

# NOVEMBER RECIPE PACK

TIGHTEN *up*



*Discover 15 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies.*

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# Contents & Key

6	Protein Waffles	GF	Gluten Free
8	Whipped Feta & Beet Toast with Poached Egg	DF	Dairy Free
10	Smoked Salmon Breakfast Tacos	LC	Low Carb (20g- serve)
12	Zucchini Nests with Egg & Kale	MP	Meal Prep/Freezer Friendly
14	Tuna & Tomato Salad	HP	High Protein (20g+ per serve)
16	Roasted Maple-Dijon Chicken Thighs	V	Vegetarian
18	Pistachio Crusted Salmon	Q	Quick (under 30 mins)
20	Beet Mashed Potatoes	N	Contains Nuts
22	Slow Cooker Pulled Chicken		
24	Slow Cooker Lamb Rogan Josh		
26	Homemade Salisbury Steak		
28	Garlic Butter Oven Pork Chops		
30	Healthy Apple Crumble		
32	Bacon-Wrapped Dates		
34	Blueberry Beet Smoothie		

# Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <p>1 cup (160g) berries</p> <p>2 lemons</p> <p>2 lime</p> <p>1 orange</p> <p>2 cups (300g) red grapes</p> <p>6 cups (710g) red apples</p> <p>1 banana</p> <p>Vegetables</p> <p>5 tomatoes</p> <p>2 white onions</p> <p>3 red onions</p> <p>bunch spring onions</p> <p>2 bulbs garlic</p> <p>ginger root</p> <p>300g pack cooked beetroot</p> <p>450g raw beetroot</p> <p>450g potatoes</p> <p>3 cups (200g) kale</p> <p>2 zucchinis</p> <p>1kg butternut pumpkin</p> <p>1 fennel bulb</p> <p>red chilli</p> <p>1 green capsicum</p> <p>3 cups (250g) brown button mushrooms</p> <p>400g green beans</p> <p>Fresh Herbs</p> <p>parsley</p> <p>coriander chives</p> <p>thyme</p> <p>Dried Fruit</p> <p>20 medjool dates</p> <p>Frozen Foods</p> <p>½ cup (75g) blueberries</p>	<p>Meats</p> <p>2 packs bacon</p> <p>16 chicken thighs, skinless &amp; boneless</p> <p>700g lamb neck filet</p> <p>450g lean ground beef</p> <p>4 pork loin chops</p> <p>Fish &amp; Seafood</p> <p>1.3kg salmon filets smoked salmon</p> <p>Cold</p> <p>19 eggs</p> <p>butter</p> <p>Greek yogurt</p> <p>natural yogurt</p> <p>almond milk, unsweetened</p> <p>goats cheese</p> <p>feta cheese</p> <p>ricotta cheese</p> <p>guacamole</p>	<p>Grains</p> <p>corn flour</p> <p>whole wheat flour</p> <p>rolled oats</p> <p>all-purpose flour</p> <p>Nuts &amp; Seeds</p> <p>hazelnuts</p> <p>pistachios</p> <p>sesame seeds</p> <p>hemp seeds</p> <p>Baking</p> <p>baking powder</p> <p>baking soda</p> <p>vanilla extract</p> <p>Dried Herbs &amp; Spices</p> <p>black pepper</p> <p>ground cinnamon</p> <p>cinnamon sticks</p> <p>paprika</p> <p>smoked paprika</p> <p>chilli powder</p> <p>fennel seeds</p> <p>ground coriander</p> <p>ground cumin</p> <p>garam masala</p> <p>ground ginger</p> <p>ground nutmeg</p> <p>onion powder</p> <p>cardamom pods</p> <p>bay leaves</p> <p>dried parsley</p> <p>dried rosemary</p>	<p>Oils</p> <p>olive oil</p> <p>coconut oil</p> <p>Sweeteners</p> <p>Seeds, Baking, Spices</p> <p>Grains</p> <p>honey</p> <p>coconut sugar</p> <p>maple syrup</p> <p>brown sugar</p> <p>Boxed, Canned &amp; Condiments</p> <p>kalamata olives</p> <p>dijon mustard</p> <p>400g can tuna beef stock cube</p> <p>beef broth</p> <p>2 tomato sauce (passata)</p> <p>tomato paste (puree)</p> <p>tomato sauce</p> <p>barbecue sauce</p> <p>chipotle paste</p> <p>breadcrumbs</p> <p>Worcestershire sauce</p> <p>Misc/Other</p> <p>sea salt</p> <p>vanilla protein powder</p> <p>plant-based vanilla protein powder</p> <p>wholemeal bread</p> <p>corn tortillas</p> <p>wholemeal burger buns</p> <p>toothpicks</p>



# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Smoked Salmon Breakfast Tacos	Beet Mashed Potatoes & Homemade Salisbury Steak	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Pistachio Crusted Salmon
Tue	Zucchini Nests with Egg & Kale	Beet Mashed Potatoes & Homemade Salisbury Steak	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Pistachio Crusted Salmon
Wed	Zucchini Nests with Egg & Kale	Tuna & Tomato Salad	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Garlic Butter Oven Pork Chops
Thu	Blueberry Beet Smoothie	Tuna & Tomato Salad	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Slow Cooker Lamb Rogan Josh
Fri	Whipped Feta & Beet Toast with Poached Egg	Leftover Slow Cooked Lamb Rogan Josh	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Slow Cooker Pulled Chicken
Sat	Whipped Feta & Beet Toast with Poached Egg	Roasted Maple-Dijon Chicken Thighs	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Meal Out - Enjoy!
Sun	Protein Waffles	Roasted Maple-Dijon Chicken Thighs	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Slow Cooker Pulled Chicken



Protein Waffles



# Protein Waffles

Serves 4

What you need to do

2 eggs  
1¼ cups (300ml) almond milk,  
unsweetened  
1 tsp. vanilla extract  
1 cup (130g) whole wheat  
flour  
½ cup (60g) whey or plant-  
based vanilla protein powder  
½ tsp. baking powder  
½ tsp. baking soda  
2 tbsp. coconut oil, melted  
1 cup (160g) berries to serve  
4 tbsp. maple syrup or honey

1. Heat up the waffle maker.
2. In a large bowl, mix together the eggs, almond milk, and vanilla extract. Next, add in the flour, protein powder, baking powder, baking soda, and mix until well combined. Now, add in the melted coconut oil and mix again.
3. Pour a portion of the batter into your waffle maker, and cook according to the instructions of the waffle iron. Remove the waffles and set aside, then repeat the process to use up the remaining batter.
4. Serve the warm waffles with fresh berries (Optional drizzle of maple syrup or honey)

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DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	337	11	41	17	6

\*Nutrition per serve

# Whipped Feta & Beet Toast with Poached Egg





# Whipped Feta & Beet Toast with Poached Egg

Serves 4

What you need to do

For the dukkah:

½ cup (65g) hazelnuts  
2 tbsp. pistachios  
2 tbsp. sesame seeds  
¼ tsp. fennel seeds  
½ tsp. ground coriander  
½ tsp. ground cumin  
¼ tsp. sea salt

For the toast:

1 cup (170g) feta cheese, crumbled  
4 tbsp. natural yogurt  
½ lemon, juiced  
2 tbsp. water  
salt & pepper  
1 tbsp. olive oil  
250g pack cooked beetroot, cut into wedges  
4 eggs  
4 slices bread, toasted  
2 tbsp. dukkah  
2 tbsp. parsley, chopped

1. To make the dukkah, start by toasting the hazelnuts and pistachios in a dry pan over a medium heat for 3-4 minutes. Add the sesame and fennel seeds, and toast for a further minute. Transfer everything to a food processor and add the remaining ingredients and pulse until well combined and chopped together.
2. To make the whipped feta, place the feta cheese, yogurt, lemon juice and cold water into a small food processor, season with salt and pepper and blitz until smooth.
3. Next, heat the olive oil in a pot over a medium/high heat. Add the beetroot and cook for 5 minutes on each side or until the beetroot is lightly caramelized.
4. Now poach the eggs using your preferred method.
5. Toast the bread, then spread with the whipped feta and top with the beetroot wedges. Place the poached eggs on top, sprinkle with the dukkah and fresh parsley and serve immediately.



V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	360	22	23	17	2

\*Nutrition per serve



Smoked Salmon  
Breakfast Tacos



# Smoked Salmon Breakfast Tacos

Serves 4 (2 tacos per serving)

## What you need to do

8 corn tortillas  
6 eggs  
salt & pepper  
2 tbsp. chives, sliced  
1 tbsp. olive oil  
½ red onion, diced  
60g smoked salmon, torn into smaller pieces  
2 tbsp. feta cheese, cubed  
1 lime, wedges

1. Warm the tortillas in a dry frypan over a medium heat. Remove from the frypan, cover with tin foil, and keep the tortillas warm until ready to serve.
2. In a small bowl, whisk the eggs, season to taste with salt and pepper and mix in the chives. Heat the olive oil in a pot over a medium heat and cook the onion for 2-3 minutes. Add in the eggs and cook, stirring often.
3. When eggs are still slightly runny, add the smoked salmon and cubed feta. Continue cooking until the eggs are no longer runny.
4. Divide the scrambled eggs evenly between the warm tortillas, then top with additional chives. Serve immediately with a wedge of lime.



MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	299	13	30	15	2

\*Nutrition per serve

# Zucchini Nests with Egg & Kale





# Zucchini Nests with Egg & Kale

Serves 4

What you need to do

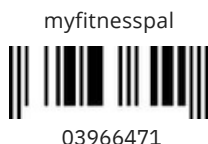
3 cups (200g) kale, stems removed, leaves chopped  
2 zucchini, peeled into ribbons  
100g bacon, sliced  
½ cup (125g) ricotta cheese  
6 eggs  
⅓ cup (60g) feta cheese, crumbled  
2 spring onions, chopped  
2 tbsp. thyme leaves  
1 tbsp. olive oil

1. Preheat the oven to 180°C.
2. Spread the kale out on a baking tray. Wrap the zucchini ribbons into 6 nests and nestle them within the kale.
3. Place a layer of bacon within the zucchini nests, then divide the ricotta equally between each nest. Now break an egg into the center of each nest.
4. Finally, sprinkle each nest with the feta cheese, onion and thyme, then drizzle with the olive oil. Place the baking tray into the hot oven and bake for 15-20 minutes or until lightly golden and eggs are cooked to your liking.
5. Remove from the oven and serve immediately.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	399	27	12	27	0

\*Nutrition per serve



# Tuna & Tomato Salad





# Tuna & Tomato Salad

Serves 4

What you need to do

5 large tomatoes, chopped into chunks  
1 white onion, sliced  
400g drained tuna, flakes  
½ cup (80g) kalamata olives  
2 tbsp. olive oil  
1 tsp. paprika  
salt & pepper

1. Place all the ingredients into a large serving bowl. Drizzle over the olive oil and season with salt, pepper and paprika and mix well. Serve immediately.

GF	DF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	0 min	228	10	8	26	2

\*Nutrition per serve

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# Roasted Maple-Dijon Chicken Thighs



# Roasted Maple-Dijon Chicken Thighs

Serves 6

What you need to do

For the glaze:

¼ cup (60ml) olive oil  
2 tbsp. honey  
1 tbsp. dijon mustard  
1 orange, zested  
1 garlic, minced  
2.5cm fresh ginger, grated  
1 tsp. paprika  
salt & pepper

For the roast:

6 chicken thighs, boneless & skinless  
salt & pepper  
1 butternut pumpkin, sliced  
2 small bulb fennel, cored & sliced  
2 cups (300g) red grapes

1. Heat the oven to 220°C.
2. Place all the glaze ingredients into a medium bowl, and whisk together until well combined. Set aside. Season the chicken thighs with salt and pepper.
3. Arrange the pumpkin, fennel and grapes on a baking tray, and toss with half of the glaze. Place the chicken thighs on top of the vegetables and brush with the remaining glaze.
4. Place the tray in the preheated oven and bake for 20 minutes, removing the tray from the oven and rotating it. Now return the tray to the oven to cook for a further 15-20 minutes until the pumpkin and fennel are golden brown, and chicken is cooked through.
5. Remove from the oven and serve immediately.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	520	30	37	24	6

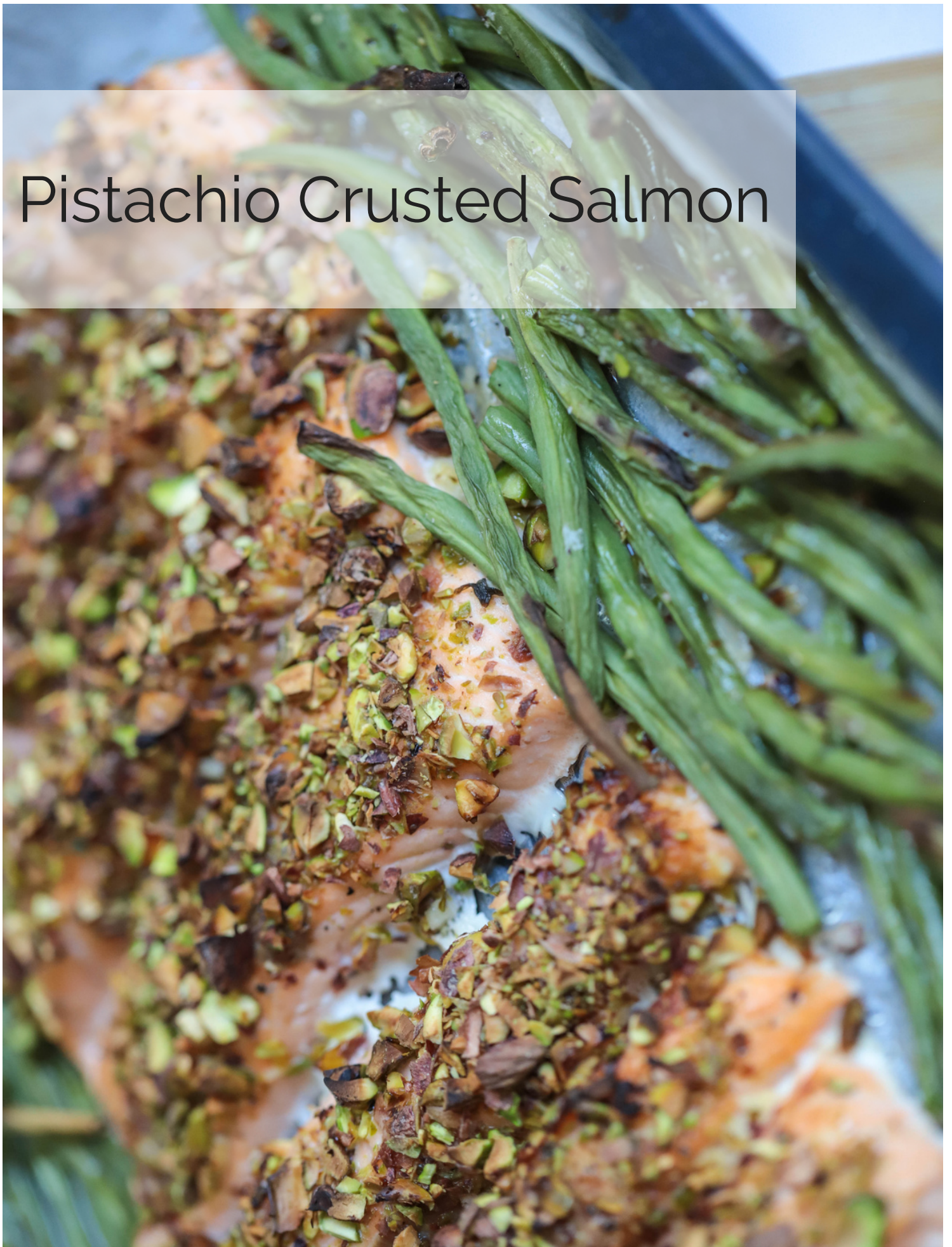
\*Nutrition per serve

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# Pistachio Crusted Salmon





# Pistachio Crusted Salmon

Serves 6

What you need to do

1.3kg salmon filet  
1 tbsp. olive oil  
2 garlic cloves minced  
2 tbsp. honey  
salt & pepper  
½ cup (75g) pistachios  
400g green beans,  
trimmed  
1 lemon, wedges, to serve

1. Heat the oven to 190°C. Line a baking sheet with baking paper.
2. Rub the flesh of the salmon with olive oil. In a small bowl, mix the garlic and honey, and spread over the salmon. Season with salt and pepper.
3. Lay the salmon onto the baking tray, skin side down. Chop the pistachios and press them onto salmon. Finally place the green beans around the sides.
4. Place the baking sheet into the hot oven and bake for 15-20 minutes until the salmon flakes easily and is cooked through. Serve with lemon wedges.



GF	DF	LC	MP	HP	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	432	21	14	46	3

\*Nutrition per serve

# Beet Mashed Potatoes





# Beet Mashed Potatoes

Serves 4

What you need to do

450g beetroot, peeled & quartered  
450g potatoes, peeled & quartered  
½ cup (120g) plain Greek yogurt  
2 tbsp. butter  
salt & pepper

1. Place the beetroot and potatoes in a large pot, cover with cold water and season with salt. Bring the water to a boil, then turn the heat down and simmer for 20 to 25 minutes, until both the potatoes and beets are tender.
2. Drain the vegetables and place into a food processor, blitz until mashed together and well combined.
3. Alternatively, mash the vegetables in the pot using a potato masher.
4. Stir in yogurt, butter, and season with salt and pepper. Serve immediately.

GF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	243	7	37	8	0

\*Nutrition per serve

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# Slow Cooker Pulled Chicken



# Slow Cooker Pulled Chicken

Serves 8

What you need to do

2 tbsp. olive oil  
10 chicken thighs, boneless & skinless  
2 red onions, sliced  
2 garlic cloves, minced  
2 tsp. paprika  
½ cup (120ml) water  
2 tbsp. chipotle paste  
1 cup (240ml) tomato sauce  
¼ cup (60ml) barbecue sauce  
1 tbsp. brown sugar  
salt & pepper  
1 lime, juiced  
8 wholemeal burger buns  
8 tbsp. guacamole

1. Set the slow cooker to low.
2. Heat 1 tablespoon of the olive oil in a large frypan and brown the chicken on both sides before transferring to the slow cooker.
3. Add the remaining oil to the frypan and fry the onions for 5 minutes, until softened, then add in the garlic and paprika and cook for a further minute. Transfer the onion mixture into the slow cooker and add the water.
4. Now add the chipotle paste, tomato sauce, barbecue sauce, sugar and lime juice and season with salt and pepper. Stir everything together then cover the slow cooker and cook for 6 hours until the chicken is tender.
5. Using two forks, shred the chicken and mix through the sauce. Serve as a burger with toasted buns and guacamole.

Stovetop instructions:

Brown then chicken, then remove it from the frypan. Cook the onions and garlic then put the chicken back into the frypan, adding the remaining ingredients. Mix to combine, then cover the frypan with a lid and simmer gently for 1-1½ hrs until the chicken is really tender.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	6 hrs	502	15	51	39	7

\*Nutrition per serve

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A top-down photograph of a white ceramic bowl filled with a rich, red, and slightly thick lamb curry. The curry contains visible chunks of tender lamb meat. It is garnished with several fresh green cilantro leaves. To the upper left of the bowl, a stack of golden-brown, slightly charred naan bread is placed on a wooden cutting board. A silver fork lies on a white napkin to the left of the bowl. The entire dish is set on a light-colored marble surface with grey veining. A piece of a brown cloth is visible under the bowl and bread. A semi-transparent white rectangular box is positioned at the bottom left, containing the text.

# Slow Cooker Lamb Rogan Josh



# Slow Cooker Lamb Rogan Josh

Serves 4

What you need to do

680g lamb neck filet  
1 white onion, sliced  
2 tbsp. olive oil

For the paste:

3 tbsp. tomato paste  
3 garlic cloves, minced  
1½ tsp. cumin  
1½ tsp. garam masala  
1 tsp. ground ginger  
½ tsp. ground black pepper  
2 tsp. paprika  
1 tsp. smoked paprika  
1 tsp. chilli powder  
1 tsp. salt  
1 beef stock cube, crumbled  
1 tbsp. olive oil

For the sauce:

1 cup (250g) natural yogurt  
1 tbsp. coriander, chopped  
½ tsp. coconut sugar  
1 red chilli, seeds removed, finely chopped  
400g tomato sauce  
¼ cup (60ml) water  
2 bay leaves  
1 tbsp. cardamom pods  
1 cinnamon stick

1. In a large bowl, mix together all the ingredients for the paste.
2. Prepare the lamb filet by removing any sinew and cutting into 3-4cm chunks. Add the lamb to the paste and stir to coat. Cover the bowl and set aside in the refrigerator to marinate for at least 30 minutes, or ideally overnight.
3. Heat a large frypan over a medium/high heat and sear the marinated lamb, along with the onions, until browned, then transfer to the slow cooker.
4. In another bowl, mix together the yogurt, cilantro, sugar and chopped chilli and then gradually stir in the tomato sauce and water.
5. Pour the sauce over the lamb and onions, then add the bay leaves, cardamom pods and cinnamon stick and ensure they are submerged in the sauce. Cover with a lid and cook on low for 6 hours or high for 3½ hours.
6. When ready to serve, remove the bay leaves, cardamom pods and cinnamon stick.

GF	LC	MP	HP
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Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins - 24 hrs	6 hrs	348	22	10	27	2

\*Nutrition per serve

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# Homemade Salisbury Steak





# Homemade Salisbury Steak

Serves 6

What you need to do

For the steaks:

450g ground lean beef  
1 green capsicum, finely chopped  
¼ cup (30g) bread crumbs  
1 egg  
2 tsp. tomato sauce  
1 tsp. dijon mustard  
½ tsp. dried parsley  
½ tsp. onion powder  
¼ tsp. salt  
1 tsp. olive oil

For the gravy:

2 tbsp. butter  
2 tbsp. all purpose flour  
1½ cups (350ml) beef broth  
1 tsp. tomato sauce  
1 tsp. Worcestershire sauce  
½ tsp. onion powder  
3 cups (250g) brown button mushrooms, sliced

1. Place all the ingredients for the steaks (except for the olive oil) into a large bowl and mix well using your hands. Shape the mixture into 6 even sized patties.
2. Heat the olive oil in a large frypan, over a medium/high heat, and brown the steaks for 3-5 minutes on both sides. Remove from the pan and transfer to a plate.
3. Turn the heat to medium and melt the butter in the same frypan. Stir in the flour and cook gently until starting to brown. Pour in the beef broth and continue stirring until well combined.
4. Add in the ketchup, Worcestershire sauce and onion powder. Mix well, then add the mushrooms, bring to a boil, then reduce the heat and simmer for 5 minutes.
5. Finally add the patties back into the frypan, cover with a lid and cook for 15 minutes, until the patties are cooked through. Serve immediately.



GF LC MP						
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins	303	22	9	17	1

\*Nutrition per serve

# Garlic Butter Oven Pork Chops





# Garlic Butter Oven Pork Chops

Serves 4

What you need to do

4 pork loin chops  
salt & pepper  
4 tbsp. butter, melted  
1 tbsp. dried rosemary  
2 cloves garlic, minced  
1 tbsp. olive oil

1. Preheat the oven to 190°C.
2. Season the pork chops generously with salt and pepper.
3. In a small bowl, mix together the melted butter, rosemary, and garlic. Set aside.
4. In an oven safe frypan, heat the olive oil over a medium/high heat. Now add the pork chops and sear until golden, roughly 4 minutes on each side.
5. Brush the pork chops generously with the garlic butter and place the frypan into the hot oven. Cook for 10-12 minutes, until the chops are cooked through. Serve immediately.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	458	30	0	47	0

\*Nutrition per serve

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A photograph of a healthy apple crumble dish. In the foreground, a light blue ceramic plate holds a portion of the crumble, which consists of diced apples and a golden-brown, crumbly topping. A dollop of white cream is placed next to the crumble. A silver spoon rests on the plate. In the background, a glass bowl filled with more crumble is visible, slightly out of focus. The entire scene is set against a neutral, textured background.

# Healthy Apple Crumble



# Healthy Apple Crumble

Serves 10

What you need to do

For the crumble:

1½ cups (120g) rolled oats

½ cup (65g) whole wheat flour

2 tsp. ground cinnamon

4 tbsp. maple syrup

3 tbsp. coconut oil, melted

For the filling:

6 cups (710g) red apple, diced

2 tbsp. cornflour

1½ tsp. ground cinnamon

⅛ tsp. ground nutmeg

1. Preheat the oven to 180°C. Grease a 20x20-cm pan.

To make the crumble, place the rolled oats, flour and ground

2. cinnamon into a large bowl and mix together. Make a well in the center and pour in the maple syrup and melted coconut oil. Stir again until well combined.

To make the filling, toss the diced apples (no need to peel the

3. apples) with the cornflour, cinnamon, and nutmeg in a large bowl, ensuring the apples are completely coated.

Transfer the apples to the earlier prepared pan and gently press

4. down with a spatula. Sprinkle over the crumble topping.

Place the pan into the hot oven and bake for 50-60 minutes or

5. until the apples are tender.

Remove the pan from the oven and set on a wire rack and cool to

6. room temperature. Now refrigerate the crumble for at least 3 hours to allow the apple juices to fully thicken, before serving.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	181	5	32	1	4

\*Nutrition per serve

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A close-up photograph of several dates wrapped in cooked, crispy bacon. Each date is secured with a wooden skewer. The treats are arranged on a light-colored wooden cutting board. The background is softly blurred, showing more of the same appetizers.

# Bacon-Wrapped Dates



# Bacon-Wrapped Dates

## Makes 20

20 medjool dates, pitted  
115g goat cheese  
10 slices bacon, halved  
20 toothpicks, soaked in water

## What you need to do

1. Heat the oven to 200°C. Line a baking sheet with baking paper.
2. Stuff each date with the goat's cheese and wrap with half a strip of bacon. Secure the end of the bacon with a toothpick.
3. Place the stuffed dates on their sides on the baking sheet, and bake in the oven for 15 minutes.
4. Keep an eye on the dates and remove from the oven as soon as the bacon is crispy, taking care not to burn the dates.
5. Serve warm or at room temperature.

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GF	LC	MP				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	138	6	18	3	0

\*Nutrition per serve



Blueberry Beet Smoothie



# Blueberry Beet Smoothie

Serves 1

What you need to do

2 cooked beetroot  
½ cup (75g) frozen blueberries  
½ banana  
½ cup (140g) Greek yogurt  
1 cup (240ml) almond milk,  
unsweetened  
1 scoop (25g) vanilla protein  
powder  
1 tbsp. hemp seeds

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

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	227	5	24	21	2

\*Nutrition per serve

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