



Fuller Tummy™

## Healthy Eating with Fuller Tummy

Issue 6 March 2009

### SHOPPING TIPS TO SAVE MONEY

Sit down with the family and do a weekly meal plan

Write a shopping list and always compare your list to what you already have in your cupboards to prevent doubling up.

Shop around! Your local green grocers, butchers, fish shops, delis have great deals. Also check out Farmers Markets in your area, there are always great deals and you are buying local produce. It's always positive investing money back into our local economy.

Shop once a week to save on time, fuel and buying unnecessary items.

Limit packaged foods, saves you from consuming additives, colours and preservatives and hidden fats.

When purchasing fish such as salmon buy with the skin on and save up to \$2.00 per kg  
Purchase food in season



### LIKE A RECIPE?

#### Sauce Vierge

1/2 Red onion small dice  
1 clove of garlic minced  
1 tbsp dried tarragon  
2 tbsp chopped basil  
1/4 tsp ground coriander  
3 vine ripened tomatoes de cored and small dice  
1/2 lemon juiced  
1/4 tsp lemon zest  
1/2 cup of extra virgin olive oil  
Season to taste

Place all the ingredients in a small bowl, mix and serve

This easy preparation is the perfect sauce for all types of seafood and shellfish. Weather your poaching, grilling or baking this aromatic sauce will take your dish to a new level.

Good quality ingredients such as plump vine ripened tomatoes, a good extra virgin olive oil and fresh herbs are essential.

### NEW CLIENTS & RECENT GRADUATES

**Phillip Stephens** - Successful Completion of Level 1

**Phillip Stephens** - Starting Level 2

**Emma Toza** - Started Level 1

**Gustavson Family** - Started Level 1

**James Nelson & Alice Gordon** - Started Level 1

**Chalmers Family** - Started Level 1

**Gale Kleinsmidt** - Started Level 1

**Denyelle Drury** - Started our New Vegetarian Level 1



*Thank you to all of our new clients & congratulations to our graduates!  
We look forward to continuing this culinary journey with you.*

### WHATS IN SEASON?



#### Fuller Tummy Vegetarian

Due to popular demand Fuller Tummy has now released Fuller Tummy Vegetarian.

We have also encoded information on our recipes which are vegan friendly.

Following are examples of this fabulous level!

*Caramelized Onion & Goats Cheese Tart with Oven Dried Tomatoes & Rocket*

*Corn Cakes, Smoked Salmon with Basil Pesto & Rocket*

*Fuller Tummy Vegetarian Lasagne*

Stay tuned for our Fuller Tummy Barbecue level  
Coming soon!!!

Buying seasonal produce is a great way to save money and support our local farmers.

#### March Vegetables:

bok choy, choy sum, wonga bok, avocado's, bean varieties such as:- snake-borlotti-butter & green, capsicum, celery, chilli, cucumber, eggplant, leek, silverbeet, spinach, squash, sweetcorn, sweet Potato, tomato, zucchini, okra, red & brown onions,

#### March Fruit:

Apple varieties: gala - jonagold - Jonathon, banana, Raspberries, strawberries, breadfruit, figs, grape varieties: Cardinal - currant - muscat - sultana, guava, kiwifruit, Lemon, limes, mango, mangosteen, melon varieties: Honeydew - rockmelon, nashi, nectarine, nut varieties: Almond- chestnut-hazelnut-pistachio-walnut, Valencia oranges, papaya, passionfruit, peaches, pear varieties: Beurre bosc- howell- josephine- packham- red sensation- Williams, persimmon, plums, pomegranate, rambutan, Rhubarb and tamarillo.

Stuck for ideas? Call us at Fuller Tummy and enrol in one of our courses!

Questions or comments? E-mail us at [info@fullertummy.com.au](mailto:info@fullertummy.com.au) or call 0423 tummy 8 / 0423 886 698

To remove your name from our mailing list, please email back with the words "REMOVE ME" as the subject heading.