# LOW CARB RECIPES



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

# **TABLE OF CONTENTS**

1	TURMERIC POACHED EGG
2	OMELETTE WITH COTTAGE CHEESE & BASIL
3	HERBY BREAKFAST SAUSAGES
4	AVOCADO & EGG PASTE
5	COTTAGE CHEESE PROTEIN PANCAKES
6	TROPICAL GLUTEN FREE GRANOLA
7	SMOKED MACKEREL & EGG PASTE
8	EGG BROCCOLI & HAM MUFFINS
9	EGG, BACON & AVOCADO BOWL
10	ASIAN SCRAMBLED EGGS
11	ZUCCHINI FRIES
12	TOFU CAESAR SUMMER ROLLS

13	SWEETCORN FRITTERS
14	TOFU & GREEN PEAS PASTE
15	BLACK BEAN HUMMUS
16	KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING
17	SMOKED SALMON & STRAWBERRY SALAD
18	CUCUMBER AVOCADO & CHICKEN SALAD
19	PEAR, CURED HAM & WALNUT SALAD
20	EASY GREEK ZOODLE SALAD
21	CRUSHED CUCUMBER SALAD WITH SALMON
22	HEALTHY CORONATION CHICKEN SALAD
23	GRILLED VEGETABLE SALAD WITH TUNA
24	LOW CARB TURKEY SALAD

# **TABLE OF CONTENTS**

<b>4</b> 5	SALMON SPRING ROLLS
26	COD WITH CREAMY ZOODLES
27	JERK CHICKEN WITH CAULIFLOWER RICE
28	GRILLED LEMON CHICKEN SALAD
29	HOMEMADE QUINOA CHICKEN NUGGETS
30	SESAME & GINGER BEEF WITH ZUCCHINI NOODLES
31	TOM YUM SOUP WITH PRAWNS
32	WARM SALMON & QUINOA SALAD
33	STRAWBERRY PROTEIN MUFFINS
34	PEANUT BUTTER PROTEIN FLUFF
35	LOW CARB BANANA & STRAWBERRY CAKE
36	HEALTHY FERRERO ROCHER

37	FIT ALMOND ENERGY BALLS
38	MOCHA TRUFFLES
39	VEGAN CRÈME BRULEE
40	BANANA CHOCOLATE BITES

### **RECIPE KEY**



#### RECIPE KEY

Look for these helpful icons throughout the file.

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



### **WEEKLY MEAL PLANNER 01**

**FRIDAY SUNDAY MONDAY TUESDAY** WEDNESDAY **THURSDAY SATURDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST** Herby Breakfast Herby Breakfast Turmeric Cottage Cheese Turmeric Cottage Cheese Asian Scrambled Eggs Poached Egg Protein Poached Egg Protein Sausages Sausages **Pancakes** Pancakes LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH Grilled Pear, Cured Leftover Jerk Leftover Pear, Cured Healthy Healthy Ham & Walnut Chicken with Coronation Coronation Homemade Ham & Walnut Vegetable Salad Salad Cauliflower Rice Chicken Salad Chicken Salad Quinoa chicken with Tuna Salad Nuggets **SNACK** SNACK SNACK SNACK **SNACK** SNACK SNACK E.g. Banana Chocolate Bites. Fit Almond **Energy Balls Energy Balls Energy Balls** Energy Balls **Energy Balls Energy Balls** Energy Balls

#### **DINNER**

Jerk Chicken with Cauliflower Rice

#### DINNER

Tom Yum Soup with prawns

#### **DINNER**

Leftover Tom Yum Soup with prawns

#### **DINNER**

Homemade Quinoa chicken Nuggets with side of choice

#### DINNER

Warm Salmon Quinoa Salad

#### **DINNER**

Meal Out – Enjoy!

#### **DINNER**

Leftover Warm Salmon Quinoa Salad

### WEEKLY SHOPPING LIST FOR MEAL PLAN 01

#### **FRUIT & VEGETABLES**

#### **MEAT, DAIRY & NON-DAIRY**

#### **GRAINS, SEEDS & SPICES**

#### **CANS, CONDIMENTS & MISC**

coconut milk (canned)

Fresh	Fish & Seafood	Grains	Oils
1x large bag spinach	O 200g prawns	wheat flour	○ coconut oil
2x tomatoes	<ul><li>4x salmon fillets</li></ul>	O quinoa	O olive oil
1x bag rocket	Meats	almond meal	Cans & Condiments
1x pear	<ul><li>250g ground pork</li></ul>	Nuts & Seeds	O white wine vinegar
3x lemons	<ul><li>cured ham</li></ul>	o pine nuts	<ul><li>mayonnaise</li></ul>
3x limes	<ul><li>150g cooked chicken</li></ul>	○ walnuts	2x cans tuna in olive oil
o celery	<ul><li>900g chicken breast</li></ul>	O pistachio nuts	1x light coconut milk (canned)
1x bulb garlic	Dairy	Spices	1x full fat coconut milk (canned
2x zucchinis	<ul><li>cottage cheese</li></ul>	0 turmeric	o tom yum paste
<ul><li>bunch asparagus</li></ul>	<ul><li>blue cheese</li></ul>	ocurry powder	O fish sauce
<ul> <li>400g cauliflower rice</li> </ul>	<ul><li>Greek yoghurt</li></ul>	O thyme	onatural peanut butter
1x onion	<ul><li>parmesan</li></ul>	O allspice	Sweeteners
100g shitake mushrooms	Non-Dairy	ogarlic powder	o coconut sugar
○ 1x red capsicum	○ 6x eggs	cinnamon	o maple syrup
200g sugar snaps	0	cayenne pepper	honey
3x bananas		ofish spices	Other
Dried		O	vanilla extract
O 6x apricots	0	O	ovegetable stock cubes
Herbs	0	0	odark chocolate chips
○ sage	0	- 0	O desiccated coconut
○ basil	0	- 0	
○ mint	0		
<ul><li>coriander</li></ul>	0	0	
<ul><li>parsley</li></ul>		<u> </u>	
chives		0	
0		0	
		0	

### **WEEKLY MEAL PLANNER 02**

**FRIDAY MONDAY TUESDAY** WEDNESDAY **THURSDAY SATURDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST** Avocado & Egg Tofu & Green Omelette with Omelette with Sweetcorn Avocado & Egg Peas Paste on Cottage Cheese Cottage Cheese Paste Fritters Paste & Basil & Basil Toast LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH Easy Greek Leftover Low Crushed Crushed Leftover Leftover Zoodle Salad Cucumber Salad Cucumber Salad Sesame & Sweetcorn Carb Turkey with Salmon Ginger Beef with Salad with Salmon Fritters Zucchini. Noodles

### SNACK

E.g. Peanut **Butter Protein** Fluff, Low Carb Banana & Strawberry Cake

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E.g. Peanut **Butter Protein** Banana &

#### **SNACK**

Fluff, Low Carb Strawberry Cake

### SNACK

E.a. Peanut **Butter Protein** Fluff, Low Carb Banana & Strawberry Cake

#### SNACK

**SUNDAY** 

**BREAKFAST** 

Peanut butter

Protein Fluff

LUNCH

Easy Greek

Zoodle Salad

E.g. Peanut **Butter Protein** Fluff, Low Carb Banana & Strawberry Cake

#### DINNER

Low Carb Turkey Salad

#### DINNER

Grilled Lemon Chicken Salad

#### DINNER

Leftover Grilled Lemon Chicken Salad

#### DINNER

Sesame & Ginger Beef with Zucchini. Noodles

#### DINNER

Cod with Creamy Zoodles

#### DINNER

Meal Out -Enjoy!

#### **DINNER**

Leftover Cod with Creamy Zoodles

### **WEEKLY SHOPPING LIST FOR MEAL PLAN 02**

#### **FRUIT & VEGETABLES**

#### **MEAT, DAIRY & NON-DAIRY**

#### **GRAINS, SEEDS & SPICES**

#### CANS, CONDIMENTS & MISC

Oils

Fresh	Fish & Seafood
cherry tomatoes	180g hot smoked salmon
2x bulbs garlic	<ul><li>300g cod fillets</li></ul>
o 2x avocados	Meats
○ 6x lemons	<ul><li>450g turkey breast</li></ul>
○ 1x lime	450g ground beef (5% fat)
○ 4x bananas	<ul><li>4x chicken breasts</li></ul>
strawberries	Dairy
<ul><li>2x cucumbers</li></ul>	<ul><li>cottage cheese</li></ul>
<ul><li>spring onions</li></ul>	<ul><li>Greek yoghurt</li></ul>
white cabbage	<ul><li>feta cheese</li></ul>
o red cabbage	o cream
2x red capsicums	Non-Dairy
1x carrot	○ 10x eggs
o radishes	<ul><li>natural tofu</li></ul>
bean sprouts	
<ul><li>spring onions</li></ul>	0
ginger	0
4x zucchinis	0
<ul><li>bunch asparagus</li></ul>	
1x bag rocket	0
Frozen	0
O green peas	0
Herbs	
○ basil	
<ul><li>coriander</li></ul>	
o mint	<u> </u>
chives	0

Grains
<ul><li>buckwheat flour</li></ul>
Nuts & Seeds
sesame seeds
O almonds
Spices
oregano
○ paprika
○ turmeric
○ chilli
Other
0
0
0
0
0
0
0
0
0
0
0
0
0
0

ococonut oil
O olive oil
○ sesame oil
Cans & Condiments
○ sweetcorn
peanut butter
O black olives
○ tahini
○ fish sauce
O rice wine vinegar
O white wine vinegar
osoy sauce (reduced sodium)
<ul><li>sundried tomatoes</li></ul>
Sweeteners
stevia/xylitol
honey
Other
<ul><li>baking powder</li></ul>
vegetable stock
O
0
0
0



### **TURMERIC POACHED EGG**



Serves: 2 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 239 kcal 15g Fats 12g Carbs 14g Protein





#### WHAT YOU NEED

- 2 tsp. pine nuts
- 1 ¾ cups (400g) of fresh spinach
- % cup (125g) of tomatoes, halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp. ground turmeric
- 2 medium-sized eggs

#### WHAT YOU NEED TO DO

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 minutes repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with salt and pepper. Break open the eggs just before serving.





### **OMELETTE WITH COTTAGE CHEESE & BASIL**



### Nutrition per serving: 198 kcal 14g Fats 3g Carbs

15q Protein





#### WHAT YOU NEED

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- 1 bunch fresh basil
- % cup (200g) cottage cheese
- 12 cherry tomatoes

#### WHAT YOU NEED TO DO

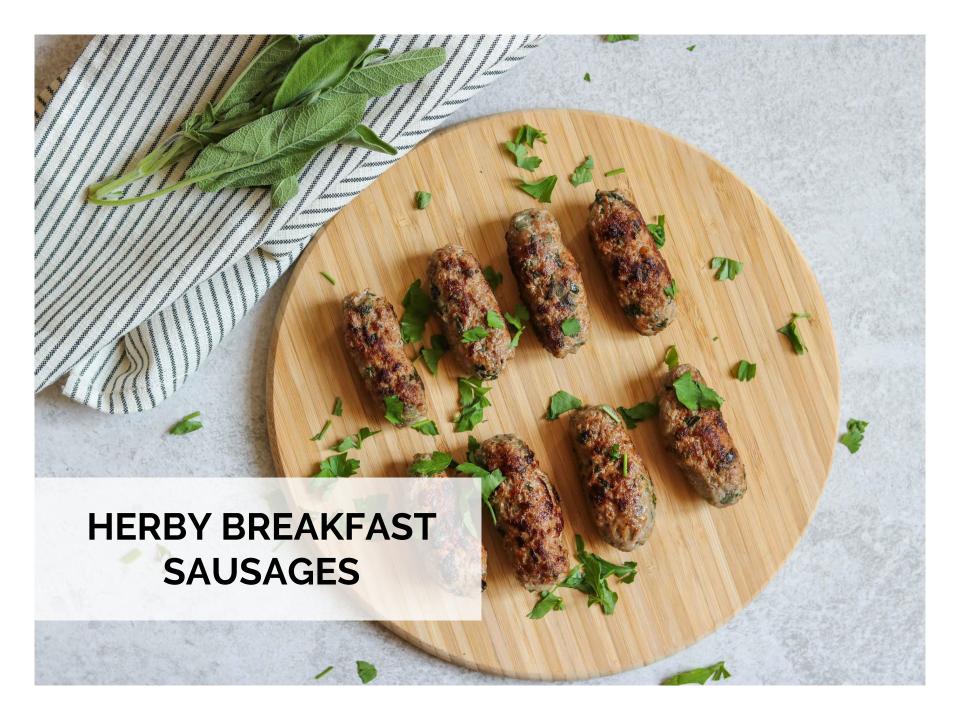
Beat the eggs with the water and season with salt and pepper.

Heat ¼ oil in a frying pan and bake 1 thin omelette, repeat until you have 4 omelettes. Keep them warm under aluminum foil.

Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.

Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelettes and roll them up. Cut diagonally and serve immediately.





### **HERBY BREAKFAST SAUSAGES**



### Nutrition per serving: 57 kcal 3g Fats 2g Carbs 7g Protein





#### WHAT YOU NEED

- 250g ground pork
- salt and pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

#### WHAT YOU NEED TO DO

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.





### **AVOCADO & EGG PASTE**



Cook: o mins







#### WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

#### WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled, peel and chop into cubes and put in a bowl.

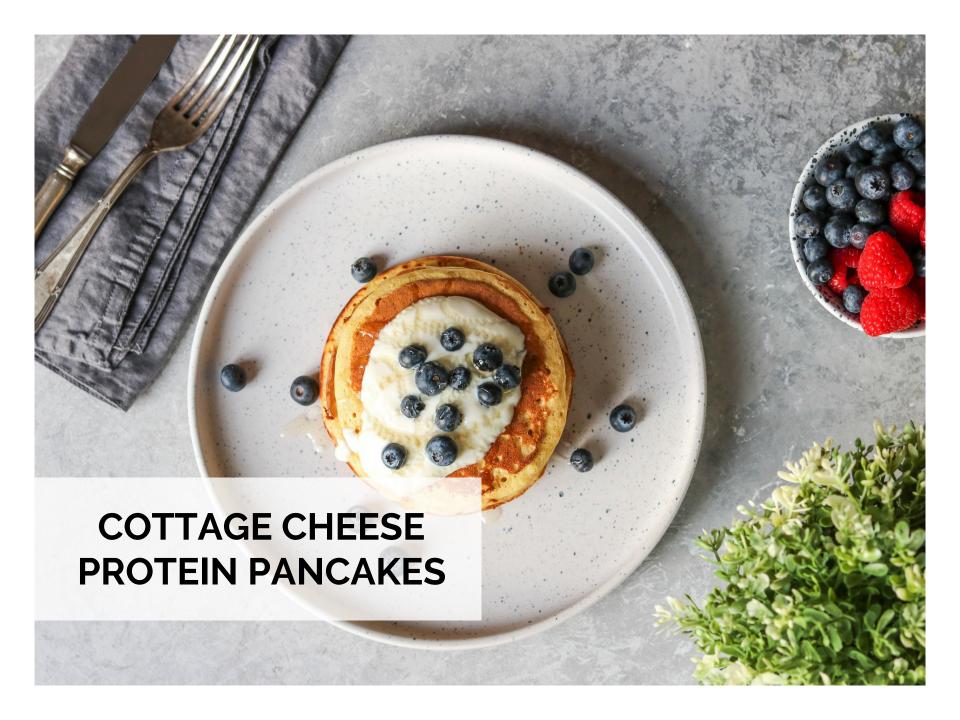
Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.





### **COTTAGE CHEESE PROTEIN PANCAKES**









#### WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp. of vanilla extract
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

#### WHAT YOU NEED TO DO

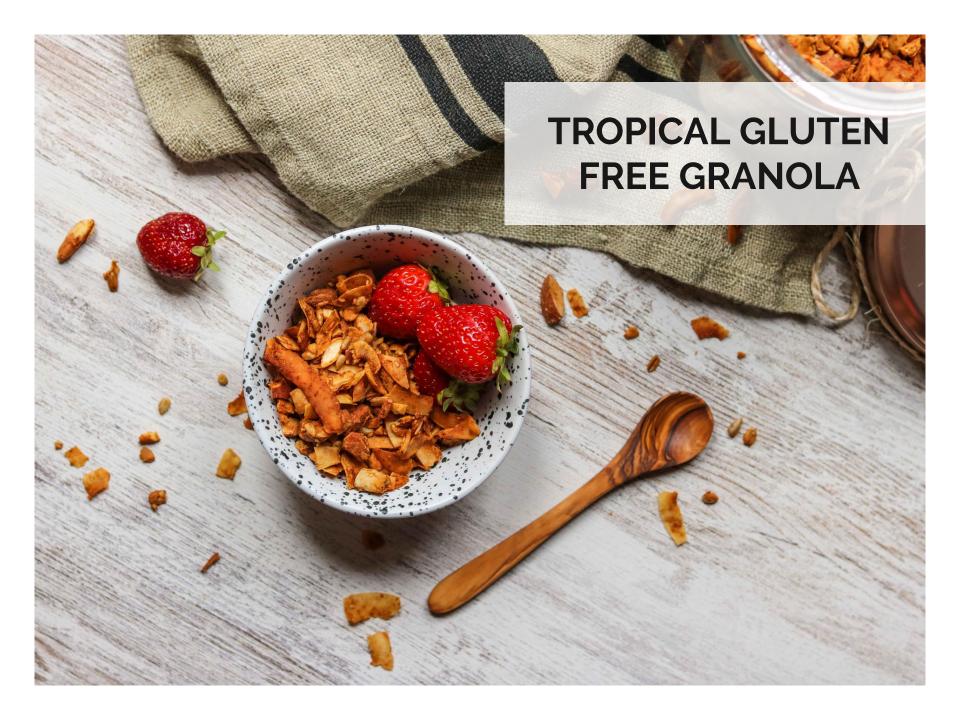
Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture. Gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yoghurt, honey, and berries.





### TROPICAL GLUTEN FREE GRANOLA





Cook: 2 hrs

Nutrition per serving: 182 kcal 14g Fats 10g Carbs 4g Protein











#### WHAT YOU NEED

- 1 cup (165g) pineapple, cubed
- 5 Medjool dates, pitted and roughly chopped
- orange, 2 tbsp. juice
- 1 tbsp. vanilla extract
- 1 tsp. ground cinnamon
- 1/4 cup (60ml) coconut oil. melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups

   (90g) unsweetened
   coconut flakes
- ½ cup (70g) sunflower seeds
- ½ tsp. salt

#### Note:

Nutrition information is given per serving size of \(^{1}\frac{4}{}\) cup \(^{2}\)8 grams.

#### WHAT YOU NEED TO DO

Pre-heat oven to 120°C and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next, add in the coconut oil and blend again. Set aside.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

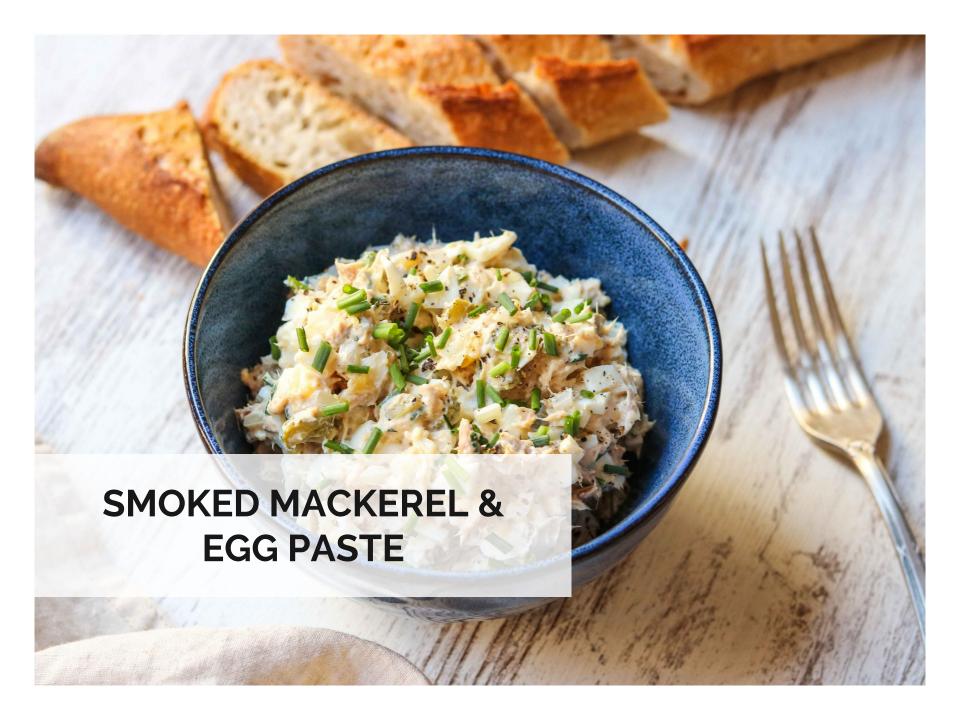
Divide the wet granola between the two prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 2 hours. Give the granola a mix every 20 minutes and rotate the trays after 60 minutes of baking.

In the last 30 minutes, keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola can be kept for a couple of weeks.





### **SMOKED MACKEREL & EGG PASTE**





serving: 299 kcal 23g Fats 5g Carbs 18g Protein





#### WHAT YOU NEED

- 4 eggs, hard boiled
- 200g smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise, light
- 2 tbsp. natural yoghurt (or more mayo)
- bunch of chives, chopped

#### WHAT YOU NEED TO DO

Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.

Debone and skin the fish, then chop the meat and add to the bowl.

Add the finely chopped onion and gherkins into the bowl.

Season with salt and freshly ground pepper. Mix with the mayonnaise, yoghurt and chopped chives.

Serve with bread, fresh veggies, or on its own.





### **EGG BROCCOLI & HAM MUFFINS**





10g Protein





#### WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

#### WHAT YOU NEED TO DO

Preheat the oven to 180°C.

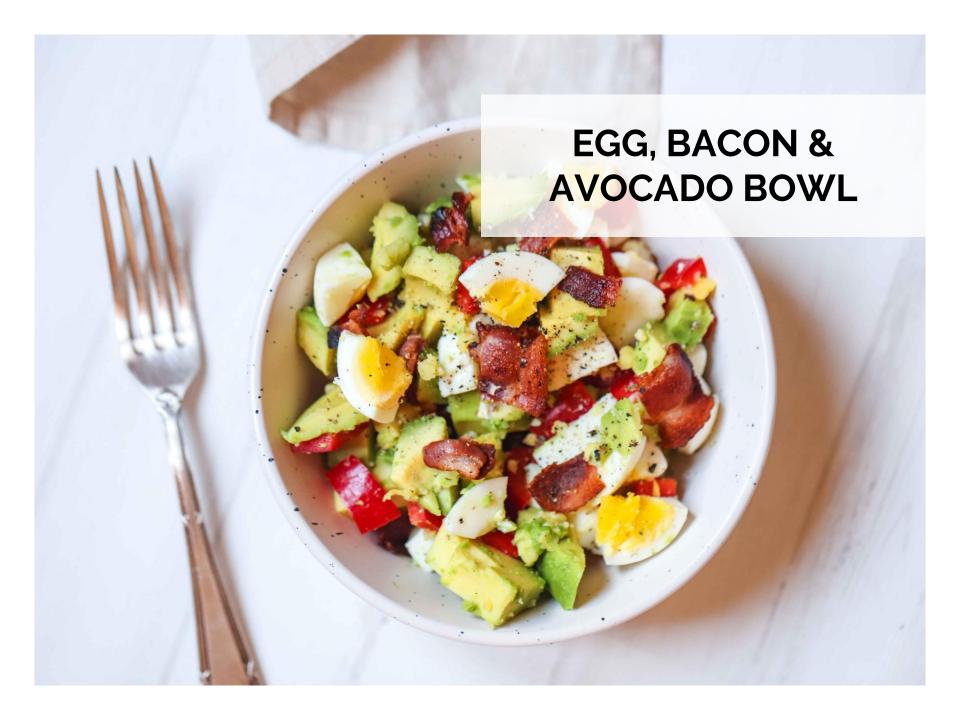
Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt and pepper, and chilli flakes if using.

Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.

**Vegetarian option:** replace the ham with feta cheese, Goats cheese or your favourite vegetables.





### **EGG, BACON & AVOCADO BOWL**



Serves: 1 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 434 kcal 32g Fats 14g Carbs 23g Protein





#### WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- ½ large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red capsicum, finely chopped
- sea salt and ground pepper, to taste

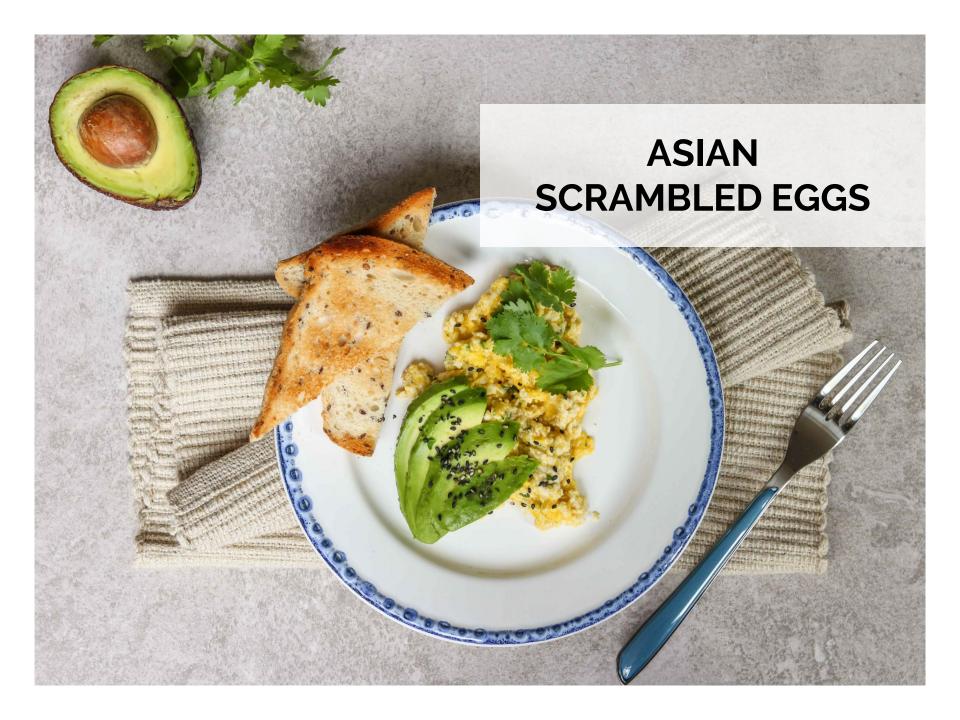
#### WHAT YOU NEED TO DO

Fry the bacon until crisp on a non-stick pan. Let it cool slightly and chop.

Combine the bacon, eggs, avocado, onion and capsicum in a bowl.

Season with salt and pepper to serve.





### ASIAN SCRAMBLED EGGS









19q Protein









#### WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- · handful coriander, chopped
- ½ avocado
- ½ tsp. black sesame seeds, to serve

#### WHAT YOU NEED TO DO

Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On a dry non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.





### **ZUCCHINI FRIES**



Serves: 4 Prep: 20 mins Cook: 15 mins



Nutrition per serving: 184 kcal 12g Fats 14g Carbs 5g Protein





#### WHAT YOU NEED

- 500g zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

#### WHAT YOU NEED TO DO

Preheat oven to 220°C. Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.

On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp. of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp. of olive oil.

Season with salt and serve.





### **TOFU CAESAR SUMMER ROLLS**



Serves: 4 Prep: 15 mins Cook: 10 mins



Nutrition per serving: 1 kcal 10g Fats 8q Carbs 5q Protein











#### WHAT YOU NEED

- % cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan cheese, grated
- Caesar salad dressing
- 4 rice paper wrappers

#### WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press using a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let it cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of Parmesan cheese. Lastly, top with some shredded lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(**Pro tip:** dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)





### SWEETCORN FRITTERS





Nutrition per 99 kcal 3q Fats 15q Carbs 3q Protein





#### WHAT YOU NEED

- 280g organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 34 cup (185ml) cold water
- 4 tsp. coconut oil

#### WHAT YOU NEED TO DO

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (½ tsp. of oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chilli yoghurt (optional).





### **TOFU & GREEN PEAS PASTE**









#### WHAT YOU NEED

- ¾ cup (100g) green peas, frozen
- % cup (50g) natural tofu
- ¼ avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

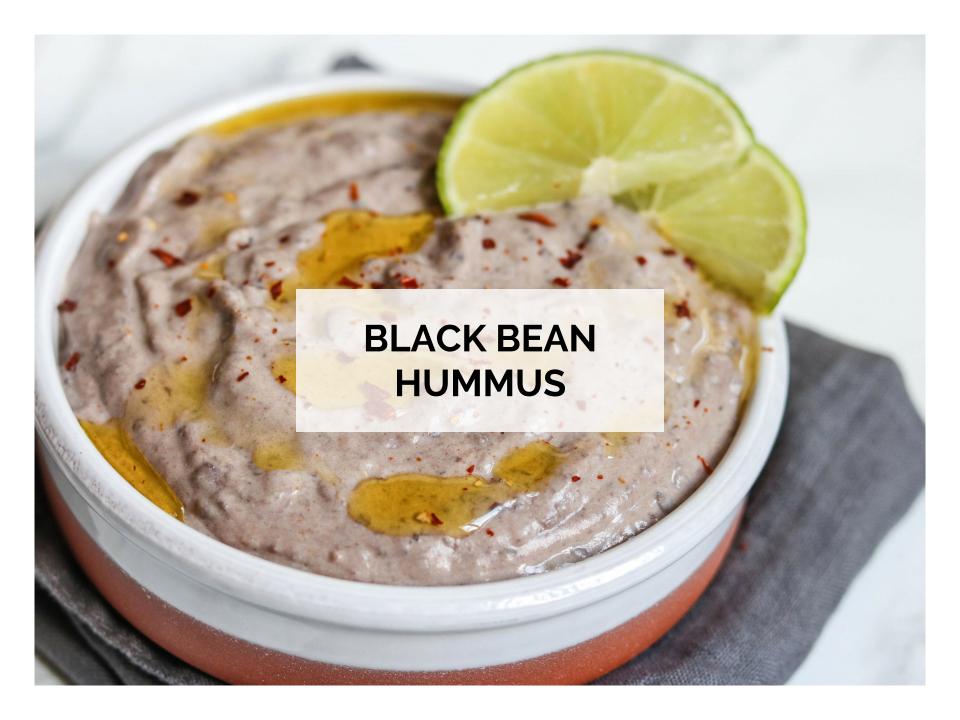
#### WHAT YOU NEED TO DO

In a large bowl, place the frozen peas with boiling water and wait a few minutes until defrosted. Then drain and transfer into a blender.

Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.

If necessary, add some more mint and lemon to adjust the taste. Serve with toast (not included in nutrition info).





## **BLACK BEAN HUMMUS**





serving: 88 kcal 4g Fats 9g Carbs 4g Protein





#### WHAT YOU NEED

- 400g can black beans, keep the water from the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- · 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- ½ tsp. cumin
- ½ tsp. salt
- ½ tsp. cayenne pepper

### WHAT YOU NEED TO DO

In a food processor, blend until smooth ¼ cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.





## **KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING**









#### WHAT YOU NEED

### For the salad:

- 400g natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red capsicum, chopped
- 3/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

## For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chilli flakes
- 1-2 tbsp. water

### WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.

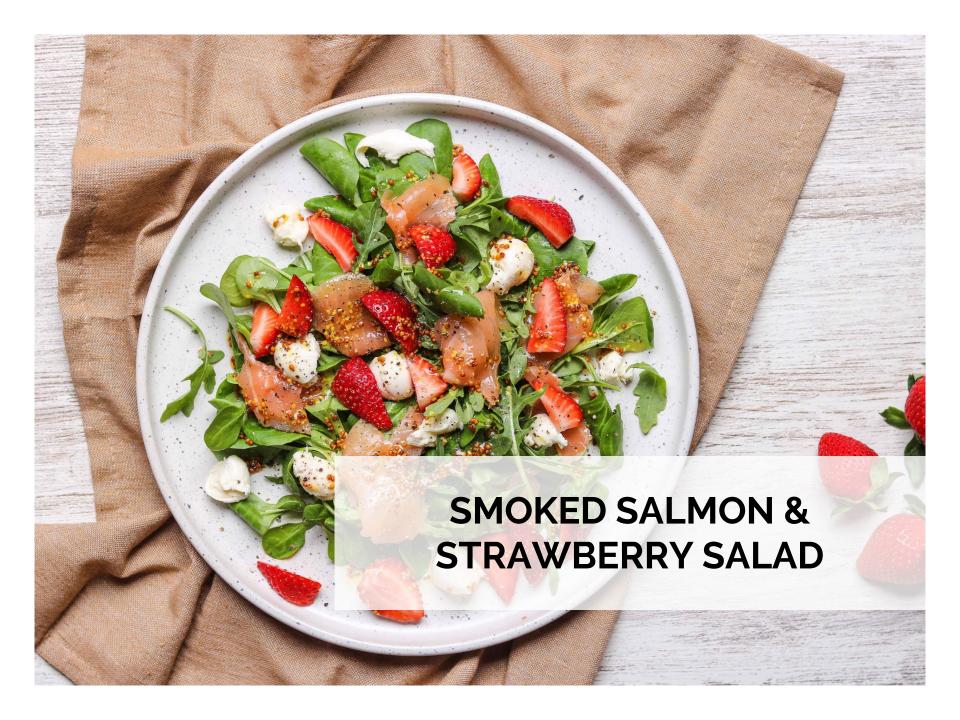
In a small bowl, mix all the dressing ingredients.

Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

**Tip:** If you prefer a meat version of this salad, then it will go perfectly with a grilled chicken breast instead of the tofu.





## **SMOKED SALMON & STRAWBERRY SALAD**









#### WHAT YOU NEED

#### For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 100g smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- · handful basil leaves

### For the dressing:

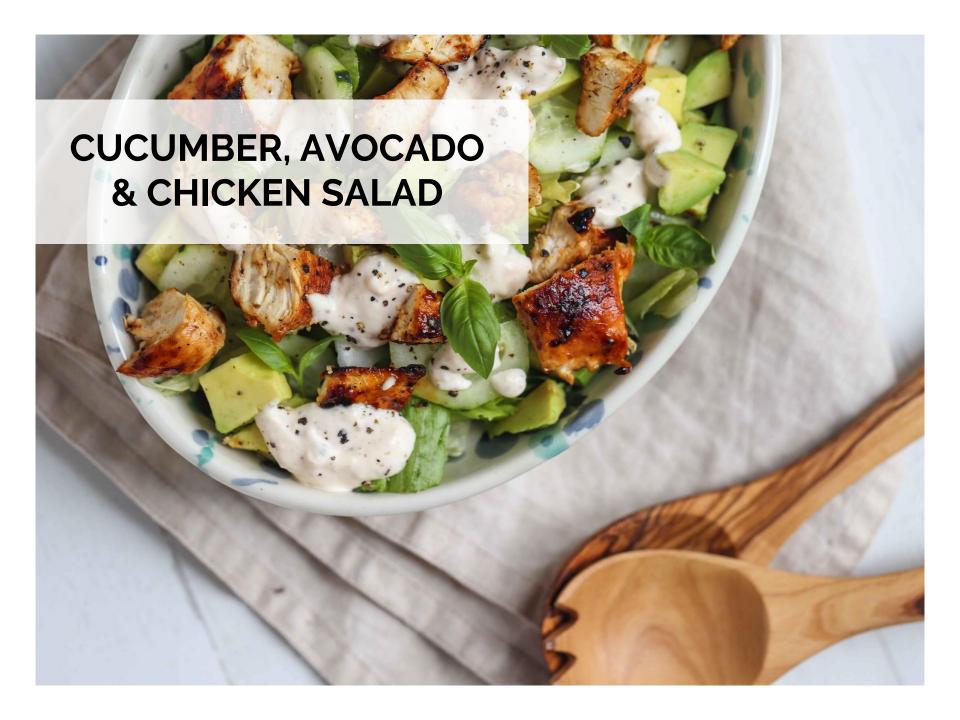
- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. honey mustard

### WHAT YOU NEED TO DO

Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.

Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.





## **CUCUMBER, AVOCADO & CHICKEN SALAD**





serving: 312 kcal 20g Fats 12g Carbs 21g Protein





#### WHAT YOU NEED

#### For the salad:

- ½ head iceberg lettuce, shredded
- · a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice
- ½ cucumber, peeled
- 1/4 cup (25g) walnuts

#### For the chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey

#### For the sauce:

- 3 tbsp. yoghurt
- 1 tbsp. mayo
- 1 garlic clove, minced

#### WHAT YOU NEED TO DO

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.





# PEAR, CURED HAM & WALNUT SALAD



Cook: o mins







#### WHAT YOU NEED

- bag of rocket
- · 1 ripe pear, sliced
- 100g blue cheese, cubed
- 4 slices cured ham, cut into strips
- ½ cup (30g) walnuts, chopped

## Dressing:

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

### WHAT YOU NEED TO DO

Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.





## **EASY GREEK ZOODLE SALAD**









#### WHAT YOU NEED

#### For the salad:

- 1 cucumber
- 250g cherry tomatoes
- 2 spring onions
- 100g feta cheese
- 30g black olives

## For the dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

### WHAT YOU NEED TO DO

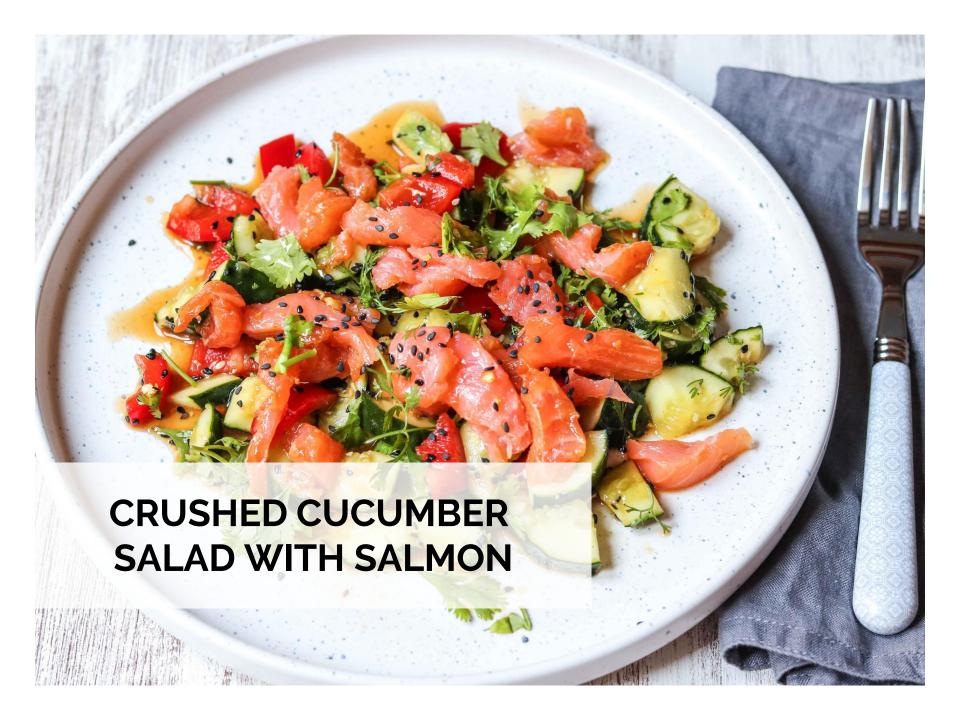
Cut the ends of the cucumber and spiralise it into a bowl. Cut the cucumber "noodles" in 2-3 parts, to shorten them.

Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.





## **CRUSHED CUCUMBER SALAD WITH SALMON**









#### WHAT YOU NEED

#### For the salad:

- 1 red capsicum, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 180g hot smoked salmon fillets

## For the dressing:

- · 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

## WHAT YOU NEED TO DO

Roughly chop the red capsicum and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.

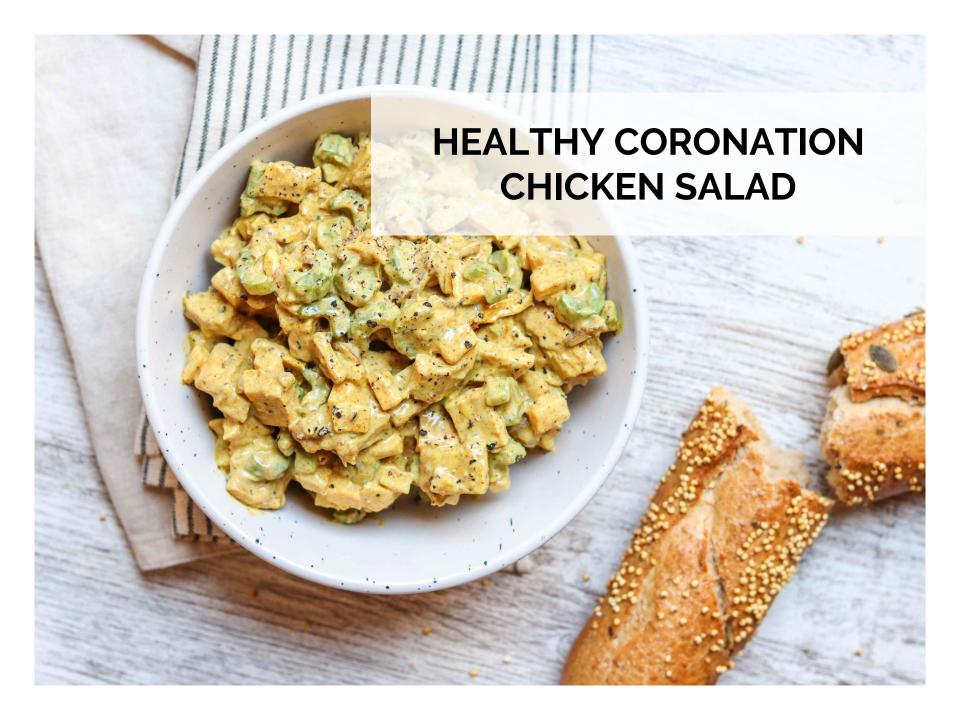
Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.

To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.

#### NOTE:

Use as much or as little coriander as you like.





## **HEALTHY CORONATION CHICKEN SALAD**









#### WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 150g cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

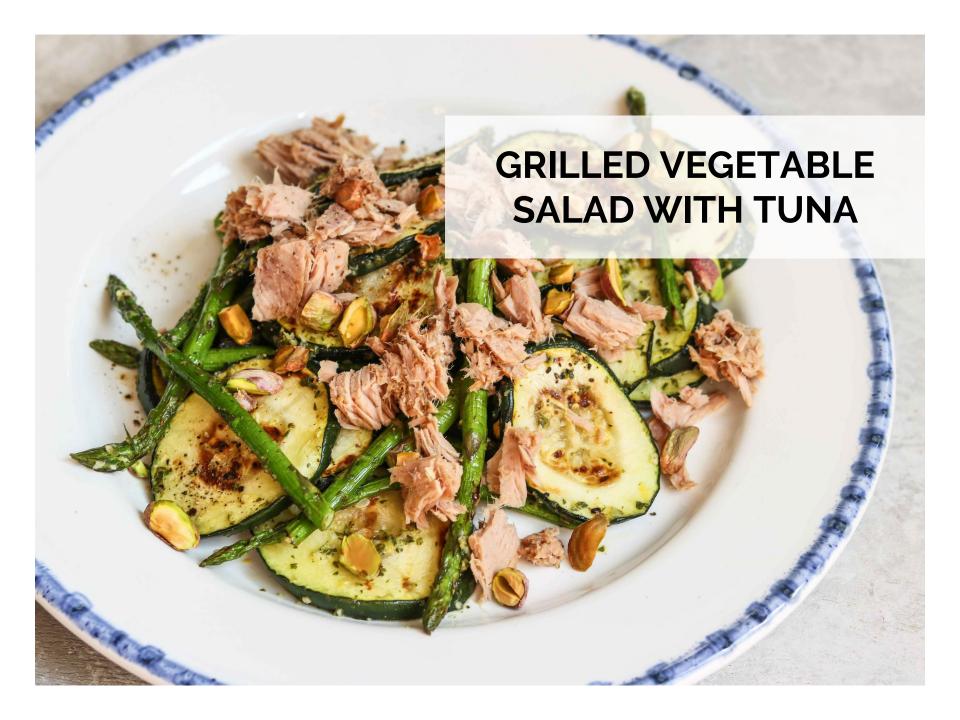
### WHAT YOU NEED TO DO

Mix the mayonnaise, yoghurt, and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.

Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.

Serve with a side salad or as a sandwich filling.





## **GRILLED VEGETABLE SALAD WITH TUNA**





13q Carbs





#### WHAT YOU NEED

- 1 lemon
- ¾ cup (160g) tuna pieces in olive oil
- ½ cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2 ¾ cups (350g) asparagus
- ½ cup (50g) pistachio nuts, peeled and chopped

### WHAT YOU NEED TO DO

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.

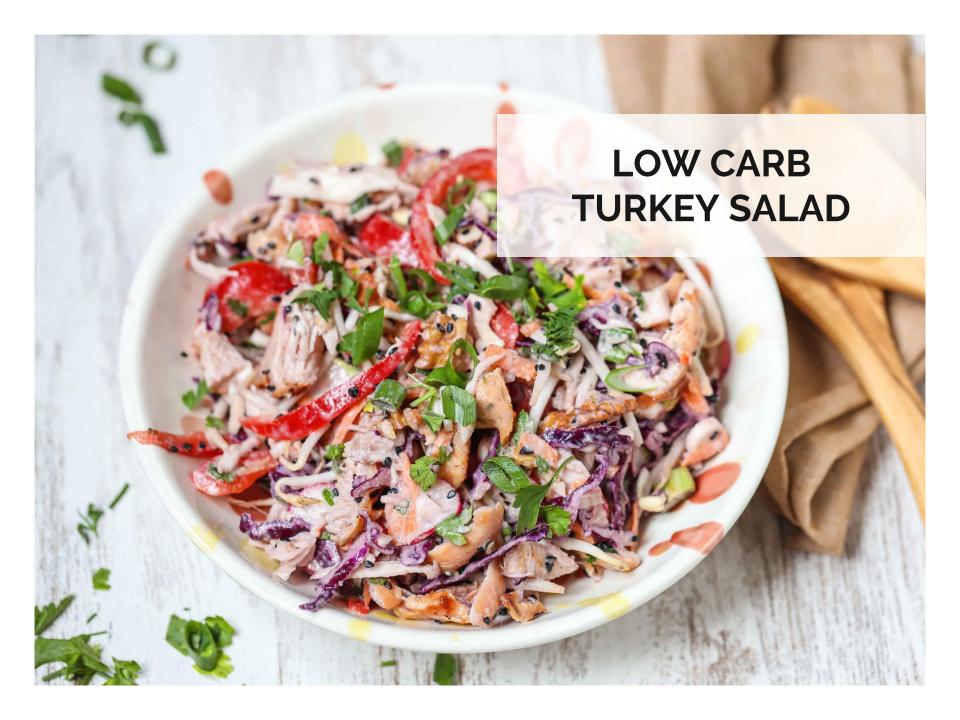
Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with salt and pepper.

Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade. Mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.





## **LOW CARB TURKEY SALAD**



Serves: 5 Prep: 25 mins Cook: 0 mins



Nutrition per serving: 350 kcal 18g Fats 15g Carbs 32g Protein











#### WHAT YOU NEED

#### For the salad:

- 450g cooked turkey breast, sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red capsicum, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- ½ cup (30g) almonds, chopped

### For the dressing:

- 1/4 cup (60ml) tahini
- 1/4 cup (60ml) water
- 1/4 cup (60ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

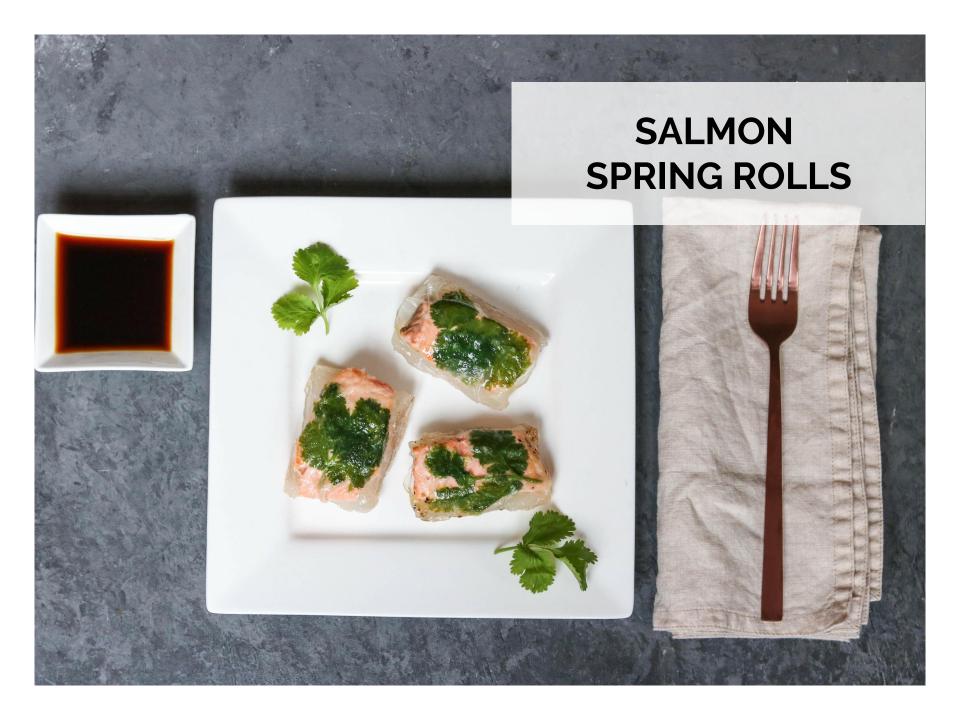
#### WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, sliced onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.





## **SALMON SPRING ROLLS**



Serves: 4 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 158 kcal 10g Fats 4g Carbs 13g Protein





#### WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 200g salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

#### WHAT YOU NEED TO DO

Boil a little bit of the water in a pan. Remove from heat, and dip in the rice paper for 30 seconds, one after the other. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2-2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.





## **COD WITH CREAMY ZOODLES**









#### WHAT YOU NEED

## For the fish:

- 300g cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- ½ tsp. chilli
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) vegetable stock
- ½ cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

### For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

#### WHAT YOU NEED TO DO

### For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

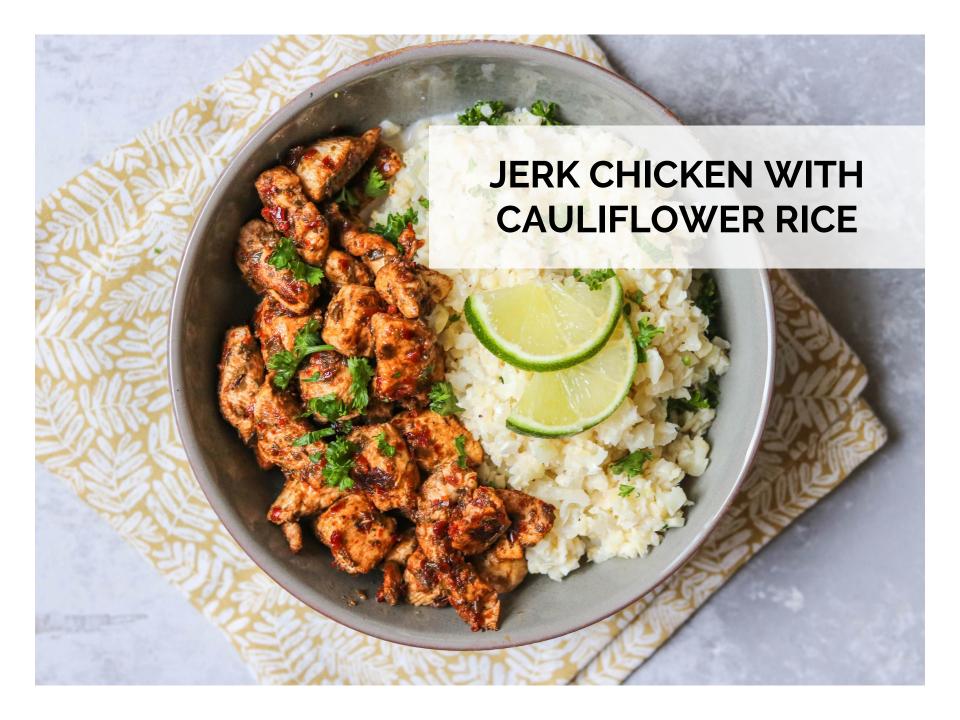
### For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiraliser, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.





## **JERK CHICKEN WITH CAULIFLOWER RICE**





33q Protein





#### WHAT YOU NEED

#### For the marinade:

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. garlic powder
- ½ tsp. cinnamon
- ½ tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

#### For the chicken & rice:

- 450g chicken breast
- 400g cauliflower rice
- 2 tbsp. coconut oil
- · 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- · lime wedges, to serve

## WHAT YOU NEED TO DO

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 minutes or overnight.

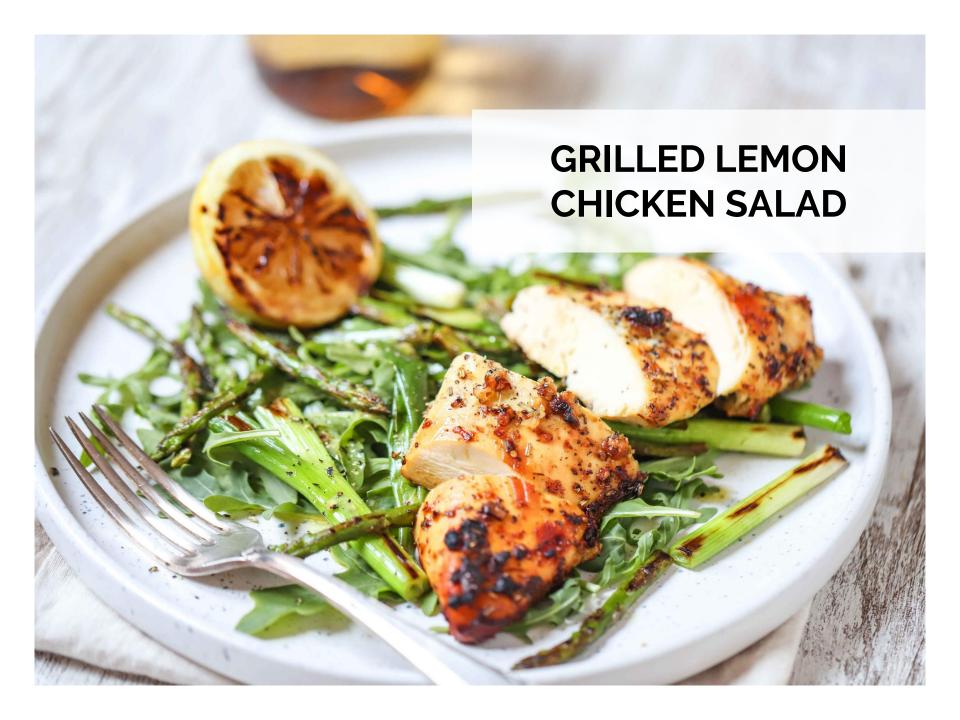
Heat the 1 tbsp. of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next, add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 minutes until cooked through and browned. Once cooked, serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.





## **GRILLED LEMON CHICKEN SALAD**



Serves: 4 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 232 kcal 8g Fats 2g Carbs 38g Protein





#### WHAT YOU NEED

- 2 lemons
- 1½ tbsp. oregano
- 1½ tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (150g each)
- 220g asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1½ tbsp. white wine vinegar
- 1 packet (120g) rocket

#### WHAT YOU NEED TO DO

Heat oven to 200°C.

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 minutes, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.





## HOMEMADE QUINOA CHICKEN NUGGETS









#### WHAT YOU NEED

- 450g chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- ½ cup (30g) cup
   Parmesan, grated
- 1 tbsp. dried herbs, of choice

### WHAT YOU NEED TO DO

Set oven to 180°C. Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.

Increase the oven temperature to 200°C.

Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks first in the egg, then coat with the quinoa.

Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.





## **SESAME & GINGER BEEF WITH ZUCCHINI NOODLES**





Nutrition per serving: 248 kcal 12g Fats 10g Carbs 25g Protein





#### WHAT YOU NEED

- ¼ cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 450g ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- · 3 cloves garlic, minced
- 2 medium zucchinis, spiralised

## WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Slightly heat the spiralised zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.





## **TOM YUM SOUP WITH PRAWNS**





13g Protein





#### WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant ½ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- ¾ cup (200g) prawns
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- · chilli, to garnish

### WHAT YOU NEED TO DO

Pour the stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, and cook for about 5 minutes.

Next, add the prawns, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.

Garnish with fresh coriander and chilli to serve.





## **WARM SALMON & QUINOA SALAD**





Nutrition per serving: 414 kcal 26g Fats 17g Carbs 28g Protein





#### WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- $1\frac{1}{3}$  cup (200g) sugar snaps
- 4 cups boiling water (11)
- 1 1/3 cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

### WHAT YOU NEED TO DO

Preheat the oven to 200°C.

In the meantime, cut the peppers into strips. Heat the oil in a pan on medium heat and stir fry the pepper for 5 minutes.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.





# STRAWBERRY PROTEIN MUFFINS



Cook: 25 mins



6q Protein





### WHAT YOU NEED

- 1 cup (120g) oat flour
- ¼ cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- zest of ½ a lemon
- 2 tbsp. stevia
- ½ tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- ¾ cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- ½ cup (125g) non-fat Greek yoghurt
- 1 tsp. vanilla extract
- ½ cup (100g) strawberries, chopped into small pieces
- ¼ cup (45g) 75% dark chocolate, chopped

### WHAT YOU NEED TO DO

Preheat oven to 180°C.

Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).

Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.

Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.

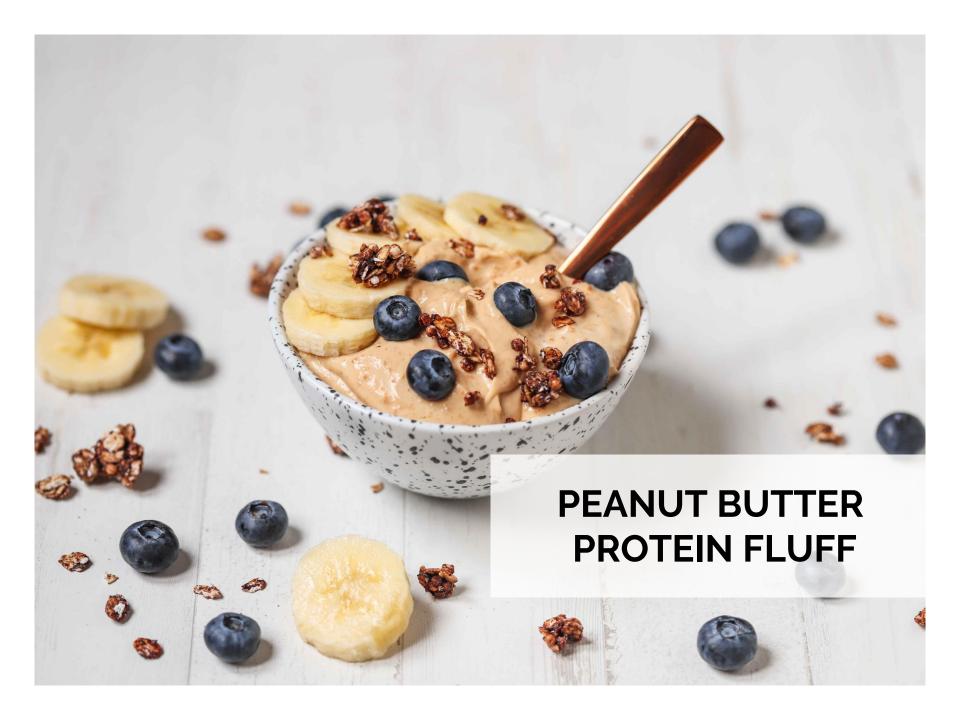
Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.

Remove from the oven, and let the muffins cool before serving.

### **NOTE:**

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.





# PEANUT BUTTER PROTEIN FLUFF





9q Carbs





### WHAT YOU NEED

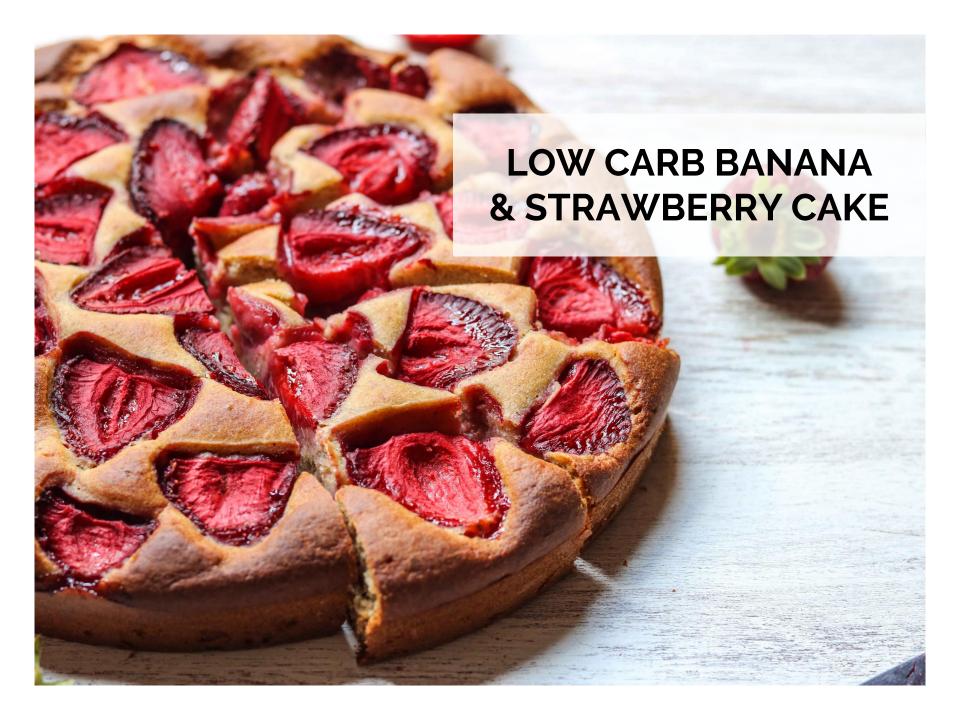
- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

# WHAT YOU NEED TO DO

Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.

Transfer the mix into a bowl and top with your favourite toppings to serve.





# **LOW CARB BANANA & STRAWBERRY CAKE**



Prep: 10 mins Cook: 60 mins



Nutrition per serving: 117 kcal 5g Fats 16g Carbs 2g Protein









#### WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ½ cup (60ml) coconut oil
- 2 tbsp. stevia/xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

## WHAT YOU NEED TO DO

Pre-heat oven to 180°C.

Peel the bananas and place them in a food processor or high-speed blender. Blitz until smooth.

Add in the egg, oil and xylitol, then mix again. Next, add in the flours and baking powder, and blitz until a smooth batter is formed.

Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 minutes, until the cake is golden brown and cooked through.





# **HEALTHY FERRERO ROCHER**



Cook: o mins

Nutrition per 1 ferrero rocher: 104 kcal 8g Fats 6g Carbs 2g Protein

### WHAT YOU NEED

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- 2 tbsp. agave syrup
- 1 tsp. vanilla extract
- · pinch of sea salt
- 2 tbsp. dark chocolate chunks

# WHAT YOU NEED TO DO

Add 1 cup of hazelnuts into a food processor and blitz until chopped into tiny pieces.

Next, add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.

Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.

Serve straight away or store in the fridge for later.

















# **FIT ALMOND ENERGY BALLS**



Makes: 6 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 182 kcal 14g Fats 8g Carbs 6g Protein





### WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

# WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.





# **MOCHA TRUFFLES**



Makes: 10 Prep: 10 mins Chill: 2 hrs



Nutrition per serving: 99 kcal 7g Fats 7g Carbs 2g Protein





### WHAT YOU NEED

- 100g of dark chocolate, 70-80%
- 1/3 cup (80ml) of full-fat coconut milk
- 2 tbsp. coconut sugar
- 2 tbsp. instant coffee
- 2 tbsp. almond butter
- pinch sea salt
- 2 tbsp. cocoa powder, for dusting

### WHAT YOU NEED TO DO

Place the chocolate in a bowl and heat in a microwave just until it starts to melt.

In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.

Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.

Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.

Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.





# **VEGAN CRÈME BRULEE**



Serves: 4 Prep: 10 mins Chill: 1 hr



Nutrition per serving: 145 kcal 9g Fats 15g Carbs 1g Protein





### WHAT YOU NEED

- 1 vanilla pod
- 200ml canned coconut milk, full fat
- 400ml almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 ½ tsp. agar-agar

## WHAT YOU NEED TO DO

Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside.

In a pot, bring the coconut milk, almond milk, half of the brown sugar, agar-agar, the vanilla pod and the marrow to a boil while stirring often. Remove from the heat as soon as it boils and allow to cool to room temperature.

Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.

Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.





# **BANANA CHOCOLATE BITES**



Makes: 30 Prep: 15 mins Chill: 75 mins



12q Carbs

2q Protein





### WHAT YOU NEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- ½ cup (90g) dark chocolate chips
- 2 tsp. coconut oil

### WHAT YOU NEED TO DO

Peel and slice the bananas. Line a tray or chopping board with baking paper.

Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.

Place the bananas on the prepared baking paper and store it in the freezer for about 1 hour.

Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.

Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.

Place the chocolate covered sandwiches back on the baking paper platter, and into the freezer for another 15-20 minutes.

Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.

The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

