CSIRO Total Wellbeing Diet Recipes on a Budget

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Extract

Introduction

These days, watching what we spend on food has become a necessity for many of us. Here at CSIRO, we know that it can sometimes be difficult to stick to a budget while eating for good health, so this new recipe book helps you to do both. Packed full of ideas and tips, it's devoted to those of us who want to economise on food without compromising on flavour or nutrition.

The Total Wellbeing Diet includes ingredients from all food groups, so there's no need to miss out on anything, and the recipes are designed to use everyday items in your pantry. We begin with some clever ideas for recreating healthy, low-cost versions of those delicious cafe-style breakfasts and brunches. There's a section on vegetables, salads and soups that will ensure you get your five serves a day, and there are sweet treats too: delicious puddings, muffins and fruit dishes that draw on the dairy, fruit and grain food groups. When it comes to buying fruit and vegetables, remember that what's in season will always be cheaper – and it will taste better too.

We've included a chapter devoted to slow-cooked recipes. Slow cooking is perfect for transforming budget cuts of meat into hearty meals without affecting any of the essential minerals they contain. There is a great collection of chicken and fish recipes too, as well as some tasty and exciting vegetarian meals.

So often we use salt as the main way to flavour our meals, yet too much salt can increase blood pressure and cause deterioration of our blood vessel walls. Using herbs and spices to enhance flavour is a much healthier option, and there are plenty of ideas on how to do this here. Spices are cheap to buy, can be stored over a relatively long period and a little bit goes a long way. Simple guidelines on growing your own herbs will bring out your inner gardener, and the fruits of your labour can be used in myriad ways. As the cost of buying fresh herbs can really add up, this is a perfect way to have a ready supply. Talking about adding flavour, check out the Basics section, too, which includes recipes for delicious dips, pastes, dressings and spice mixes that are inexpensive to make but really add pizazz to your cooking.

Minimising food waste is good for your budget (and good for the planet as well), so with this in mind we've included a section on how to use leftovers to make substantial meals. With a bit of forward planning, this will save you time and money in the long run, and you'll be amazed at the delicious meals you can create second time around.

We hope you enjoy this latest collection of Total Wellbeing Diet recipes, and have fun expanding your repertoire of recipes for all occasions.

Dr Manny Noakes
The CSIRO Total Wellbeing Diet has been a household name for over 10 years, with the Total Wellbeing Diet book by CSIRO Professor Manny Noakes making its way into over 1 million Australian homes. Now an online 12-week program, the CSIRO Total Wellbeing Diet is the only diet on the market that is scientifically proven. And, because research shows that people are more likely to stick to a program if there is an incentive, the CSIRO Total Wellbeing Diet offers members a full refund when they successfully complete the program.

A diet which is scientifically proven by the CSIRO. Based on a higher protein, low GI eating plan. Delicious recipes that are family friendly. An easy to follow, practical program. What do members of the CSIRO Total Wellbeing Diet get?

From The CSIRO Total Wellbeing Diet: Recipes on a Budget The CSIRO Total Wellbeing Diet by Manny Noakes. Categories: Breakfast / brunch; Cooking for 1 or 2; Swiss; Vegetarian.

Ingredients: rolled oats; muesli; wheat bran; lemons; slivered almonds; pears; strawberry yogurt; strawberries; kiwifruits; honey.

1. Breakfast banana bread. From The CSIRO Total Wellbeing Diet: Recipes on a Budget The CSIRO Total Wellbeing Diet by Manny Noakes. Categories: Bread & buns, sweet; Breakfast / brunch; Vegetarian.

Ingredients: self-raising wholemeal flour; self-raising flour; dry sweetener of your choice; eggs; milk; vanilla essence; cinnamon; butter; sugar; flour; baking powder.

The CSIRO Total Wellbeing Diet has inspired thousands of Australians to lose weight and improve their overall health. This brand new collection of more than 135 recipes shows you how to eat well without breaking the bank or compromising on quality or nutrition. Based on the scientifically proven program, these are must-have recipes for those already following the diet, and a delicious introduction to a healthy eating plan for those trying the diet for the first time. Packed with recipes using everyday ingredients.