

AUGUST RECIPE PACK

TIGHTEN *up*



Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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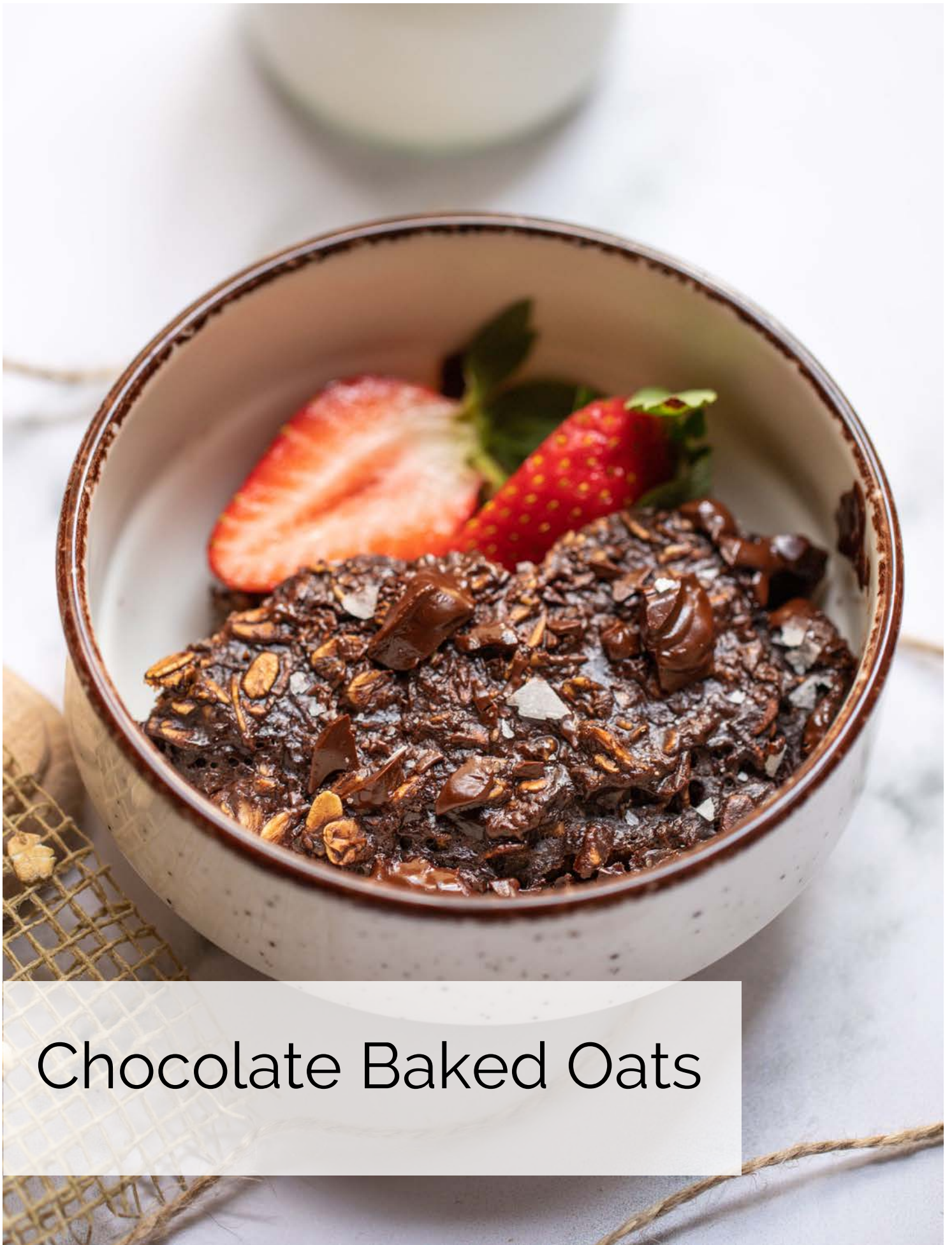
GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Chocolate Baked Oats	Spicy Chicken & Chickpeas	E.g. Carrot Cake Muffins With Cashew Icing, Blackberry & Vanilla Linseed Pudding, Vanilla & Cinnamon Protein Balls	Thai Fish Parcels
Tue	Peach, Honey & Cinnamon Overnight Oats	Spicy Chicken & Chickpeas	E.g. Carrot Cake Muffins With Cashew Icing, Blackberry & Vanilla Linseed Pudding, Vanilla & Cinnamon Protein Balls	High Protein Tuna Bake
Wed	Peach, Honey & Cinnamon Overnight Oats	Kale, Quinoa & Blueberry Salad	E.g. Carrot Cake Muffins With Cashew Icing, Blackberry & Vanilla Linseed Pudding, Vanilla & Cinnamon Protein Balls	High Protein Tuna Bake
Thu	Cheeseburger Omelette	Kale, Quinoa & Blueberry Salad	E.g. Carrot Cake Muffins With Cashew Icing, Blackberry & Vanilla Linseed Pudding, Vanilla & Cinnamon Protein Balls	Keto Eggplant Lasagna
Fri	Cheeseburger Omelette	Keto Eggplant Lasagna	E.g. Carrot Cake Muffins With Cashew Icing, Blackberry & Vanilla Linseed Pudding, Vanilla & Cinnamon Protein Balls	Teriyaki Turkey Stir-Fry
Sat	Mexican Sweetcorn Frittata With Beef Bites	High Protein Polenta Base BBQ Pizza	E.g. Carrot Cake Muffins With Cashew Icing, Blackberry & Vanilla Linseed Pudding, Vanilla & Cinnamon Protein Balls	Meal Out - Enjoy!
Sun	Mexican Sweetcorn Frittata With Beef Bites	High Protein Polenta Base BBQ Pizza	E.g. Carrot Cake Muffins With Cashew Icing, Blackberry & Vanilla Linseed Pudding, Vanilla & Cinnamon Protein Balls	Teriyaki Turkey Stir-Fry

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none"> • 2 peaches • 4 limes • 2 lemons • blueberries • 1 avocado • 2 bananas • berries of choice Vegetables <ul style="list-style-type: none"> • 1 tomato • 1 yellow capsicum • 3 red onions • 2 yellow onions • cherry tomatoes • large bunch green onions (spring onions) • large bunch kale • 2 garlic bulbs • 2 large bags spinach • piece root ginger • 2 heads of broccoli • 4 carrots • White mushrooms • 2 eggplants Frozen Foods <ul style="list-style-type: none"> • mixed berries Dried <ul style="list-style-type: none"> • cranberries 	Meats <ul style="list-style-type: none"> • 955g ground (minced) beef (5% fat) • 450g chicken breast • 750g ground (minced) turkey Fish, Seafood <ul style="list-style-type: none"> • 360g cod fillets (4 fillets) Cold <ul style="list-style-type: none"> • almond milk • large tub Greek yogurt • 16 eggs • cheddar cheese • goats cheese • Parmesan • mozzarella cheese • Ricotta cheese • Parmesan cheese 	Grains <ul style="list-style-type: none"> • rolled oats • quinoa • polenta • long-grain rice • cornstarch (cornflour) Nuts, Seeds <ul style="list-style-type: none"> • chia seeds • almonds • walnuts • ground linseeds (flax seeds) Baking <ul style="list-style-type: none"> • cocoa powder, natural • baking soda (bicarbonate of soda) • vanilla extract • almond extract • desiccated coconut Fresh Herbs <ul style="list-style-type: none"> • bunch parsley • bunch basil • 2 bunch cilantro (coriander) Dried Herbs, Spices <ul style="list-style-type: none"> • ground cinnamon • taco seasoning • ground coriander • chilli flakes • ground cumin • smoked paprika • ground ginger • ground nutmeg • mixed Italian herbs • dried oregano • dried basil • garlic powder • onion powder 	Oils <ul style="list-style-type: none"> • olive oil • coconut oil Sweeteners <ul style="list-style-type: none"> • honey • coconut sugar Boxed, Canned, Condiments <ul style="list-style-type: none"> • pickled gherkins (dill pickles) • 2x 340g cans sweetcorn • tomato sauce • 2x 400g cans chickpeas • Dijon mustard • chicken broth (stock or stock cubes) • BBQ sauce • 4x 400g cans whole tomatoes • soy sauce • red wine vinegar • 2x can tuna in water • tomato paste (puree) • cashew butter • almond butter Misc, Other <ul style="list-style-type: none"> • chocolate whey • vanilla whey • chickpea pasta or pasta of choice



Chocolate Baked Oats

Chocolate Baked Oats

Serves 1

½ cup (40g) rolled oats

1 tsp. chia seeds

⅓ cup (80ml) almond milk,
unsweetened

2 tbsp. water

¼ cup (25g) chocolate whey

1 tbsp. cocoa powder

⅛ tsp. salt

¼ tsp. baking soda

What you need to do

1. Preheat the oven to 180°C. Lightly grease an oven-safe dish with oil.
2. In a bowl, combine all the ingredients and then transfer to the earlier prepared dish.
3. Place the dish in the oven and bake for 20-25 minutes. Serve hot or cold, with your favourite toppings.



MP	HP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	320	6	33	30	7

*Nutrition per serving

A top-down view of a glass jar filled with overnight oats. The oats are topped with chunks of yellow and red fruit, likely peaches, and sliced almonds. The jar is on a light-colored, marbled surface. In the background, more fruit and a few scattered oat flakes are visible.

Peach, Honey & Cinnamon Overnight Oats

Peach, Honey & Cinnamon Overnight Oats

Serves 2

For the oats:

½ cup (140g) Greek yogurt
⅔ cup (160ml) almond milk,
unsweetened
2 tbsp. honey
1 tsp. vanilla extract
1 tbsp. chia seeds
½ cup (40g) rolled oats
1 tsp. ground cinnamon
1 peach, diced
pinch of salt

For the topping:

1 peach, diced
2 tbsp. almonds, sliced

What you need to do

1. Place all the ingredients in a bowl, mixing well to ensure they are well combined.
2. Divide the mixture between two jars, cover with a lid and refrigerate for a minimum of 3 hours or overnight.
3. Top with diced peach and sliced almonds before serving.

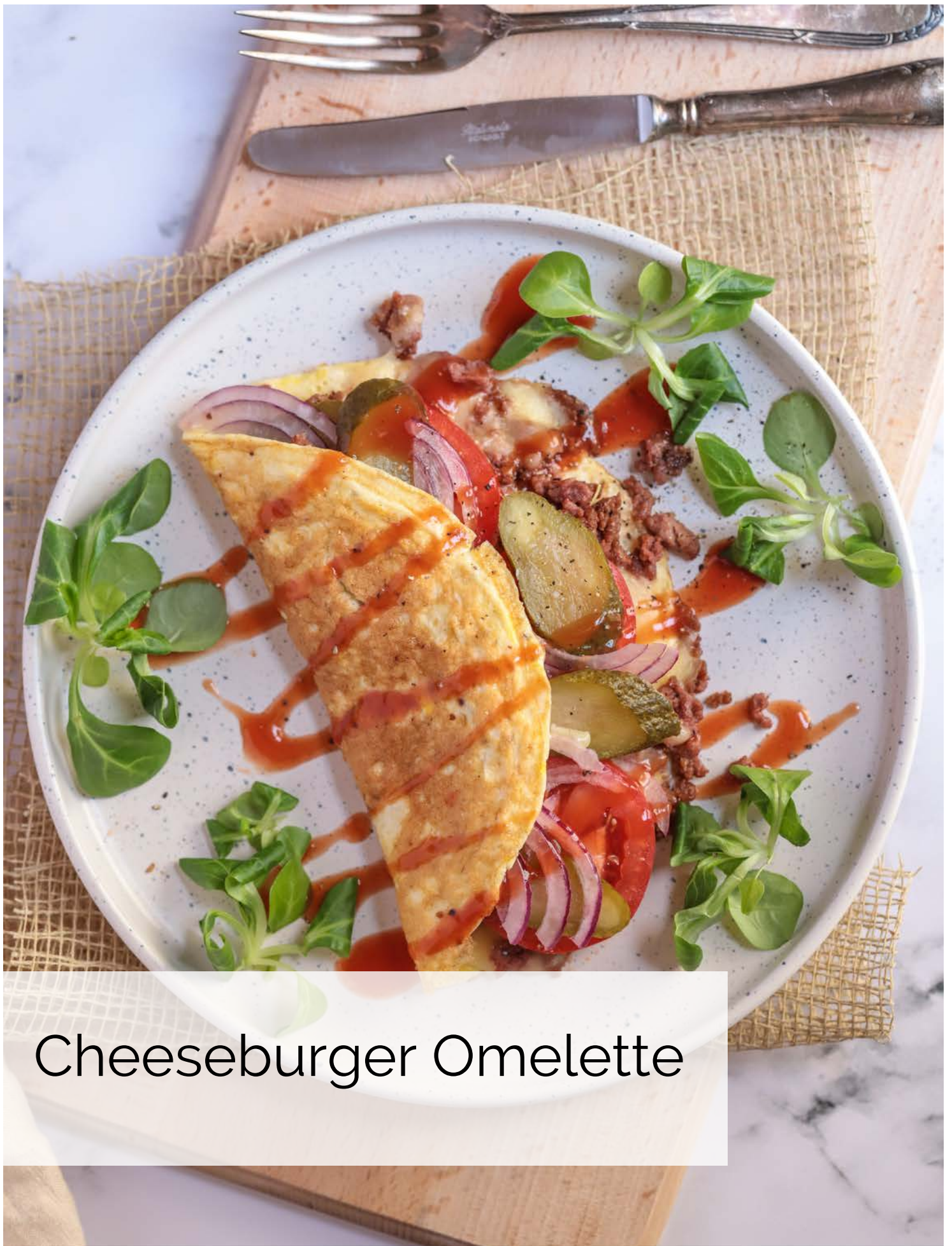
Storage: Will store in the refrigerator for 4-5 days.



MP	V	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	3 hrs	293	9	40	10	6

*Nutrition per serving



Cheeseburger Omelette

Cheeseburger Omelette

Serves 2

2 eggs

4 egg whites

115g lean ground (minced)
beef (5% fat)

1 tomato, sliced

1/4 cup (30g) cheddar cheese

2 pickled gherkin (dill pickle),
sliced

2 tbsp. tomato sauce

salt & pepper

What you need to do

1. In a bowl, whisk together the eggs and egg whites. Heat a dry non-stick skillet/frying pan over a medium heat.
2. Add the eggs to the pan and cover, cooking for 5-6 minutes or until the eggs are done to your liking, remove from the heat.
3. Heat another pan over a medium-high heat and cook the ground beef, season with salt and pepper. Once beef is cooked through, spread over the eggs in the other pan.
4. Place the pan back over the heat and top with sliced tomato and pickle, fold and sprinkle with cheese. Cook until the cheese has melted.
5. Serve immediately with sauce.



GF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	277	15	7	28	1

*Nutrition per serving



Mexican Sweetcorn
Frittata With Beef Bites

Mexican Sweetcorn Frittata With Beef Bites

Serves 4

8 eggs
1 tsp. taco seasoning
1 x 340g can sweetcorn, drained
2 red onions
450g lean ground (minced) beef (5% fat)
1 tsp. ground coriander
1 tbsp. olive oil
1 cup (150g) cherry tomatoes, quartered
2 green onions (spring onions), sliced
1 lime, zest and juice
salt & pepper

What you need to do

1. Preheat the oven to 200°C. Line a 20x30cm baking dish with baking paper.
2. Beat the eggs with the taco seasoning. Drain the corn, slice 1 onion into rings and dice the other.
3. Mix the corn into the eggs and transfer into the baking dish. Place the onion rings on top of the eggs and place the dish in the oven to bake for 25 minutes. Cover the dish with foil if the frittata is getting too dark.
4. Meanwhile, mix the minced meat with the diced onion and ground coriander. Divide the minced meat mixture into 8 portions and form into oblong shapes. Heat the oil in a skillet or frying pan over a medium-high heat and cook for 8 minutes, turning regularly, until the meat is done.
5. Place the chopped tomatoes and sliced green onions into a small bowl. Add in the lime zest and 2 tablespoons of lime juice. Season to taste with salt and pepper and mix well. Serve the frittata with the beef bites and tomato salad.



GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	455	25	18	38	3

*Nutrition per serving



Spicy Chicken & Chickpeas

Spicy Chicken & Chickpeas

Serves 4

1 tbsp. olive oil
450g chicken breast, chopped
1 tsp. chilli flakes
1 cup (170g) chickpeas, drained
2 garlic cloves, minced
1 tbsp. lemon juice
2 green onions (spring onions), sliced
2 tbsp. chopped parsley
salt & pepper

What you need to do

1. Heat the olive oil in a non-stick skillet/frying pan over medium-high heat. Season the chicken with salt, pepper and chilli flakes. Cook in the pan for 5-6 minutes until the chicken is cooked through.
2. Add in the chickpeas, garlic and green onions, and continue cooking for another 3-4 minutes.
3. Take the pan off the heat, drizzle with the lemon juice and top with chopped parsley to serve.

Serving Suggestions: white rice, hummus, fresh salad



GF	DF	LC	MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	157	5	8	19	2

*Nutrition per serving

Kale, Quinoa & Blueberry Salad



Kale, Quinoa & Blueberry Salad

Serves 4

What you need to do

For the salad:

1 cup (170g) quinoa
1 large bunch kale, stems removed, leaves chopped (approx. 6 cups/400g)
400g can chickpeas, drained
1 cup (190g) blueberries
115g goats cheese, crumbled
½ cup (150g) almonds, chopped
1 avocado, flesh cubed

1. Cook the quinoa according to instructions on packaging. Once cooked set aside to cool.
2. Place the torn kale leaves in a salad bowl.
3. In the meantime, make the dressing by whisking together all the dressing ingredients, season to taste with salt and pepper, and drizzle over the kale. Mix the dressing through the kale leaves to coat.
4. Once quinoa has cooled, add it to the bowl with the kale, along with the chickpeas, blueberries, goats cheese, almonds, and avocado. Give it a gentle mix and serve.

For the dressing:

4 tbsp. olive oil
4 tbsp. lemon juice
2 tbsp. honey
1 ½ tsp. Dijon mustard
salt & pepper

Storage: The salad can be stored in container in the refrigerator for up to 3 days.

GF	MP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	648	32	65	18	14

*Nutrition per serving



A close-up photograph of a BBQ pizza with a yellow polenta base, topped with meat, cheese, red onions, and herbs. A small bowl of BBQ sauce is visible in the background.

High Protein Polenta Base BBQ Pizza

High Protein Polenta Base BBQ Pizza

Serves 4

For the base:

1 cup (250g) polenta

1 ¾ cup (420ml) chicken broth
(stock)

½ cup (120ml) water

4 tbsp. parmesan, grated

For the topping:

90g mozzarella, grated

1 cup (30g) baby spinach

300g ground (minced) turkey,
cooked

½ cup (120ml) bbq sauce,
store bought or homemade

1 red onion, sliced

salt & pepper

What you need to do

1. Preheat the oven to 200°C.
2. Place the chicken broth and water in a small pot over medium heat and bring to a simmer. Very slowly start adding the polenta, and mixing well. Then leave to simmer for 1-2 minutes, or until thickened. Mix in the parmesan cheese and remove from the heat.
3. Line a baking tray with baking paper and spread out the polenta to form the base of your pizza. Place in the oven and bake for 12 minutes.
4. In the meantime, season the ground turkey with salt and pepper, and cook on a dry non-stick pan over medium-high heat. Set aside until needed.
5. Remove the pizza base from the oven and spread out the bbq sauce over the top of the base. Then top with the cooked turkey, spinach, red onion, and mozzarella.
6. Return the pizza to the oven and cook for a further 10 minutes or until the cheese has melted and is slightly golden.

GF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	404	14	44	24	3

*Nutrition per serving



5-Minute Tomato Salsa

5-Minute Tomato Salsa

Serves 12

½ red onion, chopped
2 green onions (spring onions),
chopped
2 cloves garlic, sliced
2 x 400g cans whole plum
tomatoes
¾ tsp. ground cumin
1 tbsp. smoked paprika
⅓ cup (12g) cilantro
(coriander), leaves only
1 lime, juiced
pinch of coconut sugar
salt & pepper

What you need to do

1. Add the red onion, green onions and garlic into a food processor and blitz until chopped.
2. Drain the tomatoes in a sieve, setting the juice aside for later. Add the tomatoes, spices, cilantro and lime juice.
3. Season to taste with salt and pepper and a pinch of sugar, then blitz. Take care to ensure not to over process the salsa.
4. Transfer the salsa into a bowl and check seasonings. Adjust by adding more lime juice, salt or sugar if necessary. For a thinner consistency to the salsa, add the reserved tomato juices.

Storage: Store refrigerated in an airtight container or jar for up to 1 week.

Serving: Use as a dip for chips and crisps, or as a side for main meals.

GF	DF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	22	0	4	1	1

*Nutrition per serving



Thai Fish Parcels



Thai Fish Parcels

Serves 4

200g spinach
1 yellow capsicum, sliced
4 cod fillets (approx. 360g)
2 garlic cloves, crushed
3cm root ginger, peeled and grated
2 limes - 1 juiced, 1 cut into wedges
1 tbsp. olive oil
240g long-grain rice
bunch cilantro (coriander), leaves chopped
salt & pepper

What you need to do

1. Preheat the oven to gas 200°C. Cut 4 large pieces of baking paper.
2. Divide the spinach and yellow capsicum equally between the 4 pieces of baking paper, place the cod fillets on top of the vegetables.
3. In a small bowl, combine the garlic, ginger, lime juice and olive oil and season with salt and pepper. Pour the marinade equally over each of the fish filets.
4. Carefully fold each baking paper parcel tightly, place on a baking tray and bake in the oven for 30 minutes, or until the fish is cooked through.
5. In the meantime, cook the rice according to instructions on packaging. Serve the fish parcels alongside the cooked rice, garnished with cilantro and lime wedges.



GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	492	6	58	49	5

*Nutrition per serving

Teriyaki Turkey Stir-Fry



Teriyaki Turkey Stir-Fry

Serves 4

What you need to do

For the sauce:

½ cup (120ml) soy sauce or tamari
¼ cup (60ml) water
2 tbsp. red wine vinegar
2-3 tbsp. coconut sugar
1 clove minced garlic
1 tsp. ground ginger
1 tbsp. cornstarch (cornflour)
2 tbsp. warm water

For the stir-fry:

1 tbsp. coconut oil
1 onion, diced
2 cloves garlic, minced
450g ground (minced) turkey breast
1 head broccoli, separated into small florets
2 carrots, peeled & grated
4 green onions (spring onions), sliced
4 cups (800g) cooked white rice, to serve

1. To make the sauce, mix the soy sauce, water, red wine vinegar, sugar (start with 2 tablespoons and then taste for sweetness), garlic and ginger in a small pot/saucepan and place on the stove over a medium heat. Stir with a whisk until the sugar has dissolved.
2. In a cup, whisk together 2 tablespoons of warm water and the cornstarch.
3. Slowly whisk the cornstarch mixture into the pot with the sauce and allow to gently simmer until thickened. Remove from heat and set aside until needed.
4. Heat the oil in a large pot/saucepan over a medium-high heat. Cook the onion for 3-4 minutes, until softened then add in the ground turkey and garlic. Continue cooking for another 3-4 minutes.
5. Next add the grated carrots and broccoli florets and continue to cook until the turkey is cooked through, approximately another 3-4 minutes.
6. Finally add in the prepared sauce and simmer for about 5 minutes.
7. Serve with the cooked rice and garnished with green onions.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	552	14	73	30	7

*Nutrition per serving





High Protein Tuna Bake

High Protein Tuna Bake

Serves 4

100g chickpea pasta
2 cans tuna, in water (200g drained weight)
1 cup (160g) sweetcorn, drained
½ broccoli head, separated into florets
1 cup (70g) white mushrooms
1 garlic clove, minced
1 tbsp. mixed Italian herbs
¼ cup (30g) cheddar cheese, shredded
salt & pepper

What you need to do

1. Cook the pasta according to instructions on the packaging, drain and set aside. Heat oven to 200°C.
2. Place the drained tuna into a large bowl, add the sweetcorn, broccoli, mushrooms, garlic and herbs, and mix well.
3. Next add in the cooked pasta, season to taste with salt and pepper, and gently mix until well combined.
4. Place the mixture in an ovenproof dish, and top with the shredded cheese.
5. Bake in the preheated oven for 15-20 minutes until the cheese is melted and has turned golden.

Note: This recipe uses chickpea pasta as it is high in protein and gluten free. This pasta is usually available in all major stores, check the 'healthy' or 'gluten free' aisles. If unavailable, substitute with another variety of pasta, but note that the macronutrient breakdown will change.

GF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	292	6	28	28	7

*Nutrition per serving





Keto Eggplant Lasagna

Keto Eggplant Lasagna

Serves 8

What you need to do

For the lasagna:

2 large eggplant
2 tbsp. olive oil
2 cups (500g) full fat ricotta cheese
1 cup (100g) Parmesan cheese, shredded
10 fresh basil leaves, chopped
2 cups (150g) mozzarella cheese, shredded
1 tbsp. dried oregano
salt & pepper

For the meat sauce:

450g ground (minced) beef (5% fat)
1 onion, diced
2 cloves garlic, minced
1 tsp. sea salt
2 x 400g cans whole tomatoes, with liquid
4 tbsp. tomato paste (puree)
1 tsp. dried oregano
1 tsp. dried basil
½ tsp. garlic powder
½ tsp. onion powder
¼ tsp chilli flakes
salt & pepper

For the sauce:

1. Place a large pot/saucepan over medium-high heat, and cook the beef until brown. Drain off any excess fat from the meat and add in the onion, garlic and 1 teaspoon of sea salt. Continue to cook for another 3-4 minutes until the onion has softened.
2. Next, add in the tomatoes and break them up with a spatula. Mix in the tomato paste, oregano, basil, garlic powder, onion powder, and red pepper flakes. Season to taste with salt and pepper.
3. Reduce the heat to low and simmer uncovered for around 30 minutes, until sauce has reduced.

For the lasagna:

4. Preheat the oven to 200°C and lightly grease a 20x33cm baking dish with oil.
5. Cut the ends off the eggplants and slice lengthwise in ¼ inch slices (approximately 10 slices in total).
6. Brush each slice of eggplant with olive oil, season with salt and pepper and place on a baking sheet lined with baking parchment. Bake in the oven for 6-7 minutes each side.
7. In a large bowl, combine the ricotta, Parmesan and basil.
8. Pour 2 cups of the meat sauce into the bottom on the oiled baking dish, then place half the slices of eggplant in a layer over the top. Spread over half of the ricotta mixture and ½ cup of mozzarella cheese.
9. Repeat the process layering the remaining eggplant, ricotta mixture and another ½ cup of mozzarella cheese.
10. Finally layer the 2 remaining cups of sauce and 1 cup of mozzarella cheese and oregano. Cover with tin foil and bake in the oven for 30 minutes.
11. Remove the foil and broil (grill) on high for another 5-8 minutes until the cheese is golden on top. Remove the dish from the oven and allow it to stand for 15 minutes before cutting.

GF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	60 mins	397	25	14	27	4

*Nutrition per serving





Carrot Cake Muffins
With Cashew Icing

Carrot Cake Muffins With Cashew Icing

Makes 12

½ cup (95g) coconut sugar
4 tbsp. coconut oil, melted
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
½ tsp. ground ginger
¼ tsp. salt
1 tsp. baking soda
2 medium carrots, grated
⅓ cup (40g) cranberries, dried, unsweetened
¼ cup (30g) walnuts, chopped

For the muffins:

2 cups (160g) rolled oats
2 bananas, ripe
2 eggs

For the icing:

⅓ cup (85g) cashew butter
¼ cup (85g) honey
1 tsp. vanilla extract
1 tsp. ground cinnamon
⅓ tsp. salt

What you need to do

1. Preheat the oven to 180°C. Line a muffin tin with muffin liners or prepare the silicone muffin cups.
2. Place the oats in a high-speed blender or food processor and blitz until you reach a flour like consistency.
3. Add in all of the other muffin ingredients apart from the carrots, cranberries and walnuts. Blend until smooth.
4. Finally stir in the carrots, cranberries and walnuts, and divide the batter equally between the 12 muffin liners. Place the tray in the oven and bake for 30-35 minutes. Once cooked through, remove the tray from the oven. Remove the muffins from the tray and place on a wire rack to cool completely.
5. Prepare the icing by microwaving all the ingredients in a bowl for 15-30 seconds, stir well and once the muffins are cool, spread evenly over all 12 muffins.

Storage: Store in an airtight container for 2-3 days.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	206	8	27	5	3

*Nutrition per serving



A top-down view of a glass jar filled with a thick, pinkish-red smoothie or pudding. The jar is decorated with three slices of banana, a cluster of blackberries, a single blueberry, and a small sprig of mint. The background is a white marble surface with grey veining. Another similar jar is partially visible in the top left corner.

Blackberry & Vanilla Linseed Pudding

Blackberry & Vanilla Linseed Pudding

Serves 4

What you need to do

8 tbsp. ground linseeds (flax seeds)

1 tsp. Vanilla extract

2 ½ cups (700g) Greek yogurt

2 tbsp. honey

1 cup (150g) blackberries, frozen

1/2 cup (80g) fresh berries, for garnish

1. Place all the ingredients, apart from the fresh berries in a high-speed blender or food processor and blitz until smooth and well combined.
2. Divide the mixture equally between 4 glasses or jars and serve topped with the fresh berries.

Storage: Store in the refrigerator for up to 2 days.

GF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	278	8	32	17	5

*Nutrition per serving





Vanilla & Cinnamon Protein Balls

Vanilla & Cinnamon Protein Balls

Makes 16

¾ cup (60g) rolled oats

½ cup (125g) almond butter, smooth

½ cup (75g) almonds

4 tbsp. honey

1 scoop (25g) vanilla whey protein powder + 2 tbsp. for coating

1 tbsp. ground cinnamon + 1 tsp. for coating

1 tsp. vanilla extract + 2 tbsp. for coating

2 tbsp. water

What you need to do

1. Place the oats, almond butter, almonds, honey, protein powder, cinnamon and vanilla extract into a food processor and process until a dough like consistency forms. Add the 2 tablespoons of water and continue to blitz the mixture until it starts to stick together.
2. Roll the mixture into 16 balls (about 1 tablespoon per ball).
3. Mix 2 tablespoons of vanilla protein powder and 1 teaspoon ground cinnamon in a large zip-lock bag. Place the protein balls inside the bag and gently toss in the mixture until the balls are coated.

Storage: Place the balls into an air-tight container and store in the refrigerator for up to 2 weeks.

LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	127	7	10	5	2

*Nutrition per serving

