVOCADO, SPINACH AND EGGS ON RYE

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



### INGREDIENTS

- 1 slice of dark rye bread
- 40g fetta crumbled
- 1/3 mashed avocado with lemon juice
- 1 cup spinach and tomato
- 2 poached or scrambled eggs

### METHOD

1. Cook any ingredients to your liking.
2. Add to a plate or bowl with your other quick-fix ingredients and enjoy.

## CHICKEN AND FENNEL SANDWICH

Prep Time: 10 minutes | Cook Time: 5 minutes | Servings: 1



### INGREDIENTS

- 60g finely chopped barbecued chicken breast
- 1/8 medium fennel bulb, chopped finely
- 1 Tbsp finely chopped chives
- 1/2 trimmed stalk celery, chopped finely
- 1 Tbsp natural yoghurt
- 1 tsp lemon juice
- 2 slices Vogel's Digestive Wellbeing Original Bread
- 1/4 Lebanese cucumber, sliced thinly
- 2 butter lettuce leaves

### METHOD

1. Combine chicken, fennel, chives, celery, yoghurt and juice in a medium bowl. Season to taste.
2. Place 1 slice of bread on a serving plate. Spread chicken mixture over slice; top with cucumber and butter lettuce. Sandwich with the remaining bread.

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# DAY 8

## LAMB, FETA AND MINT GOZLEME WITH CAPSICUM DIP

Prep Time: 10 mins | Cook Time: 25 mins | Servings: 1



### INGREDIENTS

- ¼ Tbsp olive oil
- ¼ medium onion, chopped finely
- ½ clove garlic, crushed
- 125g lean lamb mince
- small pinch paprika, plus extra to serve
- small pinch ground coriander
- ½ cup shredded silverbeet leaves
- ¼ x 250g tub spreadable cream cheese
- ¼ x 310g jar roasted capsicum strips, drained, rinsed
- small pinch chilli flakes (optional)
- 25g fetta, crumbled
- 1 Tbsp chopped flat-leaf parsley
- 1 Tbsp chopped mint, plus extra whole leaves to serve
- 1 Freya's Digestive Wellbeing Wrap
- lemon wedge, to serve

### METHOD

1. Heat oil in a large frying pan over medium-high heat. Cook onion, garlic and lamb, stirring with a wooden spoon to break the lamb up, for five minutes or until browned and cooked through. Add paprika and ground coriander. Cook, stirring, for one minute or until fragrant. Add silverbeet. Cook, stirring, for two minutes or until starting to wilt. Transfer mixture to a bowl; cool slightly.
2. To make capsicum sauce, blend cream cheese, capsicum and chilli flakes in a food processor until almost smooth.
3. Add feta, parsley and mint to lamb mixture. Mix well to combine.
4. Lay a sheet of baking paper on a chopping board; place the wrap on board. Top half the wrap with the lamb mixture. Fold over to enclose filling.
5. Preheat a sandwich press. Toast gozleme in hot sandwich press for two minutes or until toasted and golden.
6. Cut gozleme into wedges. Serve with lemon wedge, extra mint and the capsicum sauce, sprinkled with a little extra paprika if you like.

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# DAY 9

## QUICK-FIX: FRUIT TOAST WITH BANANA AND RICOTTA

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



### INGREDIENTS

- 1 slice Vogel's Fruit Toast
- 40g smooth ricotta
- 30g seed mix
- 1 banana sliced (on top of ricotta)
- sprinkle with cinnamon

### METHOD

1. Prepare and combine your quick-fix ingredients.
2. Add to a bowl or plate and enjoy.

## CHICKEN AND SAUERKRAUT SANDWICH

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 1



### INGREDIENTS

- olive oil cooking spray
- 1 tsp tahini
- 1 tsp lemon juice
- 60g chopped barbecued chicken breast
- ½ cup baby spinach leaves, chopped
- 2 slices Vogel's Digestive Wellbeing Superseed
- ¼ cup purple sauerkraut
- 1/6 cup grated mozzarella

### METHOD

1. Combine tahini, juice and one tsp warm water in a medium bowl until smooth. Add chicken and spinach; stir to combine. Season to taste.
2. Lay a sheet of baking paper on a chopping board; top with bread. Lightly spray slices with olive oil. Turn one slice so oiled side faces down; spread with chicken mixture. Top with sauerkraut and cheese. Sandwich together with remaining bread slice, oiled-side up.
3. Preheat sandwich press. Toast sandwich in hot sandwich press for three minutes or until golden and crisp.

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# DAY 9

## ITALIAN-STYLE WRAP

Prep Time: 5 mins | Cook Time: 35 mins | Servings: 1



### INGREDIENTS

- ¼ Tbsp olive oil
- ¼ medium onion, chopped finely
- ¼ medium red capsicum, chopped finely
- ½ clove garlic, crushed
- 125g beef mince
- ¼ Tbsp finely chopped rosemary
- small pinch chilli flakes (optional)
- ½ Tbsp tomato paste
- ¼ x 400g can cannellini beans, drained, rinsed
- 1 Freya's Digestive Wellbeing Wrap
- ¾ cup grated cheddar cheese
- Basil pesto and small basil leaves, to serve

### METHOD

1. Preheat oven to 200°C. Line a baking tray with baking paper.
2. Heat oil in a large frying pan over medium heat. Add onion, capsicum and garlic. Cook, stirring, for five minutes or until onion and capsicum are tender. Increase heat to medium-high. Add mince, cook, stirring to break up chunks with the back of a spoon, for five minutes or until browned.
3. Add the rosemary, chilli flakes and paste. Cook, stirring, for one minute or until fragrant. Add the beans and 1 Tbsp cold water. Stir to combine. Simmer for three minutes or until mixture has thickened slightly. Season to taste. Cool slightly.
4. Lay a sheet of baking paper on an oven tray and place the wrap in the centre of the tray. Fill the middle of the wrap with the mince mixture. Wrap to enclose the filling and bake for 15 minutes or until golden.
5. Serve topped with pesto and basil.

## DAY 10

## QUICK-FIX: UNTOASTED MUESLI AND STRAWBERRIES

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



## INGREDIENTS

- ½ cup low GI, high-fibre, untoasted muesli or bran-based cereal
- 250ml milk (pour onto your cereal and use the rest in a tea or coffee)
- 1/5 cup slivered almonds
- 125g strawberries
- add some grated nutmeg for a flavour boost

## METHOD

1. Prepare and combine your quick-fix ingredients.
2. Add to a bowl or plate and enjoy.

## SESAME HALOUMI, CHARGRILLED VEGETABLE AND SUMAC CHICKPEA BOWL

Prep Time: 10 mins (+overnight prep) | Cook Time: 50 minutes | Servings: 1



## INGREDIENTS

- olive oil spray, for cooking
- 3 Tbsp beans of your choice
- ¼ sweet potato, cut widthways into 5mm thick slices, steamed and chilled overnight
- ¼ large red capsicum, seeded and cut into thick slices
- ¼ zucchini, thinly sliced lengthways
- ½ Lebanese eggplant (cut lengthways)
- ¼ red onion, cut into wedges
- 65g grape or cherry tomatoes
- sesame seeds, for coating
- 25g haloumi slice (cut widthways)
- 1 ¼ cup rocket leaves
- ¼ x 400g canned salt-reduced chickpeas, drained, rinsed and patted dry
- small pinch sumac

## METHOD

1. Fill a heavy-based saucepan with water and bring to the boil over high heat. Add the freekeh, lentil and bean mixture, then reduce the heat to medium and cook, stirring occasionally, for 15 minutes or until tender. Drain, transfer to a bowl and set aside.
2. Meanwhile, heat a chargrill pan or large heavy-based saucepan over medium-high heat and spray with olive oil. Chargrill the sweet potato for two to three minutes or until heated through and the capsicum for four to five minutes or until tender and chargrill marks start to appear. Transfer each to a plate and set aside.
3. Repeat with the zucchini, eggplant and onion, then chargrill the tomatoes for two minutes each side or until just blistered.
4. To make the sumac chickpeas, heat a small heavy-based saucepan over medium heat, then spray with olive oil. Add the chickpeas and sumac and stir to combine, then cook for two to three minutes or until heated through.
5. Just before serving, spread a layer of sesame seeds on a plate, coat the haloumi slice on both sides and spray with olive oil. Chargrill or pan-fry the haloumi for one to two minutes each side or until just golden.
6. Add the freekeh mixture to a bowl, then top it with the chargrilled vegetables, sumac chickpeas, rocket and haloumi and serve.

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# DAY 10

DINNER

## HERBY HALOUMI AND AVOCADO SANDWICH

Prep Time: 5 mins | Cook Time: 10 mins | Servings: 1



### INGREDIENTS

- 1 1/3 Tbsp aioli
- 1 Tbsp finely chopped flat-leaf parsley
- 2 slices Vogel's Digestive Wellbeing Superseed Bread
- 1/2 medium avocado, mashed
- 2 Tbsp baby rocket leaves
- 1/2 medium tomato, sliced
- 1/4 tsp olive oil
- 45g haloumi, drained, sliced thinly

### METHOD

1. Combine aioli and parsley in a small bowl.
2. Lay a sheet of baking paper on a chopping board; top with bread. Top one slice with avocado, rocket and tomato.
3. Heat oil in a large frying pan over high heat; cook haloumi for one minute each side or until golden. Season with pepper. Top sandwich with haloumi.
4. Spread remaining bread with aioli mixture. Place over haloumi, aioli-side down.

# DAY 11

## QUICK-FIX: ROLLED OATS WITH CHIA SEEDS AND BANANA

Prep Time: 3 minutes | Cook Time: 5 mins | Servings: 1



### INGREDIENTS

- ½ cup of un-processed rolled oats
- 125ml regular or calcium fortified almond milk
- 2 Tbsp vanilla yoghurt
- 2 Tbsp chia seeds
- ½ sliced, green banana
- mixed spice

### METHOD

1. Cook any ingredients you need to.
2. Add to a plate or bowl with your other quick-fix ingredients, and enjoy.

## SALMON, ZUCCHINI, HORSERADISH AND DILL TOASTY

Prep Time: 10 minutes | Cook Time: 3 minutes | Servings: 1



### INGREDIENTS

- olive oil cooking spray
- 95g can salmon in spring water, drained
- ½ Tbsp chopped dill
- 1/8 small red onion, chopped finely
- 1 tsp horseradish cream
- 2 slices Vogel's Digestive Wellbeing Original bread
- 1 Tbsp light cream cheese
- ½ small zucchini, peeled into ribbons
- ½ cup baby spinach leaves

### METHOD

1. Combine salmon, dill, onion and horseradish in a medium bowl. Season to taste.
2. Lay a sheet of baking paper on a chopping board; top with bread. Lightly spray slices with olive oil. Turn one slice so oiled side faces down; spread with cream cheese. Top with the salmon mixture, zucchini and spinach. Sandwich with the remaining bread slice, oiled-side up.
3. Preheat a sandwich press. Toast sandwich in hot sandwich press for three minutes or until golden and crisp.

## QUICK-FIX: STEAK AND VEGETABLES

Prep Time: 5 minutes | Cook Time: 3-8 minutes | Servings: 1



### INGREDIENTS

- 1 medium lean beef steak, fat trimmed (180g)
- ½ cup edamame
- 50g baby bocconcini
- 20g roasted pepitas
- 1 cup baby spinach leaves
- ½ cup artichoke in brine
- cracked pepper to season steak

### METHOD

1. Cook your steak as desired.
2. Add to a plate or bowl with your other quick-fix ingredients and enjoy.

# DAY 12

## QUICK-FIX: SCRAMBLED EGGS AND HALOUMI ON TOAST

Prep Time: 5 minutes | Cook Time: 10 mins | Servings: 1



### INGREDIENTS

- 1 slice of Vogel's Digestive Wellbeing Original Bread
- 100g grilled haloumi cheese
- 1 Tbsp tahini
- ½ cup edamame (fresh or defrosted)
- 2 scrambled eggs

### METHOD

1. Cook haloumi and eggs to your taste.
2. Add to a plate or bowl with your other quick-fix ingredients and enjoy.

## ITALIAN-STYLE TOASTIE

Prep Time: 5 minutes | Cook Time: 2 minutes | Servings: 1



### INGREDIENTS

- 2 slices Vogel's Digestive Wellbeing Superseed Bread
- 10g butter, softened
- 1/6 cup red capsicum dip
- pinch chilli flakes
- 1/3 cup marinated artichokes, sliced thickly
- ½ cup baby spinach leaves
- 70g bocconcini, torn

### METHOD

1. Lay a sheet of baking paper on a chopping board; top with bread. Spread slices with butter. Turn one slice so buttered side faces down; spread with dip and sprinkle with chilli flakes. Top with the artichoke, spinach and bocconcini. Sandwich with remaining bread, buttered-side up.
2. Preheat a sandwich press. Toast sandwich in hot sandwich press for two minutes or until golden and crisp.

## QUICK-FIX: CHICKEN, AVOCADO AND COLESLAW

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 1



### INGREDIENTS

- ½ large chicken breast or 1 small (160g)
- ½ cup edamame (fresh or defrosted)
- 60ml natural yoghurt
- 1/3 avocado, sliced
- 1 cup coleslaw
- wholegrain mustard (mixed into the yoghurt to make a dressing)

### METHOD

1. Cook chicken to your taste
2. Add to a plate or bowl with your other quick-fix ingredients and enjoy.

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# DAY 13

## QUICK-FIX: VEGETABLES, AVOCADO AND HUMMUS WRAP

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



### INGREDIENTS

- 1 Freya's Mixed Grain Wrap
- 40g feta
- 1/3 avocado, mashed
- 3 Tbsp hummus (mixed with some smokey paprika)
- 1 cup of roasted vegetables or 1 cup of mixed salad

### METHOD

1. Prepare and combine your quick-fix ingredients.
2. Add to a bowl or plate and enjoy.

BREAKFAST

## LEBANESE-STYLE EGGPLANT SANDWICH WITH GARLIC DIP

Prep Time: 10 minutes | Cook Time: 10 minutes | Servings: 1



### INGREDIENTS

- 1 Tbsp olive oil
- ½ medium eggplant, sliced into 1.5cm thick rounds
- ½ cup coarsely chopped flat-leaf parsley
- ¼ cup coarsely chopped mint leaves
- 1 tsp lemon juice
- 2 slices Vogel's Soy & Linseed Bread
- 3 Tbsp hummus
- 1 Tbsp garlic dip

### METHOD

1. Place eggplant in a medium bowl. Drizzle with half the oil; season and toss to coat. Cook eggplant on a heated grill plate or barbecue over medium-high heat for five minutes each side or until tender and grill marks appear (you can trim the eggplant to fit the sandwich). Transfer to a plate.
2. Meanwhile, combine herbs, juice and remaining oil in a medium bowl; season and toss to combine.
3. Lay a sheet of baking paper on a chopping board; top with bread slices. Spread one slice with hummus, then top with eggplant and herb mixture. Spread remaining bread with garlic dip and place, garlic dip-side down, over the herb mixture.

LUNCH

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# DAY 13

## QUICK-FIX: TOFU AND HEALTHY FRIED RICE

Prep Time: 5 minutes | Cook Time: As needed | Servings: 1



### INGREDIENTS

- 150g grilled marinated tofu
- 1 cup cooked brown rice
- 60ml natural yoghurt
- 60g hummus (mix with yoghurt to make a dressing)
- 1 cup peas and corn
- 1 cup baby spinach

### METHOD

1. Cook any ingredients you need to.
2. Add to a plate or bowl with your other quick-fix ingredients and enjoy.

# DAY 14

## QUICK-FIX: PORRIDGE AND BLUEBERRIES

Prep Time: 5 minutes | Cook Time: 5 mins | Servings: 1



### INGREDIENTS

- 1 cup oats
- 100ml vanilla yoghurt
- 1 Tbsp nut butter
- 75g blueberries

### METHOD

1. Cook any ingredients you need to.
2. Add to a plate or bowl with your other quick-fix ingredients and enjoy.

## QUICK-FIX: HARD-BOILED EGG SALAD

Prep Time: 5 minutes | Cook Time: 10 minutes | Servings: 1



### INGREDIENTS

- 2 hardboiled eggs
- ¼ cup four bean mix
- 40g cheese, cubed
- 1/3 avocado, cubed
- 1 Tbsp tahini
- 2 cups mixed salad
- lemon juice (mix with tahini to make a dressing)

### METHOD

1. Prepare and combine your quick-fix ingredients.
2. Add to a bowl or plate and enjoy.

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# DAY 14

## CHILLI CON CARNE WITH SWEET POTATO AND CANNELLINI BEAN MASH

Prep Time: 10 mins | Cook Time: 1 hr 40 mins | Servings: 1



### INGREDIENTS

#### CHILLI CON CARNE

- olive oil spray, for cooking
- 200g beef rump steak, all visible fat removed, cut into 2cm cubes
- ½ stick celery, finely chopped
- ¼ carrot, finely chopped
- ¼ Tbsp ground cumin
- ¼ Tbsp sweet paprika
- small pinch dried Greek-style oregano
- ¼ x 400g tin salt-reduced chopped tomatoes
- 1 salt-reduced chicken stock cube dissolved in ¾ cup (190ml) boiling water, plus extra if needed
- ¼ bay leaf
- ¾ cup mixed salad leaves
- 65g cherry tomatoes, halved
- ¼ avocado, sliced or diced

#### SWEET POTATO AND CANNELLINI BEAN MASH

- 50g tinned cannellini beans, drained and rinsed
- ¼ small sweet potato, roughly chopped, steamed and chilled overnight
- ¼ tsp garlic-infused olive oil
- ¼ Tbsp lactose-free natural yoghurt

### METHOD

1. Preheat the oven to 190°C (170°C fan-forced).
2. Heat an enamelled cast-iron casserole dish over medium heat and spray with olive oil. Cook the beef, stirring, for four to five minutes until browned all over, then transfer to a bowl.
3. Add the celery and carrot to the dish and cook, stirring, for three to four minutes or until softened. Add the cumin, paprika and oregano and cook, stirring, for 30 seconds until fragrant, then return all the beef and any juices to the dish and stir to coat with the vegetable and spice mixture.
4. Add the tomatoes and stock and stir to combine, then bring to the boil. Add the bay leaf, then cover and transfer to the oven to cook for one hour 25 minutes or until the beef is tender; add a little extra stock or water to the dish if a thinner sauce is desired. Season to taste with freshly ground black pepper.
5. Meanwhile, to make the sweet potato and cannellini bean mash, place the cannellini beans in a heavy-based saucepan, cover with water and bring to the boil over high heat. Add the chilled sweet potato and olive oil, reduce the heat to low and simmer for five minutes to warm through. Drain well, then add the yoghurt and mash well with a vegetable masher (or use a stick blender to puree until smooth).
6. Add the chilli con carne, mash, lettuce, tomatoes and avocado to a plate or shallow bowl and serve immediately.



TRADE MARK

*Carl Vogel*

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