

THE STUDIO 

# Vegetarian Recipe Pack



58 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

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Goats Cheese Avo Toast	Quinoa Zoodles Poached Egg Bowl	E.g. Oat Carrot Cookies	Cauliflower Tikka Masala
<b>Tuesday</b>	Salad Breakfast Bowl	Leftover Cauliflower Tikka Masala	E.g. Oat Carrot Cookies	Creamy Sun-dried Tomato & Almond Pasta
<b>Wednesday</b>	Goats Cheese Avo Toast	Quinoa Zoodles Poached Egg Bowl	E.g. Oat Carrot Cookies	Leftover Creamy Sun-dried Tomato & Almond Pasta
<b>Thursday</b>	Salad Breakfast Bowl	Chickpea & Tahini Stuffed Eggplant	E.g. Oat Carrot Cookies	Pesto Sweet Potato with Feta Pomegranate
<b>Friday</b>	Superfood Salad with Fried Egg	Leftover Pesto Sweet Potato with Feta Pomegranate	E.g. Oat Carrot Cookies	Creamy Leek & Rosemary Risotto
<b>Saturday</b>	Peanut Butter Jelly Smoothie	Chickpea & Tahini Stuffed Eggplant	E.g. Oat Carrot Cookies	Meal Out - Enjoy!
<b>Sunday</b>	Superfood Salad with Fried Egg	Peanut Butter Jelly Smoothie	E.g. Oat Carrot Cookies	Creamy Leek & Rosemary Risotto

# Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"><li>• 1x avocado</li><li>• 2x limes</li><li>• 1x lemon</li><li>• 1x banana</li><li>• 1x pomegranate</li><li>• blueberries</li><li>• 1x bag mixed salad leaves</li><li>• baby cucumbers</li><li>• 1x broccoli</li><li>• 1x bulb garlic</li><li>• 4x onions</li><li>• 2x zucchinis</li><li>• 1x aubergines</li><li>• cherry tomatoes</li><li>• 1x carrot</li><li>• 1x cauliflower</li><li>• ginger</li><li>• 1.7 lbs. (800g) sweet potato</li><li>• 2x leeks</li><li>• Frozen raspberries</li><li>• Dried cranberries</li><li>• parsley</li><li>• coriander</li><li>• rosemary</li></ul>	<ul style="list-style-type: none"><li>• goats cheese</li><li>• feta cheese</li><li>• Parmesan</li><li>• cream</li><li>• 7x eggs</li><li>• almond milk</li></ul>	<ul style="list-style-type: none"><li>• quinoa</li><li>• instant oats</li><li>• whole-grain flour</li><li>• brown rice pasta</li><li>• risotto rice</li><li>• sesame seeds</li><li>• pumpkin seeds</li><li>• cashews</li><li>• roasted almonds</li><li>• chili flakes</li><li>• ground turmeric</li><li>• paprika</li><li>• oregano</li><li>• curry powder</li><li>• cumin</li><li>• cinnamon</li><li>• mixed herbs</li><li>• baking powder</li><li>• vanilla extract</li></ul>	<ul style="list-style-type: none"><li>• coconut oil</li><li>• 1x can chopped tomatoes</li><li>• 1x can coconut milk</li><li>• chickpeas</li><li>• tahini</li><li>• pesto</li><li>• sundried tomatoes</li><li>• tomato puree</li><li>• balsamic vinegar</li><li>• honey</li><li>• maple syrup</li><li>• bread</li><li>• vegetable stock</li></ul>

# Sample Weekly Meal Planner Two

	Breakfast	Lunch	Snack	Dinner
<b>Monday</b>	Asian Inspired Scrambled Eggs	Pear, Walnut & Goats Cheese Salad	E.g. Coconut Truffles	Grilled Pumpkin, Tofu & Bulgur Salad Bowl
<b>Tuesday</b>	Protein Orange Pancakes	Leftover Grilled Pumpkin, Tofu & Bulgur Salad Bowl	E.g. Coconut Truffles	Sweet Potato Saag Aloo with Rice
<b>Wednesday</b>	Asian Inspired Scrambled Eggs	Pear, Walnut & Goats Cheese Salad	E.g. Coconut Truffles	Leftover Sweet Potato Saag Aloo with Rice
<b>Thursday</b>	Feta Pomegranate Toast	Kale Broccoli Salad	E.g. Coconut Truffles	'Throw Together' Veggie Salad
<b>Friday</b>	Protein Orange Pancakes	Leftover 'Throw Together' Veggie Salad	E.g. Coconut Truffles	Quick Chickpea, Sweet Potato & Spinach Curry
<b>Saturday</b>	Tropical Coconut Smoothie Bowl	Kale Broccoli Salad	E.g. Coconut Truffles	Meal Out - Enjoy!
<b>Sunday</b>	Feta Pomegranate Toast	Tropical Coconut Smoothie Bowl	E.g. Coconut Truffles	Quick Chickpea, Sweet Potato & Spinach Curry

# Weekly Shopping List Two

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"><li>• 2x oranges</li><li>• 1x avocado</li><li>• 2x lemons</li><li>• 1x pomegranate</li><li>• 2x bananas</li><li>• 1x mango</li><li>• blueberries</li><li>• 1x kiwi</li><li>• 1x pear</li><li>• mixed Asian vegetables</li><li>• 2x bags mixed salad leaves</li><li>• 1 lb. (500g) pumpkin</li><li>• 2x bags spinach</li><li>• 1x bag kale</li><li>• 1x bag rocket</li><li>• 1x broccoli</li><li>• 4x sweet potatoes</li><li>• 3x tomatoes</li><li>• bunch asparagus</li><li>• 4x onions</li><li>• 1x bulb garlic</li><li>• ginger</li><li>• 1x chili pepper</li><li>• coriander</li><li>• mint</li></ul>	<ul style="list-style-type: none"><li>• natural yoghurt</li><li>• feta cheese</li><li>• goats cheese</li><li>• 7x eggs</li><li>• coconut milk</li><li>• tofu</li></ul>	<ul style="list-style-type: none"><li>• spelt flour</li><li>• granola</li><li>• bulgur wheat</li><li>• sesame seeds</li><li>• coconut chips</li><li>• desiccated coconut</li><li>• walnuts</li><li>• almonds</li><li>• chili powder</li><li>• rosemary</li><li>• curry powder</li><li>• paprika</li><li>• turmeric</li><li>• vanilla extract</li><li>• baking powder</li><li>• raisins</li></ul>	<ul style="list-style-type: none"><li>• sesame oil</li><li>• coconut oil</li><li>• soy sauce</li><li>• balsamic glaze</li><li>• balsamic vinegar</li><li>• almond butter</li><li>• 2x cans chickpeas</li><li>• mustard</li><li>• tahini</li><li>• 2x cans coconut milk</li><li>• coconut sugar</li><li>• honey</li><li>• maple syrup</li><li>• whole-meal bread</li><li>• coconut water</li><li>• vegetable stock</li></ul>



## 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.





# Avocado Egg Tapenade Toast

Serves 2

10 Minutes

2 eggs

1 avocado

2 slices of your favorite  
bread

2 tbsp. tapenade

coriander leaves

microgreens (optional)

Boil eggs for 7 minutes, then cool.

Toast the bread.

Pit and slice the avocado.

Peel and quarter the eggs.

Spread tapenade on toast.

Top with avocado and egg. Season with salt and pepper.  
Garnish with coriander and microgreens, if desired.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	357kcal	23g	10g	25g



# Asian Inspired Scrambled Eggs

Serves 2

15 Minutes

3 eggs

2 egg whites

1 tbsp. soy sauce

2 tsp. sesame oil

7 oz. (200g) mixed Asian vegetables

1 tsp. black sesame seeds

fresh coriander

Whisk the eggs and egg whites in a bowl with pepper and soy sauce. Heat 1 tsp sesame oil in a pan over medium-low heat. Add mixed vegetables and 1 tbsp water, season with salt and pepper, and cook for 4-5 minutes until tender. Transfer vegetables to a plate.

Pour the egg mixture into the pan and swirl to coat. Cook for 30 seconds without stirring. Push set eggs to the edge and raw eggs to the center. Continue every 15 seconds until set. Sprinkle with sesame seeds.

Remove from heat, serve with vegetables, and top with fresh coriander and more sesame seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	258kcal	15g	18g	14g



# Goats Cheese Avo Toast

Serves 2

5 Minutes

4 small slices of bread

Toast the bread.

1 avocado

Smash the avocado with a fork. Spread the avocado on the toast.

1 oz. (30g) goat cheese

Top with crumbled goat cheese. Season with salt, pepper, and lime juice. Sprinkle with sesame seeds and chili.

1 tbsp. black sesame seeds

½ lime, juiced

hot chili pepper or flakes, to taste

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	401kcal	35g	9g	25g



# Feta Pomegranate Toast

Serves 2

5 Minutes

2 slices wholemeal bread

1 avocado

2 oz. (60g) feta cheese,  
crumbled

¼ pomegranate, seeds

mint leaves

Toast the bread.

Halve, pit, and scoop out the avocado. Mash it with salt and pepper.

Spread avocado on the toast. Top with crumbled feta and pomegranate seeds. Garnish with mint leaves and serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	382kcal	34g	12g	22g



# Salad Breakfast Bowl

Serves 2

10 Minutes

2 slices bread of choice

Toast the bread and tear it into small pieces.

2 handfuls salad leaves per bowl

Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.

2 baby cucumbers, sliced

Drizzle with olive oil, honey, and lemon juice.

2.6 oz (75g) feta cheese, cubed

2.6 oz (75g) blueberries

2 tbsp. pumpkin seeds

2 tsp. honey

½ lemon, juiced

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	379kcal	42g	10g	19g



# Superfood Fried Egg Salad

Serves 2

20 Minutes

10.5 oz. (300g) broccoli

2 tbsp. coconut oil

1 garlic clove, minced

¼ onion, chopped

2 tbsp. pumpkin seeds

1 tbsp. dried cranberries

lemon juice

4 eggs

## Spices:

½ tsp. ground turmeric

½ tsp. chili flakes

½ tsp. paprika

½ tsp. oregano

Chop the broccoli into tiny pieces or use a food processor for broccoli rice. Set aside.

Heat 1 tbsp coconut oil in a pan over medium-high heat. Add minced garlic, chopped onion, and pumpkin seeds. Fry for 5 minutes, stirring.

Add dried cranberries, broccoli rice, and spices. Season with salt and pepper. Fry for 5-7 minutes, adding water if needed. Drizzle with lemon juice.

Heat the remaining 1 tbsp coconut oil in another pan and fry the eggs. Serve the eggs on top of the broccoli rice. Season with salt and pepper.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	429kcal	22g	20g	29g



# Cheese & Sun-dried Tomato Breakfast Wrap

Serves 4

10 Minutes

14 oz. (400g) cottage  
cheese

2 avocados, pitted

4 medium corn wraps

3.5 oz. (100g) sun-dried  
tomatoes, chopped

4 handfuls of lettuce

Heat the corn wraps according to the package instructions.

Mash the avocados with a fork and spread them over the wraps. Season with sea salt and black pepper.

Evenly divide the cottage cheese, sun-dried tomatoes, and lettuce over the avocado.

Roll the wraps tightly and wrap them in cling film.

Refrigerate until ready to serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	400kcal	37g	18g	20g



# Tropical Coconut Smoothie Bowl

Serves 2

10 Minutes

2 bananas, frozen slices

4.4 oz. (125g) mango,  
frozen cubes

5.4 fl. oz. (160ml) coconut  
water

2.7 fl. oz. (80ml) coconut  
milk

2 tbsp. blueberries

1 kiwi, peeled and sliced

2 tbsp. coconut chips

2 tbsp. granola

Place the bananas, mango, coconut water, and coconut milk in a blender or food processor. Blend until smooth.

Divide the smoothie between 2 bowls. Top with the kiwi, blueberries, coconut chips, and granola. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	315kcal	59g	4g	7g



# Flax Raspberry Smoothie Bowl

Serves 1

15 Minutes

- 3 tbsp. flaxseeds
- 4 fl. oz. (120ml) water
- 1 cup frozen raspberries
- 3 tbsp. beetroot juice
- 2 tbsp. natural yogurt
- 1 tsp. raw cacao nibs

Boil the water in a kettle.

Place the flaxseeds in a small pot and add the boiling water. Cook for about 5 minutes until the water turns sticky. Remove from heat and let it cool slightly.

Blend the raspberries and beetroot juice until smooth. Add the cooked flaxseeds and blend again.

Transfer the smoothie to a bowl. Top with yogurt and cacao nibs. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	262kcal	33g	10g	10g



# Coconut Chocolate Oats

Serves 3

15 Minutes

3 oz. (90g) oats

2 tbsp. desiccated coconut

6.7 fl. oz. (200 ml) coconut milk

2 tbsp. coconut sugar or honey

1.7 oz. (50 g) dark chocolate, chopped

handful of raspberries

Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to a boil, then reduce the heat and cook, covered, for about 10 minutes, stirring 2-3 times.

Remove the lid, add the coconut milk and sugar. Mix well and take off the heat.

Divide the mixture between bowls, sprinkle with chopped chocolate, and top with raspberries. Serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	317kcal	44g	6g	13g



# Overnight Vanilla Oats

Serves 2

5 Minutes

11.8 fl. oz. (350ml) vanilla yogurt (soy or dairy)

5 tbsp. rolled oats

1 tbsp. honey

2-4 strawberries, sliced

1 kiwi, sliced

Mix yogurt and oats in a jar and refrigerate overnight.

In the morning, add honey and mix well. Serve in bowls topped with strawberries and kiwi.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	261kcal	35g	19g	5g



# Cottage Cheese Banana Pancakes

Makes 6

20 Minutes

- 3 oz. (90g) oats
- 1 ripe banana
- 4 oz. (115g) cottage cheese
- 2 egg whites
- 4 tbsp. coconut milk (from a carton)
- ½ tsp. cinnamon
- ½ tsp. baking powder
- 4 tbsp. dark chocolate chips (70%)

Place all ingredients except the chocolate chips into a blender and blend until smooth. Stir in the chocolate chips.

Heat a non-stick pan over medium-high heat. Fry the pancakes on each side for 2-3 minutes until golden brown.

The batter makes about 6 small pancakes. Serve with your favorite toppings.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	444kcal	57g	18g	16g



# Berry Fluffy Pancakes

Makes 8

20 Minutes

7 oz. (200g) cottage cheese

2 eggs

2 tbsp. coconut sugar

2 tbsp. coconut oil, melted  
2.7 fl. oz. (80ml) coconut  
milk

5.6 oz. (160g) wheat flour

2 tsp. baking powder

24 raspberries

32 blueberries

Place the cottage cheese in a bowl and crush it with a fork. Add the eggs and coconut sugar and whisk well. Pour in the melted coconut oil and coconut milk, and mix again.

Add the flour and baking powder, mixing until smooth.

Heat a non-stick pan over medium heat. Drop 2 tablespoons of batter per pancake onto the pan. Level the surface and add a few berries on top.

Cook for 2 minutes until the pancakes rise and brown on the bottom. Flip and cook for another 2 minutes until browned. Serve hot or cold.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	269kcal	45g	11g	5g



# Protein Orange Pancakes

Serves 2

15 Minutes

2 eggs  
8 tbsp. natural yogurt  
2 tsp. coconut sugar  
2 tsp. orange zest  
2 tsp. vanilla extract  
8 tbsp. spelt flour  
1 tsp. baking powder  
1 tsp. coconut oil, melted  
orange slices, for serving

Mix the eggs, yogurt, coconut sugar, and orange zest in a bowl. Fold in the spelt flour and baking powder until smooth. Add the melted coconut oil and mix again.

Heat a non-stick pan over low-medium heat. Fry the pancakes until golden brown.

Serve with orange slices and fresh berries.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	398kcal	53g	24g	10g



# Banana Almond Pancakes

Serves 2

25 Minutes

4.4 oz. (125g) mango, cubed

2 passion fruits

2 oz. (60g) almond flour

1 ripe banana

1 medium egg

Put mango cubes, passion fruit, and 4 tbsp water in a saucepan. Heat on low for 10 minutes, stirring until softened. Let cool.

Blend almond flour, banana, and egg until smooth.

Heat 1 tsp oil in a non-stick pan. Scoop 6 portions of batter into the pan.

Fry for 3 minutes per side until browned. Turn carefully.

Serve with cooled fruit spread.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	392kcal	41g	12g	20g



# Quinoa Zoodles

## Poached Egg Bowl

Serves 2

25 Minutes

9.8 oz. (280g) cooked quinoa

1 tbsp. coconut oil

2 garlic cloves, crushed

2 medium zucchinis, spiralized (zoodles)

12 cherry tomatoes, halved

1 tsp. oregano or mixed herbs

2 medium poached eggs

chili flakes, to taste

Divide the quinoa into 2 plates.

Heat half the coconut oil in a pan over medium heat. Sauté the garlic for 1-2 minutes, then add the zoodles. Cook for 3-4 minutes, stirring often. Season with salt, pepper, and herbs. Add the zoodles to the plates.

Heat the remaining coconut oil in the same pan and cook the cherry tomatoes for 2-3 minutes. Season with salt, pepper, and oregano. Add the tomatoes to the quinoa and zoodles.

Top with a poached egg. Season with chili flakes and black pepper.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	359kcal	40g	16g	15g



# Pear Walnut & Goats Cheese Salad

Serves 2

10 Minutes

3.5 oz. (100g) mixed salad leaves

Divide the salad leaves between 2 plates.

1 ripe pear

Peel the pear, quarter it, remove the seeds, and cut it into bite-sized pieces. Toss in a bowl with lemon juice.

2 tbsp. lemon juice

Add the pear to the salad leaves.

3.5 oz. (100g) goat cheese

To make the dressing, add honey, 1 tbsp olive oil, salt, and lemon juice to a bowl and mix well.

1 oz. (30g) walnuts

Crumble goat cheese over the salads and top with chopped walnuts. Drizzle with the dressing and serve.

1 tbsp. honey



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	404kcal	27g	11g	28g



# Quinoa & Parsley Salad

Serves 2

10 Minutes

1 oz. (30g) parsley, roughly chopped,

1.7 oz. (50g) cooked quinoa

1 avocado, peeled, stone removed, cut into cubes

½ cucumber, cut into cubes

½ zucchini, cut into cubes

1 small red onion, finely diced

juice of 1 lemon

**Garnish:**

1 oz. (30g) mixed seeds and nuts

Combine all ingredients in a bowl.

Drizzle with 1 tsp. olive oil and lemon juice. Season with salt and pepper.

Mix well and serve with mixed seeds and nuts sprinkled on top.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	357kcal	24g	9g	25g



# Grilled Pumpkin, Tofu & Bulgur Salad Bowl

Serves 2

30 Minutes

17 oz. (500g) pumpkin,  
cubed

1 tsp. sweet paprika

1 tsp. chili powder

2 tsp. dried rosemary

1 tbsp. honey

1.4 oz. (40g) walnuts,  
chopped

1.7 oz. (50g) bulgur wheat

few handfuls of spinach

2.8 oz. (80g) tofu, drained &  
cubed

1 tbsp. balsamic glaze

Preheat the oven to 400°F (200°C).

Season the pumpkin with salt, pepper, paprika, and rosemary. Toss with 1 tbsp olive oil and honey.

Spread the pumpkin on a parchment-lined baking tray. Bake for 20 minutes, adding the walnuts and tofu halfway through.

Boil  $\frac{3}{4}$  cup of water in a pot. Add the bulgur and a pinch of salt. Cover and simmer for 20 minutes until tender.

Combine the cooked bulgur, roasted pumpkin, walnuts, tofu, and spinach on the baking tray. Mix well.

Divide onto plates, season with pepper, and drizzle with balsamic glaze. Serve warm or cold.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	479kcal	55g	13g	23g



# Superfood Salad with Tahini Dressing

Serves 2

10 Minutes

7 oz. (200g) baby kale  
2 handfuls microgreens  
2 carrots, shredded  
8 radishes, thinly sliced

## Dressing:

juice of ½ lemon  
2 tbsp. tahini  
1 tsp. honey  
2 tbsp. water  
1 garlic clove, minced  
cayenne pepper, to taste

Mix all dressing ingredients in a blender until smooth. Taste and adjust seasoning if needed.

Toss the salad ingredients in a large bowl.

Drizzle the dressing over the salad and toss to combine.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	218kcal	25g	7g	10g



# Roasted Root Veg Salad

Serves 4

40 Minutes

2 medium carrots, peeled

2 medium parsnips, peeled

1 lb. (450g) pumpkin,  
peeled

4 oz. (120g) rocket/arugula

1.7 oz. (50g) feta cheese

4 tbsp. pumpkin seeds

Preheat the oven to 400°F (200°C).

Cut the carrots and parsnips into small strips. Peel cube the pumpkin.

Place all the vegetables in a roasting tray and toss with 1 tbsp olive oil. Season with sea salt and black pepper. Roast for 20-30 minutes, until tender and lightly browned.

Add the roasted vegetables and rocket to a large bowl. Drizzle with 1 tbsp olive oil.

Sprinkle with crumbled feta cheese and pumpkin seeds. Season with sea salt and black pepper. Serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	262kcal	27g	7g	14g



# Kale Broccoli Salad

Serves 2

25 Minutes

½ head broccoli

4.4 oz. (125g) kale

4.4 oz. (125g) mixed salad leaves

4 tbsp. raisins

4 tbsp. roasted almonds, chopped

## Dressing:

1 tbsp. honey

1 tbsp. balsamic vinegar

2 tbsp. lemon juice

1 tbsp. almond butter

Preheat the oven to 400°F (200°C).

Place broccoli on a baking tray, drizzle with 1 tbsp olive oil, and season with salt and pepper. Roast for 15-20 minutes, adding kale in the last 10 minutes. Remove from the oven.

Mix roasted broccoli, kale, salad leaves, almonds, and raisins in a bowl.

Whisk the dressing ingredients in another bowl. Drizzle over the salad and mix well before serving.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	405kcal	41g	13g	21g



# 'Throw Together' Veggie Salad

Serves 3

40 Minutes

1 medium sweet potato

4.2 oz. (120g) chickpeas,  
drained

1 tbsp. olive oil

9 oz. (250g) asparagus

1 oz. (30g) spinach

1 oz. (30g) kale

1 oz. (30g) arugula (rocket)

Preheat the oven to 375°F (190°C).

Chop the sweet potato and place it on a baking tray with the chickpeas. Drizzle with 1 tbsp olive oil and season with salt and pepper. Roast for 30 minutes, adding the asparagus after 20 minutes.

Mix all the dressing ingredients in a bowl.

Toss spinach, kale, and arugula with the dressing.

Divide the greens into bowls. Top with roasted veggies. Serve warm or cold.

## Dressing:

1 tsp. mustard

1 tbsp. tahini

2 tbsp. lemon juice

1 tbsp. olive oil

1 tsp. honey



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	333kcal	42g	12g	13g



# Sun-dried Tomato Artichoke Salad

Serves 2

5 Minutes

4.5 oz. (130g) lentils,  
drained

2.4 oz. (70g) sun-dried  
tomatoes, drained

2.8 oz. (80g) artichokes,  
drained

8 oz. (225g) spinach

½ cucumber, chopped

## Dressing:

2 tbsp. tahini

2 tsp. apple cider vinegar

1 tbsp. tamari or soy sauce

1 tsp. honey

Prepare the vegetables and place them in a mixing bowl.

Mix all dressing ingredients in a separate bowl. Season with salt and pepper.

Drizzle the dressing over the vegetables and mix well.

Divide the salad into two plates and serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	218kcal	25g	7g	10g



# Peanut Honey Tofu

Serves 4

45 Minutes

1 tbsp. coconut oil

14 oz. (400g) tenderstem  
broccoli

12.4 oz. (350g) firm tofu

**Sauce:**

4 tbsp. natural peanut butter

2 tbsp. tamari or soy sauce

2 tbsp. water

5 tbsp. honey

1 tsp. sesame oil

½ tsp. chili flakes

1 tbsp. grated ginger

Drain the tofu and press between paper towels and plates with a heavy item on top for 30 minutes.

Cut the tofu into ½-inch (1.25 cm) cubes.

Mix the sauce ingredients in a bowl and set aside.

Steam or boil the broccoli until tender, then set aside.

Heat coconut oil in a pan over medium heat. Add the tofu and cook for 10-15 minutes, turning occasionally, until browned. Add the sauce and stir well.

Remove from heat and serve with the broccoli.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	342kcal	30g	15g	18g



# Chickpea & Tahini Stuffed Eggplant

Serves 4

45 Minutes

2 large aubergines

1 small onion, chopped

2 cloves garlic, chopped

2 tbsp. chopped parsley,  
plus more for garnish

7 oz. (200g) chickpeas,  
drained

2 tbsp. tahini

juice of ½ lime

## Spices:

1 tsp. turmeric

1 tsp. oregano

1 tsp. cumin

1 tbsp. fresh coriander,  
chopped

⅓ tsp. hot paprika

⅓ tsp. sweet paprika

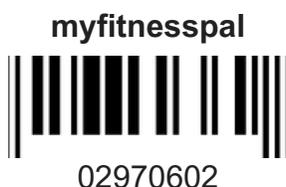
Preheat the oven to 400°F (200°C).

Halve the aubergines lengthwise and place them on a baking tray lined with baking paper. Bake for 25-30 minutes. When cooked, scoop out the flesh, leaving ¼ inches (½ cm) of the edges. Chop the flesh and set aside.

Heat 2 tbsp of olive oil in a pan over medium heat. Fry chopped onion and garlic for 2-3 minutes. Add the chopped aubergine, salt, and pepper. Cook for 5 minutes, stirring often.

Add spices and cook for 2-3 minutes, adding water if needed. Stir in chopped parsley, then remove from heat. Add chickpeas, tahini, and lime juice. Mix well and season to taste.

Fill the aubergine halves with the stuffing and garnish with fresh parsley.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	297kcal	36g	9g	13g



# Pesto Sweet Potato with Feta Pomegranate

Serves 4

45 Minutes

1.7 lbs. (800g) sweet potato

1 tbsp. olive oil

2.8 oz. (80g) feta cheese, crumbled

seeds of ½ pomegranate (approx. 1.7 oz / 50g)

1.7 oz. (50g) pesto (homemade or store-bought)

Preheat the oven to 390°F (200°C).

Wash and slice the sweet potatoes. Season with salt, pepper, and 1 tbsp olive oil. Bake for 30-45 minutes until tender.

Remove from oven and spread pesto on the baked slices. Top with crumbled feta and pomegranate seeds. Adjust seasoning if needed.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	265kcal	31g	6g	13g



# Peanut Tempeh Skewers & Asian Slaw

Serves 4

25 Minutes

14 oz. (400g) natural tempeh

## Marinade:

4 tbsp. crunchy peanut butter  
3 tbsp. coconut milk (more if required), reduced fat  
1 tbsp. sesame oil  
1 tbsp. lime juice  
1 tbsp. tamari  
1 tbsp. honey  
1 tsp. chili paste (sambal oelek)  
1 tsp. grated ginger

## Slaw:

10.5 oz. (300g) red cabbage, shredded  
1 tbsp. sesame oil  
1 tsp. honey  
1 tbsp. lime juice  
2 tsp. grated ginger  
sesame seeds, to serve

Cut the tempeh into 32 cubes.

Mix the marinade ingredients and coat the tempeh. Refrigerate for at least 1-2 hours or overnight.

Preheat the oven to 350°F (180°C).

Thread 4 tempeh cubes on each skewer. Bake in the oven on a baking sheet for 20-25 minutes, checking to avoid burning. Save the marinade.

Mix the slaw ingredients, season with salt and pepper, and set aside.

Serve 2 skewers per person with leftover marinade and slaw. Sprinkle with sesame seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	369kcal	21g	24g	21g



# Sweet Potato Buckwheat Pancakes

Serves 4

25 Minutes

10.5 oz. (300g) sweet potato, grated

½ small onion, grated

1 clove garlic, crushed

2 eggs

3 heaped tbsp. buckwheat flour

½ tsp. sweet paprika

2 tbsp. coconut oil

Combine all ingredients (except coconut oil) in a bowl, adding a pinch of salt and pepper, and mix well.

Heat coconut oil in a pan over medium heat. Drop a heaped tablespoon of batter per pancake (makes about 16).

Fry each pancake for 3 minutes on one side, then flip and fry for 1-2 minutes until golden brown.

Serve with your favorite toppings, like hummus or avocado.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	173kcal	18g	5g	9g



# Basil Leek & Green Pea Soup

Serves 4

20 Minutes

- 2 tsp. coconut oil
- 14 oz. (400g) leek, chopped
- 2.1 pts. (1L) water
- 2 vegetable stock cubes
- 1 lb. (450g) garden peas
- ½ oz. (15g) fresh basil, chopped
- 5.2 oz. (150g) light feta, crumbled

Heat the coconut oil in a large saucepan and cook the chopped leek for 2 minutes.

Add the water and vegetable stock cubes, boil, and cook for 5 minutes. Add the garden peas and cook for 2 minutes.

Stir in three-quarters of the chopped basil, turn off the heat, and puree the soup with a hand blender until smooth.

Divide the soup into 4 bowls. Sprinkle with crumbled feta and the remaining basil. Season with freshly ground black pepper and serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	247kcal	25g	12g	11g



# Broccoli Ginger Soup

Serves 4

15 Minutes

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks, chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled and chopped
- 1 tsp. turmeric
- 1 tbsp. sesame oil
- 6.3 pts. (3L) vegetable stock
- 6 tbsp. natural yogurt (or dairy-free option)
- 6 tsp. sunflower seeds

Heat the coconut oil in a large pot over medium heat. Add the leeks and cook for 5-6 minutes until they soften.

Add the ginger, broccoli, potato, turmeric, 1 tsp salt, sesame oil, and stock. Bring to a boil, then reduce the heat and simmer for 10 minutes until the vegetables are soft.

Blend the soup with a hand blender until smooth and creamy. Adjust the seasoning with salt and pepper.

Serve topped with yogurt and sunflower seeds.

**Storage:** Can be stored in the fridge for up to 5 days or in the freezer for up to 3 months.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	215kcal	28g	10g	7g



# Creamy Mushroom Soup

Serves 4

45 Minutes

2 tbsp. coconut oil

1 onion, sliced

½ leek, chopped

1.1 lbs. (500g) mushrooms, sliced

1 small carrot, chopped

1 small parsnip, chopped

1 small potato, peeled and cubed

1.2 pts. (600ml) vegetable stock

3.3 fl. oz. (100ml) crème fraîche

Heat coconut oil in a large pot, sauté onion and leek for 3 minutes. Add mushrooms and cook for 10 minutes, stirring occasionally. Add carrot, parsnip, and potato and cook for 3-4 minutes, seasoning with salt and pepper.

Pour in vegetable stock and bring to a boil. Simmer, covered, for 15 minutes, until vegetables are soft.

Blend until smooth. Stir in crème fraîche and serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	248kcal	28g	7g	12g



# Sweet Potato & Chickpea Paste

Serves 4

20 Minutes

2 large sweet potatoes  
½ red chili pepper  
5.2 oz. (150g) chickpeas,  
drained  
1 tsp. garam masala

Peel and cube the sweet potatoes. Boil for 10 minutes until tender, then drain and cool slightly in a bowl.

Halve, seed, and chop the chili pepper. Add to the sweet potatoes, then add chickpeas and garam masala.

Puree with a hand blender or food processor until smooth. Season with salt and pepper.

Serve as a spread or dip.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	121kcal	24g	4g	1g



# Baked Crispy Tofu

Serves 4

45 Minutes

- 12.3 oz. (350g) firm tofu
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. tamari
- 1 tsp. favorite seasoning
- 1 tbsp. cornstarch

Preheat the oven to 200°C (400°F) and line a baking tray with parchment paper.

Drain and press the tofu to remove excess water. Let it sit for 10 minutes.

Cut the tofu into bite-size pieces and put them in a bowl. Drizzle with olive oil and tamari, then add your favorite spices and toss.

Sprinkle cornstarch over the tofu and toss again.

Spread the tofu on the baking sheet in a single layer. Bake for 25-30 minutes, turning halfway, until golden.

Use in salads or as a snack.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	120kcal	3g	9g	8g



# Creamy Leek & Rosemary Risotto

Serves 4

35 Minutes

- 1 tbsp. coconut oil
- 2 leeks, chopped and washed
- 1 white onion, diced
- 12.3 oz. (350g) risotto rice
- 17 fl. oz. (500ml) vegetable stock
- 3 rosemary sprigs
- 2 oz. (60g) Parmesan cheese, grated
- 3 tbsp. cream

Heat coconut oil in a frying pan over medium heat. Sauté leeks and onion for 5 minutes. Add the risotto rice and cook for 1 minute, stirring constantly. Pour in half the vegetable stock and add rosemary sprigs. Bring to a boil, reduce heat, and simmer until the liquid is almost absorbed.

Gradually add the rest of the stock, stirring often. Cook until al dente, about 25 minutes. Remove rosemary sprigs and season with salt and pepper. Stir in half the Parmesan cheese and cream. Add extra stock for a creamier consistency if desired.

Serve hot, garnished with remaining Parmesan cheese.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	457kcal	81g	13g	9g



# Sweet Potato Saag Aloo

Serves 2

30 Minutes

- 1 tbsp. coconut oil
- 3 onions, thinly sliced
- 4 garlic cloves, sliced
- 2 tbsp. grated ginger
- 1 tbsp. mild curry powder
- 14 oz. (400g) sweet potatoes, peeled & chopped
- 3 tomatoes, diced
- 10 fl. oz. (300ml) vegetable stock
- 8.8 oz. (250g) spinach, roughly chopped
- 4 tbsp. natural yogurt
- 2 tbsp. desiccated coconut
- 1 tbsp. mint leaves, finely chopped
- juice of ½ lemon
- handful chopped coriander

Heat coconut oil in a large pan over medium-high heat. Add onions and cook for 2-3 minutes until soft.

Add garlic, ginger, curry powder, and sweet potatoes. Mix well. Season with salt and pepper.

Add tomatoes and vegetable stock. Bring to a boil, then reduce heat, cover, and simmer for 10 minutes.

While simmering, mix yogurt, desiccated coconut, and mint in a bowl. Set aside.

Add spinach to the pan and cover. Cook until wilted, about a few minutes. Stir well. Adjust seasoning and add water if needed.

Serve with yogurt, lemon juice, and fresh coriander.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	202kcal	30g	7g	6g



# Rice Sushi Salad with Crispy Tofu

Serves 4

30 Minutes

8.8 oz. (250g) sushi rice

Cook the rice as directed. Stir in rice vinegar, and let it cool.

1 tbsp. rice vinegar

Drain and crumble the tofu into a paper towel or tea towel. Squeeze out moisture.

13.2 oz. (375g) natural tofu

1 tbsp. sesame oil

Heat sesame oil in a wok over medium heat. Stir-fry tofu for 5 minutes. Add ginger and soy sauce, stir-fry for another 5-7 minutes. Season with salt and pepper.

1 inch (3 cm) ginger, grated

Slice cucumbers and cut nori.

2 tbsp. soy sauce

4 baby cucumbers, sliced  
few slices nori, cut into  
pieces

Divide rice into bowls. Top with tofu, cucumber, nori, seaweed salad, and edamame. Serve with extra soy sauce.

4.4 oz. (125g) seaweed  
salad

7 oz. (200g) edamame  
beans



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	476kcal	64g	28g	12g



# Easy Nasi Goreng

Serves 4

30 Minutes

- 7 oz. (200g) brown rice
- 1 tbsp. coconut oil, divided
- 2 garlic cloves, sliced
- 1-inch piece ginger, peeled & chopped
- 2 tsp. sambal oelek (chili paste)
- 10.5 oz. (300g) white cabbage, shredded
- 10.5 oz. (300g) leek, sliced
- 1 carrot, finely chopped
- 2 tbsp. ketjap manis
- 4 eggs
- 7 oz. (200g) green beans
- 3.5 oz. (100g) bean sprouts

Cook the rice as directed. In a large pan, heat ½ tbsp of coconut oil. Add garlic, ginger, and sambal oelek, and cook for 3 minutes. Add cabbage, leek, and carrot, and stir-fry for 5 minutes. Mix in the cooked rice and ketjap manis, heating through.

Heat the remaining ½ tbsp of coconut oil in a separate pan and fry the eggs. Cook the green beans for 5 minutes, then drain and mix with the bean sprouts.

Serve the rice in bowls, topped with a fried egg and green beans.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	375kcal	56g	13g	11g



# Smoked Eggplant Goulash

Serves 4

1 Hour

- 2 eggplants
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

Wash and slice the eggplants into ¼-inch pieces. Salt both sides and let sit for 20-30 minutes to release water.

Heat 1 tbsp olive oil in a large pot over medium heat. Add diced onion, cook for 2 minutes, then add minced garlic and cook for another 1-2 minutes.

Add chopped red bell pepper and finely chopped chili pepper. Cook for 4 minutes, stirring constantly.

Dry eggplant slices with paper towels and cut into cubes. Add to the pot with another 1 tbsp olive oil. Cook for 10 minutes, stirring occasionally.

Add lemon juice, smoked paprika, sweet paprika, and black pepper.

Add chopped tomatoes and tomato puree. Stir and bring to a boil. Cover and cook for 15 minutes or until the eggplant is soft. Add water if the sauce is too thick.

Stir in chopped parsley and adjust salt if needed. Serve with rice or pasta.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	196kcal	26g	5g	8g



# Cauliflower Tikka Masala

Serves 4

4 Hours

1 tbsp. coconut oil

1 small cauliflower head,  
cut into florets (about 4  
cups florets)

1 medium onion, diced

3 cloves garlic, crushed

1 tbsp. ginger, grated

3 tbsp. curry powder

2x 14 oz. (400g) cans diced  
tomatoes

1 tbsp. honey

4 oz. (120ml) full-fat  
coconut milk

2 tbsp. fresh parsley,  
chopped

1.7 oz. (50g) roasted  
cashews

Add the coconut oil, cauliflower, onion, garlic, ginger, and curry powder to the slow cooker. Pour in the diced tomatoes and honey and season with salt and pepper. Then, stir to mix everything. Cook on high for 3-4 hours until the cauliflower is tender.

Add the coconut milk and stir well. Cook for another 3-5 minutes on low until warmed through.

Serve topped with chopped parsley and roasted cashews, with rice on the side (not included in nutrition info).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	288kcal	28g	8g	16g



# Quick Chickpea, Sweet Potato & Spinach Curry

Serves 4

30 Minutes

- 1 medium onion, chopped
- 1 inch (3 cm) ginger, grated
- 2 cloves garlic, minced
- ½ chili pepper, chopped
- 1 medium sweet potato, peeled and chopped
- ½ tsp. hot pepper
- ½ tsp. sweet pepper
- ½ tsp. turmeric
- 14 oz. (400g) can chickpeas, with brine
- 5 fl. oz. (150ml) vegetable broth
- 8 fl oz. (240ml) canned coconut milk
- 3.5 oz. (100g) spinach, chopped

Heat 1 tbsp oil in a pan over medium heat. Add onion, ginger, garlic, and chili pepper. Cook, stirring often, for 3 minutes.

Add sweet potato and a pinch of salt. Fry for 2 minutes. Add hot pepper, sweet pepper, and turmeric. Mix well.

Add chickpeas with brine, vegetable broth, and coconut milk. Stir and bring to a boil. Cook uncovered for 15 minutes, stirring occasionally, until sweet potatoes are soft.

Add spinach, stir, and remove from heat. Let the spinach wilt. Serve with rice.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	316kcal	35g	8g	16g



# Creamy Sun-dried Tomato & Almond Pasta

Serves 4

15 Minutes

7 oz. (200g) brown rice  
pasta

3.5 oz. (100g) sun-dried  
tomatoes, drained

3.5 oz. (100g) roasted  
almonds

2 tbsp. tomato puree

1 tbsp. balsamic vinegar

2 garlic cloves

10 fl. oz. (300ml) almond  
milk, unsweetened

1 tsp. mixed herbs

Cook the pasta according to the package instructions.

Blend all remaining ingredients in a food processor until smooth. Add more almond milk or water if needed to get a sauce-like consistency.

Pour the sauce over the pasta and heat for 4-5 minutes on medium-low.

Serve with freshly ground black pepper.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	436kcal	60g	13g	16g



# Chakalaka Inspired Risotto

Serves 4

40 Minutes

2 tbsp. coconut oil  
1 large onion, chopped  
2 cloves garlic, sliced  
5.2 oz. (150g) risotto rice  
1 tsp. dried thyme  
1 tbsp. curry powder  
2 tbsp. fresh ginger, grated  
½ tsp. chili flakes  
10 fl. oz. (300ml) vegetable stock  
1 carrot, grated  
1 red pepper, chopped  
14 oz. (400g can chopped tomatoes  
6.1 oz. (175g) sweetcorn

Heat the coconut oil in a large pan over medium heat. Sauté the onion and garlic for 3-4 minutes until soft.

Add the risotto rice, thyme, curry powder, ginger, and chili flakes. Season with salt and pepper.

Pour in the vegetable stock, bring to a boil, then reduce heat and simmer, covered, for 20 minutes. Check and add water if needed.

Add the carrot, red pepper, tomatoes, and sweetcorn. Mix, cover, and cook for 5 more minutes, stirring occasionally.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	300kcal	51g	6g	8g



# Protein Raspberry Millet Pudding

Serves 2

25 Minutes

3.5 oz. (100g) millet

17 fl. oz. (500ml)  
unsweetened almond milk

2.2 oz. (65g) raspberries

1 oz. (30g) vanilla protein  
powder

Rinse the millet in a strainer under cold water. Transfer to a pot and add almond milk.

Bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes.

Transfer cooked millet to a blender or food processor. Add raspberries and protein powder. Blend until smooth and creamy.

If too thick, add more almond milk as needed.

Serve with extra raspberries and maple syrup (optional).

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	281kcal	42g	17g	5g



# Kiwi & Chia Layered Protein Pudding

Serves 2

1 Hour 10 Minutes

4 tbsp. chia seeds

8.4 fl. oz. (250ml) coconut milk

1 oz. (30g) vanilla protein powder

3 kiwis, peeled

1 kiwi, peeled and sliced

4 tbsp. blueberries

4 tbsp. blackberries

Combine chia seeds, coconut milk, and protein powder in a jar or bowl. Chill for at least an hour or overnight.

Stir until thick and gel-like. Taste and sweeten if needed.

Puree three kiwis in a blender.

Divide chia mixture and kiwi puree between two glasses, layering with chia pudding, kiwi puree, and sliced kiwi.

Top with blueberries, blackberries, and sliced kiwi.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	306kcal	37g	17g	10g



# Banana Protein Soft Ice Cream

Serves 2

5 Minutes

2 medium bananas, sliced & frozen

4 tbsp. vanilla or natural yogurt

1 oz. (30g) vanilla whey or pea protein

½ tsp. cinnamon

berries, to serve

Blend all ingredients, except berries, in a blender until smooth and creamy, for about 2-3 minutes.

Divide the mixture between two bowls and top with berries.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	201kcal	32g	16g	1g