



**The**

*Nicer Weigh*

**Weight Management  
Program**





# *Nicer Weigh Booklet*

## **Contents**

**What is NicerWeigh**

**Page 2**

**Catabolic Foods**

**Page 4**

**List of Catabolic Foods**

**Page 5**

**Recipes**

**Page 6**

**FAQ's**

**Page 21**



# What is Nicer Weigh?

NicerWeigh is new and nicer than you can imagine when you compare it to other Whey Protein Formula Dietary Foods.

NicerWeigh is better value and needs less or no milk or milk alternatives to give it a full body and richness of taste and flavour to satisfy the most discerning palate.

NicerWeigh has more protein and less carbs than most of the popular brands.

Nicerweigh has more soluble fibre and prebiotics than most other brands to help improve satiety and intestinal health.

When it comes to a Nicer Whey choose NicerWeigh. Nicer Weigh is available in 2 delicious flavours, a Rich Chocolate and Vanilla Delight.



# Nicer Weigh Vanilla Delight



## Nutrition Information:

Servings per package: 20

Serving size: 32g

|              | Average quantity per serving | Average quantity per 100g |
|--------------|------------------------------|---------------------------|
| Energy       | 455kj (109Cal)               | 1420kj (339Cal)           |
| Protein      | 18.1g                        | 56.7g                     |
| Fat, Total   | 0.8g                         | 2.4g                      |
| - Saturated  | 0.3g                         | 0.9g                      |
| Carbohydrate | 5.6g                         | 17.4g                     |
| - Sugars     | 2.2g                         | 7.0g                      |
| Sodium       | 57mg                         | 178mg                     |
| Fibre        | 3.68g                        | 11.49g                    |

# Nicer Weigh Rich Chocolate

## Nutrition Information:

Servings per package: 20

Serving size: 32g

|              | Average quantity per serving | Average quantity per 100g |
|--------------|------------------------------|---------------------------|
| Energy       | 462kj (110Cal)               | 1440kj (345Cal)           |
| Protein      | 18.9g                        | 59.0g                     |
| Fat, Total   | 0.9g                         | 2.7g                      |
| - Saturated  | 0.1g                         | 0.3g                      |
| Carbohydrate | 6.1g                         | 18.9g                     |
| - Sugars     | 2.6g                         | 8.0g                      |
| Sodium       | 60mg                         | 189mg                     |
| Fibre        | 3.34g                        | 10.43g                    |



# Catabolic Foods

Catabolic foods burn up more calories than they supply. It is recommended that you eat a minimum of ten servings of Catabolic foods each day. You can also eat proteins and other carbohydrates in moderation without gaining weight. High grade Catabolic foods can be more effective than other foods.

The most assimilated form of protein is whey protein which is a main ingredient in NicerWeigh.

High protein diets increase the body's need for water. Be sure to increase your daily water intake to 6 - 8 standard glasses.



# High Grade Catabolic Foods

## FRUIT:

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Black/Blueberries  
Cantalope  
Fresh Watermelon  
Grapefruit

Lemons  
Limes  
Oranges  
Pineapple

Plums-Damson  
Pears  
Raspberries  
Strawberries

## VEGETABLES:

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Artichokes  
Asparagus  
Broccoli  
Brussels Sprouts  
Carrots  
Celery

Cucumbers  
Eggplant  
Leeks - cooked  
Lettuce  
Parsley Leaves  
Peppers

Radishes  
Sweet Potato  
Spinach  
Tomato  
Zucchini

# Low Grade Catabolic Foods

## FRUIT:

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Apples  
Apricots  
Cherries

Grapes  
Honeydew Melon  
Nectarines

Peaches  
Tangerines

## VEGETABLES:

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Beans-Green  
Beans-String  
Beets  
Cabbage  
Cauliflower  
Chives - Fresh

Corn  
Dill pickles  
Endive  
Garlic  
Onions

Parsnips  
Peas  
Pumpkin  
Red Cabbage  
Turnips

## SEAFOODS:

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Clams - Cooked  
Cod - Steaks  
Crabs  
Tuna

Flounder  
Frogs Legs  
Lobster - Cooked

Mussels  
Shrimps/Prawns  
Trevally

Any white meat without fat

# Nicer Weigh Lunch Recipes

## Chicken and Orange Salad

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Serves 4

### Ingredients:

- 2 large chicken breasts
- 3 cups red and green mignonette lettuce
- 1 continental cucumber
- ½ small red onion, thinly sliced
- 50 gm pecan nuts
- 1 whole orange, peeled and separated into segments, and cut in half

### Dressing:

- 3 tablespoons orange juice
- 3 tablespoons apple cider vinegar
- 2 tablespoons olive oil
- 2 tablespoons coconut oil
- 2 teaspoons Dijon or brown mustard
- ½ stick celery, very finely sliced
- Salt and pepper to taste

### Method:

1. Steam chicken breasts and allow to cool, and slice.
2. Toss lettuce, cucumber, oranges, nuts, onion, and cooled sliced chicken in a bowl.
3. Mix dressing ingredients in a separate bowl.
4. Serve chicken and salad and pour dressing over the top.



# Blueberry Tropical Salad

*Serves 4 as an accompaniment*

## **Ingredients:**

- 1 cup Blueberries, fresh or partially thawed or dried blueberries
- 1 cup Pineapple pieces, fresh or canned (in natural juice)
- 1 teaspoon of fresh jalapeño peppers chopped (optional)
- 1 teaspoon of grated lime peel
- 1 tablespoon of salsa

## **Method:**

1. Mix salad greens
2. Combine blueberries, pineapple and jalapeño peppers, lime peel and pepper sauce; mix well.
3. Serve on a bed of mixed salad greens, if desired.



# Fruit Salad

**Serves 4**

This fruit salad includes a wide range of fruits. Of course you can choose your favourite fruit from the list of acceptable fruits such as: grapefruits, blueberries, raspberries, cherries, peaches, pears, plums, prunes and strawberries. Make sure that the fruit is also in season.

## Ingredients:

- 1 pink Grapefruit
- 1 Lime
- 2 Oranges
- 2 Pears, peeled, cored and diced
- 4 Apricots, peeled and diced
- 1/2 cup of berries
- Juice of 1 Orange
- 4 whole Cloves
- 1 teaspoon Cinnamon

## Method:

1. Peel and segment the grapefruit, lime and oranges.
2. Cut the membranes away from segments; discard the membranes.
3. Place segments into a large bowl and add all the other ingredients, Mix well.
4. Place fruit salad into a covered container and refrigerate 12 hours before serving.



# Mushroom Omelette

**Serves 2**

**Preparation time: 5 minutes**

**Cooking time: 5 minutes**

## Ingredients:

2 teaspoons oil

125 g (4oz) mushrooms, sliced

3 tablespoons chopped chives

Plus extra to garnish

1 teaspoon miso paste

50ml (2 fl oz) boiling water

4 eggs, lightly beaten

Pepper

*Variation: Try using Shitake Mushrooms*



## Method:

1. Heat the oil in a frying pan over medium heat. Add mushrooms and chives and stir-fry for about 2 minutes.
2. Dissolve the miso paste in boiling water and add to the pan. Continue to fry until the liquid has evaporated.
3. Pour the eggs over the mushroom mixture and swirl around the pan to form a thin omelette.
4. Cook for 1 minute.
5. Remove from heat. Slide the omelette onto a plate, roll up, and sprinkle with pepper and a few extra chives.



# Nicer Weigh Dinner Recipes

## Thai Tuna and Sweet Potato Pie

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**Serves 6**

**Makes 1 large tart or 12 individual tarts.**

### Ingredients:

2 large sweet potatoes

5 eggs

1 can (400mls) reduced fat organic coconut milk

Grated zest of 1 lemon

3 tablespoons fresh coriander, finely chopped

½ bunch shallots, finely sliced

2 garlic cloves finely sliced, or 1 teaspoon garlic powder

½ cup coconut flour

½ teaspoon baking powder

Salt and freshly ground pepper

½ cup cooked basmati rice

1 x 425g canned tuna chunks in brine, drained

Butter for greasing

### Method:

1. Preheat oven to 180°C.
2. Grease a 30cm round ovenproof dish, or a 12 x 1 cup muffin tray, with butter.
3. Peel and steam the sweet potatoes until tender. Drain and cut into chunks.
4. Whisk eggs, coconut milk, lemon zest, coriander, shallots, garlic, flour, baking powder, and seasoning together until combined.
5. Arrange sweet potatoes, tuna and rice over base of ovenproof dish, or in muffin tray. Pour in the egg and coconut mixture.
6. Place the dish or tray into the preheated oven and bake for 1 hour (45 minutes for muffins) until puffed and golden brown.
7. Serve cut into wedges or as individual tarts, either hot or cold, with a green leafy salad.

# Ginger and Coconut Fish

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**Serves: 4**

**Preparation time: 5 minutes**

**Cooking time: 25 minutes**

## **Ingredients:**

750g (1½lb) Fish Fillet such as Salmon, Cod, or Mullet, skinned

½ teaspoon Amena's Herb Salt

2 tablespoons Coconut Oil

3 Garlic cloves, finely sliced

90g (3½ oz) Onions, finely sliced

1-1½ tablespoons Oyster Sauce

6 tablespoons Coconut Milk, reduced fat

2.5cm (1 in) cube fresh Ginger, peeled and finely sliced into slivers

2 spring Onions, finely sliced

4 medium Mushrooms, finely sliced

4-5 tablespoons Roasted Peanuts

Pepper



## Method:

1. Wash the fish and pat dry. Put the fish onto a heat proof dish or plate that will fit into your steamer or on a rack in a pan.
2. Rub the fish with the salt and season with pepper.
3. Place a sieve over a bowl and cover a plate in kitchen paper.
4. Heat the oil in a frying pan over a medium-low heat.
5. When the oil is hot, put the garlic slivers in and fry until golden.
6. Remove them with a slotted spoon and place in a sieve, and then transfer onto the kitchen paper.
7. Repeat with the onion slices.
8. Combine the oyster sauce with 2 tablespoons of the coconut milk and spread the mixture evenly over the fish.
9. Scatter the ginger, spring onion, mushrooms, fried garlic and half the fried onions over the top.
10. Bring some water to the boil in a steamer pan so it reaches about 1.5cm below the plate. Place the plate on the rack and cover.
11. Build up steam over a high heat for 2 minutes, then turn down the heat to medium-high and steam the fish for a further 18 minutes, or until it is just done.
12. Carefully lift the plate from the steamer. Transfer some of the sauce around the fish to a small pan, add the rest of the coconut milk and heat gently.

Pour over the fish and scatter with the remaining onions and the peanuts. Serve with a selection of vegetables and a small portion of brown rice, or roll piece of fish in a lettuce leaf with slices of cucumber and sprigs of fresh herbs.



# Greek Style Baked Vegetables

*Serves: 2-3 as a main meal or 4-6 as a side order*

## Ingredients:

- 2 small or 1 large sweet potato (sliced)
- 2 large zucchini (sliced)
- 2 small potatoes (sliced)
- 2 tomatoes (sliced)
- 1 onion (sliced)
- 2 cloves of garlic, diced (optional)
- 1-2 teaspoons of Coconut Oil (\*warmed to a liquid)
- Juice of 1 Lemon (room temperature)
- 1 teaspoon of dried oregano
- 1 teaspoon of onion powder
- 1/2 teaspoon of garlic powder (optional)
- 1 teaspoon of dried parsley

## Method:

1. Lightly grease a baking dish with a little of the Coconut Oil and pre-heat oven to a moderate temperature.
2. Layer vegetables in the following order:-
  - 1/2 sweet potato
  - 1/2 zucchini
  - Potato
  - Tomato
  - Onion
  - Garlic
  - Remainder of the zucchini
  - Remainder of the sweet potato
3. Combine Coconut Oil, lemon juice, oregano, onion powder, garlic powder and parsley in a container. Pour this mixture over the vegetables.
4. Bake for 30-40 minutes. Remove from oven and stir the vegetables making sure all the vegetables are coated with the juices in the bottom of the pan.
5. Return to the oven and bake for an additional 30-40 minutes.



# Vegetable Lasagna

**Serves: 8 - 10**

## Ingredients:

- 1/2 a butternut pumpkin
- 1 teaspoon of Coconut Oil
- Tomato & Herb Sauce  
(see recipe next page)
- 1 cup of cooked spinach
- 2 onions sliced and sautéed in water
- 10 gluten free lasagne sheets
- Yoghurt Topping (see recipe next page)
- 1 cup of grated Mozzarella cheese - low fat
- 1/4 cup of grated Parmesan cheese



## Method:

1. Peel, clean and slice the pumpkin into 1.5cm slices. Brush both sides with Coconut Oil and bake in a moderate oven until cooked.
2. Grease a baking dish approximately 28cm x 18cm.
3. Place in ingredients in layers in the following order:-
  - Cooked pumpkin
  - 1/2 Tomato & Herb Sauce
  - Layer of lasagne sheets (5 sheets)
  - Spinach
  - Onions
  - Remaining Tomato & Herb Sauce
  - Layer of lasagne sheets (remaining 5 sheets)
  - Yoghurt Topping
  - Mozzarella Cheese
  - Parmesan Cheese
4. Bake in a moderate oven until cooked.

Serve with a fresh garden salad. Will keep in the fridge for 2-3 days after baking. Cut into serve size pieces and freeze. May be assembled 1 day ahead and stored in the fridge until ready to bake. For variety, replace pumpkin, spinach or onion with vegetables of your choice.

# Tomato & Herb Sauce

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## Ingredients:

- 2 cans of organic tomato pieces (approx 410g cans)
- 1/10 teaspoon of WonderFoods Stevia Powder
- 1 teaspoon of garlic powder
- 1 teaspoon of onion powder
- 1 teaspoon of dried oregano
- 1 teaspoon of dried parsley
- 1 teaspoon of dried basil
- 1 teaspoon of miso paste
- 1 bay leaf



## Method:

1. Combine all the ingredients in a saucepan. Make sure the miso paste has dissolved and simmer for 30 minutes.
2. This sauce can be used as a sauce for pasta, vegetables or meat. Make extra and freeze.

# Yoghurt Topping

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## Ingredients:

- 2 cups of non fat yoghurt
- 3 eggs
- 1 tablespoon of dried parmesan cheese - low fat
- 1 teaspoon of garlic powder (optional)
- 1 teaspoon of onion powder (optional)
- 1 teaspoon of dried parsley

## Method:

1. Mix all the ingredients together and place on the top of pasta, vegetables or casserole before baking. Top with your choice of cheese.
2. This dish needs to be cooked (baked) before eating.

Yoghurt Topping may be stored in the fridge 1 day before baking. Freezes well once cooked.

# Nicer Weigh Drinks

## Berry Shake

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*Makes 2 cups*

### **Ingredients:**

20g NicerWeigh

1/2 cup water

1/2 cup reduced fat coconut milk

1 cup frozen mixed berries

### **Method:**

In a food processor or blender, first place water and coconut milk, then Nicer weigh and frozen berries, and blend until smooth.

Great way to have your mid-morning or mid-afternoon NicerWeigh drink on a hot summers day!



# Nicer Weigh Snacks

## Baked Sweet Potato

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*Makes 1 serve*

### Ingredients:

1 Sweet Potato

### Method:

1. Take one sweet potato and scrub skin. Prick the skin all over with a fork.
2. Place in a moderate oven for approximately 1 hour, depending on size.
3. Skin and mash sweet potato.

## Serving Options

Serve Hot as an accompaniment to a meal.

Serve Hot or Cold for breakfast with non fat yoghurt.

Serve Cold as a spread. Baked Sweet Potato Spread can be used as a spread, dip or filling with Lavosh Thins, Carrot Sticks, Celery Sticks, Cucumber, Mushrooms, Capsicum etc.

Serve with Yoghurt Cream Cheese either separately or blended together. Just remember the healthy weight loss version would be without the Yoghurt Cream Cheese.



# Nicer Weigh Soups

## Creamy Chicken Soup

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**Serves 6**

### Ingredients:

2 cans coconut milk, fat reduced  
1 cup water  
2 cups chopped chicken  
½ cup chopped onion  
½ cup sliced carrots  
1 cup chopped cauliflower  
½ cup peas  
1 cup celery  
Salt and pepper



### Method:

1. Braise chicken and vegetables in a little filtered water until cooked.
2. Combine with water, coconut milk and seasonings. Simmer for 30 minutes.

{Cauliflower is a Low Catabolic Food. It could be replaced in this recipe with High Catabolic Foods such as asparagus, broccoli, brussel sprouts, capsicum, celery, tomato or zucchini or a mixture of these.}

### Variations:

#### **Curry Chicken**

You can give this recipe a taste of India by adding

1-2 teaspoons curry powder

And thickening with

2-4 tablespoons Plain Flour

Coconut milk and seasonings to the recipe.

This soup is ideal for either lunch or dinner. Think of the recipe as a template. You can change the recipe by using different spices, vegetables and meats.

Just remember to keep to ingredients that are High Catabolic Foods. If you are cooking for the rest of the family serve with boiled rice or thicken with plain flour and serve with pasta.

# Eggplant and Leek Soup

Serves 4

## Ingredients:

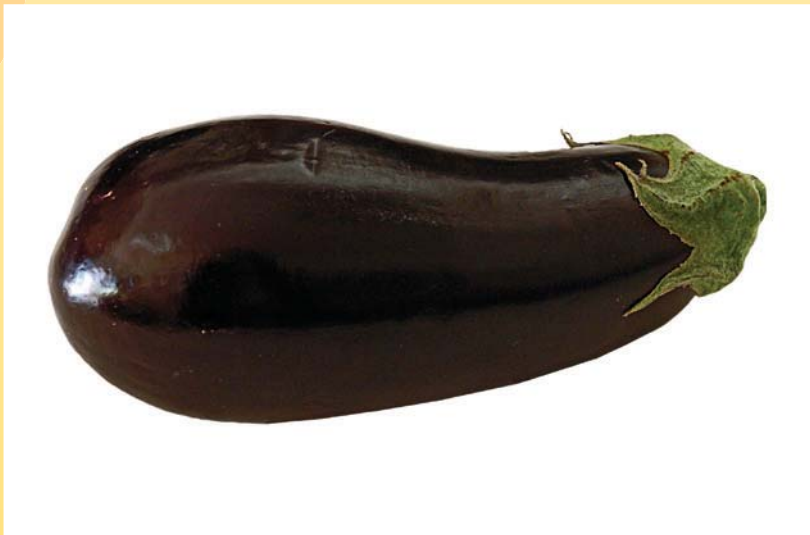
- 2 medium Eggplants, peeled and diced
- 2 Leeks, sliced
- 5 cups Vegetable Stock
- Salt and pepper
- ½ teaspoon Nutmeg
- Fresh Parsley

## Method:

1. Place eggplant and leek in a non-stick fry pan with a small amount of water, and fry until leeks soften.
2. Heat stock in a large saucepan, add eggplant and leek, seasoning and spice, bring to boil, then allow to simmer covered until eggplant is soft and cooked through.
3. Serve soup in bowls topped with chopped fresh parsley.

## Variations:

Add 1 can of drained, vitamised chickpeas to the soup when the eggplant is soft and cooked through. Heat soup until hot once again, then serve as suggested with fresh parsley on top.



# Quick Minestrone Soup

Serves 8 - 10

## Ingredients:

- 1 can of cannellini beans or any white beans
- 1 can of green peas or 2 cups of fresh or frozen green peas
- 9 cups chicken or vegetable stock
- 1 large stick celery, chopped
- 1 large onion, sliced
- 1 medium carrot, sliced
- 1 small sweet potato, chopped into small chunks
- 2 tomatoes, peeled and quartered
- 1 cup of any leafy green vegetable, sliced (from High Catabolic Food List)
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1 teaspoon onion powder
- 1 cup of wholemeal macaroni
- 1/3 cup grated Parmesan cheese, low fat
- Chopped parsley to garnish

**Method:** 1. Place stock, beans, celery, onion, carrot and sweet potato in a large

pan and bring to boil.

2. Turn down heat and simmer for 30 minutes.

3. Add the tomatoes, leafy vegetables, basil, oregano and onion powder. Cook for 10 minutes.

4. Add macaroni and green peas and cook for a further 10-15 minutes until pasta is cooked.

5. Serve with grated parmesan and garnish with parsley. If required season individual serves with sea salt or Amena's herb salt.

## Variations:

Miso stock instead of vegetable stock. Dissolve 2 tablespoons of Miso paste into 1 cup of hot filtered water and then add an additional 8 cups of filtered water.

Add a tablespoon of organic Tomato paste during Step 1.

Replace macaroni with cooked rice or a gluten free pasta of your choice.

# Nicer Weigh FAQs

## Frequently Asked Questions

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### **Can you tell us a bit about Catabolic Foods?**

Catabolic foods are listed in two categories: High Grade and Low Grade foods. You need to be eating at least 10 servings of Catabolic foods daily. Choose more of the high grade foods in your daily diet rather than the low grade. Catabolic foods stimulate the metabolism and burn up more calories than they supply.

### **Can I use the Nicer Weigh as a meal substitute?**

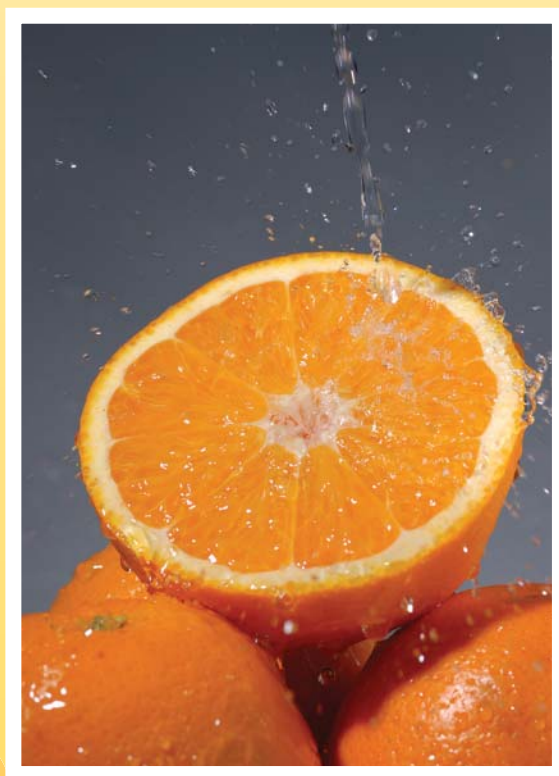
Nicer Weigh can be used as a meal substitute. You can also have three meals a day and have a drink of Nicer Weigh between meals. This may help to stabilize blood sugar levels, energy and appetite between meals.

### **How much weight can I expect to lose each week on this program?**

Everybody is different. It all depends on how much you need to lose and how diligent you are on the program. It is far better to lose your weight slowly, then you will keep it off.

### **Is this program something the whole family can go on?**

You can use the delicious and nutritious recipes for the whole family. This complete program is designed for adults.





**Wonderfoods  
Nicer Weigh**

**Wonderfoods  
11 Aldinga Street  
Brendale, Queensland, 4500  
Australia**

**[www.wonderfoodsonline.com](http://www.wonderfoodsonline.com)**