

MAKE TIME FOR WHAT MATTERS!



YOUR PARTNER IN LIFE STYLE CHANGE!

NEWS "BITES" JUNE 2022

Changing your life style one bite at a time!

"All time management begins with planning."

- TOM GREENING

Make time for what matters!

Every healthy lifestyle change made in January will eventually be challenged when winter comes knocking. Make sure you are prepared this season by planning ahead. If you know that Friday evenings are your downfall, prep a diet smart meal during the week.

See our yummy "Cheese & Veggie Tart" below.

Pop it in the oven while you enjoy a hot bath when you get home!

At some point we all find the challenge of cooking a healthy meal over a weekend overwhelming. Who wouldn't rather want to curl up in front of the fireplace or bury your nose in your favourite book? To make things even easier we have co-labbed with "Moms Night Off" to help you out when time and energy are running short - phone them instead of Uber Eats!





Crustless Cheese & Vegetable Tart

Ingredients

- 3 extra large eggs, beaten
- 200g (1 tub) low fat smooth / chunky cottage cheese
- 5ml Parmesan cheese - finely grated
- Crushed garlic according to taste
- 500g fresh vegetables of choice - finely chopped
- 8 spring onions, chopped OR 1/2 small onion finely chopped
- 10ml vegetable stock powder
- 60g mozzarella cheese grated
- 2.5ml (half teaspoon) ground paprika (optional)
- Pinch of ground cumin (optional)
- Freshly ground black pepper

Method

1. Preheat oven to 180 degrees.
2. Lightly grease a medium baking dish with non-stick cooking spray.
3. Mix together the eggs, cottage cheese, Parmesan cheese, garlic, cumin and black pepper and set aside.
4. Peel and chop the vegetables finely and place evenly in the base of the lightly greased baking dish.
5. Sprinkle with the chopped spring onion and stock powder.
6. Pour the egg mixture over the vegetables.
7. Sprinkle the grated cheese evenly over the vegetables.
8. Dust with paprika if desired (gives a lovely dark brown colour).
9. Bake for 25-35 minutes until bubbling and lightly browned.



You deserve a night off

**HOME COOKED WEEKLY
MEALS**

- CARBLESS OPTION**
- FAMILY OPTION**
- BOTH DELIVERY AND SELF
COLLECT OPTIONS AVAILABLE**

Leave the cookin to up to us



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