

---

# MARCH 2018 RECIPE BOOKLET

---

Matt Luxton Health and Fitness

---



# TABLE OF CONTENTS

---

- Asian-Style Scrambled Eggs
- Bacon & Broccoli Pancakes
- Spinach and Feta Frittatas
- Leek and Pea Soup With Basil
- BLT Lettuce Wraps
- Tuna & Avocado Filling
- Vegan Chilli with Spiced Cauliflower Rice
- Homemade Quinoa Chicken Nuggets
- Steamed Italian Style Meatballs
- Mean Lean Smoothie
- Brownies with Cashew Icing
- Protein Crepes

## RECIPE KEY

---

**GF** Gluten Free

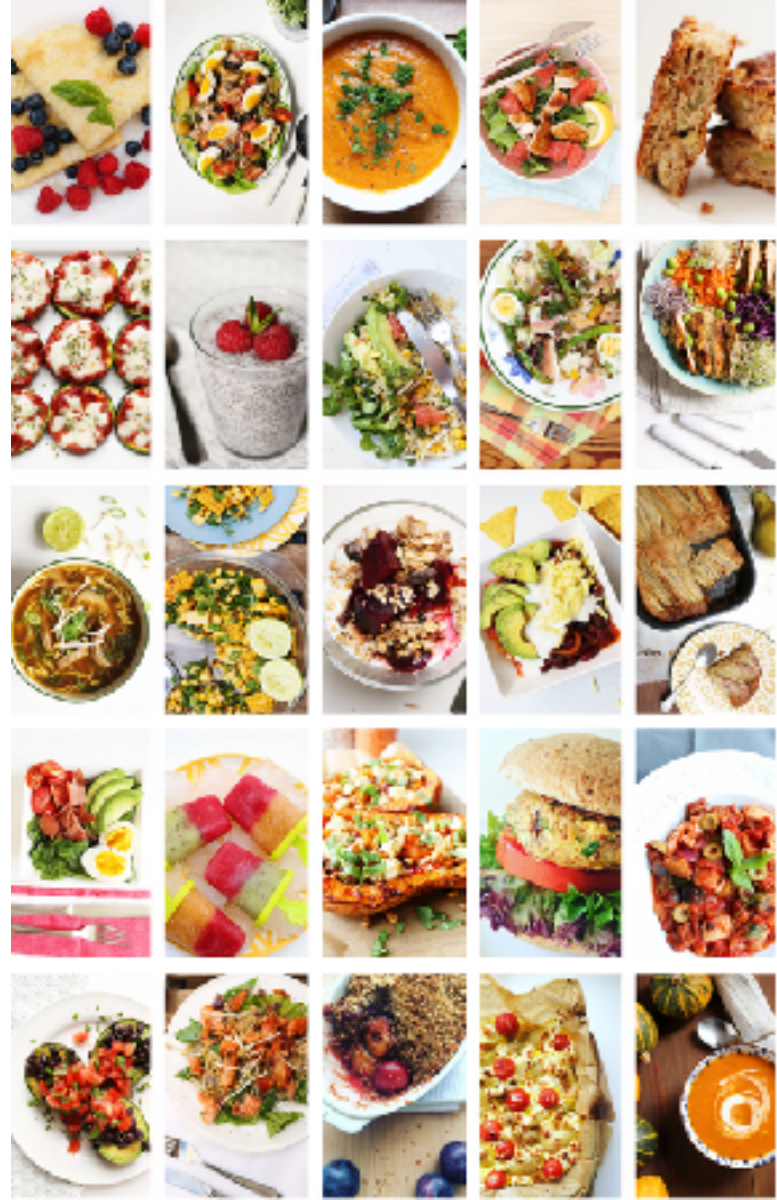
**HP** High Protein (over 30g per serving)

**DF** Dairy Free

**V** Vegetarian

**LC** Low Carb (under 20g per serving)

**Q** Quick (under 30 minutes)



# ASIAN-STYLE SCRAMBLED EGGS



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



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



GF LC DF Q V

## 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 chilli, 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 chilli, 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



Makes: 4  
Prep: 5 mins  
Cook: 15 mins



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



GF

DF

Q

## 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



GF LC V

## 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.



# 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.

# BLT LETTUCE WRAPS



Serves: 1  
Prep: 10 mins  
Cook: 10 mins



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



GF DF LC Q

## 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.



# 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.

GF LC Q



# VEGAN CHILLI 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
- chilli 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 chilli is ready, serve in a bowl alongside the spiced cauliflower rice. Sprinkle with pumpkin seeds and chopped fresh parsley to serve.

GF DF V Q



# 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 lb. (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.

GF LC HP



# STEAMED ITALIAN STYLE MEATBALLS



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per serving:  
189 kcals      9g Fats  
12g Carbs      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 chilli 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 chilli (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 place or lid and steam for 30-35 mins.

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



# 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.

GF DF V Q



# 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
- ¾ 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 ½ 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 DF V



# PROTEIN CREPES



Serves: 4  
Prep: 5 mins  
Cook: 10 mins



Nutrition per cluster:  
152 kcals      7g Fats  
12g Carbs      10g Protein



## WHAT YOU NEED:

- ½ cup (65g) buckwheat flour
- 1 scoop (0.8 oz./25g) protein powder
- ¼ tsp. baking soda
- 2 eggs
- 2 tsp vanilla paste
- ½ cup almond milk
- 1 tbsp. coconut oil

## WHAT YOU NEED TO DO:

In a bowl combine all ingredients and mix well.

Heat a pan and grease with some coconut oil. Pour batter into pan and move it around so it spreads out thin.

Once the batter starts slightly bubbling flip the crepe and cook on the other side for another minute. Transfer on a plate and repeat the process until you use up all the batter.

Stuff with your favourite toppings and serve.

GF DF LC V Q

