



EATING FOR PEAK PERFORMANCE

A FLEXIBLE APPROACH
TO MASTERING HEALTHY EATING

MARC DINARDO

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This book has been inspired to support you in achieving your personal nutrition goals to include fat loss and/or muscle gain.

Using the meal options in this guide and becoming aware of your daily calorie intake, you can expect to observe visible improvements in body shape in as little as 6 weeks, with an overall improvement in energy levels, performance and cognitive function.



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RECIPE KEY

GF

Gluten Free

DF

Dairy Free

LC

Low Carb (under 20g per serving)

HP

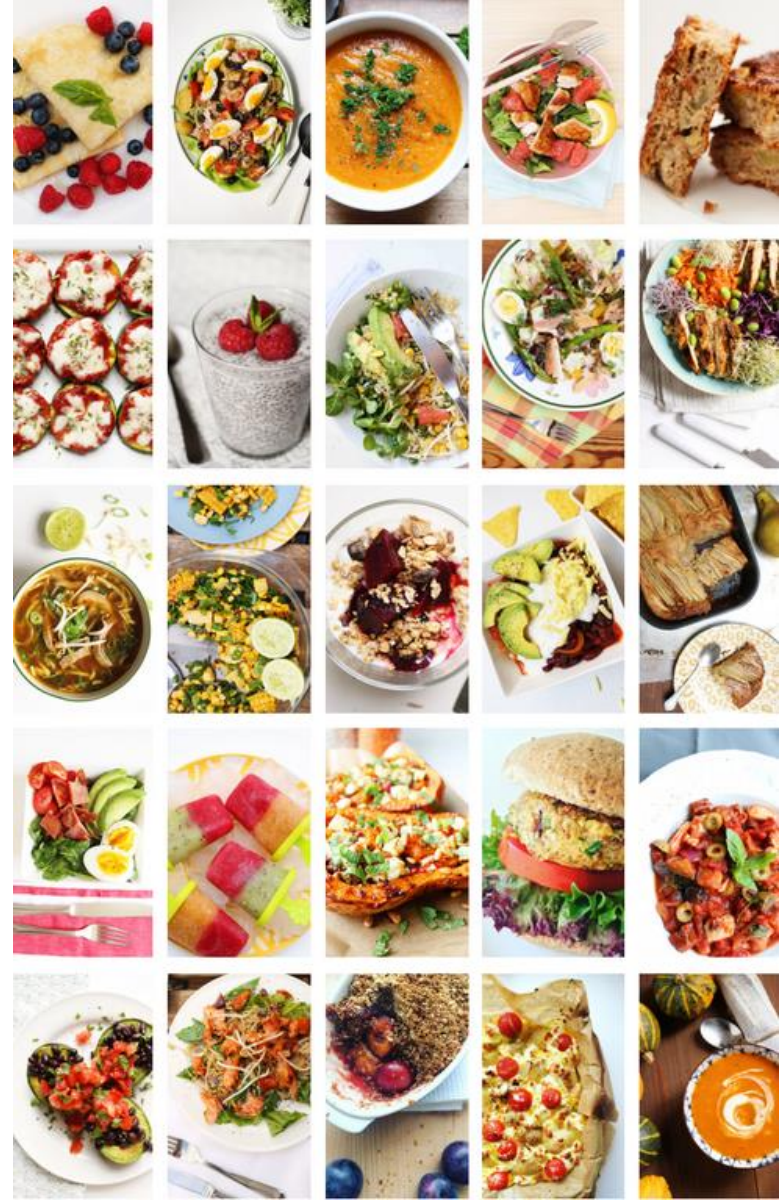
High Protein (over 30g per serving)

V

Vegetarian

Q

Quick (under 30 minutes)



A close-up photograph of a baked breakfast casserole, possibly a frittata or omelette, served in a white ceramic dish with a red rim. The dish is filled with a golden-brown, cheesy mixture, likely containing eggs, cheese, and various vegetables. The top is garnished with finely chopped green chives. The dish is placed on a blue and white checkered tablecloth. A dark blue rectangular overlay with the word "BREAKFASTS" in white capital letters is centered over the image.

BREAKFASTS

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RECIPE KEY

GF Gluten Free

DF Dairy Free

LC Low Carb (under 20g per serving)

HP High Protein (over 30g per serving)

V Vegetarian

Q Quick (under 30 minutes)





FIERY GLUTEN-FREE OVERNIGHT OATS



Serves: 1
Prep: 5 mins
Chill: overnight



Nutrition per serving:
355 kcals **9g Fats**
32g Carbs **34g Protein**

WHAT YOU NEED:

- 1/2 cup (45g) gluten-free oats
- 1 scoop vanilla whey
- 1/2 tbsp. natural cocoa powder, unsweetened
- 1 tsp. chia seeds
- 1/2 tsp. ginger, grated
- 1 cup (250ml) unsweetened almond milk

WHAT YOU NEED TO DO:

Place all the ingredients in a jar/container and mix well.

Leave to soak in the fridge for at least 8 hours, or overnight.

To serve, sprinkle with dark chocolate or top with berries.



ASIAN-STYLE SCRAMBLED EGGS



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
249 kcals **15g Fats**
5g Carbs **18g Protein**

WHAT YOU NEED:

- 2 eggs
- 2 egg whites
- 1 tsp. coconut oil
- 5 oz.(150g) baby bok choy, chopped
- 1 tsp. fresh ginger, grated
- 2 spring onions, thinly sliced
- 1 red chili, deseeded and chopped
- soy sauce, to serve (optional)
- whole wheat toast, to serve (optional)

WHAT YOU NEED TO DO:

Whisk the eggs and egg whites together in a bowl, season with salt and pepper.

Heat the coconut oil in a frying pan over medium heat. Add the bok choy with 1 tbsp water, cook until tender, then take off the heat and set aside.

In the same pan cook the spring onions, ginger, and chili, for 1 minute.

Add the egg mixture and continue to cook, string, pulling and folding the eggs until they are cooked to your liking.

Remove from the heat and serve on a plate with the bok choy, whole wheat toast and a drizzle of soy sauce (optional).



BACON & BROCCOLI PANCAKES



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
231 kcals
25g Carbs
10g Fats
11g Protein

WHAT YOU NEED:

- 1 egg
- 1 cup (250ml) plant milk
- 4.4 oz. (125g) buckwheat flour
- 1 tsp. baking powder
- pinch of salt
- 7 oz. (200g) broccoli, head thinly chopped
- 8 slices streaky bacon
- 2 tbsp. apple syrup (optional)

WHAT YOU NEED TO DO:

Beat the egg through the milk and add the buckwheat flour, baking powder, and salt. Mix until the batter is smooth. Add the broccoli and stir it through the batter.

Heat a dry non-stick frying pan. Cut a slice of bacon in half and place on the frying pan. Bake for 1 min on medium heat. Turn the bacon and spoon the batter over it forming a round pancake shape.

Fry the pancakes around 4 min until golden brown and done. Turn halfway.

Repeat with the rest of the bacon and batter. Serve the pancakes with apple syrup.



SPINACH AND FETA FRITTATAS



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
203 kcals **11g Fats**
6g Carbs **20g Protein**

WHAT YOU NEED:

- 1 small onion, chopped
- 2 cloves garlic, finely chopped
- 7 oz. (200g) baby spinach, chopped
- 4 eggs
- 5 egg whites
- 1/3 cup (80ml) plant milk
- 1 tsp. baking powder
- 2 oz. (55g) light feta, crumbled
- 2 tbsp. fresh herbs of choice, chopped (such as basil, parsley, chives, rosemary)
- 1 tsp. coconut oil

WHAT YOU NEED TO DO:

Preheat the oven to 375F (190C). Grease a muffin tin with ½ tsp. coconut oil.

Heat a non-stick pan with ½ tsp of coconut oil over medium heat. Cook the onions and garlic until soft. Add the spinach and 1 tbsp. water and cook until wilted. Once cooked, set aside.

Whisk together eggs, egg whites, milk, baking powder, and season with salt and pepper. Stir in the spinach mixture and add the crumbled feta cheese.

Divide the egg mixture evenly between 12 muffin cups. Bake until golden brown and firm to the touch, about 25 minutes.

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TROPICAL BREAKFAST SMOOTHIE BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
345 kcals **8g Fats**
69g Carbs **5g Protein**

WHAT YOU NEED:

- 2 bananas, frozen slices
- 4.4 oz. (125g) mango, frozen cubes
- 2/3 cup (160ml) coconut water
- 1/3 cup (80ml) coconut milk
- handful blueberries, topping
- 1 kiwi, peeled and sliced, topping
- 2 tbsp. coconut chips, topping
- 2 tbsp. granola, topping

WHAT YOU NEED TO DO:

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

Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve imminently



OMELETTE WRAPS



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per serving:
237 kcals **15g Fats**
3g Carbs **20g Protein**

WHAT YOU NEED:

- 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

WHAT YOU NEED TO DO:

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 .

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelette from the pan and set aside. Fry the other omelettes with the rest of the oil.

To serve, spread the cottage cheese paste over the omelettes and top with smoked salmon. Roll up the omelette as a wrap and cut in half.

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BREAKFAST SALAD BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
317 kcals **17g Fats**
32g Carbs **10g Protein**

WHAT YOU NEED:

- 2 slices bread of choice
- 2 handfuls salad leaves per bowl
- 2 baby cucumbers, sliced
- 2.6 oz. (75g) feta cheese, cubed
- 2.6 oz. (75g) blueberries
- 2 tbsp. pumpkin seeds
- 1 tbsp. olive oil
- 2 tsp. honey
- ½ lemon, juiced

WHAT YOU NEED TO DO:

Toast the bread and tear into small pieces.

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.

Lastly drizzle with olive oil, honey, and lemon juice.



HUEVOS RANCHEROS (MEXICAN BREAKFAST)



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
351 kcals **12g Fats**
32g Carbs **28g Protein**

WHAT YOU NEED:

- 1 ¼ cup (230g) black beans, drained
- 3 ½ cup (400g) pumpkin cubes
- 2 cans plum tomatoes in sauce
- chili flakes, to taste
- 8 smoked bacon rashers, cut into strips
- 4 cups (300g) mushrooms sliced
- 2 garlic cloves, minced
- 1 tbsp. coconut oil
- 4 cups (270g) kale, chopped
- 4 eggs

WHAT YOU NEED TO DO:

Place the pumpkin, tomatoes and chili in a pot and bring to boil. Reduce the heat in low and simmer with lid on for 15 mins stirring occasionally.

In the meantime, heat a frying pan with half a tbsp. oil and cook the bacon strips for 5 mins.

Cut the mushrooms and add them to the bacon with 1 minced garlic clove and cook for another 5 mins.

Heat a second frying pan with the remaining oil and cook the kale with 1 minced garlic clove seasoned with salt and pepper.

Once mushrooms and bacon are ready use the pan to fry the eggs. In a separate pot heat up the beans and season with salt and pepper.

Assemble everything on 4 plates and serve.



QUINOA BREAKFAST MUFFINS



Makes: 12
Prep: 10 mins
Cook: 25 mins



Nutrition per muffin:
76 kcals **4g Fats**
6g Carbs **4g Protein**

WHAT YOU NEED:

- 6 eggs
- 1 cup (185g) cooked quinoa
- olive oil
- 1 cup (75g) mushrooms, sliced
- 1 small onion, chopped
- ½ cup (55g) sundried tomatoes, chopped
- 12 black olives, sliced

WHAT YOU NEED TO DO:

Pre-heat the oven to 180C.

In a bowl, whisk the eggs with salt and pepper, then add in the cooked quinoa and mix well.

Grease a 12 muffin tray with a oil or use a silicon muffin liner to prevent sticking.

Divide the mushrooms, onion, tomatoes and olives between the 12 muffin molds. Next spoon an even amount of the egg and quinoa mix over the vegetables.

Bake for 20-25 mins until cooked throughout (until a knife inserted in the centre of the muffin comes out clean).

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MAS HUNI (MALDIVIAN BREAKFAST)



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
276 kcals **7g Fats**
28g Carbs **25g Protein**

WHAT YOU NEED:

- 11.2 oz. (320g) canned tuna in water
- 1 small red onion
- 1 red chili pepper
- 1 lime, zest and juice
- 3/8 cup (25g) ground coconut
- 1 baby Romanian lettuce
- 4 mini pitta breads

WHAT YOU NEED TO DO:

Drain the tuna and transfer into a medium size bowl. Finely chop the onion, halve the chili, remove the seeds and chop finely, then add both onion and chili to the tuna.

Next add in the zest and juice of the lime and the coconut. Mix all the ingredients with a fork until you have a tuna salad with a nice texture.

Prepare the lettuce leaves. Toast the pitta bread. Cut them open as an envelope and fill them with lettuce and tuna salad. Or serve the tuna in lettuce wraps and the pitta on the side.



VEGAN PEAR & CINNAMON OATMEAL



Serves: 2
Prep: 15 mins
Cook: 15mins



Nutrition per serving:
287 kcals 4g Fats
57g Carbs 8g Protein

WHAT YOU NEED:

- 1 cup (80g) oatmeal
- 2 cups (470ml) water
- 1/8 tsp. salt
- 1 large pear, peeled, cored and roughly chopped
- 1 cup (235ml) almond milk, unsweetened
- 2 tbsp. maple syrup
- 1 tsp. cinnamon

WHAT YOU NEED TO DO:

Place the oats, water and salt in a saucepan and bring to a boil. Add in the chopped pears and half the almond milk, then stir well.

When the oatmeal returns to a boil, lower the heat, cover with a lid, and let it simmer, stirring frequently, for about 15 minutes. Add milk to the rest of the milk as required.

Once the oatmeal is smooth and creamy, turn off the heat. Then stir in the maple syrup and cinnamon.

Divide between two bowls and sprinkle with some more cinnamon and walnuts (optional), Serve straight away.

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STUFFED BREAKFAST PEPPERS



Makes: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per pepper:
100 kcals 5g Fats
6g Carbs 7g Protein

WHAT YOU NEED:

- 2 bell peppers
- 4 tbsp. Mexican veg mix, canned
- 4 eggs
- 1 tsp. Mexican spices
- salsa, to taste (optional)

WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C). Halve the peppers, remove the stem and seeds. Place the peppers on a baking tray covered with parchment paper.

Fill each pepper with 1 tbsp. of the Mexican vegetables and break an egg over each one. Bake for about 20 minutes in the bottom of the oven until the egg white has solidified. Sprinkle with the Mexican spices and season with salt and pepper.

Drizzle with salsa before serving (optional).

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AVOCADO ON TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
195 kcals **11g Fats**
16g Carbs **5g Protein**

WHAT YOU NEED:

- 4 small slices whole wheat bread
- 1 large tomato, diced
- 2 tsp. virgin olive oil
- 1 avocado
- handful of spicy sprouts

WHAT YOU NEED TO DO:

Toast the bread. In the meantime, finely dice the tomato and place it in a small bowl. Mix in the oil and season with salt and pepper.

Cut the avocado in half and remove the stone. Scoop out the flesh with a spoon and cut into cubes.

To serve spread the tomatoes over the toast, top with avocado cubes and sprouts. Season with ground pepper and serve immediately.



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COTTAGE CHEESE FRUIT BOWL



Makes: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per pepper:
310 kcals **10g Fats**
33g Carbs **26g Protein**

WHAT YOU NEED:

- 1 cup (170g) mango, cut into cubes
- 1 cup (148g) blueberries
- juice of half a lime
- 2 cups (400g) cottage cheese, full fat
- 1 oz. (28g) Goji berries

WHAT YOU NEED TO DO:

Peel and cut the mango into cubes then place in a bowl. Mix in the lime juice and blueberries.

Spread the cottage cheese between 4 small bowls, top with the fruit salad and sprinkle with Goji berries. Serve immediately.



HERBY BREAKFAST SAUSAGES



Makes: 8
Prep: 10 mins
Cook: 10 mins



Nutrition per cluster:
56 kcals **3g Fats**
2g Carbs **7g Protein**

WHAT YOU NEED:

- 8.8 oz. (250g) ground pork
- salt & pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO:

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.

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COTTAGE CHEESE, AVOCADO & SUNDRIED TOMATO BREAKFAST WRAP



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
365 kcals **21g Fats**
31g Carbs **14g Protein**

WHAT YOU NEED:

- 14 oz. (400g) cottage cheese
- 2 avocados, stone removed
- 4 medium corn wraps
- 3.5 oz. (100g) sundried tomatoes
- 4 handfuls lettuce

WHAT YOU NEED TO DO:

Heat the wraps according to instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt & pepper.

Next divide the cottage cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.

A close-up photograph of a light blue ceramic bowl filled with a fresh salad. The salad consists of green leafy vegetables, sliced avocado, bright red pomegranate seeds, and golden-brown croutons. A white dressing is drizzled over the ingredients. In the background, a wooden cutting board with a lemon half and a metal fork are visible.

LUNCHES

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RECIPE KEY

GF Gluten Free

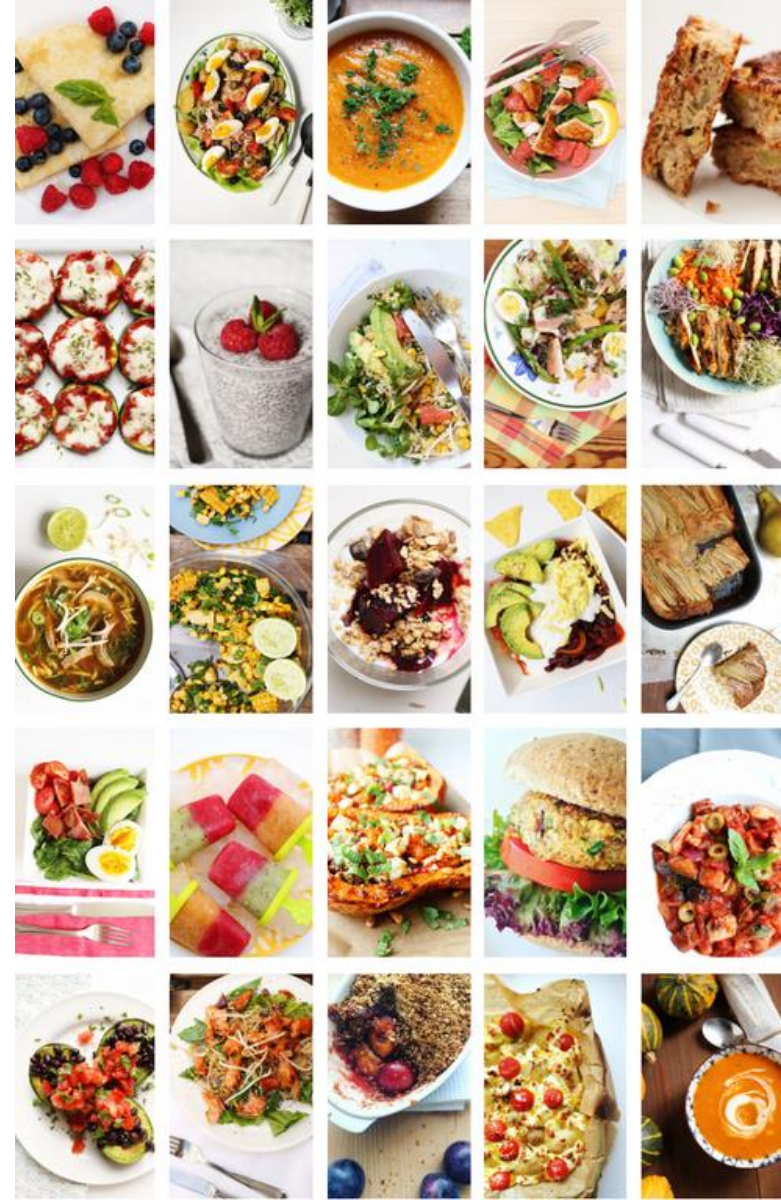
DF Dairy Free

LC Low Carb (under 20g per serving)

HP High Protein (over 30g per serving)

V Vegetarian

Q Quick (under 30 minutes)





TUNA & AVOCADO FILLING



Serves: 2
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
247 kcals **14g Fats**
8g Carbs **20g Protein**

WHAT YOU NEED:

- 1 can (5.6 oz. / 160g) tuna in water, drained
- 1 medium avocado
- 1 small red onion, diced
- 1 small carrot, peeled and grated
- 1 hard-boiled egg, diced
- 1 tbsp. 0% fat Greek yogurt
- 1 tsp. Dijon mustard
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO:

Drain the tuna flakes and place in a bowl. Add in the rest of the ingredients, season with salt and pepper and combine.

Serve with a salad, in a wrap or as a jacket potato filling.

SATAY TEMPEH SKEWERS WITH ASIAN SLAW



Serves: 4
Prep: overnight
Cook: 20 mins



Nutrition per serving:
365 kcals **24g Fats**
22g Carbs **23g Protein**

WHAT YOU NEED:

- 14 oz. (400g) natural tempeh

For the marinade:

- ¼ cup (45g) crunchy peanut butter
- 3 tbsp. coconut milk (more if required)
- 1 tbsp. sesame oil
- 1 tbsp. lime juice
- 1 tbsp. tamari (or soy sauce)
- 1 tbsp. honey
- 1 tsp. chili paste (sambal oelek)
- 1 tsp. ginger, grated

For the slaw:

- 300g red cabbage, shredded
- 1 tbsp. Sesame oil
- 1 tsp. honey
- 1 tbsp. lime juice
- 2 tsp. ginger, grated
- sesame seeds, to serve

WHAT YOU NEED TO DO:

Cut the tempeh into 32 even cubes.

Mix all the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).

Preheat the oven to 350F (180C).

Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 mins checking to prevent burning. Save the rest of the marinade for serving.

Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside.

Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.



INDIAN CHICKEN SOUP WITH CAULIFLOWER



Serves: 4

Prep: 10 mins

Cook: 15 mins



Nutrition per serving:

348 kcals

19g Fats

22g Carbs

24g Protein

WHAT YOU NEED:

- 1.3 lbs (600g) cauliflower florets
- 1 tbsp. sesame oil
- 3 tsp. hot curry powder
- 14 oz. (400g) canned lentils, drained
- 4 tomatoes
- 1 chicken stoke cube
- 2/3 cup (160ml) coconut milk, canned
- 12 oz. (350g) skinless, boneless chicken thigh, cubed
- 3 ¼ cup (750ml) boiling water

WHAT YOU NEED TO DO:

Separate the cauliflower florets, half the large ones.

Heat the oil in a large pot and fry the cauliflower with the curry powder over medium heat for 3 minutes.

Meanwhile, rinse and drain the lentils. Cut the tomatoes into wedges.

Add the lentils, tomatoes, stock tablet, coconut milk, chicken cubes and the water to the pot and bring to boil on high heat. Turn down the heat and let simmer for 10 minutes.

Serve in deep bowls seasoned with ground pepper.



RAINBOW QUINOA SALAD WITH GRILLED TURKEY



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
498 kcals 22g Fats
38g Carbs 37g Protein

WHAT YOU NEED:

- 1 cup (185g) cooked quinoa
- 1 tbsp. coconut oil
- 8.1 oz. (230g) turkey fillet
- 1 small carrot, grated
- ½ cup (50g) red cabbage, shredded
- 2/3 cup (50g) edamame beans
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1 tbsp. sesame oil
- handful sprouting alfalfa (or similar)
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO:

Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm.

In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.

Mix the quinoa with the carrot, cabbage and soybeans.

Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.

Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.

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MEXICAN WRAPS WITH GRILLED CHICKEN & AVOCADO



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
540 kcals 20g Fats
38g Carbs 36g Protein

WHAT YOU NEED:

- 7 oz. (200g) chicken breast
- 1 tbsp. olive oil
- 1 tsp. Mexican taco seasoning
- 1/2 avocado
- ½ cup (125g) corn
- ½ cup (90g) black beans
- ½ lime, zest and juice
- 1/3 cup (85g) Greek yogurt (0% fat)
- 100g iceberg lettuce
- 2 whole wheat tortilla wraps
- few drops tabasco (optional)

WHAT YOU NEED TO DO:

Rub the chicken breasts with the oil and the Mexican mix. Season with salt if necessary.

Heat the pan and cook the chicken for about 8 minutes, until golden brown and cooked throughout.

In the meanwhile cut the avocado in half, remove the pit, scoop out the flesh and chop it. Rinse and drain the corn and beans. Mix the yogurt with the lime zest and juice then season with pepper and salt.

Cut the cooked chicken into strips. Divide the lettuce, avocado, corn, beans, chicken strips, yogurt and tabasco over the wraps. Fold the outside of the tortillas inwards and roll up. Halve the wraps and serve.



FULL MOON PUMPKIN SOUP



Serves: 8
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
165 kcals **6g Fats**
14g Carbs **5g Protein**

WHAT YOU NEED:

- 2 onions
- 1 tbsp. olive oil
- 1.7 lbs. (800g) pumpkin cubes
- chili flakes, to taste
- 3 1/3 cup (800ml) of water
- 2 chicken bouillon cubes
- 10.5 oz. (300g) grilled peppers (jar)
- 10.5 oz. (300g) corn kernels
- 14.1 oz. (400g) black beans
- ½ cup (125g) crème fraîche or soy alternative

WHAT YOU NEED TO DO:

Chop the onions. Heat the oil in a saucepan and fry them for 3 minutes on low heat. Add the pumpkin and chili flakes and cook for another 5 minutes on medium heat.

Add the water and the bouillon tablets and bring to the boil. Reduce the heat and gently simmer for 20 minutes.

Add the grilled peppers along with the liquid from the jar and cook for another 5 minutes. Purée the soup with a hand blender until smooth.

Meanwhile, rinse and drain the corn and black beans. Add them to the soup and heat for another 2 minutes.

Divide the soup into the bowls and add 1 tsp. of cream in each. Stir gently to create a swirl and serve.





ROAST BEEF BRUSCHETTA



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per muffin:
228 kcals **8g Fats**
27g Carbs **11g Protein**

WHAT YOU NEED:

- 2 small ciabatta rolls
- 1 tbsp. olive oil
- 8 asparagus tips
- 2 tsp. pine nuts
- 1 clove garlic, cut in half
- 4 slices roast beef
- 1 basil twig
- 1 tbsp. balsamic glaze

WHAT YOU NEED TO DO:

Slice the ciabattas in half and toast them.

Heat the oil in a pan and grill the asparagus for 5 min until slightly brown and al dente. Roast the pine nuts in a dry frying pan until golden brown and set aside.

Place the toasted bread on a serving plate and rub them with the cut surface of the garlic.

Put the roast beef and the asparagus tips on the bruschetta's. Sprinkle with the basil leaves, pine nuts and pepper to taste. Drizzle the bruschetta with the balsamic dressing before serving.



CHUNKY CREAM OF TOMATO SOUP



Serves: 6
Prep: 20 mins
Cook: 20 mins



Nutrition per serving:
213 kcals **11g Fats**
23g Carbs **5g Protein**

WHAT YOU NEED:

- 6.3 oz. (180g) puff pastry
- 1 egg, whisked
- 1 tbsp. olive oil
- 1 onion, chopped
- 2.2 lbs (1kg) tomatoes, chopped
- 1 tsp. curry powder
- 1 glove garlic, chopped
- 3 tbsp. tomato pure
- 2 cups (500ml) vegetable stock (or chicken)
- 8.8 oz. (250g) soup vegetables mix, finely chopped
- 4 tbsp. cream fraiche or dairy free alternative
- parsley

WHAT YOU NEED TO DO:

Preheat the oven to 200C. Cut out stars or other festive shapes from the puff pastry. Brush the pastry on both sides with the egg. Bake for 20 minutes in the preheated oven.

Meanwhile, heat the olive oil in a pot and fry the onion with the tomato for 5 minutes.

Add the curry, garlic and tomato paste and cook for another 1 min. Add the stock and bring to the boil. Then cook the soup gently for 5 minutes.

Puree the soup with the hand blender and bring back to the boil. Add the soup vegetables and cook for another 2 minutes. Add in the cream, and season with salt and pepper.

Divide the soup between bowls and carefully place the pastry stars on top. Garnish with the parsley and serve.



ASIAN FISH BURGER



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per serving:
120 kcals **1g Fats**
7g Carbs **18g Protein**

WHAT YOU NEED:

- 12 oz. (350g) white fish fillet (catfish, cod or other)
- 2 tbsp. cornflour
- 1 lime, juice and zest
- 2 tbsp. yellow Thai curry paste
- 3 spring onions, chopped

WHAT YOU NEED TO DO:

Preheat the oven to 430F (220C). Dab the fish dry with a paper towel and cut into pieces. Place the fish, cornflower, lime zest & juice and curry paste in a bowl and puree with the hand blender until smooth. Add in the chopped spring onions and mix well.

With moist hands form 4 fish burgers and place on a baking tray covered with baking paper. Cook for about 10 minutes in the middle of the oven.

Once ready put straight away in a bun or with a side salad, or store refrigerated until required.

Tip: Tasty with sweet chili sauce.

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CHICKEN, WALNUT & CHICORY SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
385 kcals 21g Fats
15g Carbs 37g Protein

WHAT YOU NEED:

- 1 sweet apple
- 14 oz. (400g) cooked or leftover chicken, shredded
- 17 oz. (500g) of chicory
- 1½ tbsp. mustard
- 4 tbsp. Greek yogurt (0% fat)
- 3 tbsp. extra virgin olive oil
- 1 tbsp. white wine vinegar
- 2 tbsp. parsley, chopped
- 1/3 cup (40g) walnuts, chopped

WHAT YOU NEED TO DO:

Cut the apple into quarters, remove core and cut the flesh into pieces. Cut off the bottom of the chicory, halve the stalk lengthwise and remove the hard core. Then cut into strips lengthwise.

Make the dressing by combining the mustard, yogurt, oil and vinegar. Season with pepper. Mix the chicory and the apple with the dressing and let the flavors settle for 10 minutes.

Finally, add in the parsley, shredded chicken and chopped walnuts and mix well. Serve imminently or store refrigerated until required.



CITRUSY QUINOA SALAD



Serves: 5
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
174 kcals **6g Fats**
27g Carbs **5g Protein**

WHAT YOU NEED:

- 2 cups (370g) cooked quinoa
- 1 cup (225g) baby spinach, chopped
- 1/3 cup (40g) dried cranberries
- 1/4 cup (35g) pine nuts
- 2 tbsp. balsamic vinegar
- 1 tbsp, Dijon mustard
- 1 orange, juice only

WHAT YOU NEED TO DO:

Toss together the quinoa, spinach, cranberries and pine nuts in a large bowl.

Make the dressing by mixing together the vinegar, mustard and squeezed orange juice. Season with salt & pepper to taste.

Add the dressing to the salad and mix well. Season to taste with sea salt & pepper, and serve on its own or as a side with meats and fish.





HIGH PROTEIN MEXICAN EGG ROLL



Serves: 2
Prep: 10 mins
Cook: 10-15 mins



Nutrition per serving:
313 kcals
5g Carbs
15g Fats
38g Protein

WHAT YOU NEED:

- 7 oz. (200g) lean ground beef
- 1 tsp. Mexican seasoning
- 1 red sweet pepper, chopped
- 3 eggs
- 4 egg whites
- 1 tsp. coconut oil
- 2 handfuls baby spinach

WHAT YOU NEED TO DO:

Heat a non-stick pan on medium heat and cook the beef, about 7 minutes. Season with the Mexican spices, salt & pepper. Once cooked transfer onto a plate, cover with tin foil and set aside.

Using the same pan cook the peppers until slightly softened, about 5 mins.

In a bowl, whisk the eggs and season with salt & pepper. Heat a separate pan with the coconut oil and pour in the eggs, cover with a lid and cook for a few minutes until cooked. Flip like a pancake if necessary to cook the other side.

Once cooked place the egg omelette on a piece of tin foil, top with spinach, cooked peppers and beef. Roll up wrapping in tin foil to secure the filling. Unwrap the top and enjoy. Delicious with salsa.

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MEDITERRANEAN CHICKEN SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
381 kcals **29g Fats**
10g Carbs **45g Protein**

WHAT YOU NEED:

For the dressing:

- 2 tbsp. lemon juice
- 2 tbsp. olive oil
- ¼ tsp. herbs de Provence
- 1 tsp. minced garlic
- 1 tbsp. apple cider vinegar

For the salad:

- 10.5oz. (300g) chicken breast, cooked, chopped
- 1 oz. (30g) feta cheese, crumbled
- 2 cups (150g) iceberg lettuce, chopped
- handful parsley, chopped
- handful basil, chopped
- 1 small red onion, finely chopped
- ¼ cucumber, chopped
- 6 cherry tomatoes, halved
- 10 black olives, sliced

WHAT YOU NEED TO DO:

First prepare the dressing by mixing all the dressing ingredients together in a cup. Season to taste with salt and pepper.

Next, prepare and chop all the salad ingredients and place in a bowl. Pour over the dressing and mix well.

Divide between two bowls and serve.

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VEGETABLE BEAN SOUP WITH SHRIMPS



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
327 kcals **11g Fats**
32g Carbs **27g Protein**

WHAT YOU NEED:

- 5 cups (1½ litres) vegetable stock
- 14 oz. (400g) can cannellini beans, drained
- 10.5 oz. (300g) shrimps
- 1.7 lbs. (800g) vegetable mix of choice
- 3 oz. (85g) quinoa
- 2 oz. (60g) basil pesto

WHAT YOU NEED TO DO:

Put the stock, beans, shrimps, vegetable mix and quinoa in a pot and bring to high heat while stirring.

Leave to cook for 15 minutes on medium heat with the lid on the pan. Stir frequently. Stir in the pesto, spread over 4 bowls and serve.

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VEGAN CAESAR SALAD



Serves: 2
Prep: 15 mins
Cook: 0



Nutrition per serving:
243 kcals **15g Fats**
32g Carbs **8g Protein**

WHAT YOU NEED:

For the dressing:

- 1/4 cup (62g) natural soy yogurt
- juice of 1/2 lemon
- 1 tsp. honey
- 1 garlic clove, crushed
- 1 tsp. mustard

For the salad:

- 1 romaine lettuce, chopped
- 1 avocado, chopped
- 2 slices brown bread, toasted and chopped
- 1 pomegranate, seeds to serve

WHAT YOU NEED TO DO:

Firstly, toast your bread. In the meantime, make the dressing, place all the dressing ingredients in cup/bowl season to taste, and mix well until smooth, then set aside.

Next, assemble the salad in bowls (lettuce, avocado, bread) and garnish with the pomegranate seeds. Top with 2 tbsp of the dressing and serve.



CHIA CRUSTED TUNA STEAK WITH AVOCADO SALSA



Serves: 2
Prep: 15 mins
Cook: 8 mins



Nutrition per serving:
401 kcals **18g Fats**
22g Carbs **40g Protein**

WHAT YOU NEED:

- 2 tuna steaks (5oz./140g each)
- 2 tbsp. chia seeds
- 2 tsp. coconut oil
- 1 avocado, cubed
- 1 red chili, deseeded, chopped
- 5 oz. (140g) pineapple, fresh or canned, finely chopped
- 1/3 cup. (45g) red onion, diced
- handful coriander, chopped
- juice of 1/2 lemon

WHAT YOU NEED TO DO:

Season the tuna steaks with salt and pepper.

Spread the chia seeds on a plate and press each tuna steak into the seeds until coated on both sides.

Heat a non-stick pan with the oil to high heat. Once it is hot fry the tuna steaks 3-4 minutes each side, depending on your liking. The steaks are best when the inside is still raw.

Make the salsa by combining the avocado, chili, pineapple, onion, coriander and lemon juice in a bowl, season with salt and pepper, and mix well.

Serve the tuna steaks straight away with salsa as a side.



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CHIPOTLE CHICKEN SALAD BOWL



Serves: 2
Prep: 20 mins
Cook: 15 mins



Nutrition per serving:
605 kcals **17g Fats**
74g Carbs **49g Protein**

WHAT YOU NEED:

For the chicken:

- 2 chicken breasts (5oz./150g each)
- 1 tbsp. coconut oil
- juice of 1/2 lime
- 2 tbsp. taco seasoning
- 2 tsp. tomato paste

For the bean salad:

- 1 red sweet pepper, chopped
- 1 medium tomato, chopped
- 1 small red onion, diced
- 5 oz. (140g) sweetcorn, drained
- 5 oz. (140g) black beans, drained
- Few handfuls Romanian lettuce, chopped
- 2 green onions, chopped
- bunch of coriander, chopped
- 2 tbsp. natural yogurt

For the rice:

- 8.8 oz (250g) cooked white rice
- 1/2 lime, zest only
- bunch of coriander, chopped

WHAT YOU NEED TO DO:

In a bowl, mix the ingredients for the chicken marinade, then add in the chicken breast and cover well. Marinate in the fridge for at least 15 minutes (or overnight).

In the meantime, make the bean salad by mixing all the salad ingredients apart from the yogurt. Season with salt and pepper.

Heat the oil in a pan to high heat and cook the chicken 5 mins on each side. Take off the heat and set aside. Once ready to serve chop into pieces.

To prepare the rice mix in the chopped coriander and lime peel into the cooked rice.

Assemble the salad. Divide the rice and bean salad between two bowls, then top with the cooked chicken. Serve with 1 tbsp. of natural yogurt.



BLT LETTUCE WRAPS



Serves: 1
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
316 kcals **17g Fats**
6g Carbs **30g Protein**

WHAT YOU NEED:

- 2 tbsp. lemon juice
- 2 hard-boiled eggs, chopped
- 4 slices bacon medallions, cooked and chopped
- 1 medium tomato, diced
- 1 tsp. mayo
- 3-4 large lettuce leaves

WHAT YOU NEED TO DO:

Firstly, cook the eggs to your liking, then set aside. In the meantime, heat a dry non-stick pan and fry the bacon for a few minutes until crispy, set aside to cool.

Once both egg and bacon have cooled, chop them into small pieces. Mix the diced tomato with mayonnaise and season with salt and pepper to taste.

Prepare 3-4 large lettuce leaves, and place them on a plate. Top with tomatoes, bacon, egg, and serve seasoned with freshly ground black pepper.

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LEEK AND PEA SOUP WITH BASIL



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
212 kcals **5g Fats**
30g Carbs **11g Protein**

WHAT YOU NEED:

- 2 tsp. coconut oil
- 14 oz. (400g) leek, chopped
- 2 cups (1L) water
- 2 vegetable stock cubes
- 16 oz. (450g) garden peas
- 0.5 oz. (15g) fresh basil, chopped
- 3.5 oz. (150g) light feta, crumbled

WHAT YOU NEED TO DO:

Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.

Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.

Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.

A close-up photograph of a white ceramic bowl with an orange rim, filled with a hearty vegetable and meat stew. The stew contains chunks of yellow bell peppers, red bell peppers, zucchini, and ground meat in a thick tomato-based sauce. Several fresh green basil leaves are scattered on top. The bowl is placed on a white and black striped cloth.

DINNERS

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- Vegetarian Nut Loaf

RECIPE KEY

GF Gluten Free

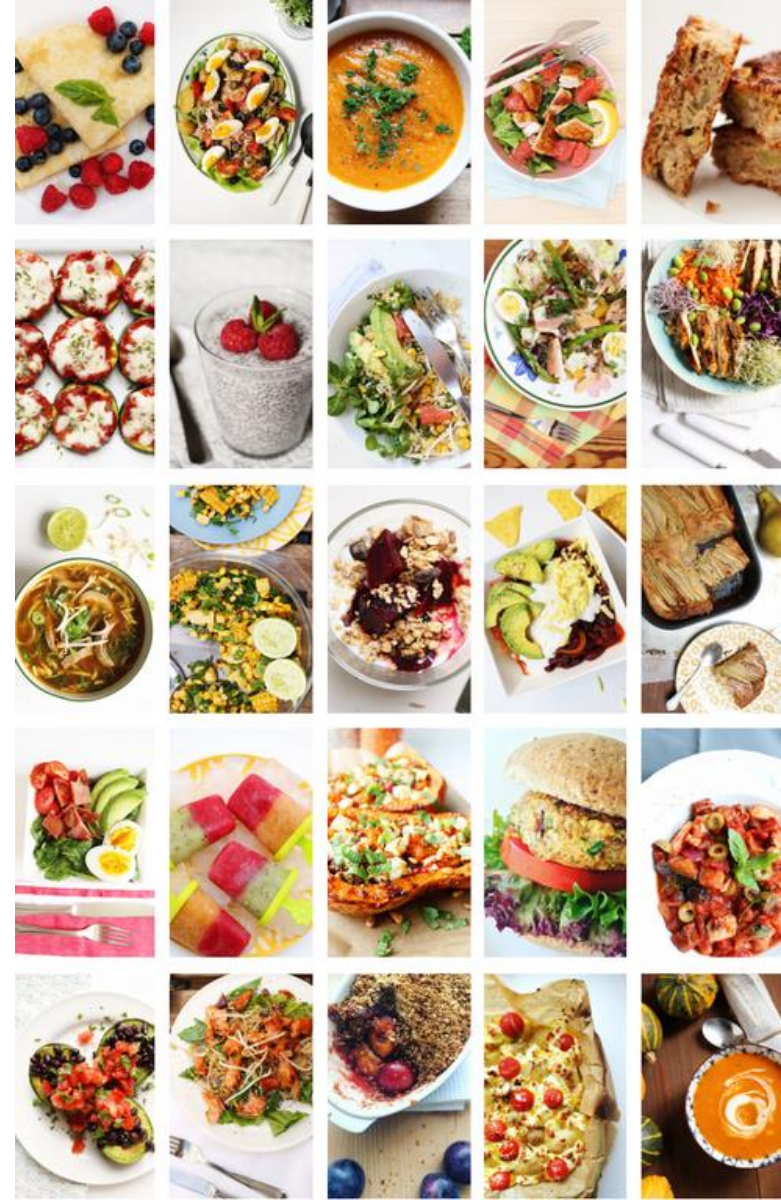
DF Dairy Free

LC Low Carb (under 20g per serving)

HP High Protein (over 30g per serving)

V Vegetarian

Q Quick (under 30 minutes)





VEGAN CHILI WITH SPICED CAULIFLOWER RICE



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
373 kcals **7g Fats**
54g Carbs **20g Protein**

WHAT YOU NEED:

- 3 tsp. coconut oil
- 2 garlic cloves, crushed
- 2 medium carrots, grated
- 1.3 lbs. (600g) tomato passata
- 2 tbsp. tomato purée
- 2 x 14 oz. (400g) tins black beans, rinsed and drained
- 1 x 14 oz. (400g) tin red kidney beans, rinsed and drained
- 1 jalapeño pepper, deseeded and diced
- chili flakes, to taste
- 1.7 lbs. (800g) cauliflower rice (or make your own in a food processor)
- 1 tsp. onion powder
- ½ tsp. turmeric
- 1 oz. (28g) pumpkin seeds
- 2 tbsp. fresh parsley, chopped

WHAT YOU NEED TO DO:

Heat 1 tsp. coconut oil in a large saucepan and cook the garlic until fragrant. Add the carrots, tomato passata and purée, black beans, kidney beans and jalapeño pepper. Season with salt and pepper and cook for 10 mins stirring often.

In the meantime, prepare the cauliflower rice. Heat the remaining 2 tsp. coconut oil in a pan and toss in the cauliflower rice. Add the onion powder and turmeric, season with salt and pepper and cook for 3-5 minutes. Then remove from the pan and set aside.

Once chili is ready, serve in a bowl alongside the spiced cauliflower rice. Sprinkle with pumpkin seeds and chopped fresh parsley to serve.

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HOMEMADE QUINOA CHICKEN NUGGETS



Serves: 4
Prep: 25 mins
Cook: 20 mins



Nutrition per serving:
224 kcals **6g Fats**
10g Carbs **33g Protein**

WHAT YOU NEED:

- 1 lbs. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- 1 oz. (30g) cup parmesan, grated
- 1 tbsp. dried herbs, of choice

WHAT YOU NEED TO DO:

Set oven to 350F (180C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 mins, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.

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

Chop the chicken into chunks. Whisk the egg in a bowl together with the parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken first in the egg, then coat with the quinoa.

Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.



STEAMED ITALIAN STYLE MEATBALLS



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per serving:
189 kcals
12g Carbs
9g Fats
15g Protein

WHAT YOU NEED:

- 8.8 oz. (250g) 50/50 lean pork beef mince
- 3.5 oz. (100g) bread of choice, soaked in water
- 1 small chili pepper, deseeded and chopped
- 1 garlic clove, finely chopped
- 1 handful fresh parsley, finely chopped
- 1 ½ tbsp. olive oil

WHAT YOU NEED TO DO:

Soak the bread in water for about 10 mins.

Place the meat mix in a bowl. Squeeze out excess water from the bread and add to the

meat. Season with salt and pepper. Next add the chopped chili (but use only half if it is very hot), garlic, parsley and 1 tbsp. olive oil. Using your hands mix everything together.

Bring a pot of water to the boil, placing a plate on top instead of the lid. Once water has boiled, grease the plate with ½ tbsp. of olive oil and add in ¼ cup of boiling water.

Next, using wet hands form meatballs about the size of a cherry tomato and place on the plate. Carry on until you've used all the meat, at this stage add in a little bit more boiling water to the meatballs, but make sure not to cover them. Finally, cover the meatballs with a plate or lid and steam for 30-35 mins.

Once ready serve with pasta and an extra sprinkle of fresh parsley. Also great with parmesan.



MISO SALMON WITH ZUCCHINI NOODLES



Serves: 2
Prep: 20 mins
Cook: 15 mins



Nutrition per serving:
496 kcals **30g Fats**
27g Carbs **29g Protein**

WHAT YOU NEED:

For the salmon:

- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- ¼ cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 14 oz. (400g) zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

WHAT YOU NEED TO DO:

Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 mins.

In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate until serving.

Preheat oven to 350F (180C).

Place the salmon in an oven proof dish and pour some of the marinade over it. Bake for 12 mins and then turn the broiler on for about 2-3 mins to brown the top. Check often to avoid burning.

Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

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VEGETARIAN NASI GORENG



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per serving:
380 kcals **10g Fats**
59g Carbs **14g Protein**

WHAT YOU NEED:

- 7. oz. (200g) brown rice
- 1 tbsp. coconut oil
- 2 garlic cloves, sliced
- 1-inch ginger, peeled and 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

WHAT YOU NEED TO DO:

Boil the rice according to the instructions on the package.

Heat ½ tbsp. oil in a large pan and add the garlic, ginger and sambal, cook for 3 mins. Add the cabbage, leek, and carrot to the pan and stir-fry for another 5 min. Next, add the cooked rice with the ketjap manis sauce and mix well, and allow to heat through for a few minutes.

Heat the remaining oil in a frying pan and fry the eggs. In the meantime, cook the green beans for 5 minutes. Drain in a colander, and mix with the bean sprouts.

Serve the rice in a bowl topped with an egg and green beans on the side.



PESTO PASTA WITH TUNA & ALMONDS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
512 kcals **16g Fats**
69g Carbs **24g Protein**

WHAT YOU NEED:

- 10.5 oz. (300g) gluten-free fusilli
- 14 o. (400g) green beans
- 8.4 oz. (240g) tuna in water, drained (2 tins)
- 1 oz. (30g) roasted almonds, chopped
- 4.5 oz. (130g) green pesto

WHAT YOU NEED TO DO:

Cook the pasta according to the instructions on the package.

In the meantime, halve the beans and also cook for about 5 minutes, then drain.

Meanwhile, let the tuna drain and chop the almonds coarsely.

Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with the almonds to serve. Season with pepper.

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FISH & PUMPKIN STEW



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
415 kcals 13g Fats
49g Carbs 22g Protein

WHAT YOU NEED:

- 1 onion
- 1 tbsp. olive oil
- 14.1 oz. (400g) pumpkin cubes
- 2 tsp garam masala
- 14.1 oz. (400g) canned lentils
- 14.1 oz. (400g) chopped tomatoes
- 8.8 oz. (250g) cod fillets
- 4 mini naans or brown rice
- handful flat parsley, chopped

WHAT YOU NEED TO DO:

Cut the onion in half rings. Heat the oil in a deep-bottomed pan and fry the onion for 1 min on high heat. Add the pumpkin and garam masala and cook for 2 min.

In the meanwhile rinse and drain the lentils. Add the lentils and tomato cubes to the pan. Leave the lid on the pan and simmer on medium heat for 10 minutes. Stir regularly.

Cut the fish into pieces and add to the pan to cook for another 5 mins.

Bring the stew to taste with pepper and salt and sprinkle with the parsley. Serve with naan bread or rice.



HACHEE (TRADITIONAL DUTCH STEW)



Serves: 4
Prep: 20 mins
Cook: 2-3 hours



Nutrition per serving:
304 kcals **12g Fats**
8g Carbs **41g Protein**

WHAT YOU NEED:

- 750g diced beef
- 1 tbsp. oil
- 2 onion, chopped
- ½ tbsp. brown sugar (or other alternative)
- 1 tbsp. buckwheat flour
- 3 tbsp. balsamic vinegar
- 400ml beef broth
- 4 cloves
- 2 bay leaves

WHAT YOU NEED TO DO:

Season the beef with salt and pepper. Heat the oil in a medium size pot and cook the meat for 5 mins on low heat.

Add in the onions and sugar and cook for another 10 mins. Add in the flour and mix well.

Next add in the vinegar, broth cloves and bay leaves. Bring to boil, then reduce the heat, and simmer covered for up to 3 hours. Stir occasionally and check if the beef is to your liking.

Once ready take out the cloves and bay leaves, and season to taste with salt and pepper if necessary.

This stew is delicious with mashed or roasted potatoes.

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PORK TENDERLOIN IN BLACK BEAN SAUCE



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
304 kcals **17g Fats**
12g Carbs **23g Protein**

WHAT YOU NEED:

- 2 tsp. coconut oil
- 1 tbsp. grated ginger
- 2 garlic cloves, minced
- 1 cup (150g) green beans, chopped
- 10.5 oz. (300g) pork tenderloin
- 1.7 lbs (800g) cauliflower rice
- 160ml black bean sauce

WHAT YOU NEED TO DO:

Heat 1 tsp. oil in a wok and stir fry the ginger, garlic and green beans for 5-7 mins. Add the cauliflower rice, season with salt and pepper and cook for another 3 mins.

In the meantime, cut the pork into pieces. Heat the rest of the oil in a frying pan and cook the pork for 3 mins each side on high heat.

Add in the black bean sauce and heat for another 2-3 mins.

Divide everything between 4 plate sand serve.



LOW CARB BBQ CHICKEN PIZZA (CAULIFLOWER BASE)



Serves: 2-3
Prep: 15 mins
Cook: 45 mins



Nutrition per serving:
555/370 kcs 19/13g Fats
34/23g Carbs 56/43g Protein

WHAT YOU NEED:

- 1 large head of cauliflower (approx. 1.8lbs / 840g)
- 3/4 cup (90g) almond flour
- 2 garlic cloves, minced
- 1.5 tbsp. herbs de Provence
- 1 egg
- 2 eggs whites
- ¼ cup (55g) BBQ sauce
- 10.5 oz. (300g) cooked chicken, shredded
- 1 small red onion, sliced
- ¾ cup (75g) mozzarella or dairy free alternative cheese

Alternatively many shops now sell cauliflower rice. Squeeze any excess water from the cauliflower rice into a paper towel.

Place the cauliflower rice, almond flour, garlic, herbs and eggs in a large bowl, season with salt and pepper. Mix everything until a smooth but moist batter forms.

Place the batter on a baking tray lined with baking paper and flatten it out, leaving the edges a bit thicker. Bake the crust in the oven for 25-30 mins until the edges start to turn golden brown.

WHAT YOU NEED TO DO:

Heat the oven to 350F (180C).

Chop the cauliflower into smaller bits and add into a high-speed blender or food processor. Pulse until you have cauliflower rice.

Next, top the crust with the BBQ sauce, chicken, onions and finally cheese. Return to the oven for another 10-15 mins, until the cheese has melted and started browning up.



GLUTEN FREE TURKEY CASSEROLE



Serves: 6
Prep: 15 mins
Cook: 20 mins



Nutrition per serving:
386 kcals 7g Fats
38g Carbs 43g Protein

WHAT YOU NEED:

- 8oz.(230g) gluten free or quinoa pasta
- 1 tbsp. coconut oil
- 1 medium onion, chopped
- 2 garlic cloves, chopped
- 2 lbs.(900g) ground lean turkey
- 1 medium zucchini, chopped
- 1 pepper, chopped
- 1 can chopped tomatoes
- 240ml chicken stock
- 3 tbsp. tomato paste
- 2 tbsp. coconut cream or dairy free alternative
- ¾ cup (75g) dairy free cheese or mozzarella

WHAT YOU NEED TO DO:

Heat the oven to 375F (190C). Cook the pasta al dente according to instructions on packaging.

Heat the oil in a large frying pan and cook the onion and garlic until translucent. Add in the turkey and stir well while cooking for a few minutes.

Next add in the chopped zucchini and pepper, tomatoes and chicken stock and bring to boil. Now add in the cooked pasta and cream. Mix well and take off the heat.

Transfer everything into an oven proof dish and top with mozzarella. Bake in the oven for about 20 min until golden brown.



VEGETARIAN SHEPHERD'S PIE WITH SWEET POTATO



Serves: 6
Prep: 20 mins
Cook: 20-25 mins



Nutrition per serving:
234 kcals
36g Carbs
6g Fats
9g Protein

WHAT YOU NEED:

- 1.8 lbs (820g) cooked sweet potato mash, around 4-5 potatoes
- 1 tbsp. coconut oil
- 9 oz. (250g) mushrooms, chopped
- 2 garlic cloves, minced
- 1 onion, diced
- 2 handfuls parsley, chopped
- 1 tbsp. fresh thyme
- 1 tbsp. tomato paste
- 1 tbsp. Worcestershire sauce
- 2 tbsp. buckwheat flour
- 1 cup. (235ml) vegetable stock
- 3 cups (450g) frozen veg mix
- ½ cup (50g) dairy free cheese or parmesan

WHAT YOU NEED TO DO:

Firstly, prepare the sweet potato mash either by boiling or microwaving the potatoes.

Heat the coconut oil in a large frying pan and add in the mushrooms and garlic, season with salt and pepper and cook for 5 mins.

Add in the onion, parsley and thyme and sauté everything for another 10 mins. Next, add the tomato paste and Worcestershire sauce, mix well.

Sprinkle in the flour and stir well for 3mins. Next add in the stock and frozen vegetables stirring until thickened.

Heat the oven to 360C (180C) and transfer the vegetables into a oven proof dish. Top with the sweet potato mash and cheese.

Bake in the oven for 20-25 minutes until top is golden brown. Serve straight away.





BUCKWHEAT BEETROOT RISOTTO



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
550 kcals **24g Fats**
56g Carbs **21g Protein**

WHAT YOU NEED:

- 2 tbsp. olive oil
- 2 small onions, chopped
- 2 sprigs thyme, leaves only
- 2 garlic cloves, crushed
- 1.1 lbs (500g) beetroot, cooked
- 2 sprigs thyme
- 10.5 oz. (300g) buckwheat
- 5 cups (11/4L) vegetable stock
- 1 oz. (30g) pine nuts, roasted
- 5 oz. (150g) goats cheese, crumbled
- 4 handfuls rocket, to serve

WHAT YOU NEED TO DO:

Heat the oil in a pan on high heat. Add the onion and thyme and cook for 3 minutes. Add in the garlic and cook for another minute.

Next add in the buckwheat and cook for 3 minutes stirring until the grains are translucent, then add in a little bit of the vegetable stock and stir until it is absorbed.

Keep adding the stock until the buckwheat is cooked, it will take about 25 mins. Add the beetroot for the last 10 minutes of cooking.

In the meantime, roast the pine nuts in a dry pan for 3 minutes on medium heat until golden brown.

Crumble the goat's cheese and stir in half the risotto at the end of cooking. Divide the rocket over the plates alongside the risotto.

To serve sprinkle with the rest of the goat's cheese, pine nuts and season with salt and pepper.





LOW CARB AVOCADO CARBONARA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
278 kcals **22g Fats**
4g Carbs **16g Protein**

WHAT YOU NEED:

- 2 medium zucchinis
- juice of half a lemon
- 5 oz. (140g) bacon, cut into strips
- 2 garlic cloves, sliced
- 2 medium avocados
- 2 oz.(60g) Parmesan cheese, grated
- $\frac{3}{4}$ -1 cup (175-250ml) water, hot

WHAT YOU NEED TO DO:

Spiralize the zucchini and place them in a bowl, drizzle with lemon juice.

Heat a dry non-stick frying pan and fry the bacon strips for 8 min, on medium heat until golden brown and crispy. Add in the garlic and fry for another 1 min then set aside.

Cut the avocados in half, remove the stone and scoop out the flesh with a spoon. Place the avocado with half Parmesan cheese in a blender, add water and season with salt and pepper. Purée until smooth.

Mix the avocado puree and bacon through the zoodles (zucchini noodles), divide onto four plates and sprinkle with the rest of the Parmesan to serve.



BEEF AND BLACK BEAN TACOS



Serves: 4
Prep: 20 mins
Cook: 15 mins



Nutrition per serving:
524 kcals **31g Fats**
27g Carbs **27g Protein**

WHAT YOU NEED:

- 3 tsp. Mexican seasoning
- 2 tbsp. olive oil
- 14 oz. (400g) lean beef steak
- 2 red pointed peppers, cut into rings
- 14 oz. (400g) can black beans, rinsed and drained
- 12 taco shells
- 1 avocado
- 1 ½ cup (100g) iceberg lettuce, chopped
- 4 oz. (115g) of Greek yoghurt, 0% fat
- 1 lime

WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C).

Mix 2 tsp. of the spices with 1 tbsp. of oil and rub the steaks with it.

Heat a dry frying pan and fry the steaks for about 4 minutes (or adjust time to cook to your liking), turning halfway. Place the steaks on a plate, cover with foil and leave to rest for 10 minutes.

In the meantime, heat the remaining oil in a frying pan and cook the peppers with the rest of the spices for 5 minutes on medium heat. Add the beans and heat for another 1 minute. Season with salt and pepper to taste.

Heat the taco shells in the oven according to the instructions on the package.

Meanwhile cut the avocado in half, remove the stone and scoop out the flesh with a spoon, then cut it into strips.

Cut the cooked steaks into thin strips. Fill the tacos with the lettuce, steak strips, peppers, avocado and top with Greek yogurt and a squeeze of lime.



BACON, MUSHROOM & SPINACH CASSEROLE



Serves: 4
Prep: 15 mins
Cook: 35-45 mins



Nutrition per serving:
192 kcals **11g Fats**
4g Carbs **20g Protein**

WHAT YOU NEED:

- 1/2 tbsp. olive oil
- 5.2 oz (150g) bacon, chopped
- 7 oz. (200g) mushrooms, sliced
- 3.5 oz. (100g) baby spinach
- 6 eggs
- 1 cup (250ml) plant milk
- 1 tsp. onion powder

WHAT YOU NEED TO DO:

Preheat the oven to 400°F (200°C).

Heat the olive oil in a large pan. Fry the bacon and mushrooms over medium-high heat until golden brown. Add the spinach towards the end and cook until wilted. Season with salt and pepper to taste.

Transfer the cooked bacon and veg to a greased baking dish.

In a bowl whisk the eggs, combine with the milk and onion powder. Season with salt and pepper.

Pour eggs over the bacon and mushrooms. Bake in the oven for 35-45 minutes or until set in the middle. Cover the casserole with tin foil if the top gets too brown, to prevent burning.

DF

GF

LC



BAKED EGGPLANT WITH MOZZARELLA, TOMATO AND PESTO



Serves: 4
Prep: 15 mins
Cook: 35 mins



Nutrition per serving:
234 kcals **20g Fats**
21g Carbs **9g Protein**

WHAT YOU NEED:

- 2 aubergines
- 2 tbsp. olive oil
- 4.4 oz (125g) mozzarella, sliced
- 4 medium tomatoes, sliced
- 2 tbsp. green pesto

WHAT YOU NEED TO DO:

Preheat the oven to 400F (200C).

Make deep cuts in the aubergines without cutting right through. Place the aubergines on a tray covered with parchment paper and rub with the olive oil. Bake in the middle of the oven for about 35 min.

Meanwhile cut the mozzarella and tomatoes into slices. Remove the aubergines from the oven, let it cool slightly and insert a slice of mozzarella and tomato in each cut. Season with salt and pepper.

Lastly, drizzle with the pesto and cook in the oven for another 10 minutes until the mozzarella has melted.



MEATY RATATOUILLE



Serves: 6
Prep: 15 mins
Cook: 1 hour



Nutrition per serving:
219 kcals **7g Fats**
19g Carbs **21g Protein**

WHAT YOU NEED:

- 1.1 lb (500g) lean ground beef
- 2 red onions, chopped into wedges
- 4 garlic cloves, sliced
- 1 aubergine, chopped
- 1 courgette, chopped
- 3 bell peppers, chopped
- 5 tomatoes, chopped
- bunch of basil, stalk and leaves separated, chopped
- 1 tbsp. olive oil
- dried thyme, to taste
- 14 oz. (400g) tin chopped tomatoes
- 2tbsp. tomato paste
- 1 tbsp. balsamic vinegar
- ½ a lemon, zest

WHAT YOU NEED TO DO:

Heat a dry nonstick pan over high heat and cook the beef until browned. Transfer to a dish and set aside.

Heat half the oil in a large saucepan over medium heat, add the aubergines, courgettes and peppers. Cook for 5 mins, then also transfer into a dish and set aside.

Add the remaining oil to the pan, and cook the onion, garlic, basil stalks and thyme for about 10 mins.

Next, add in the cooked veg and beef alongside the chopped tomatoes, tomato paste, and vinegar. Season with salt and pepper and mix well. Simmer the veg covered, over low heat for 35 minutes.

Lastly, add in the basil leaves, lemon zest and season with salt and pepper to taste. Mix well and serve.



PROSCIUTTO WRAPPED ASPARAGUS



Serves: 4
Prep: 15 mins
Cook: 6 mins



Nutrition per serving:
120 kcals **11g Fats**
1g Carbs **12g Protein**

WHAT YOU NEED:

- 20 asparagus spears
- 1 tbsp. olive oil
- 10 slices prosciutto, halved lengthwise

WHAT YOU NEED TO DO:

Heat the oven to broil and place a rack about 5 to 6 inches below the heat.

Rub the asparagus with olive oil then season with salt and pepper. Next, wrap each spear with the prosciutto, starting from the bottom.

Place the wrapped asparagus on a baking tray and under the heat. Broil for about 3 mins, then turn the asparagus and broil for another 3 more minutes.

Serve as a snack.



HERBY HASSELBACK POTATOES



Serves: 6
Prep: 10 mins
Cook: 50 mins



Nutrition per serving:
211 kcals 8g Fats
32g Carbs 3g Protein

WHAT YOU NEED:

- 2.2 lbs (1kg) potatoes
- 1.7 oz. (50g) butter
- 1 tsp. herb mix
- bay leaves

WHAT YOU NEED TO DO:

Preheat the oven to 200 °c. Wash the potatoes and carefully make small vertical slits, three quarters of the way down each potato, all the way along. Place the potatoes in a greased roasting.

Melt the herb butter in a saucepan and mix in the herbs, then pour over the potatoes. Make sure that there is butter between the slits. Put a few bay leaves between the slits in each potato.

Roast in the oven for 40-50 minutes. Sprinkle with sea salt and serve. Remove the bay leaves before eating.





SWEET ORANGE CARROTS WITH ROSEMARY



Serves: 6
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
85 kcals 4g Fats
12g Carbs 1g Protein

WHAT YOU NEED:

- 1 orange, peel and juice
- 1 rosemary twig
- 1.3 lbs (600g) carrots, peeled and chopped
- 2 tbsp. butter

WHAT YOU NEED TO DO:

Clean the orange and grate half of the skin off. Squeeze out the juice.

Place the orange peel, juice and rosemary, in a pot. Season with salt.

Add water so that the carrots are just below the water level and bring to the boil. Cook the carrots for about 8-10 minutes until done and then drain.

Toss the carrots with the butter until melted. Season with salt and pepper and serve on a serving dish.



BRUSSEL SPROUTS WITH CRANBERRIES & PECANS



Serves: 6
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
123 kcals 6g Fats
22g Carbs 4g Protein

WHAT YOU NEED:

- 1.5 lbs. (700g) Brussels sprouts, cleaned
- 1 tbsp. olive oil
- ½ tsp cinnamon
- ½ cup (100ml) orange juice
- 1/3 cup (40g) dried cranberries
- ¼ cup (30g) salted pecans

WHAT YOU NEED TO DO:

Boil the sprouts for 6-7 mins until tender, then drain and let cool. Once cool chop them roughly into halves.

Heat the oil in a pan and stir-fry the sprouts with the cinnamon, seasoned with salt and pepper for 3 minutes. Add the orange juice and cook for another 1 min. Add the cranberries and pecans and stir well.

Serve warm, lukewarm or cold.



STUFFED PORK ROULADE



Serves: 10
Prep: 15 mins
Cook: 80-90 mins



Nutrition per serving:
204 kcals **11g Fats**
6g Carbs **22g Protein**

WHAT YOU NEED:

- 2.2 lbs (1kg) pork loin, trimmed of fat
- 3.5 oz. (100g) smoked bacon
- ½ apple, peeled, cored and chopped
- 6 prunes, halved
- 1 oz. (30g) salted cashews
- butcher string

WHAT YOU NEED TO DO:

Allow the pork to reach room temperature. Preheat the oven to 175 C.

Prepare the pork loin. Make a horizontal cut through the entire length of the top third of the loin, from right to left, without cutting all the way through. Then, flip the loin and repeat the exact same process. You should now be able to unfold your roast into a flat slab of meat.

Place the slices of bacon on a chopping board one by one, then place the meat on top.

Divide the prunes, apple and cashew nuts over the meat and roll with the bacon around it as tight as possible, tying it with the butcher's string.

Place the meat carefully in the oven and roast for approx. 80-90 mins. Remove from the oven and allow to rest for 10 mins covered in tin foil.

Cut the roulade into slices and serve.

LC

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FESTIVE FARMHOUSE MEATLOAF



Serves: 10
Prep: 5 mins
Cook: 50 mins



Nutrition per serving:
135 kcals **5g Fats**
0g Carbs **21g Protein**

WHAT YOU NEED:

- 2.2 lbs (1kg), lean ground beef (5% fat)
- 1 egg
- 1 tsp. ground cloves
- 1 red pepper, finely chopped
- 2/3 cup (20g) chives, finely chopped
- 5-6 bay leaves

WHAT YOU NEED TO DO:

Preheat the oven to 180 C.

Mix the mince with the egg, cloves and season with salt and pepper. Add in the chopped pepper and chives. Mix well.

Form the meat into a long oval shape of approx. 5 cm thick on a baking tray lined with baking paper.

Insert the bay leaves into the top of the minced meat and bake in the preheated oven for 50 minutes.

Remove the meatloaf from the oven and allow to rest for 10 minutes before cutting it into slices.

LC

DF

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VEGETARIAN NUT LOAF



Serves: 10
Prep: 20 mins
Cook: 50 mins



Nutrition per serving:
226 kcals **16g Fats**
14g Carbs **8g Protein**

WHAT YOU NEED:

- ½ cup (70g) hazelnuts
- 1 cup (100g) pecans
- 1 tsp. olive oil
- 2 ½ cups (250g) mushrooms, chopped
- 1 tbsp. fresh thyme, leaves only
- 2 cloves garlic, chopped
- 2 zucchini, coarsely grated
- 1 cup (200g) couscous
- 3 eggs
- ¾ cup (100g) prunes
- 3.5 oz. (100g) goat's cheese

WHAT YOU NEED TO DO:

Preheat the oven to 175 °C.

Place the nuts on a baking tray covered with baking paper and roast them in the oven for about 10 minutes.

Meanwhile, heat the oil and fry the mushrooms for 5 minutes. Add the thyme, garlic and season with pepper and salt, cook for another 2 minutes. Allow to cool slightly and then puree the mixture with half of the nuts in the food processor.

Place this mixture in a bowl and add the rest of the nuts, zucchini, couscous, eggs and prunes. Crumble the goat cheese and mix.

Put in the mixture in a greased loaf tin and bake for about 50 minutes in the oven.

Allow the loaf to cool for 10 minutes before serving.

LC

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GF

The image shows two glass cups filled with a thick, pink yogurt or smoothie. Each cup is topped with a variety of fresh fruits, including raspberries, blueberries, blackberries, and sliced kiwi. The cups are placed on a grey, textured cloth that has a decorative, wavy edge. A gold-colored spoon lies on the cloth to the right of the cups. A semi-transparent blue rectangular box with white horizontal lines is centered over the image, containing the word "DESSERTS" in white, bold, sans-serif capital letters.

DESSERTS

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- Yoghurt, Mango & Granola Cup
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- Gluten Free Tangerine & Poppy Seed Cake
- Poached Pears in Spices
- Gluten Free Banana Bread
- Tahini Stuffed Dates in Dark Chocolate
- Caramel Muffins
- Chocolate & Sea Salt Nut Clusters
- Low Carb Chocolate Lava Cake

RECIPE KEY

GF Gluten Free

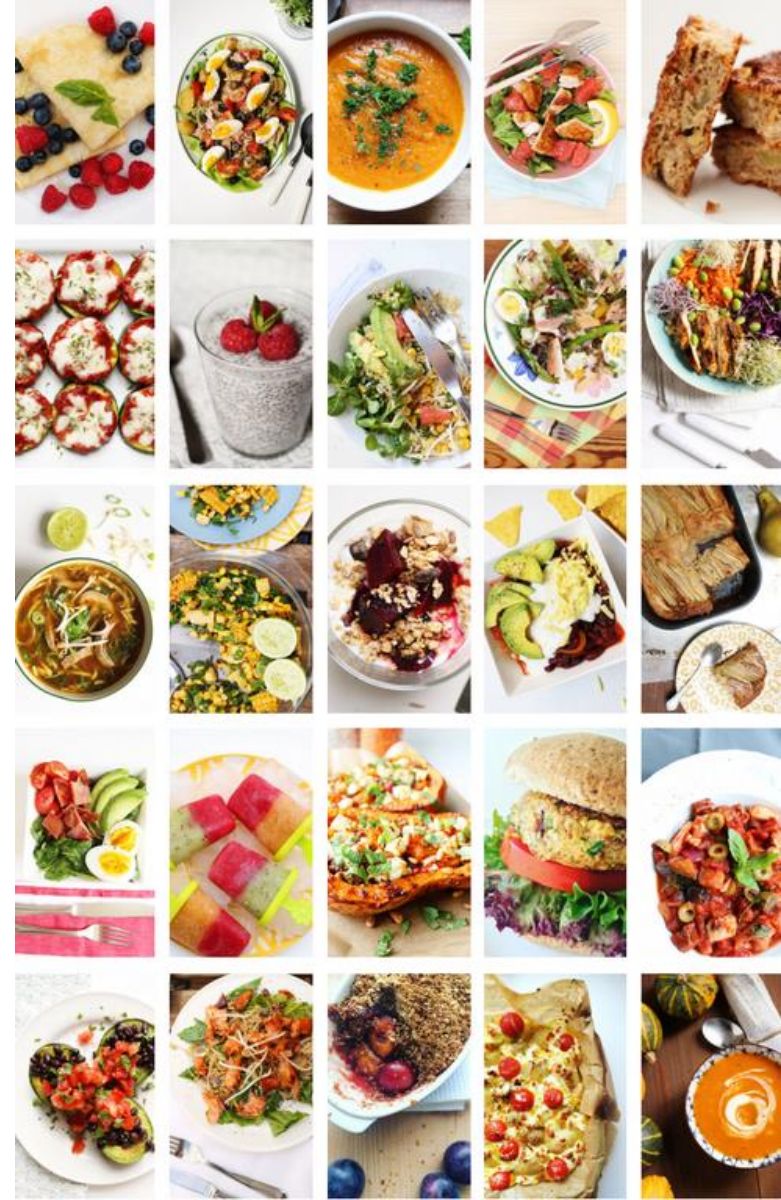
DF Dairy Free

LC Low Carb (under 20g per serving)

HP High Protein (over 30g per serving)

V Vegetarian

Q Quick (under 30 minutes)





GLUTEN-FREE ZUCCHINI BLONDIES



Makes: 12
Prep: 10 mins
Cook: 35-45 mins



Nutrition per serving:
130 kcals **5g Fats**
20g Carbs **3g Protein**

WHAT YOU NEED:

- 5.2 oz. (150g) buckwheat flour
- 1 tsp. gluten-free baking powder
- 1/2 tsp. salt
- 7 oz. (200g) zucchini, finely grated
- 3 tbsp. soy yogurt
- 1 tsp. vanilla extract
- 2 tbsp. honey, or maple syrup
- 2.5 oz. (70g) coconut sugar
- 3.5 oz. (100g) dark chocolate, roughly chopped

WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C) and grease a 23cm square brownie tin.

In a bowl mix together flour, baking powder and salt.

In a separate bowl combine the grated zucchini, soy yogurt, vanilla extract, honey and sugar. Mix until well blended.

Gently add the dry ingredients into the wet ingredients, then fold in the chopped dark chocolate. Transfer the batter into the brownie tin and bake for 35-45 minutes, until the top is firm and brown.

Remove from the oven and let cool completely in the pan. Cut into 12 pieces and serve.





BROWNIES WITH CASHEW ICING



Makes: 9
Prep: overnight
Cook: 30 mins



Nutrition per serving:
296 kcals
32g Carbs
19g Fats
6g Protein

WHAT YOU NEED:

For the brownies:

- 4 oz. (115g) coconut oil, melted
- 2 eggs
- 3.3 oz. (95g) coconut palm sugar
- 3 tbsp. maple syrup or honey
- 1 tsp vanilla extract
- $\frac{3}{4}$ tsp baking powder
- pinch salt
- 1.7 oz. (50g) unsweetened natural cocoa powder
- 4.2 oz. (120g) buckwheat flour

For the icing:

- 2.6 oz. (75g) raw cashews, soaked*
- juice of $\frac{1}{2}$ lemon
- 1 tbsp. maple syrup
- 1 tbsp. plant milk
- 1 tsp. vanilla extract
- pinch of salt

WHAT YOU NEED TO DO:

Preheat oven to 350F (176 C) and grease an 8x8 inch baking tin with a little coconut oil.

Place the melted coconut oil in a large bowl, then stir in the eggs, sugar, maple syrup, vanilla extract, baking powder, salt and cocoa powder. Next, add the flour and mix well.

Scoop the batter into the greased baking tin and bake for about 25-30 mins. Once ready, remove from the oven and let cool completely (about 1 hour) before covering with icing.

To make cashew cream icing combine all of the icing ingredients together in a high-speed blender and blend until smooth. Add more milk, as needed, to thin the icing and more salt or sweetener to taste.

Once brownie has cooled spoon the frosting on top, cut into 9 squares and enjoy.

*Soak cashews in a large bowl covered with a few inches of water for at least 6 hours or overnight

GF

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PROTEIN FRUIT BOWLS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
250 kcals **4g Fats**
30g Carbs **25g Protein**

WHAT YOU NEED:

For the mango bowl:

- 7 oz. (200g) natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the strawberry bowl:

- 7 oz. (200g) natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO:

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.



GF DF LC V

VEGAN CRÈME BRÛLÉE



Serves: 4
Prep: 10 mins
Chill: 1 h



Nutrition per cluster:
138 kcals **9g Fats**
15g Carbs **1g Protein**

WHAT YOU NEED:

- 1 vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, full fat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 ½ tsp. agar-agar

WHAT YOU NEED TO DO:

Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside .

In a pot bring the coconut milk, almond milk, half of the cane sugar, agar-agar, the vanilla pod and the marrow to the boil while stirring often. Remove from heat as soon as it boils and allow to cool to room temperature.

Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.

Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.



YOGURT, MANGO AND GRANOLA CUP



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
278 kcals 12g Fats
38g Carbs 6g Protein

WHAT YOU NEED:

- 1 mango
- 2 tbsp. maple syrup
- 1 cup (250g) yogurt (Greek, coconut or soy)
- 2 granola bars, chopped
- 2 square dark chocolate, grated

WHAT YOU NEED TO DO:

Peel the mango and cut the meat into small cubes. Mix the mango with the maple syrup.

Divide $\frac{2}{3}$ of the mango over 4 glasses and then top with yogurt.

Top the yogurt with the rest of the mango, chopped granola bars and grated chocolate. Serve straight away.



CREAMY PEAR CAKE



Serves: 12
Prep: 20 mins
Cook: 35-45 mins



Nutrition per serving:
249 kcals **15g Fats**
25g Carbs **4g Protein**

WHAT YOU NEED:

- 7/8 cup (200g) butter, unsalted or soy
- ½ cup (100g) coconut sugar (or alternative)
- 3 eggs
- 1 1/3 cup (200g) buckwheat flour
- 2 tsp. baking powder
- 3 tbsp. quark (or coconut yogurt)
- 2 pears

WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C). Beat the butter with the sugar until creamy. Beat the eggs in a separate bowl.

Sift the flour with the baking powder over the bowl and mix with the butter. Fold in the beaten eggs and mix until a smooth batter has formed.

Prepare a greased baking tray (11 x 7 inch / 28 x 18cm) and fold in the batter.

Peel the pears, halve them in length and remove the core. Slice the pears into thin pieces. Divide the sliced pear over the batter.

Bake the cake in the preheated oven for 35-45 minutes until golden brown and cooked. Allow the pear cake to cool in the tray before serving.

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GLUTEN FREE TANGERINE & POPPY SEED CAKE



Serves: 20
Prep: 3 hrs.
Cook: 50 mins



Nutrition per serving:
195 kcals 13g Fats
12g Carbs 7g Protein

WHAT YOU NEED:

- 1.1 lbs (500g) tangerines
- 8 eggs
- 1 tsp, gluten free baking powder
- 3/4 cup (150g) coconut palm sugar, or other
- 3 1/8 cup (400g) almond meal
- 2 tsp. poppy seeds

WHAT YOU NEED TO DO:

Put the unpeeled mandarins in a pot and add enough water to cover them. Bring the water to the boil and simmer for 2 hours with the lid on. Drain and allow to cool for 1 hour.

Preheat the oven to 175 ° C. Grease the turban shape baking mould.

Put the mandarins in a large bowl and puree with the hand blender or food processor. Add the eggs, baking powder, sugar, almond flour and the poppy seeds. Mix well until a smooth batter has formed. Pour the batter into the turban mould.

Bake in the middle of the oven for about 50 minutes. Cover with aluminium foil if the turban becomes too dark.

Allow to cool completely in the form (at least 3 hours) before serving.



POACHED PEARS IN SPICES



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
122 kcals **0g Fats**
28g Carbs **0g Protein**

WHAT YOU NEED:

- 4 small pears
- ½ cup (115ml) sauvignon blanc
- 4 tsp. coconut palm sugar
- 1 star anise
- 1 vanilla bean pod
- 1 cinnamon stick

WHAT YOU NEED TO DO:

Peel the pears, halve them, remove the core, but leave the stalk on it, then place them in a pot.

Add in the wine, sugar, star anise, vanilla pod and cinnamon stick and cover with water. Bring to the boil.

Cook the pears on low heat for 15 minutes, until they are tender. Allow the pears to cool in the liquid.

Serve the pear with the liquid in glasses.

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GLUTEN FREE BANANA BREAD



Serves: 12
Prep: 10 mins
Cook: 60-75 mins



Nutrition per serving:
247 kcals **12g Fats**
31g Carbs **6g Protein**

WHAT YOU NEED:

- 3 medium ripe bananas
- 1 banana, halved to top (optional)
- 1/2 tsp. vanilla extract
- 1 egg
- 3 tbsp. coconut oil, melted
- 1/4 cup (50 g) coconut palm sugar
- 2-3 tbsp maple syrup
- 3 ½ tsp. baking powder (gluten free)
- ¾ tsp. sea salt
- 1 tsp. ground cinnamon
- ¾ cup (180 ml) unsweetened almond milk
- 1 ¼ cup (150 g) almond flour
- 2 cups (240 g) buckwheat flour

WHAT YOU NEED TO DO:

Preheat the oven to 350F (180C). Line a 9x5-inch loaf tin with parchment paper.

Mash bananas in a large bowl, then add the remaining ingredients (apart from the flours) and mix well until smooth. Finally, add the almond and buckwheat flour. Mix well until combined.

Transfer the batter into the loaf tin and top with the halved banana (optional). Bake in the oven for 60-75 mins, until firm and golden.

Remove from the oven and let cool completely before serving.

DF

GF



TAHINI STUFFED DATES IN DARK CHOCOLATE



Makes: 9
Prep: 20 mins
Cook: 0 mins



Nutrition per serving:
126 kcals **6g Fats**
13g Carbs **3g Protein**

WHAT YOU NEED:

- 1.7 oz. (50 g) chopped dark chocolate
- 9 pitted Medjool dates, pitted
- 3 tbsp tahini
- 1 tbsp. desiccated coconut (optional)

WHAT YOU NEED TO DO:

Melt the chocolate in the microwave or in a water bath.

Fill the dates with tahini and cover with the dark chocolate. Place on a chopping board covered with a sheet of baking paper and sprinkle with desiccated coconut (optional).

Finally, place the dates on the chopping board in the fridge for 10 mins to allow the chocolate to set, then remove and enjoy.



CARAMEL MUFFINS



Makes: 12
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
146 kcals **6g Fats**
21g Carbs **5g Protein**

WHAT YOU NEED:

- 8 oz. (225g) buckwheat flour
- 3 eggs
- 1 tsp. cinnamon
- 1 banana
- 1 apple, peeled, cored and chopped
- 1 ½ tsp. baking powder
- 2/3 cup (150ml) coconut or almond milk
- 3.5 oz. (100g) 75% dark chocolate

WHAT YOU NEED TO DO:

Preheat the oven to 370 F (190C).

Mash the banana with a fork in a large bowl. Then add the buckwheat flour, eggs, cinnamon, baking powder, milk, apple, and mix well.

Grease a muffin tin and evenly fill 12 molds with the batter. Bake in the oven for about 25 minutes. Leave to cool before serving.

GF

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CHOCOLATE AND SEA SALT NUT CLUSTERS



Makes: 30 clusters

Prep: 15 mins

Chill: 10 mins



Nutrition per cluster:

38 kcals

3g Fats

2g Carbs

1g Protein

WHAT YOU NEED:

- 3.5 oz. (100g) 75% dark chocolate
- 90 almonds (around 3oz/90g)
- sea salt

WHAT YOU NEED TO DO:

Melt the chocolate in a bowl bath or in the microwave.

Place the almonds in the melted chocolate and mix well until all the almonds are covered.

Using a fork take out 3 almonds at a time and transfer onto a sheet of baking paper, stack them on top of each other. Repeat until you have used all the almonds, making 30 clusters.

Sprinkle with sea salt when the chocolate is almost dry, then place into the fridge for 10 mins.



LOW-CARB CHOCOLATE LAVA CAKE



Serves: 4
Prep: 10 mins
Chill: 5-7 mins



Nutrition per serving:
205 kcals **19g Fats**
3g Carbs **5g Protein**

WHAT YOU NEED:

- 1.5 oz. (50g) 85% dark chocolate, chopped
- 1.5 oz. (50g) butter
- 1/2 tsp vanilla extract
- 2 eggs

WHAT YOU NEED TO DO:

Preheat the oven to 400°F (200°C) and grease 4 small ramekins with butter.

Place the chocolate in a saucepan, add butter and slowly melt together.

Add the vanilla extract and stir until smooth, then set aside. Allow the chocolate to cool slightly.

Crack the eggs into a bowl and beat with a hand mixer until fluffy. Pour in the melted chocolate and mix well.

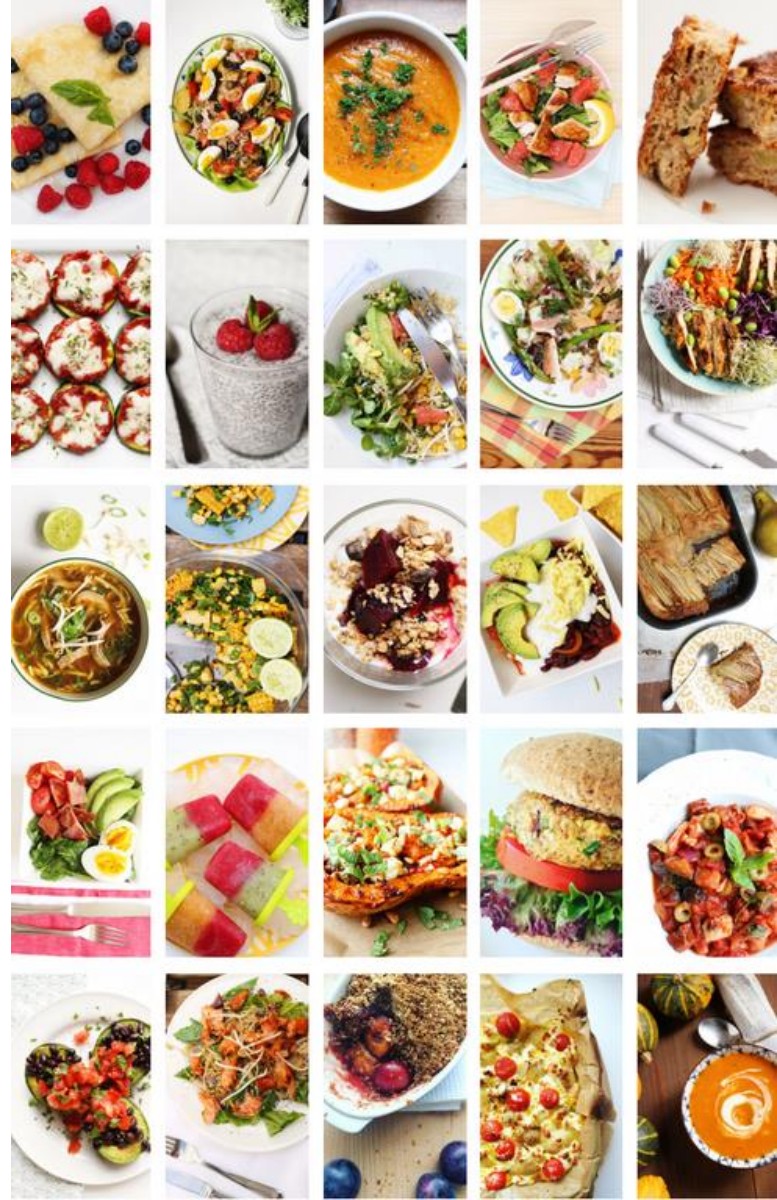
Transfer the batter into the greased ramekins and place in the oven. Immediately lower the heat to 350°F (175°C). Bake for 5 mins, then remove from the oven and serve lukewarm with a dab of crème or ice cream (optional and not included in nutrition info).





SMOOTHIES

Q Quick (under 30 minutes)





ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
197 kcals **4g Fats**
14g Carbs **26g Protein**

WHAT YOU NEED:

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

WHAT YOU NEED TO DO:

Blend all the ingredients in a high-speed blender until smooth and serve.

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IMMUNITY BOOSTER JUICE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
272 kcals
68g Carbs
1g Fats
8g Protein

WHAT YOU NEED:

- 1 2/3 cup (400ml) carrot juice
- juice of 1 grapefruit
- 1 inch ginger, peeled and sliced
- 2 apples, core removed, chopped
- ¼ tsp. turmeric
- pinch cayenne pepper

WHAT YOU NEED TO DO:

Place all ingredients into a high-speed blender and blend until smooth. Serve with ice cubes.

MEAN LEAN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
220 kcals **12g Fats**
24g Carbs **5g Protein**

WHAT YOU NEED:

- 2 kale leaves
- ½ avocado
- ½ apple
- ½ cucumber
- 1 celery stalk
- ½ lemon, juiced
- mint spring

WHAT YOU NEED TO DO:

Wash all ingredients and place in a high-speed blender.

Blend everything until smooth and serve with ice cubes.

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HEMP PROTEIN POWDER SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
310 kcals **4g Fats**
47g Carbs **20g Protein**

WHAT YOU NEED:

- 2 large oranges, peeled
- 1.5-inch ginger, peeled
- 2 cups (470ml) beetroot juice
- 4 tbsp. hemp powder (unflavoured or vanilla)

WHAT YOU NEED TO DO:

Peel and cut the oranges into pieces. Peel and finely chop the ginger.

Place all ingredients in a blender and mix until smooth. Serve in glasses straight away.

GF

DF

V

Q



BOOSTER SMOOTHIE



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
135 kcals **0g Fats**
30g Carbs **2g Protein**

WHAT YOU NEED:

- 1 small pineapple
- 1 apple
- 1 cucumber
- 4 basil stems (leaves only)

WHAT YOU NEED TO DO:

Prepare the pineapple and apple (peel, remove core and chop). Peel the cucumber and halve it in length. Remove the seeds and cut into pieces.

Place everything in a blender and blend until smooth. If you require a thinner texture add some water.

Q

V

DF

GF

A top-down view of a light blue ceramic plate containing a healthy meal. On the left, three slices of avocado are fanned out, topped with black and white sesame seeds. On the right, two golden-brown corn fritters are served, garnished with fresh green cilantro leaves and a dollop of a light pink sauce. The plate is set on a dark blue textured cloth, with a silver fork and knife with white handles placed to the left.

HEALTHY SNACKS

TABLE OF CONTENTS

- Sweetcorn Fritters
- Quick & Easy Meatballs
- Soybean Hummus
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RECIPE KEY

GF Gluten Free

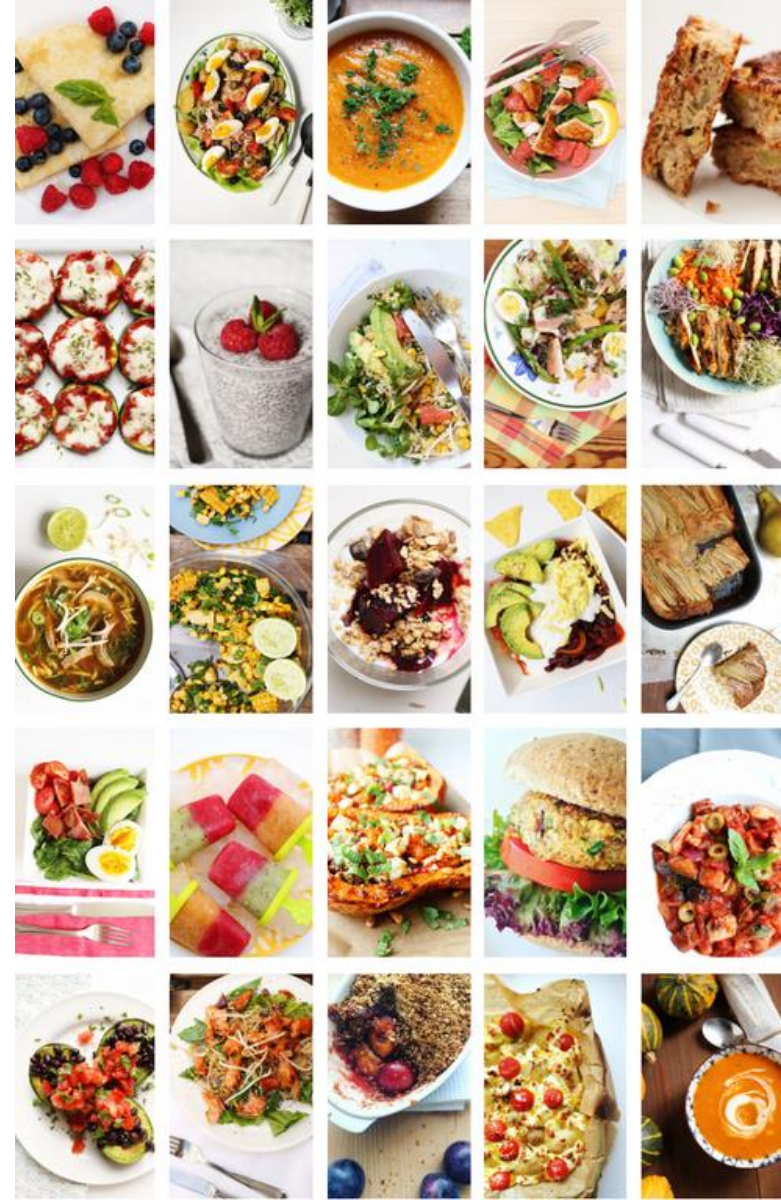
DF Dairy Free

LC Low Carb (under 20g per serving)

HP High Protein (over 30g per serving)

V Vegetarian

Q Quick (under 30 minutes)





SWEETCORN FRITTERS



Makes: 8
Prep: 10 mins
Cook: 15-20 mins



Nutrition per fritter:
97 kcals **3g Fats**
15g Carbs **3g Protein**

WHAT YOU NEED:

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 3/4 cup (185ml) cold water
- 4 tsp. coconut oil

WHAT YOU NEED TO DO:

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).

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QUICK & EASY MEATBALLS



Serves: 4

Prep: 15 mins

Cook: 20 mins



Nutrition per serving:

309 kcals

14g Fats

9g Carbs

36g Protein

WHAT YOU NEED:

- 1 lb (500g) lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour
- ¼ cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

WHAT YOU NEED TO DO:

Preheat the oven to 400F (200C).

Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).

Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 mins. For the last 4-5 mins set the oven to grill/broil to crisp the outside.



SOYBEAN HUMMUS



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
129 kcals
8g Carbs
9g Fats
6g Protein

WHAT YOU NEED:

- 14 oz. (400g) can chickpeas, drained
- 5 oz. (150g) soy beans
- 0.5 oz. (15g) mint
- 3 tbsp. tahini
- 1 garlic clove
- 3 tbsp. lemon juice
- 2 tbsp. olive oil
- water, as needed

WHAT YOU NEED TO DO:

Put the chickpeas, beans, mint, tahini and garlic in a high-speed blender and puree until smooth. Add in the lemon juice and olive oil, season to taste with salt & pepper, and blend again. Add water as necessary to achieve desired texture. Serve as a dip with vegetables.

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MEDITERRANEAN GUACAMOLE



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
76 kcals 7g Fats
2g Carbs 1g Protein

WHAT YOU NEED:

- 2 ripe avocados, halved, pit removed
- 1 lemon, juiced
- 1 tbsp. chopped sun-dried tomatoes
- 4 cherry tomatoes, diced
- ½ small red onion, diced
- 1 tsp. dried herbs de province
- 2 tbsp. chopped parsley
- 8 black olives, chopped
- 1 tbsp. feta crumbled (optional)

WHAT YOU NEED TO DO:

Place the avocado and lemon juice into a large bowl and mash it up with a fork. Add remaining ingredients (apart from the feta) and mix well. Season with salt and pepper.

Crumble the feta on just before serving.



TANGY PRAWN COCKTAIL



Serves: 4
Prep: 15mins
Cook: 0 mins



Nutrition per serving:
105 kcals **5g Fats**
8g Carbs **7g Protein**

WHAT YOU NEED:

- 2 tbsp. mayonnaise
- 1 tbsp. ketchup
- 1 tsp. tabasco
- 10.5 oz. (300g) mandarin parts (tin, in syrup)
- 1/3 cup (10g) chives, chopped
- 1 1/3 cup (100g) iceberg lettuce, chopped
- 8.8 oz. (250g) small prawns/shrimps

WHAT YOU NEED TO DO:

Mix together the mayo, ketchup and tabasco.

Drain the mandarin parts. Slice the chives. Mix the mandarins, $\frac{3}{4}$ of the chives, the lettuce and $\frac{3}{4}$ of the shrimps and divide between 4 glasses.

Spoon the sauce over with a teaspoon. Divide the rest of the shrimps on top and garnish with the remaining chives before serving.



CURRIED NUT MIX



Makes: 14oz. (400g)

Prep: 10 mins

Cook: 30 mins



Nutrition per serving of ½ oz. (15g):

106 kcals

10g Fats

4g Carbs

3g Protein

WHAT YOU NEED:

- 1 cup of each cashews (150g), almonds(140g), pecans (100g)
- 4 tbsp. unsalted butter
- 2 tsp. coconut palm sugar
- 4 tbsp. curry powder
- ½ tsp salt
- 1 tsp. cumin
- cayenne pepper, to taste

WHAT YOU NEED TO DO:

Preheat oven to 300F (150C). Line a baking tray with baking paper.

In a small saucepan, melt the butter with brown sugar, curry powder, salt, cumin and cayenne powder. Stir for a few minutes until the sugar has dissolved.

Pour this mixture over nuts and stir well to coat. Spread the nuts out on the lined baking sheet and bake for 25 to 30 minutes until golden brown.

Let it cool and store in an airtight container.

This recipe makes around 14 oz. (400g) and the nutrition value is approximate for ½ oz. (15g).

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LIGHT CREAM OF ZUCCHINI



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per serving:
119 kcals **6g Fats**
8g Carbs **8g Protein**

WHAT YOU NEED:

- 1 tbsp. olive oil
- 2 onions, chopped
- 1 zucchini, chopped
- 1 ½ cup (350ml) vegetable stock (or chicken)
- 4 tbsp. cream fraiche or dairy free alternative
- 7/8 cup (65g) lettuce leaves (mix)
- 3.5 oz. (100g) small shrimps (optional)

WHAT YOU NEED TO DO:

Heat the olive oil in a pot and fry the onion for 5 minutes. Add the zucchini and cook for another 5 minutes.

Pour the stock into the pot and bring the soup to the boil. Turn down the heat and boil the soup gently for 20 minutes. Next, add in lettuce leaves with the cream and cook for another 3 minutes.

Puree the soup with a hand blender and season with pepper to taste. Spoon the soup into 4 bowls or jars. Divide the shrimps over it and garnish with a lettuce leaf to serve.