
OCTOBER 2018 RECIPE PACK

Matt Luxton Health and Fitness



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- Thai Meatloaf
- Coconut Pancakes
- Peanut Butter Granola Bars

RECIPE KEY

GF Gluten Free

DF Dairy Free

LC Low Carb (under 20g per serving)

MP Meal Prep/Freezer Friendly

HP High Protein (over 20g per serving)

V Vegetarian

Q Quick (under 30 minutes)



MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking e.g. 7-8am)	Spiced Pumpkin Oatmeal	Scrambled egg + handful of fresh berries	Spiced Pumpkin Oatmeal	Coconut Pancakes	Coconut Pancakes	Scrambled egg + handful of fresh berries	Spiced Pumpkin Oatmeal
LUNCH (Ideally 3-4 hours after meal 1 e.g. 12-1pm)	Classic Pumpkin Soup	Leftover Chicken Nuggets with Green Salad	Broccoli & Ginger Soup	Leftover Pumpkin Mac n' Cheese	Broccoli & Ginger Soup	Classic Pumpkin Soup	Sundried Tomato & Tahini Salad
SNACK (Ideally between lunch and dinner e.g. 4pm)	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Peanut Butter Oat Bars	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Peanut Butter Oat Bars	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Peanut Butter Oat Bars	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake
WORKOUT NUTRITION (If applicable)	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder
DINNER (Ideally 3-4 hours after meal 3 e.g. 7-8pm or 60-120 min post workout)	Chicken Nuggets with Homemade Sweet Potato Fries + Remaining macros as you see fit	Pepper Steak with Brown Rice + Remaining macros as you see fit	Pumpkin Mac n' Cheese + Remaining macros as you see fit	Bean Stew with Brown Rice + Remaining macros as you see fit	Thai Meatloaf with rice Noodles and Steamed Broccoli + Remaining macros as you see fit	Meal Out – Enjoy!	Leftover Thai Meatloaf + Remaining macros as you see fit

SHOPPING LIST

VEGETABLES

- 5x onions
- packet cherry tomatoes
- 6 oz. (175g) tomatoes
- bag of spinach
- bag of kale
- 1x cucumber
- 4x carrots
- 3.5 lbs. (1.6 kg) pumpkin cubes
- 2x leeks
- 2x broccoli
- ginger
- 1x potato
- 1x garlic
- 2x parsnips
- 1x red pepper
- bunch spring onions

FRUIT

- 1x apple
- 1x mango

HERBS & SPICES

- turmeric
- fresh basil
- fresh parsley
- cinnamon
- nutmeg
- cloves
- vanilla extract
- dried sage
- dried thyme
- dried rosemary
- curry powder

MEATS

- 1.1 lbs. (500g) chicken breast
- 12 oz. (340g) round beef
- 10.5 oz. (300g) smoked bacon
- 2 lbs. (900g) minced chicken

DAIRY & NON DAIRY

- 8x eggs
- natural yogurt/cream

- almond milk
- coconut milk
- grated cheddar
- grated Gouda
- grated parmesan

CANS & CONDIMENTS

- soy sauce
- sesame oil
- coconut oil
- 1x can pumpkin puree
- honey
- tahini
- apple cider vinegar
- 1x can lentils
- sundried tomatoes
- artichokes
- peanut butter
- rice wine
- 2x chopped tomatoes
- 1x butter beans
- red curry paste
- vegetable stock cubes

GRAINS & SEEDS

- 10.5 oz. (300g) rolled oats
- pumpkin seeds
- sunflower seeds
- almonds
- corn flakes
- macaroni pasta

BAKING

- buckwheat flour
- coconut sugar
- coconut flour

OTHER

- dark chocolate
- white bread

SCRAMBLED EGG



Serves: 1
Prep: 5 mins
Cook: 15-20 mins



Nutrition per serving:
229 kcals **12g Fats**
9g Carbs **21g Protein**



WHAT YOU NEED:

- 1 tsp. coconut oil
- ½ onion, diced
- 6.3oz. (180g) egg, crumbled
- 1/3 tsp. turmeric
- 5 cherry tomatoes, halved
- 1 cup (250ml) vegetable stock
- fresh basil leaves, to garnish

WHAT YOU NEED TO DO:

Heat the coconut oil in a pan and cook the onion until soft, then add the crumbled egg and turmeric, cook for a further 2 mins.

Pour in the vegetable stock and bring to a boil, reduce heat, and simmer until most liquid has evaporated and egg has the consistency of scrambled eggs. Season with salt and pepper to taste.

Finally, add in the tomatoes and cook for another 2-3 minutes. Serve with fresh basil leaves and freshly ground black pepper.

SPICED PUMPKIN OATMEAL



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per serving:
258 kcals **5g Fats**
45g Carbs **8g Protein**



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WHAT YOU NEED:

- 1 cup (100g) rolled oats
- 3 cups (700ml) water
- 1 cup (225g) pumpkin puree
- 1 tsp. ground cinnamon
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground cloves
- 1 tsp. vanilla extract
- 1 apple peeled and grated finely
- 2 tbsp. honey
- 2 tbsp. pumpkin seeds

WHAT YOU NEED TO DO:

In a medium pot, combine the oats, water, pumpkin puree, ground cinnamon, nutmeg, cloves, vanilla extract and grated apple.

Cover and bring to a boil, then reduce heat, and simmer for around 20 mins, stirring frequently, until cooked through.

Stir in the honey, allow to cool, and portion out into 4 bowls or containers. Top with pumpkin seeds.

This is perfect for a meal prep breakfast and can be reheated in the microwave with a splash of milk, or water.



SUNDRIED TOMATO & TAHINI SALAD



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
295 kcals **20g Fats**
19g Carbs **13g Protein**



WHAT YOU NEED:

- 4.5 oz. (130g) lentils, drained
- 2.5 oz. (70g) sundried tomatoes, drained
- 2.8 oz. (80g) artichoke, drained
- 7 oz. (200g) spinach
- ½ cucumber, chopped
- 2 tbsp. tahini
- 2 tsp. apple cider vinegar
- 1 tbsp. tamari or soy sauce
- 1 tsp. honey

WHAT YOU NEED TO DO:

Prepare the vegetables and place them in a large bowl.

Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.

CLASSIC PUMPKIN SOUP



Serves: 6
Prep: 10 mins
Cook: 20 mins



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



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WHAT YOU NEED:

- 1 tbsp. coconut oil
- 1 onion, chopped
- 1 tsp. dried sage
- 2 carrots, chopped
- 1.7 lbs. (800g) pumpkin, peeled, cubes
- 2 ½ cup (625ml) vegetable stock
- 2 tbsp. honey
- 1 cup (250ml) almond milk
- feta cheese, to garnish (optional)
- pumpkin seeds, to garnish (optional)

WHAT YOU NEED TO DO:

In a medium pot, heat up the oil over medium heat. Add in the onion and cook for around 5 minutes, until softened. Add the dried sage and cook for another 1 minute, until aroma is released.

Next add the carrots, pumpkin, stock, honey and season with salt. Bring to a boil and reduce the heat. Simmer for about 15 minutes, or until carrots and squash are tender.

Finally, add in the milk and blend with a hand blender until smooth and creamy.

Serve hot or store in a sealed container in the fridge for up to 5 days, or in the freezer for up to 3 months.



BROCCOLI AND GINGER SOUP



Serves: 6
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
179 kcals **7g Fats**
20g Carbs **8g Protein**



WHAT YOU NEED:

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks. chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled, chopped
- 1 tsp. turmeric
- 1 tsp. salt
- 1 tbsp. sesame oil
- 6 cups (3 litres) stock
- 6 tbsp. natural yogurt (or dairy free option)
- 6 tsp. sunflower seeds

WHAT YOU NEED TO DO:

Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.

Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.

Bring to a boil, reduce the heat and simmer for 10 mins until the vegetables are soft.

Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.

Serve topped with yogurt and sunflower seeds.

The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.

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CHICKEN NUGGETS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
328 kcals **6g Fats**
32g Carbs **36g Protein**



WHAT YOU NEED:

- 1.1 lbs (500g) chicken breast
- 5.2 oz. (150g) corn flakes
- 2 eggs
- 1 tsp. curry powder
- 2 tbsp. coconut oil

WHAT YOU NEED TO DO:

Cut the chicken breasts up into nugget-size chunks, season with salt and pepper.

Place the corn flakes in plastic bag and crush the flakes into small pieces, then transfer onto a big flat plate. Whisk the eggs up in a bowl with the curry powder.

Dip each chicken piece into the egg mixture and the roll in the corn flakes.

Heat the oil in a large pan, and fry the chicken for 2-3 minutes each side. Once cooked through and browned let them drain on paper napkins before serving.

Store in the fridge for up to 4 days.

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PEPPER STEAK



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
187 kcals **6g Fats**
12g Carbs **22g Protein**



WHAT YOU NEED:

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

WHAT YOU NEED TO DO:

Slice the beef into thin slices. Place in a bowl and add 4 tsp of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next stir the meat, cooking another 2 minutes and transfer on to a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Return beef to the pan, add the earlier prepared sauce and red pepper flakes (optional). Stir fry about 30-60 seconds on medium heat until slightly thickened.

Serves with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.

HP MP LC DF GF



BEAN STEW



Serves: 6
Prep: 10 mins
Cook: 35 mins



Nutrition per serving:
148 kcals **2g Fats**
25g Carbs **7g Protein**



WHAT YOU NEED:

- 1 tbsp. coconut oil
- 1 onion, sliced
- 2 garlic cloves, sliced
- 1 tsp. dried thyme
- 1 tsp. dried rosemary
- 2 parsnips, peeled and chopped
- 2 carrots, peeled and chopped
- 6.1 oz. (175g) tomatoes, chopped
- 1 tbsp. tomato puree
- 2x 14 oz. (400g) tin chopped tomatoes
- 1x 14oz. (400g) tin butter beans, drained
- Parsley, chopped, to garnish

WHAT YOU NEED TO DO:

Heat the coconut oil in a large pot, and cook the onion, garlic, rosemary and thyme over medium heat for 5-6 minutes, until soft. Season with salt and pepper.

Add in the parsnips, carrots, tomatoes, tomato puree and cook for another 15 mins, until softened.

Add in the beans, chopped tomatoes and mix well. Bring to a boil, reduce the heat and simmer for another 15 mins. Season to taste, with salt and pepper and more herbs if desired.

Garnish with fresh parsley before serving.

The stew can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.

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PUMPKIN MAC N' CHEESE



Serves: 8
Prep: 10 mins
Cook: 40 mins



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



HP MP

WHAT YOU NEED:

- 28 oz. (800g) pumpkin cubes
- 1 tsp. olive oil
- 12 oz. (340g) macaroni pasta
- 10.5 oz. (300g) smoked bacon medallions, chopped (optional, omit for vegetarian option)
- 1 tbsp. coconut oil
- 1 small onion, diced
- 2 tbsp. all purpose or gluten-free flour
- 1 1/2 cups (375ml) fat free milk
- 2/3 cup (150ml) vegetable stock
- 1/4 tsp. nutmeg
- 7 oz. (200g) kale
- 5 oz. (140g) grated Cheddar
- 4 oz. (115g) grated Gouda
- 2 tbsp. grated parmesan

WHAT YOU NEED TO DO:

Preheat the oven to 400F (200C). Line a large baking tray with foil, and coat lightly with olive oil.

Roast the pumpkin cubes for around 30-35 mins until soft. When cooled down slightly, puree until smooth with a hand blender.

Add up to 3 tbsp of water if needed to achieve a puree.

In the meantime cook the pasta according to instructions on packaging in salted water. Drain, and set aside.

If using bacon, heat a large dry pan over high heat and cook it until browned, about 4-5 mins, then also set aside.

Using the same pan, heat the coconut oil over medium heat. Add the onion and cook for about 2 minutes, next add the flour and cook another minute, or until well combined. Add in milk and stock and mix well. Bring to a boil and cook for about 4 to 5 minutes until it thickens slightly. Season with salt and pepper, and nutmeg.

Once it begins to thicken, stir in the pumpkin puree and add in the kale. Cook until pumpkin is heated through and kale has wilted. Remove from the heat, add cheeses and mix well until melted.

Lastly, add the cooked macaroni and bacon and mix well. Serve seasoned with freshly ground pepper.



THAI MEATLOAF



Serves: 8
Prep: 15 mins
Cook: 40 mins



Nutrition per serving:
199 kcals **4g Fats**
11g Carbs **30g Protein**



WHAT YOU NEED:

- 3 spring onions, chopped
- 4 slices white bread
- ¼ cup (60ml) plant or dairy milk
- 1 egg
- 3 tbsp. red curry paste
- ½ tsp. of salt
- 2 lbs. (900g) minced chicken
- 2 tbsp. ginger, grated
- 1 tbsp. peanut oil

WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C). Line a loaf tin with baking paper.

Slice the spring onion into thin rings. Cut the crusts off the bread and soak it in the milk. Once bread is softened squeeze out the excess milk and mix together with the spring onion, egg, curry paste, salt and minced chicken.

Transfer the meat mixture into the cake tin and bake in the oven about 40 minutes until cooked through and browned.

Serve straight away with vegetables and rice noodles or store in the fridge for up to 4 days. Reheat on a pan or in the oven.

COCONUT PANCAKES



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
384 kcals **18g Fats**
21g Carbs **19g Protein**

WHAT YOU NEED:

- 2 eggs
- 5 tbsp. coconut milk
- 1 tsp. coconut sugar
- 2 tbsp. coconut flour
- 3.5 oz. (70g) mango
- 1 tsp. coconut flakes (optional)

WHAT YOU NEED TO DO:

In a bowl, mix together, eggs, milk, sugar and flour, until well combined. Set aside for 5 mins.

Heat a non-stick, dry pan on medium heat and fry the pancakes 2-3 mins each side until golden brown.

Serve with the mango, either sliced or blend into a puree. Top with coconut flakes and serve.

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PEANUT BUTTER GRANOLA BARS



Serves: 12
Prep: 20 mins
Chill: 2 hr



Nutrition per serving:
204 kcals **11g Fats**
21g Carbs **4g Protein**



WHAT YOU NEED:

- 1/3 cup (100g) honey
- 1/4 cup (65g) peanut butter
- 1/4 cup (50g) coconut oil
- 1 tsp. vanilla extract
- pinch salt
- 1/2 cup (70g) almonds, chopped
- 2 cups (185g) rolled oats
- 2.2 oz. (65g) dark chocolate, chopped

In a medium saucepan, mix together the honey, peanut butter and coconut oil. Heat over low heat, until everything is melted. Bring to a simmer and cook for 1 minute. Remove from the heat and allow to cool for 10 minutes.

Once cooled slightly, stir in the almonds, rolled oats and most of the chocolate (leave some to top the bars).

Transfer the mixture into the lined tray and firmly press it down.

WHAT YOU NEED TO DO:

Prepare an 8 x 8 inch baking tray by lining it with baking paper.

Tops with the remaining chocolate, then refrigerate for minimum 2 hours.

Once chilled, cut into 12 bars and store in an air tight container in the fridge for up to 2 weeks.