

McGRATH

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contents

02 Become Superman or Superwoman... with healthy gourmet meals

Bianca Monley started out in her Bondi flat making healthy food for a few friends. Now she sits atop a booming business, which aims at feeding those in need.

04 Café/recipe

Xxxxx Café,
 Xxxxxxxx



06 Property of the week

Xxxxxxx

XXXX auctions and open for inspections

Suburb	Bed	Bath	Car	Weekend	Guide
Attawah					
33/432 Railway Parade	3	2	1	Sat 1:00PM	Over \$4
Annandale					
31 Reserve Street	2	1	0	Sat 11:45AM	Over \$7
Arncliffe					
10/1000 Street	2	1	1	Sat 9:00AM	On req.
Avonlea					
26 Ruskin Rowe	4	2	1	Sat 2:15PM	Over \$1
Avoca Beach					
3/145 Avoca Drive	2	1	1	Sat 2:00PM	Over \$4
Balgowah					
4/157-159 Condamine Street	3	2	2	Sat 11:00AM	Over \$2
Bangor					
7 Inglishar Close	4	3	2	Sat 2:00PM	On req.
Barden Ridge					
24 Doyle Street	4	2	2	Sat 12:00PM	On req.
Bella Vista					
2 Millhouse Place	4	2	2	Sat 1:00PM Auction Sat 11:15AM	Over \$1
Bellevue Hill					
3/56 Bellevue Road	3	2	2	Sat 10:00AM	\$2,55M
Beverly Park					
54 Ferry Avenue	4	3	1	Sat 3:00PM Auction Sat 3:00PM	On req.
21 Marx Avenue	3	1	4	Sat 3:00PM	On req.
Bligola					
34 Karimbala Crescent	4	2	1	Sat 1:15PM	\$990-\$
Blakehurst					
143 Terry Street	5	3	2	Sat 1:00PM	On req.
43/18 Princes Highway	2	1	1	Sat 10:00AM	Over \$2
1/225 Wombora Road	3	2	1	Sat 12:00PM	Over \$5
Bondi					
27 Edward Street	3	1	0	Auction Sat 9:30AM	On req.
3E/27 Ocean Street	1	1	1	Sat 1:00PM Auction Sat 1:30PM	On req.
Bondi Beach					
9/49 Roscoe Street	2	2	1	Sat 1:30PM	On req.
9/102 Campbell Parade	1	1	0	Sat 10:00AM	Over \$4
5/25 Blair Street	2	1	1	Sat 10:45AM	On req.
Bondi Junction					
67 Denison Street	4	3	1	Sat 10:00AM	Over \$1
Brighton-le-sands					

*Maximum SMS cost 55c.

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Above image and cover image:
 Bianca Monley of Eat Fit Food

Become Superman or Superwoman... with healthy gourmet meals

Bianca Monley started out in her Bondi flat making healthy food for a few friends. Now she sits atop a booming business, which aims at feeding those in need.

By Daniel Bloom



CHICKEN OR fish is the question often asked on aeroplanes flying around the world. Coincidentally, it is also a question asked by those who wish to watch their weight and get in shape.

While some of her compatriots have assailed mountains, coached winning sporting teams, and become respected thespians, New Zealand should induct Bianca Monley, creator of Eat Fit Food, into the All Black's hall of fame simply because she has succeeded where so many others have failed – making healthy food lipsmackingly delicious.

Like most great things to come out of the land of the long white cloud, Bianca moved to Sydney, Australia. Upon exploring career options, this savvy businesswoman realised there was a glaring hole in the market, which needed to be filled by healthy gourmet dishes such as chargrilled salmon fillet on sesame spinach with broccoli and lemon.

“Coming from a food background and being brought up in a family restaurant, I became frustrated why

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these people [those trying to loose weight or stay in shape] were eating such boring food when it could be so interesting. Healthy food can also taste great,” Bianca says emphatically.

The benefits of the food are myriad, according to Bianca. “Depending on which plan you choose, people get a lot more energy and start to see weight loss. Education [is important as well], often people tend to eat too much, [too fast]. It’s actually important to eat regularly so that energy levels don’t drop off.”

“Education [is important as well] often people tend to eat too much, [too fast]. It’s actually important to eat regularly so that energy levels don’t drop off.”

Bianca Monley

To counter a drop off in energy, Bianca has her clients eat up to five meals a day; this includes the traditional three meals a day as well as two snacks.

However, don’t be fooled into thinking that Eat Fit Food is something that comes out of a freezer and into a microwave – this is not what Bianca and her dedicated team do. In fact, Bianca scours the Parklea Markets regularly to find fresh fruit and vegetables. Once the produce is

sourced it goes into the Eat Fit Food kitchen where it is lovingly prepared by chefs and then delivered fresh to customers’ doors. Forget Jenny Craig and Weight Watchers, Eat Fit Food is more personal chef than Panasonic microwave. Customers simply refrigerate their meals throughout the day and serve when required.

“People’s perception of home delivered food is tasteless frozen product. There is not a product [other than Eat Fit Food] on the market that is delivered to your door fresh every day... that’s one of the things I believe in, is having it fresh everyday,” Bianca declares passionately.

The team at Eat Fit Food take into account peoples dislikes and allergies as well. “You can tell us you don’t eat beef, chicken, wheat or gluten and we’ll factor that into your meals,” Bianca says. Portion sizes are also negotiable with those who are training heavily or finding themselves a little hungry.

The business has attracted high profile clients such as Hugh Jackman and Brandon Routh of Superman fame.

Not only do Bianca and her team make delicious meals but they are also delivered to clients all over Sydney. With work hours increasing, the time poor constituents of Sydney might just find time for an important part of the day – a healthy, fresh and delicious meal. ✨

Eat Fit Food
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eatfitfood.com.au

