

SEPTEMBER RECIPE PACK

TIGHTEN *up*



Delicious, Quick Simple Breakfast, Lunch, Dinner treats

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G F	Gluten Free
D F	Dairy Free
L C	Low Carb (20g- serve)
M P	Meal Prep/Freezer Friendly
H P	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Chunky Monkey Pancakes	Spinach & Yogurt Dip	E.g. Mango Sorbet, Protein Carrot Cake, Raisin Oat Cookies, Spinach & Yogurt Dip, Cheesecake Overnight Oats	Green Goddess Bowl With Tuna Steak
Tue	Keto Egg Wraps	Green Goddess Bowl With Tuna Steak	E.g. Mango Sorbet, Protein Carrot Cake, Raisin Oat Cookies, Spinach & Yogurt Dip, Cheesecake Overnight Oats	Flank Steak With Corn & Avocado Salsa
Wed	Keto Egg Wraps	Grilled Chimichurri Chicken Salad	E.g. Mango Sorbet, Protein Carrot Cake, Raisin Oat Cookies, Spinach & Yogurt Dip, Cheesecake Overnight Oats	Flank Steak With Corn & Avocado Salsa
Thu	Meal Prep Grain Breakfast Bowl	Grilled Chimichurri Chicken Salad	E.g. Mango Sorbet, Protein Carrot Cake, Raisin Oat Cookies, Spinach & Yogurt Dip, Cheesecake Overnight Oats	Slow Cooker Red Curry Pork
Fri	Meal Prep Grain Breakfast Bowl	Slow Cooker Red Curry Pork	E.g. Mango Sorbet, Protein Carrot Cake, Raisin Oat Cookies, Spinach & Yogurt Dip, Cheesecake Overnight Oats	Balsamic Chicken Buddha Bowl
Sat	Cheesecake Overnight Oats	Spicy Tuna Sandwich	E.g. Mango Sorbet, Protein Carrot Cake, Raisin Oat Cookies, Spinach & Yogurt Dip, Cheesecake Overnight Oats	Meal Out - Enjoy!
Sun	Cheesecake Overnight Oats	Spicy Tuna Sandwich	E.g. Mango Sorbet, Protein Carrot Cake, Raisin Oat Cookies, Spinach & Yogurt Dip, Cheesecake Overnight Oats	Balsamic Chicken Buddha Bowl

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits <ul style="list-style-type: none"> • banana • 4 lemons • pack blueberries • 4 limes • 1 orange • 2 mangoes • 6 avocados Vegetables <ul style="list-style-type: none"> • 2 bags spinach • head of broccolini • bulb of garlic • head of romaine lettuce • 3x tomatoes • 3x red onions • 1 white onion • small bunch celery • bunch green onions (spring onions) • 2 jalapeno peppers • 1 red capsicum • 2 red chilli • bag of salad leaves • pack cherry tomatoes • butternut pumpkin • green beans • 2 carrots • root ginger Frozen Foods <ul style="list-style-type: none"> • green peas Dried Fruit <ul style="list-style-type: none"> • bag raisins 	Meats <ul style="list-style-type: none"> • 4 skinless chicken thighs • 700g flank steak • 400g chicken breast • 2kg boneless pork shoulder Fish, Seafood <ul style="list-style-type: none"> • 4 tuna steaks (total weight 1lb./450g) Cold <ul style="list-style-type: none"> • large tub Greek yogurt • tub coconut yogurt • 5 eggs • carton almond milk, unsweetened • large tub reduced fat cream cheese • feta cheese • tub reduced fat cottage cheese • pack cheese slices 	Grains <ul style="list-style-type: none"> • rolled oats • quinoa • steel cut oats (pinhead oatmeal) • whole wheat flour • coconut flour Nuts, Seeds <ul style="list-style-type: none"> • almonds • pine nuts • walnuts Baking <ul style="list-style-type: none"> • baking powder • vanilla extract • baking soda • desiccated coconut Fresh Herbs <ul style="list-style-type: none"> • basil • mint • 2 parsleys • coriander Dried Herbs, Spices <ul style="list-style-type: none"> • oregano • dill • garlic powder • ground cumin • sweet paprika • chilli powder • ground cinnamon • ground nutmeg • ground cloves • black pepper 	Oils <ul style="list-style-type: none"> • olive oil • coconut oil Sweeteners <ul style="list-style-type: none"> • honey • coconut sugar • maple syrup Boxed, Canned, Condiments <ul style="list-style-type: none"> • peanut butter • sun-dried tomatoes • 2x 145g canned tuna in brine • mayonnaise • Habanero hot sauce • dill pickles (pickled gherkins) • 200g can sweetcorn • red wine vinegar • balsamic vinegar • jar black olives • red curry paste • 400ml can coconut milk • fish sauce • applesauce • almond butter Misc, Other <ul style="list-style-type: none"> • dark chocolate chips • 4 burger buns • vanilla whey • salt



Chunky Monkey Pancakes

Chunky Monkey Pancakes

Serves 1

1 tsp. coconut oil

1 tbsp. dark chocolate, chips or grated

For the pancakes:

¼ cup (70g) plain Greek yogurt

½ cup (45g) rolled oats

½ tsp. baking powder

½ medium banana, mashed

2 egg whites

1-2 tbsp. almond milk, unsweetened

1 tsp. vanilla extract

For the sauce:

1 tbsp. peanut butter

½ medium banana

2 tbsp. almond milk, unsweetened

What you need to do

1. Add all the pancake ingredients to a food processor or blender and process until smooth.
2. Heat a non-stick frying pan or skillet over medium heat and coat it with a little coconut oil.
3. Using a ladle, spoon the pancake batter into the pan and cook until bubbles start to appear on the surface of the pancake, around 3 minutes. Flip the pancake and cook for a further 2 minutes. Repeat the process until you have used all the batter, continue to coat the pan with coconut oil as required.
4. Prepare the sauce by mashing half a banana in a small bowl and combining it with the peanut butter. Add a splash of almond milk and stir together to reach the desired consistency.
5. Pour the sauce over the pancakes and sprinkle with the chocolate chips.



V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	550	18	71	24	8

*Nutrition per serving



Keto Egg Wraps

Keto Egg Wraps

Serves 2

For the wraps:

1 tsp. coconut oil

2 eggs

salt & pepper

For the filling:

2 handfuls spinach

2 tbsp. reduced fat cream cheese

6 sundried tomatoes

½ tsp. dried oregano

salt & pepper

¼ cup (40g) feta, crumbled

What you need to do

1. Heat ½ teaspoon of coconut oil in a 6-8 inch non-stick frying pan or skillet over medium heat. Whisk one egg in a small cup or bowl and season with salt and pepper.
2. Pour the whisked egg into the heated pan and swirl around until it has spread evenly in a thin layer across the base of the pan. Allow the egg to cook for 30-60 seconds, until the edges are cooked. Now flip the egg over to cook on the other side for a further 30-60 seconds.
3. Transfer the egg to a plate and repeat the process with the second egg. Set the egg wraps aside until ready to assemble.
4. In the same pan, cook the spinach for 1-2 minutes until wilted and then remove from the heat. Place the spinach in a small bowl, add the cream cheese, sun dried tomatoes, oregano, salt and pepper, and mix everything together.
5. Place the earlier made egg wrap on a plate and spread half the cream cheese mixture over the top, sprinkle over half the feta and roll the wrap tightly. Repeat the process with the second egg wrap.
6. Enjoy straight away or store for up to 2 days in the refrigerator.

GF	LC	MP	V	Q
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	226	16	8	12	2

*Nutrition per serving



Meal Prep Grain Breakfast Bowl



Meal Prep Grain Breakfast Bowl

Serves 8-10

For the grains:

1 lemon

6 cups (1.4 ltr) water

2 tbsp. root ginger, grated

1 tsp. salt

1 cup (190g) dried quinoa, rinsed

2 cups (160g) steel-cut oats (pinhead oatmeal)

What you need to do

1. Using a vegetable peeler, peel the lemon into wide strips and place the peel in a medium-sized pot. Add the water, grated ginger, and salt and bring to the boil over a high heat.
2. Once the water has come to the boil, reduce the heat to medium-low and add the quinoa and steel-cut oats. Cover the pan with a lid and simmer for 20-25 minutes.
3. In the meantime, halve the earlier peeled lemon and when the quinoa and oats have cooked, squeeze in the lemon juice, around 2-3 tablespoons. Remove the lemon peel and serve. Alternatively store in an airtight container in the refrigerator for up to 5 days.

Savoury serving suggestions: roasted tomatoes; sauteed spinach; poached egg; avocado; bacon

Sweet serving suggestions: yogurt; honey; mango; berries; nuts

Note: Nutritional breakdown and shopping list do not include serving suggestion toppings.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	208	4	36	6	4

*Nutrition per serving



Cheesecake Overnight Oats



Cheesecake Overnight Oats

Serves 2

1 cup (190g) blueberries
2 tsp. honey
1 tsp. vanilla extract
1 cup (80g) rolled oats
1 cup (160g) low-fat cottage cheese
1 cup (240ml) almond milk,
unsweetened
12 almonds, chopped

What you need to do

1. Combine the blueberries, honey and vanilla extract in a bowl and mash together with a fork.
2. Add the rolled oats, cottage cheese, almond milk and stir to combine. Cover the bowl with a lid and refrigerate for at least 7 hours or overnight.
3. Serve the oats cold, garnished with the chopped almonds and additional berries.

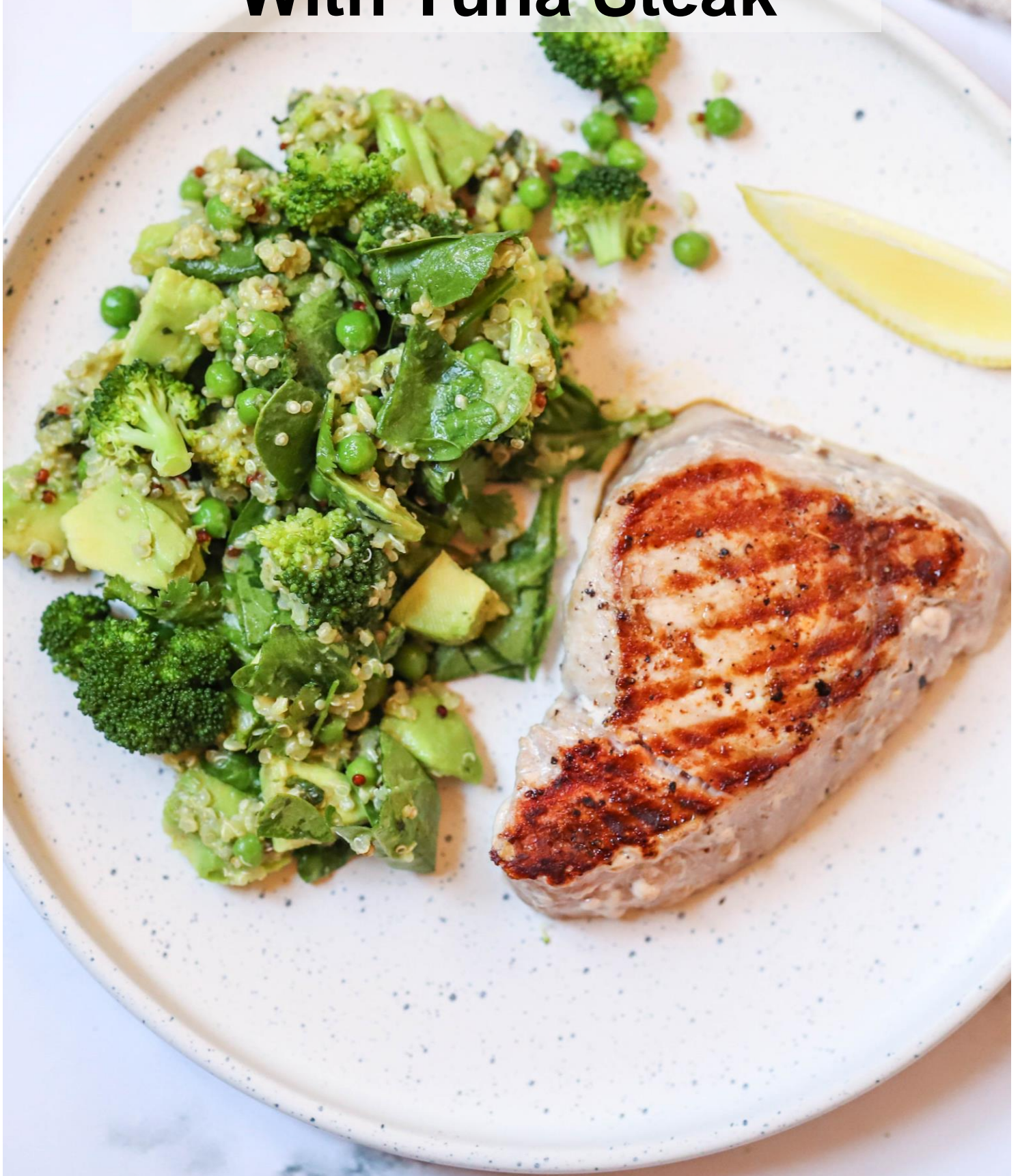


MP	HP	N
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	7 hrs or overnight	391	12	49	20	7

*Nutrition per serving

Green Goddess Bowl With Tuna Steak



Green Goddess Bowl With Tuna Steak

Serves 4

1 cup (190g) dried quinoa, rinsed
1 head broccolini, cut into small florets
1 cup (135g) green peas, frozen
handful fresh mint
handful basil leaves
2 avocados
juice of 1 lime
200g baby spinach
4 tuna steaks (total weight approx.
1lb./450g)
salt & pepper

What you need to do

1. Cook the quinoa according to instructions on the packaging, then transfer to a big bowl and set aside to cool.
2. In another medium-sized pot, cook the broccolini for 6-8 minutes until tender. Towards the end of the cooking time add in the green peas. Drain the vegetables and add to the quinoa.
3. In a food processor or blender, blend together the mint, basil, 1 of the avocados and lime juice. Season to taste with salt and pepper. Once blended and creamy add to the quinoa and vegetables and mix well to combine.
4. Chop up the remaining avocado and stir it through the quinoa. Add in the spinach and season to taste with salt and pepper. Set aside until needed.
5. Season the tuna steaks with salt and pepper. Heat a dry grill pan over high heat and cook the tuna steaks for 3-4 minutes each side (depending on the thickness of the steak). Once cooked remove the tuna steaks from the pan and set aside to rest for 2-3 minutes.
6. Divide the green quinoa salad between 4 plates and serve with a tuna steak.



GF	DF	HP	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	546	19	49	41	15

*Nutrition per serving

Spinach & Yogurt dip



Spinach & Yogurt dip

Serves 4

1 clove garlic, crushed
200g spinach
2 tbsp. olive oil
1 cup (285g) Greek yogurt
1 tsp. dried dill
2 tbsp. pine nuts, toasted
salt & pepper

What you need to do

1. Place a small pan over a medium heat and add a dash of olive oil. Add the crushed garlic and spinach and cook until wilted and soft, then transfer to a bowl and allow to cool. In the meantime, toast the pine nuts in the pan, moving the nuts around the pan to stop them from burning.
2. Once spinach has cooled, add the yogurt and dill, season to taste with salt and pepper and mix well. Top the dip with toasted pine nuts and serve as a dip.



GF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	156	11	6	8	1

*Nutrition per serving

Grilled Chimichurri Chicken Salad



Grilled Chimichurri Chicken Salad

Serves 4

½ cup (125g) chimichurri sauce (see sauce recipe in this pack)

4 skinless chicken thighs

1 tbsp. olive oil

1 head of romaine lettuce, chopped

2 tomatoes, sliced

½ red onion, sliced

2 avocados, sliced

handful fresh parsley, to serve

What you need to do

1. Place 4 tablespoons of the chimichurri sauce into a zip-loc bag along with the chicken thighs. Set aside to marinate for 20 minutes. Keep the remaining sauce to use as a dressing.
2. Heat the olive oil in a grill pan or skillet over medium-high heat and cook the chicken thighs for 4-5 minutes each side until golden and cooked through. Slice the cooked chicken into strips.
3. Divide the lettuce leaves, tomatoes, onion and avocado between 4 bowls. Top each bowl with one chicken thigh and drizzle over with the remaining chimichurri sauce. Garnish with parsley leaves to serve.



GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	10 mins	506	37	15	26	9

*Nutrition per serving



Spicy Tuna Sandwich

Spicy Tuna Sandwich

Serves 4

2x 145g canned tuna in brine, drained
2 stalks celery, diced
4 green onions (spring onions), diced
1 jalapeño pepper, seeded, diced
¾ cup (170g) mayonnaise
1 lime, zested and juiced
1 tbsp. habanero hot sauce
½ cup (8g) fresh coriander, chopped
salt & pepper
4 burger buns
4 cheese slices
4 dill pickles (pickled gherkins), sliced
1 tomato, sliced
2 avocados, mashed

What you need to do

1. Place the drained tuna in a bowl. Add the diced celery, green onions and jalapeño pepper and toss to combine.
2. Stir in the mayonnaise, lime zest, lime juice, hot sauce, coriander and season to taste with salt and pepper.
3. Toast the burger buns in a toaster or in a hot dry skillet.
4. Assemble the sandwich by placing the cheese on the bottom of the bun, followed by the tuna filling, pickled gherkins, and sliced tomato.
5. Spread the mashed avocado on the top part of the bun to top the sandwich and serve.



MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	576	32	41	28	12

*Nutrition per serving

Flank Steak with Corn & Avocado Salsa



Flank Steak with Corn & Avocado Salsa

Serves 4

For the steak:

680g flank steak
1 tsp. garlic powder
1 tsp. ground cumin
1 tbsp. sweet paprika
1 tsp. chilli powder
1 ½ tbsp. coconut sugar
1 ½ tsp. salt
1 ½ tsp. pepper
2 tbsp. olive oil

For the corn salsa:

200g can sweetcorn, drained
1 avocado, diced
½ red onion, diced
1 red capsicum, diced
⅓ cup (5g) fresh coriander, chopped
1 tsp. ground cumin
1 clove garlic, crushed
1 jalapeno pepper, diced
4 tbsp. lime juice
2 tbsp. olive oil
salt & pepper



What you need to do

1. Make the spice rub by mixing together the garlic powder, ground cumin, paprika, chilli powder, coconut sugar and 1 ½ teaspoon of salt and pepper.
2. Drizzle the top side of the steak with 1 tablespoon of olive oil and rub with half the spice mix. Flip the steak over and drizzle with the remaining olive oil and spice rub. Gently press the rub in the steak.
3. Heat a grill pan over high heat and cook the steak for 4-5 minutes on each side. Wrap the steak in tin foil and rest for 5-10 minutes. Once rested, thinly slice the steak, cutting across the grain.
4. Place all the salsa ingredients in a bowl and mix well to combine. Season to taste with salt and pepper.
5. Divide the steak and corn salsa between 4 plates and serve immediately.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	533	30	23	41	7

*Nutrition per serving

A glass jar filled with a vibrant green Chimichurri Sauce, speckled with red chili flakes. A silver spoon is partially submerged in the sauce. The jar sits on a light-colored wooden cutting board. In the foreground, several fresh ingredients are visible: three pinkish-red garlic cloves, a small red chili pepper, and a bunch of fresh green cilantro leaves. The background is a soft, out-of-focus white surface.

Chimichurri Sauce

Chimichurri Sauce

Serves 8

½ cup (120ml) olive oil
2 tbsp. red wine vinegar
½ cup (12g) fresh parsley, chopped
2 cloves garlic, chopped
2 red chilli, deseeded, chopped
¾ tsp. dried oregano
1 tsp. salt

What you need to do

1. Place all the ingredients into a food processor or high-speed blender and pulse to form a thick sauce.
2. This versatile sauce can be used as a marinade or dressing.
3. Once prepared, store in an airtight container in the refrigerator for up to 2 weeks.

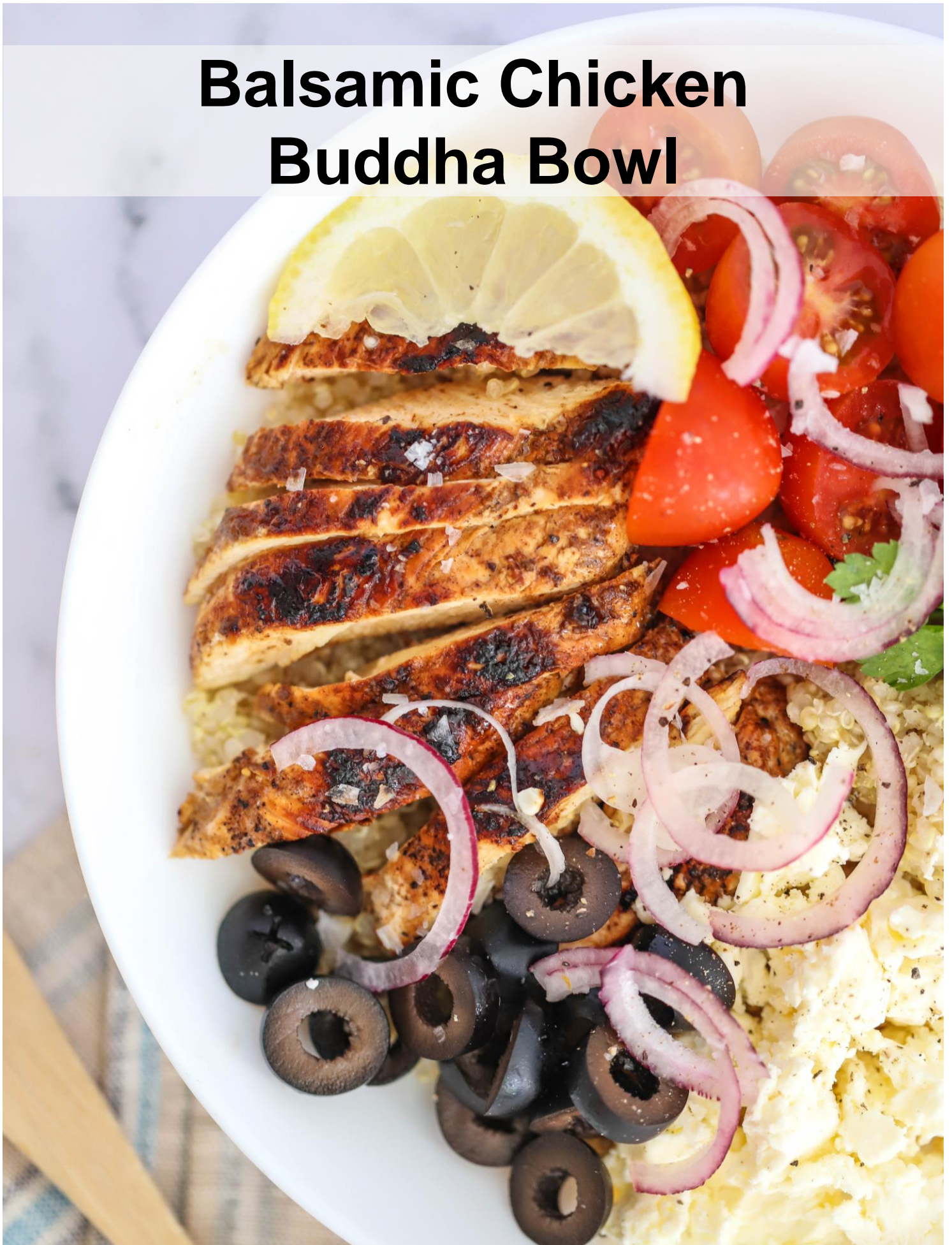


GF	DF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	135	14	2	0	1

*Nutrition per serving

Balsamic Chicken Buddha Bowl



Balsamic Chicken Buddha Bowl

Serves 4

400g chicken breast
1 tbsp. olive oil
2 tbsp. balsamic vinegar
juice of ½ lemon
1 clove garlic, crushed
salt & pepper

For the dressing:

2 tbsp. olive oil
2 tsp. balsamic vinegar

For the salad:

2 portions of Meal Prep Grain Breakfast Bowl (see recipe in this pack)
200g salad leaves
1 cup (150g) cherry tomatoes
½ red onion, sliced
100g black olives
60g feta, crumbled
4 tbsp. fresh parsley, chopped
4 lemon wedges

What you need to do

1. Season the chicken with salt and pepper. Heat a large non-stick pan or skillet over a medium heat and add the olive oil, balsamic vinegar, lemon juice and garlic. Then add the chicken and sauté the chicken until golden and cooked through, around 5-7 minutes each side.
2. Remove the chicken from the pan and set aside to cool slightly before slicing into strips.
3. Meanwhile, make the salad dressing by combining the olive oil and balsamic vinegar in a small bowl and set aside.
4. Divide the “Meal Prep Grain Breakfast Bowl” base between 4 bowls. Add the salad leaves, tomatoes, onion, olives, feta cheese and parsley and top with the chicken slices. Drizzle over the salad dressing and serve with lemon wedges.

MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	441	16	43	31	1

*Nutrition per serving



Slow Cooker Red Curry Pork



Slow Cooker Red Curry Pork

Serves 6

1 tbsp. olive oil

2kg pork shoulder, boneless, cut into pieces

1 white onion, chopped

4 tbsp. red curry paste

400ml can coconut milk

2 tsp. fish sauce

600g butternut pumpkin, cut into pieces

150g green beans, halved

fresh coriander, to garnish

lime wedges, to garnish

What you need to do

1. Heat the olive oil in a large skillet over a medium heat. Add the diced pork and cook for around 5 minutes until the meat has browned.
2. Place the pork, onion, red curry paste, coconut milk, fish sauce and butternut pumpkin into the slow cooker. Cover with the lid and cook on low for 6 hours or on high for 4 hours. Add the green beans to the pot in the final 30 minutes of cooking.
3. Serve the pork alongside a portion of rice and garnished with coriander and lime wedges.

Note: Portion of rice is not included within the nutritional breakdown.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	6 hrs & 15 mins	470	19	15	59	3

*Nutrition per serving





Raisin Oat Cookies

Raisin Oat Cookies

Makes 24

Dry:

180g rolled oats
180g whole wheat flour
1 tbsp. baking powder
90g coconut sugar
1 tsp. ground cinnamon
1 orange, zest only
pinch of salt

Other:

120g raisins
½ cup (125ml) almond milk,
unsweetened
90g coconut oil, melted

What you need to do

1. Preheat the oven to 180°C. Line a baking tray with baking paper.
2. Place all the dry ingredients into a large bowl and mix well to combine. Add the raisins, milk and oil and mix to form a sticky dough.
3. Using your hands, form 24 balls of dough and place them on the earlier prepared baking tray taking care to leave space between each as they will spread in the oven. Gently press down on each ball to form a cookie shape.
4. Place the tray in the oven and bake the cookies for 15-18 minutes, until golden brown. Remove the tray from the oven, place the cookies on a wire cooling rack and allow to cool.
5. The cookies can be stored in an airtight container for 3-4 days.



DF	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	18 mins	144	5	22	2	3

*Nutrition per serving

Protein Carrot Cake



Protein Carrot Cake

Serves 8

For the cake:

Dry:

⅓ cup (56g) vanilla whey
¼ cup (45g) coconut sugar
2 tbsp. coconut flour
¼ tsp. baking soda
pinch of salt
1 tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground cloves

¾ cup (80g) carrot, finely grated
¼ cup (60g) applesauce, unsweetened
2 tbsp. almond butter
1 large egg white
2 tbsp. chopped walnuts
2 tbsp. desiccated coconut, unsweetened
2 tbsp. raisins

For the frosting:

170g reduced fat cream cheese
¼ cup (45g) coconut sugar
1 scoop (25g) vanilla whey
½ tsp. vanilla extract

What you need to do

1. Preheat the oven to 160°C. Line a 8x6 inch (20x15cm) baking tin with baking paper.
2. Place all the dry ingredients into a large mixing bowl and whisk together.
3. Add the grated carrot and the remaining cake ingredients to the bowl and mix well to combine into a thick cake batter.
4. Transfer the batter into the earlier prepared baking tin and place in the oven to bake for 25-35 minutes, or until a toothpick inserted in the centre comes out clean. Remove the cake from the oven and set the tin on a wire rack to cool.
5. In the meantime, make the frosting. Whisk together the frosting ingredients until smooth and creamy and once the cake has cooled completely spread over the top of the cake.

Storage: Store the cake in an airtight container in the refrigerator for up to one week.

GF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	261	14	17	16	3

*Nutrition per serving



Mango Sorbet



Mango Sorbet

Serves 2

2 cups (165g) mango, frozen
¼ cup (60g) coconut yogurt
2 tbsp. maple syrup

What you need to do

1. Place all the ingredients in a food processor or blender and blend together until smooth. Serve immediately.



GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	361	3	79	3	6

*Nutrition per serving