
RECIPES FOR YOU

DOG WATCH
nutrition
NOURISHMENT FOR NIGHT-SHIFT





**TO START
YOUR DAY**

DOG WATCH
nutrition
NOURISHMENT FOR NIGHT SHIFT

CREATED BY SARAH MANKTELOW



CACAO AND BERRY SMOOTHIE BOWL

Ingredients:

- 1 tbsp plain coconut yoghurt
- 1 frozen banana
- 1 tbsp cacao powder
- ½ cup frozen blackberries
- 1 tbsp almond milk
- 1 tbsp almond butter
- 3 tbsps protein powder of choice

Top with:

- 1 tbsp Brookfarm Powerfood Muesli
- 1 tbsp buckinis
- 1 strawberry

Methods:

Combine all ingredients in a food processor or blender and blend until smooth.

Top with a sprinkling of muesli and buckinis. Fan strawberry to make it extra pretty

Tips:

For protein powder try Protein Supplies Australia. Perfect for before your shift starts. Extra satisfying in summer

Serves 1





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EGG & SPINACH WRAP

Ingredients:

- 1 quinoa and chia wrap
- ½ tbsp goats cheese
- 2 eggs
- 1 cup spinach
- ¼ avocado
- 1 tsp olive oil

Methods:

Heat olive oil on medium heat in a frying pan. Fry eggs until cooked through.

Warm wrap in microwave for 30 seconds. Spread goats cheese and avocado onto centre of the wrap.

Add fried eggs and spinach, roll wrap tightly and enjoy.

Tips:

Quick easy way to start the day. Wrap in foil and eat on the go,

Sevres 1

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MANDARIN & GREENS SMOOTHIE

Ingredients:

- 1 tbsp plain coconut yoghurt
- ¼ cup almond milk
- 1 banana
- 1 mandarin
- 1 handful of celery leaves
- 1 cucumber
- 1 tbsp MCT powder
- 3 tbsps protein powder of choice

Tips:

For protein powder try Protein Supplies Australia. Perfect for before your shift starts. Extra satisfying in summer

Serves 1

Methods:

Combine all ingredients in a food processor or blender and blend until smooth.





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BANANA & SPICED PORRIDGE

Ingredients:

- ½ cup quick oats
- ½ cup macadamia milk
- 1 tbsp hot water
- ¼ tsp ground nutmeg
- ¼ tsp ground cinnamon
- 1 tsp chia seeds
- 2 tsp crushed brazil nuts
- 1 tsp buckinis
- 1 banana

Tips:

Start the day with healthy complex carbohydrates.

Serves 1

Methods:

In a bowl combine quick oats, macadamia milk, and hot water. Mix well then place in the microwave for 30-60 seconds.

Mix nutmeg and cinnamon through heated oats.

Sprinkle the top with chia seeds, brazil nuts and buckinis.

Slice banana on top.

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LEMON SARDINES ON RICE CAKES

Ingredients:

1 can fresh spring water sardines

2 thick brown rice cakes

¼ avocado

½ cup baby spinach

½ lemon

Methods:

Spread rice cakes with avocado and top with baby spinach leaves,

Drain sardines and divide evenly on the rice cakes. Top with juice from lemon.

Tips:

Easy breakfast or snack. Great source of omega 3 and calcium.

Serves 1



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EGG & MUSHROOMS ON SPELT SOURDOUGH

Ingredients:

- 2 slices spelt sourdough
- 2 eggs
- 1 tsp olive oil
- 1 tbsp garlic olive oil
- ¼ avocado
- 1 cup baby spinach
- 5 mushrooms, sliced
- 1 tsp pumpkin seeds
- 1 tsp flaxseeds
- Pinch salt

Tips:

High in protein and complex carbohydrates to keep you feeling full until lunch time. Perfect for before work.

Serves 1

Methods:

Toast sourdough.

In a frying pan heat plain olive oil and fry eggs sunny side up.

Spread toast with avocado and layer baby spinach on top. Remove eggs from pan and place on spinach.

Heat garlic oil in frying pan and add sliced mushrooms. Cook until brown and soft.

Sprinkle eggs with pumpkin seed and flaxseeds and serve cooked mushrooms on the side. Season with a pinch of salt.

Optional top with extra avocado.



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PESTO EGG PITA

Ingredients:

2 gluten free pita breads
1 tbsp pesto
1 tbsp goats cheese
2 boiled eggs
1 tsp hemp seeds (optional)
Pinch salt

Tips:

Simple quick out the door breakfast.
Small meal for those with a minimal
appetite in the morning. For extra
greens serve with baby spinach.

Serves 1

Methods:

Warm pita in microwave for 30
seconds. Spread pita with fresh pesto
and goats cheese.
Boil eggs. Once they have cooled and
peeled, slice them and cover bread.
Top with pinch of salt and hemp seeds.



**DURING
YOUR SHIFT**

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BACON, PUMPKIN AND ROCKET RISOTTO

Ingredients:

- 4 rashers bacon
- 1/2 small butternut pumpkin
- 4 cups vegetable stock (fodmap friendly)
- 120g rocket
- 2 cups arborio rice
- 2 tablespoons olive oil garlic infused
- 1 sprig fresh basil

Tips:

For extra protein add chicken. For extra flavour add pine nuts and nutritional yeast. Perfect for lunches

Serves 4

Methods:

Dice and pre-bake pumpkin until cooked store in the fridge until ready to cook risotto

In a saucepan heat garlic oil.

Dice bacon and brown in oil

Add rice and stir until well coated in oil

Add one cup of stock at a time until rice begins to absorb.

Add the cooked pumpkin and stir through

Once all the stock has been added and rice has cooked, remove from heat

Chop basil finely and add to the saucepan

Stir through the rocket one handful at a time until cooked





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DUKKAH & SALAD PITA

Ingredients:

2 gluten free pita breads

1 tbsp walnut oil

1 tbsp dukkah

6 cherry tomatoes

1 heaped tsp spreadable goats cheese

½ cup rocket

Methods:

Heat pita bread in the microwave for 30-60 seconds.

While warm coat with walnut oil and dukkah spice. Halve cherry tomatoes and place on top. Using a fork separate the goats cheese over the cherry tomatoes.

Garnish with rocket and enjoy while bread is still warm.

Tips:

Easy simple ingredients to keep in the work fridge and assemble on your break,

Serves 1

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SCOTCH FILLET AND BAKED VEGETABLES

Ingredients:

4 palm sized pieces of scotch fillet

1 red capsicum

1 large zucchini

3 medium carrots

1 medium eggplant

2 tbsps olive oil

100g baby spinach

Pinch of dulse flakes (optional)

Pinch of salt

Tips:

Divide into portioned dishes for weekly meals.

Serves 4

Methods:

Preheat oven to 180 degrees. Chop capsicum, zucchini, carrots and eggplant into small cubes. Coat in olive oil, season with salt and dulse flakes and spread evenly over two lined baking trays. Bake for 20 minutes until crispy.

In a non-stick frying pan cook scotch fillet steaks until desired tenderness.

Season with extra salt and pepper if desired. Divide into 4 portions with 25g baby spinach in each container.





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WAGYU CURRY STEW

Ingredients:

- 6 cardamom pods
- 1 carrot
- 1 cinnamon quill
- 6 brussel sprouts
- 1 tsp fenugreek seeds
- 1 cup diced pumpkin
- 12 whole cloves
- 2 tsp salt
- 1 tsp black peppercorns
- 2 tbsp vinegar
- ½ large eggplant
- 20g fresh ginger
- 4 small thai chillies
- 2 tsp curry powder
- 1 tsp turmeric
- 12 curry leaves
- 6 pandan leaves
- 500g thin sliced wagyu beef
- 50g garlic olive oil
- 400g canned whole tomatoes
- 400g canned coconut cream

Methods:

Combine cardamom pods, cinnamon, fenugreek, cloves and pepper. Dry roast in the oven on 100 degrees for 5 minutes. Then grind into a fine powder with a mortar and pestle.

In a food processor finely grate eggplant, carrot, ginger and chillies. Transfer to a large pot on the stove and saute grated vegetables in garlic olive oil. Add curry powder, turmeric, curry leaves and knotted pandan leaves. Stir well.

Halve brussel sprouts and add remaining ingredients. Stir well, bring to a boil and then reduce to a simmer for 1 hour. Remove pandan leaves. Serve straight or with brown rice.

Tips:

Perfect for crib breaks and after work. Bulk meal for food preparation for the week. Sevres 4

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MARINATED TEMPEH STIR FRY NOODLES

Ingredients:

- 250g tempeh
- 3 tbsp tamari
- 1 tbsp honey
- 2 tbsp garlic olive oil
- 1 tsp ginger, finely grated
- 1 tbsp coconut oil
- 1 tsp sesame oil
- 220g rice noodles
- 1 large carrot
- 200g long green beans
- ½ large green capsicum
- 1 bunch broccolini
- 4 small thai red chillies

Methods:

In a bowl combine 2 tbsp tamari, garlic olive oil, honey and ginger. Mix well to make marinade. Chop tempeh into 1 cm cubes and marinate in mixture for 4-6 hours.

In a wok, heat coconut oil and fry tempeh until crispy. Remove from wok and set aside.

Chop carrot and capsicum into sticks, halve green beans and broccolini. Finely chop red chillies.

Fry vegetables in sesame oil until soft. Add rice noodles and tamari and toss through. Mix in tempeh and serve.

Tips:

Optional add sesame seeds or crushed peanuts. Serve warm or cold. Serves 4





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SIMPLE EGG SALAD

Ingredients:

- 2 eggs
- 2 leaves of kale
- ½ cup baby spinach
- ½ cup rocket
- ½ small cucumber
- 5 cherry tomatoes
- 1 tbsp pumpkin seeds
- 1 tsp olive oil

Methods:

Boil eggs and set aside. Chop kale into bite sized pieces, Mix with baby spinach and rocket.

Chop cucumber and cherry tomatoes and mix through the salad leaves. Sprinkle pumpkin seeds throughout salad. Dress with olive oil, Halve eggs and serve on top.

Tips:

- Perfect for crib break or before bed.
- Serves 1

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BULK TOMATO & LENTIL SOUP

Ingredients:

- 200g mushrooms
- 1 tbsp garlic olive oil
- 1 tbsp mixed dried herbs
- ½ tsp himalayan salt
- ¼ tsp pepper
- 2 cans whole tomatoes
- ½ cup tomato paste
- 400g canned brown lentils
- ½ large eggplant
- 1 large zucchini
- 50g rocket

Tips:

Bulk meal, ideal for weekly work meal preparation.

Serves 6

Methods:

Slice mushrooms. Heat garlic olive oil in a large pot on medium heat. Add mushrooms and saute until softened. Add mixed herbs, salt and pepper, stir and reduce heat.

In a food processor finely grate chopped eggplant and zucchini with the peel on. Once grated into almost a paste add to the pot and stir in tomato paste. Bring heat back to medium.

Stir canned tomatoes and bring to a boil. Reduce heat to low and add brown lentils, cook on low for 30 minute.

Add in rocket and mix well before serving warm.





**TO GET YOU
THROUGH
TO HOME
TIME**

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PEPPERMINT ALMOND BLISS BALLS

Ingredients:

140g blanched almonds

140g dried dates

10g chia seeds

1 tbsp cacao powder

20g desiccated coconut

1 tsp vanilla extract

3 drops food grade peppermint oil

Pinch of sea salt

Tips:

For extra choc flavour make it a heaped
tbsp of cacao powder.

Serves 14

Methods:

Soak dates in water for 5-10 mins.

Add all other ingredients to a food
processor.

Drain dates and add.

Then on high speed blend for 30
seconds or until combined.

Roll into 14 balls one inch diameter.





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CREAMY AVOCADO SLAW

Ingredients:

- 1 cup kale, chopped finely
- 1 cup white cabbage, chopped finely
- ½ cup purple cabbage, chopped finely
- ½ cup grated carrot
- ½ avocado
- 1 heaped tbsp whole egg dressing (mayonnaise, tartare, ranch, aioli)

Methods:

Chop and grate vegetables as per instructed. Measure out portions and combine together in a bowl.

In a separate bowl mash avocado until smooth and mix in creamy whole egg dressing of your choice.

Coat slaw in dressing and enjoy.

Tips:

Low carbohydrate. Perfect for an awakening snack or side dish for something light before bed or needing something extra before dinner.

Serves 1

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YOGHURT & BANANA SNACK CUP

Ingredients:

½ cup coconut yoghurt

½ banana

1 tsp chia seeds

1 tsp flaxseeds

1 tsp cacao nibs

1 tsp crushed peanuts

Methods:

Spoon yoghurt into a bowl or travel container. Slice banana and top with seeds, nibs and nuts.

Tips:

Sweet with a hint of chocolate to satisfy after meal dessert cravings. Alternative fruits and crushed nuts can be substituted for variety and flavour preference

Serves 1





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PICKLED VEG AND BROWN RICE CRACKERS

Ingredients:

350gm daikon

2 medium carrots

2 tbsp sea salt

950ml water

Serve with:

½ cup stuffed green olives

50g plain brown rice crackers

Tips:

Perfect for afternoon snack platters, option to serve with cheese and healthy dip. Ideal for when you are craving salty foods like chips. Easy to take to work with you for mid-morning or afternoon snack.

Serves 1

Methods:

Chop daikon and carrot into strips. Dissolve salt into water to make brine. Pack vegetable strips into a 1 Litre jar and pour brine into jar to cover vegetables completely.

Seal the jar and shake well. Twist lid to release gas build up. Keep at room temperature and twist lid daily. Leave to pickle for 4-6 weeks. Taste and keep refrigerated once pickled.

Serve ½ cup of pickled daikon and carrot pieces with olives and rice crackers.

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EASY FRUIT & NUT MIX

Ingredients:

- 1 tbsp almonds
- 2 tbsp macadamias, chopped
- 1 tbsp sultanas
- 2 tbsp coconut flakes
- 1 tbsp pumpkin seeds

Methods:

Mix together in a small container with a lid. Convenient for travel.

Tips:

High in a variety of minerals and healthy fats. Limit daily dried fruit intake.

Serves 1





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MIXED NUT DARK HOT CHOCOLATE

Ingredients:

- 1 heaped tbsp pure harvest coconut hazelnut chocolate spread
- 1 cup macadamia milk
- 2 tbsp hot water
- 1 tsp 70% dark chocolate, grated

Methods:

- Boil water and dissolve healthy hazelnut spread in a mug.
- Heat macadamia milk to desired temperature and fill mug to the top stirring as you pour.
- Sprinkle grated dark chocolate on top.
- Enjoy warm.

Tips:

- Low caffeine option, refined sugar free.
- Chocolate hit for when you need to satisfy chocolate cravings in a healthy way.

Serves 1

ANZAC OAT BISCUITS

Ingredients:

- 1 cup oats
- 1 cup quinoa flour
- $\frac{3}{4}$ cup coconut sugar
- $\frac{3}{4}$ cup desiccated coconut
- 2 tbsp maple syrup
- 2 tbsp boiling water
- 125g butter
- $\frac{1}{2}$ tsp baking soda

Tips:

Limit serving to 2 biscuits, Enjoy with on your tea and coffee break knowing you have made a healthy sweet snack choice

Serves 8

Methods:

Preheat oven to 160 degrees. Combine oats, quinoa flour, coconut sugar, and desiccated coconut in a bowl.

Dissolve baking soda in boiling water then add maple syrup and melted butter. Mix butter into dry ingredients. Combine well and then roll into balls and flatten onto a lined baking tray.

Bake for 15 minutes or until golden brown.



**BEFORE
YOU GO TO
BED**

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TURKEY & VEGETABLE BOLOGNESE WITH PENNE PASTA

Ingredients:

- 500g turkey mince
- 2 tbsp garlic infused olive oil
- 2 cans diced tomatoes
- 1 tbsp tomato paste
- 1 tbsp mixed dried Italian herbs
- 1 sprig fresh basil
- ½ medium eggplant
- 4 large leaves kale
- 1 large carrot
- 500g brown rice penne pasta

Tips:

Lean protein and balanced protein, fat and carbohydrates

Serves 6

Methods:

In a large frying pan, heat olive oil on medium heat.

Add turkey mince and fry until brown

Chop carrot, kale, basil and eggplant roughly add to a food processor and grate until fine.

Season turkey mince with italian herbs and add grated vegetables.

Fry until vegetables soften, then add tomato paste and canned tomatoes to the frying pan, mix throughout.

Prepare pasta according to instructions

Serve turkey bolognese on top of warm pasta and serve

TAMARI EGG & SESAME RICE PAPER ROLLS

Ingredients:

- 2 eggs
- 1 tsp tamari
- ½ cup kale, finely chopped
- ½ cup grated carrot
- 1 tbsp mint, chopped
- 1 tbsp basil, chopped
- 1 tsp sesame seeds
- ¼ avocado
- 3 rice paper rolls
- 1 tsp olive oil

Tips:

Perfect for before you go to bed. Light meal, low carbohydrate.

Serves 1

Methods:

In a frying pan heat olive oil. Crack eggs into and bowl and whisk well. Pour into the frying pan and cook until it becomes a soft and fluffy omelette. Remove from heat and coat in tamari.

Dampen a tea towel and lay flat on the bench top. Coat rice paper rolls individually in water, shake off excess and lay onto wet tea towel.

Divide sesame seeds individual onto rice paper. Slice avocado and layer individual salad items into the centre of the rolls.

Divide the omelette into thirds and place on top of salad.

Roll rice paper tightly and enjoy.





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GF

LAMB & HUMMUS SALAD

Ingredients:

- 150g diced lamb
- 1 large handful baby spinach
- 5 cherry tomatoes, halved
- 1/4 yellow capsicum, diced
- 1/4 green capsicum, diced
- 1 tbsp goats cheese
- 1 tbsp hummus
- 1 tbsp pine nuts
- 1 tbsp pepitas
- 1 tbsp garlic oil

Tips:

- Perfect for crib breaks and after work
- Serves 1

Methods:

- Fry lamb in garlic oil until browned and place to the side.
- Layer all ingredients on top of baby spinach.
- Use a fork to segregate goats cheese and hummus throughout the salad.
- Topped with cooked lamb pieces.

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SEASONED KALE BEEF RISsoles

Ingredients:

800g beef mince

1 large carrot

1 large kale leaf

½ tsp sea salt

1 tbsp mixed herbs

1 ½ tbsp dulse flakes

1 egg

1 tbsp olive oil

Tips:

Palm sized serving is recommended for a healthy portion. Leftovers can be made into a breakfast wrap for before shifts or with salad for lunch breaks.

Serves 6

Methods:

In a food processor finely grate carrot and kale, and place to the side.

In a large mixing bowl, combine mince, salt, herbs, dulse and egg. Mix well. Add grated vegetables and combine well. Divide into 12 portions.

In a large frying pan heat olive oil on medium and fry rissoles until browned and cooked through.

Serve with fresh kale salad, roasted vegetables or creamy avocado slaw.





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STEAMED LEMON & PARSLEY BASA WITH VEGETABLES

Ingredients:

1 basa fillet

½ lemon

1 sprig fresh flat leaf parsley

1 carrot

10 green beans

½ small zucchini

3 florets broccoli

Tips:

Perfect for a after work meal just before bed. High in protein and omega 3.

Serves 1

Methods:

Heat non stick pan on medium heat.

Coat basa in chopped parsley and ¼ lemon juice

Once pan is hot add basa fillet and reduce heat to low.

Cover frying pan with lid.

Steam vegetables on the stove top until softened and warm.

Remove basa from heat once fillet has turned white.

Serve on a warmed dinner plate with remaining lemon wedge.

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TABASCO WINGS ON A BED OF ROCKET

Ingredients:

700g chicken wings
1 tsp cayenne pepper
2 tsp paprika
1 tsp sea salt
2 tbsp tabasco
100g rocket

Tips:

Caution spicy. For a larger portion serve with a bowl of baked vegetables. This is a simple small meal that is low in carbohydrates for before bed.

Serves 4

Methods:

Preheat oven to 180 degrees. Line a baking tray and separate chicken wing.
Coat wings in salt, cayenne and paprika.
Bake for 20 minutes or until golden.
Allow to cool slightly.

Divide rocket between 4 bowls and serve 5 wings on a bed of rocket, coat in tabasco sauce ½ tbsp for each bowl.





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HOMEMADE FRIED CHICKEN & BAKED GREENS

Ingredients:

- ¾ tsp salt
- ½ tsp thyme
- ½ tsp basil
- ¼ tsp oregano
- 1 tsp celery salt
- 1 tsp black pepper
- 1 tsp dried mustard
- 4 tsp paprika
- 2 tsp garlic salt
- 1 tsp ground ginger
- 3 tsp white pepper
- 1 cup rice bubbles
- 2 eggs
- 1 whole chicken
- 10 leaves kale
- 20 brussel sprouts
- Spray cooking olive oil

Tips:

For those nights when you're craving KFC there is a healthier option. Serves 5

Methods:

Preheat oven to 200 degrees.

Mix all herbs together in a bowl. Using a food processor, rolling pin or mortar and pestle, grind rice bubbles into a flour. Stir the herb mix through the flour and set aside.

In a separate bowl beat eggs.

Chop chicken into 10 pieces, divide wings, legs, breasts in half, and thighs. Coat pieces in egg and then herbed flour mix one at a time and place on a lined baking tray. Coat well in spray oil and bake for 30 minutes.

Halve brussel sprouts and divide kale leaves, bake until crispy and serve on the side of baked chicken pieces.

FOR NUTRITIONAL BREAKDOWN OR
CUSTOMISED RECIPES
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