

A top-down view of a light-colored ceramic bowl filled with a fresh salad. The salad includes green leafy vegetables, sliced cucumbers, blueberries, white feta cheese cubes, and golden-brown croutons. A slice of lemon is placed on top. The bowl sits on a light-colored surface next to a striped cloth.

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# APRIL 2018 RECIPE PACK

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Matt Luxton Health and Fitness

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## RECIPE KEY

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**GF** Gluten Free

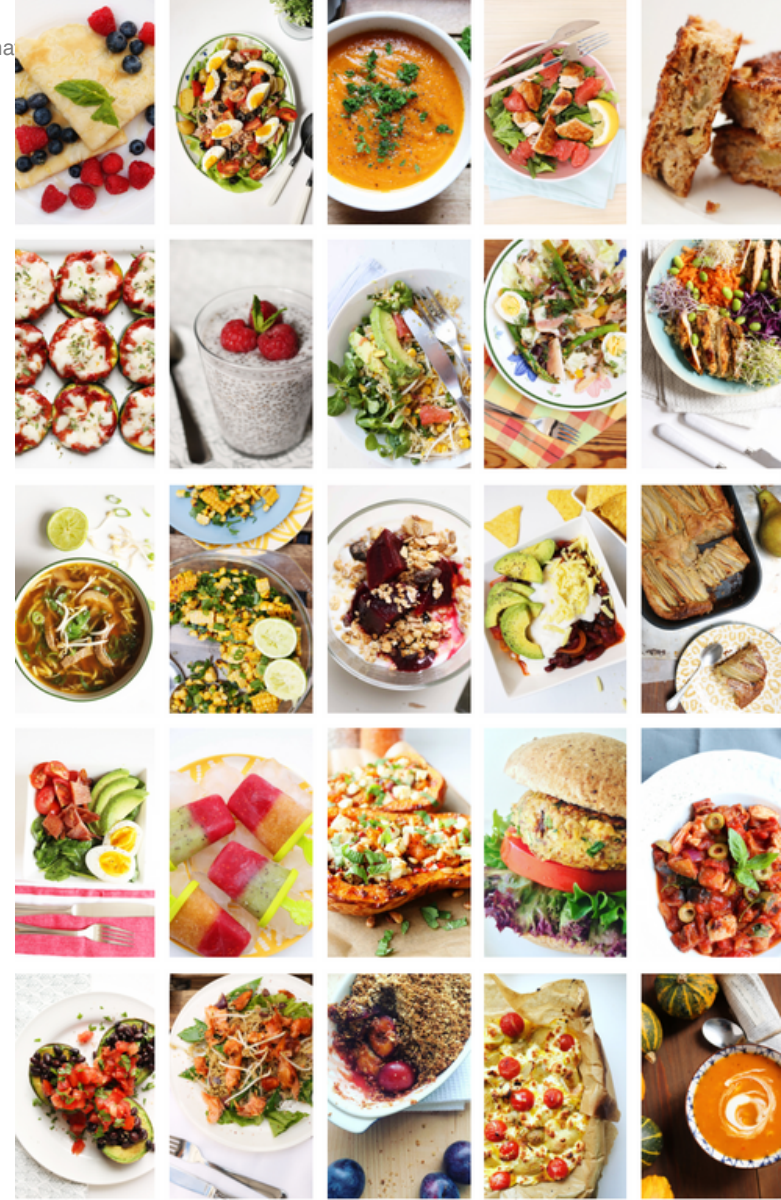
**HP** High Protein (over 30g per serving)

**DF** Dairy Free

**V** Vegetarian

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

**Q** Quick (under 30 minutes)



# TROPICAL BREAKFAST SMOOTHIE BOWL



**Serves: 2**  
**Prep: 10 mins**  
**Cook: 0 mins**



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



DF

V

Q

## 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

WARNING HIGH CARB ;)



# 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.

GF

DF

LC

Q



# 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.



# 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.

GF

DF

LC

HP



# 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.

GF

DF

V



# 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.

GF

DF



# VEGETARIAN NASI GORENG



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 15 mins**



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



GF

DF

V

## 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.

GF DF Q



# 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.

GF DF Q



# 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.

If you don't like quark or can't get it where you live then greek yoghurt is an alternative.



# 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.

I really like the sunwarrior brand of protein, no added rubbish to it.

GF

DF

V

Q



# TREAT: VEGAN CRÈME BRULEE



**Serves: 4**  
**Prep: 10 mins**  
**Chill: 1 h**



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



GF DF LC V

## 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.

