

cooking with confidence.

You're ready to tackle meal prep head on. Check in with a family member if you need help with any chopping/stove/oven technique. Here are some simple meal prep/recipe ideas for all skill levels:

Egg-cellent ideas

Eggs are quick, versatile and can turn simple ingredients into a filling meal or snack.

Multiple ways to crack it:

- Scrambled eggs + toast + avocado
- Boiled egg + crackers + veggie sticks
- Egg + cheese + spinach in a wrap
- Fried rice + egg + frozen veggies
- Omelette with whatever veggies you have in the fridge

Level up: Cook a couple of boiled eggs ahead of time and keep them in the fridge for an easy snack or meal addition.



That's a wrap

Wraps and sandwiches are easy to customise depending on what you have in the fridge. Think base + filling + crunch + flavour.

Roll with it:

- Chicken + salad + cheese + hummus
- Egg + avocado + spinach
- Cheese + tomato + cucumber + pesto
- Hummus + falafel + salad
- Tuna + corn + lettuce + mayo

Level up: Leftovers make great sandwich and wrap fillings. Yesterday's roast veggies, chicken or cooked meat can become today's lunch.





Noodle bowl natural

Noodles are quick, easy and perfect for experimenting.

Add a few extras to make your bowl more satisfying and packed with flavour.

Start with noodles + 2–3 add-ins:

- Frozen veggies + egg + sesame seeds
- Chicken + corn + spinach
- Tofu + broccoli + spring onion
- Carrot + capsicum + shredded chicken
- Egg + peas + mushrooms

Add flavour with things like soy sauce, chilli, garlic, ginger, peanut butter or a squeeze of lime.

Level up: Keep a bag of frozen veggies in the freezer. They're an easy way to add colour and variety without all the chopping.

Pasta potential

Pasta is an easy starting point for a meal. Add a sauce, some veggies and your favourite protein, and you're good to go.

Pasta possibilities:

- Tomato pasta sauce + mince + spinach
- Pesto + chicken + broccoli
- Cheese + tuna + corn
- Cherry tomatoes + chickpeas + pesto
- Smoked salmon + light cream + dill

Level up: Cook extra pasta and save it for another meal. Add a different sauce or toppings to mix things up.





Stir-fry star

Stir-fries are perfect for using up whatever is hanging around in your fridge or freezer. Start with a protein, add some veggies and toss it all together with noodles or rice.

One pan wonder:

- Chicken + broccoli + capsicum + noodles
- Egg + frozen veggies + rice
- Tofu + mushrooms + bok choy + noodles
- Beef + snow peas + carrots + rice

Add flavour with soy sauce, garlic, ginger, chilli, sesame oil or your favourite stir-fry sauce.

Level up: Keep frozen mixed vegetables on hand for a super-quick stir-fry when you're short on time.

Rice bowl remix

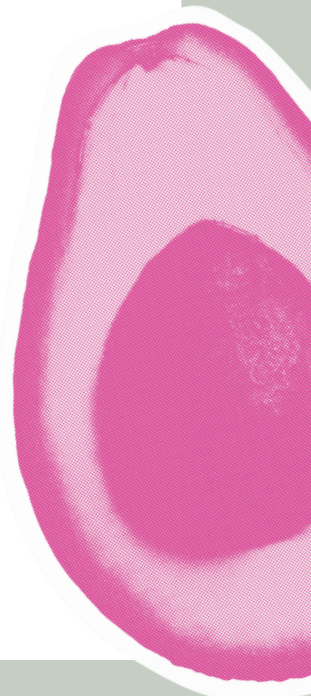
Rice bowls are basically a choose-your-own-adventure meal. Start with rice, then add a protein, veggies and something tasty on top.

The formula: Rice + protein + veggies + flavour = bowl goals.

Build your bowl:

- Chicken + cucumber + carrot + avocado + soy sauce
- Egg + corn + spinach + sesame seeds
- Beans + roasted veggies + cheese + salsa
- Tuna + cucumber + avocado + Japanese-style mayo
- Tofu + broccoli + edamame + teriyaki sauce

Level up: Use leftover rice and whatever needs using up in the fridge.



Taco Tuesdays (or Fajita Fridays), sorted

Tacos and fajitas are easy to customise, so everyone can build their own. Put everything on the table and let people choose what goes in.

Do-it-yourself dinner:

- Tortillas or taco shells
- Chicken, beef, prawns, or tofu
- Sautéed red onion + capsicum, chopped tomato, corn, kidney or black beans
- Grated cheese, sour cream or greek yoghurt
- Avocado or guacamole, salsa, chipotle or habanero sauce

Level up: Got left-over chicken, mince or roast veggies? Give them a taco makeover.



Tray bake? Too easy

Tray bakes are great when you want a meal without loads of washing up. Choose a protein, add some veggies, season it and let the oven do the heavy lifting.

Chuck it on a tray:

- Mexican: fajita chicken + capsicum + corn + black beans + red onions
- Japanese: teriyaki salmon + broccolini + carrot + edamame
- Mediterranean: chickpeas + zucchini + tomatoes + capsicum + halloumi
- Greek: lamb chops + potato wedges + lemon + feta + olives
- Moroccan: cauliflower + eggplant + chickpeas + harissa + capsicum

Add flavour with olive oil, garlic, herbs, spices, pesto or your favourite sauce.

Level up: Cut ingredients into similar-sized pieces so they cook more evenly and line the tray for easier clean-up.

For more great recipe ideas, check out our [Healthy Eating Hub](#)