



April 2019 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!*

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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

Asian Style
Scrambled Eggs

LUNCH

Mixed leaf salad
and fresh veg
with Crispy Tofu
and favorite
dressing

SNACK

E.g. Quark with
Pomegranate,
Coconut & Dark
Chocolate,
Crispy Tofu,
Lemon Cake

DINNER

Simple Chicken
Curry with
Saffron Rice

TUESDAY

BREAKFAST

Avocado,
Tapenade &
Eggs Toast

LUNCH

Tofu Caesar
Summer Rolls

SNACK

E.g. Quark with
Pomegranate,
Coconut & Dark
Chocolate, Crispy
Tofu, Lemon Cake

DINNER

Leftover Simple
Chicken Curry
with Saffron Rice

WEDNESDAY

BREAKFAST

Avocado,
Tapenade &
Eggs Toast

LUNCH

Tofu Caesar
Summer Rolls

SNACK

E.g. Quark with
Pomegranate,
Coconut & Dark
Chocolate,
Crispy Tofu,
Lemon Cake

DINNER

Grilled Pumpkin,
Tofu & Bulgar
Salad

THURSDAY

BREAKFAST

Quark with
Pomegranate,
Coconut & Dark
Chocolate

LUNCH

Superfood Tahini
Salad

SNACK

E.g. Quark with
Pomegranate,
Coconut & Dark
Chocolate,
Crispy Tofu,
Lemon Cake

DINNER

Creamy Leek
Risotto

FRIDAY

BREAKFAST

Quark with
Pomegranate,
Coconut & Dark
Chocolate

LUNCH

Superfood Tahini
Salad

SNACK

E.g. Quark with
Pomegranate,
Coconut & Dark
Chocolate,
Crispy Tofu,
Lemon Cake

DINNER

Leftover Creamy
Leek Risotto

SATURDAY

BREAKFAST

Very Green
Smoothie

LUNCH

Tuna Salad
Lettuce Wraps

SNACK

E.g. Quark with
Pomegranate,
Coconut & Dark
Chocolate, Crispy
Tofu, Lemon Cake

DINNER

Meal Out –
Enjoy!

SUNDAY

BREAKFAST

Asian Style
Scrambled Eggs

LUNCH

Tuna Salad
Lettuce Wraps

SNACK

E.g. Quark with
Pomegranate,
Coconut & Dark
Chocolate, Crispy
Tofu, Lemon Cake

DINNER

Grilled Pumpkin,
Tofu & Bulgar
Salad



**AVOCADO, TAPENADE
& EGG TOAST**

AVOCADO, TAPENADE & EGG TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
386 kcal
26g Fats
25g Carbs
12g Protein



WHAT YOU NEED

- 2 eggs, boiled
- 1 ripe avocado
- 2 slices spelt bread
- 2 tbsp. tapenade
- coriander leaves, to serve
- microgreens, to serve (optional)

WHAT YOU NEED TO DO

Boil the egg for 7 mins. Toast the bread.

Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.

Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).



A top-down view of a round ceramic plate with a green and white speckled pattern and a brown rim. The plate is filled with a dish of scrambled eggs, which are light yellow and fluffy, topped with black sesame seeds. The eggs are mixed with a variety of fresh vegetables, including sliced green onions, red bell peppers, green beans, and sliced mushrooms. Fresh green cilantro leaves are scattered throughout the dish. To the left of the plate, there are several whole cilantro leaves. To the right, a pair of dark wooden chopsticks is placed diagonally. The entire scene is set against a white marble background with grey veining.

**ASIAN STYLE
SCRAMBLED EGGS**

ASIAN STYLE SCRAMBLED EGGS



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
206 kcal
11g Fats
6g Carbs
15g Protein



WHAT YOU NEED

- 3 eggs
- 2 egg whites
- 1 tbsp. soy sauce
- 2 tsp. sesame oil
- 1 1/4 cup (200g) mixed Asian vegetables
- 1 tsp. black sesame seeds
- coriander, to serve

WHAT YOU NEED TO DO

Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.

Heat 1 tsp. sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 mins until tender. Transfer onto a plate.

Add egg mixture to pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre.

Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.

Remove from heat and serve with the earlier prepared vegetables — top with fresh coriander and additional sesame seeds, to serve.



A top-down photograph of a light blue ceramic bowl filled with a salad. The salad consists of cubed, golden-brown grilled pumpkin, cubed tofu, and cooked bulgur wheat. It is garnished with fresh green leafy vegetables and a dark, glossy dressing. To the left of the bowl, a silver metal fork is placed on a light-colored wooden surface. A white cloth napkin is partially visible on the right side of the bowl. The entire scene is set against a warm, natural wood grain background.

**GRILLED PUMPKIN,
TOFU & BULGAR SALAD**

GRILLED PUMPKIN, TOFU & BULGAR SALAD



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
360 kcal
22g Fats
38g Carbs
10g Protein



WHAT YOU NEED

- 2 ¼ cup (500g) pumpkin, cubed
- 1 tsp. sweet paprika
- 1 tsp. hot paprika
- 2 tsp. dried rosemary
- 1 tbsp. olive oil
- 1 tbsp. honey
- 1/3 cup (40g) walnuts, chopped
- 1/4 cup (55g) of bulgar wheat
- few handfuls spinach
- 2/3 cup (80g) tofu, drained
- 1 tbsp. balsamic glaze

WHAT YOU NEED TO DO

Heat the oven to 200C (400° F).

Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.

Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.

Place the bulgur into a small pot, and add 3/4 cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.

Add the cooked bulgar to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.

Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.



A top-down photograph of five tuna salad lettuce wraps arranged on a white marble surface. Each wrap consists of a large, fresh green lettuce leaf filled with a chunky tuna salad. To the right of the wraps, two slices of a yellow apple are visible. A semi-transparent white rectangular box is centered over the image, containing the text 'TUNA SALAD LETTUCE WRAPS' in bold, black, uppercase letters.

**TUNA SALAD
LETTUCE WRAPS**

TUNA SALAD LETTUCE WRAPS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
286 kcal
9g Fats
14g Carbs
38g Protein



WHAT YOU NEED

- 1 1/4cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- 1/2 Granny Smith apple
- 8 lettuce leaves

WHAT YOU NEED TO DO

Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.

Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.

Spread the tuna over the 8 lettuce leaves and serve as wraps.



TOFU CAESAR SUMMER ROLLS



TOFU CAESAR SUMMMER ROLLS



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
191 kcal
10g Fats
8g Carbs
5g Protein



WHAT YOU NEED

- 5/8 cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan, grated
- Caesar salad dressing
- 4 rice paper wrappers

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(Pro tip: dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)





**SUPERFOOD
TAHINI SALAD**

SUPERFOOD TAHINI SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
190 kcal
10g Fats
19g Carbs
9g Protein



WHAT YOU NEED

For the salad:

- 2 cups (200g) baby kale
- 2 handfuls micro greens
- 2 carrots, shredded
- 8 radishes, thinly sliced

For the dressing:

- ½ lemon, juice
- 2 tbsp. tahini
- 1 tsp. honey
- 2 tbsp. water
- salt
- 1 garlic clove, minced
- cayenne

WHAT YOU NEED TO DO

Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.

For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.

Top with microgreens or your favourite seeds (optional).





CRISPY TOFU

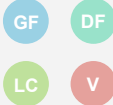
CRISPY TOFU



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
151 kcal
10g Fats
4g Carbs
11g Protein



WHAT YOU NEED

- 2 ¾ cup (350g) firm tofu
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. tamari
- 1 tsp. favourite seasoning
- 1 tbsp. corn-starch

WHAT YOU NEED TO DO

Preheat the oven to 200°C (400° F) and line a large baking tray with baking paper.

Drain the tofu and gently squeeze out the excess water. Wrap it around in a cloth and place something heavy over the top to further drain. Let rest for 10 mins.

Slice or cube the tofu into bite-size pieces and place in a bowl. Drizzle with the olive oil and tamari. Season with your favourite spices and toss to combine.

Sprinkle the starch over the tofu, and toss them again until evenly coated.

Transfer the tofu onto the earlier prepared baking sheet and arrange in one layer. Bake for 25-30 mins, turning halfway, until the tofu golden on the edges.

Use tofu in salads, or as a snack.



A top-down view of a white ceramic plate with a speckled pattern. The plate is filled with saffron rice on the left and a chicken curry on the right. The chicken is coated in a thick, orange-red sauce. A sprig of fresh green cilantro is placed on top of the rice. A silver fork with a decorative handle is positioned horizontally across the bottom of the plate, with its tines resting on the chicken. The background is a white marble surface with grey veining.

**SIMPLE CHICKEN CURRY
WITH SAFFRON RICE**

SIMPLE CHICKEN CURRY WITH SAFFRON RICE



Serves: 4
Prep: 10-15 mins
Cook: 30-45 mins



Nutrition per serving:
531 kcal
22g Fats
47g Carbs
36g Protein



WHAT YOU NEED

For the chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 5 cloves garlic, minced
- ½ tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

For the rice:

- 1/4 cup (60ml) boiling water
- pinch saffron threads (roughly 1/8 tsp.)
- 1 cup (225g) basmati rice
- 1 tsp. coconut oil
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1 3/4 cup vegetable stock

WHAT YOU NEED TO DO

Season the thighs with salt and pepper.

Heat the oil in the pan, fry the thighs on both sides until golden brown. Remove from the pan and set aside.

In the same pan sauté the diced onion, garlic and ginger for 3-4 mins, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and 1/4 cup of water, season with salt and bring to a boil.

Place the chicken thighs in the simmering sauce, cover with a lid and cook for about 30-45 mins or until the meat is tender.

In the meantime cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.

In a medium pot, combine saffron and the water with the rice and all other ingredients.

Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat and let sit for covered another 10 minutes before serving.

Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: *rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.*





CREAMY LEEK RISOTTO

CREAMY LEEK RISOTTO



Serves: 4
Prep: 5 mins
Cook: 30 mins



Nutrition per
serving:
438 kcal
7g Fats
81g Carbs
13g Protein



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WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 leeks, chopped and washed
- 1 white onion, diced
- 1 ½ cup (350g) risotto rice
- 2 cups (500ml) vegetable stock
- 3 rosemary springs
- ½ cup (60g) parmesan, grated
- 3 tbsp. soy cream

WHAT YOU NEED TO DO

Heat the oil in a frying pan and sauté the leeks and onion for about 5 mins. Add in the rice and simmer for 1 minute.

Add about half of the stock and rosemary springs, gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.

Remove the rosemary springs, and season the risotto with salt and pepper.

Add half of the Parmesan cheese and the soy crème to the risotto, plus some extra stock if desired to make it extra creamy. Mix well and serve with the remaining parmesan.



**QUARK WITH POMEGRANATE,
COCONUT & DARK CHOCOLATE**



QUARK WITH POMEGRANATE, COCONUT & DARK CHOCOLATE



Serves: 4
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
128 kcal
9g Fats
6g Carbs
6g Protein



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WHAT YOU NEED

- 5/8 cup (150g) quark
- 1/4 cup (25g) walnuts, chopped
- 1/4 cup (25g) dark chocolate (80%), chopped
- 2 tbsp. pomegranate seeds
- 1 tbsp. shredded coconut

WHAT YOU NEED TO DO

Divide the quark between bowls. Sprinkle with the chopped walnuts, chocolate, pomegranate seeds and coconut.

Serve straight away or store in the fridge until required.





**LEMON &
COCONUT CAKE**

LEMON & COCONUT CAKE



Serves: 12
Prep: 30 mins
Cook: 45 mins



Nutrition per
serving:
207 kcal
11g Fats
24g Carbs
2g Protein



WHAT YOU NEED

Wet ingredients:

- 1 cup (240ml) almond milk, at room temp.
- 1/3 cup (80g) coconut oil
- 2/3 (125g) coconut sugar
- 2 tbsp. lemon juice

Dry ingredients:

- zest of 4 lemons
- 1 cup (80g) desiccated coconut
- 1¾ cups (210g) all-purpose white flour, sifted
- 1 tsp. baking powder
- ¾ tsp. baking soda

WHAT YOU NEED TO DO

Heat the oven to 180°C (355° F).

Line a 1 kg / 2 lb tin with baking paper.

Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature plant milk and mix well with a spatula. Next, add in the desiccated coconut.

In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.

Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.

Once cool you can sprinkle the cake with some icing sugar (optional).





**VERY GREEN
SMOOTHIE**

VERY GREEN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
154 kcal
2g Fats
31g Carbs
5g Protein



WHAT YOU NEED

- 2 cups baby spinach
- ½ cucumber
- 2 celery sticks
- handful parsley
- handful mint
- 1 apple
- 1/2 orange, juiced
- ¼ lime, juiced
- ¼ lemon, juiced
- 2 pineapple rings

WHAT YOU NEED TO DO

Place the ingredients in a blender (you can leave the skins on the apples and cucumber) and puree, adding water or ice as needed.

