

HIGH PROTEIN RECIPES

TIGHTEN *up*



Delicious, Quick, Simple Breakfast, Lunch, Dinner and Treats options

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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

WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Spanish Zucchini Tortilla	BREAKFAST Omelette Wraps	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Omelette Wraps	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Cinnamon Roll Protein Smoothie	BREAKFAST Spanish Zucchini Tortilla
LUNCH Chicken Orange & Walnut Salad	LUNCH Tuna & Broccoli Salad with Honey Vinaigrette	LUNCH Leftover Baked Salmon Tray with Rice & tomatoes	LUNCH Chicken Orange & Walnut Salad	LUNCH Tuna & Broccoli Salad with Honey Vinaigrette	LUNCH Leftover Waldorf Chicken Salad	LUNCH Cinnamon Roll Protein
SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls
DINNER Chinese Pork Stir-Fry with Pineapple	DINNER Baked Salmon Tray with Rice & tomatoes	DINNER Beef & Green Beans Pasta in soy sauce	DINNER Leftover Beef & Green Beans Pasta in soy sauce	DINNER Waldorf Chicken Salad	DINNER Meal Out – Enjoy!	DINNER Chinese Pork Stir-Fry with Pineapple

WEEKLY MEAL PLANNER 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST High Protein Blueberry Pancakes	BREAKFAST Eggs Fried On Tomatoes with Tuna	BREAKFAST Eggs Fried On Tomatoes with Tuna	BREAKFAST High Protein Blueberry Pancakes	BREAKFAST Spinach Shakshuka	BREAKFAST Spinach Shakshuka	BREAKFAST Summer Smoothie Protein Bowl
LUNCH Grilled Chicken and Pineapple Salad	LUNCH Leftover Grilled Chicken and Pineapple Salad	LUNCH Leftover Salmon Teriyaki with Green Beans & Sweetcorn Rice	LUNCH Tuna Salad Lettuce Wraps	LUNCH Leftover Tuna Salad Lettuce Wraps	LUNCH Leftover Chicken & Mango Stir-Fry	LUNCH Antioxidant Blueberry Smoothie
SNACK E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	SNACK E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	SNACK E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	SNACK E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	SNACK E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	SNACK E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	SNACK E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding
DINNER Turkey & Broccoli Stir-Fry	DINNER Salmon Teriyaki with Green Beans & Sweetcorn Rice	DINNER Quick & Easy Meatballs served with rice and veg	DINNER Leftover Quick & Easy Meatballs served with rice and veg	DINNER Chicken & Mango Stir-Fry	DINNER Meal Out – Enjoy!	DINNER Turkey & Broccoli Stir-Fry



SPANISH ZUCCHINI TORTILLA

SPANISH ZUCCHINI TORTILLA



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
370 kcal
22g Fats
22g Carbs
21g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.

OMELETTE WRAPS



OMELETTE WRAPS



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
227 kcal
15g Fats
3g Carbs
20g Protein



WHAT YOU NEED

- 200g cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 100g smoked salmon, chopped

WHAT YOU NEED TO DO

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelette from the pan and set aside. Fry the other omelettes with the rest of the oil.

To serve, spread the cottage cheese paste over the omelettes and top with smoked salmon. Roll up the omelette as a wrap and cut in half.



**EGG & TURKEY
STUFFED PEPPERS**

EGG & TURKEY STUFFED PEPPERS



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
324 kcal
12g Fats
11g Carbs
43g Protein



WHAT YOU NEED

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 450g lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium capsicums
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

WHAT YOU NEED TO DO

Heat oven to 200°C.

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.

Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.

To serve, sprinkle with chopped parsley.



**SMOKED SALMON, FETA
& ASPARAGUS OMELETTE**

SMOKED SALMON, FETA & ASPARAGUS OMELETTE



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
293 kcal
21g Fats
6g Carbs
20g Protein



WHAT YOU NEED

- 125g asparagus
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk, plant or dairy
- 60g smoked salmon, cut into pieces
- ¼ cup (30g) feta cheese (or brie, camembert), cubed
- 4-5 cherry tomatoes, halved
- dill, to serve

PRO TIP:

The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

WHAT YOU NEED TO DO

Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about ½ cm pieces.

Boil in lightly salted water for about 2 minutes, then strain and set aside.

In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.

Heat the oven to 180°C. Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).

Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.

To serve sprinkle with fresh dill and season with freshly ground black pepper.

HIGH PROTEIN BLUEBERRY PANCAKES



HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
261 kcal
5g Fats
18g Carbs
36g Protein



WHAT YOU NEED

- ¼ cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- ½ banana, mashed
- almond milk, if needed
- ¼ cup (25g) fresh or frozen blueberries
- ½ tsp. coconut oil

WHAT YOU NEED TO DO

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.



**EGGS FRIED ON
TOMATOES WITH TUNA**

EGGS FRIED ON TOMATOES WITH TUNA



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
295 kcal
15g Fats
8g Carbs
32g Protein



WHAT YOU NEED

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 80g tuna in brine
- a pinch of oregano
- a pinch of chilli flakes
- parsley, chopped, to serve

WHAT YOU NEED TO DO

Peel the tomato and chop into cubes.

Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

Arrange pieces of tuna on top. Then sprinkle with dried oregano and optionally chilli flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- *Replace tuna with feta or Gorgonzola cheese*
- *For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option*



**SUMMER SMOOTHIE
PROTEIN BOWL**

SUMMER SMOOTHIE PROTEIN BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
261 kcal
5g Fats
36g Carbs
18g Protein



WHAT YOU NEED

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- $\frac{3}{4}$ cup (190g) natural yoghurt
- $\frac{1}{2}$ cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

Optional toppings:

- fresh berries
- Goji berries
- walnuts
- chia seeds
- muesli

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 2 bowls, add your favourite toppings and serve straight away.

NOTE:

Toppings are not included in macronutrient information, or shopping list.



**SPINACH
SHAKSHUKA**

SPINACH SHAKSHUKA



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
370 kcal
22g Fats
19g Carbs
24g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.

Dress in fresh parsley and serve.



**SALMON TARTAR WITH
AVOCADO AND MANGO**

SALMON TARTAR WITH AVOCADO AND MANGO



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
293 kcal
17g Fats
9g Carbs
26g Protein



WHAT YOU NEED

- 1 small salmon fillet (100g), cut in cubes
- ¼ avocado, cut in cubes
- ¼ cup (30g) mango, cut in cubes
- 1 tbsp. lime juice
- ⅓ tsp. honey
- chilli pepper, to taste
- handful coriander, chopped

WHAT YOU NEED TO DO

Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.

Mix in the lime juice, chilli pepper, and coriander. Season to taste with salt and pepper and mix well.

Set aside to chill in the fridge for at least 10 minutes, then serve with toast (not included in nutrition info).

A top-down photograph of five lettuce wraps arranged on a white marble surface. Each wrap consists of a large green lettuce leaf filled with a chunky tuna salad. To the right of the wraps, two slices of a yellow apple are visible. A semi-transparent white rectangular box is centered over the middle of the image, containing the text 'TUNA SALAD LETTUCE WRAPS' in bold, black, uppercase letters.

**TUNA SALAD
LETTUCE WRAPS**

TUNA SALAD LETTUCE WRAPS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
289 kcal
9g Fats
14g Carbs
38g Protein



WHAT YOU NEED

- 1 ¼ cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

WHAT YOU NEED TO DO

Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.

Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.

Spread the tuna over the 8 lettuce leaves and serve as wraps.

A top-down view of a light blue ceramic bowl filled with a salad. The salad consists of fresh green leafy vegetables, including arugula and lettuce. It is topped with several pieces of cooked chicken breast, bright orange slices, and several whole, toasted walnuts. Scattered throughout the salad are numerous bright red pomegranate seeds. A semi-transparent white rectangular box is overlaid on the right side of the bowl, containing the title text.

**CHICKEN, ORANGE
AND WALNUT SALAD**

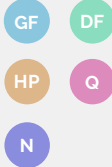
CHICKEN, ORANGE AND WALNUT SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
480 kcal
20g Fats
47g Carbs
28g Protein



WHAT YOU NEED

For the dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

For the salad:

- 200g chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

WHAT YOU NEED TO DO

Peel orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.

Mix the ingredients of the dressing in a cup, season with salt and pepper.

Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.

Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat. Turn over then drizzle with another tbsp. of dressing, and grill for another minute. Remove from the pan and set aside. Once cooled slightly slice into pieces.

Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.

A top-down view of a white ceramic bowl filled with a colorful salad. The salad includes pieces of seared salmon, sliced peaches, charred corn cobs, cherry tomatoes, and fresh basil leaves. The bowl is set on a light-colored wooden surface. In the top left corner, there is a small glass bowl containing more cherry tomatoes. In the bottom right corner, another bowl with similar salad ingredients is partially visible. A white cloth is tucked under the main bowl on the right side.

SALMON & PEACH SALAD

SALMON & PEACH SALAD



Serves: 2
Prep: 30 mins
Cook: 15 mins



Nutrition per serving:
441 kcal
25g Fats
21g Carbs
33g Protein



GF DF
MP HP



WHAT YOU NEED

For the marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- ½ tsp. ground pepper

For the salad:

- 2 salmon fillets (140g each)
- 1 cob corn, cooked
- 120g salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

WHAT YOU NEED TO DO

Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.

In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.

Next, preheat the oven to 200°C and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.

Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.

To serve, drizzle with balsamic vinegar and season with salt and pepper.



**TUNA & BROCCOLI SALAD
WITH HONEY VINAIGRETTE**

TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
314 kcal
14g Fats
26g Carbs
21g Protein



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WHAT YOU NEED

For the salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

WHAT YOU NEED TO DO

Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.

Toast the bread and cut into cubes, then add to the salad.

Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.

In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



**GRILLED CHICKEN &
PINEAPPLE SALAD**

GRILLED CHICKEN & PINEAPPLE SALAD



Serves: 2
Prep: 10 mins
Cook: 13 mins



Nutrition per serving:
388 kcal
16g Fats
34g Carbs
27g Protein



WHAT YOU NEED

For the Salad:

- 200g chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

For the Dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

WHAT YOU NEED TO DO

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Vegetarian option: replace the grilled chicken with fried or baked tofu or feta cheese.

A top-down view of a light-colored ceramic bowl filled with a Waldorf chicken salad. The salad consists of a mix of green and purple leafy vegetables, including spinach and arugula. It is topped with cubed cooked chicken, diced celery, and a creamy dressing. A semi-transparent white text box is centered over the middle of the bowl, containing the title "WALDORF CHICKEN SALAD" in bold, black, uppercase letters. In the upper left corner, the tines of a wooden fork are visible on a dark grey cloth.

**WALDORF
CHICKEN SALAD**

WALDORF CHICKEN SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
356 kcal
16g Fats
33g Carbs
20g Protein



WHAT YOU NEED

- 100g chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- ¼ cup (40g) raisins
- ¼ cup (30g) walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yoghurt
- 1 tbsp. lemon juice
- 90g mixed salad leaves

WHAT YOU NEED TO DO

Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yoghurt and lemon juice, season with salt and pepper and mix well.

Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

VEGGIE OPTION:

Instead of chicken add tofu.

TUNA & QUINOA TOSS SALAD



TUNA & QUINOA TOSS SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
411 kcal
11g Fats
41g Carbs
37g Protein



WHAT YOU NEED

For the dressing:

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt and pepper, to taste

For the salad:

- 1 cup (185g) cooked quinoa
- ¼ cup (50g) chickpeas, rinsed and drained
- ½ cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (200g drained)

WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.

Drizzle with the dressing and toss gently to coat.

SALMON & COUSCOUS SALAD



SALMON & COUSCOUS SALAD



Serves: 2
Prep: 10 mins
Cook: 12 mins



Nutrition per serving:
521 kcal
29g Fats
29g Carbs
36g Protein



WHAT YOU NEED

For the salmon:

- 2x 115g pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- sea salt and pepper

For the salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1 cup (157g) couscous, cooked
- ½ red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

For the dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- ½ tsp. Dijon mustard
- ½ tsp. maple syrup or honey (optional)
- sea salt and pepper, to taste

WHAT YOU NEED TO DO

Preheat oven to 200°C. Rub the salmon with olive oil and season with salt and pepper.

Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.

In the meantime, make the dressing by whisking together all the ingredients.

Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.

Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.



**POST-WORKOUT POTATO
PANCAKES WITH
COTTAGE CHEESE**

POST-WORKOUT POTATO PANCAKES WITH COTTAGE CHEESE



Serves: 1
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
516 kcal
20g Fats
56g Carbs
28g Protein



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WHAT YOU NEED

For the pancakes:

- $\frac{5}{8}$ cup (140g) potatoes, peeled and grated
- $\frac{1}{4}$ cup (50g) zucchini, grated
- 1 egg
- $\frac{1}{2}$ shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

For the topping:

- $\frac{1}{5}$ cup (50g) cottage cheese
- 1 tbsp. natural yoghurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- $\frac{1}{2}$ shallot, chopped

WHAT YOU NEED TO DO

Wash, peel and grate the potatoes using the finest grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt and pepper. Mix well until combined to make the pancake batter.

Heat up a non-stick frying pan and fry small pancakes for 3 minutes, then flip and fry for another 1 minute.

Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yoghurt. Season to taste with salt and pepper.

Serve the pancakes warm with the cheese mix on top.

MISO SALMON WITH ZUCCHINI NOODLES



enjoy the simple things in life

MISO SALMON WITH ZUCCHINI NOODLES



Serves: 2
Prep: 20 mins
Cook: 15 mins



Nutrition per serving:
494 kcal
30g Fats
27g Carbs
29g Protein



GF DF



WHAT YOU NEED

For the salmon:

- 2 salmon fillets, 130g each
- 2 tbsp. miso paste
- 2 tbsp. honey
- ¼ cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 400g zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

WHAT YOU NEED TO DO

Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.

In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.

Preheat oven to 180°C.

Place the salmon in an oven safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.

Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

MOROCCAN COD & BULGUR SALAD



MOROCCAN COD & BULGUR SALAD



Serves: 2
Prep: 5 + 30 mins
Cook: 15-25 mins



Nutrition per
serving:
466 kcal
18g Fats
42g Carbs
34g Protein



DF

HP



WHAT YOU NEED

- 300g cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- ½ tsp. turmeric
- ½ tsp. paprika
- ½ tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- scant ½ cup (100g) of bulgur groats
- 1 tomato, chopped
- ¼ onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

WHAT YOU NEED TO DO

Drizzle the cod fillets with lemon juice, then season with salt and pepper. Rub with the garlic, and the rest of the spices and coat with 1 tbsp. of oil. Leave for half an hour to marinate.

Cook the bulgur in salted water (about 15 minutes) and once cooked, set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.

Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.

Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.

TURKEY & BROCCOLI STIR FRY



store washed
pure linen.

TURKEY & BROCCOLI STIR FRY



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
536 kcal
16g Fats
56g Carbs
42g Protein



WHAT YOU NEED

- 100g black rice noodles
- 200g turkey fillet, chopped
- 1 broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

WHAT YOU NEED TO DO

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.



**BAKED SALMON WITH
ZOODLES & QUINOA**

BAKED SALMON WITH ZOODLES & QUINOA



Serves: 2
Prep: 10+1h chill
Cook: 15 mins



Nutrition per
serving:
480 kcal
28g Fats
19g Carbs
38g Protein



WHAT YOU NEED

- 2 salmon fillets (125g each)
- 100g quinoa, cooked
- 1 zucchini
- ½ tbsp. olive oil
- 1 garlic clove, crushed
- 70g sundried tomatoes, rinsed, chopped

Salmon marinade:

- 2 tbsp. tamari
- ½ tbsp. olive oil
- ½ tsp. sweet paprika
- ½ tsp. hot paprika
- 1 tbsp. rice vinegar
- 1 tsp. honey
- 1 tbsp. black sesame seeds
- chilli flakes, to taste

WHAT YOU NEED TO DO

Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.

While the salmon is marinating, cook the quinoa and spiralize the zucchini.

Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens (about 3-4 minutes). Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.

Heat the oven to 250°C and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.

Remove the salmon from the oven to rest for a moment. In the meantime, pour in the salmon juices into the quinoa, and mix well.

Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chilli flakes to serve.

CHICKEN THIGHS WITH HOISIN RICE



CHICKEN THIGHS WITH HOISIN RICE



Serves: 8
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
315 kcal
15g Fats
16g Carbs
29g Protein



WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 cups (500ml) chicken stock
- 4 tbsp. dried cranberries

For the sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chilli flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

WHAT YOU NEED TO DO

Preheat the oven to 190°C.

In a large pan, heat the coconut oil.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.

Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an oven safe dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

Once cooked, divide between plates and serve, or store in the fridge for up to 2-3 days.



**CHINESE PORK STIR-FRY
WITH PINEAPPLE**

CHINESE PORK STIR-FRY WITH PINEAPPLE



Serves: 4
Prep: 20 mins
Cook: 10 mins



Nutrition per serving:
299 kcal
11g Fats
22g Carbs
28g Protein



WHAT YOU NEED

- 400g pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- ⅔ cup (135ml) pineapple chunks, in juice (keep the juice)
- 1 red capsicum, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ chilli pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

For the sauce:

- ⅓ cup (180ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

WHAT YOU NEED TO DO

Wash the meat, pat dry, and cut them into the thinnest slices possible. Season with salt and pepper, and coat with potato flour.

Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and the spring onions julienned. Half the chilli, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all sauce ingredients in a bowl.

In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chilli, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto a plate.

Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.

Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens. Mix occasionally.

Sprinkle with chopped spring onions and serve with rice.

SLOW COOKER CHICKEN FAJITAS



SLOW COOKER CHICKEN FAJITAS



Serves: 8
Prep: 10 mins
Cook: 3-4hrs



Nutrition per serving:
187 kcal
3g Fats
12g Carbs
28g Protein



WHAT YOU NEED

- 900g chicken breasts
- 4 capsicums, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 cup chopped tomatoes

WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in the slow-cooker. Mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info) :

- tortillas, cream, guacamole, coriander



**CREAMY CHICKEN,
MUSHROOM & TOMATO PASTA**

CREAMY CHICKEN, MUSHROOM & TOMATO PASTA



Serves: 3
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
370 kcal
14g Fats
26g Carbs
35g Protein



DF

MP



WHAT YOU NEED

- 1 ½ cup (150g) penne
- 350g chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sundried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or regular)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging.

Chop the chicken fillet, season with salt and pepper and dredge with flour.

Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.

In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.

Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted – season to taste with salt and pepper.

Add the cooked pasta. Stir well and serve.



CAJUN BEEF & VEG RICE

CAJUN BEEF & VEG RICE



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
497 kcal
13g Fats
55g Carbs
40g Protein



GF

DF

MP



WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 500g 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 500g cooked rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef and season with salt and pepper. Cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and continue cooking for about 3-4 minutes.

Sprinkle with the green parts of the spring onions and serve.



CHINESE STYLE PRAWNS & VEG

CHINESE STYLE PRAWNS & VEG



Serves: 3
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
439 kcal
11g Fats
63g Carbs
22g Protein



WHAT YOU NEED

- 1 cup (185g) rice, uncooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 ½ tbsp. ginger, grated
- pinch of chilli flakes
- 250g prawns
- 2 tbsp. soy sauce
- 1 tsp. potato flour
- ⅔ cup (160ml) water
- 1 tbsp. coconut palm sugar

WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging.

In a wok (or large frying pan), heat 1 tbsp. of oil. Sauté the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chilli.

Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the prawns on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.

Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1 minute stirring frequently. Serve with cooked rice.



**ZESTY TURKEY MEATBALLS
WITH COUSCOUS SALAD**

ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD



Serves: 4
Prep: 20 mins
Cook: 30 mins



Nutrition per serving:
448 kcal
8g Fats
52g Carbs
42g Protein



MP HP



WHAT YOU NEED

For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ tsp. chilli flakes
- 2 garlic cloves, chopped
- 500g turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 200g 0% fat Greek yoghurt
- 1 garlic clove, minced

For the salad:

- 200g couscous, plus 1 tbsp.
- 1 cup (250ml) vegetable stock cube
- 200g frozen peas
- 8 radishes, finely sliced

WHAT YOU NEED TO DO

Heat 1 tbsp. of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chillies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.

Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.

In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.

Blanche the peas in a pot for 2 minutes. Drain and set aside.

Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.

Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes. Season to taste.

Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 minutes, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.

Serve with the couscous salad and yoghurt.

HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE



HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE



Serves: 4
Prep: 5 + 1hr
Cook: 35 mins



Nutrition per
serving:
628 kcal
24g Fats
68g Carbs
35g Protein



WHAT YOU NEED

- 600g salmon, 4 fillets

Marinade:

- 3 tbsp. honey
- 3 tbsp. lime juice
- 3 tbsp. soy sauce
- 1 tbsp. olive oil
- 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

Pineapple rice:

- $\frac{2}{3}$ cup (150g) rice
- $\frac{3}{4}$ cup (200g) sweetcorn
- 1 $\frac{1}{4}$ cups (250g) pineapple, chopped
- 1 $\frac{1}{3}$ cup (200g) cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- $\frac{1}{2}$ cup coriander leaves (or mint)

WHAT YOU NEED TO DO

Slice the skin off the salmon fillets and discard. Rinse salmon fillets and dry.

Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.

Cook the rice in lightly salted water, then spread on a large plate to cool.

Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl and season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.

Preheat the oven to 210°C. Bake the marinated salmon for 18 minutes, until cooked throughout.

Serve salmon with the prepared pineapple rice.

A top-down view of a white ceramic plate with a speckled pattern, filled with a simple chicken curry and saffron rice. The rice is a vibrant yellow, and the chicken is coated in a rich, orange-red sauce. Fresh green cilantro leaves are scattered on top of the rice. A silver fork with a decorative handle is placed horizontally across the bottom of the plate. The plate is set on a white marble surface with grey veining.

**SIMPLE CHICKEN CURRY
WITH SAFFRON RICE**

SIMPLE CHICKEN CURRY WITH SAFFRON RICE



Serves: 4
Prep: 10-15 mins
Cook: 30-45 mins



Nutrition per serving:
530 kcal
22g Fats
47g Carbs
36g Protein



WHAT YOU NEED

For the chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 5 cloves garlic, minced
- ½ tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

For the rice:

- ¼ cup (60ml) boiling water
- pinch saffron threads (roughly ⅛ tsp.)
- 1 cup (225g) basmati rice
- 1 tsp. coconut oil
- ½ tsp. onion powder
- ¼ tsp. salt
- 1 ¾ cup vegetable stock

WHAT YOU NEED TO DO

Season the thighs with salt and pepper.

Heat the oil in the pan. Fry the thighs on both sides until golden brown. Remove from the pan and set aside.

In the same pan sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.

Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.

In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.

In a medium pot, combine saffron and the water with the rice and all other ingredients.

Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.

Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.



**ONE POT TURKEY
CHILLI WITH RICE**

ONE POT TURKEY CHILLI WITH RICE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
289 kcal
9g Fats
21g Carbs
31g Protein



WHAT YOU NEED

- 300g minced turkey fillet
- ½ cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- ½ can chopped tomatoes
- 1 red capsicum, chopped
- 1 cup (250ml) vegetable broth
- ⅓ cup (60g) red kidney beans, drained
- ⅓ cup (85g) sweet corn, drained
- ⅓ cup (30g) grated cheese (optional)

Spices:

- 1 tsp. dried oregano
- 1 tsp. cumin
- 1 tsp. sweet pepper
- ½ tsp. hot pepper
- ½ tsp. salt
- ⅓ tsp. ground pepper

WHAT YOU NEED TO DO

Heat the oil in a large pan and sauté the onion and garlic for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the uncooked rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to a boil. Simmer covered on low heat for about 17-20 minutes.

Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Dairy free option: *cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version.*



**BAKED SALMON TRAY
WITH RICE & TOMATOES**

BAKED SALMON TRAY WITH RICE & TOMATOES



Serves: 4
Prep: 5 mins
Cook: 30 mins



Nutrition per serving:
471 kcal
19g Fats
44g Carbs
31g Protein



WHAT YOU NEED

- 400g salmon fillet, skin removed
- 1 tsp. honey
- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 4 slices of lemon + 2 tbsp. of juice
- $\frac{7}{8}$ cup (200g) jasmine rice
- 1 cup (150g) cherry tomatoes
- handful basil leaves
- 4 tbsp. natural yoghurt, 0% fat

Spices:

- 2 tsp. paprika
- $\frac{1}{2}$ tsp. curry
- 1 tsp. oregano
- pinch of chilli flakes

WHAT YOU NEED TO DO

Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. of olive oil and 2 tbsp. of lemon juice. Mix everything and cover the bowl.

Preheat oven to 200°C.

Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.

Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chilli flakes.

Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.

Serve with a dollop of natural yoghurt.



MEXICAN FRIED RICE

MEXICAN FRIED RICE



Serves: 4
Prep: 10 mins
Cook: 25-30 mins



Nutrition per
serving:
368 kcal
16g Fats
32g Carbs
24g Protein



WHAT YOU NEED

- 300g chicken breast
- 2 cloves garlic, crushed
- scant ½ cup (100g) rice
- 2 tbsp. coconut oil
- ½ red onion, chopped
- 1 red pepper, diced
- ¾ cup (100g) sweetcorn, drained
- ½ cup (100g) red kidney beans, drained
- 1 tomato, peeled, chopped
- 1 avocado, stone removed, flesh diced
- 1 tbsp. lime
- ½ chilli, chopped
- handful coriander, chopped

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. ground cumin
- ½ tsp. chilli flakes

WHAT YOU NEED TO DO

Chop the chicken into cubes. Season with salt, pepper, spices and crushed garlic.

Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate to cool.

Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.

Next, add the drained sweetcorn, beans and the cooked rice. Mix well and cook for another 2 minutes.

Remove from the heat, and add the peeled and diced tomato, then mix.

To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.

PRO TIP:

- To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.



**BEEF & GREEN BEANS
PASTA IN SOY SAUCE**

BEEF & GREEN BEANS PASTA IN SOY SAUCE



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
496 kcal
12g Fats
53g Carbs
44g Protein



WHAT YOU NEED

- 120g whole-wheat pasta
- 300g beef steak
- 4 spring onions
- 2 cloves garlic
- 1 tbsp. coconut oil
- 2 tbsp. soy sauce
- 1/3 cup (80ml) beef stock
- 100g green beans, frozen

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Cut the beef into thin slices.

Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.

Heat the oil in a large pan over medium-high heat and cook the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.

Add the garlic and spring onions to the same pan and cook for about 3 minutes, until spring onions start to soften.

Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta. Stir occasionally for about 2 minutes.



**CHICKEN & MANGO
STIR FRY**

CHICKEN & MANGO STIR FRY



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
321 kcal
9g Fats
31g Carbs
29g Protein



WHAT YOU NEED

- 450g chicken breasts, cut into strips
- 1 tbsp. buckwheat flour
- 1 mango, peeled
- 1 red capsicum, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chilli pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

WHAT YOU NEED TO DO

Cut the chicken into thin strips and season with salt and pepper, then coat with flour.

Peel the mango and cut the flesh into strips. Cut the peppers into strips. Peel the onion and cut into half rings.

Cut the deseeded chilli pepper lengthwise, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan, heat 1 tbsp. of coconut oil, and stir fry the peppers, onions, chilli pepper, garlic and ginger over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes. Then remove everything and set aside.

Add the second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 minutes until the sauce thickens. Mix occasionally.

Serve with rice (not included in nutrition information per serving).

A close-up photograph of a white ceramic plate with a speckled pattern. The plate is filled with a meal consisting of a piece of salmon teriyaki, green beans, sweetcorn, and rice. The salmon is glazed with a dark sauce and topped with black sesame seeds. The rice is mixed with green beans and sweetcorn. The plate is set on a light-colored wooden surface. A silver fork is visible on the right side of the plate.

SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE

SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE



Serves: 4
Prep: 10 + 1 h
Cook: 15 mins



Nutrition per serving:
511 kcal
19g Fats
40g Carbs
45g Protein



WHAT YOU NEED

- 4 salmon fillets (150g each)
- 150g green beans, frozen
- 1 cup (150g) sweetcorn
- 100g brown rice
- 2 tbsp. sesame seeds
- 1 tbsp. sesame oil

For the sauce:

- 8 tbsp. soy sauce
- 3 tbsp. maple syrup
- 1 tbsp. lime juice
- 4 tbsp. grated ginger
- 2 garlic cloves, grated

WHAT YOU NEED TO DO

Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.

Cut the skin off the salmon then rinse, dry and marinate in the prepared sauce for 1 hour.

In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before it is cooked, then drain. Next, add the sweetcorn and mix well.

Preheat the oven to 230°C. Place the salmon into an oven safe dish, leaving the marinade aside. Bake for 8-10 minutes. 3 minutes before the end of baking, sprinkle with sesame seeds.

Transfer the marinade into a small saucepan and heat until it thickens. Mix in the sesame oil, take off the heat and set aside.

To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.

A close-up photograph of a white bowl filled with a chicken orange stir fry. The dish consists of rice, chicken pieces, green beans, red bell peppers, and black sesame seeds. The bowl is placed on a light-colored wooden surface. A white cloth with a dark blue and black striped pattern is visible in the background. The text "CHICKEN ORANGE STIR FRY" is overlaid on the bottom right of the image.

CHICKEN ORANGE STIR FRY

CHICKEN ORANGE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
411 kcal
7g Fats
53g Carbs
34g Protein



WHAT YOU NEED

For the sauce:

- 1 orange, juice only
- ⅓ cup (100g) marmalade (low sugar)
- ¼ cup (60ml) soy sauce
- 1 tsp. sriracha (or as needed)
- 1 tbsp. buckwheat flour

For the stir fry:

- 1 tbsp. coconut oil
- 450g chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 sprigs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red capsicum, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

WHAT YOU NEED TO DO

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 minutes until chicken is cooked through. Remove from the pan and set aside.

Lower the heat and add the garlic and green onions, cooking for 1 minute. Keep stirring to prevent burning.

Now add the mangetout peas and capsicum and cook for another 3-4 minutes. Add in cooked rice and mix well with the vegetables.

Next, add in the cooked chicken, grated carrots and the sauce. Stir well.

Garnish with sesame seeds and more green onions to serve.

A top-down view of a light blue ceramic bowl filled with a pasta dish. The pasta is a yellow, spiral-shaped variety, coated in a vibrant green pesto sauce. Mixed throughout the pasta are chunks of pinkish-orange canned tuna, bright green snap peas, and sliced almonds. A silver fork is tucked into the pasta on the right side of the bowl. The bowl sits on a dark grey, textured surface.

**PESTO PASTA WITH
TUNA & ALMONDS**

PESTO PASTA WITH TUNA & ALMONDS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
516 kcal
16g Fats
69g Carbs
24g Protein



WHAT YOU NEED

- 300g gluten-free fusilli
- 400g green beans
- 240g tuna in water, drained (2 tins)
- 30g roasted almonds, chopped
- 130g green pesto

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the package.

In the meantime, halve the green beans and cook in boiling water for about 5 minutes, then drain.

Meanwhile, let the tuna drain and chop the almonds coarsely.

Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with almonds to serve. Season with pepper.



SWEET AND SOUR PORK STIR-FRY

SWEET AND SOUR PORK STIR-FRY



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
440 kcal
16g Fats
52g Carbs
22g Protein



WHAT YOU NEED

- $\frac{7}{8}$ cup (200g) basmati rice
- 300g pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 $\frac{1}{3}$ cup (200g) sugar snap peas
- 1 $\frac{1}{4}$ cup (250g) cherry tomatoes
- 1 $\frac{1}{4}$ cup (250g) pineapple, canned or fresh

WHAT YOU NEED TO DO

Cook the rice according to instructions on the packaging.

In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.

Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 minutes, then lower the heat and add in the sugar snap peas. Stir fry for another 4 minutes on low heat.

Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.

Once rice is cooked, divide everything onto 4 plates and serve.

NOTE:

- this dish is also very tasty with chicken breast or chicken thighs

PEPPER STEAK



PEPPER STEAK



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
190 kcal
6g Fats
12g Carbs
22g Protein



WHAT YOU NEED

- 340g round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red capsicum, sliced into strips
- ½ tsp. black pepper
- crushed red pepper flakes, to taste

WHAT YOU NEED TO DO

Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp. of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.

Serve with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.



**QUICK & EASY
MEATBALLS**

QUICK & EASY MEATBALLS



Serves: 4
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
306 kcal
14g Fats
9g Carbs
36g Protein



WHAT YOU NEED

- 500g lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour
- ¼ cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

WHAT YOU NEED TO DO

Preheat the oven to 200°C.

Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).

Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes, set the oven to grill/broil for the meatballs to have a crispy outside layer.



QUICK BEEF CHOW MEIN

QUICK BEEF CHOW MEIN



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
334 kcal
10g Fats
33g Carbs
28g Protein



WHAT YOU NEED

- 160g egg noodles
- 200g beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- ½ leek, sliced (mostly white parts)
- 1 red capsicum, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onions, chopped

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on the packaging.

Cut the beef into thin strips.

Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the leeks, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes and garnish with chopped spring onions.



**SIMPLE CHILLI &
SWEET POTATO CHIPS**

The image shows a top-down view of a grey ceramic bowl filled with a meal. The bowl is placed on a light-colored, textured burlap napkin. The meal consists of golden-brown, slightly charred sweet potato chips arranged around a central mound of bright red, chunky chili. A dollop of vibrant green guacamole sits atop the chili, garnished with fresh green cilantro leaves and several thin slices of red chili. To the left of the bowl, a wooden spoon with a natural grain is visible. To the right, a whole red chili pepper lies horizontally, and a small pile of fresh cilantro leaves is scattered. In the bottom right corner, a small white bowl contains more guacamole with a silver spoon resting inside. The background is a light-colored, possibly white, wooden surface.

SIMPLE CHILLI & SWEET POTATO CHIPS



Serves: 4
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
329 kcal
16g Fats
33g Carbs
29g Protein



WHAT YOU NEED

For the potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- salt and pepper

For the simple chilli:

- 450g lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (400g)
- 170ml water

For the garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

WHAT YOU NEED TO DO

Heat the oven to 215°C.

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.

In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 minutes and season with chilli flakes.

Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.



**CHERRY
SORBET**

CHERRY SORBET



Serves: 4
Prep: 10 mins
Cook: 1 hr



Nutrition per
serving:
113 kcal
1g Fats
24g Carbs
2g Protein



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WHAT YOU NEED

- 1 $\frac{3}{4}$ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yoghurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO

Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yoghurt and 4 tbsp. of water until smooth.

Spoon into a freezer-proof container then freeze for 1 hour.

Scoop out the sorbet into serving glasses, top with mint and serve immediately.

The ingredients will make approx. 8 scoops of sorbet (2 per serving).

A top-down view of a white ceramic bowl with black speckles, filled with a creamy white base. The bowl is topped with sliced strawberries, banana slices, and shredded coconut flakes. A copper-colored spoon lies to the right of the bowl, and some coconut flakes are scattered on the grey textured surface below. A semi-transparent white box with the text "PROTEIN FRUIT BOWLS" is centered over the bowl.

**PROTEIN
FRUIT BOWLS**

PROTEIN FRUIT BOWLS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
256 kcal
4g Fats
30g Carbs
25g Protein



WHAT YOU NEED

For the mango bowl:

- 200g natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the strawberry bowl:

- 200g natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

MATCHA CHIA PUDDING



MATCHA CHIA PUDDING



Serves: 2
Prep: overnight
Cook: 0 mins



Nutrition per
serving:
249 kcal
9g Fats
19g Carbs
23g Protein



WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp. (40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix again and place back in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.



**RASPBERRY
PROTEIN SMOOTHIE**

RASPBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
324 kcal
12g Fats
25g Carbs
29g Protein



WHAT YOU NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.



**GREEN GLOW
PROTEIN SMOOTHIE**

GREEN GLOW PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
360 kcal
12g Fats
34g Carbs
29g Protein



WHAT YOU NEED

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- $\frac{2}{3}$ cup (150ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smooth.

Serve immediately.

NOTE:

The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yoghurt (in that case reduce the amount of liquid).



**VANILLA & COFFEE
PROTEIN SMOOTHIE**

VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
174 kcal
6g Fats
4g Carbs
26g Protein



WHAT YOU NEED

- ¼ cup (60ml) espresso
- 1 ⅔ cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds
- handful ice

WHAT YOU NEED TO DO

Please add all ingredients in a high-speed blender and mix until smooth. Serve cold in a glass.

ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
196 kcal
4g Fats
14g Carbs
26g Protein



WHAT YOU NEED

- ½ cup (125ml) coconut water
- ½ cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- ½ cup (50g) frozen blueberries
- 1 tsp. ground cinnamon
- 1 tsp. chia seeds

WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.



CINNAMON ROLL PROTEIN SMOOTHIE

CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
175 kcal
3g Fats
15g Carbs
22g Protein



GF

HP

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WHAT YOU NEED

- 1 banana
- 2 scoops (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

*Place all ingredients into a blender and pulse until smooth.
Serve.*

