



GOOD NUTRITION

IN ALCOHOL & OTHER DRUG RECOVERY



CONTENTS

| | |
|---|-----------|
| Welcome..... | 4 |
| How nutrition supports recovery..... | 5 |
| Getting started | 6 |
| Before 12 | 8 |
| Toast and Spreads | 10 |
| Effortless Omelet..... | 11 |
| Perfect Poached Eggs | 12 |
| Fabulous Fried Eggs..... | 13 |
| Breakfast Bircher Muesli..... | 14 |
| Oats Made Delicious | 15 |
| After 12 | 17 |
| Tuna Salad | 18 |
| Delicious Bean Salad (Veg) | 19 |
| San Choy Bow (lettuce cups) (Veg option)..... | 20 |
| Roast Chicken, Cheese and Avocado Wraps | 21 |
| Mini Meatballs and Mixed Vegetables | 22 |
| Pumpkin soup (Veg)..... | 23 |
| Good evening..... | 24 |
| Tacos | 26 |
| Beef Stew | 27 |
| Chicken Stir fry..... | 28 |
| Stuffed Capsicum..... | 29 |
| Chunky Tuna Pasta Bake | 30 |
| Lentil Spaghetti Bolognaise..... | 31 |
| So, how'd you go? | 32 |
| Ideas to action | 33 |

QNADA acknowledges Aboriginal and Torres Strait Islander people as the traditional custodians of this country and its waters.
We pay respect to Elders past and present and extend this to all Aboriginal and Torres Strait Islander people reading this message.



WELCOME

**THE QUEENSLAND NETWORK OF
ALCOHOL AND OTHER DRUG AGENCIES
(QNADA) IS PLEASED TO SHARE THIS
QUICK 'N EASY **ALCOHOL AND OTHER
DRUG RECOVERY NUTRITION GUIDE**
WITH YOU.**

We know from our conversations with alcohol and other drugs services that nutrition can seem less important when working on other priorities of recovery. However, good nutritional intake can contribute to better mood and less cravings for substances. Ultimately, the better you eat, the easier it is for your mind and body to recover.

This guide has information about the overlap between nutrition, brain, and body function during recovery. It provides some simple, budget friendly, and easy to follow recipe suggestions. Also, if you occasionally get 'hangry', it will help to keep that in check!

We hope this guide will help to make focussing on nutrition easier for both workers and clients.

For other great guides and nutritional information you can check out:

- wanada.org.au (search for 'nutrition')
 - qaihc.com.au (search for 'catering')
 - adf.org.au/insights/healthy-eating-during-treatment
 - eatforhealth.gov.au
 - veggycation.com.au.
-

HOW NUTRITION SUPPORTS RECOVERY

As you know, our bodies use food as a fuel, which provides energy and affects physical health. However, many people don't know that food provides the 'ingredients' for feeling mentally well. When a person uses alcohol and/or other drugs, there is increased production of three main chemicals in the brain: serotonin, dopamine, norepinephrine.

If we use a lot of alcohol and/or other drugs, the body and mind adapts to having them in our system (tolerance) by reducing natural production of these chemicals. This means, our ability to produce them without using substances can temporarily decline, which is one of the reasons recovery can be mentally tough.

The food we eat provides the building blocks for our brain to make serotonin, dopamine, and norepinephrine. This is why a diet of varied and nutritious foods is such an important part of your recovery journey.



Serotonin – important for mood and feelings of wellbeing and happiness



Dopamine – important for feelings of pleasure, connectedness, and integration of thoughts and experiences.



Norepinephrine – important for motivation, energy, and drive.

GETTING STARTED



In the table below, consider the good and not so good things about your current food routine. For example, consider how you feel when you eat certain foods, time, money etc.

| GOOD THINGS ABOUT CHANGING MY FOOD ROUTINE | NOT SO GOOD THINGS ABOUT CHANGING MY FOOD ROUTINE | GOOD THINGS ABOUT MY CURRENT FOOD ROUTINE | NOT SO GOOD THINGS ABOUT MY CURRENT FOOD ROUTINE |
|--|---|---|--|
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |



Based on your responses, think about how you would like your food routine to look in future. Be as specific as possible and remember, it's always best if your goals are also realistic and achievable.

| BREAKFAST GOALS (EG MAKE EGGS ON TOAST THREE TIMES A WEEK) | LUNCH GOALS | DINNER GOALS |
|--|-------------|--------------|
| | | |
| | | |
| | | |
| | | |

Your goals might change over time and as you read through the recipes below. That's okay! The idea is to trial what works for you. You can refer back and make changes as often as you like. In fact, we encourage you to update your goals regularly.

You'll find a number of recipes that you can try out in the pages below. Each recipe makes a certain number of serves. You can divide the ingredients by the number of serves in the recipe to get the single serve amount if you'd prefer.

The recipes are organised into:

- Before 12 (breakfast type recipes) – page 8
- After 12 (lunch type recipes) – page 17
- Good evening (dinner type recipes) – page 24.

However, there's nothing stopping you from, for example, cooking a dinner recipe for lunch or breakfast! The important thing is to have fun with your food.

Within each section you'll see an option to rate whether you could include the recipe in your food routine. We encourage you to fill it in and bookmark all the meals you rated as doable. That way you'll be able to quickly reference them if you're stuck for ideas. There's also an example meal planner and calendar on page 33.

We hope this will give you a head start and make it easier to plan and budget ahead of time.

BEFORE 12

BREAKFAST

Breakfast is often called ‘the most important meal of the day’, and for good reason. As the name suggests, breakfast breaks the overnight fasting period. It replenishes your supply of glucose (blood sugar) to boost your energy levels and alertness, while also providing other essential macro (carbohydrates, proteins, fats) and micro (vitamins, minerals) nutrients, which help with recovery.

There is a lot of research to show the benefits of regularly eating breakfast. It improves your ability to concentrate, can help with better weight management, and lower risk of type 2 diabetes and heart disease. A nutritional breakfast is one that contains a good balance of macro and micro nutrients. It is usually based around wholegrain cereal or bread, low fat milk or yogurt, and fruit or vegetables.

We hope the recipe suggestions here make breakfast easier to fit into your day. Remember, good nutrition is not just about the number of meals you eat each day. Making up for lost nutrition is different to making up calories. If you miss a meal, consider making up for the *nutrition* you didn’t get in other meals. It’s important to avoid snacking on items that are nutritionally empty (eg sugary drinks, sweets, chips) because this won’t make up for the lost benefits of a good breakfast.

TOAST AND TOPPINGS, EGGS YOUR WAY OR OODLES OF OATS!



TOAST AND SPREADS

10 minutes

INGREDIENTS (serves 1)

2 slices of bread (tip: darker breads like wholemeal, multigrain, and rye are more filling than white)

Prepare your preferred option:

The lone ranger (2 minutes)

Spread of vegemite, peanut butter, or honey

Sweet tooth (3 minutes)

2 slices cheddar cheese (or 2 tablespoons cottage cheese) and honey

Nanna's banana on toast (5 minutes)

Half a banana (sliced)

Legendary recovery

Avocado (sliced or mashed), squeeze of lemon, and tomato (sliced or chopped):

DID YOU KNOW #1

Vegemite is loaded with B vitamins (B1, B2, B3, B9). Vitamin B1 (thiamine) is particularly important for people recovering from heavy alcohol use because alcohol can prevent absorption of this vitamin. B9 (folate) is essential to the production of serotonin, dopamine, and norepinephrine in your brain.



SERVES
ONE



MINUTES
10



SIMPLICITY
1/10

Toasts and spreads are a quick and easy way to get started with breakfast. Here's a few ideas:

INSTRUCTIONS

1. Toast bread to your liking
2. Add a small spread of butter or non-dairy spread to your toast
3. Top with your preferred option.



COULD YOU MAKE TOASTS AND SPREADS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

EFFORTLESS OMELETTE

10 minutes

INGREDIENTS (serves 1)

Effortless omelette (10 minutes)

2 eggs

drizzle of oil

OPTIONAL EXTRAS

tomato

onion

capsicum

cheese

herbs (eg chives)

DID YOU KNOW #2

Eggs contain vitamin B6, which is also essential for the production of serotonin, dopamine, and norepinephrine in your brain.



SERVES
ONE



MINUTES
10



SIMPLICITY
2/10

Eggs aren't just delicious and cheap, they're nutritious too, and are among nature's super foods. They're jam packed with protein, as well as containing vitamins from the B group (see 'Did you know' #1 and #2).

INSTRUCTIONS

1. Begin by slowly heating up the pan with a drizzle of oil
2. In a separate container whisk the eggs before pouring into the pan
3. Allow the corners of the omelette to cook before putting any optional extras on to the omelette while it's still cooking
4. After about 1 minute, flip one half of the omelette onto the other side and allow to cook for around 30 seconds before serving onto a plate.



COULD YOU MAKE AN EFFORTLESS OMELETTE PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

PERFECT POACHED EGGS

10 minutes

INGREDIENTS (serves 1)

Enjoy them straight up, with a bit of salt and pepper, and/or on toast with the se scrumptious recipes!

2 eggs

water

vinegar

TIP. If you prefer soft yolk remove the eggs straight away, if you like your yolk firm, leave it in a little longer



SERVES
ONE



MINUTES
10



SIMPLICITY
3/10

INSTRUCTIONS

1. Half fill a saucepan with water, add a splash of vinegar, then boil
2. Once the water is boiling use a spoon to create a whirlpool, then drop both eggs into the whirlpool of water
3. It's ready when the egg white is solid and the egg holds its shape,
4. Pull the egg out with a large spoon letting the water drain away



COULD YOU MAKE EGGS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

FABULOUS FRIED EGGS

10 minutes

INGREDIENTS (serves 1)

Enjoy them straight up, with a bit of salt and pepper, and/or on toast with these scrumptious recipes!

2 eggs

drizzle of oil or teaspoon of butter

TIP. If you prefer soft yolk remove the eggs straight away, if you like your yolk firm, leave it in a little longer



SERVES
ONE



MINUTES
2



SIMPLICITY
2/10

INSTRUCTIONS

1. Heat a saucepan on medium heat with a drizzle of your preferred oil or 100mL water in the saucepan
2. Once saucepan is heated, crack eggs into the saucepan and cook
3. It's ready when the egg white is solid and the egg holds its shape,



COULD YOU MAKE THESE FRIED EGGS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

BREAKFAST BIRCHER MUESLI

10 minutes prep, left overnight
in fridge

INGREDIENTS (serves 3)

- 1 apple
- 1 cup of oats
- ½ cup of apple juice
- ½ cup of low fat yogurt
- ¼ cup dried fruit and nuts

DID YOU KNOW #3

Oats are also high in a soluble fibre called beta-glucan, which helps reduce cholesterol and blood sugar levels, promotes good gut bacteria and increases feelings of fullness. So enjoy these delicious recipes and get your fill of oats!



SERVES
THREE



MINUTES
10



SIMPLICITY
2/10

Oats are another one of nature's underrated superfoods. They are super cheap, and easy to cook into a delicious meal. Oats are rich in carbs (carbohydrates) and contain large amounts of the many vitamins and minerals essential to recovery. These include B vitamins, and minerals iron, zinc, and magnesium – so oats can't come recommended highly enough for a recovery building breakfast food.

INSTRUCTIONS

1. Grate apple
2. Combine grated apple, oats, juice, yogurt and dried fruit and nuts in a bowl
3. Cover bowl and place in the fridge overnight
4. Serve and enjoy!



COULD YOU MAKE OATS PART OF YOUR FOOD ROUTINE?

1

(I could do this
most days)

2

3

(Maybe this
is doable)

4

5

(I'm not into
this at all)

OATS MADE DELICIOUS

10 minutes

INGREDIENTS (serves 1)

1/3 cup rolled oats

½ cup milk or dairy substitute

¼ cup water

1 tablespoon honey/sugar

OPTIONAL

1 cup mixed frozen berries

½ banana

½ cup mixed nuts



SERVES
ONE



MINUTES
10



SIMPLICITY
2/10

INSTRUCTIONS

1. Combine in a bowl
2. Place in a microwave for 2 minutes
3. Drizzle with honey or sugar if using
4. Serve and enjoy!



COULD YOU MAKE OATS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

SALADS, WRAPS AND SOUPS!



AFTER 12

LUNCH

A midday meal is just as important as breakfast. In other words, don't skip lunch if you can help it – you need it every day! A nutritious lunch will give you the energy to get through an afternoon.

One of the best ways to ensure you get a nutritious lunch is to make your own. You can make it from scratch using some of the recipe suggestions here, or you can tuck in to last night's leftovers. It's helpful to cook additional serves on the weekend or at night, so you have extras for lunch. It can also save you time down the track. For example, think about turning things like roast chicken leftovers into a delicious avocado, chicken and cheese wrap the next day [p21].

Another useful suggestion is to have some food containers. Plenty of meals get soggy while waiting for lunchtime, so avoid mixing meal elements until you're ready to eat. That way you can keep everything separate and fresh.

Choose a lunch that gives you the energy and nutrition you need. If you're younger or physically active, you might need a heavier meal than someone who moves less or is older. People who are pregnant or breastfeeding need additional energy too. Remember, you don't need to meet all the nutrition recommendations in one meal - just contributing to your daily intake of good food is enough to fuel your body and help keep your recovery on track.

TUNA SALAD

10 - 15 minutes

INGREDIENTS (serves 2)

Tin of small tuna in brine or oil

1 can of 5 bean mix

1 capsicum chopped

1 egg (boiled)

2 cups spinach or rocket leaves

1 block fetta crumbled

handful of cherry tomatoes
(cut in half) or diced fresh tomato

OPTIONAL

Drizzle of mayonnaise

DID YOU KNOW #4

Omega 3 fatty acids are very important for good brain function. Heavy alcohol and/or other drug use can deplete the lining around neurons in the brain, which makes it more difficult to carry signals throughout the body (think of a power cord without the rubber around it). Omega 3 can help to replace that depleted lining, building better brain function in recovery.



SERVES
TWO



MINUTES
10-15



SIMPLICITY
3/10

Tuna is not just tasty and filling, it's a good source of vitamins, minerals and omega 3 fats necessary for a smoother recovery - including the B group, calcium, magnesium and vitamin D. Tuna is also naturally jam packed with protein.

INSTRUCTIONS

1. Boil an egg for between 4 and 12 minutes (depending on whether you like your yolk soft or hard) 1 capsicum chopped
2. Drain and rinse 5 bean can mix
3. Chop tomatoes and capsicum into bite size pieces
4. Fill a bowl with the greens and add tomatoes, capsicum, bean mix, tuna and sprinkled fetta
5. Top with the boiled egg once cooled (and mayo if using) and enjoy



COULD YOU MAKE THIS TUNA SALAD PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

DELICIOUS BEAN SALAD (VEG)

20 minutes

INGREDIENTS (serves 2)

1 can 5 bean mix
 1 can corn
 1 can chopped tomatoes
 1 200g bag grated tasty cheese
 1 avocado
 1 bag baby spinach
 small handful chopped coriander
 1 lemon (for juice)

OPTIONAL

If you have leftover cooked beef mince add to this salad for an easy meal option.



SERVES
TWO



MINUTES
20



SIMPLICITY
4/10

Five bean mix is another food that is high in dietary fibre, which helps to keep your stomach working right. It is also a good source of soluble fibre which can help lower blood cholesterol levels. Beans (legumes) are a good source of carbohydrates and have a low glycaemic index (GI), which means they are broken down more slowly so you feel fuller for longer.

INSTRUCTIONS

1. Rinse bean mix and canned corn in some water to remove the excess residue in the can, drain and pour into a mixing bowl
2. Add chopped tomatoes and spinach to beans & corn and toss
3. Chop avocado into chunks and add to salad
4. Sprinkle cheese mixture and coriander to salad and drizzle with some lemon juice



COULD YOU MAKE THIS BEAN SALAD PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

SAN CHOY BOW (LETTUCE CUPS) (VEG OPTION)

25 minutes

INGREDIENTS (serves 4)

Drizzle of vegetable oil or your preferred alternative

500g beef mince or soy mince

1 garlic clove

1 chilli

1 teaspoon chopped ginger (can buy in a jar)

1 cup chopped mushrooms

1 tablespoon soy sauce

1 tablespoon sweet chilli sauce

8 iceberg lettuce leaves

DID YOU KNOW #5

Meat and poultry also provide other nutrients your recovering body needs such as iodine, iron, zinc, vitamins (especially B12), and essential fatty acids like omega 3.



SERVES
FOUR



MINUTES
25



SIMPLICITY
4/10

Meat, poultry and alternatives like tofu or soy mince are great sources of protein, so it's a good idea to eat these every week as part of your balanced diet. These lettuce cups are an easy way to add meat or meat alternatives to your diet.

INSTRUCTIONS

1. Heat a pan with a little oil and add in chopped chilli and garlic and cook until fragrant (about a minute)
2. Add in beef mince and mushrooms and cook through, whilst cooking add soy sauce, ginger and sweet chilli sauce
3. Allow to cool slightly and serve in lettuce cups



COULD YOU MAKE LETTUCE CUPS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

ROAST CHICKEN, CHEESE AND AVOCADO WRAPS

15 minutes

INGREDIENTS (serves 4)

1 roast chicken

200g grated tasty cheese (tip: go low fat cheese for a healthier option)

1 avocado

1 packet wholemeal flat wraps

OPTIONAL

If you would like to add or substitute the chicken with chopped tomato or cucumber these go well also!

DID YOU KNOW #6

Heavy alcohol and/or other drug use can negatively impact your immune system. Avocados contain vitamin E, which may assist with your immune function.



SERVES
FOUR



MINUTES
15



SIMPLICITY
4/10

There's more to these delicious wraps than meets the eye. Poultry and cheese provide the body with essential amino acids that assist in the production of norepinephrine, which helps with energy and drive – all helpful for your recovery!

INSTRUCTIONS

1. Pull apart chicken breast and thigh meat into strips
2. Place chicken into the wrap, cover with a handful of cheese and chop some avocado on top
3. Wrap together the wrap with all ingredients and toast in an oven or sandwich press



COULD YOU MAKE CHICKEN OR SALAD WRAPS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

MINI MEATBALLS AND MIXED VEGETABLES

45 minutes

INGREDIENTS (serves 2)

Drizzle of vegetable oil or your preferred alternative

500g beef mince (if vegetarian substitute with soy mince)

2 eggs

1 tablespoon breadcrumbs

pepper to taste

tinned crushed tomatoes

mixed frozen vegetables

OPTIONAL

If you would like a bit of extra kick, add some pizza sauce or tomato paste!

DID YOU KNOW #7

Vitamin C is among those required for the brain's production of dopamine. So don't be shy about eating plenty of tomato based dishes!



SERVES
TWO



MINUTES
45



SIMPLICITY
5/10

Tomatoes are a good source of several vitamins and minerals, such as vitamin C, potassium, vitamin K, and folate. They are the major dietary source of the antioxidant lycopene, which has been linked to many benefits, including reduced risk of heart disease and cancer.

INSTRUCTIONS

1. Add all ingredients (excluding vegetables and tomatoes) into a bowl and mix well
2. Roll the mixture into little balls until all the mixture is used up
3. Fry off meatballs in a drizzle of oil until cooked through
4. Add tinned crushed tomatoes to meatballs to heat
5. Place a cup of frozen vegetables on a microwave safe bowl and heat through in microwave (use packet instructions)
6. Serve meatballs, sauce and vegetables and season to taste with some pepper



COULD YOU MAKE MINI MEATBALLS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

PUMPKIN SOUP (VEG)

45 minutes

INGREDIENTS (serves 4)

Drizzle of vegetable oil or your preferred alternative

1kg pumpkin

1 brown onion

Pinch of cumin seeds ground

Pinch of ground paprika

2 cups low salt vegetable stock (try hot water if stock isn't available)

OPTIONAL

Can be frozen for up to 6 months!



SERVES
FOUR



MINUTES
45



SIMPLICITY
5/10

There's more to these delicious wraps than meets the eye. Poultry and cheese provide the body with essential amino acids that assist in the production of norepinephrine, which helps with energy and drive – all helpful for your recovery!

INSTRUCTIONS

1. Chop onion finely. Add into a pot with a drizzle of oil
2. Sprinkle 1 teaspoon cumin seeds and paprika over mixture and sauté onions until clear
3. Chop pumpkin into bite size pieces and add to mixture
4. Pour in 2 cups vegetable stock and cover the pot to let simmer
5. Stir mixture every 5 minutes and cook until soup has thickened and the pumpkin is cooked through
6. Once cooked, add soup into a blender and whizz until smooth. If you don't have a blender mash with a potato masher. Serve and enjoy!



COULD YOU MAKE CHICKEN OR SALAD WRAPS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

GOOD EVENING

DINNER

Dinner - eaten slowly, mindfully, and not too close to bedtime - helps to fuel our recovery. There is also some evidence to suggest the time we eat certain foods can affect the quality of our sleep. If you need a snack after dinner, consider something small and nutritious that doesn't contain caffeine or lots of sugar. This means you will be much more likely to get a good night's sleep.

Cooking additional serves of dinner can make meal preparation and planning easier in the coming days. Leftovers are a great meal option at other times (eg breakfast and lunch!). You can eat the leftovers as is, or add to them to create something new.

Dinner is as important as breakfast and lunch for our physical and emotional wellbeing. We hope these recipe suggestions help you to plan and prepare food in line with your recovery goals.

STEWES, STIR FRY, STUFFED CAPSICUMS, GOOD OLD FASHIONED SPAGHETTI BOLOGNAISE AND MORE!



TACOS

20 minutes

INGREDIENTS (serves 4)

2 white fish fillets, or 2 chicken breast chopped, or 500g beef mince or soy mince

2 handfuls lettuce shredded

2 tomatoes chopped

200g bag grated tasty cheese

1 jar salsa

1 avocado roughly chopped

1 small tub light sour cream

8 wholemeal flour tortillas (2 tortillas per person/ meal)

DID YOU KNOW #8

One cup of lentils contains around 90% of your daily folate needs! Folate is an essential nutrient for the production of serotonin, dopamine, and norepinephrine. The same chemicals in the brain that are affected by substance use.



SERVES
FOUR



MINUTES
20



SIMPLICITY
5/10

It's worth remembering that fish, beef and poultry contain plenty of omega 3 fats, which can help the brain to return to regular function after heavy alcohol and/or other drug use (see 'Did you know #4' for more information).

INSTRUCTIONS

1. Cook your meat of choice until cooked through (tip: chicken is cooked when it's no longer pink inside, it's dangerous to eat uncooked chicken!)
2. Chop tomatoes and shred lettuce
3. Fill tortillas with meat then tomatoes and lettuce, then add salsa, cheese, avocado and sour cream
4. Wrap tortilla and enjoy



COULD YOU MAKE THESE TACOS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

BEEF STEW

60 minutes

INGREDIENTS (serves 4)

Drizzle of vegetable oil or your preferred alternative

500g chunk steak

2 carrots chopped

1 cup green beans | 1 brown onion

2 cups beef stock (tip: try hot water if stock isn't available)

1 tablespoon plain flour

2 tablespoons tomato paste

4 potatoes chopped into bite size pieces

1 cup chopped mushrooms

2 teaspoons paprika

2 tablespoons sour cream or chopped parsley to serve



SERVES
FOUR



MINUTES
60



SIMPLICITY
7/10

Beef stew is a great meal you can take out of the fridge and heat up for lunch the next day. Some might even say it tastes better the next day!

INSTRUCTIONS

1. Chop onion and carrots and sauté with a small amount of oil
2. Chop potato and add with chunk steak to the pot and simmer off until meat is cooked through
3. Add plain flour, tomato paste and beef stock and let simmer for 30 minutes
4. Add in mushrooms, green beans and paprika and cook for a further 15 minutes
5. Serve with a dollop of sour cream or a sprinkle of parsley and enjoy



COULD YOU MAKE BEEF STEW PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

is doable)

4

5

(I'm not into this at all)

CHICKEN STIR FRY

25 minutes

INGREDIENTS (serves 4)

Drizzle of vegetable oil or your preferred alternative

1 kg chicken breast (usually 4 breasts)

1 brown onion

2 carrots

1 broccoli chopped

1 cup green beans chopped

2 chillies chopped

2 garlic cloves chopped

1 tablespoon crushed ginger

2 cups cooked rice or bean thread noodles

DID YOU KNOW #9

1 cup of chopped carrots contains 4 times your daily vitamin A needs. Vitamin A is for good eyesight (it's true!), and supports good immune function.



SERVES
FOUR



MINUTES
10-15



SIMPLICITY
6/10

We love carrots! They're cheap, they last ages in the fridge and are high in fibre as well as being packed full of nutritional goodies. So load your stir fry up with carrots!

INSTRUCTIONS

1. Cook rice as per packet instructions
2. Chop chicken breasts and onion into bite size pieces and cook with oil until cooked through
3. Add chopped chillies, garlic, ginger, broccoli and carrots to the mixture and cook for 15 minutes
4. Serve with cooked rice or noodles and enjoy



COULD YOU MAKE CHICKEN STIR FRY PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

STUFFED CAPSICUM

30 minutes

INGREDIENTS (serves 4)

4 large capsicums halved with seeds removed

drizzle of vegetable oil or your preferred alternative

1 brown onion

500g beef mince (if vegetarian substitute with soy mince)

2 tablespoons tomato paste

1 cup rice

1 tablespoon cumin

1 tablespoon all spice

½ cup grated tasty cheese

2 tablespoons sour cream

DID YOU KNOW #10

Around 30g of capsicum contains 100% of your daily vitamin C needs. Other vitamins and minerals in capsicums include vitamin A, vitamin B6, vitamin E, and folate, which will all aid in recovery.



SERVES
FOUR



MINUTES
30



SIMPLICITY
6/10

Capsicums might sound boring, but they can be super tasty! They contain high amounts of essential vitamins and minerals that aid in recovery (see 'Did you know # 10' for more information).

INSTRUCTIONS

1. Cook rice as per packet instructions
2. Cook onion and beef or soy mince until cooked through in a pan with some oil
3. Add tomato paste, cumin and 'all spice' and toss through mixture
4. Add cooked rice and stir to combine
5. Fill capsicums on a baking tray, sprinkle the top of the capsicum with cheese and bake for 15 minutes
6. Serve with a dollop of sour cream and enjoy



COULD YOU MAKE STUFFED CAPSICUMS PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

CHUNKY TUNA PASTA BAKE

45 minutes

INGREDIENTS (serves 2)

Small tin tuna in spring water

250g bag pasta (macaroni or spirals work well)

1 cup frozen peas

200g bag grated tasty cheese

1 tablespoon butter

1 tablespoon wholemeal flour

250mL milk



SERVES
FOUR



MINUTES
45



SIMPLICITY
7/10

Pasta is a great foundation for a nutritious and satisfying meal. Why? Because it's the perfect partner for so many foods, including fibre rich vegetables and beans, antioxidant and lycopene rich tomato sauce and protein packed cheeses, poultry and lean meats. In and of itself pasta provides plenty of slow burn energy.

INSTRUCTIONS

1. Preheat the oven to 180°C
2. Cook pasta as per packet instructions
3. Heat peas in a microwave for 3 minutes
4. In a separate pot melt butter then add flour, continuously stirring
5. Once butter has covered the flour add milk gradually, continuously stirring. Once all flour is mixed through, stir a handful of cheese in.
6. Pour cooked pasta into a baking tray, cover with the tuna and peas, and pour over the cheese sauce
7. Distribute leftover cheese over the mixture, bake for 20-30 minutes



COULD YOU MAKE THIS PASTA BAKE A PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

LENTIL SPAGHETTI BOLOGNAISE

35 minutes

INGREDIENTS (serves 4)

Drizzle of vegetable oil or your preferred alternative

1 brown onion

2 garlic cloves

2 carrots grated

2 celery sticks cut into bite sized pieces

100g bag red split lentils

Large can chopped tomatoes

2 tablespoons tomato paste

2 cups low salt vegetable stock

250g spaghetti

DID YOU KNOW #11

One cup of lentils contains around 90% of your daily folate needs! Folate is an essential nutrient for the production of serotonin, dopamine, and norepinephrine. The same chemicals in the brain that are affected by substance use.



SERVES
FOUR



MINUTES
35



SIMPLICITY
6/10

Lentils are part of the legume family so, just like like 5 bean mix, are high in dietary fibre to keep your stomach working right. They are also a good source of soluble fibre to lower blood cholesterol levels. Legumes are broken down more slowly so you feel fuller for longer.

INSTRUCTIONS

1. Chop garlic, onion, carrots and celery and sauté in a pan with oil until vegetables have softened (around 5 minutes)
2. Stir in lentils, tomatoes, tomato paste and vegetable stock and allow to simmer for 15-20 minutes until mixture thickens
3. In the meantime cook pasta as per packet instructions
4. Serve pasta with the bolognese mixture and enjoy



COULD YOU MAKE THIS SPAGHETTI BOLOGNAISE A PART OF YOUR FOOD ROUTINE?

1

(I could do this most days)

2

3

(Maybe this is doable)

4

5

(I'm not into this at all)

SO, HOW'D YOU GO?

Did you find yourself reflecting on the recipe suggestions provided? We think if you circled two or three recipes as being between '*Maybe this is doable*' to '*I could do this most days*' then it's been time well spent. It's a good idea to go back through the recipe suggestions and bookmark all the

meals you rated as doable. That way you'll be able to quickly reference them if you're stuck for ideas.

As we pointed out earlier, it's not about eating the perfect diet. Whatever small steps you can take to support your recovery are worthwhile.

TAKE SOME TIME TO REFLECT

LIST THE RECIPES YOU RATED AS DOABLE

DO YOU HAVE ANY OF YOUR OWN TO ADD?

DO YOU FEEL LIKE MAKING CHANGES TO YOUR FOOD ROUTINE HAS HELPED YOUR PERSONAL RECOVERY? IF SO, HOW?

IDEAS TO ACTION

Using a planner is one idea that might help to maintain your budget, as well as increase the variety and balance of nutrition your body and mind need to recover. Confectionary aisle snacks are totally fine with a balanced diet but remember, they don't make up for lost nutrition. If eaten

instead of nutritious food, both your body and mind will feel worse because they're not getting what they need to function properly. A weekly meal plan with a shopping list could look like the following, with the Monday items filled out to give you an example:

| | MON | TUES | WED | THURS | FRI | SAT | SUN |
|------------|--------------------------------|------|-----|-------|-----|-----|-----|
| BREAK-FAST | Breakfast bircher muesli (p14) | | | | | | |
| LUNCH | Tuna salad (p18) | | | | | | |
| DINNER | Tacos (p26) | | | | | | |

| FRUIT AND VEG | 1 apple 1 capsicum 1 bag spinach or rocket leaves 5 large tomatoes 1 lettuce 1 avocado |
|---------------------------------|--|
| MEAT OR MEAT SUBSTITUTES | 2 White fish fillets or 2 Chicken breast chopped or 500g Beef or Soy mince |
| DAIRY | 1 tub low fat yogurt 1 block plain feta 200g grated tasty cheese 1 small tub light sour cream |
| CANNED, DRY AND LONG LIFE GOODS | 1 bag rolled oats tin of small tuna in brine or oil 1 can of 5 bean mix 1 bag dried fruit and nut mix 1 jar salsa 8 wholemeal flour tortillas 1 carton of eggs 1 litre apple juice |

Just remember! This example shopping list may seem a bit much for one day's food but there's enough ingredients in some recipes more than one serve. You can divide the ingredients by the number of serves in the recipe to get the single serve amount if you'd prefer.

More information

If you're interested in learning more about the foods you eat and how they can support your mind and body, check out these websites:

- wanada.org.au (search for 'nutrition')
- qaihc.com.au (search for 'catering')
- adf.org.au/insights/healthy-eating-during-treatment
- eatforhealth.gov.au
- veggycation.com.au

