



# *May Recipe Booklet*

*Healthy cooking doesn't have to be difficult.  
Making healthier choices easier and tasty.*

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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

Egg, Broccoli & Ham Muffins

### LUNCH

Kale & chicken Salad with Peanut Butter Dressing

### SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

### DINNER

Cod with Creamy Zoodles

## TUESDAY

### BREAKFAST

Overnight Vanilla Yogurt Oats

### LUNCH

Kale & chicken Salad with Peanut Butter Dressing

### SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

### DINNER

One Pot Turkey Chili with Rice

## WEDNESDAY

### BREAKFAST

Pina Colada Protein Smoothie

### LUNCH

Tuna & Broccoli Salad with Honey Vinaigrette

### SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

### DINNER

Leftover One Pot Turkey Chili with Rice

## THURSDAY

### BREAKFAST

Overnight Vanilla Yogurt Oats

### LUNCH

Tuna & Broccoli Salad with Honey Vinaigrette

### SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

### DINNER

Chickpea, Sweet Potato & Spinach Curry

## FRIDAY

### BREAKFAST

Pina Colada Protein Smoothie

### LUNCH

Grilled Chicken & Pineapple Salad

### SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

### DINNER

Leftover Chickpea, Sweet Potato & Spinach Curry

## SATURDAY

### BREAKFAST

Goats Cheese & Avocado On Toast

### LUNCH

Leftover Chickpea, Sweet Potato & Spinach Curry

### SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

### DINNER

Meal Out – Enjoy!

## SUNDAY

### BREAKFAST

Egg, Broccoli & Ham Muffins

### LUNCH

Grilled Chicken & Pineapple Salad

### SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

### DINNER

Cod with Creamy Zoodles





**EGG BROCCOLI &  
HAM MUFFINS**

# EGG BROCCOLI & HAM MUFFINS



Makes: 6  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
102 kcal  
6g Fats  
4g Carbs  
10g Protein



## WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

## WHAT YOU NEED TO DO

*Preheat the oven to 360F (180C).*

*Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.*

*Beat the eggs in a medium size bowl, add the minced garlic and season with salt & pepper, and chilli flakes if using.*

*Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 mins, or until eggs have set.*

**Vegetarian option:** *replace the ham with feta cheese, Goats cheese or your favourite vegetables.*



# OVERNIGHT VANILLA YOGURT OATS



# OVERNIGHT VANILLA YOGURT OATS



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
249 kcal  
5g Fats  
41g Carbs  
9g Protein



## WHAT YOU NEED

- 1 ½ cup (350ml) vanilla yoghurt, greek or normal
- 5 tbsp. (30g) rolled oats
- 1 tbsp. honey
- 2-4 strawberries, sliced
- 1 kiwi, sliced

## WHAT YOU NEED TO DO

*In the evening mix the yoghurt and rolled oats, then refrigerate overnight in a jar.*

*In the morning add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.*





**GOATS CHEESE &  
AVOCADO ON TOAST**

# GOATS CHEESE & AVOCADO ON TOAST



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
370 kcal  
22g Fats  
35g Carbs  
11g Protein



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## WHAT YOU NEED

- 4 small slices bread
- 1 ripe avocado
- ¼ cup (30g) goats' cheese
- 1 tbsp. black sesame seed
- ½ lime, juice
- hot chili pepper or flakes, to serve

## WHAT YOU NEED TO DO

*Toast the bread. In the meantime, smash the avocado with a fork and then divide among the bread slices.*

*Top with crumbled goat cheese. Season with salt and pepper, then drizzle with lime juice and sprinkle with sesame seeds, and chilli to taste.*





**KALE & chicken SALAD WITH  
PEANUT BUTTER DRESSING**

# KALE & CHICKEN SALAD WITH PEANUT BUTTER DRESSING



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
119 kcal  
6g Fats  
13g Carbs  
5g Protein



## WHAT YOU NEED

### For the salad:

- 14 oz. (400g) chicken
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 2/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

### For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chilli flakes
- 1-2 tbsp. water

## WHAT YOU NEED TO DO

*Wrap the chicken in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the chicken to release.*

*In the meantime, prepare your vegetables. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.*

*In a small bowl, mix all the dressing ingredients.*

*Heat the coconut in a pan. Cut the chicken into strips and season with salt and pepper — fry on medium-high heat for about 5 mins each side, or until golden brown.*

*Divide the salad between bowls, top with chicken, drizzle with the salad dressing and season with black pepper to serve.*

**Tip:** *If you prefer a meat version of this salad then it will go perfectly with a grilled chicken breast instead of the chicken.*





**TUNA & BROCCOLI SALAD  
WITH HONEY VINAIGRETTE**

# TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
328 kcal  
14g Fats  
26g Carbs  
21g Protein



HP Q



## WHAT YOU NEED

### For the salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

### For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

## WHAT YOU NEED TO DO

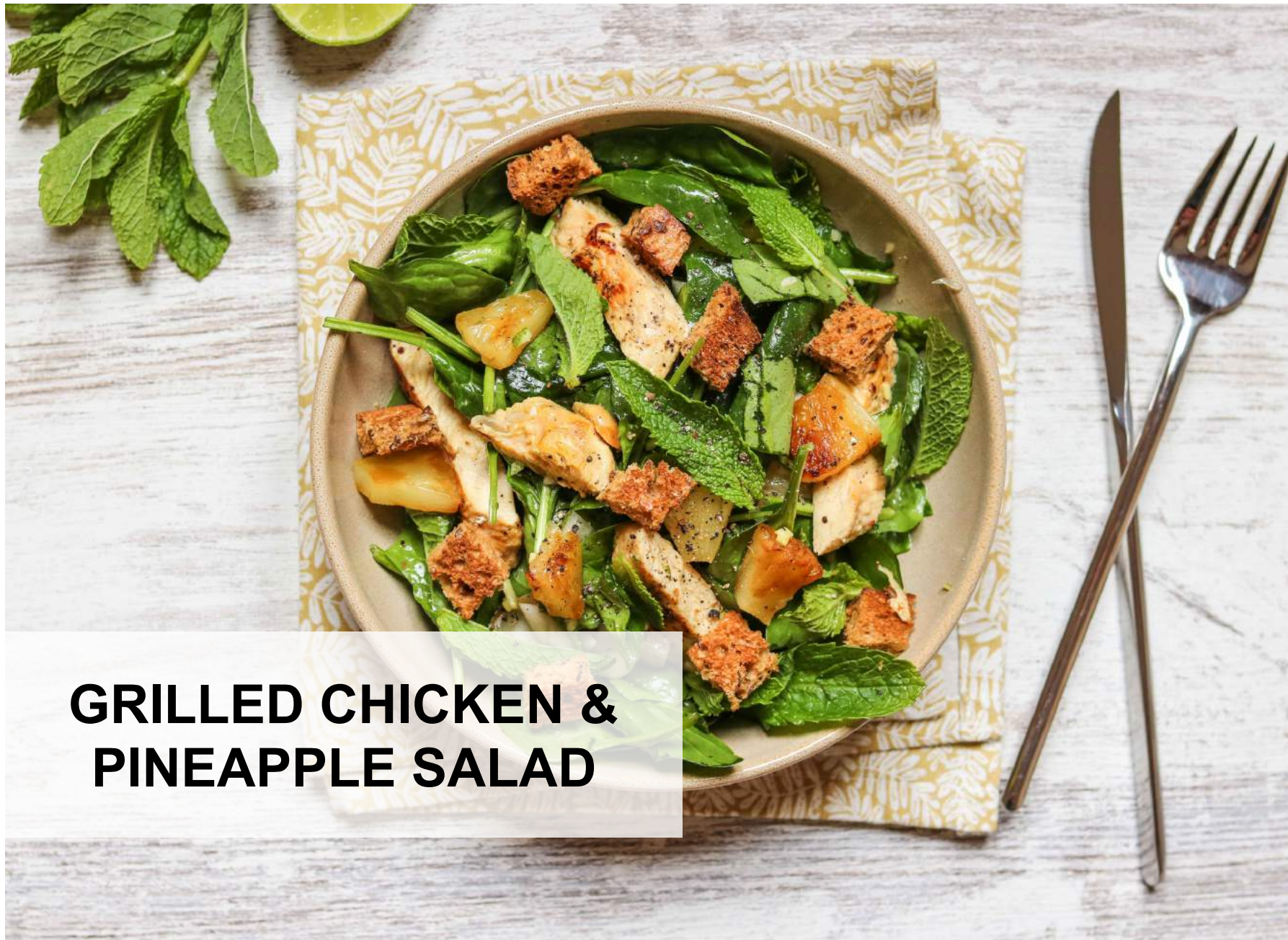
*Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.*

*Toast the bread and cut into cubes, then add to the salad.*

*Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.*

*In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.*





**GRILLED CHICKEN &  
PINEAPPLE SALAD**

# GRILLED CHICKEN & PINEAPPLE SALAD



Serves: 2  
Prep: 10 mins  
Cook: 13 mins



Nutrition per  
serving:  
356 kcal  
16g Fats  
34g Carbs  
27g Protein



## WHAT YOU NEED

### For the salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

### For the dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

## WHAT YOU NEED TO DO

*Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.*

*In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).*

*Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.*

*Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.*

**Vegetarian option:** replace the grilled chicken with fried or baked chicken or feta cheese.



A top-down view of a white ceramic bowl filled with a dish of cod fish and zucchini noodles. The cod is cooked and topped with a dark, reddish-brown sauce. The zucchini noodles are spiralized and mixed with a creamy, orange-colored sauce. The dish is garnished with finely chopped green onions and small pieces of red tomatoes. A silver fork is placed on the left side of the bowl. The bowl sits on a grey, textured placemat with tassels at the bottom right corner.

**COD WITH  
CREAMY ZOODLES**

# COD WITH CREAMY ZOODLES



Serves: 2  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
271 kcal  
11g Fats  
13g Carbs  
33g Protein



## WHAT YOU NEED

### For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp sweet pepper
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. hot pepper
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

### For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

## WHAT YOU NEED TO DO

### For the fish:

*Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.*

*Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.*

*Mix the cream and the hot stock together, pour into the pan with the cod and bring to the boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.*

### For the zucchini:

*Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.*

*Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3 - 4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.*

*To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.*



# **CHICKPEA, SWEET POTATO & SPINACH CURRY**



# CHICKPEA, SWEET POTATO & SPINACH CURRY



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
328 kcal  
16g Fats  
38g Carbs  
11g Protein



## WHAT YOU NEED

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- 1/2 tsp sweet pepper
- 1/2 tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

## WHAT YOU NEED TO DO

*Heat the oil in a frying pan, add the chopped ginger, garlic and chilli pepper. Fry often stirring for about 3 minutes.*

*Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.*

*Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.*

*Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.*

*Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.*





**ONE POT TURKEY  
CHILI WITH RICE**

# ONE POT TURKEY CHILI WITH RICE



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
295 kcal  
9g Fats  
21g Carbs  
31g Protein



GF

MP

HP



## WHAT YOU NEED

- 10 oz. (300g) minced turkey fillet
- 1/2 cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- 1/2 can chopped tomatoes
- 1 red bell pepper, chopped
- 1 cup (250ml) vegetable broth
- 1/3 cup (60g) red kidney beans, drained
- 1/3 cup (85g) sweet corn, drained
- 1/3 cup (30g) grated cheese (optional)

## Spices:

- 1 tsp dried oregano
- 1 tsp cumin,
- 1 tsp sweet pepper,
- 1/2 tsp hot pepper,
- 1/2 tsp salt,
- 1/3 tsp ground pepper

## WHAT YOU NEED TO DO

*Heat the oil in a large pan, add the onion and garlic, cooking for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.*

*Add spices, mix, then add the dry rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to the boil. Simmer covered on low heat for about 17-20 minutes.*

*Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.*

***Dairy free option:*** *cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese.*





**STRAWBERRY PROTEIN  
CHIA PUDDING**

# STRAWBERRY PROTEIN CHIA PUDDING



Serves: 2  
Prep: 0 mins  
Cook: 10 mins



Nutrition per  
serving:  
243 kcal  
16g Fats  
22g Carbs  
7g Protein



GF

MP

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## WHAT YOU NEED

- ½ cup (100g) frozen strawberries
- scant 1/2 cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant 1/3 cup (50g) chia seeds

## WHAT YOU NEED TO DO

*Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.*

*Add the chia seeds and mix well. Leave to thicken in the fridge for 10 mins, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.*

**Pro tip:** *if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.*



A close-up photograph of several round, white truffles coated in shredded coconut, resting on a piece of brown parchment paper. The truffles are arranged in a cluster, with one in the foreground being the most prominent. The background is softly blurred, showing more truffles and the texture of the paper.

# **VANILLA & COCONUT TRUFFLES**

# VANILLA & COCONUT TRUFFLES



Makes: 10  
Prep: 10 mins  
Chill: 60 mins



Nutrition per  
serving:  
222 kcal  
21g Fats  
6g Carbs  
1g Protein



## WHAT YOU NEED

- 2 cups (200g) desiccated coconut + 3 tbsp.
- ¼ cup (60ml) coconut milk, canned
- ¼ cup (50g) coconut oil
- ½ tsp vanilla extract
- 3 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Slightly heat the oils and coconut milk in a pot over low heat. Add the 200g desiccated coconut, vanilla extract and maple syrup, then mix well. Transfer into a container and chill in the fridge for 1 hour.*

*Once the batter is firm, form around 10 balls and roll them in the extra coconut, eat straight away or store in the fridge until necessary.*

**Pro tip:** add more milk if the batter is too dry and does not want to roll into balls.



A top-down view of a glass filled with a thick, yellowish smoothie. The smoothie is garnished with several white coconut flakes, a cluster of dark chia seeds, and a single slice of banana on the right side. The glass is set against a white, textured background.

**PINA COLADA  
PROTEIN SMOOTHIE**

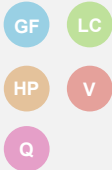
# PINA COLADA PROTEIN SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
182 kcal  
1g Fats  
20g Carbs  
23g Protein



## WHAT YOU NEED

- ½ banana
- 1 cup (165g) pineapple chunks, canned or fresh
- 1 ¼ cup (300ml) coconut milk
- 2 scoops (50g) vanilla whey
- handful ice cubes

## WHAT YOU NEED TO DO

*Combine all ingredients in a blender. Blend until smooth around 1 minute. Serve immediately.*

