



Low-Carb Recipe Pack



40 HEALTHY TASTY RECIPES FOR EVERY MEAL



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29. Baked Quinoa Chicken Nuggets
30. Sesame Ginger Beef Stir Fry with Zoodles

Contents & Key

31. Shrimp Tom Yum Soup	GF	Gluten Free
32. Baked Salmon & Warm Quinoa Salad	DF	Dairy Free
33. Protein Strawberry Muffins	LC	Low Carb (<20g per serve)
34. Yogurt & Peanut Butter Protein Fluff	MP	Meal Prep/Freezer Friendly
35. Easy Banana & Strawberry Cake	HP	High Protein (>20g per serve)
36. Ferrero Rocher Energy Balls	V	Vegetarian
37. Almond & Coconut Energy Balls	Q	Quick (under 30 mins)
38. Mocha Energy Balls	N	Contains Nuts
39. Plant-Based Crème Brulee		
40. Stuffed Banana Chocolate Bites		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Easy Herby Sausages	Cured Ham, Pear & Walnut Salad	E.g. Almond & Coconut Energy Balls	Jerk Chicken with Coconut Cauliflower Rice
Tuesday	Easy Herby Sausages	Leftover Jerk Chicken with Coconut Cauliflower Rice	E.g. Almond & Coconut Energy Balls	Shrimp Tom Yum Soup
Wednesday	Spiced Turmeric Poached Egg with Spinach	High Protein Coronation Chicken Salad	E.g. Almond & Coconut Energy Balls	Leftover Shrimp Tom Yum Soup
Thursday	Asian Inspired Scrambled Eggs	High Protein Coronation Chicken Salad	E.g. Almond & Coconut Energy Balls	Baked Quinoa Chicken Nuggets with Side of Choice
Friday	Protein Cottage Cheese Pancakes	Leftover Baked Quinoa Chicken Nuggets	E.g. Stuffed Banana Chocolate Bites	Baked Salmon & Warm Quinoa Salad
Saturday	Spiced Turmeric Poached Egg with Spinach	Grilled Vegetable Salad with Tuna, Mint & Pistachio	E.g. Almond & Coconut Energy Balls	Meal Out - Enjoy!
Sunday	Protein Cottage Cheese Pancakes	Cured Ham, Pear & Walnut Salad	E.g. Almond & Coconut Energy Balls	Leftover Baked Salmon & Warm Quinoa Salad

Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 1 pear • 3 lemons • 3 limes • 1 large bag spinach • 2 tomatoes • 1 bag rocket • celery • 1 bulb garlic • 2 zucchinis • bunch asparagus • 14 oz. (400g) cauliflower rice • 1 onion • 3.5 oz. (100g) shiitake mushrooms • 1 red bell pepper • 7 oz. (200g) sugar snaps • sage • basil • mint • coriander • parsley • chives • 6 apricots 	<ul style="list-style-type: none"> • 7 oz. (200g) shrimps • 4 salmon fillets • 9 oz. (250g) ground pork • cured ham • 5 oz. (150g) cooked chicken • 2 lbs. (900g) chicken breast • cottage cheese • blue cheese • Greek yogurt • Parmesan • 6 eggs 	<ul style="list-style-type: none"> • wheat flour • quinoa • almond meal • pine nuts • walnuts • pistachio nuts • turmeric • curry powder • thyme • allspice • garlic powder • cinnamon • cayenne pepper • fish spices 	<ul style="list-style-type: none"> • coconut oil • white wine vinegar • mayonnaise • 2 cans tuna in olive oil • 1 light coconut milk (canned) • 1 full fat coconut milk (canned) • tom yum paste • fish sauce • coconut sugar • maple syrup • honey • vanilla extract • vegetable stock cubes • desiccated coconut

Sample Weekly Meal Planner Two

	Breakfast	Lunch	Snack	Dinner
Monday	Cottage Cheese & Basil Filled Omelet	Greek Cucumber Salad	E.g. Yogurt & Peanut Butter Protein Fluff	High Protein Turkey Salad
Tuesday	Cottage Cheese & Basil Filled Omelet	Leftover High Protein Turkey Salad	E.g. Yogurt & Peanut Butter Protein Fluff	Zesty Chicken & Asparagus Salad
Wednesday	Egg & Avocado Filling	Crushed Cucumber & Salmon Salad	E.g. Yogurt & Peanut Butter Protein Fluff	Leftover Zesty Chicken & Asparagus Salad
Thursday	Green Pea & Tofu Paste	Crushed Cucumber & Salmon Salad	E.g. Yogurt & Peanut Butter Protein Fluff	Sesame Ginger Beef Stir Fry with Zoodles
Friday	The Best Sweetcorn Fritters	Leftover Sesame Ginger Beef Stir Fry with Zoodles	E.g. Yogurt & Peanut Butter Protein Fluff	Cod with Creamy Sauce with Zoodles
Saturday	Egg & Avocado Filling	Leftover The Best Sweetcorn Fritters	E.g. Yogurt & Peanut Butter Protein Fluff	Meal Out - Enjoy!
Sunday	Yogurt & Peanut Butter Protein Fluff	Greek Cucumber Salad	E.g. Yogurt & Peanut Butter Protein Fluff	Leftover Cod with Creamy Sauce with Zoodles

Weekly Shopping List Two

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none">• 2 avocados• 6 lemons• 1 lime• cherry tomatoes• 2 bulbs garlic• 2 cucumbers• spring onions• white cabbage• red cabbage• 2 red bell peppers• 1 carrot• radishes• bean sprouts• spring onions• ginger• 4 zucchinis• bunch asparagus• 1 bag rocket• Frozen green peas• basil• coriander• mint• chives	<ul style="list-style-type: none">• 6 oz. (180g) hot smoked salmon• 10 oz. (300g) cod fillets• 1 lb. (450g) turkey breast• 1 lb. (450g) ground beef (5% fat)• 4 chicken breasts• cottage cheese• Greek yogurt• feta cheese• cream• 9 eggs• natural tofu	<ul style="list-style-type: none">• oregano• paprika• turmeric• chili• sesame seeds• almonds	<ul style="list-style-type: none">• coconut oil• sesame oil• sweetcorn• peanut butter• black olives• tahini• fish sauce• rice wine vinegar• white wine vinegar• soy sauce (reduced sodium)• sundried tomatoes• honey• vegetable stock



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.





Spiced Turmeric Poached Egg Spinach

Serves 2

15 Minutes

2 tsp. pine nuts

14 oz. (400g) fresh spinach

4.4 oz. (125g) tomatoes,
halved

1 tbsp. white wine vinegar

1 tsp. ground turmeric

2 medium-sized eggs

Heat a dry pan over medium. Toast the pine nuts for 2 minutes, then set aside.

In the same pan, heat 1 tbsp olive oil. Stir-fry spinach and tomatoes for 2 minutes or until wilted. Season with salt and pepper.

Boil a pot of water. Add vinegar and turmeric. Reduce heat to simmer. Poach each egg for 3 minutes, then remove with a slotted spoon.

Divide the spinach mixture between two bowls. Top each with a poached egg and toasted pine nuts. Season with more salt and pepper if needed. Serve immediately, breaking the eggs just before eating.

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GF	DF	LC	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	222kcal	11g	13g	14g



Cottage Cheese & Basil Filled Omelet

Serves 4

20 Minutes

6 large eggs

4 tbsp. water

1 tbsp. oil or butter

1 bunch fresh basil

7 oz. (200g) cottage cheese

12 cherry tomatoes

Beat the eggs and water in a bowl. Season with salt and pepper.

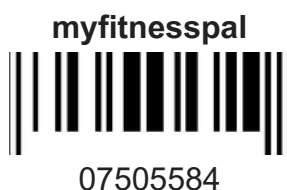
Heat oil or butter in a pan over medium heat. Add enough egg mixture to make a thin omelet. Cook until set, then keep warm under foil. Repeat to make four omelets.

Finely chop the basil and mix with cottage cheese. Add pepper to taste.

Quarter the cherry tomatoes.

Divide the cheese mixture and tomatoes among the omelets. Roll each omelet tightly.

Cut diagonally and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	184kcal	4g	15g	12g



Easy Herby Sausages

Serves 8

20 Minutes

8.8 oz. (250g) ground pork

2 tbsp. chopped sage

2 tbsp. chopped basil

1 tbsp. coconut oil

Mix the ground pork with salt, pepper, sage, and basil in a bowl. Shape into eight sausages.

Heat coconut oil in a large non-stick pan over medium heat. Cook the sausages until browned and cooked through.

Serve hot or refrigerate for later.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	87kcal	0g	6g	7g



Egg & Avocado Filling

Serves 2

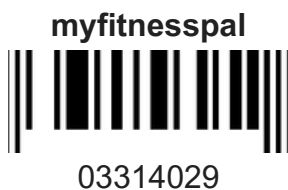
20 Minutes

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

Peel and chop the boiled eggs. Place the eggs in a bowl and add minced garlic, diced avocado, and chopped coriander.

Drizzle with lemon juice and olive oil. Season with salt and pepper and mix gently.

Garnish with more coriander. Serve immediately on bread or as is.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	317kcal	11g	12g	25g



Protein Cottage Cheese Pancakes

Serves 4

20 Minutes

8.8 oz. (250g) cottage cheese

3 eggs, yolks and whites separated

1 tsp. vanilla extract

1 tbsp. coconut sugar

3 heaped tbsp. flour (regular or gluten-free)

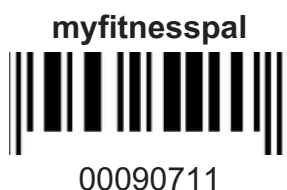
Combine cottage cheese, egg yolks, vanilla extract, and flour in a bowl. Mix until smooth.

Whisk egg whites and coconut sugar into a stiff foam in a separate bowl.

Fold the egg whites into the cottage cheese mixture to make batter.

Heat a non-stick pan over medium heat. Spoon 2 tablespoons of batter per pancake into the pan. Cook for 3 minutes until browned, then flip and cook for 2 more minutes.

Serve warm with Greek yogurt, honey, and berries.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	146kcal	11g	12g	6g



Gluten-Free Tropical Granola

Serves 20

2 Hours 20 Minutes

5.8 oz. (165g) pineapple, cubed

5 Medjool dates, pitted & roughly chopped

2 tbsp. orange juice

1 tbsp. vanilla extract

1 tsp. ground cinnamon

4 tbsp. coconut oil, melted

14 oz. (400g) almonds, roughly chopped

5.2 oz. (150g) cashew nuts, roughly chopped

3 oz. (90g) coconut flakes, unsweetened

2.4 oz. (70g) sunflower seeds

Preheat the oven to 250°F (120°C) and line two baking sheets with parchment paper.

Blend the pineapple, dates, orange juice, vanilla, and cinnamon in a food processor until smooth. Add melted coconut oil and blend until combined.

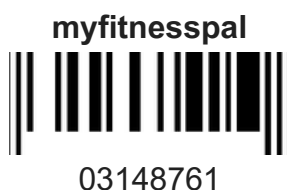
Mix chopped almonds, cashews, coconut flakes, sunflower seeds, and a pinch of salt in a large bowl. Fold in the pineapple mixture until well combined.

Spread the granola evenly on the baking sheets.

Bake for about 2 hours, stirring every 20 minutes and rotating the sheets after 1 hour. Monitor closely in the last 30 minutes to prevent burning. Remove when golden brown.

Cool before transferring to airtight containers.

Storage: The granola can be stored in airtight containers for up to two weeks.



GF	DF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	277kcal	15g	7g	21g



Egg & Smoked Mackerel Paste

Serves 4

10 Minutes

4 eggs, hard-boiled

7 oz. (200g) smoked mackerel

1 small onion, finely chopped

4 small pickled gherkins, chopped

2 tbsp. light mayonnaise

2 tbsp. natural yogurt

bunch of chives, chopped

Peel and chop the hard-boiled eggs. Place in a bowl.

Debone and chop the mackerel. Add to the bowl with the eggs.

Add chopped onion and gherkins.

Season with salt and pepper. Add mayonnaise, yogurt, and chives. Mix well.

Serve with bread, vegetables, or alone.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	233kcal	3g	17g	17g



Egg Broccoli & Ham Breakfast Muffins

Serves 6

20 Minutes

½ head of broccoli

5 eggs

1 clove of garlic, minced

4 slices of ham, chopped

1 oz. (30g) of grated cheese

Preheat the oven to 360°F (180°C).

Boil the broccoli for 3 minutes, then drain and chop.

Beat the eggs in a bowl. Add minced garlic, and a pinch of salt, and pepper.

Grease a 6-mold muffin tray. Evenly distribute the broccoli, ham, and cheese among the molds.

Pour the egg mixture into each mold. Bake for 10-15 minutes or until set.



GF	DF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	90kcal	1g	8g	6g



High Protein Egg, Bacon & Avo Breakfast Bowl

Serves 1

10 Minutes

2 bacon medallions

2 hard-boiled eggs, peeled and chopped

½ large avocado, chopped

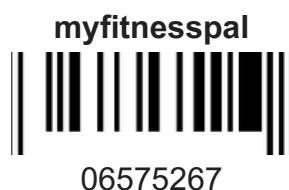
1 tbsp. red onion, finely chopped

1 tbsp. red bell pepper, finely chopped

Fry the bacon in a non-stick pan until crisp. Cool slightly, then chop.

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

Season with salt and pepper. Serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	373kcal	10g	27g	25g



Asian Inspired Scrambled Eggs

Serves 1

10 Minutes

3 eggs

tamari, a few drops

2 tbsp. coriander, chopped
(plus extra for garnish)

¼ avocado

½ tsp. black sesame seeds

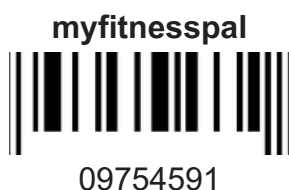
Separate the egg yolks from the whites. Mix the yolks with tamari and chopped coriander.

Heat a non-stick pan over medium heat. Cook the egg whites until almost set.

Reduce heat to low. Fold in the yolk mixture and stir gently for 30 seconds until creamy.

Serve with black sesame seeds and extra coriander. Add avocado slices on the side.

Serving Suggestion: Crunchy toast!
(not included in nutrition details)



GF	DF	LC	HP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	315kcal	7g	20g	23g



Garlic Herb Baked Zucchini Fries

Serves 4

35 Minutes

2 zucchinis
1 clove garlic, crushed
1 egg
1 tsp. plant milk
4 tbsp. breadcrumbs
1 tsp. dried oregano
1 tsp. dried thyme

Preheat the oven to 430°F (220°C).

Cut the zucchini into sticks, like fries. Set aside.

Whisk the egg in a bowl with plant milk, garlic, oregano, thyme, and a pinch of salt and pepper. Set aside.

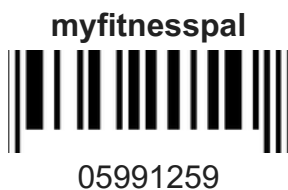
Grease a baking tray with 1 tbsp of olive oil.

Spread breadcrumbs on a plate.

Dip each zucchini stick in the egg mixture, coat with breadcrumbs, and place on the tray.

Bake for 15 minutes, turning the fries often and drizzling with 2 tbsp olive oil during cooking.

Season with salt if needed and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	156kcal	8g	4g	12g



Tofu Summer Rolls with Caesar Sauce

Serves 4

25 Minutes

3.5 oz. (100g) firm tofu

1 tbsp. coconut oil

4 Romaine lettuce leaves,
shredded

½ avocado, sliced

2 tbsp. grated Parmesan
cheese

4 tbsp. Caesar salad
dressing

4 rice paper wrappers

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

Heat coconut oil in a pan over medium-high heat. Cook tofu for 4-5 minutes per side until golden. Remove, cool, and slice into 8 strips.

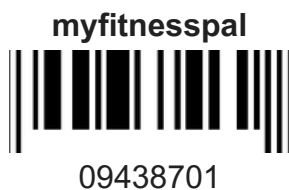
Dip a rice paper wrapper in warm water until softened, then place on a damp towel.

Add tofu strips, avocado, Parmesan, and lettuce to the center.

Fold the sides inward and roll tightly. Place on a damp towel-lined plate. Repeat with the remaining wrappers.

Serve immediately with Caesar dressing.

Chef's Secret: To prevent sticking, keep your fingers damp when handling rice paper wrappers.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	170kcal	15g	5g	10g



The Best Sweetcorn Fritters

Makes 8

30 Minutes

9.8 oz. (280g) organic sweetcorn, drained

1 bunch coriander, chopped

zest of 1 lemon

4.2 oz. (120g) buckwheat flour

6.2 fl. oz. (185ml) cold water

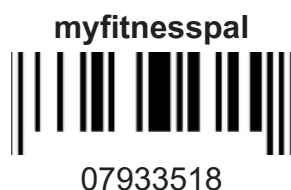
4 tsp. coconut oil

In a large bowl, combine sweetcorn, coriander, and lemon zest. Season with salt and pepper. Then, stir in buckwheat flour and water until smooth.

Heat coconut oil in a non-stick skillet over high heat. Ladle in the mixture, cooking in batches of four fritters, using ½ tsp. of oil per fritter.

Cook each fritter for 2-3 minutes on each side until browned.

Note: One fritter is one serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	124kcal	19g	3g	4g



Green Pea & Tofu Paste

Serves 2

10 Minutes

3.5 oz. (100g) green peas,
frozen

1.7 oz. (50g) natural tofu

¼ avocado

1 handful of mint leaves

1 tbsp. olive oil

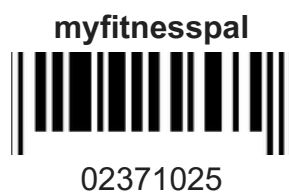
1 tbsp. lemon juice

Defrost frozen peas in a bowl of boiling water.

Combine peas, crumbled tofu, avocado, mint leaves, olive oil, and lemon juice in a blender. Season with salt and pepper. Blend until smooth.

Adjust flavor with more mint or lemon juice if needed.

Serve with toast (not included in nutrition information).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	172kcal	10g	6g	12g



Creamy Black Bean Hummus

Serves 8

5 Minutes

1x 14 oz. (400g) can of black beans, reserve the water

1 garlic clove, minced

2 tbsp. olive oil

2 tbsp. tahini

2 tbsp. lime juice

½ tsp. cumin

½ tsp. salt

¼ tsp. cayenne pepper

Blend ¼ cup black bean water in a food processor with garlic, olive oil, tahini, lime juice, cumin, salt, and cayenne until smooth.

Add black beans and blend for 1-2 minutes until creamy.

Serve with vegetables or crackers.

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



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	98kcal	8g	3g	6g



Kale Tofu Salad with Peanut Dressing

Serves 4

20 Minutes

14 oz. (400g) natural tofu

Wrap tofu in a towel and press to remove moisture.

3 oz. (90g) kale, chopped

Combine chopped kale, shredded cabbage, and grated carrot in a large bowl.

3.5 oz. (100g) purple cabbage, shredded

Whisk all dressing ingredients in a bowl until smooth.

1 red bell pepper, chopped

Heat coconut oil in a skillet over medium-high heat. Slice tofu into strips, season with salt and pepper, and fry for 5 minutes on each side until golden.

1 oz. (30g) carrot, grated

1 tbsp. coconut oil

To serve, divide salad into bowls, top with tofu, drizzle with dressing, and season with black pepper if desired.

Dressing:

3 tbsp. peanut butter

2 tbsp. coconut milk

1 tbsp. rice vinegar

1 tbsp. honey

1 tbsp. soy sauce

½ lime, juiced

½ tsp. chili flakes

1-2 tbsp. water (adjust to desired consistency)

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	273kcal	15g	15g	17g



Smoked Salmon & Strawberry Salad Mix

Serves 2

5 Minutes

2 oz. (60g) lamb's lettuce, rocket, or a mix

3.5 oz (100g) smoked salmon, torn

4.4 oz (125g) mozzarella balls, torn

5.2 oz. (150g) strawberries, halved

A handful of basil leaves

Dressing:

1 tbsp. honey

1 tbsp. olive oil

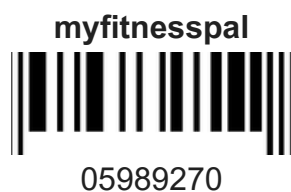
1 tbsp. lemon juice

1 tsp. honey mustard here

Whisk all dressing ingredients in a bowl.

Divide lettuce between two plates and top with the remaining ingredients.

Drizzle dressing over salads. Season with black pepper and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	371kcal	17g	24g	23g



Chicken, Avocado Cucumber Salad

Serves 4

25 Minutes

½ head of iceberg lettuce,
shredded

12 basil leaves, torn

1 avocado, diced

2 tsp. lemon juice

½ cucumber, peeled &
sliced

4 tbsp. walnuts, chopped

10.5 oz. (300g) chicken
breast filets

1 tbsp. olive oil

1 tbsp. mustard

1 tbsp. honey

3 tbsp. yogurt

1 tbsp. mayonnaise

1 clove garlic, minced

Combine and toss shredded lettuce and torn basil in a large bowl. Divide among 4 serving bowls.

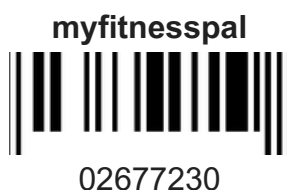
Season chicken with salt and rub with olive oil. Heat a dry pan over medium heat and fry chicken for 5 minutes on each side.

Mix mustard and honey. Brush the filets with half the sauce, flip, and cook for 1 and a half minutes. Repeat on the other side. Cool slightly, then chop.

Cube avocado and drizzle with lemon juice. Slice cucumber.

Mix yogurt, mayonnaise, and minced garlic for the garlic sauce. Season with salt and pepper.

Top salads with chicken, avocado, cucumber, and walnuts. Drizzle with garlic sauce and serve.



GF	LC	MP	HP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	320kcal	14g	21g	20g



Cured Ham, Pear & Walnut Salad

Serves 2

15 Minutes

4.4 oz. (125g) rocket
(arugula)

1 ripe pear, peeled,
quartered, cored, & sliced

3 oz. (85g) blue cheese,
cubed

3.5 oz (100g) cured ham,
cut into strips

4 tbsp. walnuts, chopped

Dressing:

1 tbsp. olive oil

2 tsp. lemon juice

1 tbsp. maple syrup

sea salt & freshly ground

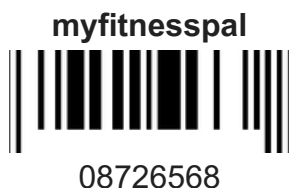
black pepper, to taste

Whisk all dressing ingredients in a bowl and season with salt and pepper.

Divide the rocket (arugula) between two bowls.

Top with the remaining ingredients.

Drizzle dressing over the salads and serve immediately.



GF	LC	HP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	486kcal	20g	25g	34g



Greek Cucumber Salad

Serves 2

10 Minutes

1 medium cucumber

8.8 oz. (250g) cherry tomatoes cut in half

2 spring onions, chopped

3.5 oz. (100g) feta cheese, cubed

1 oz. (30g) black olives, pitted

Dressing:

1 tsp. dried oregano

1 tbsp. lemon juice

2 tbsp. olive oil

1 large garlic clove, crushed

Whisk all the dressing ingredients in a bowl. Set aside.

Spiralize the cucumber. Cut into 2-3 inch noodles and place in a bowl.

Add the remaining ingredients to the cucumber bowl.

Drizzle dressing over the salad and toss gently.

Divide the salad between two plates and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	343kcal	15g	10g	27g



Crushed Cucumber & Salmon Salad

Serves 2

10 Minutes

1 red bell pepper, chopped

1 cucumber, crushed & chopped

1 garlic clove, thinly sliced

handful fresh coriander, to taste, chopped

6 oz. (170g) hot smoked salmon filets

Dressing:

juice of 1 lime

1 tbsp. fish sauce

1 tbsp. rice wine vinegar

1 tbsp. sesame oil

1 tbsp. black sesame seeds

Combine chopped red bell pepper, crushed cucumber, sliced garlic, and chopped coriander in a large bowl.

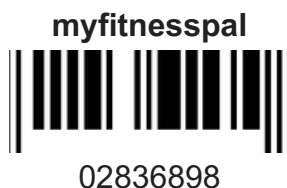
Whisk all dressing ingredients in a bowl.

Drizzle dressing over the vegetables and toss to coat.

Divide the salad between two plates.

Flake salmon and arrange on top.

Season with black pepper and serve immediately.



GF	DF	LC	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	351kcal	13g	23g	23g



High Protein Coronation Chicken Salad

Serves 2

10 Minutes

1 tbsp. mayonnaise

2 tbsp. Greek yogurt
(0% fat)

1 tsp. curry powder

5 oz. (150g) Chicken, pre-cooked and cold, chopped

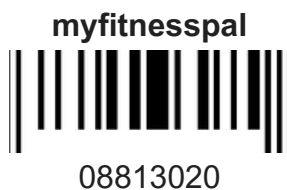
1.4 oz. (40g) dried apricots, chopped

1 celery stick, chopped

In a bowl, combine and mix mayonnaise, Greek yogurt, and curry powder.

Add chicken, apricots, and celery. Season with salt and pepper, then mix well to coat evenly.

Serve as a dish with a side salad or use as a sandwich filling.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	228kcal	14g	25g	8g



Grilled Veg Salad with Tuna, Mint & Pistachio

Serves 4

20 Minutes

1 lemon, zested & juiced

5.6 oz. (160g) canned tuna in olive oil

0.5 oz. (15g) fresh mint leaves

1 garlic clove, crushed

2 zucchinis

12.3 oz. (350g) asparagus

1.7 oz. (50g) pistachios, peeled & chopped

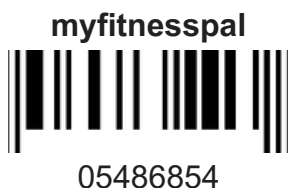
Drain the tuna oil into a bowl.

To make the dressing, blitz lemon zest, lemon juice, tuna oil, mint leaves, and garlic in a blender until smooth. Season with salt and pepper.

Slice zucchinis, and season with salt and pepper. Preheat a grill pan over medium heat. Grill zucchini for 6 minutes, turning once. Grill asparagus for 4 minutes, turning once.

In a bowl, toss grilled vegetables with the dressing.

Divide vegetables and tuna among four plates. Sprinkle with chopped pistachios and serve.



GF	DF	LC	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	210kcal	13g	17g	10g



High Protein Turkey Salad

1 lb. (450g) cooked turkey breast, sliced

2.4 oz. (70g) white cabbage, shredded

2.4 oz. (70g) red cabbage, shredded

1 red bell pepper, finely sliced

1 large carrot, grated

6 radishes, finely sliced

3.5 oz. (100g) bean sprouts

3 green onions, finely sliced

4 tbsp. chopped coriander

3 tbsp. toasted sesame seeds

1 oz. (30g) chopped almonds

Dressing:

4 tbsp. tahini

4 tbsp. water

4 tbsp. lemon juice

1 garlic clove, minced

1 tbsp. honey

Serves 5

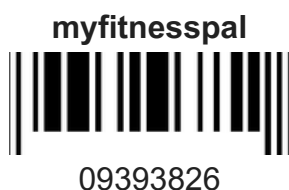
25 Minutes

Blend all dressing ingredients in a food processor until creamy. Set aside.

In a separate bowl, combine all salad ingredients and mix well.

Pour the dressing over the salad and toss to coat.

Serve immediately or refrigerate.



GF	DF	LC	MP	HP	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	398kcal	19g	40g	18g



Easy Salmon Spring Rolls

Serves 4

15 Minutes

4 sheets rice paper

fresh coriander

7 oz. (200g) salmon, cut
into 4 pieces

1 tbsp. coconut oil

2 tbsp. tamari, to serve

Boil a small amount of water. Remove from heat. Dip each rice paper sheet in the water for 30 seconds, then lay flat on a damp cloth.

Place coriander leaves, salmon, and black pepper on each sheet. Wrap into rolls.

Heat coconut oil in a pan over medium heat. Fry rolls for 2 minutes on each side until golden brown.

Transfer to a paper towel to drain. Serve with tamari and a side salad if desired.



GF	DF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	138kcal	9g	12g	6g



Cod with Creamy Sauce with Zoodles

Serves 2

30 Minutes

10 oz. (300g) cod fillets

1 tsp. paprika

1 tsp. turmeric

1 tsp. oregano

½ tsp. chili powder

1 tbsp. buckwheat flour

4 tbsp. vegetable stock

5 tbsp. cream, dairy or plant-based

3 tbsp. chives, chopped

2 medium zucchinis

1 tsp. oil

1 clove garlic, minced

4 sun dried tomatoes, chopped

Cut the cod into pieces. Season with salt, pepper, paprika, turmeric, oregano, and chili powder. Coat with buckwheat flour.

Heat 2 tablespoons of oil in a pan over medium heat. Fry the cod for 5 minutes per side until golden.

Combine cream and hot vegetable stock. Pour over the cod. Bring to a boil, then simmer for 2-3 minutes. Add chives and simmer for 1-2 minutes.

Use a julienne peeler, spiralizer, or vegetable peeler to make zucchini noodles (zoodles).

Heat 1 teaspoon of oil in another pan over medium heat. Sauté garlic for 30 seconds. Add zoodles and cook for 3-4 minutes until softened. Season with salt and pepper. Stir in sundried tomatoes before removing from heat.

Divide the zoodles between two bowls. Top each with a piece of cod and spoon over the sauce.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	242kcal	17g	21g	10g



Jerk Chicken Coconut Cauliflower Rice

Serves 4

30 Minutes

1 lb. (450g) chicken breast

14 oz. (400g) cauliflower rice

2 tbsp. coconut oil, divided

1 onion, diced

3 garlic cloves, minced

8 oz. (240ml) light coconut milk, canned

1 lime, zest and juice

handful of coriander, chopped (for garnish)

lime wedges, for serving

Marinade:

1 tsp. dried thyme leaves

1 tsp. ground allspice

2 tbsp. brown sugar

½ tsp. salt

½ tsp. pepper

2 tsp. garlic powder

½ tsp. cinnamon

½ tsp. cayenne

2 tbsp. olive oil

2 tbsp. lime juice

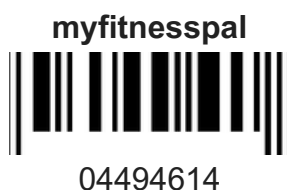
Combine marinade ingredients in a bowl. Add chicken breasts and coat thoroughly. Marinate for at least 15 minutes or overnight.

Heat 1 tbsp coconut oil in a pan over medium-high heat. Sauté diced onion for 3 minutes until softened.

Add minced garlic and cauliflower rice. Cook for 2 minutes, then pour in coconut milk. Cook for 10 minutes until absorbed. Remove from heat and stir in lime zest and juice. Season with salt and pepper.

Heat the remaining 1 tbsp coconut oil in another pan over medium heat. Cook the chicken for 8-10 minutes, turning occasionally, until fully cooked and browned.

Serve the chicken on cauliflower rice. Garnish with chopped coriander and lime wedges.



GF	DF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	369kcal	17g	28g	21g



Zesty Chicken & Asparagus Salad

Serves 4

40 Minutes

2 lemons

1 ½ tbsp. oregano

1 ½ tbsp. olive oil

2 tsp. minced garlic

1.3 lbs. (600g) boneless chicken breasts

8 oz. (225g) asparagus

8 green onions, trimmed

1 tsp. coconut oil

1 ½ tbsp. white wine vinegar

4 oz. (120g) rocket (arugula)

Preheat the oven to 400°F (200°C).

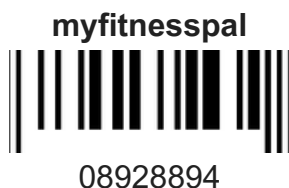
Grate 2 tbsp of lemon zest, then halve the lemons.

Mix lemon zest, oregano, olive oil, and garlic in a bowl. Add chicken, season with salt and pepper, and toss to coat.

Place chicken and lemon halves on a baking tray. Bake for 20-25 minutes until cooked and browned. Cool slightly, then chop.

Heat coconut oil in a skillet over medium heat. Cook asparagus and green onions for 3-4 minutes until tender, turning occasionally. Cut into 2-inch pieces.

Arrange the rocket on plates; top with asparagus and green onions. Drizzle with white wine vinegar, season with salt and pepper, and serve with chicken and roasted lemon halves.



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	275kcal	8g	36g	11g



Baked Quinoa Chicken Nuggets

Serves 4

45 Minutes

1 lb. (450g) chicken breasts, cut into chunks

6.5 oz. (185g) cooked quinoa

1 egg, beaten

4 tbsp. grated Parmesan cheese

1 tbsp. dried herbs of choice

Preheat the oven to 350°F (180°C).

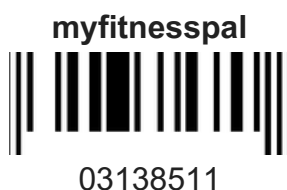
Spread cooked quinoa on a parchment-lined baking tray. Bake for 20-25 minutes, stirring occasionally until crispy. Then, set aside to cool on a plate.

Increase oven temperature to 390°F (200°C).

Mix beaten egg, Parmesan, and dried herbs in a bowl.

Dip chicken chunks in the egg mixture, then coat with quinoa.

Arrange on a parchment-lined tray. Bake for 15-20 minutes until cooked through.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	227kcal	10g	31g	7g



Sesame Ginger Beef Stir Fry with Zoodles

Serves 4

15 Minutes

4 tbsp.tamari

1 tbsp. xylitol (or other sweetener)

2 tbsp rice wine vinegar

1 lb. (450g) ground lean beef (5% fat)

2 tbsp. sesame oil

1 tbsp. fresh ginger, grated

3 cloves garlic, minced

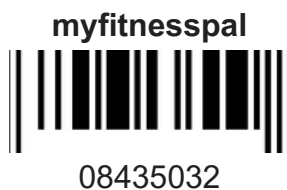
2 medium zucchinis, spiralized

Combine soy sauce, rice wine vinegar, and sweetener; set aside.

Heat a non-stick pan over medium heat. Cook beef for 7-10 minutes until done. Then, push the beef to one side of the pan. Add sesame oil, ginger, and garlic to the empty space; cook for 1 minute.

Pour in the sauce and stir to coat the beef. Cook for 1 minute.

Briefly heat spiralized zucchinis with beef to serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	382kcal	5g	23g	30g



Shrimp Tom Yum Soup

Serves 4

15 Minutes

2.1 pt. (1L) vegetable stock

2 tbsp. Tom Yum paste

3.3 fl. oz. (100ml) canned
coconut milk

7.9 oz. (225g) canned
chopped tomatoes

3.5 oz. (100g) shiitake
mushrooms, roughly
chopped

7 oz. (200g) shrimp, peeled
& deveined

2 tbsp. fish sauce

1 tbsp. lime juice

fresh coriander

Fresh red chili

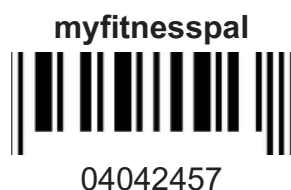
Pour vegetable stock into a pot and add Tom Yum paste.
Bring to a boil over medium heat.

Stir in coconut milk, tomatoes, and mushrooms. Cook for 5
minutes until tender.

Add shrimp and cook for 1 minute until pink.

Remove from heat and season with fish sauce and lime juice.

Garnish with fresh coriander and chili to serve.



GF	DF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	137kcal	10g	13g	5g



Baked Salmon & Warm Quinoa Salad

Serves 4

25 Minutes

1 red bell pepper

1 tbsp. olive oil

1.1 lbs. (520g) salmon fillets

1 tsp. mixed spices for salmon

7 oz. (200g) sugar snap peas

2.1 pt. (1L) boiling water

8.8 oz. (250g) cooked quinoa

2 handfuls fresh parsley

2 tbsp. fresh chives

Preheat the oven to 400°F (200°C).

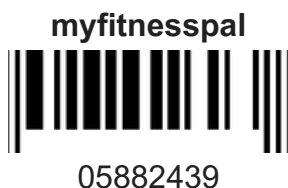
Cut the red bell pepper into strips. Heat olive oil over medium heat and stir-fry the peppers for 5 minutes.

Place the salmon fillets on a baking tray lined with paper. Season and bake for 10 minutes.

Blanch sugar snap peas with boiling water. Add peas and quinoa to the peppers. Heat for 4 minutes, stirring occasionally.

Chop parsley and chives, then mix into the quinoa.

Serve the quinoa salad with the baked salmon.



GF	DF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	307kcal	19g	33g	11g



Protein Strawberry Muffins

3.5 oz. (100g) strawberries,
finely chopped

4 tbsp. 75% dark chocolate,
coarsely chopped

Dry:

4.2 zo. (120g) oat flour

4 tbsp. vanilla protein
powder

1 tbsp. lemon juice

zest of ½ a lemon

2 tbsp. stevia

½ tsp. baking soda

pinch of sea salt

pinch of cinnamon

Wet:

1 tbsp. coconut oil, melted

3.5 oz. (100g)
(approximately 3 large
eggs) egg whites

2 tbsp. unsweetened
almond milk

4.4 oz. (125g) non-fat
Greek yogurt

1 tsp. vanilla extract

Makes 12

35 Minutes

Preheat the oven to 350°F (180°C).

Combine all **Dry** ingredients in a large bowl.

Mix all **Wet** ingredients in a separate bowl until smooth.

Gradually stir the **Wet** mixture into the **Dry** ingredients until combined. Fold in strawberries and most of the chocolate, reserving some for topping.

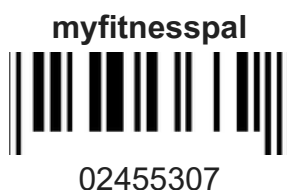
Line a muffin tray with liners and spray with oil.

Distribute the batter evenly among the cups. Top with reserved chocolate.

Bake for 23-25 minutes until set and lightly browned.

Cool in the tray for 10 minutes, then transfer to a wire rack to cool completely.

Storage Note: Store muffins in an airtight container for 1-2 days at room temperature or 5-7 days in the refrigerator.



GF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	108kcal	12g	6g	4g



Yogurt & Peanut Butter Protein Fluff

Serves 2

5 Minutes

8.8 oz. (250g) full-fat Greek yogurt

2 tbsp. peanut butter or almond butter

2 tsp. stevia

Whisk all ingredients in a bowl until fluffy.

Serve across two bowls and top with your choice of garnish.

Serve Suggestions: banana slices, granola, blueberries (not included in nutritional information).



GF	LC	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	219kcal	14g	16g	11g



Easy Banana & Strawberry Cake

Serves 16

1 Hour 10 Minutes

4 small ripe bananas
4.5 oz. (130g) wheat flour
2 oz. (60g) buckwheat flour
4 tbsp. coconut oil, melted
2 tbsp. stevia or xylitol
1 egg
1 tsp. baking powder
3.5 oz. (100g) strawberries,
halved

Preheat the oven to 350°F (180°C).

Blitz the bananas in a food processor until smooth. Then, add the egg, coconut oil, and xylitol and blend until combined. Next, add the wheat flour, buckwheat flour, and baking powder and blend into a smooth batter.

Pour the batter into a greased cake tray and top with halved strawberries.

Bake for 60 minutes or until golden brown and a tester comes out clean.



DF	LC	MP	V	
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	116kcal	18g	2g	4g



Ferrero Rocher Energy Balls

Serves 12

10 Minutes

6.3 oz. (180g) hazelnuts,
plus 12 whole hazelnuts for
filling

2 tbsp. cocoa powder

2 tbsp. maple syrup

1 tsp. vanilla extract

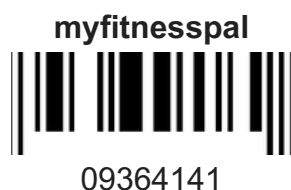
pinch of sea salt

2 tbsp. dark chocolate
chunks

Add 1 cup of hazelnuts to a food processor and pulse until finely chopped. Then, add cocoa powder, agave syrup, vanilla extract, sea salt, and chocolate chunks. Pulse until the mixture clumps. If too dry, add 1-2 teaspoons of water.

Roll into bite-sized balls, inserting a whole hazelnut into each.

Serve immediately or refrigerate.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	126kcal	6g	3g	10g



Almond & Coconut Energy Balls

Serves 6

10 Minutes

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

Combine almond meal, honey, and melted coconut oil in a bowl. Mix thoroughly with your hands.

Add lemon juice then form the mixture into 6 balls.

Roll each ball in desiccated coconut or poppy seeds.



GF	DF	LC	MP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	164kcal	10g	4g	12g



Mocha Energy Balls

Serves 10

2 Hours 10 Minutes

3 oz. (85g) dark chocolate,
70-80%

5 tbsp. full-fat coconut milk

2 tbsp. coconut sugar

2 tbsp. instant coffee

2 tbsp. almond butter

pinch of sea salt

2 tbsp. cocoa powder

Melt the chocolate in a bowl using the microwave.

Heat coconut milk, instant coffee, and sugar in a saucepan until nearly boiling.

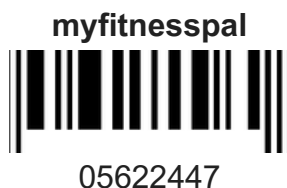
Whisk in almond butter and a pinch of sea salt until smooth.

Pour the hot mixture over the melted chocolate and stir until combined.

Cover with cling film and refrigerate for 2 hours until firm.

Lightly dust a clean surface with cocoa powder. Scoop a spoonful of the chocolate mixture, shape it into a ball, and roll it in the cocoa powder. Repeat to make 10 balls.

Serve at room temperature and store in the fridge.



GF	DF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	112kcal	8g	2g	8g



Plant-Based Crème Brulee

Serves 4

1 Hour 10 Minutes

1 vanilla pod

6.7 fl oz. (200ml) full-fat
canned coconut milk

13.5 fl oz. (400ml)
unsweetened almond milk

4 tbsp. brown sugar

2 ½ tsp. agar-agar

Split the vanilla pod and scrape out the seeds. Set both aside.

Combine coconut milk, almond milk, half the brown sugar, agar-agar, and the vanilla pod and seeds in a pot. Bring to a boil, stirring frequently. Remove from heat and cool to room temperature.

Discard the vanilla pod. Pour the mixture into 4 dishes and refrigerate for 1 hour to set.

Sprinkle the remaining brown sugar over each dish. Caramelize with a kitchen torch until golden and bubbly.



GF	DF	LC	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	138kcal	11g	1g	10g



Stuffed Banana Chocolate Bites

Serves 16

1 Hour 30 Minutes

3 ripe bananas

2.9 oz. (85g) natural peanut
butter

3 oz. (90g) dark chocolate
chips

2 tsp. coconut oil

Line a tray with baking paper.

Peel and slice the bananas.

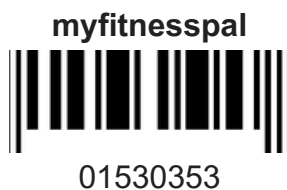
Place ½ teaspoon of peanut butter on a banana slice and top with another slice, making about 30 sandwiches.

Arrange the sandwiches on the tray and freeze for 1 hour.

Melt the chocolate chips and coconut oil.

Dip each frozen sandwich into the chocolate, coating half.

Return to the tray and freeze until the chocolate sets.



GF	LC	MP	V	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	98kcal	9g	2g	6g