

Looking for some Inspiration in your kitchen? Try some of these recipes all under 300 calories and nutrient dense for a healthy balanced meal.

Easy To Make Recipes

And all under 300
calories!



COACHED BY KIRSTY

Spinach & Goat Cheese Frittata (Serves 1)

Ingredients:

- 2 large eggs
- 1/2 cup fresh spinach, chopped.
- 1 oz goat cheese (about 2 tablespoons)
- 1 tsp olive oil
- Salt & pepper to taste
- Optional: pinch of garlic powder or chili flakes for extra flavour

Instructions:

1. Preheat oven to 180°C (350°F).
2. In a bowl, whisk the eggs with salt, pepper, and optional spices.
3. Heat olive oil in a small oven-safe skillet over medium heat.
4. Sauté spinach until wilted (about 1 minute).
5. Pour in the eggs and crumble goat cheese on top.
6. Cook on the stove for 2–3 minutes until edges set.
7. Transfer skillet to oven and bake for 8–10 minutes until centre is firm.
8. Let cool slightly and enjoy!

Nutrition (Approximate):

- **Calories:** ~280–300
- **Protein:** ~18g
- **Fat:** ~22g
- **Carbs:** ~3g



This dish is perfect for a keto or low-carb lifestyle and makes a satisfying breakfast, lunch, or light dinner.

Baked Avocado Eggs with Bacon Crumble (Serves 1)

Ingredients:

- 1 large avocado
- 2 small eggs
- 1 strip cooked bacon, crumbled (optional but tasty!)
- Salt & pepper to taste
- Optional: pinch of paprika or dried oregano

Instructions:

1. Preheat oven to 200°C (400°F).
2. Slice avocado in half and remove the pit. Scoop out a little extra flesh to make room for the egg.
3. Place avocado halves on a baking tray. Use foil rings underneath to keep them stable.
4. Crack one egg into each avocado half.
5. Season with salt, pepper, and optional spices.
6. Sprinkle crumbled bacon on top.
7. Bake for 15–20 minutes until egg whites are set and yolks are cooked to your liking.
8. Serve warm and enjoy!

Nutrition (Approximate):

- **Calories:** ~300
- **Protein:** ~12g
- **Fat:** ~25g
- **Carbs:** ~6g



This combo is creamy, savoury, and perfect for keto or low-carb diets.

🔥 Garlic Herb Chicken with Veggie Stir-Fry

Ingredients:

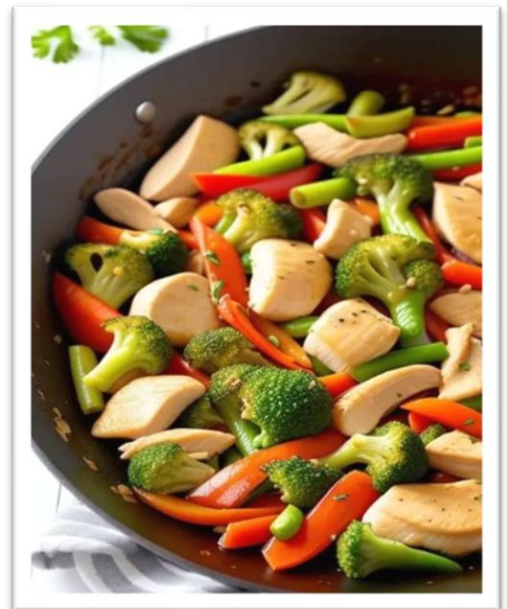
- 150g skinless chicken breast (approx. 165 calories)
- 1 tsp olive oil (40 calories)
- 1 cup chopped courgette (20 calories)
- ½ cup sliced bell pepper (25 calories)
- ½ cup broccoli florets (15 calories)
- ½ tsp garlic powder
- ½ tsp dried thyme or rosemary
- Salt and pepper to taste
- Optional: splash of low-sodium soy sauce or balsamic vinegar for depth

Instructions:

1. Slice the chicken into strips and season with garlic powder, herbs, salt, and pepper.
2. Heat olive oil in a non-stick pan over medium heat.
3. Cook chicken for 5–7 minutes until golden and cooked through.
4. Add veggies and stir-fry for another 5 minutes until tender crisp.
5. Finish with a splash of soy sauce or balsamic vinegar if desired.

Nutrition Estimate:

- Calories: ~295
- Protein: ~35g
- Fat: ~10g
- Carbs: ~10g
- Fiber: ~3g



This keeps the meal light, nutrient-dense, and ideal for anyone watching their macros or aiming for a high-protein, low-carb intake.

Spiced Chicken with Roasted Sweet Potato & Green Beans (Serves 1)

Ingredients:

- 120g skinless chicken breast
- 80g sweet potato, peeled and cubed.
- 1/2 cup green beans, trimmed.
- 1 tsp olive oil
- 1/2 tsp ground cumin
- 1/4 tsp smoked paprika.
- 1/4 tsp turmeric
- Salt & pepper to taste
- Optional: sprinkle of fresh coriander or chili flakes

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato cubes with half the olive oil, cumin, paprika, salt, and pepper. Spread on a baking tray and roast for 20 minutes.
3. Season chicken with turmeric, salt, and pepper.
4. After 20 minutes, add green beans to the tray with the remaining olive oil and place chicken alongside.
5. Roast everything for another 15–20 minutes until chicken is cooked through and veggies are tender.
6. Slice chicken and serve with roasted sweet potato and green beans. Garnish with fresh herbs if desired.

Nutrition (Approximate):

- **Calories:** ~305
- **Protein:** ~30g
- **Carbs:** ~18g
- **Fat:** ~12g



This version is earthy, vibrant, and perfect for mixing up your spice game.

👉 Garlic Prawn & Rice Noodle Stir-Fry (Serves 1)

Ingredients:

- 100g peeled prawns.
- 50g cooked rice noodles
- 1/2 cup mixed stir-fry vegetables (like bell peppers, bean sprouts, or green beans)
- 1 tsp olive oil
- 1 garlic clove, minced.
- 1 tsp low-sodium soy sauce
- Optional: sesame seeds or chili flakes for garnish

Instructions:

1. Soak rice noodles in hot water for 3–5 minutes until softened, then drain.
2. Heat olive oil in a pan over medium heat. Add garlic and stir-fry for 30 seconds.
3. Add prawns and cook until they turn pink (about 2–3 minutes).
4. Toss in the vegetables and stir-fry for another 2–3 minutes.
5. Add noodles and soy sauce, stir everything together until heated through.
6. Garnish with sesame seeds or chili flakes if desired and serve hot.

Nutrition (Approximate):

- **Calories:** ~300
- **Protein:** ~22g
- **Carbs:** ~25g
- **Fat:** ~10g



This dish is quick, colourful, and perfect for a weeknight dinner.

Lean Beef & Sweet Potato Hash (Serves 1)

Ingredients:

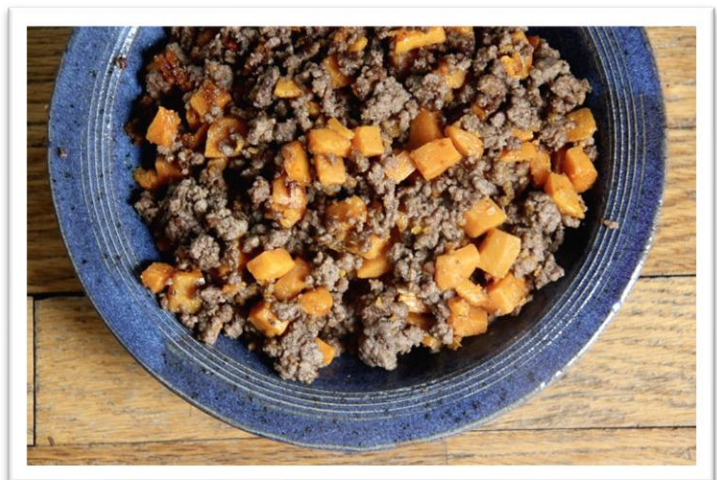
- 100g lean ground beef (5% fat)
- 100g sweet potato, peeled and diced.
- 1/4 red onion finely chopped.
- 1/2 bell pepper, diced.
- 1 tsp olive oil
- Salt & pepper to taste
- Optional: smoked paprika or chili flakes for extra kick
- Fresh parsley for garnish

Instructions:

1. Boil sweet potato cubes for 8–10 minutes until just tender. Drain and set aside.
2. Heat olive oil in a non-stick pan over medium heat.
3. Add onion and bell pepper, sauté for 2–3 minutes.
4. Add ground beef and cook until browned, breaking it up as it cooks.
5. Stir in sweet potato cubes and season with salt, pepper, and optional spices.
6. Cook for another 2–3 minutes until everything is golden and well combined.
7. Garnish with fresh parsley and serve warm.

Nutrition (Approximate):

- **Calories:** ~310
- **Protein:** ~25g
- **Carbs:** ~20g
- **Fat:** ~15g



This dish is hearty, balanced, and perfect for a post-workout meal or cozy dinner.

Mediterranean Beef & Couscous Bowl with Olives (Serves 1)

Ingredients:

- 100g lean ground beef (5% fat)
- 1/4 cup cooked couscous (about 40g)
- 1 tbsp chopped Kalamata olives.
- 1/4 cup cherry tomatoes, halved.
- 1/4 cup diced cucumber.
- 1 tbsp crumbled feta cheese
- 1 tsp olive oil
- Juice of 1/4 lemon
- Pinch of dried oregano
- Salt & pepper to taste
- Optional: chopped parsley or mint for garnish

Instructions:

1. Cook couscous according to package instructions and fluff with a fork.
2. In a pan, heat olive oil over medium heat. Add ground beef and cook until browned, seasoning with salt, pepper, and oregano.
3. In a bowl, layer couscous, cucumber, tomatoes, olives, and cooked beef.
4. Drizzle with lemon juice and top with feta and herbs.
5. Serve warm or chilled for a refreshing Mediterranean vibe.

Nutrition (Approximate):

- **Calories:** ~310
- **Protein:** ~24g
- **Carbs:** ~22g
- **Fat:** ~14g



This bowl is savoury, tangy, and full of texture—perfect for a light lunch or dinner.

Spiced Chickpea & Roasted Veggie Bowl (Serves 1)

Ingredients:

- 1/2 cup canned chickpeas drained and rinsed.
- 1/2 cup diced sweet potato.
- 1/2 cup broccoli florets
- 1/4 red onion, sliced.
- 1 tsp olive oil
- 1/4 tsp ground cumin
- 1/4 tsp smoked paprika.
- Salt & pepper to taste
- Optional: squeeze of tahini or lemon juice for garnish

Instructions:

1. Preheat oven to 200°C (400°F).
2. Toss sweet potato, broccoli, and onion with olive oil, cumin, paprika, salt, and pepper.
3. Spread veggies on a baking tray and roast for 20–25 minutes until tender and golden.
4. Meanwhile, lightly sauté chickpeas in a pan with a pinch of paprika and salt for 3–4 minutes until warmed and slightly crisp.
5. Combine roasted veggies and chickpeas in a bowl.
6. Drizzle with tahini or lemon juice if desired and serve warm.

Nutrition (Approximate):

- **Calories:** ~300
- **Protein:** ~10g
- **Carbs:** ~30g
- **Fat:** ~12g



This bowl is earthy, colourful, and packed with plant-based goodness.

Ginger-Sesame Tofu & Veggie Rice Bowl (Serves 1)

Ingredients:

- 100g firm tofu, cubed.
- 1/2 cup cooked jasmine or brown rice (about 90g)
- 1/2 cup steamed broccoli.
- 1/4 cup shredded carrots
- 1 tsp sesame oil
- 1 tsp soy sauce or tamari
- 1/2 tsp rice vinegar
- 1/2 tsp grated fresh ginger.
- Optional: sprinkle of sesame seeds or chopped spring onion

Instructions:

1. Press tofu to remove excess moisture, then cube.
2. Heat sesame oil in a pan over medium heat. Add tofu and cook until golden and crisp on all sides.
3. Stir in soy sauce, rice vinegar, and ginger. Cook for another minute to coat tofu.
4. In a bowl, layer rice, steamed broccoli, and carrots.
5. Top with tofu and garnish with sesame seeds or spring onion.

Nutrition (Approximate):

- **Calories:** ~300
- **Protein:** ~15g
- **Carbs:** ~28g
- **Fat:** ~10g



This bowl is warm, nutty, and packed with umami.

Banana & Oat Protein Muffin (Serves 1)

Ingredients:

- 1/2 ripe banana, mashed.
- 3 tbsp rolled oats.
- 1 egg white
- 1 tbsp plain Greek yogurt
- 1/2 tsp cinnamon
- 1/4 tsp baking powder
- 1/2 tsp honey or maple syrup (optional)
- Optional: a few dark chocolate chips or chopped nuts (don't forget to add the additional calories!)

Instructions:

1. Preheat oven to 180°C (350°F) or use a microwave-safe mug.
2. Mix all ingredients in a bowl until well combined.
3. Pour into a greased ramekin or mug.
4. Bake for 15–20 minutes (or microwave for 90 seconds) until set and golden.
5. Let cool slightly and enjoy warm!

Nutrition (Approximate):

- **Calories:** ~290
- **Protein:** ~12g
- **Carbs:** ~30g
- **Fat:** ~10g



This muffin is soft, naturally sweet, and perfect for breakfast or a guilt-free dessert.

Berry Yogurt Crumble Bowl (Serves 1)

Ingredients:

- 1/2 cup plain low-fat Greek yogurt.
- 1/2 cup mixed berries (e.g. strawberries, blueberries, raspberries)
- 2 tbsp rolled oats.
- 1 tsp honey or maple syrup
- 1/2 tsp cinnamon
- 1 tsp chopped almonds or walnuts (optional for crunch - don't forget to add the additional calories!)

Instructions:

1. In a dry pan, lightly toast oats with cinnamon for 2–3 minutes until golden and fragrant.
2. In a bowl, layer Greek yogurt and berries.
3. Drizzle with honey or maple syrup.
4. Sprinkle toasted oats and nuts on top.
5. Serve chilled or at room temperature.

Nutrition (Approximate):

- **Calories:** ~295
- **Protein:** ~15g
- **Carbs:** ~28g
- **Fat:** ~10g



This bowl is creamy, crunchy, and sweet, perfect for breakfast, dessert, or a midday pick-me-up.

◆ Frozen Chocolate Berry Yogurt Bark (Serves 1–2)

Ingredients:

- 1/2 cup plain low-fat Greek yogurt.
- 1/2 cup mixed berries (e.g. strawberries, blueberries, raspberries)
- 1 square (10g) dark chocolate (70–85% cocoa), melted.
- 1 tsp honey or maple syrup
- 2 tbsp rolled oats (optional for crunch)
- Optional: 1 tsp chopped nuts or seeds (don't forget to add the additional calories!)

Instructions:

1. Line a small tray or plate with parchment paper.
2. Mix yogurt with honey and spread it evenly into a thin layer on the parchment.
3. Scatter berries over the yogurt.
4. Drizzle melted dark chocolate across the top in swirls or zigzags.
5. Sprinkle oats and nuts if using.
6. Freeze for at least 3 hours until solid.
7. Break into bark-style pieces and enjoy straight from the freezer!

Nutrition (Approximate per serving):

- **Calories:** ~300
- **Protein:** ~15g
- **Carbs:** ~28g
- **Fat:** ~10g



It's creamy, fruity, and chocolatey with a satisfying crunch.

Banana Berry Chia Pudding (Serves 1)

Ingredients:

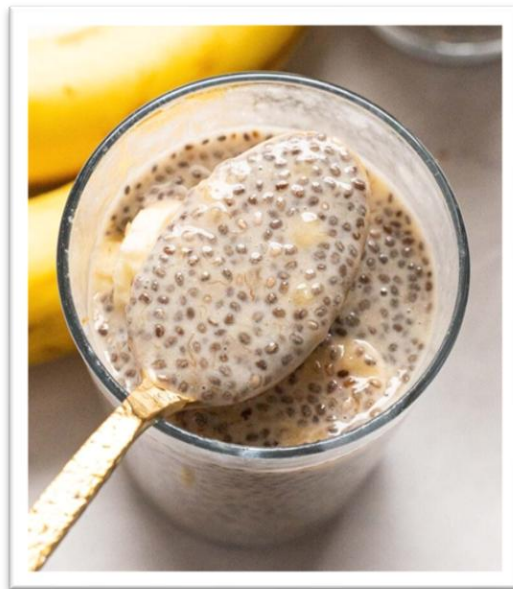
- 1/2 ripe banana, mashed.
- 1/2 cup unsweetened almond milk
- 2 tbsp chia seeds
- 1/4 cup mixed berries (fresh or frozen)
- 1/2 tsp vanilla extract
- 1/2 tsp maple syrup (optional)
- Optional: sprinkle of cinnamon or cacao nibs (don't forget to add the additional calories!)

Instructions:

1. In a jar or bowl, mix mashed banana, almond milk, vanilla, and maple syrup.
2. Stir in chia seeds and let sit for 5 minutes, then stir again to prevent clumping.
3. Cover and refrigerate for at least 2 hours or overnight until thickened.
4. Top with berries and optional cinnamon or cacao nibs before serving.

Nutrition (Approximate):

- **Calories:** ~295
- **Protein:** ~8g
- **Carbs:** ~30g
- **Fat:** ~12g



This pudding is creamy, fruity, and packed with fibre and omega-3s.