



JUNE 2019

**CLIENT
RECIPE
BOOKLET**

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RECIPE KEY

Look for these helpful icons throughout the file.

-  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

Orange & Yogurt Pancakes

LUNCH

Broccoli & Kale Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Baked Salmon Tray with Rice

TUESDAY

BREAKFAST

Orange & Yogurt Pancakes

LUNCH

Broccoli & Kale Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Leftover Baked Salmon Tray with Rice

WEDNESDAY

BREAKFAST

Sweetcorn Fritters

LUNCH

Strawberry & Smoked Salmon Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Mexican Fried Chicken

THURSDAY

BREAKFAST

Very Berry Protein Smoothie

LUNCH

Crepes with Spinach, tomato & Feta

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Leftover Mexican Fried Chicken

FRIDAY

BREAKFAST

Sweetcorn Fritters

LUNCH

Strawberry & Smoked Salmon Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Creamy Sundried Tomato Pasta

SATURDAY

BREAKFAST

Zoodles with Quinoa & Poached Egg

LUNCH

Crepes with Spinach, tomato & Feta

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Zoodles with Quinoa & Poached Egg

LUNCH

Very Berry Protein Smoothie

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Leftover Creamy Sundried Tomato Pasta



ORANGE & YOGURT PANCAKES

ORANGE & YOGURT PANCAKES



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
155 kcal
8g Fats
13g Carbs
7g Protein



WHAT YOU NEED

- 2 eggs
- 8 tbsp. (160g) natural yogurt
- 2 tsp. coconut sugar
- 2 tsp. orange peel
- 2 tsp. vanilla extract
- 8 tbsp. (120g) spelt flour
- 1 tsp. baking powder
- 1 tsp. coconut oil, melted
- orange slices, to serve

WHAT YOU NEED TO DO

Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.

Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.

Serve with slices of orange and fresh berries.

PRO TIP:

- *If avoiding dairy, swap natural yogurt for soy or coconut yogurt.*
- *Spice up your pancakes with cinnamon or cardamom for a fiery kick*



SWEETCORN FRITTERS

QUICK SWEETCORN FRITTERS



Makes: 9
Prep: 10 mins
Cook: 10 mins



Nutrition per
fritter:
56 kcal
4g Fats
5g Carbs
1g Protein



WHAT YOU NEED

- 2/3 cup (170g) sweetcorn, canned
- 2 spring onions, sliced
- 2 tbsp. (30g) buckwheat flour
- ½ tsp. paprika
- handful coriander
- 1 tbsp. water
- 1 tbsp. lime juice

WHAT YOU NEED TO DO

Add ¾ drained sweetcorn, spring onions, coriander, flour and paprika, 1 tbsp. olive oil, water and lime juice to a food processor. Season with salt and pepper and blend until chunky.

Stir the remaining sweetcorn into the mixture.

Heat the remaining 1 tbsp. of oil in a pan and scoop in the mixture (about 2 spoonful's per fritter). Cook on medium heat for about 5 mins each side, until golden brown.



A top-down view of a light-colored ceramic bowl filled with a healthy meal. The base is a bed of cooked quinoa. On top, there are spiralized zucchini noodles (zoodles) and several halved cherry tomatoes. A single poached egg is centered on the dish, topped with a dusting of red spices and black pepper. A small amount of yellow liquid, likely olive oil, is drizzled over the egg. The bowl is placed on a patterned placemat.

**ZOODLES WITH QUINOA
& POACHED EGG**

ZOODLES WITH QUINOA & POACHED EGG



Serves: 2
Prep: 15 mins
Cook: 10 mins



Nutrition per serving:
347 kcal
15g Fats
38g Carbs
15g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 ½ cup (280g) cooked quinoa
- 12 cherry tomatoes, halved
- 1 tsp. oregano or mixed herbs
- 2 medium zucchinis, spiralized
- 2 garlic cloves, crushed
- 2 poached eggs
- chilli flakes, to taste

WHAT YOU NEED TO DO

Divide the cooked quinoa onto 2 plates.

Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 mins then add the zucchini noodles (zoodles), cook for another 3-4 mins stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.

On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 mins. Season with salt and pepper. Add to the quinoa and zoodles.

To serve, top the zoodles with a poached egg and season with chilli flakes and freshly ground black pepper.





**STRAWBERRY & SMOKED
SALMON SALAD**

STRAWBERRY & SMOKED SALMON SALAD



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
204 kcal
11g Fats
16g Carbs
20g Protein



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WHAT YOU NEED

For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- Handful basil leaves

For the dressing:

- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. honey mustard

WHAT YOU NEED TO DO

Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.

Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.



A top-down view of a white ceramic bowl filled with a vibrant salad. The salad consists of bright green broccoli florets, dark green kale leaves, and purple-tinged red leaf lettuce. It is garnished with sliced almonds and a reddish-orange dressing. The bowl sits on a white and black striped napkin, with a silver fork placed to the right. The background is a light-colored wooden surface.

BROCCOLI & KALE SALAD

BROCCOLI & KALE SALAD



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
371 kcal
13g Fats
43g Carbs
13g Protein



WHAT YOU NEED

For the salad:

- ½ head broccoli
- 1 ¼ cup (125g) kale
- 1 ¼ cup (125g) mixed salad leaves
- scant ¼ cup (30g) raisins
- ¼ cup (30g) almonds, roasted, chopped

For the dressing:

- 1 tbsp. olive oil
- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. almond butter

WHAT YOU NEED TO DO

Preheat oven to 400F (200C).

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 mins until soft, add the kale in the last 10 mins of cooking, then remove from the oven.

Place the broccoli and kale in a mixing bowl and add in the almonds and raisins. Mix gently.

Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.



**CREPES WITH SPINACH,
TOMATO & FETA**



CREPES WITH SPINACH, TOMATO & FETA



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
356 kcal
23g Fats
25g Carbs
15g Protein



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WHAT YOU NEED

For the crepes:

- 1 cup (100g) flour, wheat
- 2 eggs
- 1 cup (240ml) milk, plant or normal
- 3/4 cup (180ml) water, sparkling is best
- pinch of salt
- 3 tbsp. coconut oil

For the filling:

- 9 oz. (250g) spinach
- ¼ cup (30g) sundried tomatoes
- 1 garlic clove, crushed
- 1 tsp. coconut oil
- 1 tsp. oregano
- 1 1/8 cup (150g) feta cheese

NOTE:

- The crepe recipe makes about 10-12 crepes, so you can store some for later and try different fillings or simply just half the amount of the crepes ingredients.
- The serving size is 2 stuffed crepes per portion.

WHAT YOU NEED TO DO

Mix the flour, eggs, milk, water and salt in a bowl until a smooth dough forms. Add the melted coconut oil and mix again (adding fat to the mixture means you will not need any during the frying process).

Fry crepes on a well-heated non-stick pan with a thin bottom. Turn over to the other side when the bottom of the crepe is nicely browned, and bubbles appear on the surface.

For the filling:

Place the spinach in a large frying pan or pot, and stirring it often until it wilts. Transfer onto a plate.

In the same pan heat the coconut oil and add the pressed garlic. Fry for 1-2 mins until slightly brown.

Transfer the spinach back into the pan and allow to heat up. Season with salt and pepper and oregano. Cut the feta cheese into cubes and roughly chop the sundried tomatoes.

To assemble the crepes, divide the spinach, feta and tomatoes evenly over the top of the crepes, then roll and repeat with the rest of the filling. Serve straight away or store in the fridge until required.





BAKED SALMON TRAY WITH RICE

BAKED SALMON TRAY WITH RICE



Serves: 4
Prep: 5 mins
Cook: 30 mins



Nutrition per
serving:
502 kcal
19g Fats
53g Carbs
31g Protein



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WHAT YOU NEED

- 14 oz. (400g) salmon fillet, skin removed
- 1 tsp. honey
- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 4 slices of lemon + 2 tbsp. of juice
- 7/8 cup (200g) jasmine rice
- 1 cup (120g) cherry tomatoes
- handful basil leaves
- 4 tbsp. natural yoghurt, 0% fat

Spices:

- 2 tsp. paprika
- 1/2 tsp. curry
- 1 tsp. oregano
- pinch of chilli flakes

WHAT YOU NEED TO DO

Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry and oregano. Add honey, soy sauce, 2 tbsp. olive oil and 2 tbsp. of lemon juice, mix everything and cover the salmon.

Preheat oven to 400F (200C).

Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish. Add 1 tbsp. of oil, mix well and spread the rice over the whole surface of the dish.

Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chilli flakes.

Top salmon with lemon slices, and drizzle over the remaining 1 tbsp. of oil and bake in the preheated oven for 15 minutes.

Serve with a dollop of natural yoghurt.





MEXICAN FRIED RICE

MEXICAN FRIED RICE



Serves: 4
Prep: 10 mins
Cook: 25-30 mins



Nutrition per
serving:
360 kcal
16g Fats
32g Carbs
24g Protein



WHAT YOU NEED

- 7 oz. (300g) chicken breast
- 2 cloves garlic, crushed
- scant ½ cup (100g) rice
- 2 tbsp. coconut oil
- 1/2 red onion, chopped
- 1 red pepper, diced
- 3/8 cup (100g) sweetcorn, drained
- ½ cup (100g) red kidney beans, drained
- 1 tomato, peeled, chopped
- 1 avocado, stone removed, flesh diced
- 1 tbsp. lime
- ½ chilli, chopped
- handful coriander, chopped

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. ground cumin
- 1/2 tsp. chilli flakes

WHAT YOU NEED TO DO

Chop the chicken into cubes, season with salt, pepper, spices and crushed garlic.

Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate and to cool.

Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.

Next add the drained corn, beans and the cooked rice, mix well and cook for another 2 minutes.

Remove from the heat, and add the peeled and diced tomato, mix.

To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.

PRO TIP:

- To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.





**CREAMY SUNDRIED
TOMATO PASTA**

CREAMY SUNDRIED TOMATO PASTA



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
360 kcal
23g Fats
31g Carbs
8g Protein



WHAT YOU NEED

- 2 cups (200g) brown rice pasta
- 1 cup (100g) sundried tomatoes
- 2/3 cup (100g) roasted almonds
- 2 tbsp. tomato puree
- 1 tbsp. balsamic vinegar
- 2 garlic cloves
- 1 ¼ cup (300ml) almond milk
- 1 tsp. mixed herbs

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Place all the sauce ingredients into a food processor and blend until smooth. Add more milk or water if needed to reach a sauce-like consistency.

Pour the sauce over the pasta and heat for about 4-5 mins over medium-low heat.

Serve with freshly ground black pepper.





MOCHA TRUFFLES

MOCHA TRUFFLES



Makes: 10
Prep: 10 mins
Chill: 2 hrs



Nutrition per
serving:
103 kcal
7g Fats
7g Carbs
2g Protein



WHAT YOU NEED

- 3 oz. (100g) of dark chocolate, 70-80%
- 1/3 cup (80ml) of full-fat coconut milk
- 2 tbsp. coconut sugar
- 2 tbsp. instant coffee
- 2 tbsp. almond butter
- pinch sea salt
- 2 tbsp. cocoa powder, for dusting

WHAT YOU NEED TO DO

Place the chocolate in bowl and heat in a microwave just until it starts to melt.

In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.

Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.

Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.

Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.



**PROTEIN BANANA
SOFT SERVE**

PROTEIN BANANA SOFT SERVE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
177 kcal
1g Fats
30g Carbs
17g Protein



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WHAT YOU NEED

- 2 bananas, sliced, frozen
- 4 tbsp. vanilla or natural yoghurt
- 2 tbsp. vanilla whey or pea protein
- ½ tsp. cinnamon
- berries, to serve

WHAT YOU NEED TO DO

Place all ingredients in a food processor or high-speed blender and blitz until smooth and creamy, about 2-3 mins.

Divide between two bowls, top with berries and enjoy.





**VERY BERRY
PROTEIN SMOOTHIE**

VERY BERRY PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
155 kcal
3g Fats
21g Carbs
14g Protein



WHAT YOU NEED

- 1 ½ cups (350ml) almond milk, unsweetened
- 1 scoop (25g) vanilla whey or pea protein
- 1 cup (150g) strawberries, frozen
- 1 cup (100g) blueberries, frozen
- ½ cup (60g) raspberries, frozen
- ½ cup (75g) blackberries, frozen

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smoothie. Serve straight away.

