
Week 1 & 2 2019 RECIPE PACK

Matt Luxton Health and Fitness



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- Zucchini Fries
- Chocolate Millet Pudding
- Green Power Smoothie

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)

N Contains Nuts



MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST (Ideally 30-60 min after waking e.g. 7-8am)	Omelette With Cottage Cheese & Basil	Bounty Oats With Dark Chocolate	Green Power Smoothie	Bounty Oats With Dark Chocolate	Chocolate Millet Pudding	Green Power Smoothie	Omelette With Cottage Cheese & Basil
LUNCH (Ideally 3-4 hours after meal 1 e.g. 12-1pm)	Goats Cheese, Pear & Walnut Salad	Easy Greek Zoodle Salad	Leftover Baked Salmon with Zoodles & Quinoa	Goats Cheese, Pear & Walnut Salad	Easy Greek Zoodle Salad	Leftover Turkey & Broccoli Stir Fry	Chocolate Millet Pudding
SNACK (Ideally between lunch and dinner e.g. 4pm)	E.g. Green Power Smoothie Or Zucchini Fries	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	E.g. Green Power Smoothie Or Zucchini Fries	E.g. Green Power Smoothie Or Zucchini Fries	E.g. Green Power Smoothie Or Zucchini Fries	E.g. protein bar, handful of nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake	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/snack e.g. 7-8pm or 60-120 min post workout)	Baked Sweet Potato with Feta, Pesto, and Pomegranate + Remaining macros as you see fit	Baked Salmon with Zoodles & Quinoa + Remaining macros as you see fit	Spicy Fried Rice with Prawns + Remaining macros as you see fit	Spicy Fried Rice with Prawns + Remaining macros as you see fit	Turkey & Broccoli Stir Fry + Remaining macros as you see fit	Meal Out – Enjoy!	Baked Sweet Potato with Feta, Pesto, and Pomegranate + Remaining macros as you see fit

SHOPPING LIST

VEGETABLES

- 2x pack cherry tomatoes
- bag mixed salad leaves
- bag spinach
- 2x cucumbers
- bunch spring onion
- 1x garlic
- 2x fresh ginger
- 1.7 lbs. sweet potato (800g)
- 1.1 lbs. broccoli (500g)
- 3x zucchini
- 1x onion
- 2x leeks
- 1x carrot
- celery sticks
- 2x lemon grass

FRUIT

- pack raspberries
- 1x pear
- 2x lemon
- 1x pomegranate
- 1x kiwi

HERBS & SPICES

- bunch fresh basil
- bunch fresh coriander
- bunch fresh mint
- bunch fresh thyme
- laurel leaves
- dried oregano
- cumin
- chili flakes
- cinnamon
- sweet paprika
- hot paprika
- turmeric
- black peppercorns

CANS & CONDIMENTS

- honey
- olive oil
- black olives
- coconut oil
- pesto
- soy sauce/tamari
- sesame oil
- rice vinegar
- sundried tomatoes
- pineapple

MEATS

- 7 oz. prawns (200g)
- 7 oz. turkey fillets (200g)
- 2x salmon (4.4 oz./125g each)
- 1x whole free range chicken

GRAINS & SEEDS

- 3.17 oz. oats (90g)
- 3.5 oz. walnuts (30g)
- basmati rice
- black rice noodles
- millet
- quinoa

DAIRY & NON DAIRY

- 7x eggs
- 7 oz. cottage cheese (200g)
- coconut milk (carton)
- 6.3 oz. goats cheese (180g)
- 3.5 oz. feta cheese (100g)

BAKING

- desiccated coconut
- natural cocoa powder
- breadcrumbs

OTHER

- apple juice
- dark chocolate

OMELET WITH COTTAGE CHEESE & BASIL



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
200 kcals **14g Fats**
3g Carbs **15g Protein**



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WHAT YOU NEED:

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- bunch fresh basil
- 200g cottage cheese
- 12 cherry tomatoes

WHAT YOU NEED TO DO:

Beat the eggs with the water and season with salt and pepper.

Heat $\frac{1}{4}$ oil in a frying pan and bake 1 thin omelette, repeat until you have 4 omelettes. Keep them warm under aluminium foil.

Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.

Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelettes and roll them up. Cut diagonally and serve immediately.



BOUNTY OATS WITH DARK CHOCOLATE



Serves: 3
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
341 kcals **18g Fats**
36g Carbs **6g Protein**



WHAT YOU NEED:

- 1 cup oats (90g/3.17 oz.)
- 2 tbsp. desiccated coconut
- 6.7 fl. oz. (200ml) coconut milk
- 2 tbsp. coconut sugar or honey
- 1.7 oz. (50g) dark chocolate, chopped
- handful raspberries

WHAT YOU NEED TO DO:

Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to boil then reduce heat, and cook covered for about 10 minutes, in the meantime stir 2 - 3 times.

Remove the lid, add coconut milk and sugar. Mix and remove from the heat.

Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.

GOATS CHEESE, PEAR & WALNUT SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
379 kcals **28g Fats**
26g Carbs **10g Protein**



WHAT YOU NEED:

- 3.5 oz. (100g) mix salad leaves
- 1 ripe pear
- 2 tbsp. lemon juice
- 3.5 oz. (100g) goats cheese
- 1.1 oz. (30g) walnuts
- 1 tbsp. honey
- 1 tbsp. olive oil

WHAT YOU NEED TO DO:

Divide the salad leaves onto 2 plates.

Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.

In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.

Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.

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EASY GREEK ZOODLE SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
267 kcals **25g Fats**
7g Carbs **10g Protein**



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WHAT YOU NEED:

For the salad:

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

For the dressing:

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

WHAT YOU NEED TO DO:

Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber “noodles” in 2-3 parts, to shorten them.

Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.



SPICY FRIED RICE WITH PRAWNS



Serves: 3
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
372 kcals **11g Fats**
52g Carbs **18g Protein**



WHAT YOU NEED:

- 7 oz. (200g) basmati rice
- 2 tbsp. coconut oil
- 1 tbsp. crushed garlic
- 2 tbsp. grated ginger
- 7 oz. (200g) prawns
- 1 tsp. cumin
- 1 tsp. chili flakes
- pinch cinnamon
- handful coriander
- handful mint

WHAT YOU NEED TO DO:

Cook the rice following the instructions on the packaging, taking care not to overcook it. Strain and put on a large plate or tray, to cool (you can prepare earlier).

In the meantime, heat the coconut oil in a large pan, gently fry the ginger and garlic. Add the prawns and season with cumin, cinnamon, chili flakes, and freshly ground pepper. Briefly fry, for about 2 minutes, string every now and. Season with salt, to taste.

Remove the shrimp from the pan, but add in the rice and fry for 3 to 4 minutes until it heats up and starts to brown. Add the prawns and mix well.

Divide onto the plates and garnish with mint and coriander, to serve.

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BAKED SWEET POTATO WITH FETA, PESTO, AND POMEGRANATE



Serves: 4
Prep: 5 mins
Cook: 30-45 mins



Nutrition per serving:
283 kcals 12g Fats
42g Carbs 7g Protein



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WHAT YOU NEED:

- 1.7 lbs. (800g) sweet potato
- 1 tbsp. olive oil
- 2.8 oz. (80g) feta cheese
- seeds of ½ pomegranate (50g)
- 1.7 oz. (50g) pesto (homemade or store bought)

WHAT YOU NEED TO DO:

Heat the oven to 390F (200C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.

Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.

Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.



TURKEY & BROCCOLI STIR FRY



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
494 kcals **16g Fats**
56g Carbs **42g Protein**



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WHAT YOU NEED:

- 100g black rice noodles
- 200g turkey fillet, chopped
- 500g broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- Handful coriander, to serve

WHAT YOU NEED TO DO:

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 mins).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the earlier cooked noodles and heat it for a 2 - 3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.



BAKED SALMON WITH ZOODLES & QUINOA



Serves: 2
Prep: 10 + 1h chill
Cook: 15 mins



Nutrition per serving:
487 kcals **28g Fats**
19g Carbs **38g Protein**



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WHAT YOU NEED:

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

Salmon Marinade:

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

WHAT YOU NEED TO DO:

Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.

While the salmon is marinating, cook the quinoa and spiralize the zucchini.

Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens, but still firm, for about 3-4 minutes. Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.

Heat the oven to 480F (250C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.

Remove the salmon from the oven to rest for a moment, and in the meantime pour in the salmon juices into the quinoa, mixing well.

Divide the quinoa and zoodles between two plates, then place the salmon on top, sprinkle with chili flakes, to serve.



IMMUNITY BOOSTER CHICKEN BROTH



Serves: 4
Prep: 20 mins
Cook: 2 hrs



Nutrition per serving:
130 kcals **9g Fats**
0g Carbs **12g Protein**

WHAT YOU NEED:

- 1 onion
- 4 garlic cloves
- 2 leeks
- 1 carrot
- 4 stalks of celery
- 2 stalks lemon grass
- 1 tsp. black peppercorns
- 4.7 inch (12cm) ginger
- 1 tbsp. peanut oil
- 1½ tsp. ground turmeric
- 1 free-range chicken
- 3 litres of tap water
- 4 sprigs thyme
- 2 laurel leaves

WHAT YOU NEED TO DO:

Halve the onion and heat a dry non-stick frying pan. Cook the onion, cut side down for 8 minutes on medium heat (the bottom of the onion may become browned).

Meanwhile, chop the leeks, carrots, celery, and lemongrass into 1 inch (3cm) pieces. Crush the peppercorns with a spoon and peel the ginger and cut into slices.

Heat the oil in a large soup pot and fry the ground turmeric 30 sec. Place the chicken in the pot and pour in the water, then bring to the boil. Scoop off any foam with a spoon.

Next, add in all the vegetables, pepper, thyme, bay leaves and half of the lemongrass, and half of the ginger and gently simmer for 2 hours on low heat. Scrape off any foam with a spoon.

Take the chicken out of the broth and set aside and strain the broth. Allow the broth to cool to room temperature, and then place in the refrigerator so that the fat solidifies, and you can scoop it out with a spoon.

In the meantime, remove the skin and meat from the chicken so that you can use it in other dishes, like pasta, salads or stews.

Put the pot with the broth back on the heat. At this point add the rest of the ginger and lemongrass and let it simmer for 45 minutes on low heat.

Remove the ginger and lemongrass, before serving or allow to cool to room temperature and freeze.



ZUCCHINI FRIES



Serves: 4
Prep: 20 mins
Cook: 15 mins



Nutrition per serving:
177 kcals **12g Fats**
14g Carbs **5g Protein**



DF LC V

WHAT YOU NEED:

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

WHAT YOU NEED TO DO:

Preheat oven to 430F (220C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme, mix well. On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp of olive oil.

Season with salt and serve.



CHOCOLATE MILLET PUDDING



Serves: 3
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
212 kcals **3g Fats**
40g Carbs **6g Protein**

WHAT YOU NEED:

- ½ cup millet (3.5 oz./100g)
- 2 cups plant milk (475ml) + more if necessary
- 2 tbsp natural cocoa powder
- 2 tbsp honey
- handful berries

WHAT YOU NEED TO DO:

Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.

Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.

Blend in a feed processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.

Serve hot or cold, topped with berries.

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GREEN POWER SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0



Nutrition per serving:
136 kcals **1g Fats**
34g Carbs **1g Protein**

WHAT YOU NEED:

- 1 kiwi, peeled
- 4 big handfuls spinach
- 1/4 cucumber
- 1 stalk celery
- 1 cup (235ml) 100% apple juice
- 2 pineapple rings
- 2 tsp. honey

WHAT YOU NEED TO DO:

Add all ingredients into a blender and blitz until smooth.

Serve immediately.

GF

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