



High-Protein Recipe Pack



HEALTHY TASTY RECIPES FOR EVERY MEAL

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Key

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (<20g per serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (>20g per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Sample Weekly Meal Planner One

	Breakfast	Lunch	Snack	Dinner
Monday	Spanish Omelet with Zucchini	Chicken Salad with Orange & Walnuts	E.g. Protein-Packed Fruit Bowls	Chinese Inspired Pork Stir-Fry
Tuesday	Stuffed Omelet Roll-ups	Tuna Broccoli Salad	E.g. Protein-Packed Fruit Bowls	Salmon, Rice & Tomato Tray Bake
Wednesday	Egg & Turkey Stuffed Peppers with Quinoa	Leftover Salmon, Rice & Tomato Tray Bake	E.g. Protein-Packed Fruit Bowls	Beef & Green Beans Pasta Bowl
Thursday	Stuffed Omelet Roll-ups	Chicken Salad with Orange & Walnuts	E.g. Protein-Packed Fruit Bowls	Leftover Beef & Green Beans Pasta Bowl
Friday	Egg & Turkey Stuffed Peppers with Quinoa	Tuna Broccoli Salad	E.g. Protein-Packed Fruit Bowls	Crunchy Waldorf Chicken Salad
Saturday	Cinnamon Roll Protein Shake	Leftover Crunchy Waldorf Chicken Salad	E.g. Protein-Packed Fruit Bowls	Meal Out - Enjoy!
Sunday	Spanish Omelet with Zucchini	Cinnamon Roll Protein Shake	E.g. Protein-Packed Fruit Bowls	Chinese Inspired Pork Stir-Fry

Weekly Shopping List One

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 4 lemons • 2 oranges • 1 pomegranate • 2 bananas • 1 apple • 1 mango • strawberries • 1 potato • 3 onions • garlic • 1 zucchini • watercress • 1 bag spinach • 1 bag rocket • 2 bags salad leaves • bunch radishes • iceberg lettuce • 5 bell peppers • 1 chili pepper • ginger • 1 broccoli • cherry tomatoes • celery • spring onion • parsley • basil • Frozen green beans 	<ul style="list-style-type: none"> • 3.5 oz. (100g) smoked salmon • 14 oz. (400g) salmon fillet • 1 lb. (450g) ground turkey • 10 oz. (300g) chicken breast • 10 oz. (300g) beef steak • 14 oz. (400g) pork tenderloin • cottage cheese • cheddar cheese • parmesan • natural yogurt, 0% fat • natural quark • 20 eggs • soy milk • almond milk 	<ul style="list-style-type: none"> • Jasmine rice • whole-wheat pasta • potato starch • white rice • pecans • walnuts • coconut chips • raisins • mixed herbs • oregano • cumin • cinnamon • paprika • curry • chili flakes • self-raising flour • baking powder 	<ul style="list-style-type: none"> • coconut oil • mustard • 1 can tuna in water • soy sauce • mayonnaise • pineapple chunks • rice vinegar • honey • bread • beef stock • granola • vanilla protein powder

Sample Weekly Meal Planner Two

	Breakfast	Lunch	Snack	Dinner
Monday	Blueberry Protein Pancakes	Tropical Grilled Chicken Salad	E.g. Matcha Infused Chia Pudding	Turkey Broccoli Stir-Fry
Tuesday	Tomato-Tuna Egg Nest	Leftover Tropical Grilled Chicken Salad	E.g. Matcha Infused Chia Pudding	Teriyaki Salmon with Green Beans
Wednesday	Tomato-Tuna Egg Nest	Leftover Teriyaki Salmon with Green Beans	E.g. Matcha Infused Chia Pudding	Bacon Wrapped Meatballs Served With Rice & Veg
Thursday	Blueberry Protein Pancakes	Tuna Salad Lettuce Boats	E.g. Matcha Infused Chia Pudding	Leftover Bacon Wrapped Meatballs Served With Rice & Veg
Friday	Green Spinach & Mushroom Shakshuka	Leftover Tuna Salad Lettuce Boats	E.g. Matcha Infused Chia Pudding	Tropical Chicken Mango Stir-Fry
Saturday	Green Spinach & Mushroom Shakshuka	Leftover Tropical Chicken Mango Stir-Fry	E.g. Matcha Infused Chia Pudding	Meal Out - Enjoy!
Sunday	Summer Protein Smoothie Bowl	Blueberry Bliss Protein Smoothie	E.g. Matcha Infused Chia Pudding	Turkey Broccoli Stir-Fry

Weekly Shopping List Two

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none">• 2 bananas• 2 peaches• 2 limes• 1 mango• 1 tomato• 2 white onions• 2 red onions• 1 granny smith apple• 1 lettuce• 2 bulbs garlic• 10 oz. (300g) mushrooms• 1 bag spinach• 1 bag salad leaves• ginger• 2 red bell peppers• 1 red chili• 1 broccoli• spring onion• frozen blueberries• frozen green beans• parsley• mint• coriander	<ul style="list-style-type: none">• salmon fillets• 1 lb. (650g) chicken breast• 7 oz. (200g) turkey fillet• 1 lb. (500g) lean ground beef• 12 slices streaky bacon• natural yogurt• 7 eggs• almond milk	<ul style="list-style-type: none">• brown rice• buckwheat flour• black rice noodles• oregano• chili flakes• cinnamon• sesame seeds• chia seeds	<ul style="list-style-type: none">• coconut oil• olive oil• sesame oil• 2 cans tuna in brine• 2 cans tuna in olive oil• pineapple• tabasco• sweetcorn• soy sauce• tomato puree• rice vinegar• honey• maple syrup• vanilla protein powder• coconut powder• matcha powder



Cupboard Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.



Spanish Omelet with Zucchini

Serves 2

35 Minutes

1 small potato, peeled & chopped

1 small onion, chopped

½ small zucchini, thinly sliced

6 eggs

Heat 1 tbsp. Olive oil in a non-stick pan over medium-high heat.

Add the potato and onion, and cook for about 4 minutes, until slightly softened.

Add the zucchini and continue to sauté for another 4 minutes. In a bowl, whisk the eggs and season with salt and pepper. Transfer the sautéed vegetables into the egg mixture and stir to combine.

Pour the egg and vegetable mixture into the same pan, ensuring an even distribution. Cook over low heat. After about 3 minutes, use a spatula to gently loosen the edges of the tortilla from the pan.

Continue cooking for 8-10 minutes. To flip the tortilla, place a large plate over the pan, invert it onto the plate, then slide it back into the pan to cook the other side.

Cook for 5-6 minutes or until the tortilla is fully set. Remove from heat and serve immediately.



GF	DF	MP	HP	V
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	329kcal	14g	21g	21g



Egg & Turkey Stuffed Peppers with Quinoa

Serves 4

25 Minutes

4 eggs

4 egg whites

2 tbsp. almond milk

1 tsp. coconut oil

1 small onion, chopped

1 lb. (450g) lean ground turkey

2 tsp. oregano

1 tsp. cumin

2.1 oz. (60g) spinach, chopped

4 medium red bell peppers

1.7 oz. (50g) cheese, grated

chopped parsley, for garnish

Preheat the oven to 400°F (200°C).

Beat the eggs, egg whites, and almond milk; set aside.

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

Add the turkey, oregano, and cumin; season with salt and pepper. Cook for about 5 minutes or until the meat is thoroughly cooked. Stir in the spinach and cook until it wilts approximately 2 minutes.

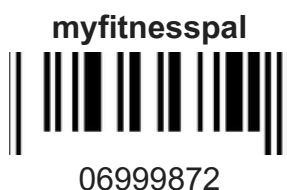
Increase the heat to medium-high and add the egg mixture to the pan. Use a spatula to gently pull the eggs across the pan, scrambling them, for about 3 minutes or until fully cooked; remove pan from heat.

Cut the bell pepper tops off and remove the seeds. Stuff each pepper with the turkey and egg mixture.

Place the stuffed peppers in a baking dish and top each with grated cheese.

Bake in the oven for 15 minutes or until the cheese is melted and the peppers are slightly browned on the edges.

Garnish with chopped parsley before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	356kcal	12g	32g	20g



Omelet with Smoked Salmon & Feta

Serves 2

25 Minutes

4 oz. (125g) asparagus

1 tsp. coconut oil

3 large eggs

5 tbsp. milk (plant-based or dairy)

2.1 oz. (60g) smoked salmon, cut into pieces

4 tbsp. feta cheese, cubed

5 cherry tomatoes, halved

dill, for garnish

Preheat the oven to 350°F (180°C).

Wash the asparagus and snap off the tough ends (they naturally break at the right point). Slice the tender stalks diagonally into ½ cm pieces.

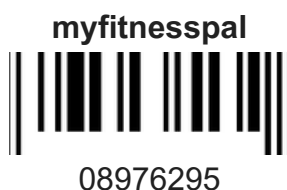
Boil the asparagus in lightly salted water for 2 minutes, then drain and set aside.

Whisk together the eggs and milk in a bowl with a pinch of salt and pepper. Stir in the asparagus, smoked salmon, and cubed cheese until well combined.

Heat the coconut oil in a 24cm diameter pan over medium heat. Pour in the egg mixture, rearranging the toppings as needed. Place the cherry tomatoes on top, cut side up. Cover and cook on the stovetop until the mixture sets, about 5 minutes.

Remove the lid and transfer to the oven. Bake for 6-10 minutes or until fully set. Garnish with fresh dill and freshly ground black pepper before serving.

Note: Cooking time may vary depending on pan size and omelet thickness.



GF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	243kcal	7g	20g	15g



Tomato-Tuna Egg Nest

Serves 1

10 Minutes

1 large tomato

1 tsp. coconut oil

2 eggs

3 oz. (85g) tuna in brine,
drained amount

pinch of oregano

pinch of chili flakes
(optional)

chopped parsley, for
garnish

Peel the tomato and chop it into cubes.

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

Make two gaps in the tomato mixture and crack an egg into each. Season with salt and pepper.

Arrange the tuna pieces on top. Sprinkle with oregano and, if desired, chili flakes.

Continue frying for 3 minutes until the egg whites are set.

Garnish with chopped parsley before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	287kcal	4g	34g	15g



Summer Protein Smoothie Bowl

Serves 2

10 Minutes

2 medium peaches,
chopped & frozen

1 medium banana,
sliced & frozen

6 oz. (170g) natural yogurt

4 oz. (120ml) coconut water

1 oz. (28g) vanilla protein
powder

Optional Toppings:

fresh berries
goji berries
walnuts
chia seeds
muesli

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

Pour the smoothie into a bowl.

Add your favorite toppings. (Optional toppings aren't included in the macro information.)

Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	263kcal	36g	23g	3g



Green Spinach & Mushroom Shakshuka

Serves 2

25 Minutes

1 tbsp. coconut oil
1 large onion, chopped
2 garlic cloves, crushed
10.5 oz. (300g) mushrooms, sliced
1 lbs. (450g) spinach leaves
4 eggs
handful of chopped parsley

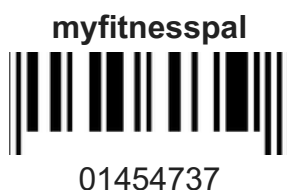
Heat the coconut oil in a large pan over medium heat. Add the onion and garlic, cooking for 2-3 minutes until soft, stirring occasionally.

Add the mushrooms and cook for another 3-4 minutes. Season with salt and black pepper to taste.

Add the spinach in batches, covering the pan with a lid to let it wilt. Repeat until all the spinach is added. Stir well and taste for seasoning.

Create four wells in the spinach mixture and break an egg into each well. Cover with a lid and cook for 5-6 minutes until the egg whites are set.

Garnish with chopped parsley and serve immediately.



GF	DF	LC	HP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	338kcal	20g	24g	18g



Tuna Salad Lettuce Boat

Serves 2

10 Minutes

10 oz. (280g) tuna in olive oil, drained

1 tbsp. tomato puree

1 small red onion, finely chopped

½ Granny Smith apple

8 lettuce leaves

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

Finely chop the red onion and add it to the bowl. Halve the apple, remove the core, and chop it into small cubes; add it to the bowl. Mix all ingredients thoroughly.

Divide the tuna mixture evenly among the 8 lettuce leaves, spooning it into the center of each leaf. Fold or wrap the leaves to enclose the filling and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	295kcal	10g	39g	11g



Chicken Salad with Orange & Walnuts

Serves 2

20 Minutes

Dressing:

3 tbsp. honey

2 tbsp. mustard

1 tbsp. olive oil

1 tbsp. lemon juice

2 tbsp. orange juice

1/3 tsp. cinnamon

Salad:

7 oz. (200g) chicken breast

2 oz. (60g) arugula (rocket)

1/4 iceberg lettuce, roughly chopped

1 orange

1/3 pomegranate, seeds only

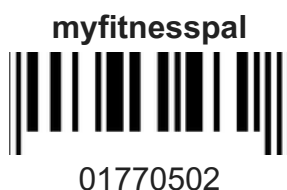
1 oz. (30g) pecans, roasted

Peel the orange, separate the pulp, and set aside. Squeeze the juice and save it.

Mix the dressing ingredients and season with salt and pepper.

Cut the chicken breast into four pieces. Season, coat with olive oil, and grill for four minutes on each side. Drizzle with 1 tbsp of dressing and grill for 1.5 minutes on lower heat. Flip, drizzle with another 1 tbsp, and grill for another minute. Remove, cool slightly, then slice.

Mix salad leaves and divide between two plates. Top with orange, chicken, pomegranate seeds, and pecans. Drizzle with dressing and serve.



GF	DF	HP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	473kcal	44g	27g	21g



Peachy Salmon Salad

Serves 2

45 Minutes

2 salmon filets (5 oz./140g each)

1 cob of corn, cooked

4 oz. (120g) salad leaves

1 peach, sliced

10 cherry tomatoes, halved

1 tbsp. balsamic vinegar

Marinade:

2 tbsp. apple cider vinegar

1 tbsp. olive oil

1 tbsp. tamari

1 tsp. maple syrup

½ tsp. ground black pepper

Mix the marinade ingredients in a bowl.

Put the salmon filets, skinless side down, in a dish. Pour the marinade over the salmon. Refrigerate and marinate for 20-30 minutes.

While the salmon marinades, grill the corn in the oven or on a grill pan until charred. Let it cool, then slice off the kernels. Set aside.

Preheat the oven to 400°F (200°C).

Place the marinated salmon on a baking tray. Bake for 8-10 minutes, or until fully cooked.

Divide the salad leaves between two bowls. Top with sliced peach, halved tomatoes, and grilled corn kernels.

Place a cooked salmon filet on each salad.

Drizzle each serving with balsamic vinegar. Season with salt and black pepper to taste.

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GF DF MP HP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	462kcal	24g	33g	26g



Tuna Broccoli Salad

Serves 2

10 Minutes

2 oz. (60g) salad leaves

3 radishes, thinly sliced

4 oz. (120g) tuna in water,
drained

2 slices of bread

3.5 oz. (100g) broccoli,
chopped

2 tsp. Parmesan cheese,
grated

Dressing:

2 tbsp. olive oil

3 tbsp. lemon juice

1 tsp. honey

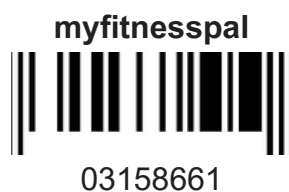
Divide the salad leaves between two plates. Top with sliced radishes and tuna.

Toast the bread slices, cut into cubes, and add to the salads.

Boil the broccoli in water for 5 minutes or until tender but crisp. Drain well.

Whisk together olive oil, lemon juice, honey, salt, and black pepper until combined.

Drizzle the dressing over the salads. Sprinkle with grated Parmesan cheese and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	326kcal	21g	20g	18g



Tropical Grilled Chicken Salad

Serves 2

23 Minutes

7 oz. (200g) chicken breast

4 slices canned pineapple

2 oz. (60g) salad leaves

5 tbsp. mint leaves

½ small onion, finely chopped

Dressing:

2 tbsp. olive oil

1 tsp. grated ginger

1 clove garlic, minced

1 lime, juiced

1 tsp. honey

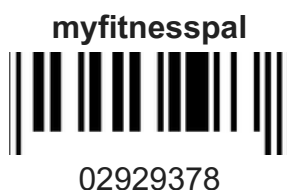
Prepare the dressing in a large salad bowl by mixing olive oil, grated ginger, minced garlic, lime juice, and honey. Season with salt.

Add the salad and mint leaves to the dressing and set aside to marinate.

Slice the chicken breast horizontally to create four fillets. Heat a grill pan over medium heat and grill the chicken fillets topped with a pineapple slice each. Season with black pepper. Grill for 6-8 minutes, then flip and grill for another 5 minutes. Remove the pineapple and let it grill separately.

Remove the chicken from the grill and let it rest for 3 minutes. Then, cut the chicken into strips.

Add the chicken, pineapple, and finely chopped onion to the salad. Toss well before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	321kcal	18g	24g	17g



Crunchy Waldorf Chicken Salad

Serves 2

10 Minutes

3.5 oz. (100g) chicken,
cooked, shredded or
chopped

3 celery stalks, chopped

1 apple, peeled, deseeded,
chopped

4 tbsp. raisins

4 tbsp. walnuts, chopped

1 tbsp. mayonnaise

1 tbsp. natural low fat
yogurt

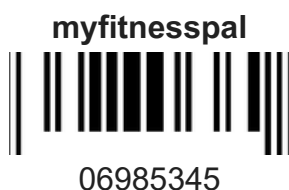
1 tbsp. lemon juice

3 oz. (90g) mixed salad
leaves

Place the chicken, chopped celery, apple, raisins, and walnuts in a bowl.

Add the mayonnaise, yogurt, and lemon juice. Season with salt and pepper, and mix well.

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



GF	MP	HP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	373kcal	34g	21g	17g



Tuna & Quinoa Salad Bowl

Serves 2

20 Minutes

6.5 oz. (185g) cooked quinoa

4 tbsp. (50g) chickpeas, rinsed & drained

½ cucumber, chopped

1 tbsp. crumbled feta cheese

10 cherry tomatoes, halved

2 cans tuna (7 oz/200g each, drained)

Dressing:

1 tbsp. olive oil

2 tsp. red wine vinegar

1 tsp. fresh lemon juice

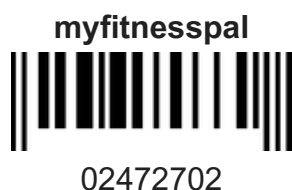
1 tsp. Dijon mustard

Cook the quinoa according to the package instructions.

Mix all the dressing ingredients together in a bowl.

In a separate bowl, combine all salad ingredients.

Drizzle the dressing over the salad and toss gently to coat.



	GF	MP	HP	Q
Nutrition Per Serve	Energy			
	Carbs	Protein	Fat	
	359kcal	33g	32g	11g



Salmon Couscous Salad

Serves 2

30 Minutes

2 pieces salmon, 4 oz.
(115g) each

2 tsp. lemon juice

5 oz. (150g) iceberg lettuce,
chopped

5.6 oz. (160g) couscous,
cooked

½ red onion, chopped

10 cherry tomatoes,
chopped

2 tbsp. feta cheese

Dressing:

1 tbsp. olive oil

1 tbsp. fresh lemon juice

½ tsp. Dijon mustard

½ tsp. maple syrup or
honey (optional, not
included in nutrition info)

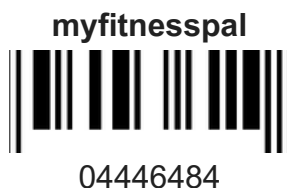
Preheat the oven to 400°F (200°C).

Rub salmon with olive oil and season with salt and pepper. Place skin-side down on a baking tray and drizzle with lemon juice. Roast for 10-12 minutes or until fully cooked.

Next, whisk together the dressing ingredients (including maple syrup if using). Add a pinch of salt and pepper to taste.

Assemble the salad by dividing chopped lettuce into bowls, then topping with cooked couscous, red onion, tomatoes, and feta cheese.

Once the salmon is done, place it on the salad. Drizzle the dressing over the salads and serve immediately.



MP

HP

Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	463kcal	33g	31g	23g



Cottage Cheese Potato Protein Pancakes

Serves 1

20 Minutes

4.9 oz. (140g) potatoes,
peeled & grated

1.7 oz. (50g) zucchini,
grated (roughly a quarter of
an average zucchini)

1 egg

½ shallot, finely chopped

2 tbsp. dill, chopped

2 tbsp. spelt flour

4 tbsp. (50g) cottage
cheese

1 tbsp. natural yogurt

2 radishes, finely chopped

1 tbsp. dill, chopped

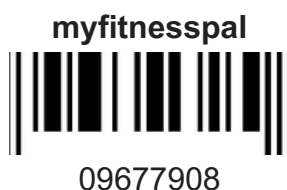
½ shallot, finely chopped

Combine the grated potatoes, zucchini, egg, shallot, dill, spelt flour, and a pinch of salt and pepper in a bowl. Mix well to form pancake batter.

Heat a non-stick pan over medium heat. Spoon small amounts of batter into the pan. Fry for 3 minutes on one side, then flip and fry for 1 minute or until golden brown.

Mix cottage cheese, yogurt, radishes, dill, and shallot for the topping. Add salt and pepper to taste.

Serve warm pancakes with the cottage cheese mixture on top.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	352kcal	51g	19g	8g



Miso Salmon Zoodles

2 salmon fillets, 4.5 oz.
each (130g)

2 tbsp. miso paste

2 tbsp. honey

4 tbsp. tamari

2 tbsp. grated ginger

2 tbsp. apple cider vinegar

1 tbsp. sesame oil

2 tsp. sesame seeds

Noodles:

14 oz. (400g) zucchini
noodles

6 radishes, sliced

2 tsp. sesame oil

2 tsp. grated ginger

1 tsp. honey

2 tbsp. tamari

juice of 1 lime

Serves 2

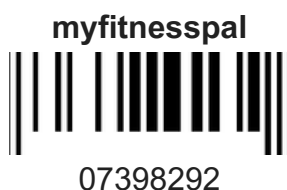
35 Minutes

Mix miso paste, honey, tamari, ginger, vinegar, and sesame oil in a bowl. Coat the salmon fillets in the marinade and refrigerate for 20 minutes.

Combine zucchini noodles and radishes in a bowl. Whisk sesame oil, ginger, honey, tamari, and lime juice to make the dressing. Pour the dressing over the salad and refrigerate.

Preheat the oven to 350°F (180°C). Place the salmon in a dish, drizzle with any remaining marinade, and bake for 12 minutes. Broil for 2-3 minutes until the top is browned, checking often.

Serve the salmon with the zucchini salad and sprinkle with sesame seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	531kcal	35g	37g	27g



Moroccan Inspired Cod & Bulgur Salad

Serves 2

1 Hour

Drizzle lemon juice over the cod, season with salt and pepper, then rub with garlic, turmeric, paprika, cumin, and saffron. Coat with 1 tbsp olive oil and marinate for 30 minutes.

Cook the bulgur in salted boiling water for 15 minutes, then drain.

Combine tomato, onion, olives, and parsley in a bowl. Season with salt and pepper, mix.

Heat a pan over medium heat and fry the cod for 3-4 minutes on each side until cooked. Remove from the pan.

Reheat the bulgur in the same pan with the cod juices. Divide bulgur among plates.

Serve the cod on the bulgur, topped with the tomato salad. Add lemon wedges.

10.5 oz. (300g) cod fillets

1 tbsp. lemon juice

2 cloves garlic, crushed

½ tsp. turmeric

½ tsp. paprika

½ tsp. cumin

pinch of saffron

2 tbsp. olive oil

3.5 oz. (100g) bulgur

1 tomato, chopped

¼ onion, chopped

15 green olives, halved

3 sprigs of parsley, chopped

lemon wedges, for serving

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DF

HP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	465kcal	45g	24g	21g



Turkey Broccoli Stir-Fry

Serves 2

30 Minutes

Cook the noodles as directed. Strain, rinse with cold water, and set aside.

Mix 1 tbsp of tamari, sesame oil, rice vinegar, and grated ginger in a small bowl to make the sauce. Set aside.

Heat 1 tbsp olive oil in a wok over medium heat. Sauté the turkey for 3-4 minutes. Add broccoli and cook for 1-2 minutes. Then, add half a cup of water and 3 tbsps of tamari. Cook until the water evaporates and the broccoli is tender, about 10 minutes.

Add noodles to the turkey and broccoli. Heat for 2-3 minutes, stirring gently.

Remove from heat, pour the sauce over, and toss to combine.

Garnish with chopped spring onions and coriander. Serve and enjoy!

3.5 oz. (100g) black rice noodles

7 oz. (200g) turkey fillet, chopped

1 head of broccoli, cut into florets

4 tbsp. tamari

2 tsp. sesame oil

1 tbsp. rice vinegar

1 tbsp. grated ginger

2 tbsp. chopped spring onions

handful of coriander, chopped

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	523kcal	59g	38g	15g



Wholesome Salmon Quinoa Zoodles

Serves 2

1 Hour 25 Minutes

2 salmon fillets (4.4 oz / 125g each)

3.5 oz (100g) quinoa, cooked

1 zucchini

1 garlic clove, crushed

2.5 oz. (70g) sundried tomatoes, rinsed & chopped

Marinade:

2 tbsp. tamari

½ tbsp. olive oil

½ tsp. sweet paprika

½ tsp. hot paprika

1 tbsp. rice vinegar

1 tsp. honey

1 tbsp. black sesame seeds

Combine all marinade ingredients in a bowl. Cover the salmon with the marinade and let it sit for 1 hour.

Preheat the oven to 480°F (250°C).

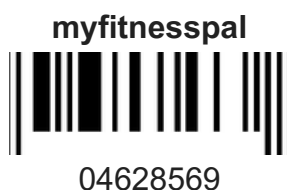
While the salmon marinate, spiralize zucchini into noodles.

Heat 1/2 tbsp olive oil in a pan over medium heat. Sauté garlic for 1-2 minutes. Add zoodles and cook for 3-4 minutes, then mix in chopped sundried tomatoes. Season with salt and pepper.

Place salmon on a baking tray and bake for 7 minutes.

Let the salmon rest briefly. Stir the baking tray juices into the quinoa.

Serve quinoa and zoodles on plates, top with salmon.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	638kcal	60g	41g	26g



Hoisin Rice with Chicken Thighs

Serves 2

55 Minutes

Preheat the oven to 375°F (190°C). Heat coconut oil in a large pan over medium heat.

Season chicken thighs with salt and pepper. Fry for 5 minutes on each side until golden brown. Remove and set aside on a plate. Discard most of the fat, leaving about 1 tbsp in the pan.

Add garlic and spring onions to the same pan; sauté for 1 minute. Stir in rice and cook for 1 minute. Add wine and simmer for 2 minutes until most of the liquid evaporates.

Add hoisin sauce ingredients, chicken stock, and cranberries; bring to a boil.

Transfer the rice mixture to an oven-safe dish and place chicken thighs on top. Bake for 30 minutes.

Serve immediately or cool and store in the refrigerator for up to 3 days.

2 tbsp. coconut oil

8 skinless, boneless chicken thighs

7 oz. (200g) jasmine rice

4 spring onions, chopped

4 cloves garlic, sliced

6.7 fl. oz. (200ml) white wine

16.9 fl. oz. (500ml) chicken stock

4 tbsp. dried cranberries

Sauce:

3 tbsp. tamari

2 tbsp. rice vinegar

1 tbsp. peanut butter

1 tsp. chili flakes

1 tsp. honey

1 tsp. sesame oil

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	302kcal	27g	26g	10g



Slow Cooker Chicken Fajita Filling

Serves 8

4 Hours 10 Minutes

2 lbs. (900g) chicken breast

4 bell peppers, sliced

1 red onion, sliced

2 tbsp. honey

juice of 1 lime

1 tbsp. chili powder

1 tbsp. cumin

1 tbsp. paprika

1 tsp. salt

1 tsp. onion powder

1 tsp. garlic powder

8.4 oz. (240g) chopped tomatoes

Place half of the sliced peppers and onions in the bottom of the slow cooker.

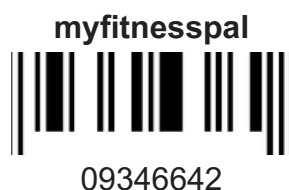
Add the chicken on top and coat with honey, 1 tbsp olive oil, lime juice, seasonings, and chopped tomatoes.

Cover with the remaining peppers and onions and cook on high for 4 hours.

Remove the chicken, shred it with a fork, and return it to the slow cooker.

Stir well and cook on low for another 10 minutes.

Serve Suggestion: Fajita filling is fantastic with tortillas, sour cream, guacamole, and cilantro.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	197kcal	11g	27g	5g



Chicken Mushroom & Tomato Pasta

Serves 3

30 Minutes

5.2 oz. (150g) penne pasta

Cook the pasta as directed.

12.3 oz. (350g) chicken breast

Cut the chicken, season with salt and pepper, and dredge in flour. Heat 1 tbsp olive oil in a large pan over medium heat. Cook the chicken until done, season with oregano, then set aside.

1 tsp. wheat flour

1 tsp. dried oregano

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

1 small onion, diced

2 garlic cloves, sliced

Return the chicken to the pan, add cream and spinach. Bring to a boil, then simmer until the spinach wilts. Season with salt and pepper.

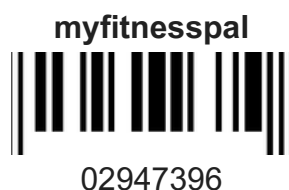
10.5 oz. (300g) mushrooms, sliced

6 sun dried tomatoes, chopped

Stir in the cooked pasta until well combined. Serve with basil leaves.

8 tbsp. plant-based oat cream (or regular heavy cream)

2 oz. (60g) spinach
basil leaves, for garnish



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	486kcal	60g	39g	10g



Cajun Beef One Pot Rice

Serves 3

35 Minutes

Heat coconut oil in a large pan over medium heat. Add carrots, bell peppers, and the white parts of the spring onions. Sauté for 10 minutes until softened.

Add the beef and pinch of salt and pepper. Cook for 10 minutes until browned.

Stir in Cajun seasoning and tomato purée. Mix in cooked rice and 4 tbsp of water. Cook for 3-4 minutes until heated through.

Garnish with the green parts of the spring onions.

1 tbsp. coconut oil

3 large carrots, sliced

2 bell peppers, sliced

4 spring onions, sliced,
greens & whites separated

1 lb. (450g) beef mince, 5%
fat

2 tsp. Cajun seasoning

1 tbsp. tomato purée

1.1 lb. (500g) cooked rice

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	565kcal	49g	27g	29g



Shrimp & Vegetable Stir-Fry

Serves 3

30 Minutes

Cook the rice as directed on the package.

Heat 1 tbsp of olive oil over medium heat in a wok or large frying pan. Sauté the carrots, bell pepper, and garlic for 3 minutes. Add the zucchini and stir for another 5 minutes. Add ginger, pinch of salt, and chili flakes.

Push the vegetables to the edge of the pan. Add 1 tbsp of olive oil and cook the shrimp in the center for about 1 minute, stirring constantly. Mix the shrimp with the vegetables and cook for 1 minute.

In a small bowl, whisk together tamari, potato flour, water, and sugar until smooth. Pour the mixture into the pan, bring to a boil, and simmer for 1 minute, stirring frequently. Serve the shrimp and vegetables over the cooked rice.

6.5 oz. (185g) rice

1 carrot, peeled & sliced

1 bell pepper, chopped

1 small onion, sliced

3 garlic cloves, sliced

1 small zucchini, sliced

1 ½ tbsp. grated ginger

pinch of chili flakes

8.8 oz. (250g) shrimps,
peeled & deveined

2 tbsp. tamari

1 tsp. potato flour

5.4 fl. oz. (160ml) water

1 tbsp. coconut palm sugar

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	454kcal	65g	26g	10g



Turkey Meatballs with Couscous Salad

Serves 4

50 Minutes

2 tbsp. coconut oil

1 onion, finely chopped

¼ tsp. chili flakes

3 garlic cloves, minced, keep separate

1 lb. (450g) turkey thigh mince

2 handfuls mint leaves, finely chopped

zest & juice of 1 lemon

7 oz. (200g) 0% fat Greek yogurt

7 oz. (200g) couscous

8.4 fl.oz. (250ml) vegetable stock, from stock cube

7 oz. (200g) frozen peas

8 radishes, finely sliced

Heat 1 tbsp oil in a pan over medium heat. Sauté onion for 5 minutes. Add chili flakes and 2 minced garlic cloves; cook for 1 minute. Cool in a bowl for 5 minutes.

Mix turkey mince, half the mint, half the lemon zest, salt, and pepper with the onion. Shape into 16 meatballs and freeze for 15 minutes.

Pour hot stock over couscous with remaining lemon zest. Cover and let stand for 15 minutes.

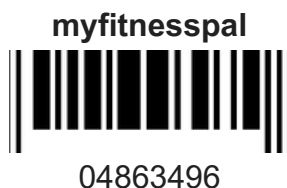
Blanch peas in boiling water for 2 minutes. Drain and set aside.

Combine yogurt, 1 minced garlic clove, remaining mint, and half the lemon juice for the sauce. Season.

Fluff couscous and stir in peas, radishes, and remaining lemon juice. Season.

Heat the remaining oil in the pan over medium heat. Fry the meatballs, turning until browned, about 10 minutes. Reduce the heat, cover, and cook for 5 minutes.

Serve meatballs with couscous salad and yogurt sauce.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	488kcal	54g	41g	12g



Citrus Honey Glazed Salmon, Pineapple Rice

Serves 4

2 Hours

Remove the salmon skin and discard. Rinse and pat dry the salmon with a paper towel.

Combine all marinade ingredients in a bowl. Coat the salmon with the marinade in a dish and let it sit for 1 hour.

Cook the rice per package instructions in salted water, then cool it on a large plate.

Drain sweetcorn. Cut pineapple and cucumber into small pieces. Add to rice with salt, lime juice, honey, and coriander (or mint). Mix well.

Preheat the oven to 410°F (210°C).

Bake marinated salmon for 18 minutes or until cooked.

Serve the salmon with pineapple rice.

- 1.3 lbs. (600g) salmon, 4 fillets
- 5.2 oz. (150g) rice
- 7 oz. (200g) sweetcorn
- 8.8 oz. (250g) pineapple, chopped
- 7 oz. (200g) cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- 6 tbsp. coriander leaves

Marinade:

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

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	644kcal	70g	37g	24g



Easy Chicken Curry with Saffron Rice

Serves 4

1 Hour

Season the chicken thighs with salt and $\frac{1}{2}$ tsp black pepper.

Heat 1 tbsp. vegetable/olive oil in a pan over medium heat and fry the chicken until golden brown. Remove and set aside.

8 skinless chicken thigh fillets

1 large onion, diced

1 tbsp. ginger, minced

5 cloves garlic, minced

3 large tomatoes, chopped

1 $\frac{1}{2}$ tsp. turmeric

pinch of saffron threads
(roughly $\frac{1}{8}$ tsp.)

8 oz. (225g) basmati rice

1 tsp. coconut oil

$\frac{1}{2}$ tsp. onion powder

10.6 fl. oz. (315ml)
vegetable stock

In the same pan, sauté the onion, garlic, and ginger for 3-4 minutes. Add turmeric, more black pepper, tomatoes, and $\frac{1}{4}$ cup of water. Season with salt and bring to a boil.

Return the chicken to the pan, cover, and simmer for 30-45 minutes until tender.

For the rice, steep saffron threads in 4 tbsp boiling water for 5 minutes. Combine saffron water, rice, coconut oil, onion powder, $\frac{1}{4}$ tsp salt, and vegetable stock in a pot. Bring to a boil, then simmer for 15 minutes. Turn off the heat and let sit, covered, for 10 minutes.

Serve two chicken thighs per person with sauce and saffron rice.

Note: The rice can also be prepared in a rice cooker. Prepare the saffron as described above, then combine with the rice and other ingredients and follow your rice cooker's instructions.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	538kcal	51g	52g	14g



One Pot Turkey & Rice Chili

10 oz. (300g) minced turkey
filet

Serves 4

35 Minutes

4 oz. (115g) rice

Heat 1 tbsp of oil in a large pan over medium heat. Sauté the onion and garlic for 3-4 minutes until translucent.

1 medium onion, finely
chopped

Add the turkey and cook for 5 minutes until browned and cooked.

2 cloves garlic, minced

Stir in the spices, then add the uncooked rice and mix well. Add the chopped bell pepper, kidney beans, sweet corn, chopped tomatoes, and vegetable broth. Stir and bring to a boil.

1 tbsp. oil

7 oz. (200g) chopped
tomatoes

Reduce heat to low, cover, and simmer for 17-20 minutes or until the rice is cooked. Serve hot.

1 red bell pepper, chopped

8.4 fl. oz. (250ml) vegetable
broth

Note: If using cheese (not included in nutrition details), sprinkle 1 oz (30g) grated cheese over the chili, cover, and cook for 2 minutes or until the cheese is melted.

2 oz. (60g) red kidney
beans, drained

3 oz. (85g) sweet corn,
drained

Spices:

1 tsp. dried oregano

1 tsp. cumin

1 tsp. sweet paprika

½ tsp. chili powder

½ tsp. salt

⅓ tsp. ground black pepper

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	357kcal	38g	22g	13g



Tex-Mex Rice

Serves 4

40 Minutes

7 oz. (200 g) chicken breast

2 cloves garlic, crushed

3.5 oz. (100g) white rice

2 tbsp. coconut oil

½ red onion, chopped

1 red pepper, diced

3.5 oz. (100g) sweetcorn

3.5 oz. (100g) kidney beans

1 tomato, peeled & chopped

1 diced avocado

1 tbsp. lime juice

½ chili, chopped

fresh coriander

Spices:

1 tsp. oregano

1 tsp. paprika

1 tsp. ground cumin

½ tsp. chili flakes

Drain the canned sweetcorn and red kidney beans; set aside.

To peel the tomato easily: blanch it by pouring boiling water over it and letting it sit for about 1 minute. The skin should peel off effortlessly.

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

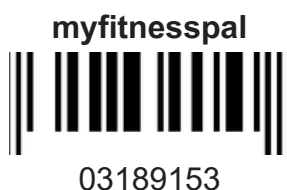
Cook the rice as instructed, then drain and cool.

Heat coconut oil in a pan over medium-high heat. Fry the chicken for 3-4 minutes. Add onion and red pepper, and cook for 3-4 minutes.

Stir in sweetcorn, kidney beans, and rice. Cook for 2 more minutes, stirring well.

Remove from heat and mix in the tomato.

To serve, divide the rice among four plates. Top with diced avocado, drizzle with lime juice, and garnish with chili and a handful of fresh chopped coriander leaves.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	409kcal	40g	24g	17g



Beef & Green Beans Pasta Bowl

Serves 2

25 Minutes

Cook the pasta according to instructions on the packaging.

Thinly slice the beef. Diagonally slice the spring onions into 1-1.5 inch pieces. Peel and finely slice the garlic.

Heat coconut oil in a large pan over medium-high heat. Cook the beef for 3 minutes, then transfer to a plate and drizzle with 1 tbsp tamari.

In the same pan, sauté the garlic and spring onions for 3 minutes or until softened. Return the beef to the pan, add the remaining tamari, beef stock, and green beans, and cook for 2-3 minutes.

Add the cooked pasta and stir. Cook for 2 minutes, stirring occasionally. Serve and enjoy!

4 oz. (120g) whole-wheat pasta

10 oz. (300g) beef steak

4 spring onions

2 cloves garlic

1 tbsp. coconut oil

2 tbsp. tamari

2.7 fl.oz (80ml) beef stock

3.5 oz. (100g) green beans, frozen

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	611kcal	52g	40g	27g



Tropical Chicken Mango Stir-Fry

Serves 4

20 Minutes

Make the sauce: Mix rice vinegar, water, tamari, and honey in a bowl. Set aside.

Next, season the chicken strips with salt and pepper, then coat with buckwheat flour; set aside.

Heat 1 tbsp coconut oil in a wok or large pan over high heat. Stir-fry the red bell pepper, red onion, chili pepper, garlic, and ginger for 3 minutes. Add mango strips and cook for 2 minutes. Remove from the pan and set aside.

Add 1 tbsp of coconut oil to the pan. Stir-fry the chicken for 3 minutes until cooked. Return the mango and vegetables to the pan. Add the sauce and mix well. Cook on high for 2 minutes, stirring occasionally, until the sauce thickens.

Serve hot with rice (rice not included in nutrition info).

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

Sauce:

- 3 tbsp. rice vinegar
- 3 tbsp. water
- 5 tbsp. tamari
- 2 tbsp. honey

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	306kcal	25g	29g	10g



Salmon Teriyaki

with Green Beans & Sweetcorn Rice

Serves 4

1 Hour 15 Minutes

Combine the sauce ingredients in a bowl and season with salt and pepper. Set aside.

Remove the salmon skin, rinse, pat dry, and marinate in the sauce for 1 hour.

Cook the rice as instructed. Four minutes before it's done, add the green beans, drain, and stir in the sweetcorn.

Preheat the oven to 450°F (230°C).

Place the salmon in an oven-safe dish, reserving the marinade. Bake for 8-10 minutes. Three minutes before the end, sprinkle sesame seeds on the salmon.

Heat the reserved marinade in a small saucepan until it thickens. Remove from heat and stir in the sesame oil.

Serve the rice and salmon, drizzling with the thickened sauce.

4 salmon fillets (5 oz. each/150g each)

5 oz. (150g) frozen green beans

5 oz. (150g) sweetcorn

3.5 oz. (100g) brown rice

2 tbsp. sesame seeds

1 tbsp. sesame oil

Sauce:

8 tbsp. tamari

3 tbsp. maple syrup

1 tbsp. lime juice

4 tbsp. grated ginger

2 cloves garlic, grated

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	571kcal	44g	38g	27g



Zesty Chicken Stir-Fry

Serves 4

35 Minutes

1 tbsp. coconut oil

1 lb. (450g) chicken breast,
chopped

1 tbsp. garlic, minced

3 sprigs green onion,
chopped

5.2 oz. (150g) snap peas or
mangetout

1 red bell pepper, chopped

1 lb. (450g) cooked brown
rice

1 carrot, grated

1 tbsp. sesame seeds

1 tsp. orange zest

Sauce:

Fresh juice of 1 orange

3.5 oz. (100g) low-sugar
marmalade

4 tbsp. tamari

1 tsp. sriracha (or to taste)

1 tbsp. buckwheat flour

Mix all the sauce ingredients. Add water if needed to thin it slightly.

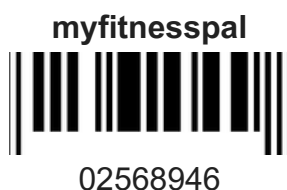
Heat coconut oil in a large pan over high heat. Cook the chicken breast for 4-5 minutes until done. Remove from the pan and set aside.

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

Add snap peas and bell pepper. Cook for 3-4 minutes. Add the cooked rice and mix with the vegetables.

Add the cooked chicken, grated carrot, and sauce. Stir well.

Garnish with sesame seeds and extra green onions before serving.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	425kcal	54g	32g	9g



Pesto Tuna Pasta

Serves 4

20 Minutes

Cook the pasta as directed on the package. While the pasta cooks, boil the green beans for 5 minutes, then drain.

When the pasta is done, drain it and return it to the pot. Stir in the pesto and green beans until well coated.

Divide the pasta into four bowls. Top each with an equal amount of tuna.

Garnish with chopped almonds and season with black pepper to taste.

10.5 oz. (300g) gluten-free fusilli pasta

14 oz. (400g) green beans, halved

8.4 oz. (240g) tuna in water, drained (2 tins)

1 oz. (30g) roasted almonds, coarsely chopped

4.5 oz. (130g) green pesto

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	530kcal	66g	26g	18g



Peppery Steak Stir-Fry

Serves 4

15 Minutes

Slice the beef into thin strips and combine it with 4 tsp tamari, 1 tbsp rice wine, 1 tsp buckwheat flour, and ½ tsp black pepper. Stir to coat.

Mix 3 tbsp tamari, 1 tbsp water, and 2 tsp buckwheat flour in a bowl. Set aside.

Heat 1 tsp coconut oil in a pan over high heat. Cook the beef for 20 seconds until it starts to brown, then stir and cook for another 2 minutes. Transfer to a plate. Reduce heat to medium, add 1 tsp coconut oil, and cook onions and bell peppers for 4-5 minutes until tender.

Return the beef to the pan, and add the tamari mixture (and red chili pepper flakes if desired). Stir-fry for 30-60 seconds until the sauce thickens.

Serve with rice (rice is optional and not included in nutrition info).

Meal-prep: Refrigerate in an airtight container for up to 4 days.

12 oz. (340g) round beef, trimmed

7 tbsp. tamari

1 tbsp. rice wine

5 tsp. buckwheat flour, divided

2 tsp. coconut oil

1 large onion, sliced into strips

1 red bell pepper, sliced into strips

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	202kcal	7g	21g	10g



Speedy Beef Chow Mein

Serves 4 | 20 Minutes

Cook the noodles as directed on the package.

Slice the beef into thin strips.

In a wok over medium heat, warm the sesame oil. Add the garlic and ginger, cooking for 1 minute. Add the beef and stir occasionally for 2 minutes.

Add the leeks, bell pepper, and mushrooms, stirring frequently and cooking for about 5 minutes.

Add the noodles, season with a pinch of white pepper and sugar, pour in the tamari and 2 tbsp water, then stir well and cook for another 2 minutes.

Serve the chow mein in individual dishes and garnish with chopped spring onions.

5.5 oz. (160g) egg noodles

7 oz. (200g) beef tenderloin

1 tbsp. sesame oil

1 clove garlic, minced

1 tbsp. grated ginger

½ leek, sliced (mostly white parts)

1 red bell pepper, sliced

3 mushrooms, sliced

pinch of sugar

3 tbsp. tamari

2 tbsp. chopped spring onions

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	352kcal	34g	18g	16g



Chili Sweet Potato Bowl

Serves 4

50 Minutes

Preheat the oven to 420°F (215°C).

Wash and cut the sweet potatoes into chips. Toss with garlic powder, onion powder, salt and pepper, and buckwheat flour. Drizzle with 1 tbsp olive oil.

Spread the chips on a baking tray. Bake for 40 minutes, stirring after 20 minutes.

While baking, heat a skillet over medium-high heat. Cook ground beef for 2-3 minutes until browned. Season with chili flakes.

Add tomatoes and water. Simmer on low for 20 minutes until most liquid evaporates.

Serve the chips topped with chili, mashed avocado, and coriander.

3 medium sweet potatoes

2 tsp. garlic powder

1 tsp. onion powder

2 tbsp. buckwheat flour

1 lb. (450g) lean ground beef

1 tbsp. chili flakes

1 can (14 oz/400g) chopped tomatoes

6 fl oz. (170ml) water

2 tbsp. chopped coriander

1 avocado, mashed

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	507kcal	33g	24g	31g