

RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



SAMPLE WEEKLY MEAL PLANNER

Beans and Wild

Mushrooms

in a Sweet Chili

Sauce

Stew

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Sweet Potato Spanish Omelet	Sweet Potato Spanish Omelet	Apple and Pear Compote Porridge	Asparagus, Egg and Rocket Salad	Roasted Sweet Potato, Kale and Egg Breakfast Salad	Asparagus, Egg and Rocket Salad	Apple and Pear Compote Porridge
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Celery, Apple and Walnut Salad	Celery, Apple and Walnut Salad	Leftover Coconut Chicken in a Sweet Chili Sauce	Broccoli and Sweet Potato Soup	Broccoli and Sweet Potato Soup	Roasted Squash, Kale and Goji Berry Salad	Winter Beetroot Salad
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
E.g. Spiced Pumpkin Bread, Spiced Pumpkin Hummus, Kale Lime and Coconut Water Smoothie	E.g. Spiced Pumpkin Bread, Spiced Pumpkin Hummus, Kale Lime and Coconut Water Smoothie	E.g. Spiced Pumpkin Bread, Spiced Pumpkin Hummus, Kale Lime and Coconut Water Smoothie	E.g. Spiced Pumpkin Bread, Spiced Pumpkin Hummus, Kale Lime and Coconut Water Smoothie	E.g. Spiced Pumpkin Bread, Spiced Pumpkin Hummus, Kale Lime and Coconut Water Smoothie	E.g. Spiced Pumpkin Bread, Spiced Pumpkin Hummus, Kale Lime and Coconut Water Smoothie	E.g. Spiced Pumpkin Bread, Spiced Pumpkin Hummus, Kale Lime and Coconut Water Smoothie
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Steak with White	Coconut Chicken	Spanish Chickpea	Spanish Chickpea	Roasted Squash,	Meal Out -	Sesame Noodles

Stew

Kale and Goji

Berry Salad

Enjoy!

with Pan Fries Sea

Bass

WEEKLY SHOPPING LIST

Meats

FRUIT & VEGETABLES

MEAT, FISH, DAIRY & PLANT BASED

SEEDS, BAKING & SPICES

Grains

CANS, CONDIMENTS & MISC

Fruit
○ 3x apples
○ 2x lemons
○ 1x lime
○ 1x pear
Vegetables
asparagus
○ spinach
Obroccoli
butternut squash
celery
cherry tomatoes
packet beetroot (cooked)
cucumber
○ garlic
ginger
o bunch kale
obox mushrooms
1x red bell pepper
1x yellow bell pepper
4x white onions
1x zucchini
1x red onion
6x sweet potatoes
Herbs
oparsley
0
0

	1.3 lb. (600g) chicken breast
	10.5 oz. (300g) rib-eye steak
	Fish and Seafood
	7 oz. (200g) sea bass fillet
	Dairy
	feta cheese
	Parmesan
	Greek yogurt
	almond milk
	Other
	13x eggs
\cup	

oats
O all-purpose flour
Nuts & Seeds
almonds
○ goji berries
opumpkin seeds
o sesame seeds
○ walnuts
shredded coconut
Baking
obaking soda
O vanilla extract
Spices
○ cinnamon
Ogarlic powder
ground ginger
oground cloves
oground nutmeg
○ oregano
osmoked paprika
0
O
0
O
O
O
0

Oils
ococonut oil
olive oil
Sweeteners
omaple syrup
ococonut sugar
honey
Boxed, Cans & Condiments
oalmond butter
Oijon mustard
o apple cider vinegar
orice vinegar
○ tamari
osoba noodles
○ 1x can cannellini beans
2x cans chickpeas
ococonut water
ovegetable stock
osweet chili sauce
otomato paste
pumpkin puree
○ ketchup
0
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0



ASPARAGUS, EGG AND ROCKET SALAD



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 375 kcal 30g Fats 9g Carbs 16g Protein





WHAT YOU NEED

- ½ red onion, finely chopped
- 4 tbsp. apple cider
- 4 eggs
- 12 oz. (340g) asparagus
- 4 oz. (120g) rocket
- 1 tbsp. Dijon mustard
- 3 tbsp. olive oil
- salt and pepper

WHAT YOU NEED TO DO

Place the chopped red onion in a small bowl, season with salt and cover with the vinegar, set aside.

Place the eggs in a pot of boiling water and simmer for $5 \frac{1}{2}$ minutes. Once cooked, place them under cold running water until cool and set aside. In the same pot, place the asparagus and simmer for 4-5 minutes, then drain and cool under cold running water and set aside.

Drain the vinegar from the onion into a small bowl and mix in the Dijon mustard and olive oil to make the salad dressing.

Divide the rocket, asparagus and onion between two plates. Peel and half the egg, place on top of the salad, drizzle with the salad dressing and season with ground black pepper to serve.





SWEET POTATO SPANISH OMELET



Serves: 2 Prep: 15 mins Cook: 20 mins



Nutrition per serving: 352 kcal 20g Fats 25g Carbs 19g Protein











WHAT YOU NEED

- 1 tbsp. olive oil
- 1 cup (130g) sweet potatoes, peeled, diced
- 1 small onion, chopped
- ½ red bell pepper, chopped
- 1 cup (70g) mushrooms chopped
- 2 handfuls spinach, chopped
- 4 eggs, beaten
- ¼ cup (35g) feta cheese, cubed

WHAT YOU NEED TO DO

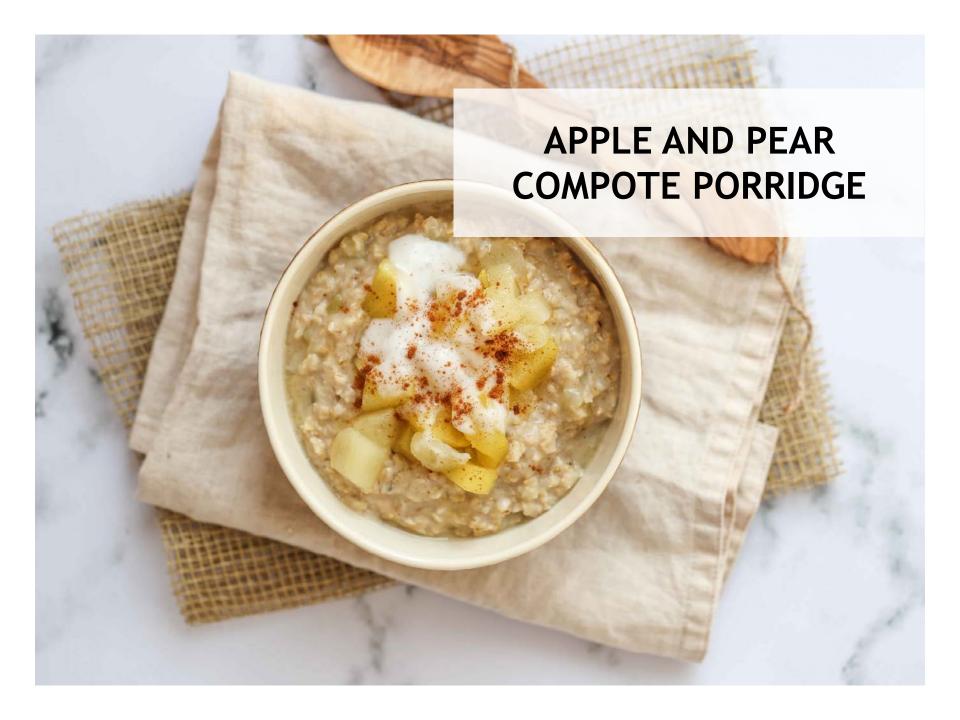
Preheat the grill to a medium-high heat.

Heat the oil in a medium ovenproof frying pan and fry the sweet potatoes for 3 to 4 minutes, until they start to soften. Add the onion and cook for another 2 minutes, then add the pepper and mushrooms and cook for 3 minutes, stirring continuously. Finally add the spinach and cook for 1-2 minutes, until the spinach has wilted.

Pour in the beaten eggs and tip the pan so that the eggs run evenly across the vegetables, covering the pan. Season with salt and pepper. Cook for a further 3 to 4 minutes, until the bottom of the omelet begins to set.

Top the eggs with cubed feta and place the pan under the grill for about 5 minutes to cook the top. The omelette is done when the eggs have completely set. Serve immediately.





APPLE AND PEAR COMPOTE PORRIDGE



Serves: 2 Prep: 5 mins Cook: 15 mins



Nutrition per 3g Fats 59g Carbs 6g Protein





WHAT YOU NEED

- 1 apple, peeled, cored, chopped
- 1 pear, peeled, cored, chopped
- 2 tbsp. coconut sugar + 2 tsp.
- 34 cup (60g) rolled oats
- pinch of salt
- 2 tbsp. coconut yogurt

WHAT YOU NEED TO DO

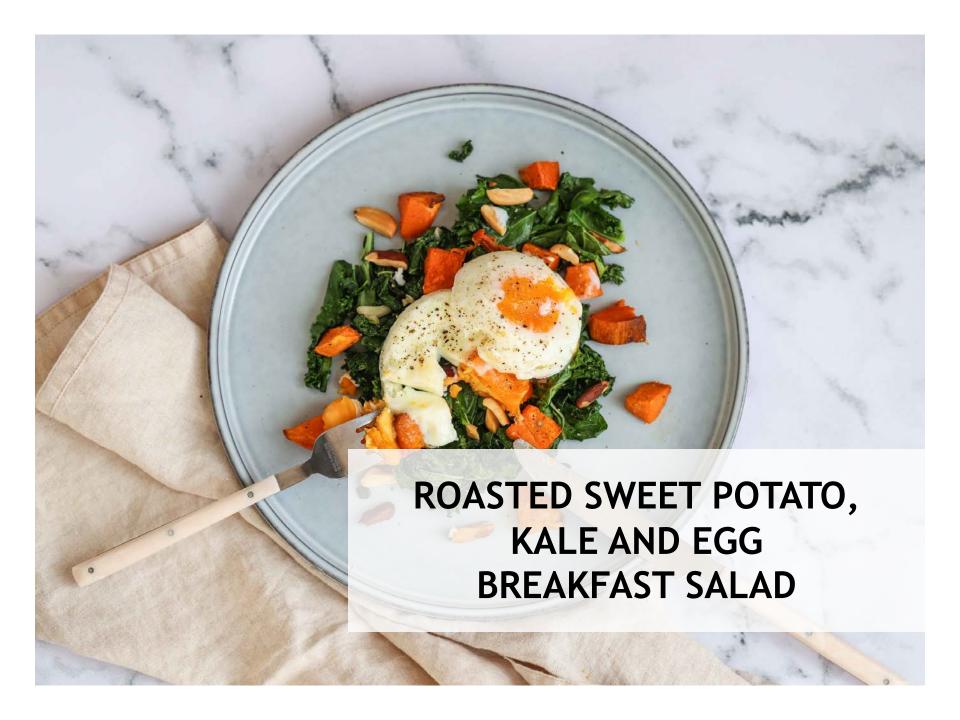
Place the apple, pear, 2 tablespoon of sugar and 1 tablespoon of cold water in a saucepan over medium-low heat. Cook gently, stirring, for around 3 minutes, or until the sugar has dissolved. Bring to the boil then reduce the heat to low and simmer, covered, for 10 minutes, or until the fruit is tender.

Meanwhile, bring 3 cups of water to the boil in a saucepan over high heat. Stir in the oats and salt, bring to the boil, then reduce heat and simmer for 5 minutes stirring often, until the porridge has thickened.

Remove the porridge from the heat, cover and let it stand for another 5 minutes. Stir in the remaining 2 teaspoon of sugar.

Stir three-quarters of the compote through the porridge and divide between two bowls, top with the remaining compote. Drizzle with yogurt and serve immediately.





ROASTED SWEET POTATO, KALE AND EGG BREAKFAST SALAD



Serves: 2 Prep: 5 mins Cook: 25 mins



Nutrition per serving: 394 kcal 23g Fats 37g Carbs 12g Protein





WHAT YOU NEED

- 10 oz. (300g) sweet potato, peeled, cut into 1 cm. thick rounds
- 2 tbsp. olive oil
- 1 garlic clove, sliced
- 1 ½ cup (100g) kale, trimmed, chopped
- · 2 eggs, poached
- 1 tbsp. almonds, chopped
- · salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Line a baking tray with baking paper. Place the slices of sweet potato on the tray and lightly drizzle with 1 tablespoon of olive oil. Roast for 20-25 minutes or until golden and tender.

Heat the remaining 1 tablespoon of oil in a large frying pan over medium-high heat. Add the garlic and cook, stirring constantly, for 30 seconds, before adding the kale. Cook the kale until just wilted. Season with salt and pepper.

Divide the roasted sweet potato between two plates. Top with the wilted kale and the poached eggs. Sprinkle with the almonds and serve immediately.





WINTER BEETROOT SALAD



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 184 kcal 5g Fats 27g Carbs 10g Protein











WHAT YOU NEED

- ½ cup (120g) Greek yogurt
- ½ tbsp. lemon juice
- ½ tbsp. olive oil
- 1/4 tsp. ground cinnamon
- ½ clove of garlic, minced
- 14 oz. (400g) cooked beetroot, cubed
- 4 tbsp. fresh parsley, chopped

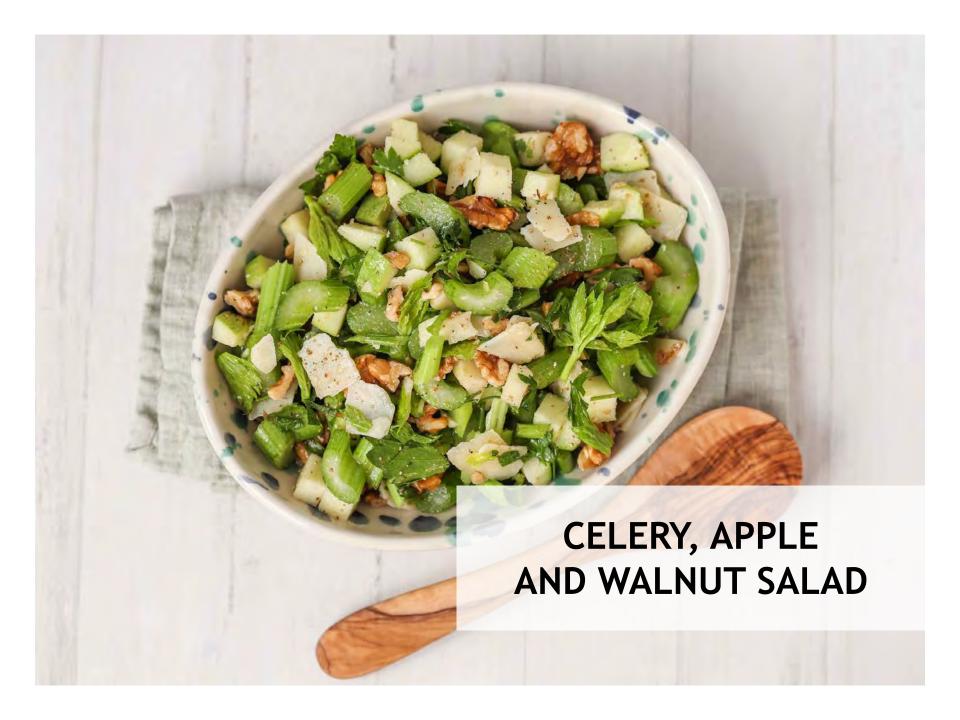
WHAT YOU NEED TO DO

In a bowl, mix the yogurt with the lemon juice, olive oil, cinnamon, and garlic.

Mix the beetroots and $\frac{2}{3}$ of the parsley with the yogurt and season with salt and pepper.

Garnish with the remaining parsley, and serve immediately.





CELERY, APPLE AND WALNUT SALAD



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 342 kcal 30g Fats 13g Carbs 8g Protein









WHAT YOU NEED

- 5-6 celery sticks, sliced
- ½ apple, deseeded, chopped
- ½ cup (40g) walnuts, chopped
- 2 tbsp. parsley, chopped
- ¼ cup (25g) parmesan cheese, shaved
- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- · salt and pepper

WHAT YOU NEED TO DO

Toss together the celery, apple, walnuts parmesan and parsley in a bowl. Drizzle with the olive oil and vinegar, then season with salt and pepper to taste.

Mix well, divide between 2 bowls and serve immediately.





BROCCOLI AND SWEET POTATO SOUP



Serves: 4 Prep: 5 mins Cook: 20 mins



Nutrition per serving: 187 kcal 5g Fats 30g Carbs 9g Protein











WHAT YOU NEED

- 1 tbsp. olive oil
- 1 white onion, finely chopped
- 1 broccoli head, florets and stems coarsely chopped
- 2 medium sweet potato peeled, chopped
- 4 cups (950ml) vegetable stock
- ½ cup (120g) Greek yogurt
- salt and pepper

WHAT YOU NEED TO DO

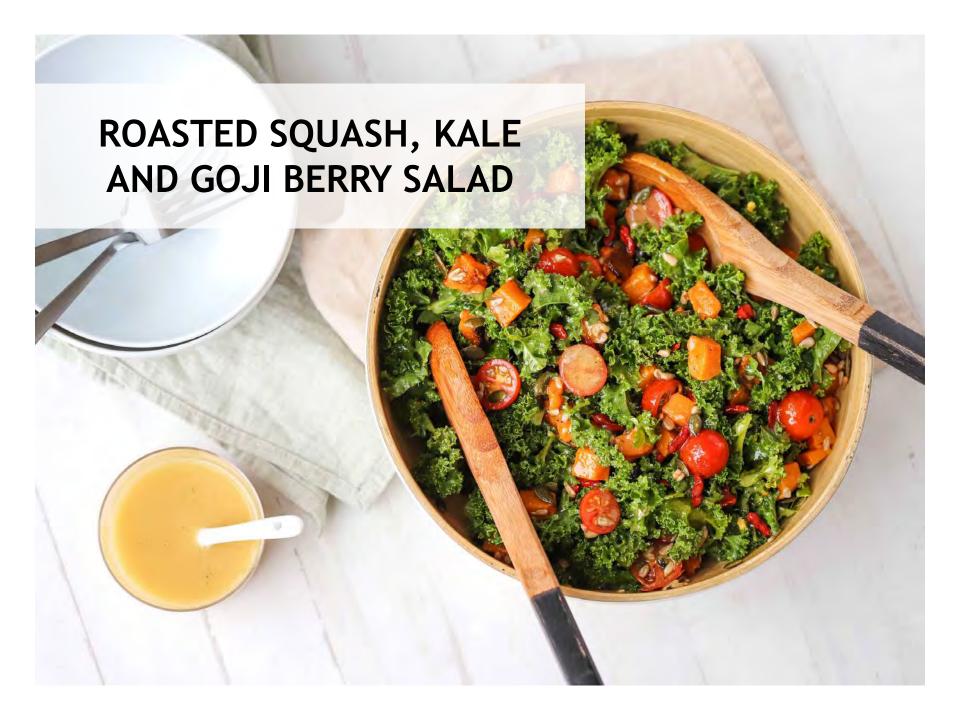
Heat the olive oil in large saucepan over medium heat. Add the onion, broccoli stems and sweet potato and cook, stirring, for 5 minutes.

Add the stock and additional 2 cups (480ml) of cold water. Bring to the boil, then reduce the heat to low, and add broccoli florets. Cook for 15 minutes or until the sweet potato has softened.

Set aside to cool slightly, then use a hand-blender to blend the soup until smooth.

Divide the soup between 4 serving bowls, top with yogurt and gently swirl. Season to taste and serve immediately.





ROASTED SQUASH, KALE AND GOJI BERRY SALAD



Serves: 4 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 225 kcal 16g Fats 19g Carbs 4g Protein





WHAT YOU NEED

For the salad:

- 1 cup (125g) squash, peeled, cubed
- 1 tbsp. olive oil
- 4 cups (270g) kale, trimmed
- 1 cup (150g) cherry tomatoes, halved
- ¼ cup (28g) goji berries
- ¼ cup (15g) pumpkin seeds

For the dressing:

- 3 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tbsp. honey
- 1 tsp. Dijon mustard
- ½ small onion
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Place the cubed squash onto a baking tray, lined with parchment paper. Drizzle with olive oil and sprinkle with salt and pepper. Roast until golden, approximately 20 minutes.

Place the kale, cherry tomatoes, goji berries, pumpkin seeds and roasted squash in a large bowl and mix together.

Place all the dressing ingredients into a food processor or high-speed blender and blitz until smooth and creamy. Season to taste with salt and pepper.

Pour the dressing over the salad and mix well. Divide between 4 plates and serve immediately.





STEAK WITH WHITE BEANS AND WILD MUSHROOMS



Serves: 2 Prep: 15 mins Cook: 25 mins



Nutrition per serving: 375 kcal 13g Fats 22g Carbs 35g Protein





WHAT YOU NEED

- 10.5 oz. (300g) rib-eye steak, fat removed
- 2 springs rosemary, leaves only
- 2 cloves garlic, sliced
- 7 oz. (200g) mixed wild mushroom
- 14 oz. (400g) can cannellini beans
- 1 tbsp. apple cider vinegar
- salt and pepper

WHAT YOU NEED TO DO

Heat a large pan on a medium-high heat.

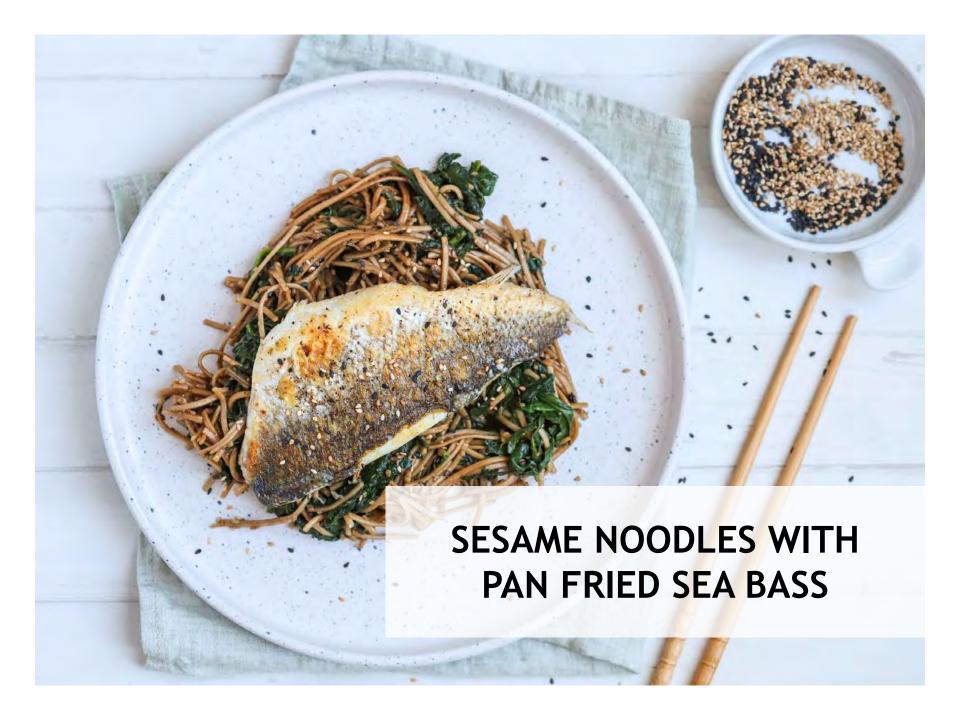
Rub the steak with a pinch of salt and black pepper, then sear the steak for 4 minutes on each side, remove the steak from the pan, cover with tin foil and rest for 5-10 minutes.

Reduce the heat to medium, and in the same pan add the mushrooms and cook for 5 minutes until starting to brown. Add the rosemary leaves and the garlic slices to the mushrooms and cook for a further minute, stirring constantly to stop the garlic from burning.

Now add in the cannellini beans and their juice, as well as the vinegar. Season to taste with salt and pepper and simmer for 5-6 minutes.

Once ready, pour the steak juices on top of the bean and mushroom mixture and give it a quick stir to combine.

Now divide the bean and mushroom mixture between 2 bowls. Take the steak and cut it into slices. Lay the sliced steak over the beans, splitting the portion of meat between bowls. Serve immediately.



SESAME NOODLES WITH PAN FRIED SEA BASS



Serves: 2 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 418 kcal 21g Fats 25g Carbs 28g Protein





WHAT YOU NEED

- 2 oz. (60g) soba noodles
- 2 tbsp. sesame seeds
- 2 tbsp. soy sauce
- 7 oz. (200g) spinach
- 2 sea bass fillets (3.5 oz./100g each)
- 2 tbsp. olive oil
- 1 tsp. rice vinegar

WHAT YOU NEED TO DO

Cook the noodles following the instructions on the packaging, then drain, run under cold water and set aside.

Crush the sesame seeds in a mortar, then stir in the soy sauce, 1 tablespoon of oil, 1 tablespoon of water and vinegar, to make a creamy dressing, season and set aside.

Heat a pan over medium heat and add in the spinach, cook until wilted. Next add in the cooked noodles and sesame dressing stirring well until heated through.

Heat the remaining oil in a non-stick frying pan over a medium to high heat.

Season the seabass with salt and pepper, then place the fillet in the pan skin-side down. Fry gently for around 3 minutes. Flip the fish over and fry for another 30 seconds, until the fish is just cooked through.

Divide the noodles between 2 plates, place the fish on top and serve immediately.





COCONUT CHICKEN IN A SWEET CHILI SAUCE



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 368 kcal 15g Fats 20g Carbs 36g Protein









WHAT YOU NEED

- 1.3 lb. (600g) chicken breast, chopped
- ½ tsp. ground ginger
- ½ tsp. garlic powder
- 4 tbsp. all purpose flour
- 4 tbsp. desiccated coconut
- 1 egg
- 1 tbsp. olive oil
- 1 tbsp. coconut oil
- salt and pepper

For the sauce:

- ½ cup (120ml) water
- 5 tbsp. sweet chili sauce
- 2 tbsp. tomato ketchup

WHAT YOU NEED TO DO

Season the chopped chicken with the spices and season with salt and pepper. Then coat in 1 tablespoon of oil.

In a deep plate, combine the flour and desiccated coconut. In a separate bowl beat the egg and season with salt and pepper.

Coat the chicken, dipping it first into the beaten egg, then into the flour and coconut mixture.

Heat the coconut oil in a wok or a larger pan, over medium-high heat.

Add the coated chicken to the wok or pan and fry for approximately 2-3 minutes. Turn the chicken over, and fry the other side for a further 2-3 minutes until golden and cooked through. Now move the meat over to one side of the wok and pour water into the empty space and bring to the boil. Add the sweet chili sauce and tomato ketchup, mix well and bring to the boil again.

Combine the sauce with the meat, stirring every now and then. Heat everything together and bring to a boil.

Serve with rice and coriander.





SPANISH CHICKPEA STEW



Serves: 4 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 186 kcal 5g Fats 31g Carbs 8g Protein











WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, diced
- 2 cloves garlic, sliced
- 1 bell pepper, diced
- 1 zucchini, diced
- ½3 cup (160ml) vegetable stock
- 1 cup (170g) chickpeas
- 1 tsp. oregano
- 2 tsp. smoked paprika
- 1 cup (240ml) passata
- salt and pepper

WHAT YOU NEED TO DO

Heat the olive oil in a large pot over a medium-high heat. Gently cook the onion and garlic for about 5 minutes, until softened.

Add the diced bell pepper and zucchini to the onions, season with salt and pepper and fry for a further 5 minutes.

Increase the heat, add the vegetable stock, bring to a boil and simmer for 3 minutes. Add the chickpeas, oregano and smoked paprika. Finally, add in the passata, mix and cook for a further 5 minutes. Season to taste with salt and pepper and serve.





SPICED PUMPKIN BREAD



Serves: 16 Prep: 5 mins Cook: 55 mins



serving: 128 kcal 5g Fats 19g Carbs 2g Protein





WHAT YOU NEED

- ½ cup (80ml) coconut oil, melted
- ½ cup (120ml) honey
- 2 eggs, room temperature
- 1 cup (230g) pumpkin puree
- ½ cup (120ml) almond milk
- ½ tsp. ground cinnamon
- ½ sp. ground ginger
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cloves
- 1 tsp. baking soda
- 1 tsp. vanilla extract
- ½ tsp salt
- 1 ¾ cups (220g) all purpose flour

WHAT YOU NEED TO DO

Preheat oven to 330°F (165°C) and line a 9x5 inch (22x12cm) loaf pan with baking paper.

Beat together the oil and honey, then add the eggs and whisk together. Next add in the remaining ingredient, except the flour. Whisk well to combine.

Now gently fold in the flour and stir until well combined. Pour the batter into the prepared loaf pan and bake in the over for 50-55 minutes, or until an inserted toothpick comes out clean.

Remove from the oven, place on a wire rack and allow to cool for 10 minutes, before taking the bread out of the loaf pan. Cool on the wire rack for a further 20 minutes before slicing and serving.

Serving suggestion: coconut yogurt and cinnamon.





SPICED PUMPKIN HUMMUS



Prep: 10 mins Cook: 0 mins



Nutrition per serving: 131 kcal 6g Fats 15g Carbs 5g Protein











WHAT YOU NEED

- 1x 14oz. (400g) can chickpeas, drained
- ¾ cup (170g) pumpkin puree
- 1/3 cup (80g) almond butter
- 2 tbsp. maple syrup
- 1 tsp. pumpkin spice mix

Pumpkin spice mix:

- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- ¼ tsp. ground nutmeg
- 1/4 tsp. ground cloves

WHAT YOU NEED TO DO

Add all the ingredients to a food processor and blitz together until smooth.

Taste the hummus and add more maple syrup to reach the desired level of sweetness.

Place in an airtight container with a tight fitting lid and store refrigerated for up to one week.

Serving suggestions:

- Apple chips
- Vegetable chips
- Fresh fruit
- Crusty bread
- On toast





KALE, LIME AND COCONUT WATER SMOOTHIE



Serves: 4 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 69 kcal 1g Fats 15g Carbs 3g Protein

WHAT YOU NEED

- 1 lime, peeled, chopped
- 1 apple, peeled, cored, chopped
- 1 cucumber, peeled, chopped
- 1 cup (70g) kale, trimmed, chopped
- 2 handful spinach
- 1 tsp. ginger, grated
- 1 ²/₃ cup (400ml) coconut water

WHAT YOU NEED TO DO

Place all ingredients into a blender and blitz together until smooth. Divide the smoothie between 4 serving glasses and serve immediately.





