



FREE High Protein Recipe Pack!

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Omelet Wraps



Serves 4

What you need to do

7 oz. (200g) cottage cheese
 4 handfuls watercress
 1 lemon, peel only
 6 eggs
 ¼ cup (60ml) soy milk
 1 tsp. mixed herbs
 4 tsp. coconut oil
 3.5 oz. (100g) smoked salmon, chopped

1. Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
2. Beat the eggs with the milk and herbs in a separate bowl.
3. Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.
4. Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
5. To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.

GF	DF	LC	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	237	15	3	20

*Nutrition per serving



Egg & Turkey Stuffed Peppers



Serves 4

4 eggs
 4 egg whites
 2 tbsp. almond milk
 1 tsp. coconut oil
 1 small onion, chopped
 1 lb. (450g) lean ground turkey
 2 tsp. oregano
 1 tsp. cumin
 2 cups (60g) spinach, chopped
 4 red medium bell peppers
 ½ cup (50g) cheese (dairy or plant-based)
 parsley, chopped to serve

What you need to do

1. Heat oven to 400°F (200°C).
2. Beat the eggs, egg whites and milk, then set aside.
3. Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.
4. Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.
5. Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.
6. Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.
7. Place the peppers in a baking dish and sprinkle them with grated cheese.
8. Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.
9. To serve, sprinkle with chopped parsley.



GF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	329	12	11	43

*Nutrition per serving

Smoked Salmon, Feta & Asparagus Omelet



Serves 2

4 oz. (125g) asparagus
 1 tsp. coconut oil
 3 large eggs
 5 tbsp. (70ml) milk, plant or dairy
 2 oz. (60g) smoked salmon, cut into pieces
 ¼ cup (30g) feta cheese (or brie, camembert), cubed
 4-5 cherry tomatoes, halved
 dill, to serve

What you need to do

1. Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about ½ cm pieces.
2. Boil in lightly salted water for about 2 minutes, then strain and set aside.
3. In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.
4. Heat the oven to 350°F (180°C). Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).
5. Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.
6. To serve sprinkle with fresh dill and season with freshly ground black pepper.

Pro Tip: The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

GF	LC	MP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	302	21	6	20

*Nutrition per serving

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High Protein Blueberry Pancakes



Serves 1

¼ cup liquid egg whites (around 4 eggs)
1 scoop (25g) of vanilla whey powder
½ banana, mashed
almond milk, if needed
¼ cup (25g) fresh or frozen blueberries
½ tsp. coconut oil

What you need to do

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favorite toppings.

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GF	LC	HP	V	Q	N
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36

*Nutrition per serving

Eggs Fried On Tomatoes With Tuna



Serves 1

1 large tomato
1 tsp. coconut oil
2 eggs
3 oz. (80g) tuna in brine
pinch of oregano
pinch of chili flakes
parsley, chopped, to serve

What you need to do

1. Peel the tomato and chop into cubes.
2. Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.
3. Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.
4. Arrange pieces of tuna on top. Then sprinkle with dried oregano and optionally chili flakes.
5. Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- Replace tuna with feta or Gorgonzola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option

GF	DF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	307	15	8	32

*Nutrition per serving

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Summer Smoothie Protein Bowl



Serves 2

2 medium peaches,
chopped, frozen
1 medium banana, sliced,
frozen
 $\frac{3}{4}$ cup (190g) natural yogurt
 $\frac{1}{2}$ cup (125ml) coconut water
1 scoop (25g) vanilla protein
powder

Optional toppings:

fresh berries
Goji berries
walnuts
chia seeds
muesli

What you need to do

1. Place all ingredients in a high-speed blender and blitz until smooth.
2. Divide between 2 bowls, add your favorite toppings and serve straight away.

Note: Toppings are not included in macronutrient information, or shopping list.

GF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	252	5	36	18

*Nutrition per serving

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Spinach Shakshuka



Serves 2

1 tbsp. coconut oil
 1 large onion, chopped
 2 garlic cloves, crushed
 4 cups (300g) mushrooms, sliced
 2 cups (450g) leaf spinach
 4 eggs
 handful parsley, chopped

What you need to do

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.
2. Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.
3. Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.
4. Dress in fresh parsley and serve.

GF	DF	LC	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	321	22	19	24

*Nutrition per serving

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Tuna & Broccoli Salad with Honey Vinaigrette



Serves 2

For the salad:

2 big handfuls salad leaves
3 radishes, sliced
½ cup (120g) tuna in water, drained
2 slices bread
100g broccoli
2 tsp. Parmesan, grated

For the dressing:

2 tbsp. olive oil
3 tbsp. of lemon juice
1 tsp. of honey
salt & pepper

What you need to do

1. Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.
2. Toast the bread and cut into cubes, then add to the salad.
3. Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.
4. In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



HP		Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	328	14	26	21

*Nutrition per serving

Tuna & Quinoa Toss Salad



Serves 2

For the dressing:

1 tbsp. olive oil
2 tsp. red wine vinegar
1 tsp. fresh lemon juice
1 tsp. Dijon mustard
salt & pepper, to taste

For the salad:

1 cup (185g) cooked quinoa
¼ cup (50g) chickpeas,
rinsed and drained
½ cucumber, chopped
1 tbsp. crumbled feta cheese
10 cherry tomatoes, halved
2 cans tuna (7oz./200g
drained)

What you need to do

1. Cook quinoa according to instructions on the packaging.
2. Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.
3. Drizzle with the dressing and toss gently to coat.



GF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	399	11	41	37

*Nutrition per serving

Salmon & Couscous Salad



Serves 2

For the salmon:

2x 4 oz. (115g) pieces of salmon
2 tsp. olive oil
2 tsp. lemon juice
sea salt & pepper

For the salad:

2 cups (150g) iceberg lettuce, chopped
1 cup (157g) couscous, cooked
½ red onion, chopped
10 cherry tomatoes, chopped
2 tbsp. feta cheese

For the dressing:

1 tbsp. olive oil
1 tbsp. fresh lemon juice
½ tsp. Dijon mustard
½ tsp. maple syrup or honey (optional)
sea salt & pepper, to taste

What you need to do

1. Preheat oven to 400°F (200°C). Rub the salmon with olive oil and season with salt and pepper.
2. Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.
3. In the meantime, make the dressing by whisking together all the ingredients.
4. Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.
5. Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.



MP	HP	Q			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	516	29	29	36

*Nutrition per serving



Baked Salmon with Zoodles & Quinoa



Serves 2

2 salmon fillets (4.4 oz. /125g each)
3.5 oz. (100g) quinoa, cooked
1 zucchini
½ tbsp. olive oil
1 garlic clove, crushed
2.5 oz. (70g) sundried tomatoes, rinsed, chopped

Salmon marinade:

2 tbsp. tamari
½ tbsp. olive oil
½ tsp. sweet paprika
½ tsp. hot paprika
1 tbsp. rice vinegar
1 tsp. honey
1 tbsp. black sesame seeds
chili flakes, to taste

What you need to do

1. Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.
2. While the salmon is marinating, cook the quinoa and spiralize the zucchini.
3. Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens (about 3-4 minutes). Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.
4. Heat the oven to 480°F (250°C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.
5. Remove the salmon from the oven to rest for a moment. In the meantime, pour in the salmon juices into the quinoa, and mix well.
6. Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chili flakes to serve.



GF	DF	LC	HP	Q
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Prep	Chill	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	15 mins	487	28	19	38

*Nutrition per serving



Creamy Chicken, Mushroom & Tomato Pasta



Serves 3

1 ½ cup (150g) penne
12 oz. (350g) chicken breast
1 tsp. wheat flour
1 tbsp. olive oil
1 tsp. dried oregano
1 small onion, diced
2 garlic cloves, sliced
6 sundried tomatoes, chopped
½ cup (125ml) plant-based oat cream (or regular)
1 bag spinach
basil leaves, to garnish
4 cups (300g) mushrooms, sliced

What you need to do

1. Cook the pasta according to the instructions on the packaging.
2. Chop the chicken fillet, season with salt and pepper and dredge with flour.
3. Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.
4. In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.
5. Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.
6. Add the cooked pasta. Stir well and serve.



DF		MP			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	385	14	26	35

*Nutrition per serving

Cajun Beef & Veg Rice



Serves 3

1 tbsp. coconut oil
3 large carrots, sliced
2 peppers, sliced
4 spring onions, sliced
1 lb. (500g) 5% fat beef mince
2 tsp. Cajun seasoning
1 tbsp. tomato purée
1 lb. (500g) cooked rice

What you need to do

1. Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.
2. Add in the minced beef and season with salt and pepper. Cook for 10 minutes, until the meat is browned.
3. Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.
4. Stir well to combine all of the ingredients and continue cooking for about 3-4 minutes.
5. Sprinkle with the green parts of the spring onions and serve.



GF		DF		MP	
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	503	13	55	40

*Nutrition per serving

Chinese Style Shrimps & Veg



Serves 3

1 cup (185g) rice, uncooked
 2 tbsp. olive oil
 1 carrot, peeled, sliced
 1 pepper, chopped
 1 small onion, sliced
 3 garlic cloves, sliced
 1 small zucchini, sliced
 1 ½ tbsp. ginger, grated
 pinch of chili flakes
 9 oz. (250g) shrimps
 2 tbsp. soy sauce
 1 tsp. potato flour
 ⅔ cup (160ml) water
 1 tbsp. coconut palm sugar

What you need to do

1. Cook the rice according to the instructions on the packaging.
2. In a wok (or large frying pan), heat 1 tbsp. of oil. Sauté the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chili.
3. Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.
4. Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1 minute stirring frequently. Serve with cooked rice.



GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	436	11	63	22

*Nutrition per serving

Zesty Turkey Meatballs with Couscous Salad



Serves 4

What you need to do

For the meatballs:

2 tbsp. coconut oil
1 onion, chopped
¼ tsp. chili flakes
2 garlic cloves, chopped
1 lb. (500g) turkey thigh mince
2 handfuls mint leaves, finely chopped
1 lemon, zested and juiced
7 oz. (200g) 0% fat Greek yogurt
1 garlic clove, minced

For the salad:

7 oz. (200g) couscous, plus 1 tbsp.
1 cup (250ml) vegetable stock cube
7 oz. (200g) frozen peas
8 radishes, finely sliced

1. Heat 1 tbsp. of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chilies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.
2. Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.
3. In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.
4. Blanche the peas in a pot for 2 minutes. Drain and set aside.
5. Make the sauce by mixing the yogurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.
6. Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes. Season to taste.
7. Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 minutes, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.
8. Serve with the couscous salad and yogurt.



MP		HP			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	30 mins	429	8	52	42

*Nutrition per serving

Simple Chicken Curry with Saffron Rice



Serves 4

What you need to do

For the chicken:

8 skinless chicken thighs fillets
1 tbsp. oil
1 large onion, diced
1 tbsp. ginger, minced
5 cloves garlic, minced
½ tsp. black pepper
3 large tomatoes, chopped
1 ½ tsp. turmeric

For the rice:

¼ cup (60ml) boiling water
pinch saffron threads (roughly ⅛ tsp.)
1 cup (225g) basmati rice
1 tsp. coconut oil
½ tsp. onion powder
¼ tsp. salt
1 ¾ cup vegetable stock

1. Season the thighs with salt and pepper.
2. Heat the oil in the pan. Fry the thighs on both sides until golden brown. Remove from the pan and set aside.
3. In the same pan sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.
4. Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.
5. In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.
6. In a medium pot, combine saffron and the water with the rice and all other ingredients.
7. Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.
8. Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: Rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10-15 mins	30-45 mins	531	22	47	36

*Nutrition per serving





Mexican Fried Rice

Serves 4

7 oz. (300g) chicken breast
 2 cloves garlic, crushed
 scant ½ cup (100g) rice
 2 tbsp. coconut oil
 ½ red onion, chopped
 1 red pepper, diced
 ¾ cup (100g) sweetcorn, drained
 ½ cup (100g) red kidney beans, drained
 1 tomato, peeled, chopped
 1 avocado, stone removed, flesh diced
 1 tbsp. lime
 ½ chili, chopped
 handful coriander, chopped

Spices:

1 tsp. oregano
 1 tsp. paprika
 1 tsp. ground cumin
 ½ tsp. chili flakes

What you need to do

1. Chop the chicken into cubes. Season with salt, pepper, spices and crushed garlic.
2. Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate to cool.
3. Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.
4. Next, add the drained sweetcorn, beans and the cooked rice. Mix well and cook for another 2 minutes.
5. Remove from the heat, and add the peeled and diced tomato, then mix.
6. To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chili and coriander.

Pro Tip: To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25-30 mins	360	16	32	24

*Nutrition per serving

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Chicken & Mango Stir Fry



Serves 4

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

For the sauce:

3 tbsp. of rice vinegar
 3 tbsp. of water
 5 tbsp. of soy sauce
 2 tbsp. honey

What you need to do

1. Cut the chicken into thin strips and season with salt and pepper, then coat with flour.
2. Peel the mango and cut the flesh into strips. Cut the peppers into strips. Peel the onion and cut into half rings.
3. Cut the deseeded chili pepper lengthwise, then finely chop. Peel and grate the ginger.
4. Prepare the sauce by mixing all the sauce ingredients in a bowl.
5. In a wok or large pan, heat 1 tbsp. of coconut oil, and stir fry the peppers, onions, chili pepper, garlic and ginger over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes. Then remove everything and set aside.
6. Add the second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.
7. Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 minutes until the sauce thickens. Mix occasionally.
8. Serve with rice (not included in nutrition information per serving).

GF	DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	308	9	31	29

*Nutrition per serving

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Pepper Steak



Serves 4

12 oz. (340g) round beef, trimmed
 4 tsp. plus 3 tbsp. soy sauce
 1 tbsp. rice wine
 3 tsp. buckwheat flour
 2 tsp. coconut oil
 1 large onion, sliced into strips
 1 red bell pepper, sliced into strips
 ½ tsp. black pepper
 crushed red pepper flakes, to taste

What you need to do

1. Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tablespoon of rice wine, 1 teaspoon of buckwheat flour and season with freshly ground black pepper.
2. In a small bowl, mix 3 tablespoons of soy sauce, 1 tablespoon of water and 2 tsp. buckwheat flour, then set aside.
3. Heat 1 teaspoon of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.
4. Add the remaining 1 teaspoon of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.
5. Serve with rice (not included in nutrition info per serving).
6. Store in the fridge for up to 4 days.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	187	6	12	22

*Nutrition per serving





Simple Chili & Sweet Potato Chips

Serves 4

What you need to do

For the potatoes:

3 medium sweet potatoes
2 tsp. garlic powder
1 tsp. onion powder
2 tbsp. buckwheat flour
1 tbsp. olive oil
salt & pepper

For the simple chili:

1 lb. (450g) lean ground beef
1 tbsp. chili flakes
1 can chopped tomatoes (14oz./400g)
6 fl. oz. (170ml) water

For the garnish:

2 tbsp. coriander, chopped
1 avocado, mashed

1. Heat the oven to 420°F (215°C).
2. Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.
3. Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.
4. In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 minutes and season with chili flakes.
5. Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.
6. To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	382	16	33	29

*Nutrition per serving

