



# SLIMTEMBER MENU

Explore the delicious meal ideas and recipes that appear in the first week of the Slimtember menu plan.

Above: Cinnamon, pumpkin and basil 'lasagne'  
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## OVERNIGHT OATS WITH APPLE AND BERRIES

¼ cup rolled oats

¼ cup low-fat milk

½ cup low-fat yoghurt, any flavour

Pinch cinnamon, optional

½ apple, grated

½ cup strawberries or blueberries, fresh or frozen

Combine rolled oats, milk, yoghurt, cinnamon (if using) and apple in a container or jar. Top with strawberries or blueberries. Seal container/jar and refrigerate overnight.

Serves 1



## SIMPLE SANDWICH

2 slices wholegrain bread e.g. Burgen Wholemeal & Seeds  
2 tsp light margarine or 1 tbsp avocado  
50g protein e.g. tuna, chicken, 1 egg  
1 cup mixed salad e.g. tomato, cucumber, lettuce, onion  
1-2 tsp mustard, optional

Spread bread with margarine or avocado. Add protein, salad and mustard if using. Season to taste and close to make a sandwich. Serve fresh or toasted.

Serves 1



## SIMPLE DINNER

200g lean protein of choice e.g. beef, lamb, pork, fish, salmon

2 cups vegetables of choice

2 tsp olive oil

Your choice of “free food” seasoning e.g. lemon, chilli, spices,  
herbs, low sodium soy sauce, mustard

Cook the meat and vegetables to your liking e.g. grill, barbecue, stir fry or steam. The oil can be used in the cooking process or to dress a salad. You can season your meal with any free food seasoning – just go easy on the soy sauce and salt.

Serves 1

## CINNAMON, BASIL AND PUMPKIN 'LASAGNE'

- 1 tbsp olive oil
- 1 medium onion, finely chopped
- 2 sticks celery, finely chopped
- 800g lean beef, pork or veal mince,
- 1 tsp ground cinnamon
- 2 tbsp tomato paste, no added salt
- 1 x 400g can diced tomatoe
- 1 handful basil, torn (optional)
- 800g pumpkin, any type, peeled, seeded and thinly sliced
- 140g Parmesan cheese, finely grated

Preheat the oven to 180°C.

Heat oil in a large heavy-based non-stick frying pan over medium heat. Once hot add the onion and celery and cook, stirring often, for 3-4 minutes or until the vegetables are just starting to soften. Add the mince and cinnamon and cook, stirring, for 4-5 minutes or until the mince is browned. Stir in the tomato paste and chopped tomato, bring to simmering point and cook for 10 minutes or until the mixture thickens slightly. Remove from the heat, stir through the basil (if using) and season with salt and pepper.

Transfer half the mince mixture to a 2 litre capacity roasting tin or baking dish, spreading it evenly over the base. Add half the pumpkin slices, overlapping them to cover the mince. Top with half the parmesan. Repeat with the remaining mince, pumpkin and parmesan, then cover the dish tightly with foil and bake for 20 minutes. Remove the foil and bake for another 20 minutes or until the pumpkin is very tender. Leave to stand for 5-10 minutes to cool slightly. Serve lasagne scattered with basil leaves (if using).

Serves 4



Makes 4 dinners  
and suitable to freeze