



# MARCH RECIPE BOOKLET

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











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## 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

Huevos Rancheros

## TUESDAY

### BREAKFAST

Almond Banana Pancakes

## WEDNESDAY

### BREAKFAST

Almond Banana Pancakes

## THURSDAY

### BREAKFAST

Sweet Potato Pancakes

## FRIDAY

### BREAKFAST

Sweet Potato Pancakes

## SATURDAY

### BREAKFAST

Raspberry Protein smoothies

## SUNDAY

### BREAKFAST

Huevos Rancheros

### LUNCH

Mushroom soup

### LUNCH

Chicken, Orange and Walnut Salad

### LUNCH

Chicken, Orange and Walnut Salad

### LUNCH

Coconut Banana Millet Custard





# HUEVOS RANCHEROS

# HUEVOS RANCHEROS



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
434 kcal  
18g Fats  
42g Carbs  
17g Protein



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## WHAT YOU NEED

- 3 slices smoked bacon, cut into strips
- 1/2 small onion, chopped
- 7/8 cups (150g) red kidney beans in chilli sauce
- smoked paprika
- 1 tsp. oil
- 2 eggs
- 10 cherry tomatoes, halved
- 1/2 avocado, sliced
- 2 small tortillas
- Smoked paprika

## WHAT YOU NEED TO DO

*Cut the bacon into strips and fry on a dry frying pan then transfer to a plate and set aside.*

*In the same pan sauté the chopped onion for 2-3 mins, then add beans and warm up for 1-2 mins. Crush the beans slightly with a fork.*

*Heat the tsp. of butter in a clean pan and fry the fry the eggs. In the meantime, slightly fry the tomatoes and heat tortillas according to instructions on the packaging.*

*Assemble the tortillas by arranging the bean paste, fried eggs, bacon and tomatoes. Add sliced avocado slices, sprinkle with coriander, season with salt and pepper and smoked paprika.*





**ALMOND BANANA  
PANCAKES**

# ALMOND BANANA PANCAKES



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
346 kcal  
21g Fats  
28g Carbs  
13g Protein



## WHAT YOU NEED

- 5/8 cup (125g) mango, cubes
- 2 passion fruit
- 4 tbsp. water
- ½ cup (60g) almond flour
- 1 ripe banana
- 1 medium egg
- 1 tsp oil

## WHAT YOU NEED TO DO

*Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.*


*In the meantime, mix the almond flour and the ripe banana in the blender or food processor until smooth.*

*Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.*

*Fry the pancakes for about 3 mins. until browned and done on both sides. Turn them carefully, as the batter is not very firm.*

*Serve with the fruit spread made earlier.*



A wooden cutting board with several sweet potato pancakes. Each pancake is topped with different ingredients: some have a dollop of white cream with cherry tomatoes, others have fresh arugula, and some have a drizzle of dark sauce. The pancakes are golden-brown and appear to be made from shredded sweet potatoes.

## **SWEET POTATO PANCAKES**

# SWEET POTATO PANCAKES



Serves: 4  
Prep: 10 mins  
Cook: 10-15 mins



Nutrition per serving:  
199 kcal  
9g Fats  
25g Carbs  
5g Protein



## WHAT YOU NEED

- 2 cups (300g) sweet potato, grated
- 1/2 small onion, grated
- 1 clove garlic, crushed
- 2 eggs
- 3 heaped tbsp. buckwheat flour
- 2 tbsp. coconut oil
- 1/2 tsp. sweet paprika

## WHAT YOU NEED TO DO

*Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.*

*Heat the coconut oil in a pan, and add a heaped tbsp. of the batter per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 mins.*

*Serve with your favourite toppings (see ideas below).*

### Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion



A top-down view of a bowl of mushroom soup. The bowl is blue with a speckled pattern. The soup is a light beige color. It is garnished with several sliced mushrooms, a dollop of white cream, and fresh green cilantro leaves. A copper spoon is visible in the bottom right corner. The background is a white marble surface.

# MUSHROOM SOUP

# MUSHROOM SOUP



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
204 kcal  
11g Fats  
23g Carbs  
6g Protein



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## WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 onion, sliced
- 1/2 leek, chopped
- 5 1/3 cups (500g) mushrooms, sliced
- 1 small carrot, chopped
- 1 small parsnip, chopped
- 1 small potato, peeled, cubed
- 2 1/2 cups (600ml) vegetable stock
- scant 1/2 cup (100ml) cream fraiche

## WHAT YOU NEED TO DO

*In a large pot heat the oil, and sauté the chopped onion and sliced leek for about 3 mins.*

*Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then.*

*Add the carrot, parsnip and potato. Mix well and cook for 3-4 mins. Season with salt and pepper.*

*Pour in the hot vegetable stock and bring to the boil.*

*Simmer, covered for about 15 mins. until the vegetables are soft.*

*Mix with a hand blender until smooth, add cream at the end and serve.*



# **SLOW COOKER CHICKEN FAJITAS**



# SLOW COOKER CHICKEN FAJITAS



Serves: 8  
Prep: 10 mins  
Cook: 3-4hrs



Nutrition per  
serving:  
183 kcal  
3g Fats  
12g Carbs  
28g Protein



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## WHAT YOU NEED

- 2 lb (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup chopped tomatoes

## WHAT YOU NEED TO DO

*Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.*

*Lastly, add the remaining peppers and onions and cook for 4 hours on high.*

*Remove the chicken and shred it with a fork, then return it in in the slow-cooked, mix well and cook for another 10 mins. on low.*

*Assemble fajitas and enjoy.*

**Suggested serving (not included in nutrition info) :**

- tortillas, cream, guacamole, coriander



A top-down view of a light green ceramic bowl filled with a salad. The salad consists of fresh green leafy vegetables, including arugula and lettuce. It is topped with several pieces of grilled chicken breast, bright orange slices, and roasted pecan halves. Numerous vibrant red pomegranate seeds are scattered throughout the salad. A semi-transparent white rectangular box is overlaid on the upper right portion of the bowl, containing the title text.

**CHICKEN, ORANGE  
AND WALNUT SALAD**

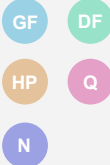
# CHICKEN, ORANGE AND WALNUT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
458 kcal  
20g Fats  
47g Carbs  
28g Protein



## WHAT YOU NEED

### Dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

### Salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

## WHAT YOU NEED TO DO

*Peel orange and, cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.*

*Mix the ingredients of the dressing in a cup, season with salt and pepper.*

*Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.*

*Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled slightly slice into pieces.*

*Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.*



# MOROCCAN COD & BULGUR SALAD



# MOROCCAN COD & BULGUR SALAD



Serves: 2  
Prep: 5 + 30 mins  
Cook: 15-25 mins



Nutrition per  
serving:  
447 kcal  
18g Fats  
42g Carbs  
34g Protein



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## WHAT YOU NEED

- 10 oz. (300g) cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- ½ tsp. turmeric
- ½ tsp. paprika
- ½ tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- Scant ½ cup (100g) of bulgur groats
- 1 tomato, chopped
- 1/4 onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

## WHAT YOU NEED TO DO

*Drizzle the cod fillets with lemon juice. Then season with salt & pepper, rub with the garlic, and the rest of the spices, coat with 1 tbsp. of oil. Leave for half an hour to marinate, if you have time.*

*Cook the bulgur in salted water (about 15 minutes) and once cooked set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt & pepper, mix and set aside.*

*Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.*

*Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the earlier prepared tomato salad. Serve with lemon wedges.*



# **HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE**



# HONEY & LIME GLAZED SALMON WITH PINEAPPLE RICE



Serves: 4  
Prep: 5 + 1hr  
Cook: 35 mins



Nutrition per  
serving:  
643 kcal  
24g Fats  
68g Carbs  
35g Protein



## WHAT YOU NEED

- 1.3 lb (600g) salmon, 4 fillets

### Marinade:

- 3 tbsp. honey
- 3 tbsp. lime juice
- 3 tbsp. soy sauce
- 1 tbsp. olive oil
- 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

### Pineapple Rice:

- 2/3 cup (150g) rice
- 3/4 cup (200g) sweetcorn
- 1 1/4 cups (250g) pineapple, chopped
- 1 1/3 cup (200g) cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- 1/2 cup coriander leaves (or mint)

## WHAT YOU NEED TO DO

*Cut the skin off the salmon fillets. Rinse and dry.*

*Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole for marinating for about 1 hour.*

*Cook the rice in lightly salted water, then spread on a large plate to cool.*

*Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl, season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.*

*Preheat the oven to 410F (210C). Bake the marinated salmon for 18 minutes, until cooked throughout.*

*Serve salmon with the earlier prepared pineapple rice.*



A top-down view of a bowl of Slow Cooker Cauliflower Tikka Masala. The dish features cauliflower florets in a rich, orange-red tomato-based sauce, garnished with fresh green cilantro leaves and roasted cashew nuts. A portion of white rice is served on the right side of the bowl. The bowl is set on a light-colored, marbled surface, with a few cashews and cilantro leaves scattered around it. A piece of a flatbread is visible on the right edge of the frame.

**SLOW COOKER CAULIFLOWER  
TIKKA MASALA**

# SLOW COOKER CAULIFLOWER TIKKA MASALA



Serves: 4  
Prep: 10 mins  
Cook: 3-4hrs



Nutrition per serving:  
226 kcal  
14g Fats  
22g Carbs  
7g Protein



## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 small cauliflower head, cut into florets (about 4 cups florets)
- 1 medium onion, diced
- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 3 tbsp. curry powder
- 3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)
- 1 tbsp. honey
- 1/2 cup (120ml) full-fat coconut milk (canned)
- Handful fresh parsley
- 1/3 cup (50g) cashews roasted

## WHAT YOU NEED TO DO

*Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.*

*Pour in the diced tomatoes and honey stir to mix everything.*

*Cook on high for about 3-4 hours or the cauliflower is tender.*

*Add the coconut milk, and stir well. Cook for another 3-5 mins on low until warmed through.*

*Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).*



# **COCONUT-BANANA MILLET CUSTARD**



# COCONUT-BANANA MILLET CUSTARD



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
144 kcal  
2g Fats  
32g Carbs  
2g Protein



## WHAT YOU NEED

- 1/3 cup (75g) raw millet
- 1 cup (240ml) coconut milk
- 1 tbsp. honey
- 1 banana
- 1 tbsp. of lemon juice

## WHAT YOU NEED TO DO

*Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with 1/2 cup of coconut milk and 1/4 a cup of water. Simmer for about 15 mins, until the liquids are completely absorbed.*

*Place the soft groats in the blender or food processor, add the remaining coconut milk, honey, peeled banana and lemon juice. Mix for a perfectly smooth mousse (about 1-2 minutes of high-speed mixing).*

*To obtain a very smooth consistency, you might need to mix it for a longer period of time, so be patient.*

*Serve warm or cold.*

### **Serving suggestions:**

- *maple syrup, passion fruit, pomegranate seeds, mixed berries, jam.*



A glass of golden turmeric latte is centered on a wooden slice. The latte is a vibrant yellow color with a frothy top. The wooden slice has several small piles of turmeric powder scattered around it. The background is a light blue and white marbled pattern.

**GOLDEN  
TURMERIC LATTE**

# GOLDEN TURMERIC LATTE



Serves: 2  
Prep: 5 mins  
Cook: 5 mins



Nutrition per  
serving:  
53 kcal  
2g Fats  
7g Carbs  
1g Protein



## WHAT YOU NEED

- 1 ½ cup (350ml) almond milk
- ¼ tsp. ground turmeric
- ¼ tsp. cinnamon
- ¼ tsp. ground ginger
- ½ tsp. vanilla extract
- 1 tbsp. Maple syrup

## WHAT YOU NEED TO DO

*Place all the ingredients in a saucepan and continuously stir over low heat.*

*Once hot, pour into cups and top additional cinnamon to serve. Adjust sweetness if necessary.*





**RASPBERRY  
PROTEIN SMOOTHIE**

# RASPBERRY PROTEIN SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
331 kcal  
12g Fats  
25g Carbs  
29g Protein



## WHAT YOU NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

## WHAT YOU NEED TO DO

*Place all ingredients in a high-speed blender and blitz until smooth.*