

JUNE RECIPE PACK

TIGHTEN *up*



Delicious, Quick Simple Breakfast, Lunch, Dinner treats

tightenup.com.au

TABLE OF CONTENTS

1	TOMATO QUICHE
2	SPINACH AND KIWI SMOOTHIE
3	MENEMEN (TURKISH SCRAMBLED EGGS)
4	FRITTATA WITH BURRATA AND PESTO
5	GRILLED HALLOUMI AND TOMATO SALAD
6	VIETNAMESE SPRING ROLLS WITH PEANUT SAUCE
7	ROMESCO SALSA
8	TUNA SALAD WITH ROMESCO SALSA
9	SALMON AND POTATOES WITH ROMESCO SALSA
10	OVEN ROASTED CHICKEN SHAWARMA
11	BUCKWHEAT RISOTTO
12	SLOW COOKER TERIYAKI CHICKEN
13	STRAWBERRY COCONUT CHIA PUDDING
14	NO BAKE PROTEIN COOKIES
15	MINI RASPBERRY YOGURT CHEESECAKES



RECIPE KEY

Look for these helpful icons throughout the file.

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

SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Tomato Quiche	BREAKFAST Tomato Quiche	BREAKFAST Menemen (Turkish Scrambled Eggs)	BREAKFAST Frittata with Burrata and Pesto	BREAKFAST Spinach and Kiwi Smoothie	BREAKFAST Strawberry Coconut Chia Pudding	BREAKFAST Menemen (Turkish Scrambled Eggs)
LUNCH Grilled Halloumi and Tomato Salad	LUNCH Grilled Halloumi and Tomato Salad	LUNCH Leftover Salmon and Potatoes with Romesco Salsa	LUNCH Vietnamese Spring Rolls with Peanut Sauce	LUNCH Frittata with Burrata and Pesto	LUNCH Tuna Salad with Romesco Salsa	LUNCH Tuna Salad with Romesco Salsa
SNACK E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	SNACK E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	SNACK E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	SNACK E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	SNACK E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	SNACK E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	SNACK E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes
DINNER Slow Cooker Teriyaki Chicken	DINNER Salmon and Potatoes with Romesco Salsa	DINNER Buckwheat Risotto	DINNER Oven Roasted Chicken Shawarma	DINNER Oven Roasted Chicken Shawarma	DINNER Meal Out – Enjoy!	DINNER Slow Cooker Teriyaki Chicken

WEEKLY SHOPPING LIST

FRUITS & VEGETABLES

Fruits

- 6x kiwis
- 3x lemons
- 450g strawberries

Vegetables

- 3x onions (white or brown)
- 2x red onions
- 1 bunch spring onions
- 1 leek
- 1x green capsicum
- 2x red capsicums
- 2x garlic heads
- root ginger
- bag of baby spinach
- 2x tomatoes
- 300g cherry tomatoes
- 1 bunch asparagus
- 6x baby cucumbers
- 1 cucumber
- 2x lettuces
- ¼ head red cabbage
- ⅓ head savoy cabbage
- 2x carrots
- 680g baby potatoes
- _____
- _____

PROTEIN, DAIRY AND HERBS

Meats

- 900g chicken legs
- 900g chicken thighs
- 200g chicken breast

Fish and Seafood

- 450g cooked prawns
- 600g salmon fillets

Cold

- 17x eggs
- almond milk
- cheddar cheese
- Parmesan
- vanilla Greek yogurt
- Greek yogurt
- oat milk
- butter
- halloumi
- 1x large burrata
- cream cheese
- natural yogurt

Fresh Herbs

- rosemary
- 2x parsley
- mint
- basil
- coriander
- _____
- _____

SEEDS, BAKING AND SPICES

Grains

- buckwheat groats
- rolled oats

Nuts and Seeds

- flaked almonds
- sesame seeds
- chia seeds

Baking

- whole wheat flour
- all purpose flour
- cornstarch
- vanilla extract

Dried Herbs and Spices

- thyme
- oregano
- red chilli flakes
- ground cumin
- paprika
- turmeric
- ground cinnamon
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- olive oil
- sesame oil

Sweeteners

- coconut sugar
- honey
- maple syrup

Boxed, Canned & Condiments

- 1x can chopped tomatoes
- tomato puree
- green pesto
- red wine vinegar
- vermicelli noodles
- sheets rice paper
- peanut butter (smooth)
- rice vinegar
- mirin
- balsamic vinegar
- tamari or soy sauce
- green olives
- 2x cans tuna
- anchovies
- raspberry jam

Other

- bread
- vanilla protein powder
- white chocolate chips
- biscuits

TOMATO QUICHE



TOMATO QUICHE



Serves: 6
Prep: 20 mins
Rest: 1 hr
Cook: 40 mins



Nutrition per
serving:
386 kcal
18g Fats
45g Carbs
11g Protein



myfitnesspal

09291560

WHAT YOU NEED

For the Crust:

- 1 $\frac{3}{4}$ cup (200g) whole wheat flour
- 1 cup (115g) all-purpose flour
- $\frac{3}{4}$ tsp. salt
- $\frac{1}{4}$ (60ml) olive oil
- $\frac{3}{4}$ (165ml) water
- 2 tsp. lemon juice

For the quiche:

- 1 tbsp. olive oil
- $\frac{1}{2}$ onion, finely chopped
- 3 cloves garlic, minced
- 400g can chopped tomatoes
- 2 tbsp. tomato puree/paste
- pinch of sugar
- 1 sprig fresh rosemary
- $\frac{1}{2}$ tsp. dried thyme
- 2 eggs
- 2 egg yolks
- $\frac{3}{4}$ cup (180ml) almond milk, unsweetened
- $\frac{1}{2}$ cup (56g) cheese, grated
- $\frac{1}{4}$ cup (25g) Parmesan cheese, grated
- salt and pepper

WHAT YOU NEED TO DO

For the crust:

In a large bowl, combine the flours and salt. Make a well in the center, add the olive oil and mix with a fork. Next, add the water and lemon juice and mix well until the dough forms a ball.

Place the dough onto a lightly floured work surface, and work the dough until smooth and easy to shape into a ball. Do not overwork or the pastry will become tough. Divide the dough in half, shape each half into a ball, press gently and wrap in clingfilm. Place the pastry in the fridge and allow to rest for 1 hour.

Preheat the oven to 180°C.

When ready to bake the quiche remove one of the balls of dough from the fridge. Dust the work surface and rolling pin with flour and roll the dough out into a circle wide enough to line an 8-inch/20cm tart tin. Using a fork pierce the base of the pastry case a few times. Place a sheet of baking parchment into the tin and fill with ceramic pastry beans and place in the oven to blind bake for 15 minutes.

After 15 minutes, remove the pastry case from the oven. Carefully remove the ceramic baking beans (they will be hot) and discard the baking parchment.

To fill the quiche:

Heat the olive oil over medium heat in a saucepan and add the onion. Cook gently for 2 to 3 minutes, stirring until softened. Add the garlic and cook for around 30 seconds until fragrant. Add the canned tomatoes, tomato paste, pinch of sugar, rosemary, thyme and season with salt and pepper. Simmer for 15 minutes, stirring often, until the tomatoes have reduced.

Remove the rosemary sprig and allow to cool slightly. There should be approximately 1 cup of the sauce.

Preheat the oven to 180°C. Beat the eggs and egg yolks in a bowl. Brush the bottom of the pastry crust with a small amount of the beaten egg and pre-bake for 10 minutes. Remove from the oven and allow to cool for 5 minutes.

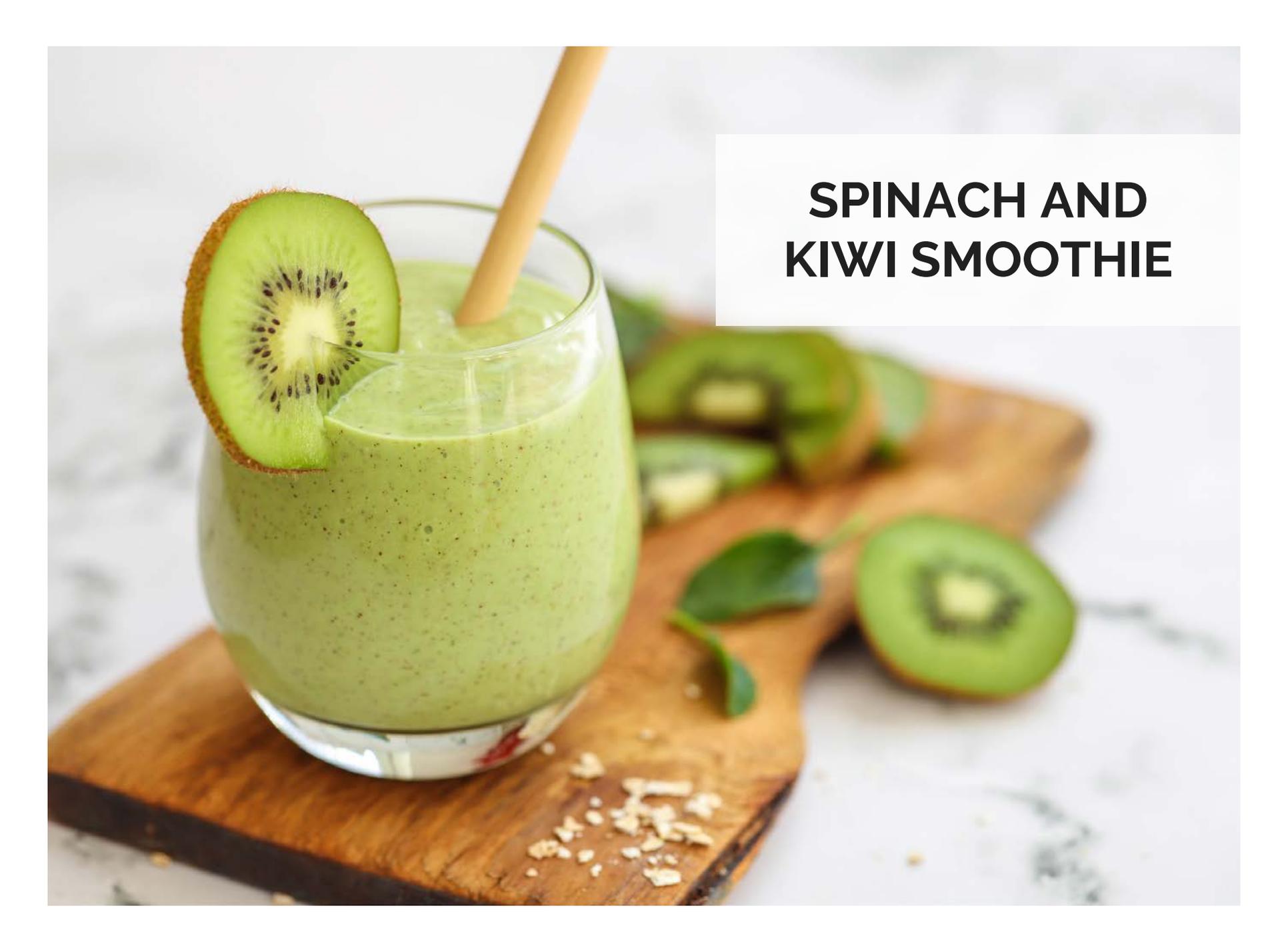
Beat the milk into the eggs, add $\frac{1}{2}$ teaspoon salt, freshly ground pepper to taste and whisk together. Stir in the grated cheeses and tomato sauce and mix well. Pour the mixture into the crust.

Bake for 30 to 35 minutes, until the quiche has set in the middle. Remove from the heat and allow to rest for 15 minutes before serving.

Tips and storage:

This recipe makes enough dough to make 2 quiches.

Once the pastry dough is formed it can be stored in the refrigerator for up to 3 days or frozen for up to 3 months. If you do not have ceramic baking beans you can use dried beans, dried pasta or rice to hold down the baking parchment while blind baking the pastry case. This quiche can be served warm or cold.



SPINACH AND KIWI SMOOTHIE

SPINACH AND KIWI SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



*Nutrition per
serving:*
278 kcal
6g Fats
39g Carbs
17g Protein



02935898

WHAT YOU NEED

- 6 kiwis, peeled, chopped
- 1 cup (280g) Greek vanilla yogurt
- 1 cup (250ml) almond milk, unsweetened
- 2 cups (60g) baby spinach

WHAT YOU NEED TO DO

Place all the ingredients a blender and blend until smooth.

Pour smoothie into 2 serving glasses and serve immediately.



**MENEMEN (TURKISH
SCRAMBLED EGGS)**

MENEMEN (TURKISH SCRAMBLED EGGS)



Serves: 2
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
332 kcal
24g Fats
14g Carbs
15g Protein



09158290

WHAT YOU NEED

- 2 tbsp. olive oil
- 1 medium onion, diced
- ½ tsp. dried oregano
- 1 green capsicum, diced
- 2 tomatoes, chopped
- 4 eggs
- ¼ cup (12g) chopped fresh parsley, plus more for garnish
- salt and pepper

WHAT YOU NEED TO DO

Heat the olive oil in a medium non-stick frying pan over medium-high heat. Add the onion, oregano, season with salt and pepper and cook for 5-6 minutes until the onion has softened. Add in the green pepper and cook until for another 5 to 7 minutes.

In the meantime, purée half the tomatoes in a food processor or blender.

Once the onions and peppers have softened, add the remaining chopped tomatoes and ¼ of the parsley and continue cooking.

In a bowl, whisk together the eggs and the puréed tomatoes.

Now reduce the heat to low, and add the egg mixture to the frying pan. Cook, stirring occasionally, until the eggs are set but still soft, around 3 to 4 minutes. Taste and add a little more salt, pepper and oregano if desired. Serve immediately garnished with the remaining parsley.



**FRITTATA WITH
BURRATA AND PESTO**

FRITTATA WITH BURRATA AND PESTO



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
385 kcal
33g Fats
4g Carbs
18g Protein



07400872

WHAT YOU NEED

- 115g asparagus, tough bottoms removed
- 4 tbsp. green pesto
- 2 tbsp. olive oil
- 8 eggs, lightly beaten
- ¼ cup (25g) grated Parmesan
- 1 large burrata, room temperature (150g)
- basil leaves, to garnish
- salt and pepper

WHAT YOU NEED TO DO

Remove and discard the woody ends of the asparagus spears by cutting off 1-inch off the base of each stem. Cut the asparagus spears into 1-inch (92.5cm) pieces and set aside.

Heat the olive oil in a non-stick frying pan over medium-high heat. Add asparagus and season with salt and pepper. Cook for a minute then quickly pour in eggs and stir everything together with a wooden spoon. Tilt the pan and lift mixture at the edges to allow any runny egg from the top to reach its way to the bottom of the pan. Cook the eggs for 3-4 minutes until the frittata is almost set. Sprinkle some Parmesan cheese over the top of the egg.

Place a lid over the frying pan and turn off the heat. Leave to stand for 2-3 minutes until the frittata is just set.

Remove the frittata from the pan onto a warm plate and place the whole burrata in the center of the frittata. Pierce with the tip of a knife and spoon the burrata over the frittata. Drizzle with the pesto and cut into wedges. Garnish with basil leaves and serve immediately.



GRILLED HALLOUMI AND TOMATO SALAD

GRILLED HALLOUMI AND TOMATO SALAD



Serves: 6
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
375 kcal
27g Fats
16g Carbs
17g Protein



07940798

WHAT YOU NEED

For the croutons:

- 4 slices bread, thickly chopped
- 2 tbsp. olive oil
- salt

For the salad:

- 6 baby cucumbers, sliced
- 2 cups (300g) cherry tomatoes, halved
- 225g halloumi
- 2 cloves garlic
- 4 tbsp. olive oil
- 2 tbsp. red onion thinly sliced
- 2 tbsp. fresh mint, coarsely chopped
- 2 tbsp. fresh basil, coarsely chopped
- 2 tbsp. red wine vinegar
- salt and pepper

WHAT YOU NEED TO DO

For the croutons:

Heat oven to 200°C. Place the chopped bread in a baking dish, drizzle with 1 tablespoon of olive oil and season with salt, then toss until evenly coated. Place the tray in the oven and bake until golden brown and crunchy on the outside. This will take approximately 13-15 minutes, turn the croutons halfway through so they brown evenly. Remove from the oven and set aside to cool.

For the salad:

Place the sliced cucumbers in a colander and sprinkle with ½ teaspoon of salt and leave to drain.

In a large bowl, combine the tomatoes with about ½ teaspoon of salt.

Smash and peel the garlic cloves and combine with the remaining 2 tablespoons of olive oil in a small bowl, leave to rest.

Pour off excess liquid from the tomatoes. Add the drained cucumbers, red onion, fresh herbs and 2 tablespoons of vinegar, mix well to combine. Remove and discard the garlic cloves from the olive oil and add the oil to the tomatoes.

Add half the croutons to the salad and toss so they absorb the liquid. Taste and adjust the salt, pepper, and vinegar to your liking.

Slice the halloumi about ¼-inch thick, then cut into bite-size pieces. Heat the remaining 1 tablespoon of oil in a non-stick frying pan over medium-high. Cook the halloumi on both sides until golden-brown and crusty, approximately 1 minute per side. Add the halloumi to the salad along with the remaining croutons, mix gently and serve immediately.

Tip:

Halloumi is a type of Mediterranean cheese available in blocks at cheese shops and in the dairy section of many supermarkets.



**VIETNAMESE SPRING ROLLS
WITH PEANUT SAUCE**

VIETNAMESE SPRING ROLLS WITH PEANUT SAUCE



Makes: 8
Prep: 40 mins
Cook: 5 mins



Nutrition per
serving:
162 kcal
6g Fats
17g Carbs
10g Protein



09650929

WHAT YOU NEED

Spring Rolls:

- 55g vermicelli rice noodles
- 1 tsp. toasted sesame oil
- ¼ tsp. salt
- 1 cup (75g) lettuce, leaves torn
- 1 cup (90g) red cabbage, shredded
- 2 medium carrots, peeled, cut into matchsticks
- 1 cucumber, sliced into strips
- ¼ cup (125g) spring onions, sliced
- ¼ cup (12g) coriander, chopped
- ¼ cup (12g) mint, chopped
- 450g cooked prawns
- 8 sheets rice paper (spring roll wrappers)

Peanut Sauce:

- ⅓ cup (80g) smooth peanut butter
- 2 tbsp. rice vinegar
- 2 tbsp. tamari or soy sauce
- 2 tbsp. honey
- 1 tbsp. toasted sesame oil
- 2 cloves garlic, minced
- 2-3 tablespoons water, as needed

WHAT YOU NEED TO DO

For the spring rolls:

Prepare the noodles according to instructions on packaging. Drain and rinse them under cool water, and place in a bowl. Toss the noodles with the sesame oil and salt and set aside.

Fill a shallow pan or container with an inch of water. Fold a lint-free tea towel in half and place it next to the dish. Make sure you have prepared all the other ingredients and have them close by.

Place one rice paper in the water and let it soak for about 10-20 seconds. Remove it from the water and carefully lay it flat on the towel. Leaving about 1 inch of the rice paper around the edges, cover the lower third of the paper with 2-3 prawns, a few pieces of butter lettuce, followed by all the other ingredients. Sprinkle generously with a mixture of the herbs. Ensure that there is not too much filling as you want to be able to fold the rice paper.

Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.

For the peanut sauce:

In a small bowl, whisk together the peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Whisk in 2-3 tablespoons of water, just enough to achieve a dip-like consistency.

Serve the spring rolls with peanut sauce on the side as a dip. Serve them whole, or sliced in half on the diagonal with a sharp chef's knife.



ROMESCO SALSA

ROMESCO SALSA



Serves: 10
(2 tbsp. per serving)
Prep: 5 mins
Cook: 25 mins



Nutrition per
serving:
53 kcal
5g Fats
2g Carbs
1g Protein



03332894

WHAT YOU NEED

- 2 red capsicums
- 4 tbsp. flaked almonds
- 2 tbsp. olive oil (if avoiding oil, sub water)
- 2 tbsp. lemon juice
- 2 garlic cloves, roughly chopped
- ¼ tsp. sea salt
- ¼ tsp. red chilli flakes

WHAT YOU NEED TO DO

Heat an oven to 260°C and line a baking tray with aluminum foil. Roast the peppers (whole) for about 20 minutes, or until nearly blackened on all sides. Remove from the oven and either wrap the peppers in aluminum foil or place them in a sealed bag and allow them to steam for a few minutes.

In the meantime, toast the almonds in a dry pan over medium-low heat, until golden brown. This will take about 5 minutes, take care not to burn the nuts. Set aside.

Now unwrap the peppers and remove and discard the skin, stems, and seeds.

Place the flesh of the peppers into a food processor or blender along with the toasted almonds, olive oil, lemon juice, garlic, salt, and chilli flakes.

Blend until creamy and smooth then taste and adjust the flavourings, adding more lemon, garlic, salt and chilli flakes to taste.

Once cooled, store this salsa in an airtight container in the refrigerator for 5-7 days.



**TUNA SALAD WITH
ROMESCO SALSA**

TUNA SALAD WITH ROMESCO SALSA



*Serves: 4
Prep: 10 mins
Cook: 0 mins*



*Nutrition per
serving:
221 kcal
13g Fats
6g Carbs
20g Protein*



06522524

WHAT YOU NEED

- 1 head lettuce, leaves torn
- ½ cup (90g) green olives
- 2x (140g) cans tuna, drained, flaked
- 16 anchovies, drained, rinsed
- 1 white onion, sliced
- 8 tbsp. Romesco salsa
- sea salt flakes, to taste
- ground black pepper, to taste

WHAT YOU NEED TO DO

Divide the salad leaves and olives between 4 plates. Place ½ can of tuna flakes and 4 anchovies over each salad. Top with sliced onion and drizzle with the Romesco salsa.

Season to taste with sea salt flakes and freshly ground black pepper.



**SALMON AND POTATOES
WITH ROMESCO SALSA**

SALMON AND POTATOES WITH ROMESCO SALSA



*Serves: 4
Prep: 5 mins
Cook: 35 mins*



*Nutrition per
serving:
462 kcal
22g Fats
32g Carbs
34g Protein*



03957370

WHAT YOU NEED

- 600g salmon fillet (4 fillets)
- 680g baby potatoes halved lengthwise
- 2 tbsp. olive oil
- 8 tbsp. Romesco salsa
- 2 tbsp. parsley, chopped, to garnish

WHAT YOU NEED TO DO

Preheat the oven to 200°C and line a baking tray with parchment paper.

Place the potatoes on the baking sheet, drizzle with olive oil, season with salt and pepper and toss until potatoes are coated. Place the tray in the oven and bake for 20 minutes.

Spread 4 tablespoons of the Romesco salsa on top of the salmon fillets (1 tablespoon per fillet).

Remove the baking sheet from the oven, push the potatoes to one side of the tray and place the salmon on the baking tray. Cook for another 15 minutes, until the salmon is cooked through.

In a bowl, combine the roasted potatoes with another 4 tablespoons of the Romesco salsa and divide between 4 plates, placing a fillet of salmon on each plate and garnishing with parsley.

Serve with choice of greens, steamed broccoli or cooked green beans.



**OVEN ROASTED
CHICKEN SHAWARMA**

OVEN ROASTED CHICKEN SHAWARMA



Serves: 6
Chill: 1 hr
Cook: 40 mins



Nutrition per
serving:
445 kcal
37g Fats
3g Carbs
25g Protein



06847852

WHAT YOU NEED

- 2 lemons, juiced
- ¼ cup (60ml), plus 1 tbsp. olive oil
- 6 cloves garlic, minced
- 1 tsp. salt
- 2 tsp. ground black pepper
- 2 tsp. ground cumin
- 2 tsp. ground paprika
- ½ tsp. turmeric
- pinch ground cinnamon
- chilli flakes, to taste
- 900g chicken legs
- 1 red onion, peeled and quartered
- 2 tbsp. chopped fresh parsley

WHAT YOU NEED TO DO

Prepare the marinade by combining the lemon juice, ½ cup olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon and chilli flakes in a large bowl, then whisk to combine. Add the chicken and toss well to coat in the marinade. Cover and store in the refrigerator for at least 1 hour, or up to 12 hours.

Heat oven to 220°C. Use the remaining 1 tablespoon of olive oil to grease roasting tin.

Add the quartered onion to the chicken and marinade.

Remove the chicken and onion from the marinade and place in the roasting tin. Roast in the oven until golden and cooked through, approximately 30 to 40 minutes. Remove from the oven, allow to rest for 5 minutes, then shred the chicken into pieces.

To serve garnish the chicken with the parsley over the top.

Serving suggestions:

Tomato, cucumbers and chickpea salad, warm pitta bread, hot sauce and olives.



**BUCKWHEAT
RISOTTO**

BUCKWHEAT RISOTTO



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
459 kcal
11g Fats
57g Carbs
33g Protein



05543960

WHAT YOU NEED

- 1 tbsp. olive oil
- 1 garlic clove, chopped
- 1 leek, sliced
- 200g chicken breast, chopped
- 2 tsp. dried oregano
- 100g buckwheat groats
- $\frac{3}{4}$ cup (180ml) boiling water
- 2 tbsp. tamari, or soy sauce
- 1 tbsp. balsamic vinegar
- $\frac{1}{3}$ head savoy cabbage, finely chopped
- salt and pepper

WHAT YOU NEED TO DO

Heat the oil in a large frying pan over medium heat and add the garlic and leek. Season with salt and pepper and fry for 2 minutes, stirring every now and then. Cover the pan and continue to cook for a further 2-3 minutes until the leek has softened.

Season the chicken breast with salt, pepper and dried oregano. Move the leek to the side of the pan and place the chicken on the other side. Cook the chicken for 6-7 minutes, turning often, until cooked through and golden browned.

Add in the buckwheat groats and mix in all the remaining ingredients. Cook for 1-2 minutes and then add the hot water along with tamari (or soy sauce) and balsamic vinegar, bring to a boil. Cover the pan, turn the heat down to low and simmer gently for around 5 minutes.

Add the chopped cabbage, mix through and cover. Cook for a further 3 minutes then remove the lid and cook uncovered for another 3 minutes. Serve immediately.



**SLOW COOKER
TERIYAKI CHICKEN**

SLOW COOKER TERIYAKI CHICKEN



Serves: 8
Prep: 15 mins
Cook: 6 hrs



Nutrition for
serving:
226 kcal
6g Fats
18g Carbs
25g Protein



08859259

WHAT YOU NEED

- 900g boneless, skinless chicken thighs
- ½ cup (120ml) tamari, or soy sauce
- ⅓ cup (115g) honey
- ⅓ cup (80ml) water
- ¼ cup (60ml) mirin
- 2 cloves garlic minced
- 2 tsp. root ginger, grated
- 2 tbsp. cornflour (cornstarch)
- 2-3 tbsp. water
- 2 tbsp. sesame seeds
- 4 spring onions, chopped

WHAT YOU NEED TO DO

Place the tamari sauce, honey, water, mirin, garlic and ginger into the slow cooker. Stir until combined, then add the chicken and mix to coat. Place the lid on the slow cooker, and cook on low setting for 4-5 hours.

In a small bowl, mix together the cornflour and water, then mix into the sauce in the slow cooker. Replace the lid and cook on high for a further 30 minutes to 1 hour, until the sauce has thickened.

Remove the chicken from the slow cooker, shred, then return to the sauce and mix gently. Serve with rice and garnish with the spring onions and sesame seeds.

To store: *Cool completely and place in an airtight container in the refrigerator for up to 4 days. Freeze for up to 3 months.*

A close-up photograph of a glass bowl filled with a thick, pinkish-red chia pudding. The pudding is topped with a single halved strawberry, several thin slices of white coconut flakes, and a few small pieces of chia seeds. In the background, another similar bowl is visible, slightly out of focus. The entire scene is set against a light, neutral background with a few more strawberries scattered around.

**STRAWBERRY COCONUT
CHIA PUDDING**

STRAWBERRY COCONUT CHIA PUDDING



Serves: 8
Prep: 5 mins
Chill: 4 hrs



Nutrition per
serving:
137 kcal
5g Fats
19g Carbs
4g Protein



00660884

WHAT YOU NEED

- 450g strawberries, chopped
- 1 cup (240ml) oat milk
- ½ cup (120g) natural yogurt
- 1 tsp. vanilla extract
- ¼ cup (85g) maple syrup
- ½ cup (80g) chia seeds

WHAT YOU NEED TO DO

Add the strawberries, milk, yogurt, vanilla extract, and maple syrup to a food processor or blender and blend until smooth. Add the chia seeds and mix well.

Refrigerate for at least 4 hours (or overnight), until the mixture reaches a thick pudding-like consistency.

Serve garnished with additional fresh strawberries or other fruit of choice.

A top-down photograph of several round, no-bake protein cookies. Each cookie is made of a dark brown, textured mixture, likely containing protein powder and oats. The cookies are decorated with a dollop of white icing in the center, which is topped with a single pecan nut. They are arranged on a light brown parchment paper surface. In the upper right corner, there is a piece of light-colored, woven fabric. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text 'NO BAKE PROTEIN COOKIES' in bold, black, uppercase letters.

**NO BAKE
PROTEIN COOKIES**

NO BAKE PROTEIN COOKIES



Makes: 24
Prep: 20 mins
Chill: 30 min



Nutrition per
serving:
131 kcal
7g Fats
14g Carbs
3g Protein



06762148

WHAT YOU NEED

- 2 cups (160g) rolled oats
- ½ cup (50g) vanilla protein powder
- 1 cup (260g) natural peanut butter
- ½ cup (120ml) honey
- 1 tsp. vanilla extract
- ¼ cup (60ml) water
- ⅓ cup (55g) white chocolate chips

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blend for 2-3 minutes, stopping to scrape the sides as needed.

If necessary, add a little more water by the tablespoon to form a doughy ball. The cookies should hold shape, but also be soft enough so that you can press your thumb in the middle. Use 1½ tablespoons of dough to form cookies using your hands.

Roll into balls and place on a baking sheet. Using a teaspoon, or your finger press a hole in each cookie to create the thumbprint.

Next, melt the white chocolate in a microwave and place ½ teaspoon of melted chocolate into the center of each thumbprint.

Place the baking sheet into the freezer and chill for 30 minutes until the chocolate has set. Remove and place in an airtight container. Store on the counter top for up to 5 days.



**MINI RASPBERRY
YOGURT CHEESECAKES**

MINI RASPBERRY YOGURT CHEESECAKES



Makes: 12
Prep: 20 mins
Cook: 20 mins



Nutrition per serving:
142 kcal
10g Fats
10g Carbs
3g Protein



04507093

WHAT YOU NEED

For the crust:

- 6 biscuits
- 3 tbsp. butter, room temperature

For the filling:

- 230g cream cheese, room temperature
- ½ cup (120g) Greek yogurt
- 4 tbsp. honey
- 1 large egg white
- 1 tsp. vanilla extract
- 4 tbsp. raspberry jam

WHAT YOU NEED TO DO

Preheat the oven to 180°C and line a muffin tin with paper muffin liners.

Next, prepare the biscuit crust. Place the biscuits and butter into a high-speed blender or food processor and blitz until the mixture forms a crumble.

Spoon 2 tablespoons of the crumble into each muffin liner and gently press down. Place the tray in the oven and bake the crust for 5 minutes.

Meanwhile, prepare the filling. Place the softened cream cheese, yogurt, honey, egg white, and vanilla extract into a high-speed blender or food processor and blitz until smooth.

Top the baked crust with around 2 tablespoons of the mixture and add 1 teaspoon of raspberry jam on top. Use a toothpick or knife to swirl the jam through the cheesecake mixture. Return the tray to the oven and bake for 10-12 minutes, or until firm to the touch.

Remove the tray from the oven and allow the cheesecakes to cool for at least 15 minutes before removing from the muffin tin. Place in an airtight container and store in the refrigerator to chill for 2 hours before serving.