

# FEBRUARY 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	Black Bean, Avocado & Tuna Toast	GF	Gluten Free
8	Tahini Bread	DF	Dairy Free
10	Spinach & Sweet Potato Tortilla	LC	Low Carb (20g- serve)
12	Potato Bacon Roses	MP	Meal Prep/Freezer Friendly High
14	Bream Papillote with Tomatoes & Olives	HP	Protein (20g+ per serve)
16	Spicy Coriander Yogurt Sauce	V	Vegetarian
18	High Protein Southwest Chicken Salad	Q	Quick (under 30 mins)
20	Bulgogi Beef Lettuce Wraps	N	Contains Nuts
22	Tikka Masala Skewers		
24	Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki		
26	Ground Turkey/Chicken with Chilli & Basil		
28	Turkey/Chicken Taco Meal Prep Bowls		
30	Olive Oil Cookies		
32	Workout Recovery Smoothie		
34	Teriyaki Bacon Rice Balls		

# Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <p>2 avocados</p> <p>2 lemons</p> <p>2 limes</p> <p>Vegetables</p> <p>2 1/2 cupcherry tomatoes</p> <p>5 tomatoes</p> <p>2 jalapeño pepper</p> <p>1 red chilli</p> <p>3 cucumbers</p> <p>300g baby spinach</p> <p>150g head romaine lettuce</p> <p>1 head leafy lettuce</p> <p>800g sweet potatoes</p> <p>4 white potatoes</p> <p>2 onions</p> <p>3 red onions</p> <p>4 shallots</p> <p>bunch spring onions</p> <p>2 bulbs of garlic</p> <p>1 root ginger</p> <p>1 carrot</p> <p>4 zucchinis</p> <p>200g green beans cooked</p> <p>beet (beetroot)</p> <p>Frozen Herbs</p> <p>coriander</p> <p>thyme</p> <p>dill</p> <p>basil</p> <p>Dried Fruit</p> <p>raisins</p> <p>Frozen Foods</p> <p>cherries</p>	<p>Meats</p> <p>28 strips smoked bacon</p> <p>pack shredded grilled chicken breast</p> <p>900g flank steak</p> <p>900g skinless/boneless chicken thighs</p> <p>850g lean ground turkey/chicken (turkey/chicken mince)</p> <p>900g lean ground beef (5% fat) (beef mince)</p> <p>Fish &amp; Seafood</p> <p>4 bream filets (170g each)</p> <p>Cold</p> <p>16 eggs</p> <p>unsalted butter</p> <p>feta cheese</p> <p>parmesan cheese</p> <p>Greek yogurt</p> <p>pomegranate juice</p>	<p>Grains</p> <p>Jasmine rice</p> <p>brown rice</p> <p>sushi rice</p> <p>wholemeal spelt flour</p> <p>Nuts &amp; Seeds</p> <p>sesame seeds</p> <p>walnuts</p> <p>almond meal</p> <p>Baking</p> <p>vanilla extract</p> <p>baking soda (bicarbonate of soda)</p> <p>baking powder</p> <p>Dried Herbs &amp; Spices</p> <p>black pepper</p> <p>ground cinnamon</p> <p>garlic powder</p> <p>ground cumin</p> <p>taco seasoning</p> <p>dried oregano</p> <p>dried thyme</p> <p>dried rosemary</p> <p>chilli flakes</p>	<p>Oils</p> <p>olive oil</p> <p>sesame oil</p> <p>Sweeteners</p> <p>coconut sugar</p> <p>maple syrup</p> <p>Boxed, Canned &amp; Condiments</p> <p>1x 110g can tuna in water</p> <p>1x 400g can black beans</p> <p>can sweetcorn</p> <p>capers</p> <p>kalamata olives</p> <p>tahini</p> <p>white wine vinegar</p> <p>rice vinegar</p> <p>tamari</p> <p>mirin</p> <p>sake</p> <p>gochujang (Korean chilli paste)</p> <p>tikka masala curry paste</p> <p>vermicelli noodles</p> <p>panko breadcrumbs</p> <p>Misc/Other</p> <p>sea salt</p> <p>sliced whole grain bread</p> <p>4 pitas (pitta bread)</p> <p>vanilla whey protein powder</p>



# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Black Bean, Avocado & Tuna Toast	High Protein Southwest Chicken Salad	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Tikka Masala Skewers
Tue	Black Bean, Avocado & Tuna Toast	High Protein Southwest Chicken Salad	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Turkey Taco Meal Prep Bowls
Wed	Spinach & Sweet Potato Tortilla	Leftover Turkey/Chicken Taco Meal Prep Bowls	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Ground Turkey/Chicken with Chilli & Basil
Thu	Spinach & Sweet Potato Tortilla	Bulgogi Beef Lettuce Wraps	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Ground Turkey/Chicken with Chilli & Basil
Fri	Workout Recovery Smoothie	Bulgogi Beef Lettuce Wraps	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki
Sat	Potato Bacon Roses	Bream Papillote with Tomatoes & Olives	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Meal Out - Enjoy!
Sun	Potato Bacon Roses	Bream Papillote with Tomatoes & Olives	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Tikka Masala Skewers

# Black Bean, Avocado & Tuna Toast





# Black Bean, Avocado & Tuna Toast

Serves 2

What you need to do

½ avocado  
110g can tuna chunks in water  
½ cup (85g) black beans,  
canned, drained  
4 tbsp. coriander, chopped  
½ cup (75g) cherry tomatoes,  
halved  
½ lemon, juiced  
salt & black pepper, to taste  
2 slices whole grain bread  
2 tbsp. feta cheese, crumbled

1. Place the avocado into a bowl and mash with a fork. Add in the tuna, black beans, coriander, tomatoes and lemon juice. Season with salt and pepper, then mix to combine.
2. Toast the bread and top each slice with the tuna salad. Garnish with feta cheese and some extra coriander.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	449	18	40	28	15

\*Nutrition per serve

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Tahini Bread



# Tahini Bread

Serves 13

What you need to do

4 eggs  
1 tsp. baking soda  
1 cup (240g) tahini  
1 tsp. sesame seeds

1. Preheat the oven to 180°C. Line a bread tin with baking paper.
2. Place the eggs, baking soda and tahini in a bowl and mix with a hand mixer until well combined.
3. Pour the batter into the bread tin and sprinkle over the sesame seeds. Place the tin into the hot oven to bake for 30 minutes.
4. Once baked, remove the tin from the oven and place on a wire rack to cool completely before slicing and serving.

GF	DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	159	12	4	5	2

\*Nutrition per serve

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Spinach &  
Sweet Potato Tortilla



# Spinach & Sweet Potato Tortilla

Serves 8

What you need to do

300g baby spinach  
6 tbsp. olive oil  
2 onions, thinly sliced  
800g sweet potatoes, peeled, sliced  
2 cloves garlic, chopped  
salt & pepper  
8 eggs

1. Place the spinach into a large colander and pour over a kettle of boiling water to wilt the spinach.
2. Drain the spinach and let it cool before squeezing out any excess water. Set aside.
3. Heat 2 tablespoons of olive oil over a medium heat in a 25cm non-stick frypan with a lid. Add the onions and cook for 15 minutes until soft. Add another 2 tablespoons of olive oil to the frypan and add the sweet potatoes and garlic to the onions, season well with salt and pepper, cover and cook over a medium-low heat for 15 minutes until the potatoes are tender. Stir occasionally to avoid the potatoes from sticking.
4. Meanwhile, whisk the eggs together in a large bowl. Then fold in the potato and onion from the pan, mix together. Separate the spinach a little, and add to the bowl. Mix gently, taking care not to break up the potato.
5. Add the final 2 tablespoons of olive oil to the frypan and pour in the sweet potato and egg mixture. Cover with a lid and cook over a low/medium heat for 20 minutes until the base and sides are golden brown and the center has mostly set. Run a palette knife around the sides to stop it from sticking.
6. To turn the tortilla out, place a plate face down onto the rim of the frypan and flip it over. Now gently slide the tortilla back into the pan and cook for a further 5-10 minutes on the second side, until just set and golden all over. Allow to rest for 5 minutes, then serve.

GF	DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	288	16	24	11	4

\*Nutrition per serve

myfitnesspal



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A close-up photograph of four potato bacon roses arranged on a rustic wooden cutting board. The roses are made from thin slices of potato and bacon, rolled into a spiral shape. The potato slices are a vibrant red color, and the bacon is a deep brown. The roses are garnished with a light-colored, crumbly substance, possibly cheese or breadcrumbs. The cutting board is placed on a white marble surface. The text "Potato Bacon Roses" is overlaid on the bottom right of the image in a white, sans-serif font.

# Potato Bacon Roses



# Potato Bacon Roses

Serves 6

What you need to do

4 potatoes, halved  
2 tbsp. olive oil  
1 tsp. garlic powder  
1 tsp. dried thyme  
1 tsp. dried rosemary  
½ tsp. black pepper  
1 tsp. salt  
12 strips smoked bacon  
fresh thyme, to serve  
2 tbsp. grated Parmesan  
cheese

1. Preheat the oven to 200°C. Prepare a muffin tin, greased with a little oil.
2. Using a mandolin, thinly slice the potatoes into a large bowl.
3. Add the olive oil, garlic powder, thyme, rosemary, black pepper and salt to the sliced potatoes and toss until evenly coated.
4. On a cutting board, lay out two pieces of bacon overlapping each other vertically. Line the bacon with the sliced potatoes, making sure each potato is overlapping.
5. Gently roll up the bacon, creating a potato rose, and place in the greased muffin tin. Repeat with the remaining bacon and potatoes.
6. Place the muffin tray into the hot oven and bake for 20 minutes, then cover with tin foil and bake for an additional 30 minutes. After this time, top the roses with the fresh thyme and Parmesan cheese, and bake for an additional 5 minutes uncovered. Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	55 mins	381	26	25	11	3

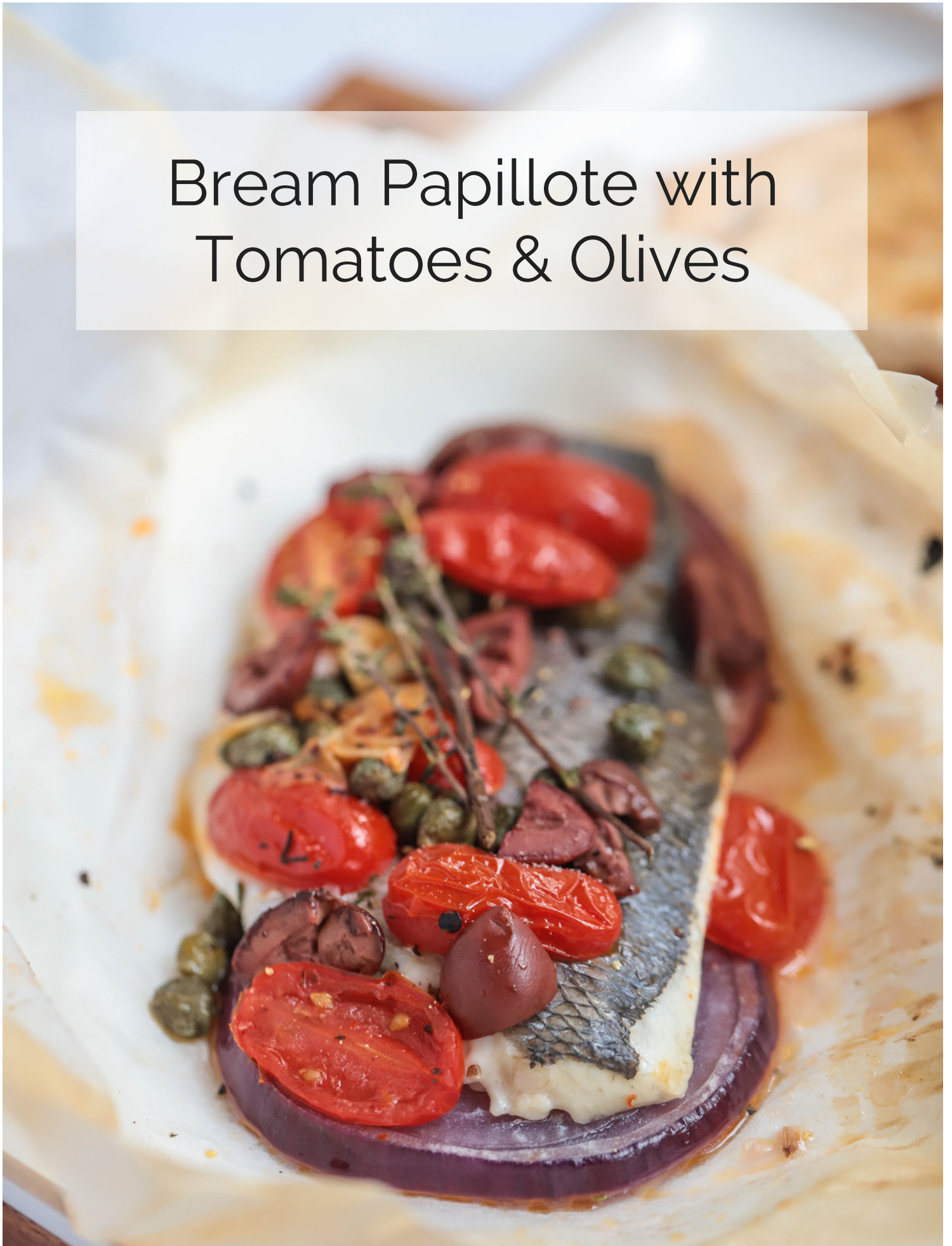
\*Nutrition per serve

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# Bream Papillote with Tomatoes & Olives





# Bream Papillote with Tomatoes & Olives

Serves 4

What you need to do

4 bream filets (170g each)  
salt & pepper to taste  
1 tbsp. olive oil  
2 cloves garlic, sliced  
½ tsp. chilli flakes  
1 cup (150g) cherry tomatoes, halved  
2 tbsp. capers, drained  
8 pitted kalamata olives, quartered  
4 tsp. unsalted butter  
8 thyme sprigs

1. Preheat the oven to 220°C.
2. Fold four pieces of parchment in half, make them big enough to fit the fish and seal. Place one fish filet onto each of the pieces of parchment, next to the crease on each piece of paper. Season the fish with salt and pepper.
3. Pour the olive oil into a small pot and place over a medium heat. Add the sliced garlic and chilli flakes and sauté for 1 minute. Remove the pot from the heat and stir in the tomatoes, capers and olives.
4. Divide the mixture equally over the top of each fish. Top each filet with 2 teaspoons of water, 1 teaspoon of butter and 2 sprigs of fresh thyme.
5. Fold the parchment paper over the fish and make small, tight, overlapping folds along the outside edge to seal the packet.
6. Place each packet onto a baking sheet and place into the hot oven to bake for 15 minutes.
7. Transfer the packets to 4 plates, slit the top of each packet with a knife and gently open letting the steam out. 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	219	14	3	20	1

\*Nutrition per serve

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# Spicy Coriander Yogurt Sauce





# Spicy Coriander Yogurt Sauce

Serves 4

What you need to do

1 cup (16g) coriander  
½ cup (140g) Greek yogurt  
½ tbsp. olive oil  
1 tbsp. lime juice  
1 tsp. coconut sugar  
1 clove garlic  
1 jalapeño pepper  
salt & pepper, to taste

1. Place all the ingredients into a high-speed blender or food processor, and blitz until well combined.
2. Pour the sauce into a jar with a tight fitting lid and store in the refrigerator.
3. Use as a sauce or dressing for the High Protein Southwest Chicken Salad and the Chicken Tikka Masala Skewers recipes which you will find in this recipe pack.

GF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	61	3	5	3	2

\*Nutrition per serve

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## High Protein Southwest Chicken Salad



# High Protein Southwest Chicken Salad

Serves 2

What you need to do

For the dressing:

2 servings of spicy coriander yogurt sauce (see recipe in this pack)

1. Layer the ingredients into a 500ml mason jar in the following order: spicy coriander yogurt sauce, tomatoes, cucumber, sweetcorn, jalapeño, chicken breast, avocado, black beans, romaine lettuce.

For the salad:

2 tomatoes, diced  
½ cucumber, diced  
4 tbsp. sweetcorn, drained  
½ jalapeño pepper, sliced  
1 cup (140g) shredded grilled chicken breast  
½ avocado, sliced  
8 tbsp. black beans, drained  
2 cups (150g) romaine lettuce, chopped

2. Store in the refrigerator for 2-3 days. When ready to serve, tip all the ingredients into a bowl, stir to combine and enjoy.

GF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	372	13	30	31	11

\*Nutrition per serve

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# Bulgogi Beef Lettuce Wraps





# Bulgogi Beef Lettuce Wraps

Serves 8

What you need to do

900g flank steak  
½ cup (120ml) tamari  
5 tbsp. coconut sugar  
6 spring onions, sliced  
4 tbsp. minced garlic  
4 tbsp. sesame seeds  
4 tbsp. toasted sesame oil  
1 tsp. black pepper  
1 head green leafy lettuce  
2 cups (320g) cooked jasmine rice  
1 cucumber, cut into matchsticks  
1 carrot, cut into matchsticks  
1 red onion, thinly sliced  
4 tbsp. gochujang (Korean chilli paste)

1. Slice the steak into thin strips. You can slightly freeze it first to make it easier to cut.
2. In a small mixing bowl, add the tamari, coconut sugar, green onions, minced garlic, sesame seeds, toasted sesame oil and black pepper. Mix well to combine.
3. Place the sliced beef in a container and pour over the marinade, mix to combine and cover with a lid. Place into the refrigerator for at least 1 hour, but ideally overnight to intensify the flavour.
4. When ready to cook, heat a large frypan over a medium/high heat and cook the beef, along with the marinade, for 6-7 minutes, until cooked through.
5. To assemble the wraps, lay out a leaf of lettuce, top with the cooked rice, beef, cucumber, carrot, and red onion. Drizzle over the gochujang chilli sauce and serve.

GF	DF	MP	HP
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Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	1 hr (ideally overnight)	10 mins	326	12	26	28	2

\*Nutrition per serve

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Tikka Masala Skewers



# Tikka Masala Skewers

Serves 6

What you need to do

2 tbsp. tikka masala curry paste  
1½ cups (430g) Greek yogurt  
salt & pepper  
900g skinless/boneless chicken thighs, cut into pieces  
1 cup (15g) coriander  
2 tsp. coconut sugar  
4cm ginger, finely chopped  
2 garlic cloves, chopped  
¼ cup (60ml) + 2 tbsp. olive oil  
juice of 1 lime, divided  
1 cucumber, sliced  
4 servings of spicy coriander yogurt sauce (see recipe in this pack)  
2 tbsp. coriander, chopped to serve

1. If using wooden skewers, soak them in water for 30 minutes.
2. Combine the tikka masala paste with 1 cup (285g) of yogurt and season with salt and pepper. Coat the chicken in the marinade, then cover and refrigerate for 15 minutes.
3. Place the coriander, coconut sugar, ginger, garlic, ¼ cup of olive oil and ½ the lime juice in a food processor and blitz until smooth. Stir in remaining ½ cup (145g) of yogurt, season with salt and pepper and set aside.
4. In the meanwhile, toss the cucumber with the remaining lime juice, season with salt and pepper and set aside.
5. Heat the 2 tablespoons of olive oil in a non-stick frypan over a medium/high heat. Thread the chicken onto the skewers, place into the hot frypan and cook for 8-10 minutes, turning every few minutes until cooked through on both sides.
6. Serve the skewers with spicy coriander yogurt sauce and cucumber salad, and garnish with freshly chopped coriander.

GF LC MP HP

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Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	10 mins	400	21	13	39	3

\*Nutrition per serve

# Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki





# Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki

Serves 6

What you need to do

For the meatballs:

900g lean ground beef (5% fat)  
1 onion, grated  
3 cloves garlic, minced  
2 tsp. salt  
1 tsp ground pepper  
2 tsp. ground cumin  
1 tsp. ground cinnamon  
2 tsp. dried oregano  
½ cup (8g) parsley, minced  
2 eggs  
1 cup (60g) panko breadcrumbs

Tomato salad:

4 tomatoes, chopped  
1 tsp. salt  
½ red onion, thinly sliced  
4 tbsp. white wine vinegar  
2 tsp. coconut sugar  
2 tbsp. fresh dill, chopped

Tzatziki sauce:

1 cucumber, grated  
1 tsp. salt  
1 cup (285g) Greek yogurt  
2 tbsp. lemon juice  
3 tbsp. fresh dill, chopped

To serve:

4 pitas, toasted

1. Preheat the airfryer to 190°C.
2. In a large bowl, combine all the ingredients for the meatballs, mix together using your hands. Roll the beef mixture into even-sized balls the size of a walnut. Working in batches, cook the meatballs in the airfryer basket in a single layer for 8-10 minutes, or until cooked through.
3. In the meantime, add the tomatoes to a large bowl with the salt and stir through the remaining ingredients. Refrigerate until ready to serve.
4. For the tzatziki sauce, place the grated cucumber into a medium bowl with the salt. Set aside for 2 minutes, then drain off any excess water. Mix in the remaining ingredients, then cover and refrigerate until ready to serve.
5. When the meatballs have finished cooking, assemble the plates. Divide the meatballs equally and serve with a portion of the tomato salad, tzatziki and toasted pita bread.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20-30 mins	568	19	53	45	5

\*Nutrition per serve

# Ground Turkey/Chicken with Chilli & Basil





# Ground Turkey/Chicken with Chilli & Basil

Serves 4

What you need to do

200g dried vermicelli noodles  
2 tsp olive oil  
400g lean ground turkey/chicken  
2 garlic cloves, minced  
4 shallots, sliced  
1 tbsp. ginger, grated  
1 red chilli, sliced  
200g green beans, trimmed  
4 zucchinis, cut into strips  
2 tbsp. tamari  
1 tbsp. coconut sugar  
½ cup (8g) basil leaves

1. Cook the noodles according to instructions on the packaging.
2. Meanwhile, heat 1 teaspoon of olive oil in a large frypan and cook the turkey/chicken for 2-3 minutes. Add the garlic, shallots, ginger and chilli, stir-frying for a further 2 minutes, or until the turkey/chicken is cooked through. Remove the mixture from the frypan and set aside.
3. Heat the remaining teaspoon of olive oil in the frypan and stir-fry the green beans and zucchinis for 5 minutes until slightly golden.
4. Add the turkey/chicken mixture back into the frypan, along with the tamari and coconut sugar, stir to combine and heat through. Now stir through the basil leaves and serve with the rice noodles.

GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	437	12	57	24	5

\*Nutrition per serve

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# Turkey/Chicken Taco Meal Prep Bowls





# Turkey/Chicken Taco Meal Prep Bowls

Serves 4

What you need to do

Turkey/Chicken :

1 tbsp. olive oil

450g lean ground turkey/chicken

2 tbsp. taco seasoning

½ cup (120ml) water

1. Heat the olive oil in a large frypan and over a medium heat, add the ground turkey/chicken and cook for about 10 minutes. Season the turkey/chicken with the taco seasoning and add the water. Stir to combine and simmer for a couple of minutes, until the sauce has thickened. Remove from the heat and set aside.

For the salsa:

2 cups (300g) cherry tomatoes,  
halved

1 red onion, diced

½ lime, juiced

salt & pepper to taste

2. Combine all salsa ingredients in a bowl and set aside.
3. Assemble the bowls by dividing the ground turkey/chicken, sweetcorn, avocado, cooked rice and tomato salsa, equally between 4 storage boxes with tight fitting lids. Seal the boxes and store in the refrigerator for up to 4 days. Enjoy cold, or heat in the microwave.

Other:

1 cup (140g) sweetcorn

kernels, drained

1 avocado, quartered

2 cups (400g) cooked brown  
rice

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	50 mins	468	22	39	27	6

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\*Nutrition per serve

A close-up photograph of several olive oil cookies. The cookies are golden-brown with a slightly cracked texture. They are studded with dark, dried fruit pieces and light-colored, chunky nuts. One cookie in the foreground is broken in half, revealing a soft, moist interior. The cookies are resting on a piece of light-colored, woven burlap fabric, which is placed on a wooden surface. A semi-transparent white rectangular box is overlaid on the upper part of the image, containing the text "Olive Oil Cookies".

# Olive Oil Cookies



# Olive Oil Cookies

Serves 12

What you need to do

½ cup (120ml) olive oil  
2 tsp. vanilla extract  
2 eggs  
4 tbsp. coconut sugar  
2 tbsp. maple syrup  
2 cups (220g) wholemeal spelt flour  
½ cup (60g) almond meal  
1 tsp. baking powder  
½ cup (100g) raisins  
½ cup (55g) walnuts, chopped

1. Preheat the oven to 170°C. Prepare a baking sheet lined with baking paper.
2. Combine the olive oil, vanilla extract, eggs, coconut sugar and maple syrup in a bowl. Add the spelt flour, almond meal, and baking powder. Mix until well combined. Now work the raisins and walnuts into the cookie dough.
3. Divide the dough into 12 even-sized balls and place on the baking sheet. Flatten the balls with your hands to form cookie shapes.
4. Place the baking sheet into the hot oven to bake for 20-25 minutes until golden.
5. Remove from the oven and place the cookies onto a wire cooling rack to cool before enjoying.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	280	16	27	6	4

\*Nutrition per serve

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A tall, clear glass filled with a vibrant pink smoothie. A yellow and white striped straw is inserted into the smoothie. The glass is placed on a wooden surface. In the background, there are some dark berries and a white cloth.

# Workout Recovery Smoothie



# Workout Recovery Smoothie

Serves 1

What you need to do

¾ cup ice  
¼ cup (35g) cherries, frozen or fresh  
¼ cup (60ml) pomegranate juice  
1 scoop (25g) vanilla whey protein powder  
1 tbsp. walnuts, chopped  
1 beet, cooked

1. Place all the ingredients into a blender and blitz until smooth and creamy. Pour into a glass and serve immediately.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	236	5	22	25	3

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\*Nutrition per serve

# Teriyaki Bacon Rice Balls





# Teriyaki Bacon Rice Balls

Serves 8

What you need to do

2 cups (320g) cooked & cooled  
sushi rice  
1 tbsp. rice vinegar  
16 strips bacon  
1 tbsp. sesame seeds, toasted  
2 tbsp. spring onions, sliced

For the teriyaki sauce:

¼ cup (60ml) tamari  
¼ cup (60ml) mirin  
¼ cup (60ml) sake

1. Preheat the broiler (grill) to 200°C. Line a baking sheet with baking paper.
2. Place the cooked and cooled sushi rice into a bowl and drizzle over the rice vinegar, stirring to combine. Form the seasoned rice into 8 even-sized balls.
3. Wrap each rice ball with 2 rashers of bacon and place onto the baking sheet. Place the baking sheet under the broiler and broil for about 20 to 25 minutes until lightly browned.
4. In the meantime, place all the ingredients for the teriyaki sauce into a small pot over a medium/high heat. Boil the sauce until it has reduced by half.
5. Take the rice balls out of the oven and brush generously with the teriyaki sauce. Do this a further 3 or more times during the cook, to allow the bacon and rice to absorb all the sauce.
6. Put the rice balls back in the broiler and cook for another five minutes for the sauce to caramelize.
7. To serve, sprinkle over the toasted sesame seeds and spring onions. Great as a snack.

GF	DF	LC	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	311	22	18	10	1

\*Nutrition per serve

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