MAY RECIPE PACK

TIGHTEN up

Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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RECIPE KEY

Look for these helpful icons throughout the file.

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

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SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Baked Egg Pots	**BREAKFAST** Baked Egg Pots	**BREAKFAST** Greek Style Scrambled Eggs	**BREAKFAST** Greek Style Scrambled Eggs	**BREAKFAST** Banana and Yogurt Breakfast Muffins	**BREAKFAST** Leek Quiche	**BREAKFAST** Leek Quiche
LUNCH Broccoli Cheese Soup	**LUNCH** Broccoli Cheese Soup	**LUNCH** Spanish Chicken Stew (Slow Cooker)	**LUNCH** Oven Baked Chicken Nuggets and Spiced Sweet Potato Fries	**LUNCH** Oven Baked Chicken Nuggets and Spiced Sweet Potato Fries	**LUNCH** Grilled Salmon Salad with Chillies and Herbs	**LUNCH** Grilled Salmon Salad with Chillies and Herbs
SNACK E.g. Banana and Yogurt Breakfast Muffins, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, The Reset Juice	**SNACK** E.g. Banana and Yogurt Breakfast Muffins, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, The Reset Juice	**SNACK** E.g. Banana and Yogurt Breakfast Muffins, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, The Reset Juice	**SNACK** E.g. Banana and Yogurt Breakfast Muffins, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, The Reset Juice	**SNACK** E.g. Banana and Yogurt Breakfast Muffins, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, The Reset Juice	**SNACK** E.g. Banana and Yogurt Breakfast Muffins, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, The Reset Juice	**SNACK** E.g. Banana and Yogurt Breakfast Muffins, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, The Reset Juice
DINNER Baked Fish with Romesco Salsa	**DINNER** Spanish Chicken Stew (Slow Cooker)	**DINNER** Chicken and Quinoa Casserole	**DINNER** Chicken and Quinoa Casserole	**DINNER** Rainbow Beef Stir Fry	**DINNER** Meal Out – Enjoy!	**DINNER** Rainbow Beef Stir Fry

WEEKLY SHOPPING LIST

FRUITS & VEGETABLES

Fruits

- [ ] 2x bananas
- [ ] 2x lemons
- [ ] 2x limes
- [ ] 1 navel orange
- [ ] 1 grapefruit

Vegetables

- [ ] bag of baby spinach
- [ ] 2x heads of broccoli
- [ ] 3x carrots
- [ ] bunch celery
- [ ] 2x cucumbers
- [ ] 8 baby cucumbers (or 1 further large cucumber)
- [ ] 2x bulbs garlic
- [ ] 1 large piece root ginger
- [ ] 1 green capsicum
- [ ] 1 yellow capsicum
- [ ] 3x red capsicums
- [ ] 3x leeks
- [ ] 450g pack baby potatoes
- [ ] 1 white potato
- [ ] bag of mixed salad leaves
- [ ] bag of radishes
- [ ] 2x red hot chilli peppers
- [ ] 1 red onion
- [ ] 2x yellow onions
- [ ] pack of shiitake mushrooms
- [ ] 800g sweet potatoes
- [ ] 6x tomatoes

Frozen Foods

- [ ] bag of frozen peas

MEAT, DAIRY AND BAKING

Bread, Fish, Meat & Cheese:

- [ ] block of cheddar cheese
- [ ] block of feta cheese
- [ ] 900g chicken breast
- [ ] 600g chicken thighs
- [ ] 680g cod fillet (4 fillets)
  630g salmon fillet (4 fillets)
- [ ] 230g flank steak

Cold:

- [ ] 18x eggs
  small tub plain Greek yogurt
- [ ] carton unsweetened almond milk
- [ ] small carton milk

Baking

- [ ] all purpose gluten free flour
  buckwheat flour
- [ ] whole wheat flour
- [ ] coconut flour
- [ ] cornflour
- [ ] baking powder
- [ ] baking soda
- [ ] caster sugar
- [ ] coconut sugar
- [ ] honey
- [ ] vanilla extract
- [ ] white chocolate chips
- [ ]
- [ ]

GRAINS, SEEDS AND BAKING

Seeds, Nuts and Spices:

- [ ] pack of raw almonds
- [ ] pack of raw cashews
- [ ] cayenne pepper
- [ ] chilli flakes
- [ ] ground cinnamon
- [ ] ground cumin
- [ ] garlic powder
- [ ] ground nutmeg
- [ ] onion powder
- [ ] dried oregano
- [ ] smoked paprika
- [ ] saffron
- [ ] sea salt
- [ ] black pepper

Fresh Herbs

- [ ] pack of basil
- [ ] pack of mint
- [ ] pack of coriander
- [ ] pack of parsley
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

CANS, CONDIMENTS & MISC

Boxed and Canned:

- [ ] pack of panko breadcrumbs
- [ ] 480ml chicken stock (or buy stock cubes)
- [ ] 480ml vegetable stock (or buy stock cubes)
- [ ] 600g canned chopped tomatoes
- [ ] 530g jar roasted peppers
- [ ] pack of dried quinoa

Condiments and Oils:

- [ ] balsamic vinegar
- [ ] coconut oil
- [ ] extra virgin olive oil
- [ ] fish sauce
- [ ] hoisin sauce
- [ ] mayonnaise
- [ ] red wine vinegar
- [ ] rice wine
- [ ] sesame oil
- [ ] sriracha sauce
- [ ] tamari sauce
- [ ] soy sauce

Others:

- [ ] vanilla whey protein powder
- [ ]

BAKED EGG POTS

BAKED EGG POTS

Serves: 2
Prep: 10 mins
Cook: 20 mins

Nutrition per serving:
190 kcal
10g Fats
9g Carbs
16g Protein

GF DF LC MP V

myfitnesspal

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WHAT YOU NEED

- 3 cups (90g) baby spinach
- 3 tomatoes, chopped
- 2 tsp. smoked paprika
- 4 eggs
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 180˚C.

Heat a dry non-stick frying pan on the stove over a medium heat and let the spinach shrink, add a splash of water if necessary.

Add in the chopped tomatoes, paprika and season to taste with salt and pepper. Divide between two ramekins. Make a well in each dish and break an egg inside it.

Place the ramekins onto a baking sheet and bake in the oven for around 17-20 minutes until the egg is cooked to your liking.

Serving suggestion:
Toasted bread with butter and chives (not included in nutrition information).

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BANANA AND YOGURT
BREAKFAST MUFFINS

BANANA AND YOGURT BREAKFAST MUFFINS

Makes: 12
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
169 kcal
5g Fats
29g Carbs
2g Protein

MP V

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WHAT YOU NEED

- 1 ¼ cups (150g) whole-wheat flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- ½ tsp. salt
- 2 ripe bananas, mashed
- ½ cup (120ml) Greek yogurt
- 1 large egg
- ½ cup (110g) coconut sugar
- ¼ cup (60ml) coconut oil, melted
- ¼ cup (60ml) honey

WHAT YOU NEED TO DO

Heat the oven to 190˚C. Line a 12-cup standard sized muffin tin with paper liners.

In a large bowl, combine the flour, baking powder, baking soda, cinnamon and salt. In a medium bowl, mix the bananas, yogurt, egg, coconut sugar, coconut oil and honey until just well combined.

Fold the wet ingredients into the dry and gently stir until smooth. Divide the batter evenly among the muffins cups.

Place the tray into the oven and bake until an inserted toothpick comes out clean, about 20 to 25 minutes.

Remove the tray from the oven and allow to cool in the tin for 5 minutes. Then remove the muffins, from the tin and place on a wire cooling rack and cool completely or serve warm.

Tip:
Keep at room temperature in an airtight container for up to 3 days or freeze for up to 3 months.

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GREEK STYLE
SCRAMBLED EGGS

GREEK STYLE SCRAMBLED EGGS

Serves: 2
Prep: 5 mins
Cook: 15 mins

Nutrition per serving:
392 kcal
32g Fats
7g Carbs
19g Protein

GF LC Q

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WHAT YOU NEED

- 2 tbsp. olive oil
- 1 garlic clove, minced
- 2 tomatoes, cored, grated
- 1 tbsp. dried oregano
- 4 eggs, beaten
- ½ cup (75g) feta, crumbled
- salt and pepper

WHAT YOU NEED TO DO

Place a medium-sized pan on the stove over a medium heat. Add the olive oil and the garlic, cook for a minute until fragrant.

Add the grated tomatoes and cook until all the water from the tomatoes has evaporated, about 10 minutes.

Add the eggs and oregano to the pan and season to taste with salt and pepper. Stir well and remove when the eggs are cooked to the desired consistency, approximately 3-5 minutes.

Divide the scrambled eggs between 2 plates and crumble over the feta cheese.

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LEEK QUICHE

LEEK QUICHE

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

Nutrition per serving:
249 kcal
13g Fats
26g Carbs
7g Protein

MP V

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WHAT YOU NEED

For the Pastry Crust:

- 1 ¾ (200g) whole wheat flour
- 1 cup (115g) all-purpose flour
- ¾ tsp. salt
- ¼ cup (60ml) olive oil
- ¾ cup (165ml) water
- 2 tsp. lemon juice

For the Quiche Filling:

- 3 large leeks, white and light green part, sliced
- 2 tbsp. olive oil
- 1 clove garlic, minced
- 2 egg yolks
- 1 whole egg
- ¾ cup (180ml) milk
- ¾ cup (85g) cheddar cheese, grated (or other)

WHAT YOU NEED TO DO

For the Pastry 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 the dough or you will have tough, dry pastry.

Divide the dough in half, shape each half into a ball and press into a ½-inch thick circle. Wrap the dough in clingfilm and pop it into the fridge to rest for 1 hour.

When ready to bake the quiche take one of the balls out of the fridge and place it on a floured surface. Using a floured rolling pin roll the ball out into a circle large enough to line a 8-inch (20cm) flan tin with a loose bottom.

Fork over the base of the pastry, cover with some parchment paper and fill with either ceramic pastry balls or you can also use dried rice. This is to stop the pastry from lifting away from the tin when you blind bake it.

Now pop the lined pastry tin back into the fridge until you are ready to fill it.

As this recipe makes enough dough to line 2 pastry cases, store the other ball of dough in the fridge for up to 3 days. Or pop the dough in the freezer for up to 3 months.

For the Quiche Filling:
Preheat the oven to 180°C.

Heat the oil in a pan over medium heat and add the leeks with a pinch of salt. Cook the leeks gently, stirring, until they begin to soften. Turn down the heat to low, cover and cook until very soft, about 10-15 minutes.

Add in the garlic and cook for another minute, until fragrant.

Beat together the egg yolks and the whole egg. Season the eggs with salt and pepper, add in the milk and whisk together.

Remove the pastry case from the fridge and pop it into the oven to bake blind for 10 minutes. Take it out of the oven, remove the ceramic balls or rice (these can be used again for another pastry case) and discard the parchment paper.

Now spread the leeks and grated cheese in an even layer on the base of the pastry case. Pour in the eggs mixture and place the filled quiche into the pre-heated oven.

Bake the quiche for 30 minutes, or until the eggs have set. Remove from the oven and cool for 5 minutes before removing the quiche from the flan tin. This quiche can be enjoyed hot or cold.

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BROCCOLI
CHEESE SOUP

BROCCOLI CHEESE SOUP

Serves: 4
Prep: 10 mins
Cook: 30 mins

Nutrition per serving:
266 kcal
14g Fats
23g Carbs
12g Protein

GF MP V N

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WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, diced
- 3 cloves garlic, sliced
- 2 stalks celery, chopped
- 2 heads broccoli, divided into florets
- 1 potato, peeled, cut into cubes
- ½ tsp. salt
- ½ tsp. pepper
- 2 cups (480ml) vegetable stock
- 1 cup (240ml) almond milk, unsweetened
- 1 cup (115g) cheddar cheese, grated

WHAT YOU NEED TO DO

Place a medium-sized pan over a medium heat.

Add the chopped onion and cook for 5-7 minutes, add the garlic and cook for a further minute.

Add the celery, broccoli and potato, and season with salt and pepper. Pour in the vegetable stock and cover with a lid. Simmer for 20 minutes.

Now add in the milk and blend the soup with a stick blender until smooth. Finally add the cheese and stir until it has melted. Serve immediately.

Storage:
After cooling completely, store in airtight containers in the fridge for up to 4 days.

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SPICED SWEET
POTATO FRIES

SPICED SWEET POTATO FRIES

Serves: 4
Prep: 10 mins
Cook: 25 mins

Nutrition per serving:
362 kcal
18g Fats
42g Carbs
4g Protein

GF DF V

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WHAT YOU NEED

- 800g sweet potatoes
- 2 tbsp. olive oil
- 1 tsp. paprika powder
- 1 tsp. ground cumin
- pinch cayenne pepper, to taste
- 1 tsp. sea salt
- 4 tbsp. mayonnaise
- 2-3 tsp. sriracha sauce

WHAT YOU NEED TO DO

Heat the oven to 200˚C.

Cut the sweet potatoes into sticks ¼ to ½ inch wide and 3 inches long. Toss them with the oil and spices, mixing well to ensure the sweet potato is coated.

Spread the sweet potato out on a baking tray lined with baking paper and place in the oven. Bake until brown and crispy, about 15 minutes, then flip and cook for a further 10 minutes.

Make a spicy mayonnaise dipping sauce by mixing together the mayonnaise and sriracha sauce and serve alongside the fried.

TIGHTEN up

OVEN BAKED CHICKEN NUGGETS

OVEN BAKED CHICKEN NUGGETS

Serves: 4
Prep: 20 mins
Cook: 15 mins

Nutrition per serving:
326 kcal
14g Fats
18g Carbs
32g Protein

DF LC MP HP N

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WHAT YOU NEED

- 1 ½ cups (90g) panko breadcrumbs
- 2 tbsp. olive oil
- 1 tsp. salt
- 1 tsp. black pepper
- 1 tsp. onion powder
- 1 tsp. paprika
- ½ tsp. garlic powder
- ¼ tsp. cayenne pepper
- 2 eggs
- 2 tbsp. almond milk
- 450g boneless skinless chicken breast, cut into cubes

WHAT YOU NEED TO DO

Preheat the oven to 200°C. Line a baking tray with baking paper.

Place the panko breadcrumbs into a medium bowl, add the dried spices and mix through. Set.

In a separate medium bowl, whisk together the eggs and almond milk.

Dip the chicken first into the egg mixture and then toss in the breadcrumbs until completely coated. Place each cube of chicken onto the lined baking tray and bake in the oven for 15-20 minutes, until golden and cooked through.

Serve with sauce your choice.

Storage:
Once cooked and cooled, store the chicken nuggets in an airtight container in the fridge for up to 5 days.

TIGHTEN up

GRILLED SALMON SALAD WITH CHILLIES AND HERBS

GRILLED SALMON SALAD WITH CHILLIES AND HERBS

Serves: 4
Prep: 15 mins
Cook: 15 mins

Nutrition per serving:
267 kcal
11g Fats
10g Carbs
32g Protein

GF DF LC HP

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WHAT YOU NEED

- 2 limes
- 2 red chillies, thinly sliced
- 2 tbsp. red onion, thinly sliced
- 2 tbsp. fish sauce
- salt, to taste
- pinch of coconut sugar
- 2 tbsp. olive oil
- 565g salmon fillet (4 fillets)
- 8 cups (240g) mixed salad leaves
- 1 cup (50g) mixed fresh herbs, chopped (coriander, mint and basil)
- 8 radishes, sliced
- 8 baby cucumbers, sliced

WHAT YOU NEED TO DO

Heat the oven to 200˚C.

To make the dressing, squeeze the juice of 1 lime into a small bowl. Add the sliced chilli, half the red onion, fish sauce and a pinch of salt and sugar. Mix well and set aside.

Brush the salmon with the olive oil and place on a baking tray lined with foil. Half the other lime and also place it in the tray. Bake in the oven for about 15 minutes, until the salmon is cooked through.

Once cooked, allow the salmon to cool slightly then break it up into chunks.

Divide the salad leaves, the remaining ½ onion, fresh herbs, radishes and cucumbers, between 4 plates and drizzle with the dressing. Squeeze the juice from the baked lime over the salad and toss together adding a little more salt to taste.

Top the salad with the salmon chunks and serve immediately.

TIGHTEN up

SPANISH CHICKEN STEW (SLOW COOKER)

SPANISH CHICKEN STEW (SLOW COOKER)

Serves: 6
Prep: 20 mins
Cook: 4 hrs

Nutrition per serving:
359 kcal
7g Fats
38g Carbs
36g Protein

GF DF MP HP

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WHAT YOU NEED

- 450g baby potatoes, halved
- 600g chicken thighs, skinless, boneless
- 2 carrots, sliced
- 2 celery stalks, sliced
- 360g roasted peppers, drained, chopped
- 1 red onion, diced
- 600g can chopped tomatoes
- 2 cups (480ml) chicken stock
- 2 tsp. smoked paprika
- pinch of saffron
- ½ tsp. salt
- 1 tbsp. balsamic vinegar
- 1 cup (135g) frozen green peas

WHAT YOU NEED TO DO

Place all ingredients into the base of a slow cooker, with the exception of the balsamic vinegar and frozen. Stir to combine.

Cook on high setting for 4 hours (or low for 6 hours).

Once cooked, stir in the balsamic vinegar and frozen peas. Cover and cook for a further 5 minutes. Serve immediately.

Storage:
Cool completely and store in an airtight container in the fridge for up to 4 days. Alternatively you can freeze for up to 3 months.

TIGHTEN up

CHICKEN AND QUINOA CASSEROLE

CHICKEN AND QUINOA CASSEROLE

Serves: 6
Prep: 15 mins
Cook: 55 mins

Nutrition per serving:
495 kcal
19g Fats
49g Carbs
32g Protein

GF DF MP HP N

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WHAT YOU NEED

- 1 cup (170g) uncooked quinoa, rinsed
- 1 yellow onion, diced
- 2 red capsicums, chopped
- 450g chicken breast, chopped
- ½ cup (120ml) hoisin sauce
- 2 cloves garlic, minced
- 2 tbsp. tamari (or soy sauce)
- ½ tbsp. fresh ginger, minced
- 1 ¼ cups (300ml) water
- 1 cup (150g) cashew nuts

WHAT YOU NEED TO DO

Heat the oven to 190˚C.

Place the quinoa into a casserole dish and top it with the onion and capsicums. Next add the chicken on top.

In a small bowl, mix together the hoisin sauce, garlic, tamari, ginger, and 1 cup of water. Pour the sauce over the chicken and quinoa.

Place the casserole dish into the oven, cover and bake for about 45 minutes. Add the cashews and bake for a further 10 minutes.

Once ready, let everything sit for 5 minutes before serving.

TIGHTEN up

RAINBOW BEEF
STIR FRY

RAINBOW BEEF STIR FRY

Serves: 4
Prep: 10 mins
Cook: 5 mins

Nutrition per serving:
253 kcal
13g Fats
19g Carbs
15g Protein

GF DF LC Q

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WHAT YOU NEED

- 230g flank steak, sliced into 2-inch strips
- 1 ½ tsp. cornflour
- 1 tbsp. + 1 tsp. rice wine
- 1 tbsp. soy sauce
- 2 cloves garlic, minced
- 1 tsp. cold water
- 1 tsp. sesame oil
- 2 tbsp. hoisin sauce
- 2 tbsp. olive oil
- 1 tbsp. ginger, minced
- ½ tsp. chilli flakes
- 230g shiitake mushrooms, chopped
- 3 capsicums, mixed colors, chopped
- 1 tsp. cold water

WHAT YOU NEED TO DO

To slice the flank steak it is really important to cut the steak into really thin slices, cutting across the grain of the meat. Prepared like this will ensure a really tender piece of meat.

Place the sliced steak into a medium bowl and coat with the cornflour, 1 teaspoon of rice wine, soy sauce, minced garlic, cold water, sesame oil, and season to taste with salt and pepper.

In a small bowl, mix the remaining rice wine and hoisin sauce, then set aside.

Heat 1 tablespoon of olive oil in a wok over high heat and add the beef in a single layer. Let the beef cook for 1 minute, then stir fry for another 1 minute. Transfer the beef to a plate.

Add in the remaining oil, add the garlic, ginger and chilli flakes and stir-fry for about 10 seconds. Next add the mushrooms and peppers, season to taste with salt and stir-fry for 2 minutes.

Return the beef to the wok, along with the resting juices. Finally, add the hoisin sauce mixture and stir-fry for another 1 minute, until cooked through.

Remove from the heat and serve immediately with rice or rice noodles.

TIGHTEN up

BAKED FISH WITH
ROMESCO SALSA

BAKED FISH WITH ROMESCO SALSA

Serves: 4
Prep: 10 mins
Cook: 25 mins

Nutrition for serving:
368 kcal
20g Fats
11g Carbs
36g Protein

DF LC MP HP N

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WHAT YOU NEED

- 1 large tomato, diced
- 170g roasted peppers, drained, diced
- 1 clove garlic, minced
- ½ tsp. smoked paprika
- 2 tsp. red wine vinegar
- 4 tbsp. olive oil
- 30g bread, chopped
- ¼ cup (35g) almonds, chopped
- 680g cod fillets, skinless (4 fillets)
- 2 tbsp. parsley, chopped
- salt and pepper

WHAT YOU NEED TO DO

Heat the oven to 200˚C.

In a medium bowl, mix the tomato, peppers, garlic, paprika and red wine vinegar with 1 tablespoon of olive oil, then set aside.

Place a small frying pan on the hob over a medium heat and add 1 tablespoon of olive oil. Add the bread and cook for 5 minutes, stirring often, until toasted. Transfer to plate and set aside.

Wipe the pan with a paper towel and add the almonds and roast over a medium heat for 3 minutes, stirring occasionally, until golden brown. Transfer onto the plate with the bread and set aside to cool.

Place the cod in a baking dish and drizzle with the remaining 2 tablespoons of olive oil. Season to taste with a little salt and pepper. Bake in the oven for 12-15 minutes until cooked through.

Now add the toasted bread, almonds and parsley to the bowl with the tomato mixture and mix well. Spoon over the cooked fish, and sprinkle with sea salt. Serve immediately.

TIGHTEN up

WHITE CHOCOLATE ALMOND PROTEIN COOKIES

WHITE CHOCOLATE ALMOND PROTEIN COOKIES

Makes: 4
Prep: 10 mins
Cook: 10 mins

Nutrition per serving:
191 kcal
11g Fats
15g Carbs
8g Protein

GF LC MP V Q N

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WHAT YOU NEED

- 2 tbsp. coconut flour
- 1 tbsp. honey
- 1 tbsp. buckwheat flour
- ¼ cup. (25g) whey protein powder, vanilla
- 1 tbsp. coconut oil, melted
- 2 tbsp. almond milk
- ½ tsp. baking soda
- ¼ cup (35g) almonds, chopped
- 2 tbsp. white chocolate chips

WHAT YOU NEED TO DO

Heat the oven to 160˚C. Line a baking sheet with baking paper.

In a food processor, blend together all of the ingredients (except for the almonds and chocolate), until a dough texture forms. Taste for sweetness and if necessary add a little more honey.

Add in the almonds and chocolate and incorporate into the dough. Shape into 4 cookies.

Bake for 8-9 minutes or until the top of the cookies start to brown. Remove from the oven and place on a wire rack to cool.

TIGHTEN up

FLOURLESS CARROT CAKE

FLOURLESS CARROT CAKE

Serves: 12
Prep: 15 mins
Cook: 1 hr

Nutrition per serving:
183 kcal
11g Fats
15g Carbs
6g Protein

GF DF LC MP V N

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WHAT YOU NEED

- 1 ½ cups (230g) toasted almonds, unsalted
- 4 tbsp. coconut sugar
- 1 ½ tsp. baking powder
- ⅛ tsp. salt
- 1 tsp. cinnamon
- ½ tsp. nutmeg
- 2 tsp. lemon zest, grated
- 4 eggs
- ⅓ cup (65g) white caster sugar
- 1 tsp. vanilla extract
- 2 cups (280g) grated carrots

WHAT YOU NEED TO DO

Heat the oven to 180˚C. Grease a 9-inch cake pan, and line it with parchment paper.

Place the almonds and coconut sugar into a food processor and blend until finely ground. Add the baking powder, salt, cinnamon, nutmeg and lemon zest, and mix again.

Using an electric whisk, beat the eggs until thick. Add the sugar, and continue to beat until the mixture is thick. Add in the vanilla extract, almond mixture, and carrots. Beat gently until combined.

Transfer the cake batter into the pan and bake for one hour until firm to the touch and a toothpick inserted into the center of the cake comes out clean.

Remove the cake from the oven and cool on a rack for 10 minutes, before removing it from the pan and allowing the cake to cool completely.

Storage:
Once cooled, place the cake in an airtight container where it will keep in the fridge for up to 5 days.

TIGHTEN up

THE RESET JUICE

THE RESET JUICE

Serves: 1
Prep: 10 mins
Cook: 0 mins

Nutrition per serving:
270 kcal
2g Fats
57g Carbs
6g Protein

GF DF MP V Q

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WHAT YOU NEED

- 1 orange
- 1 grapefruit
- 1 cucumber
- 1 lemon
- 1 inch ginger, peeled
- ¼ tsp. cayenne pepper

WHAT YOU NEED TO DO

Juice all ingredients, apart from cayenne pepper, in a juicer. Add the cayenne pepper and mix well. Serve with ice.

TIGHTEN up