

FEBRUARY RECIPE PACK

*Healthy cooking doesn't have to be difficult.
These 12 recipes are packed with nutritional
benefits and couldn't be easier to make!*



www.mattluxtonhealthandfitness.com











TABLE OF CONTENTS

1	AVOCADO & EGG PASTE
2	COTTAGE CHEESE PROTEIN PANCAKES
3	DETOX SALAD
4	BLACK BEAN HUMMUS
5	TOM YUM SOUP WITH SHRIMPS
6	SALMON SPRING ROLLS
7	CHICKEN THIGHS WITH HOISIN SAUCE
8	SMOKED EGGPLANT GOULASH
9	CHINESE PORK STIR-FRY WITH PINEAPPLE
10	TROPICAL SMOOTHIE
11	FIT ALMOND ENERGY BALLS
12	VEGAN ORANGE CHOCOLATE MOOSE



RECIPE KEY

Look for these helpful icons throughout the pack.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Cottage Cheese
Protein
Pancakes

LUNCH

Detox Salad

SNACK

E.g. Tropical
Smoothie,
Almond Energy
Balls, portion of
fruit or nuts,
protein shake

DINNER

Leftover Chicken
Thighs with
Hoisin Rice

TUESDAY

BREAKFAST

Avocado & Egg
Paste with Toast

LUNCH

Black Bean
Hummus with
Vegetables
(carrots,
cucumber,
peppers, celery)

SNACK

E.g. Tropical
Smoothie, Almond
Energy Balls,
portion of fruit or
nuts, protein
shake

DINNER

Chinese Pork Stir
Fry with
Pineapple

WEDNESDAY

BREAKFAST

Salmon Spring
Rolls

LUNCH

Leftover Chinese
Pork Stir Fry with
Pineapple

SNACK

E.g. Tropical
Smoothie,
Almond Energy
Balls, portion of
fruit or nuts,
protein shake

DINNER

Smoked
Aubergine
Goulash served
with brown rice

THURSDAY

BREAKFAST

Avocado & Egg
Paste with Toast

LUNCH

Detox Salad

SNACK

E.g. Tropical
Smoothie,
Almond Energy
Balls, portion of
fruit or nuts,
protein shake

DINNER

Leftover Smoked
Aubergine
Goulash served
with brown rice

FRIDAY

BREAKFAST

Salmon Spring
Rolls

LUNCH

Black Bean
Hummus with
Vegetables
(carrots,
cucumber,
peppers, celery)

SNACK

E.g. Tropical
Smoothie,
Almond Energy
Balls, portion of
fruit or nuts,
protein shake

DINNER

Tom Yum Soup
with Shrimps

SATURDAY

BREAKFAST

Tropical
Smoothie with a
serving of whey,
plant protein or
Greek yogurt

LUNCH

Leftover Tom
Yum Soup with
Shrimps

SNACK

E.g. Tropical
Smoothie, Almond
Energy Balls,
portion of fruit or
nuts, protein
shake

DINNER

Meal Out –
Enjoy!

SUNDAY

BREAKFAST

Cottage Cheese
Protein
Pancakes

LUNCH

Tropical
Smoothie with a
serving of whey,
plant protein or
Greek yogurt

SNACK

E.g. Tropical
Smoothie, Almond
Energy Balls,
portion of fruit or
nuts, protein
shake

DINNER

Chicken Thighs
with Hoisin Rice

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- 1x cucumber
- 3x zucchini
- 1x red onion
- 1x white onion
- 1x garlic
- shitake mushrooms
- 1x red bell pepper
- 2x red chili
- ginger
- spring onions
- 0.5 lb/225g sweet potato
- 2x avocado
- 3x lemon
- 1x lime
- 3x passion fruit
- 1x banana
- 1x mango

Herbs

- 2x bunches parsley
- 1x bunch coriander

Dried

- packet dried cranberries
- _____
- _____
- _____
- _____

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- 7 oz. shrimps (200g)
- 7 oz. salmon (200g)

Meats

- 8 chicken thighs, skinless
- 14 oz. pork tenderloin (400g)

Dairy

- 1x pot cottage cheese

Non-Dairy

- 6x eggs
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GRAINS, SEEDS & SPICES

Grains

- quinoa
- jasmine rice
- white rice
- potato starch
- flour (regular or GF)
- almond meal

Nuts & Seeds

- mixed seeds & nuts
- desiccated coconut
- chai seeds

Spices

- ground cumin
- salt
- cayenne pepper
- chili flakes

Other

- rice paper
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- olive oil
- coconut oil
- sesame oil

Cans & Condiments

- pineapple
- black beans
- chopped tomatoes
- chickpeas
- coconut milk
- peanut butter
- tahini
- rice vinegar
- fish sauce
- tom yum paste
- vegetable stock
- chicken stock

Sweeteners

- honey
- maple syrup
- vanilla sugar
- coconut sugar

Other

- small white wine
- coconut water
- _____
- _____
- _____

A top-down photograph of a white ceramic bowl with black speckles, filled with a mixture of mashed avocado, hard-boiled egg pieces, and fresh cilantro leaves. The bowl sits on a light-colored wooden surface. To the right, a blue and white checkered cloth holds two slices of white bread. A semi-transparent white rectangular box is centered over the bowl, containing the text 'AVOCADO & EGG PASTE' in bold black letters.

AVOCADO & EGG PASTE

AVOCADO & EGG PASTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
298 kcal
24g Fats
9g Carbs
11g Protein



WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl.. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.





**COTTAGE CHEESE
PROTEIN PANCAKES**

COTTAGE CHEESE PROTEIN PANCAKES



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
162 kcal
4g Fats
18g Carbs
12g Protein



WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tbsp. of vanilla sugar
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

WHAT YOU NEED TO DO

Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture, gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.





DETOX SALAD

DETOX SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
315 kcal
24g Fats
19g Carbs
10g Protein



WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

WHAT YOU NEED TO DO

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.



A close-up photograph of a white ceramic bowl filled with a thick, light-colored hummus. The hummus is garnished with several drizzles of golden olive oil, a sprinkling of red chili flakes, and two fresh lime slices on the right side. The bowl is placed on a dark grey cloth on a light-colored surface.

**BLACK BEAN
HUMMUS**

BLACK BEAN HUMMUS



Serves: 8
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
91 kcal
4g Fats
9g Carbs
4g Protein



WHAT YOU NEED

- 4 cups (250g) black beans, keep the water separately
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

WHAT YOU NEED TO DO

In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.



TOM YUM SOUP WITH SHRIMPS



TOM YUM SOUP WITH SHRIMPS



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
106 kcal
5g Fats
4g Carbs
13g Protein



WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant ½ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- ¾ cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- chili, to garnish

WHAT YOU NEED TO DO

Pour stock into a pot, add the tom yum paste and bring to a boil.

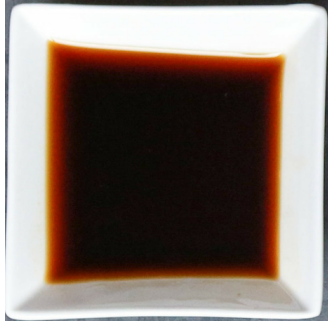
Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.

Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.

Garnish with fresh coriander and chili to serve.



SALMON SPRING ROLLS



SALMON SPRING ROLLS



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
154 kcal
10g Fats
4g Carbs
13g Protein



WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

WHAT YOU NEED TO DO

Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.



CHICKEN THIGHS WITH HOISIN RICE



CHICKEN THIGHS WITH HOISIN RICE



Serves: 8
Prep: 5 mins
Cook: 50 mins



Nutrition per
serving:
336 kcal
15g Fats
16g Carbs
29g Protein



WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 heaped cups (500ml) chicken stock
- 4 tbsp. dried cranberries

For the sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chili flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

WHAT YOU NEED TO DO

Heat the oven to 375F (190C). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.

Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.

Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an over-proof dish and place the chicken thighs in the centre. Bake in the preheated oven for 30 minutes.

Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.



SMOKED AUBERGINE GOULASH



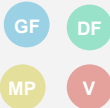
SMOKED AUBERGINE GOULASH



Serves: 4
Prep: 20-30 mins
Cook: 35 mins



Nutrition per serving:
181 kcal
10g Fats
26g Carbs
5g Protein



WHAT YOU NEED

- 2 eggplants
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

WHAT YOU NEED TO DO

Wash the aubergine and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20 - 30 minutes, until the eggplant collects water.

In a large pot heat 1 tbsp. of oil and fry the onion for 2 mins, then add the minced garlic and cook together for another 1-2 mins.

Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.

Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp of oil. Fry for approx. 10 minutes, in the meantime mix now and then.

During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).

Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt.

Serve with rice or pasta.





**CHINESE PORK STIR-FRY
WITH PINEAPPLE**

CHINESE PORK STIR-FRY WITH PINEAPPLE



Serves: 4
Prep: 20 mins
Cook: 10 mins



Nutrition per serving:
303 kcal
11g Fats
22g Carbs
28g Protein



WHAT YOU NEED

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- 2/3 cup (135ml) pineapple chunks, in juice (keep the juice)
- 1 red bell pepper, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ chili pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

For the sauce:

- 1/3 cup (180ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

WHAT YOU NEED TO DO

Wash the meat, dry it, and cut them into the thinnest slices possible. Season with salt and pepper, and coat in potato flour.

Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and cut the onion into feathers. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all sauce ingredients in a bowl.

In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto the plate.

Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.

Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens, in the meantime mix now and then.

Sprinkle with chopped spring onions and serve with rice.



A top-down photograph of a tropical smoothie. The smoothie is a vibrant orange color and is served in a clear glass jar with a glass straw. The jar is placed on a white marble surface with grey veining. To the left of the jar is a whole yellow banana with some brown spots. To the right of the jar are two halves of a passion fruit, showing their red pulp and black seeds. In the bottom left corner, there is a small, square, patterned napkin or placemat with a gold and white geometric design.

TROPICAL SMOOTHIE

TROPICAL SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
240 kcal
3g Fats
55g Carbs
4g Protein



WHAT YOU NEED

- 3 passion fruits
- 1 banana, chopped
- 1 small mango, peeled, chopped
- 1-1/4 cup (300ml) coconut water
- 1 tbsp. chia seeds
- ice cubes, to serve

WHAT YOU NEED TO DO

Scoop the pulp of the passion fruits into a high-speed blender, add the banana, mango, coconut water, and chia seeds. Purée until smooth and serve immediately, topped with ice cubes.



A top-down view of a white ceramic bowl with black speckles, filled with several round, golden-brown almond energy balls coated in shredded coconut. The bowl sits on a light-colored wooden surface. A semi-transparent white rectangular box is centered over the bowl, containing the text "STRONG ALMOND ENERGY BALLS" in bold, black, uppercase letters.

**STRONG ALMOND
ENERGY BALLS**

STRONG ALMOND ENERGY BALLS



Makes: 6
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
178 kcal
14g Fats
8g Carbs
6g Protein



WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.





**ORANGE
CHOCOLATE MOUSSE**

ORANGE CHOCOLATE MOUSSE



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
354 kcal
17g Fats
39g Carbs
13g Protein



GF

DF

V



WHAT YOU NEED

- 1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- ½ tsp. lemon juice

WHAT YOU NEED TO DO

Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.

Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 mins) – you should be able to invert the bowl, and the whipped brine should not move an inch.

Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.

