The LivWell Base Method

6 bases. 30 meals. Less thinking. Less waste. More real food.



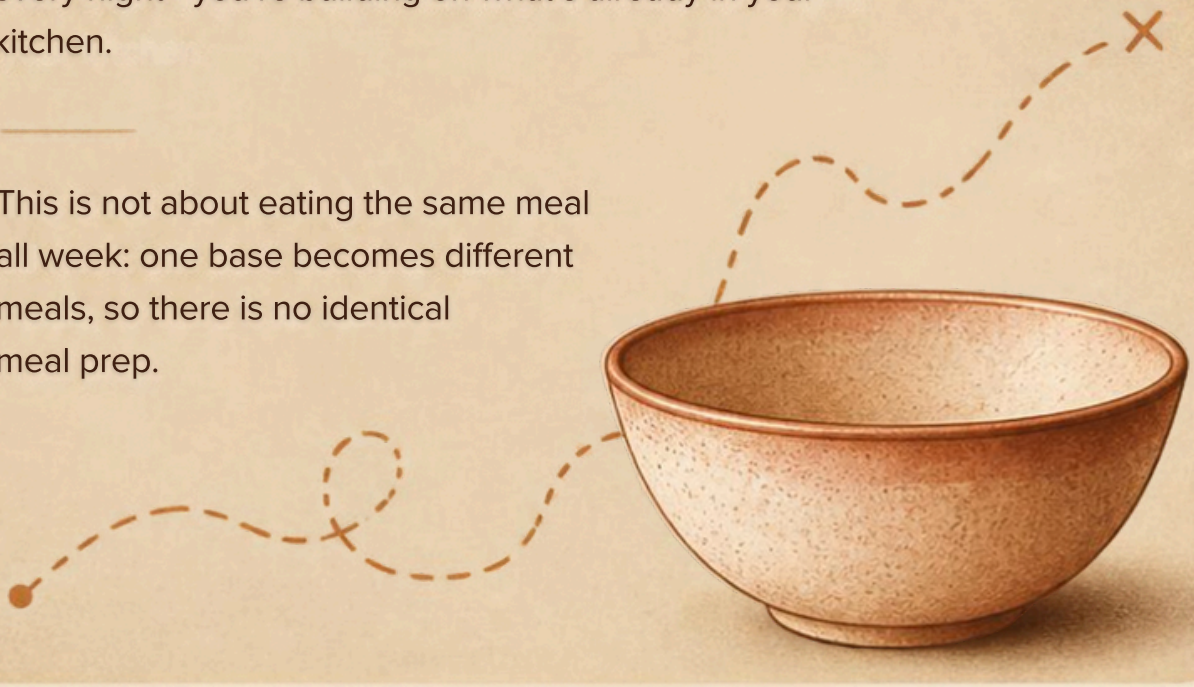
LivWell
/ Becoming Her

You probably don’t need another recipe book. You need dinner to be easier.

The LivWell Base Method is built on flexible bases - simple starting points that take the guesswork out of dinner so you can spend less energy deciding and more time enjoying.

Bases help you use what you already have, cut waste, and create variety without extra effort. You aren’t starting over every night - you’re building on what’s already in your kitchen.

This is not about eating the same meal all week: one base becomes different meals, so there is no identical meal prep.



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What each base makes

1. Bolognese

- spaghetti
- chilli bowls
- baked eggs
- loaded sweet potato
- easy lasagne

2. Chicken

- roast + veg
- Asian salad
- fried rice
- coconut curry
- soup

3. Beef

- mash + greens
- tacos
- Vietnamese rice bowls
- ragu
- pies

4. Roast veg

- protein bowl
- frittata
- lentil salad
- curry
- soup

5. Curry

- chicken + spinach
- prawn + green veg
- fish + tomato + spinach
- egg + spinach
- chickpea + pumpkin

6. Bone broth

- ginger noodle soup
- dumpling soup
- chicken rice soup
- broth rice bowl
- congee

Slow Bolognese

An Aussie family fave

8 serves

INGREDIENTS



- EVOO
- 1 onion
- 3 garlic cloves
- 2 carrots
- 1 zucchini
- 200g mushrooms
- 750g beef mince
- 2 Tbsp Tomato paste
- 2 x 400g cans crushed tomatoes
- 400g brown lentils, optional / recommended
- 1 cup beef stock
- 1-2 bay leaves
- 2 Tsp Oregano
- Salt and pepper
- I normally add a dash of honey/maple syrup or ½ tsp of sugar

METHOD

1. Soften the onion, garlic, carrots, zucchini and mushrooms in EVOO. Season with S+P.
2. Add the beef mince and brown well. Season.
3. Stir through the tomato paste.
4. Add the crushed tomatoes, brown lentils, beef stock, oregano, bay leaves. **Simmer - lid on for 45–60 minutes. Lid off until thick enough.**

HER HACK

Freeze/refrigerate

2-4 portions before eating or make double and double the portions for extra meals.

5 Ways With Bolognese

1



Spaghetti Bolognese

ADD:
Spaghetti

DO:
Toss with warm bolognese.

FINISH:
Parmesan and fresh herbs.

2



Chilli Bowls

ADD:
2 cups base + cumin + smoked paprika + chili + beans

DO:
Serve over rice.

FINISH:
Avo, Greek yoghurt and lime.

3



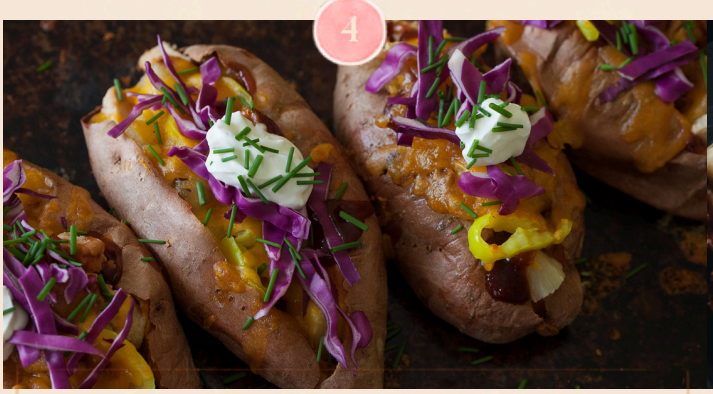
Baked Eggs

ADD:
1.5 cups base + eggs

DO:
Bake until eggs are set.

FINISH:
Sourdough and spinach.

4



Loaded Sweet Potato

ADD:
Base + Greek yogurt

DO:
Spoon over a baked sweet potato.

FINISH:
Cheese and herbs.

5



Easy Lasagne

ADD:
Base + sheets + ricotta / cottage cheese

DO:
Layer and bake.

FINISH:
Mozzarella and spinach.

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5 Ways With Roast Chicken



		ADD	DO	FINISH
1	Roast Chicken + Veg	leftover roast chicken with roast veg	warm through in a pan or oven	season and serve
2	Crunchy Asian Chicken Salad	cabbage, carrot, cucumber, herbs	add chicken	ginger–lime dressing
3	Ginger Chicken Fried Rice	cold rice, egg, chicken, peas / corn	stir–fry with soy / tamari and ginger	fold through the chicken
4	Coconut Chicken Curry	layered aromatics and spices, curry paste, coconut milk, greens	build the aromatics and spices, then simmer	lime
5	Chicken + Veg Soup	broth, chicken, leftover veg, greens, noodles / rice	simmer until hot	add the greens and noodles / rice

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Whole Roast Chicken



INGREDIENTS

- 1.8-2kg chicken
- Lemon
- 4 garlic cloves
- EVOO
- Salt/pepper
- Herbs
- Pumpkin / sweet potato / onion / carrot



METHOD

1. Lemon, herbs garlic, EVOO over skin, under breast skin, leftover lemon and herbs/garlic in cavity.
2. Roast at 200°C until safely cooked: the internal temperature at the thickest part must reach at least 75°C.
   Rest for 15 minutes.



Slow Beef

SERVES: 8

Ingredients

- 1.2–1.5kg chuck beef
- onion
- 3 garlic cloves, smashed
- 2 tbsp tomato paste
- 2 cups beef stock
- 1 tbsp Worcestershire
- smoked paprika
- salt and pepper
- optional carrot/celery

Cook

Slow cooker 8h low or 4–5h high; shred.

Freeze

Freeze 1–2 cup portions with juices.

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5 Ways With Slow Beef







1 Beef + Mash + Greens

ADD
mashed potato, greens

warm through until hot

FINISH
serve together and enjoy

2 Crispy Beef Tacos

ADD
crispy taco shells

DO
fill and warm through

FINISH
serve straight up

3 Vietnamese-inspired Rice Bowls

ADD
rice, cucumber, carrot, herbs, lime, fish sauce-soy dressing

DO
assemble the bowl

FINISH
drizzle with fish sauce-soy dressing and serve

4 Rich Beef Ragu

ADD
passata/tomatoes, pasta, parmesan

DO
simmer and toss with pasta

FINISH
top with parmesan

5 Beef + Veg Pies

ADD
ramekins, puff pastry

DO
top, bake until golden

FINISH
serve straight up

Big Tray Roast Veg

Makes a flexible batch

Ingredients:

- pumpkin or sweet potato, cauliflower, zucchini, capsicum and red onion, about 1.5–2 kg total
- 2 tbsp olive oil
- salt and pepper
- optional spices like cumin, paprika.

Method:

Heat oven to 200°C.

Cut vegetables into even pieces, toss with olive oil, salt and pepper, add cumin or paprika if using, and roast for 30–40 minutes until tender and caramelised.





5 Ways With Roast Veg





		ADD:	DO:	FINISH:
1.	Protein Bowl	rice or quinoa + chicken, eggs, tuna or tofu.	add yoghurt dressing or tahini.	toss through roast veg.
2.	Feta + Veg Frittata	eggs and feta.	fold through roast veg and cook until set.	serve warm or slice for later.
3.	Warm Lentil Salad	lentils, herbs and feta.	toss with warm roast veg.	dress simply and serve warm.
4.	Roast Veg Coconut Curry	layered spices and curry paste.	simmer with roast veg and coconut milk.	serve as a fragrant curry.
5.	Creamy Roast Veg Soup	chicken/veg broth and yoghurt.	blend with roast veg until smooth.	adjust seasoning and serve warm.

Easy Curry Formula



Great curry isn't about one perfect recipe. It's about layering flavour in a simple order. Use this formula as your guide, then adapt it to your taste, your pantry and the time you have.

1. 

AROMATICS
onion, garlic, fresh ginger.

2. 

SPICES
turmeric, curry powder, garam masala, lemongrass, curry leaves, cinnamon where appropriate.

3. 

CURRY PASTE
add 1-2 tbsp curry paste for extra flavour. Paste is a booster, not a replacement.

4. 

LIQUID
choose coconut milk, stock or tomato depending on the style.

5. 

PROTEIN + VEG
add the main protein and vegetables, then simmer until cooked.

6. 

FRESH FINISH
brighten with lime, lemon, herbs or another fresh finishing element.



5 Easy Curries



1 Chicken + Spinach, Indian-ish

ADD	turmeric, curry powder, garam masala, tikka or korma paste, coconut milk or tomato.
DO	simmer the chicken until cooked, then fold through spinach.
FINISH	lemon or fresh coriander.

2 Prawn + Green Veg, Thai-ish

ADD	ginger, garlic, red or green curry paste, coconut milk, broccoli or snow peas.
DO	simmer the vegetables briefly, add prawns near the end.
FINISH	lime and fresh herbs.

3 White Fish + Tomato + Spinach, Yellow Curry

ADD	yellow curry spices or paste, tomato and a little coconut milk or stock.
DO	Gently poach the white fish in the sauce, then wilt in the spinach.
FINISH	lime or coriander.

4 Egg + Spinach, Indian-ish Yellow Curry

ADD	turmeric, curry powder, garam masala, onion, garlic and tomato or coconut milk.
DO	simmer the sauce, then add halved boiled eggs and spinach.
FINISH	fresh coriander or lemon.

5 Chickpea + Pumpkin, Indian-ish

ADD	turmeric, curry powder, garam masala, chickpeas, pumpkin and coconut milk or tomato.
DO	simmer until the pumpkin is tender and the sauce is thick.
FINISH	lime, coriander or yoghurt.

Use the formula, then make it yours.

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Bone Broth



INGREDIENTS

roast chicken carcass
onion
2 carrots
2 celery
3 garlic
optional
ginger/turmeric
2 bay leaves
peppercorns
water

METHOD

slow cooker 8–12h
or stovetop gentle
simmer 4–6h;
strain

STORAGE

fridge 3–4 days
or freeze;
freeze 1-cup portions

5 Ways With Bone Broth

1.

Ginger Chicken Noodle Soup
ADD: broth + ginger + garlic + chicken + noodles + greens
DO: simmer aromatics; cook noodles; add chicken + greens
FINISH: soy/tamari + lime + spring onion

2.

Quick Dumpling Soup
ADD: broth + frozen dumplings + ginger + greens
DO: simmer dumplings until cooked; add greens for 1–2 min
FINISH: soy/tamari + spring onion + chilli or sesame oil

3.

Chicken + Rice Soup
ADD: broth + chicken + cooked rice + carrot + celery
DO: simmer veg until tender; add chicken + rice until hot
FINISH: lemon + herbs + black pepper



4.

Broth-Cooked Rice Bowl
ADD: rice + broth + greens + chicken/chickpeas + roast veg
DO: cook rice in broth; warm protein + veg
FINISH: cucumber/pickles + spring onion + soy/tamari

5.

Savoury Breakfast Congee
ADD: rice + broth + ginger + garlic
DO: simmer gently until soft + creamy
FINISH: egg + greens + spring onion + sesame + soy/chilli crisp

Storage & Freezer



FOOD-SAFETY CHECKLIST

- Cool promptly.
- Use shallow containers.
- Label and date everything.
- Portion to meal-size servings.
- Reheat until steaming hot.

Rice: cool and refrigerate promptly, then reheat once until steaming hot.

General food-safety note: guidance here is general information, not a substitute for local food-safety advice. Follow current official guidance, use your judgement, and take extra care with food for pregnant people, young children, older adults, or anyone immunocompromised.

Becoming Her

Make the things you already know you want to do easier to actually do — with small changes, supportive systems, a kinder mindset, self-compassion, and support.

Core Shopping List



> If an ingredient only appears once, it needs a very good reason to be there.

Tiny-prep tips

- Double the bolognese.
- Roast extra vegetables with the chicken.
- Cook extra rice.
- Chop another onion while you're already chopping.

Proteins

- chicken thighs or breast
- eggs
- Greek yoghurt
- tinned beans or lentils
- mince or a plant-based mince option
- fish or tofu

Veg

- onions
- garlic
- carrots
- cucumbers
- leafy greens
- broccoli
- peppers
- tomatoes
- lemons and limes
- fresh herbs

Pantry

- olive oil
- vinegar
- tahini
- tinned tomatoes
- stock
- rice
- pasta
- oats
- spices
- coconut milk
- honey
- salt and pepper
- bought chili crunch

Freezer

- frozen peas
- frozen spinach
- frozen berries
- bread or wraps
- portioned leftovers

Flavour Boosters



Little additions. Big difference. These simple flavour boosters bring freshness, zing and depth to everyday meals with minimal effort.

1 Green Herby Greek Yoghurt

INGREDIENTS
- Greek yoghurt
- chopped parsley and mint
- lemon zest
- squeeze of lemon
- salt and pepper

METHOD
Stir together.

2 Ginger-Lime Dressing

INGREDIENTS
- grated ginger
- lime juice and zest
- olive oil
- a little honey
- salt

METHOD
Whisk.

3 Tahini-Lemon

INGREDIENTS
- tahini
- lemon juice
- grated garlic
- warm water
- salt

METHOD
Whisk until smooth.

4 Quick Pickled Cucumber, Onion & Carrot

INGREDIENTS
thinly slice cucumber, red onion and carrot

METHOD
Cover with vinegar, water, a little sugar and salt; rest for at least 20 minutes.

5 Bought Chilli Crunch

Use a good jarred chilli crunch as a fast finish for eggs, noodles, roasted vegetables, grains or chicken.