

Healthy **MIDWEEK MEALS**



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Welcome to your new way of eating

Let go of the midweek meal struggle and embrace quick, simple, nutritious meals.

Designed with your busy lifestyle in mind, these meals can be pulled together in minutes with minimum fuss.

Ready for some midweek deliciousness?
Let's get started...



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Lime & ginger pork steaks with
new potato salad

friday

Sausage and mushroom pasta

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Veggie stir fry with chicken or tofu

INGREDIENTS

- 2 cups finely sliced vegetables - use a mixture of red onion, yellow pepper, mushrooms, broccoli and carrot
- Diced chicken or extra firm tofu
- 1 teaspoon coconut oil for stir-frying
- 1 teaspoon grated ginger
- 1 garlic clove, grated
- Brown rice noodles
- Splash of tamari
- A squeeze of lemon or lime

DIRECTIONS

Heat the coconut oil in a wok or shallow frying pan.

When the oil is hot but not smoking add the chicken or tofu and a splash of tamari. Let it cook for 8-10 mins, stirring occasionally until browned and almost cooked through.

Add the ginger, garlic, and vegetables, and saute, stirring every minute or two until the chicken/tofu is cooked. In a separate pan, cook the brown rice noodles. Plate up the noodles, add the stir-fry mixture on top, and garnish with a squeeze of fresh lemon or lime.



Hello! I'm Betty, The Healthy Nutritionist

As a busy working Mum, I know how hard it is to make healthy meals the whole family will enjoy.

I created The Healthy Nutritionist to help people like you. Whether you're juggling kids and work or a crazy social life and demanding job, you're hungry for simple, healthy meals but short on time to make them.

I hope these recipes make your midweek dinners shine - and inspire your weekend plans too!

Be sure to let me know what you think and make suggestions for dishes you'd like to see simplified. I share a new recipe every month in my free newsletter.

The background of the entire image is a collage of several waffles, each topped with different fruits. One waffle has a hard-boiled egg, another has apple slices, one has kiwi slices, one has orange segments, one has strawberries, and one has raspberries and a blackberry. A faint watermark of an apple with the text 'SALLY DUFFIN HEALTH WRITER' is visible in the center.

Keep in touch!

For more great recipes and seasonal meal plans sign up for my monthly newsletter at www.bettyhealthynutritionist.com

Follow me on IG for smart nutrition tips and everyday meal inspiration
[@betty_the_nutritionist](https://www.instagram.com/betty_the_nutritionist)

Need a more personal touch?
I have a range of 1-1 nutrition support packages tailored to your needs and budget.

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