



# WELLNESS *Cookbook*

A COOK BOOK & RESOURCES  
FOR STUDENTS, BY STUDENTS

*Wellness*  
BY PULSE

**SSAF**

Funded by Student  
Services & Amenities Fee



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# How this book works

Inside this book you'll find nutritious, yummy and cheap meals to make. Each recipe has been thoughtfully created for students with the help of UOW students, making each meal as affordable, healthy and convenient as possible.

Some of the listed ingredients in these recipes can be found right here on campus! The coloured dot attached to each item indicates where you can find what you need!

- Green dots ● will be available at Village grocer.
- Red dots ●<sup>3</sup> are available at Pulse Pantry and the number of points the item is worth has been listed so you can plan ahead for your next visit and grab what you need!
- Blue dots ● will be available at your local supermarket.

We hope this book is helpful and makes eating well easy and exciting!

Wellness  
BY PULSE

# Cooking & Food Basics



## 1. SANITIZING

- Wash your hands with soap and warm water before handling food or eating.
- Rinse fruit and veg before eating.
- Clean surfaces that come in contact with food e.g. counter tops, plates, utensils etc.



## 2. SERVING

- Ensure high risk foods are cooked properly:
  - Chicken and minced meats are cooked right through if there is no pink colour left on the meat
  - Heated left overs must be heated until steaming hot to kill bacteria
- Use new kitchen tools for raw foods and keep separate from ready to eat foods.
- Do not put cooked meat back onto a surface that had raw meat on it.



## 3. STORING

If perishable food has been left out at room temperature, follow these rules:

- If less than 2 hrs, cover and place back in fridge
- If 2-4 hours, eat straight away or throw away
- If more than 4 hours, throw away immediately
- Thaw frozen food in the fridge, not at room temperature, at least 4hrs before cooking.
- Put away groceries that need to be refrigerated or frozen immediately after shopping.

## UNITS OF MEASUREMENT

This table shows the equivalent of each unit in a row (e.g. 1TSP=5ml=5g)

TEASPOON (TSP) + TABLESPOON (TBSP)	MILLILITERS (ML)	CUPS	GRAMS (G)
1 TSP	5	-	5
1 TBSP	15	-	15
4	60	1/4	30
5 TBSP + 1 TSP	80	1/3	70
8	120	1/2	115
16	240	1	225



# SUMMER

BERRIES, GRAPES, MELONS,  
PEARS, PINEAPPLE  
TOMATOES, ASPARAGUS,  
CAPSICUM, CELERY, LETTUCE



# AUTUMN

APPLES, KIWI, ORANGES, PEARS,  
PLUMS, BEANS, CABBAGE,  
CAULIFLOWER, MUSHROOM,  
SWEET POTATO, CORN, ZUCCHINI

*What's in season?*



# WINTER

APPLES, MANDARIN, ORANGES,  
PEARS, PASSIONFRUIT  
BRUSSEL SPROUTS,  
CAULIFLOWER, LEEK, SPINACH,  
SWEET POTATO, CELERY



# SPRING

APPLES, BERRIES, MANDARINS,  
PINEAPPLE, MELONS  
ASPARAGUS, BEANS,  
MUSHROOMS, SPINACH,  
TOMATOES, CAULIFLOWER,  
BETROOT

# SUNRISE

KICKSTART YOUR MORNING WITH THIS FIERY WAKE UP SHOT. BALANCING LEMON, GINGER AND A DRIZZLE OF HONEY, THIS SHOT WILL GIVE YOU THE BOOST YOU NEED FOR THE DAY!



## METHOD

1. Cut lemons in half and squeeze out the juice (using a grater, finely grate the outer layer for zest).
2. Grate the ginger and add to the juiced lemon and lemon zest.
3. Add a pinch of salt, cayenne and a drizzle of lemon.
4. Shake, blend or stir to enjoy.

*You can prepare extra and store in the fridge for up to 5 days!  
Shake before drinking.*

THIS RECIPE WAS  
CREATED BY NUTRITION  
AND DIETETICS STUDENTS  
HERE AT UOW

# LEMON BALM PANCAKES



SERVING

2



COOK TIME

15 MINS

## INGREDIENTS

- 2 MILK  
1 CUP
- EGGS  
X2 LARGE
- 3 WEETBIX
- 0 BANANA
- LEMON BALM
- VANILLA  
EXTRACT  
1 TSP
- 0 FRESH FRUIT  
OR
- 2 CANNED  
FRUIT

*You can find lemon balm at White Cedar gardens on campus!*

## METHOD

1. Add to a blender: eggs, milk, 2 Weetbix, 1 banana, bunch of lemon balm leaves and vanilla extract.
2. Blend until combined well and batter is smooth.
3. Heat a frypan on low heat with 1 tsp of oil.
4. Pour in mixture to desired pancake size and cook for 3-4 mins or until bubbles begin to form. Flip and repeat cooking the rest of the batter.
5. Serve with fruit and enjoy.

# OVERNIGHT OATS



SERVING

1



PREP TIME

5MINS + 8HRS

## INGREDIENTS

- OATS  
1 CUP  
2 SCOOPS =  
1 POINT
- BUTTER
- YOGHURT
- FRESH FRUIT  
OR
- CANNED FRUIT
- CINNAMON

## METHOD

1. Add 1 cup of oats to a jar and fill with milk until oats are completely submerged. Mix gently and cover with a lid.
2. Leave oats in fridge overnight (approx 8hrs) to soak. Minimum recommended time: 2hrs.
3. Add in cinnamon, chia seeds, honey and any other flavours and mix well.
4. Serve with yoghurt, fruit and a drizzle of honey straight from the jar.

*Prepare overnight for an easy breakfast the next day!*



# BREAKY BURRITO



SERVING  
1



TIME  
10 MINS

## INGREDIENTS

- WHOLEMEAL TORTILLA  
X1-2 SMALL
- EGGS  
X2 LARGE
- BLACK BEANS  
1/4 CUP
- DICED TOMATOES  
1/4 CUP
- GRATED CHEESE

## METHOD

1. Heat a small frypan to medium heat and drizzle with 1 tsp of oil. Scramble eggs or tofu in pan and add any desired seasoning.
2. Layer the tortilla with scrambled eggs/tofu, beans tomatoes, cheese and salsa.
3. Roll and fold tightly and serve warm.

*Add ham or chicken for some extra protein!*





# ONE-PAN BREAKFAST



SERVING  
1



TIME  
15 MINS

## INGREDIENTS

- BACON  
3 - 4 PIECES
- BUTTER
- BREAD
- MUSHROOMS
- EGG  
X2 LARGE
- TOMATO
- BAKED BEANS  
1/2 TIN

## METHOD

1. In a hot pan, fry 3-4 slices of bacon until crispy and golden. Remove from the pan and set aside on a plate. NOTE: do not add butter or oil to pan.
2. Add 1 tbs of butter and as many mushrooms as desired to the same pan. Season with salt and pepper and cook for a few minutes, then remove and add to the plate.
3. Cook two slices of bread on the pan for 1-2 minutes until crispy and add to plate.
4. Cut the tomato in half and cook (cut side down) for 1 minute in the pan.
5. Add 1/2 a tin of baked beans to the pan with the tomato and simmer for 2-3 minutes.
6. Using a spoon, make some space to fry 2 eggs in the pan for 3 minutes.
7. Serve and eat or add everything back and enjoy straight from the pan.

*Add a few fresh herbs to help spice up and season the dish!*

# Make your own TRAIL MIX

A TRAIL MIX HAS ALL THE BITS YOU NEED AND WANT IN ONE EASY, SIMPLE SNACK. PERFECT FOR ON THE GO, MAKE YOUR OWN TRAIL MIX USING SOME OF THE SUGGESTED FOODS OR ADD YOUR OWN!



PUMPKIN SEEDS



ALMONDS



WALNUTS



POPCORN



COCONUT



PEANUTS



SULTANAS



DRIED BANANA CHIPS



CHOCOLATE CHIPS



# ZUCCHINI FRITTERS



SERVING  
4



TIME  
10-15 MINS

## INGREDIENTS

- |                          |                          |
|--------------------------|--------------------------|
| 0 ZUCCHINI<br>X2 MED     | 1 GARLIC POWDER<br>1 TSP |
| 2 EGG<br>X1              | 3 SALT<br>1/2 TSP        |
| 3 PLAIN FLOUR<br>1/4 CUP | 4 OIL                    |

## METHOD

1. Roughly grate zucchini and squeeze excess water out.
2. Mix zucchini, egg, flour, garlic powder and salt in a bowl.
3. Heat oil in a frypan and add a large tablespoon amount of mixture into the pan.
4. Cook like pancakes until golden on both sides.
5. Serve with dipping sauce.

*Serve me with  
sweet chilli sauce  
and sour cream!*



*This tastes great when stored in the fridge and re-heated later! Great for bulk cooking!*

# FRIED RICE



SERVING  
4



TIME  
15 MINS

## INGREDIENTS

- PROTEIN  
100G BACON, EGGS  
OR CHICKEN
- RICE  
2 SCOOPS =  
1 POINT
- 0 FRESH MIXED VEG  
OR
- 0 CELERY
- 2 CANNED MIXED VEG  
1 CUP
- SOY SAUCE

## METHOD

1. Cook rice in microwave or stove for 10-12 minutes until soft.
2. Dice and cook chosen protein in a pan on low heat. NOTE if using egg, cook as scrambled. Remove and set aside.
3. Add mixed veg and chopped celery and cook for 5 mins.
4. When vegetables are cooked, add soy sauce to taste. Add rice and protein back into the pan. Toss well to combine.
5. Serve as a side dish or full meal.

THIS RECIPE WAS  
CREATED BY NUTRITION  
AND DIETETICS STUDENTS  
HERE AT UOW

# FISH CAKES



SERVING  
4



PREP TIME  
20 MIN

COOK TIME  
25 MIN

## INGREDIENTS

- 2 TINNED TUNA  
X2 TINS
- CARBONARA  
PASTA SAUCE  
1 TBSP
- EGG  
X1 LARGE
- 3 SELF-RAISING  
FLOUR  
1 TBSP
- BREAD  
CRUMBS
- BUTTER

## METHOD

1. Add to a mixing bowl the salmon, egg, flour and carbonara sauce and combine well. Mix until consistency is like play dough. Add more flour if needed.
2. Roll the mixture into balls then press flat on a baking tray. Leave in the fridge to set for 15 mins.
3. Set out 1 cup of flour in a bowl, 1 egg (beaten) in another bowl and 1 cup of breadcrumbs in another bowl. Take the flattened cakes and dip each one, covering them completely in the flour, then egg and then breadcrumbs.
4. Heat a pan with 1 tsp of oil on medium and pan fry cakes for 4-5 mins each side until golden brown. Serve and enjoy.

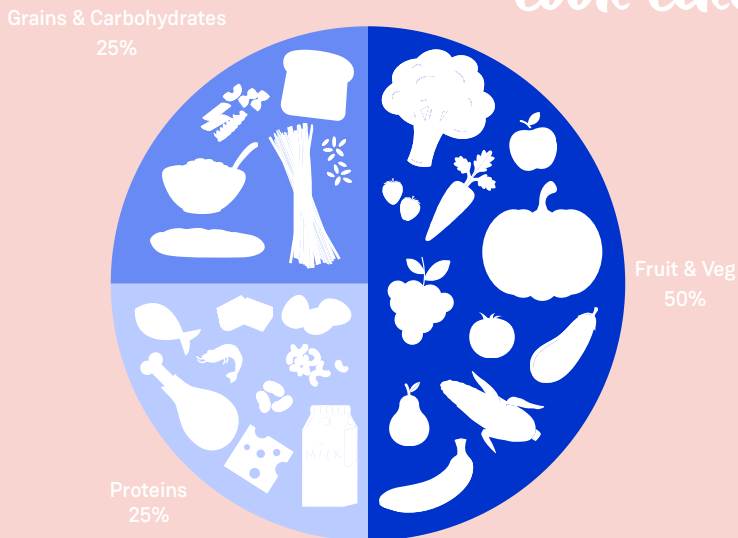
*These also taste great baked without oil! Simply place the dipped patties back onto the tray and bake for 10 mins at 180°*



# What does a

# BALANCED PLATE

## look like?



## FRUIT & VEG

Half your plate should be filled with a variety of colourful vegetables and fruits, focusing more on veggies. This offers unique nutrients—like antioxidants, vitamins, and minerals—important for overall health and disease prevention. Vegetables are rich in fibre, which aids digestion, controls blood sugar, and keeps you full for longer. Fruits provide essential vitamins (like Vitamin C) and antioxidants to boost immunity and fight inflammation.

## GRAINS & CARBOHYDRATES

A quarter of your meal should come from whole grains such as quinoa, brown rice, oats, and barley. Whole grains are high in fibre, helping with digestion, stabilizing blood sugar, and promoting heart health. They also provide essential vitamins and minerals like B Vitamins and magnesium. Whole grains release energy slowly, keeping you full for longer and providing sustained energy throughout the day.

## PROTEIN

The remaining quarter should be protein, which is crucial for building muscles, repairing tissues, and supporting your immune system. Choose lean protein sources like chicken, fish, or grass-fed beef, and plant-based options like eggs, beans, nuts, and seeds. Protein helps maintain muscle mass and keeps you satisfied, preventing overeating. Avoid processed meats like bacon and sausages, which are high in unhealthy fats and sodium. Grilling, baking, or braising are healthier cooking methods for lean proteins.

# COOKING YOUR VEG

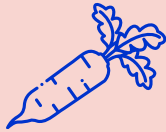
## Roasting

BAKING IN THE OVEN



### BROCCOLI

220 Celsius 18-22 minutes  
Bite sized pieces  
Tossed in oil, salt + pepper



### CARROT

220 Celsius 35-40 minutes, Sliced,  
Tossed in oil, salt + pepper



### POTATO

(steam first), 220 Celsius 25-35 minutes,  
Tossed in oil, salt + pepper + herbs



### PUMPKIN

180 Celsius 40-45 minutes  
Cut into chunks  
Tossed in oil, salt + pepper

## Steaming

SOFTENING WITH BOILING WATER OR A MICROWAVE



### CARROTS

2 tbsp water  
Sliced 3 minutes



### PEAS

1 tbsp water  
Frozen peas  
1-2 minutes



### BROCCOLI

1-2 tbsp water  
Chopped  
2.5-4 minutes



### BRUSSEL SPROUTS

¼ cup water  
Sliced in half  
3-4 minutes

## Sauteing

COOKING WITH A HOT-PLATE & PAN



### SPINACH

Oil and garlic  
Medium heat  
2 minutes



### ONION

Sliced Oil or butter,  
medium heat 5-8 minutes



### MUSHROOMS

Sliced  
Oil or butter  
8-10 minutes



### BROCCOLI

Chopped  
Oil, medium heat 4 minutes,  
add 2 tbsp water and cover  
for 2-4 minutes



# LOADED POTATOES



SERVING  
2



TIME  
15-20 MINS

## INGREDIENTS

- 0 POTATOES  
X2 MEDIUM
- 2 CHICKPEAS/  
BAKED BEANS  
1/2 CAN
- 0 GRATED CHEESE  
1/2 CUP
- 0 GREEK YOGHURT  
2 TBSP
- 0 SPRING ONION

## METHOD

1. Microwave potatoes for 8-10 minutes, turning halfway through. CAUTION potatoes will be very hot, so take care and wear protection.
2. Make a cross shaped slice through the potato and fluff the insides with a fork.
3. Add your toppings to the potato and serve.  
NOTE: you might like to add the cheese last and grill potatoes for 2 mins to melt!

*Pack this meal with whatever vegetables you'd like. Onion, capsicum, and mushroom work really well!*



# MEXICAN RICE



SERVING  
2



PREP TIME  
15 MIN

COOK TIME  
35 MIN

## INGREDIENTS

- 3 OIL
- 2 BLACK BEANS  
1 CAN
- MINCE  
250G PORK,  
CHICKEN OR BEEF
- JALAPEÑOS
- RICE  
2 SCOOPS =  
1 POINT  
1 1/2 CUPS
- TOMATO
- ONION  
CHOPPED

## METHOD

1. Heat up a large frypan with oil to medium heat and cook 250g of mince until browned.
2. Add to the pan 1 chopped onion and cook until golden. Leave a handful of onions out and set aside for later.
3. Add 1 tin of black beans to the pan. Fill the empty tin with water and add to the pan. Bring to a boil.
4. Add half a cup of rice to the pan and simmer on low heat for 20-30 minutes, stirring frequently.
5. Season to taste. NOTE: add jalapeños to make it spicy.
6. In a separate bowl add 1 diced tomato, jalapeños and remaining onion. Drizzle oil and toss well.
7. Serve the rice and salsa together on a plate and serve.

*Guac and sour cream pair really well!*

# DIY PIZZA



SERVING  
1



PREP TIME  
30 MIN

COOK TIME  
15 MIN

## INGREDIENTS

- PLAIN FLOUR  
1 1/2 CUPS
  - MINCED GARLIC  
1 TBSP
  - OIL  
1 TBSP
  - GRATED CHEESE
  - 1 SALT  
1 TSP
  - INSTANT YEAST  
1 TSP
  - JAR OF PASSATA
- SUGGESTED TOPPINGS:
- PINEAPPLE
  - HAM
  - JALEPENOS
  - BASIL
  - MUSHROOMS
  - CHERRY TOMATOES

## METHOD

1. Preheat oven to 200°.
2. Add into a bowl flour, yeast and salt and stir.  
In a jug prepare 200ml of warm water and oil. Make a well in the flour and slowly pour water and oil, stirring until a soft and sticky dough forms. Cover with a tea towel and set aside.
3. In another bowl, mix passata, basil leaves (optional) and minced garlic together. Leave sauce to stand at room temperature.
4. Clean and lightly dust a workspace with flour and dump dough onto bench. Knead the dough by folding and pressing and slit into two balls. Roll each ball flat with a rolling pin.
5. Move pizza bases to a lined baking tray. Add sauce to bases and spread with the back of a spoon. Add remaining toppings to pizzas and bake for 8-10 minutes.



THIS RECIPE WAS  
CREATED BY NUTRITION  
AND DIETETICS STUDENTS  
HERE AT UOW

# STIR FRY



SERVING  
4



COOK TIME  
15 MINS

## INGREDIENTS


- BEEF STRIPS  
OR PROTEIN  
OF CHOICE
- SOY SAUCE
- ① SPICES
- HONEY
- ② MIXED VEG  
1 CAN
- NOODLES
- ① ONION
- ③ OIL
- GINGER
- ② GARLIC

## METHOD

1. In a frypan (Wok recommended) add oil and cook your beef or other protein until cooked through. Remove from pan and set aside.
2. Add 2 tsp of finely chopped ginger, garlic and 1 chopped onion to the pan and cook for 2-3 minutes.
3. Add protein back into pan and season with spices, soy and honey to taste.
4. Add in mixed veg and cook for 2 mins.
5. Cook noodles separately according to packaging instructions. Add noodles to pan and toss to combine.



*Use tofu to make it  
vegetarian friendly!*



Swap out the ravioli for any pasta (e.g. penne, bowtie etc) and any mince (e.g. pork, beef or chicken)!

# RAVIOLI BAKE



SERVING  
4



TIME  
25 MINS

## INGREDIENTS

- RAVIOLI  
625 G (MEAT OR VEG)
- GRATED CHEESE
- ③ PASTA SAUCE  
100 G

## METHOD

1. Preheat oven to 180°.
2. Bring a pot of water to boil. Add a pinch of salt and add ravioli to the water once boiling.  
NOTE: Ravioli is cooked when it begins to float.
3. Strain the ravioli from the water and transfer to an oven safe dish.
4. Pour the pasta sauce over the ravioli, covering it entirely.
5. Sprinkle cheese on top and bake for 20 mins.
6. Serve with a salad, garlic bread or simply eat as it is!



# SHEPHERD'S PIE



SERVING  
4



PREP TIME  
30 MIN

COOK TIME  
40 MIN

## INGREDIENTS

- |  |                     |
|--|---------------------|
| ● MINCE<br>250G PORK,<br>CHICKEN OR BEEF | ● GRATED<br>CHEESE  |
| ○ ONION<br>CHOPPED                       | ● POTATOS<br>MASHED |
| ● PASTA SAUCE<br>1 1/2 CUPS              | ● OIL               |
| ● CANNED PEAS                            | ● PAPRIKA           |

## METHOD

1. Preheat oven to 180°.
2. Heat up a pan with 1 tsp of oil on medium. When hot, add in the mince to the pan.
3. Cook for 3-5 mins (or until the meat starts to brown). Then, add the chopped onion and cook for an additional 3 mins or until onion browns.
4. Add 1 1/2 cups of pasta sauce and 1/2 cup of water. Let simmer for 10 mins and season with salt and pepper.
5. Add the peas and mix before transferring to an oven proof dish.
6. Prepare the mashed potatoes and add to dish, using the mash to cover the meat.
7. Sprinkle grated cheese on top and bake for 30 mins. Serve and enjoy.

*Use lentils to make it  
vegetarian friendly!*

# SPINACH & CHICKPEA CURRY



SERVING  
4



TIME  
30 MINS

## INGREDIENTS

- |   |              |   |               |
|---|--------------|---|---------------|
| 0 | ONION        | 2 | CANNED TOMATO |
| ● | GARLIC       |   | 400 G         |
|   | 1 CLOVES     | 2 | COCONUT MILK  |
| 1 | CURRY POWDER |   | 400 ML        |
|   | 1 TBSP       | 2 | CHICKPEAS     |
| 1 | GROUND CUMIN |   | 1 CAN         |
|   | 1 TSP        | ● | SPINACH       |

## METHOD

1. Heat oil in a large pan over medium heat. Add chopped onion and cook until translucent (5 minutes).
2. Stir in garlic, curry powder, turmeric and cumin. Cook for 1-2 mins until fragrant.
3. Add in diced tomato and coconut milk. Stir and bring to a simmer.
4. Drain chickpeas and stir in. Cook for 10 minutes.
5. Add spinach, stir and cook until wilted (2 minutes).
6. Serve with cooked rice or naan bread.

Add potatoes to make a heartier meal and get more leftovers!



# STUFFED CAPSICUM



SERVING

4



TIME

30 MINS

## INGREDIENTS

- 0 CAPSICUM  
X2 LARGE
- 1 RICE OR QUINOA  
1 CUP  
2 SCOOPS =  
1 POINT
- 2 BLACK BEANS  
1 CAN
- 1 SALSA  
300G JAR
- 1 GRATED CHEESE  
1 CUP
- 1 CHILLI POWDER  
1 TSP
- 1 CUMIN POWDER  
1 TSP

## METHOD

1. Preheat oven to 180°C.
2. Prepare and mix cooked rice, black beans, salsa, chilli powder and cumin in a bowl and put aside.
3. Cut capsicums in half and remove seeds to hollow out the capsicum cup.
4. Stuff capsicum with mixture and place cups on a lined baking tray.
5. Sprinkle with cheese and bake for 20 mins or until peppers are tender and cheese is melted.





# VEG FRITTATA



SERVING  
4



COOK TIME  
30 MIN

## INGREDIENTS

- EGG  
X 6 LARGE
- MILK  
1 CUP
- MIXED VEG  
1 CAN
- OIL
- GRATED CHEESE

*Tastes just as great if stored in the fridge and reheated the next day.*

## METHOD

1. Preheat oven at 180 C.
2. Crack 6 large eggs into a mixing bowl and beat to combine.
3. Add 1 cup of full cream milk (alternative milks can be used) and 1 can of mixed veg. Mix well and season to taste.
4. Grease an oven-safe baking dish with oil or line with baking paper and pour in the mix.
5. Bake in the oven for 25-30 minutes.  
NOTE: sprinkle a layer of cheese on top of your frittata after 15 mins of cooking.
6. Remove from the oven and let rest for 5 minutes before slicing and serving.

# CARBONARA PASTA



SERVING

4



TIME

15 MINS

## INGREDIENTS

● BACON

● ONION

● CARBONARA  
PASTA SAUCE

● GRATED CHEESE

② PASTA

SUGGESTED TYPES:

- FETTUCINI
- SPAGHETTI
- LINGUINE

## METHOD

1. Prepare the bacon and onion by dicing.
2. Heat a pan to medium and cook the chopped bacon for 5 minutes.
3. Add in onion and cook for 5 minutes. Bacon and onion are ready when golden and crispy.
4. Add in carbonara sauce and simmer on low heat for 10 minutes, stirring frequently.
5. In a medium pot boil water. Add pasta and a pinch of salt once boiling. Cook for 12-15 mins or until soft.
6. Once pasta is cooked, strain and add to sauce, stirring to combine.
7. Season to taste and add cheese.
8. Serve and enjoy.



# SUNSET

SEARCHING FOR A LITTLE LATE NIGHT TREAT? TRY OUR BED TIME BALANCED SNACK PLATE TO HELP QUIET THE BODY AND THE MIND, READY TO WAKE UP WITH ENERGY TO BURN!

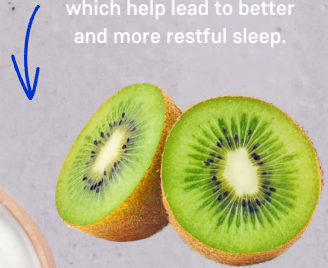
## *Almond Butter & Banana*

1/2 banana with almond butter is a great source of protein and magnesium. Magnesium plays a vital role in regulating the timekeeping system in plants, animals and humans!



## *Kiwi*

Kiwi fruit is high in antioxidants and serotonin which help lead to better and more restful sleep.



## *Almonds*

Half a handful of unsweetened almonds contain Vitamin B and magnesium which help promote better sleep.



## *Yoghurt*

100g (6-7 tbsp) of plain whole milk yoghurt is rich in calcium, which helps with falling asleep and can lead to a more restorative sleep.

Weekly

# MEAL PLANNER

MONDAY

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FRIDAY

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TUESDAY

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SATURDAY

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WEDNESDAY

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SUNDAY

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---

THURSDAY

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**WANT MORE?**

SCAN THE QR  
CODE FOR A  
DIGITAL VERSION  
READY TO PRINT.

# MY OWN *recipe*

NAME OF DISH

PREP TIME \_\_\_\_\_

COOK TIME \_\_\_\_\_

V / VG / GF / DF

## INGREDIENTS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## METHOD

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## TIPS & NOTES

\_\_\_\_\_



### WANT MORE?

SCAN THE QR  
CODE FOR A  
DIGITAL VERSION  
TO PRINT.

# SHOPPING list

Freeze bread to keep for longer and stop getting mouldy

Aim for fruits and veg that are in season!

## FRUITS AND VEG

## GRAINS & CARBS

Consider long life carton or alternative milks for longer lasting milk

## DAIRY

Meat can be frozen and stored for longer

## LEAN PROTEINS

Rice crackers, dried fruit and nuts are great, cheap snacks that last in the pantry for a long time!

## SNACKS

# Helpful Support Services



## ASK IZZY

Need some extra support with food, housing or money but not sure where to look? Ask Izzy is a free website where you can find local support services for a range of needs.



[askizzy.org.au](http://askizzy.org.au)



## SARC

SARC (Safe and Respectful Communities) is responsible for supporting students who have witnessed or experienced sexual assault, harassment, domestic and family violence, bullying or discrimination.



(02) 4221 3344



[uow-sarc@uow.edu.au](mailto:uow-sarc@uow.edu.au)



## BEYOND BLUE

Beyond Blue is here to help all people in Australia. Whether you're seeking mental health information or 24/7 qualified support for you or someone else, we're here for you. Call, chat or connect online anytime.



1300 224 636



[beyondblue.org.au](http://beyondblue.org.au)



## LIFELINE

Lifeline is committed to offering 24-hour crisis support and suicide prevention services to every Australian facing personal crises.



13 11 14



[lifeline.org.au](http://lifeline.org.au)

*Wellness*  
BY PULSE

CHECK OUT SOME  
OF OUR REGULAR  
EVENTS!



**BEND &  
SNACK**

7:30AM - 8:30AM  
CLUBS ROOM (BLD 11)  
EVERY TUESDAY &  
THURSDAY IN SESSION

**BREAKY  
BAR**

8AM - SOLD OUT  
DUCK POND LAWN  
EVERY WEDNESDAY  
IN SESSION

**WELLNESS  
WEDNESDAYS**

12PM - 1:30PM  
DUCK POND LAWN  
EVERY WEDNESDAY  
IN SESSION

**SSAF**

Funded by Student  
Services & Amenities Fee





Weekly

# MEAL PLANNER

MONDAY

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FRIDAY

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TUESDAY

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SATURDAY

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WEDNESDAY

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SUNDAY

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THURSDAY

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NOTES

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# MY OWN *recipe*

NAME OF DISH

PREP TIME \_\_\_\_\_

COOK TIME \_\_\_\_\_

V / VG / GF / DF

## INGREDIENTS

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- \_\_\_\_\_
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## METHOD

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## TIPS & NOTES

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