

BEYOND MI GORENG



Budget friendly recipes and cooking tips.
Brought to you by RUSU.

Acknowledgement of Country

RMIT University Student Union acknowledges the people of the Woi wurrung and Boon wurrung language groups of the eastern Kulin Nations on whose unceded lands we conduct the business of the University. RMIT University respectfully acknowledges their Ancestors and Elders, past and present. RMIT University Student Union also acknowledges the Traditional Custodians and their Ancestors of the lands and waters across Australia where it conducts its business.

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RUSU
RMIT UNIVERSITY STUDENT UNION

 **THANKS SSAF**

Welcome!

Hello and welcome to the RMIT Student Union's 5th edition of our beloved booklet, Beyond Mi Goreng!

We know that the transition to university life can be challenging in more ways than one, so this booklet aims to provide you with easy recipes and helpful tips on how to live your healthiest and best life.

Now, in order to maintain your health & wellbeing AND to optimise your academic performance, it's super important to have a nutritious and well-balanced diet. Easier said than done, right? With late nights, irregular schedules, work commitments, and tight budgets, it's often challenging and overwhelming to make the right food choices. And this is where RUSU has your back...

In this edition of Beyond Mi Goreng, we provide healthy meal prep ideas and recipes that will keep your body happy without breaking your bank account. We also discuss nutritional and wellness habits to incorporate into your busy university life (guaranteed to work)! Also included are articles on how to introduce more plant-based foods into your life, how to make easy and healthy food swaps, and low budget items that should be included in all student pantries. We discuss the importance of buying local food and include an extensive list of Melbourne's local market scene. You're welcome!

We hope that you enjoy this booklet and are able to take away some healthy tips and habits from it. It's time to get inspired and take control of your health!!

Bon Appetite,
RUSU xx

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Mondays

Brunswick:	Breakfast, 9.30am	Building 514
Carlton:	VE Chill, 12pm (each fortnight)	Building 57, Courtyard

Tuesdays

City:	Breakfast, 9.30am	Building 5
Carlton:	Breakfast, 9.30am	Building 57
Brunswick:	Lunch, Chill N Grill, 12pm	Building 514
City:	Welfare on Wheels, 6pm	RMIT Library (Week 8-13)

Wednesdays

City:	Breakfast, 9.30am	Building 80, Level 1
Bundoora East:	Breakfast, 9.30am	Building 254
Bundoora West:	Lunch, Chill N Grill, 12pm	Building 202

Thursdays

Bundoora West:	Breakfast, 9.30am	Building 202
Bundoora East:	Lunch, Chill N Grill, 12pm	Building 254
City:	Lunch, Chill N Grill, 12pm	Alumni Courtyard

Fridays

City:	Breakfast, 9.30am	Building 108
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Keep up to date with more FREE things at...
> rusu.rmit.edu.au/freeweeklyevents
> facebook.com/RUSUpage

EDIBLE GARDENS



HAVE YOU SEEN OUR PLANTER BOXES AROUND CAMPUS?

RUSU, Realfoods Cafe and our volunteer Grow Team care for RUSU's Edible Gardens to provide you with fresh and nutritious produce on campus.

All students are welcome to harvest the herbs and vegetables to pop in your lunch or to take home. Keep an eye out for new produce as the seasons change too.

Our Grow Team works hard to keep the Edible Gardens full of seasonal produce year round.

Just ensure you take only as much as you need, so that we can all make the most of the garden's produce!

Located in Alumni Courtyard in the City, and in Bundoora at the Realfoods courtyard, next to building 220.



REAL FOODS

Have you checked out Realfoods? Do yourself a favour and head to your nearest Realfoods on campus for a healthy, organic, fairtrade and veggo meal that you won't forget!



Photo Credit: Roberta Govoni

SUSTAINABLE AND HEALTHY FOOD ON CAMPUS...

WHAT WE DO

Realfoods is the RMIT University Student Union's student-volunteer run café full of delicious, REAL, ethical, animal-free, locally sourced, fairtrade, organic coffee, snacks & drinks on campus. We are a not-for-profit social enterprise and are all about sustainability and providing delicious vegan food and drink options to the people of RMIT.

Realfoods specialises in healthy hot meals (think: curries, stir-fries and soups) and yummy vegan salads. All foods are made fresh on site in our Café and all of our packaging is 100% biodegradable. We are also well-known for our tasty wraps, toasties and range of vegan pies. And for those of you with a sweet tooth- their range of muffins, cakes, and raw slices are an absolute delight!

We also contribute to student life, health, and wellbeing and the gaining of 'on-the-job' hospitality experience by offering a fun, supportive, and engaging volunteer placement program involving customer service, food prep and food safety skills.

Check out www.facebook.com/RUSUrealfoods/

VOLUNTEERS

Realfoods is also always looking for enthusiastic students to join the Realfoods team and volunteer each semester. If you have an interest in customer service and organic food, definitely join our Realfoods volunteer team. Being a Realfoods volunteer comes with its perks too: rewards like movie tickets and discounted food, volunteer only events and heaps more! You'll also have access to undertake accredited Food Health and Safety training and your volunteer work will be recognised with 'RMIT LEAD' on your academic transcript.

Check out www.rusu.rmit.edu.au/volunteer

The logo for 'realfoods' features the word 'real' in a lowercase, sans-serif font, followed by 'foods' in a similar font. A small green leaf icon is positioned above the letter 'o' in 'foods'.

Locations:

Realfoods Bundoora

Building 220:

Monday to Thursday
8:00am-2:30pm,

Friday 8:00am-2:30pm

Realfoods City

Building 8, Level 3:

Monday to Thursday:
8:00am-3:30pm,

Friday 8:00am-3:00pm

Super Easy

MEAL PREP IDEAS FOR UNIVERSITY STUDENTS.

In a perfect world, every morning your breakfast and lunch would be made for you, magically appearing on the kitchen counter top for you to take to university. Or even better yet- imagine if your favourite meal (which costs \$15) was free, all day, every day! #dreamlife #wewish

However, we are all adults here, not 6 year olds.... (which in our opinion kinda sucks)!

The closest thing to the above mentioned dream scenario is meal prepping. Don't roll your eyes just yet guys and gals - hear us out! Meal prepping CAN be easy and delicious. We promise!

The truth is, learning how to cook is much easier than you think. The key to successful meal prepping is to keep it simple (Sunday nights are NOT the time to make slow roasted pulled pork with Béarnaise sauce, if you catch our drift).

Here's a look at some of the benefits of getting serious about your meal prep, along with a few super-easy recipe ideas to get you started.

Bon appetite, friends!



BENEFITS OF MEAL PREP:

There are heaps of benefits to prepping your meals in advance, instead of having to whip up a food masterpiece in the kitchen every single time you're hungry. Let's not kid ourselves- who has the motivation, time, or energy to be doing that? Here are some of the benefits of prepping:



1. Having your meals ready to go in the morning means you're saving all the money you would normally spend out on meals out. Think about how happy your wallet will be. Ka-Ching!

2. Meal prep prevents you from giving in to temptation when you're hungry (or should we say, hangry?). A big reason why students fall off the healthy-eating bandwagon and end up in a bottomless pit of kebabs, burgers, and 2- minute noodles (we've all been there) is because they wait until they're hungry before working out what to do about it. Prepping meals in advance and cooking them in large batches means you'll have decent food at hand when you need it.

3. Meal prepping also ensures that the portion size is appropriate and that your meals are as healthy as you want them to be. Since you're making your own meals, you will know exactly what is going into the food you eat - goodbye unnecessary preservatives - see you never!

OVERNIGHT OATS

Servings: 1

Prep Time: 10 minutes

Cook Time: 8 hours/overnight

Total Time: 8 hours and 10 minutes

If you've never heard of overnight oats before, we are here to change your lives for the better! Let's break it down: overnight oats are a no-cook method of making porridge (oatmeal). So, instead of cooking your oats with liquid on the stove or in the microwave, you mix the rolled (aka old-fashioned) oats with liquid and other ingredients, and let it rest in the fridge overnight. In the morning, you'll have a scrumptious, pudding-like porridge that is perfect for grab-and-go breakfasts. Overnight oats can be modified in many different ways so that your morning breakfast never has to be the same. Woohoo! You can double or triple the recipe to make several days' worth at once – it's just so easy.

INGREDIENTS:

1/2 Cup old fashioned Oats

1/2 Cup Milk of your choice

(dairy, almond, coconut, soy, etc)

3/4 Tablespoon Chia Seeds

1 Tablespoon Sweetener

(maple syrup, honey, coconut sugar, rice malt syrup, brown sugar, or stevia to taste)

METHOD:

- 1** Using a 500ml Mason jar, add oats and milk; layer with desired flavoured toppings.
- 2** Close and refrigerate overnight; serve cold.

STRAWBERRIES & CREAM, ADD:

1/2 Cup strawberries, chopped.
1/4 Cup vanilla yogurt or coconut yogurt
1 Tablespoon mini chocolate chips.

TROPICAL DELIGHT, ADD:

2 Tablespoon diced kiwi.
2 Tablespoon diced pineapple.
1/4 Cup plain Greek yogurt or coconut yoghurt
1 Tablespoon toasted coconut flakes.

BLUEBERRY LEMON CHEESECAKE, ADD:

2 Tablespoons blueberry yogurt (or try coconut yogurt as an alternative).
1/4 Cup plain Greek yogurt or coconut yoghurt
1/4 Cup blueberries.
1 teaspoon lemon zest.
1 teaspoon honey.

PUMPKIN PIE, ADD:

2 Tablespoons pumpkin puree.
1/4 Cup plain Greek yogurt or coconut yoghurt.
2 Tablespoons pecans, chopped.
1 teaspoon maple syrup.

PB&J, ADD:

1 Tablespoon strawberry jam.
2 Tablespoons peanut butter.
2 Tablespoons peanuts, crushed.

APPLE PIE, ADD:

1/4 Cup plain Greek yogurt or coconut yoghurt
1/4 Cup diced apples.
1/4 teaspoon ground cinnamon.
1 teaspoon maple syrup.

OATS' BOUNTIFUL BENEFITS:

Oats are up there with the healthiest grains in the world, so you know they are loaded with health benefits. Oats...

- » are packed with vitamins and minerals
- » have antioxidants and fibre
- » lower blood sugar and cholesterol levels
- » reduce the risk of heart disease

TACO MEAL PREP BOWLS

Servings: 4

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

INGREDIENTS:

700 grams Ground Beef

(use tofu for a veg option)

2 Tablespoons Olive Oil

1 Tablespoons Chilli Powder

1/2 teaspoon Garlic Powder

1/2 teaspoon Onion Powder

1/4 teaspoon Oregano

1/2 teaspoon Paprika

2 teaspoons Cumin

1/2 teaspoon Salt

1/4 teaspoon Pepper

1 x 400 gram can Black Beans, drained and rinsed

1 x 400 gram can Corn Kernels, drained

3 Roma Tomatoes, diced

1 Cup Brown Rice

To Garnish:

Juice of one Lime

Pico de Gallo

Avocado

Grated Cheddar (optional)

Coriander

Because who doesn't love Mexican food, right? This healthy take on Mexican food combines all the best ingredients and makes a delicious meal prep bowl.

Firstly, your main protein can be ground beef or tofu. Black beans add another layer of protein and are super high in dietary fibre. The brown rice gives you your good carbs and extra dietary fibre, which will give you sustained energy for your busy day ahead. And finally, tomatoes are an amazing source of vitamin C and potassium. Who's ready to dig in?

METHOD:

- 1** In a large saucepan of 2 cups water, cook rice according to package instructions; set aside.
- 2** Heat olive oil in a large pan over medium high heat. Add ground beef and cook until beef has browned, about 3-5 minutes, making sure to crumble the beef as it cooks. If using the vegan option, dice the tofu into small cubes and cook until it has browned on both sides, roughly 3-5 minutes.
- 3** Mix together seasoning and sprinkle over meat/ tofu. Stir to incorporate. Simmer for 3-5 minutes.
- 4** Divide rice into meal prep containers. Top with ground beef mixture OR tofu, black beans, corn, tomatoes, pico, cheese, avocado, cilantro and squeeze juice from lime over the dishes.

Note:

Substitute the spices in this recipe for one sachet of taco seasoning if you are short on time.

BLACK BEAN CHILLI

Servings: 4

Prep Time: 10 minutes

Cook Time: 25 minutes

Total Time: 35 minutes

This chilli dish is healthy and nourishing for both your body and soul. The fact that it comes together in about 30 minutes with very little prep is just an added bonus! It's also super filling and comforting, but still healthy enough to leave you light and energised for the next day. I mean, there's nothing worse than feeling sluggish mid-week due to stress eating and the takeout dinner you had the night before (hello Uber eats pizza delivery, we are looking at YOU)!

If you still need a bit of indulgence, you can top this recipe off with a bit of shredded cheese, sour cream, or even scoop it up with some tortilla chips. We don't have to be 100% good 100% of the time, right?

INGREDIENTS:

- 1 Tablespoon Olive Oil
- 1 Yellow Onion
- 4 Cloves Garlic
- 3 x 400 gram can Black Beans
- 1 x 400 gram can Diced Tomatoes
- 1/4 Cup Tomato Paste
- 1 Tablespoon Chilli Powder
- 1/2 teaspoon Cumin
- 1/2 teaspoon Smoked Paprika
- 1/2 teaspoon Oregano
- 1/4 teaspoon Salt
(or to taste)

METHOD:

- 1 Dice the onion and mince the garlic. Add the onion and garlic to a large pot with 1 Tablespoon olive oil and cook over medium-low heat just until softened (2-3 minutes).
- 2 Add the three cans of beans (undrained), the diced tomatoes (undrained), tomato paste, chilli powder, cumin, smoked paprika, and oregano. Stir everything to combine.
- 3 Let the chilli simmer for about 10 minutes to let the flavours blend and help the liquid thicken slightly. Taste the chilli and add salt as. Serve with your favourite chilli toppings.



OVERNIGHT CHIA PUDDING

Servings: 2

Prep Time: 2 minutes

Cook Time: 8 hours/overnight

Total Time: 8 hours and 2 minutes

This is the perfect meal prep recipe for a healthy breakfast or quick snack. It's a 2 ingredient recipe that you can make within minutes. Simply mix it before bed, pop it in the fridge and enjoy your tasty breakfast the next morning. Add whatever fresh fruit you love for toppings, and you are ready to go!

INGREDIENTS:

1/4 Cup Chia Seeds

1 Cup Milk of your choice

(dairy, almond, coconut, soy, etc)

Fresh Fruit

(for topping, i.e. strawberries, blackberries)

Nuts and Seeds

(for toppings, i.e. chopped hazelnuts)

Sweetener

(optional, i.e. maple syrup, honey, to taste)

METHOD:

- 1** In a medium bowl, gently stir together the chia seeds and milk. Cover and set in the refrigerator overnight.
- 2** In the morning, give the chia seed pudding a very good mix, breaking apart any clumps. It's totally normal for it to have clumps, but once you give it a good stir, it will become a smooth pudding like texture.
- 3** Top with your fave fruits, nuts, and seeds. You can also mix in some yogurt to make it extra creamy. We also like to drizzle on maple syrup for extra sweetness.

Note:

If you are planning to make chia pudding ahead of time- the best way is to make the pudding in a large bowl. After you have soaked it overnight, in the morning, give it a good stir to break apart any clumps. Then portion it out into the individual pots for the next several days.

SPINACH, CHICKPEA + QUINOA SALAD

Servings: 4

Prep Time: 5 minutes

Cook Time: 15 minutes

Total Time: 20 minutes

This salad is SUPER basic and SUPER tasty. It's a great meal to keep on hand to build different meals throughout the week, or to eat as a quick bite when you're short on time. You don't even have to use quinoa- you could substitute other grains such as brown rice or cooked pasta. Just about any cooked grain will work so have fun with it! To add variety to this salad throughout the week, you could try topping it with a hard or soft boiled egg or add some grilled chicken or tofu.

INGREDIENTS:

2 Cups cooked Quinoa

(or other grain)

2 Tablespoons Olive Oil

**1 Tablespoon Red Wine
Vinegar**

**1/2 Tablespoon Lemon
Juice**

**1/2 teaspoon Dried
Oregano**

1/8 teaspoon Garlic Powder

1/4 teaspoon Salt

Cracked Black Pepper

4 Cups fresh Spinach

1 punnet Cherry Tomatoes

**1 x 400 gram can
Chickpeas**

**50 grams Feta Cheese or
vegan cheese**

METHOD:

- 1** While your quinoa (or other grain) is cooking, prepare the dressing so it has a few minutes for the flavours to blend. In a small bowl, whisk together the olive oil, red wine vinegar, lemon juice, oregano, garlic powder, salt, and some freshly cracked pepper. Set the dressing aside.
- 2** Roughly chop the spinach into smaller pieces, then place them in a large bowl. Slice the tomatoes in half, then add them to the bowl with the spinach. Rinse and drain the chickpeas, then add them to the bowl. Lastly, crumble the feta over top. Give these ingredients a brief stir until they're combined.
- 3** Allow your quinoa or grains to cool slightly, or just to the point where it's no longer steaming. Add the warm quinoa to the salad and stir to combine. The heat from the quinoa will slightly wilt the spinach.
- 4** Finally, drizzle the dressing over top and stir briefly once more. Serve the salad immediately, or refrigerate up to 4-5 days.

BROCCOLI PASTA

Servings: 6

Prep Time: 5 minutes

Cook Time: 10 minutes

Total Time: 15 minutes

Sometimes the simplest food can be the most delicious. Sometimes simple recipes just W-I-N. I mean, why should we overcomplicate the food that we eat when our lives already can seem so complicated?

We got you, honey. This is our favourite go-to meal prep recipe to use when we are tired and hungry. You'll probably have all these ingredients on hand in your kitchen cupboard anyway, and it only takes minutes to throw together. These few ingredients make an incredibly tasty, filling, and easy meal on the fly.

INGREDIENTS:

350 grams Pasta

(any shape)

3 Cups frozen Broccoli Florets

3 Tablespoons Butter
(or nut/vegan butter)

3 Tablespoons grated Parmesan

(or vegan cheese)

Salt to taste

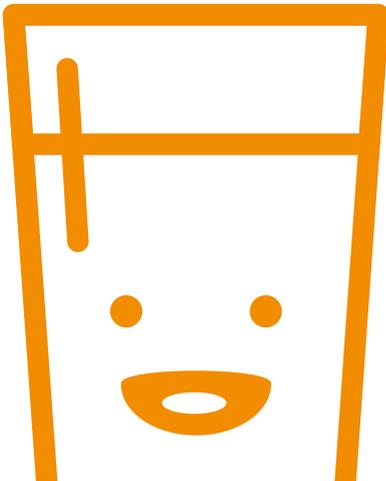
Cracked Black Pepper
(to taste)

Pinch of chilli flakes
(optional)

METHOD:

- 1 Bring a pot of water to a boil, then add the pasta. Boil until the pasta is al dente (7-10 minutes). Add the frozen broccoli florets to the boiling pasta water, turn off the heat, and let sit for 1-2 minutes, or until the broccoli is tender-crisp. Drain the pasta and broccoli in a colander.
- 2 Transfer the pasta and broccoli back to the pot (with the heat off) or to a bowl and add the butter. Toss until the butter has melted and coated everything. Add the Parmesan, salt, freshly cracked pepper, and chilli flakes, then toss to coat again. Taste and adjust seasoning as needed.

UNI LIFE AND HEALTHY EATING. CAN THE TWO CO-EXIST?



The prospect of having to feed and take care of yourself everyday can be pretty daunting for a new university student. As you immerse yourself into university life, good eating habits can easily fall through the cracks, especially with all the temptations around like student takeaway deals and cheap fast food options. It however doesn't take very long for this diet to take its toll on your body. When classes start and all the assignments begin to roll in, eating this way just isn't effective. That's why it's so important to eat right to fuel your body!

We get it though, easier said than done, right? It can be hard to find good habits without the guidance or routine of home life. So with that in mind, here are our top **8 nutrition tips for the busy university student...**



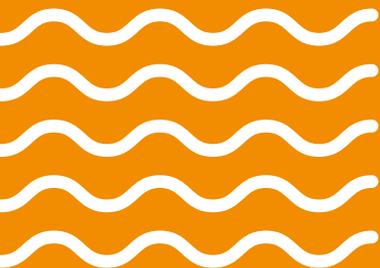
PLAN AND MEAL PREP

Take some time every week to plan out what your main meals will be for each day of the week ahead. This will definitely give you some structure and allow you to stick to the meal plan you've created. For more awesome information on meal prepping + recipes, check out our article on page 8.

DRINK WATER

Let's face it, your body needs water! It's not rocket science – if you get dehydrated, you aren't going to feel so good. Health authorities commonly recommend eight 8-ounce glasses of water a day, which equals about 2 litres. Drinking enough water during the day can help boost your concentration and also keep you from overeating, so make sure you keep hydrated throughout the day. For those of you who find water a bit boring (it can be sometimes, we know), try adding flavour by adding in sliced fruit or cucumbers. Problem solved!

2



KEEP HEALTHY SNACKS AROUND

It's nice to have something to snack on while you're on campus or in-between classes, and it can be a great way to get more nutrition into that body too! That is.....as long as you choose snacks that are good for you. You may be tempted to buy candy, ramen noodle cups, chips, and foods that can sit on your shelf for a long period of time. The problem with these snacks is that they aren't good for you- they are high in excess fats, added sugars, preservatives, and calories.

3

Try these snacks instead...

Rice Cakes and Rice Crackers keep well and are very low in calories. Try some flavoured rice cakes/crackers or even add nut butter for extra flavour and goodness.

Nuts and seeds are packed with a powerful punch of minerals, vitamins, and fats. They keep easy at room temperature and are easy to munch on on-the-go.

Dried fruits (like raisins, dried apricots, and other dehydrated fruits) are another great snack option. Just make sure to check the packet for any added sugars or preservatives.

Did someone say, Pop?! **Popcorn** is another excellent go-to snack. Air-popped is best, but regular popcorn is fine as well- just make sure to hold the extra butter.

Vegetable sticks (carrots, celery, cucumber, etc) with either peanut butter or hummus. Because let's be honest, who doesn't love hummus? #eatsthewholetub #infiveminutes #noregrets

4

ADD ONE PIECE OF COLOURFUL FRUIT OR VEGETABLES TO EVERY MEAL

In this day and age, most people don't get enough fruits and vegetables. Which we think is super sad, as they are so good for your health and also oh so delicious! Our tip would be to add a fruit or veggie to every single meal that you can. It's super easy! For instance, add sliced fruit to your breakfast or fresh berries to your bowl of cereal. Aim for 2-3 cups of veggies and a serving or 2 of fruit every day.



5

SNEAK FITNESS IN

Sometimes hitting the gym is hard to do with a busy uni schedule. If you're finding it hard to work out, try sneaking fitness into your daily routine. For instance, ride your bike instead of driving; take the stairs instead of the elevator; park farther away in the parking lot if you drive, or get off the bus or tram at an earlier stop and walk the extra distance. It all adds up!



JUST BREATHE

Feeling overwhelmed? Stressed? Anxious? Try deep breathing. It's one of the best ways to lower stress in the body. When you breathe deeply, you send a message to your brain to calm down and relax- and then the brain then sends this message to your body. Try this basic exercise anytime you need to relax or relieve stress:

- Sit or lie flat in a comfortable position
- Put one hand on your stomach (just below the ribs) and the other hand on your chest
- Take a deep breathe in through your nose, allowing your stomach to push your hand out. Your chest should not move.
- Then breathe out through your mouth. Feel the hand on your belly go in and use it to push all the air out.
- Do this breathing 3-10 times. Take your time with each breath.

SLEEP

As Uni students have a lot to focus on, it's important for you to get a good night's sleep and be well rested on a daily basis. If you can, try creating a healthy sleeping environment: it's important for the space where you sleep to be uncluttered and comfortable. Make sure you use your bed for sleeping, not studying.

Another great way to improve your sleeping routine is to give your brain time to relax and switch off before heading to bed. You know what that means....Unplugging! Lights from phones, computers, and TV's can make it more difficult for your body to recognise that it's time to rest. Put away or turn off those devices for 30 minutes before you try to sleep. Sweet dreams!

INDULGE EVERY ONCE IN A WHILE

Look, we don't have to be perfectly healthy 100% of the time. A little treat now and then is absolutely fine! Give yourself a break from time to time and indulge in the foods you love but can't eat all the time (chocolate cake, we are lookin' at you!)

10 EASY & HEALTHY FOOD SWAPS

FOR THE UNI STUDENT THAT MAKE A DIFFERENCE



PASTA → ZUCCHINI NOODLES

Get yourself a spiraliser (you can get a simple one for around \$10) and instantly create ribbons of zucchini. Lightly fry them in a little olive oil, and you've got a deliciously low carb alternative for all of your favourite noodle dishes.



MASHED POTATOES → CAULIFLOWER MASH

Transform your favourite side dish into something a lot healthier by using cauliflower instead of white potatoes. Make it creamy with almond milk, nut butter, and Himalayan Sea salt. Cauliflower has an abundant amount of vitamins & minerals.



HAMBURGER BUNS → FIELD MUSHROOMS

If you're a fan of mushrooms, try using Portobello mushrooms as buns. They work really well in place of hamburger buns and are super healthy. For those not into shrooms, try using iceberg lettuce as your bun.



SWAP CHIPS → POPCORN

Craving some salty goodness? Air pop some popcorn and add a dash of salt. Three whole cups is only about 100 calories. That's way more enticing than six greasy chips. #nobrainer



SUGARY CEREALS → OATS

Options like Coco Pops, Fruit Loops, and Frosted Flakes are filled with sugar, while oatmeal boasts heart-healthy benefits.



What if we told you that improving your health could be easily done, by making a few simple tweaks to your daily diet? Here are some easy swaps to make our favourite meals a little healthier.



ENERGY DRINKS → COCONUT WATER

While sports energy drinks work, they are artificial and loaded with sugar. Swap it with nature's very own sports drink: coconut water. It's loaded with high levels of electrolytes like, and is also very low in calories and sugar.



WHITE RICE → BROWN RICE

Choose brown rice over white, as it's stripped of many essential nutrients, like fibre. For a lighter meal, sub out rice altogether for cauliflower. Process cauliflower in your food processor until it becomes rice texture. Voila!



WHITE BREAD → WHOLEMEAL BREAD

Wholemeal, rye, or seeded bread is healthier than white bread, due to the high fibre levels. The sugars present in wholemeal and rye breads are digested much more slowly, giving you a stable energy release, rather than a sugar rush.



SALAD DRESSING → OIL AND BALSAMIC

Have you ever flipped the salad dressing bottle around and seen a million ingredients listed? Think 'less is more' & lightly dress your salad with olive oil and balsamic vinegar! If you're after a dressing with a bit more punch, add Dijon mustard.



SOUR CREAM → GREEK YOGURT

Crave sour cream in your burritos? To get that same creamy coolness, add a dollop of plain Greek yogurt instead. You'll slash the fat AND amp up the protein.



Want to eat more vegetables & plant based meals?

Here's exactly what to do...

We all know that we're supposed to eat our greens.....but eating the recommended amount of veggies and fruits is hard for many of us. Some people might be scarred from childhood memories of soggy, over-boiled Brussels sprouts (um, gross)! Or maybe you just don't know how to include enough plant-based foods into your diet without having to eat a boring salad everyday (who has time for that? Not us)!

However, eating more veggies and plant-based foods has a HUGE amount benefits for the body, takes a lesser toll on the environment, and invites a whole range of nutrients into your diet that will help support your busy life at university.

Some notable physical and mental benefits of a plant-based meals are:

- **Helps promote mental health**
- **Helps you live longer and healthier**
- **Helps prevent diseases such as type 2 diabetes, heart disease, and some cancers**
- **Helps keep your bowels healthy (and movements regular)**
- **Gives your body the vitamins and nutrients it needs to function optimally**
- **Helps reduce obesity and maintain a healthy weight**
- **Lowers blood pressure and cholesterol**

But we know the hard part isn't knowing how important our veggies are- it's knowing how to include these healthy foods into our diet in a simple yet achievable way.

And that's where we make it easy for you. Here are 10 simple ways to integrate more plant-based foods into your diet. You're welcome.

1 Make Small Changes

Word to the wise: start small. Take it easy and don't put too much pressure on yourself. You can change one meal at a time, or even one ingredient at a time (yes, it's that easy)! A great example would be to eat a slice of seeded multi-grain bread with avocado for breakfast instead of your usual white toast with Vegemite.

Eating fresh is definitely the best option, so try to start with one meal or snack a day that incorporates a whole, unrefined fresh food ingredient. For instance, you could take a carrot, seasonal fruit or a handful of natural nuts in a small container with you to uni, and make it your goal to eat it by the end of the day. Totally doable #KickingGoals



2

Aim for Variety

For a lot of us who don't eat heaps of veggies, perhaps it's because we don't have a lot of variety, or didn't have a lot of variety growing up. If your mum served you soggy Brussels sprouts or plain broccoli, it's no wonder you'd end up hating eating plant-based foods.

And that's why variety is so important when starting out! Try new, different fruits and vegetables! Be open to experimenting with foods that you might not have necessarily liked as a kid, and perhaps try preparing it in a different way.

Another hot tip is to shop for your fruit and veg at your local farmer's market (or local fruit and veg shop) instead of Woolies or Coles. If you see the fruits and veggies in the environment of a farmer's market, they can be a lot more enticing because they do look so fresh, beautiful, and colourful. These are the things we are naturally drawn to eat! Head on over to page 34 to find out where your closest farmers market is.

3

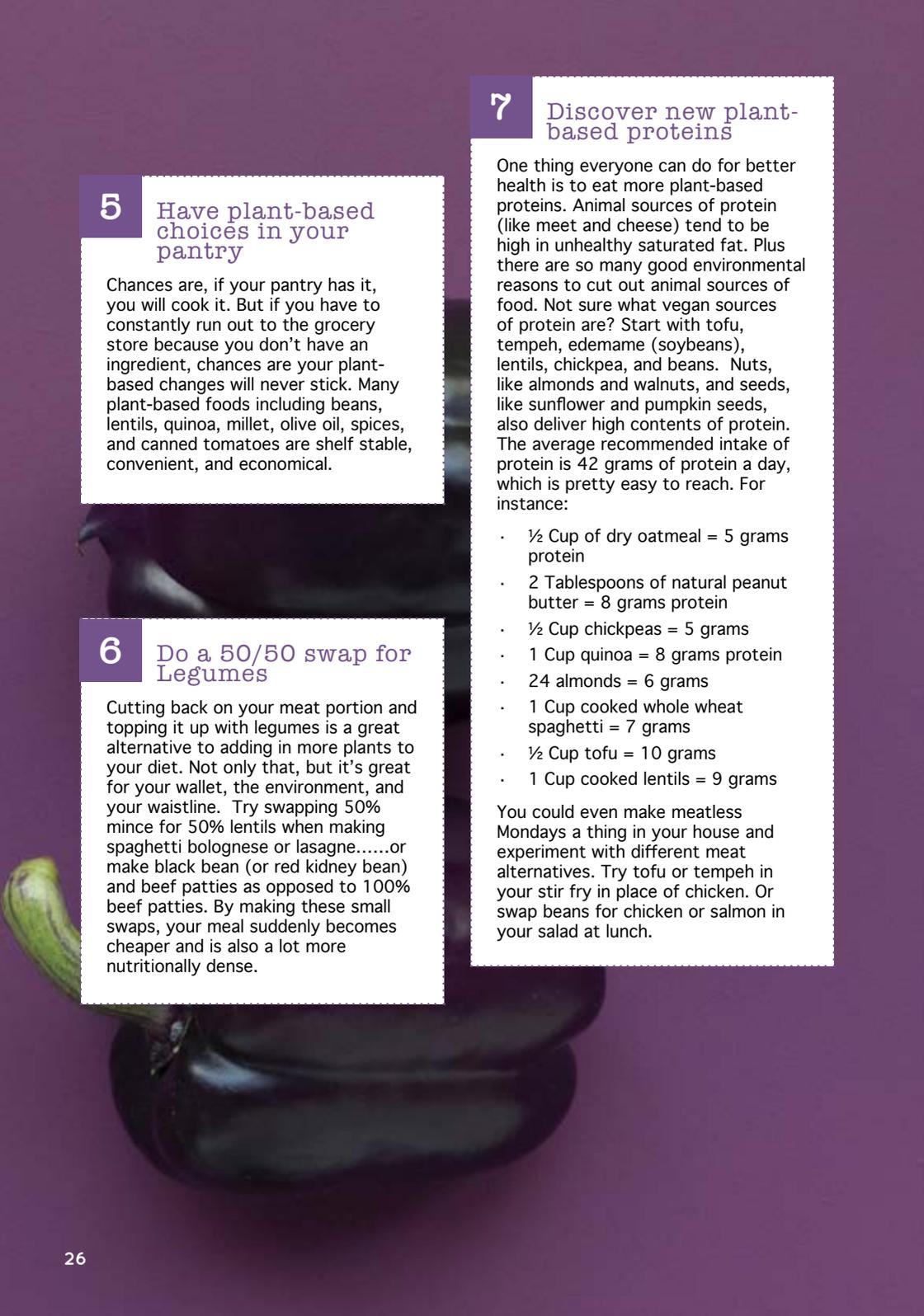
Seize the Veggie Day!

Start your day out right with veggies for breakfast. That's right, you heard us! You CAN incorporate veggies into your morning routine. And no, we aren't crazy. Hear us out: think about your favourite breakfast or brunch dish to get out at a café on the weekend. Chances are it comes with poached eggs, avocado, roasted tomatoes, and wilted spinach (and OK, haloumi). WELL, that's a few serves of veggies right there, ladies and gentleman, and you didn't even know it! And if you're doing that on the weekends, there's no reason why you can't incorporate it during the week. Amirite? A downright easy way to do this would be to chuck some spinach and tomato onto your toastie: et voila! – You have just increased your vegetable intake! Other easy options could be to have a big green smoothie, oatmeal with walnuts and berries, a bean and veggie burrito, or an omelette loaded with broccoli, mushrooms, and peppers.

4

Shop the produce aisle first

Start planning your meals around what vegetables you will be eating instead of what protein. Making this the focus instantly changes how you view your plate and what you are putting into your body. What vegetables are in season? What looks fresh? What's on sale? What are you craving or what looks good to you? Start filling up your trolley and meal plan around it. For example, if onions, bok choy, and mushrooms are hitting all the right spots, use these to make an Asian stir-fry and pile it on top of quinoa or brown rice for a delicious plant-based meal. This will also help you resist the temptation to fill your trolley with less nutritious foods (all that pre-packaged stuff) because your cart is already filled with delicious and nutritious vegetables, and your mind is focused on healthy eating!



5

Have plant-based choices in your pantry

Chances are, if your pantry has it, you will cook it. But if you have to constantly run out to the grocery store because you don't have an ingredient, chances are your plant-based changes will never stick. Many plant-based foods including beans, lentils, quinoa, millet, olive oil, spices, and canned tomatoes are shelf stable, convenient, and economical.

6

Do a 50/50 swap for Legumes

Cutting back on your meat portion and topping it up with legumes is a great alternative to adding in more plants to your diet. Not only that, but it's great for your wallet, the environment, and your waistline. Try swapping 50% mince for 50% lentils when making spaghetti bolognese or lasagne.....or make black bean (or red kidney bean) and beef patties as opposed to 100% beef patties. By making these small swaps, your meal suddenly becomes cheaper and is also a lot more nutritionally dense.

7

Discover new plant-based proteins

One thing everyone can do for better health is to eat more plant-based proteins. Animal sources of protein (like meat and cheese) tend to be high in unhealthy saturated fat. Plus there are so many good environmental reasons to cut out animal sources of food. Not sure what vegan sources of protein are? Start with tofu, tempeh, edemame (soybeans), lentils, chickpea, and beans. Nuts, like almonds and walnuts, and seeds, like sunflower and pumpkin seeds, also deliver high contents of protein. The average recommended intake of protein is 42 grams of protein a day, which is pretty easy to reach. For instance:

- ½ Cup of dry oatmeal = 5 grams protein
- 2 Tablespoons of natural peanut butter = 8 grams protein
- ½ Cup chickpeas = 5 grams
- 1 Cup quinoa = 8 grams protein
- 24 almonds = 6 grams
- 1 Cup cooked whole wheat spaghetti = 7 grams
- ½ Cup tofu = 10 grams
- 1 Cup cooked lentils = 9 grams

You could even make meatless Mondays a thing in your house and experiment with different meat alternatives. Try tofu or tempeh in your stir fry in place of chicken. Or swap beans for chicken or salmon in your salad at lunch.

8 Choose the right carbs

We hear you: you love (and need) carbs! They are our body's favourite choice for fuel. But here's the thing: it doesn't have to be pasta ALL the time (although sometimes we wish it could be)! You'll find quality carbs in all sorts of grains like quinoa, rice, potatoes, and yes, in VEGGIES. Whole grains are almost always the best choice, compared to refined grains (like white flours). Whole grains are made from the entire grain and provide you with nutritious B vitamins, iron, magnesium, selenium and fibre- all of which are stripped during the refining process. The fibre in the whole grains also keeps you feeling fuller for longer, thanks to its awesome ability to slow digestion.

9 Don't assume vegan food products are healthier

Living in Melbourne, we are spoiled for choice with the vegetarian and vegan options available to us. #blessed

But don't automatically assume that the vegan food products you see on the shelves are healthier or better for you. For instance, vegan cookies loaded with sugar aren't necessarily any healthier for you or your waistline compared to regular cookies. Processed vegan foods often contain saturated fat-laden-palm oil and coconut oil. We would recommend sticking to whole, nutritious foods that just happen to be vegan, like carrots and hummus, nuts and dried food, or whole-grain tortilla chips with guacamole. Don't get us wrong, having vegan treats every often is more than fine. I mean, #YOLO. Just don't justify them as 'healthy' simply because they are vegan.

10 Get inspiration

Ask your closest friends and family for their favourite veggie recipes. This may seem obvious- but some people don't ask for help or get ideas when they are first trying something new. Don't be afraid to ask - you will be amazed at the wonderful ideas you can get from what other people prepare for their meals. Or perhaps you've heard of a little thing called the internet?? Pinterest, Instagram, food blogs or cooking websites can be a great tool in helping you come up with awesome food ideas. Our current obsession on Instagram is @bosh.tv - follow them for videos featuring simple yet amazing food recipes. #foodinspo #foodgoals

Low-budget items every student should have

Having some common items on hand makes it easier to prepare quick and nutritious meals. The list below is designed to get you started... make sure you add your personal favourites to the list!

Pantry

- Tinned tomatoes
- Tomato paste
- Tinned vegetables
- Tinned beans and lentils
- Tinned tuna and salmon
- Pasta and rice
- Wholegrain breakfast cereal & oats
- Pepper & Salt
- Condiments: dried herbs and spices, curry powder, tomato sauce, soy sauce, stock cubes
- Olive oil
- Nut butters
- Natural Sweetener- honey, agave, rice malt syrup
- Nuts
- Bread
- Coffee & Tea

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Fridge/ freezer

Eggs

Cheese

Lean meat/ tofu

Yoghurt

*Milk or Plant based milk
alternative*

Frozen vegetables

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Fruit and vegetables

Seasonal fruit

Seasonal vegetables

Onions

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When money is tight, it's helpful to work out your weekly expenses. Once you've accounted for basic bills like rent, petrol/public transport/ etc, you should have an idea of how much money you have left for food. Here are some helpful hints that can help you save money on food.

HOW TO EAT HEALTHY ON A BUDGET

Plan your meals and snacks for the week.

Know how you will use what you buy, how much, and when.

Make a shopping list and stick to it and don't shop when you're hungry!

Take leftovers for lunch the following day or freeze for later use.

Use what you already have.



Shop at the local markets/farmers markets late for discounted fruit, vegetable, and meat bargains.

Watch out for supermarket specials of staples (rice, pasta, pasta sauce, bread, and canned veggies) and stock up on them when cheap. Bread can be frozen for at least 2 months, and items such as pasta and rice have a long shelf life.



Eat fruits and vegetables that are in season.

Buy smaller amounts of lean meat, skinless chicken and fish, and extend your meals by adding legumes and extra vegetables.

Make one pot dishes where you can throw everything in together to save energy, time, money, and washing up.

Drink water instead of juice or sweetened juice - it's free and has zero calories.

Try to limit takeaway foods and processed foods/drinks to special occasions and small amounts.





**Buy local produce
to reduce your
shopping budget and
support local farmers!
PLUS your guide to
Melbourne's Local
Market Scene.**

Have you ever wondered why it's important to buy local food?

Shopping 'local' has increasingly become the new trend, with more and more people seeking out fresh and local options for produce. Restaurants have also followed along, sourcing locally grown ingredients and often using the phrase 'farm-to-table.'

But what exactly is 'local' food? And why is it so darn important?

Locally grown food refers to food and other agricultural products that are grown or produced, processed, and then sold within a certain area. Buying local foods prevents the need for food to be transported long distances before being consumed. When food is picked and eaten at the peak of freshness, it not only retains more nutrients, but it also tastes better! Another perk of eating local food is that it allows you to build relationships with your local farmers and get to know where your food comes and when it is in season. If you buy food directly from a local producer you can also ask them questions about how the food was grown. Buying food in season is also cheaper due to more produce being available.



Farmers Markets in Melbourne

Carlton Farmers Market

Carlton North Primary School, corner of Canning & O'Grady Streets, Carlton North. First and third Saturday of every month, 8am–1pm.

Coburg Farmers Market

Coburg Primary School, 92 Bell Street, Coburg. Every Saturday, 8am–1pm.

Collingwood Farmers Market

Collingwood Children's Farm, Saint Helier Street, Abbotsford. Second Saturday of every month.

Gasworks Farmers Market

Gasworks Arts Park, 21 Graham Street, Albert Park. Third Saturday of every month.

Alphington Farmer's Market

Melbourne Innovation Centre, 2 Wingrove Street, Alphington. Every Sunday, 9am–1pm.

Flemington Farmers Market

Mount Alexander College, 175 Mount Alexander Road, Flemington. Every Sunday, 9am–1pm.

Gleadell St. Markets

Gleadell Street, Richmond. Every Saturday, 7am–1pm.

Slow Food Farmer's Market

Abbotsford Convent, 1 Saint Helier Street, Abbotsford. Fourth Saturday of every month, 8am–1pm.

Yarraville Farmer's Market

Yarraville Gardens, corner of Hyde and Somerville Roads, Yarraville. Fourth Saturday of every month, 9am–1pm in winter, 8am–12pm in summer.

Boroondara Farmer's Market

Patterson Reserve, Auburn Rd, East Hawthorn. Third Saturday of every month, 8am–12:30pm.

Fitzroy Street Farmer's Market

Corner Fitzroy Street & Lakeside Drive, St. Kilda. Fourth Saturday of every month, 8:30am–1pm.

Veg Out St Kilda Farmer's Market

Peanut Farm Reserve, Corner of Shakespeare Grove & Chaucer Street, Saint Kilda. First Saturday of every month, 8:30am–1pm.

Elwood Farmer's Market

Elwood College, 101 Glenhuntley Road, Elwood. Second Saturday of every month, 8:30am–1pm.

Bayside Farmer's Market

Trey Bit Reserve, Jetty Road, Sandringham. Third Saturday of every month, 8am–1pm.

Kingston Farmer's Market

Sir William Fry Reserve, corner Nepean Highway & Bay Road (opposite Southland), Highett. First Saturday of every month, 8am–12:30pm.



Regular Markets in Melbourne

Queen Victoria Market

Corner of Elizabeth & Victoria Streets, Melbourne. Tuesday & Thursday, 6am–2pm. Friday, 6am–5pm. Saturday, 6am–3pm. Sunday, 9am–4pm.

Camberwell Fresh Food Market

519–523 Riversdale Road, Camberwell. Tuesday, Thursday and Friday, 7am–7pm. Saturday, 7am–5pm.

South Melbourne Market

322–326 Coventry Street, South Melbourne. Wednesday, Friday and Sunday, 8am–4pm. Saturday 8am–5pm.

Prahran Market

63 Commercial Road, South Yarra. Tuesday, Thursday, Friday and Saturday, 7am–5pm. Sunday, 10am–3pm.

Preston Market

2/30A The Centreway, Preston. Wednesday, 8am–3pm. Thursday and Friday, 8am–6pm. Saturday and Sunday, 8am–3pm.

Footscray Market

81 Hopkins Street, Footscray. Tuesday and Wednesday, 7am–4pm. Thursday and Saturday, 7am–6pm. Friday, 7am–7pm.

Bentleigh Farmers' Market

Bentleigh East Primary School, 90 Bignell Rd, Bentleigh East. Fourth Saturday of every month, 8am–12.30pm.

Substation Farmers' Market

The Substation, 1 Market Street, Newport. First and third Sunday of every month, 9am–1pm.

Williamstown Farmers' Market

Commonwealth Reserve, Nelsons Place, Williamstown. Second Sunday of every month, 9am–1pm.

North Essendon Farmers' Market

Thompson Reserve, Keilor Road, Essendon (between Collins & McCracken Streets). Second Saturday of every month, 8am–1pm.

Bundoora Park Farmer's Market

Bundoora Park, Plenty Road, Bundoora. First Saturday of every month, 8am–1pm.

Eltham Farmers' Market

Eltham Town Mall, 10–18 Arthur Street, Eltham. Second and fourth Sunday of every month, 9am–1pm.

Manningham Farmers Produce Craft market

The Manningham Club, 1 Thompsons Road, Bulleen. Fourth Sunday of every month, 8am–1pm.

The Fitzroy Mills

75 Rose Street, Fitzroy. 9am–2pm, every Saturday.

Whitehorse Farmer's Market

Whitehorse Civic Centre, 379 Whitehorse Road, Nunawading. Second Sunday of every month, 8am–1pm.



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