



# JULY RECIPE BOOKLET

*12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.*

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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

Fluffy Berry Pancakes

### LUNCH

Waldorf Salad with Chicken

### SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

### DINNER

Chakalaka Style Risotto  
Optional: side of grilled meat

## TUESDAY

### BREAKFAST

Smoked Salmon, Feta & Asparagus Omelet

### LUNCH

Waldorf Salad with Chicken

### SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

### DINNER

Leftover Chakalaka Style Risotto  
Optional: side of grilled meat

## WEDNESDAY

### BREAKFAST

Leftover Smoked Salmon, Feta & Asparagus Omelet

### LUNCH

Veggie 'Throw Together' Salad

### SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

### DINNER

Easy Prawn Curry Stir-Fry

## THURSDAY

### BREAKFAST

Green Glow Protein Smoothie

### LUNCH

Veggie 'Throw Together' Salad

### SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

### DINNER

Leftover Easy Prawn Curry Stir-Fry

## FRIDAY

### BREAKFAST

Summer Protein Smoothie Bowl

### LUNCH

Crushed Cucumber Salad with Hot Smoked Salmon

### SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

### DINNER

Beef & Green Beans Pasta with Soy Sauce

## SATURDAY

### BREAKFAST

Summer Protein Smoothie Bowl

### LUNCH

Crushed Cucumber Salad with Hot Smoked Salmon

### SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

### DINNER

Meal Out – Enjoy!

## SUNDAY

### BREAKFAST

Fluffy Berry Pancakes

### LUNCH

Green Glow Protein Smoothie

### SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

### DINNER

Leftover Beef & Green Beans Pasta with Soy Sauce

# WEEKLY SHOPPING LIST



## FRUIT & VEGETABLES

### **Fresh**

- raspberries
- blueberries
- 2x bunch asparagus
- cherry tomatoes
- 2x peaches
- 1x banana
- celery stalks
- 1x apple
- 1x lemon
- 1x lime
- mixed salad leaves
- spinach
- kale
- rocket
- 1x sweet potato
- 2x red bell pepper
- 1x cucumber
- garlic
- spring onion
- 1x zucchini
- 1x onion
- ginger
- 2x carrot
- 1x banana

### **Frozen**

- green beans
- \_\_\_\_\_

## MEAT, DAIRY & NON-DAIRY

### **Fish & Seafood**

- smoked salmon
- 2x hot smoked salmon fillet
- 9 oz. (250g) prawns

### **Meats**

- 4 oz.(100g) chicken, cooked
- 10 oz. (400g) beef steak

### **Dairy**

- cottage cheese
- milk
- feta
- natural yogurt

### **Non-Dairy**

- 6x eggs
- coconut milk

### **Herbs**

- coriander
- dill
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## GRAINS, SEEDS & SPICES

### **Grains**

- wheat flour
- whole-grain flour
- whole-wheat pasta
- rice noodles
- risotto rice
- instant oats

### **Spices**

- turmeric
- thyme
- curry powder
- chili flakes
- cinnamon

### **Nuts & Seeds**

- walnuts
- black sesame seeds
- mixed nuts

### **Dried**

- raisins
- goji berries
- coconut chips

### **Other**

- baking powder
- 2x dark chocolate
- vanilla extract
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANS, CONDIMENTS & MISC

### **Oils**

- coconut oil
- olive oil
- sesame oil

### **Cans & Condiments**

- mayonnaise
- chickpeas
- mustard
- tahini
- fish sauce
- rice wine vinegar
- soy sauce
- beef stock
- vegetable stock
- green curry paste
- light coconut milk
- chopped tomatoes
- sweetcorn
- almond butter

### **Sweeteners**

- coconut sugar
- honey
- maple syrup

### **Other**

- Coconut water
- Vanilla protein powder
- \_\_\_\_\_
- \_\_\_\_\_

# FLUFFY BERRY PANCAKES



# FLUFFY BERRY PANCAKES



Makes: 8  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
170 kcal  
7g Fats  
22g Carbs  
6g Protein



## WHAT YOU NEED

- 1 cup (200g) cottage cheese
- 2 eggs
- 2 tbsp. coconut sugar
- 2 tbsp. coconut oil, melted
- 1/3 cup (80ml) coconut milk, carton
- 1 1/3 cup (160g) wheat flour
- 2 tsp. baking powder
- around 24 raspberries
- around 32 blueberries

## WHAT YOU NEED TO DO

*Place the cottage cheese in a bowl and crush it with a fork. Add the eggs, sugar and whisk well, then pour in the oil and milk and mix again.*

*Mix in the flour and baking powder until smooth mass forms.*

*Heat a dry non-stick pan on medium heat, and place 2 tablespoons of the dough per one pancake onto the pan. Level the surface and arrange a few berries over the top. Fry for about 2.5 minutes over medium heat until grown slightly and browned.*

*Flip over and cook for another 2-2.5 minutes until browned on the other side. Serve hot or cold.*





**SMOKED SALMON, FETA  
& ASPARAGUS OMELETTE**

# SMOKED SALMON, FETA & ASPARAGUS OMELETTE



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
302 kcal  
21g Fats  
6g Carbs  
20g Protein



## WHAT YOU NEED

- 4 oz. (125g) asparagus
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk, plant or dairy
- 2 oz. (60g) smoked salmon, cut into pieces
- ¼ cup (30g) feta cheese (or brie, camembert), cubed
- 4-5 cherry tomatoes, halved
- dill, to serve

## PRO TIP:

The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

## WHAT YOU NEED TO DO

*Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about 1/2 cm pieces.*

*Boil in lightly salted water for about 2 minutes, then strain and set aside.*

*In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.*

*Heat the oven to 350F (180C). Heat the oil in a pan (diameter of approx. 24 cm) over medium heat, and pour in the egg mixture, rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).*

*Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.*

*To serve sprinkle with fresh dill and season with freshly ground black pepper.*





**SUMMER SMOOTHIE  
PROTEIN BOWL**

# SUMMER SMOOTHIE PROTEIN BOWL



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
252 kcal  
5g Fats  
36g Carbs  
18g Protein



## WHAT YOU NEED

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- $\frac{3}{4}$  cup (190g) natural yoghurt
- $\frac{1}{2}$  cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

## Optional toppings:

- Fresh berries
- Goji berries
- Walnuts
- Chia seeds
- Muesli

## WHAT YOU NEED TO DO

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

*Divide between 2 bowls, add your favourite toppings and serve straight away.*

## NOTE:

Toppings are not included in macronutrient information.



A top-down view of a light-colored ceramic bowl filled with a Waldorf chicken salad. The salad consists of a mix of green and purple leafy vegetables, including spinach and arugula. It is topped with cubed chicken, diced celery, and a creamy dressing. A semi-transparent white text box is centered over the salad.

**WALDORF  
CHICKEN SALAD**

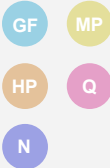
# WALDORF CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
354 kcal  
16g Fats  
33g Carbs  
20g Protein



## WHAT YOU NEED

- 100g chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- 1/4 cup (40g) raisins
- 1/4 cup (30g) walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 3 oz. (90g) mixed salad leaves

## WHAT YOU NEED TO DO


*Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.*

*Divide the salad leaves between bowls and top with the filling. Served with freshly ground black pepper.*

### **VEGGIE OPTION:**

*Instead of chicken add tofu.*



A top-down view of a white ceramic bowl filled with a colorful vegetable salad. The salad consists of chickpeas, asparagus spears, pieces of cooked salmon, and wilted spinach leaves. A wooden fork is visible in the bottom left corner. The bowl sits on a light-colored wooden surface. A semi-transparent white text box is overlaid on the right side of the bowl.

**VEGGIE 'THROW  
TOGETHER' SALAD**

# VEGGIE 'THROW TOGETHER' SALAD



Serves: 3  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
343 kcal  
15g Fats  
40g Carbs  
13g Protein



## WHAT YOU NEED

### **For the salad:**

- 1 medium sweet potato
- 5/8 cup (120g) chickpeas, drained
- 1 tbsp. olive oil
- 9 oz. (250g) asparagus
- 1 cup (30g) spinach
- 1 cup (30g) kale
- 1 cup (30g) rocket

### **For the dressing:**

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

## WHAT YOU NEED TO DO

*Preheat oven to 375F (190C).*

*Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. olive oil and season with salt and pepper. Roast for 30 mins. Add the asparagus in the last 10 mins of roasting.*

*In the meantime, prepare the dressing by mixing all the dressing.*

*Place spinach, kale and rocket in a bowl and rub the dressing into the leaves.*

*Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas and asparagus. Serve hot or cold.*

### **PROTEIN BOST:**

*For additional protein, serve this salad alongside grilled chicken.*





**CRUSHED CUCUMBER  
SALAD WITH SALMON**

# CRUSHED CUCUMBER SALAD WITH SALMON



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
323 kcal  
23g Fats  
10g Carbs  
23g Protein



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## WHAT YOU NEED

### **For the salad:**

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

### **For the dressing:**

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

## WHAT YOU NEED TO DO

*Roughly chop the red pepper and place in a bowl. Using a meat mallet or rolling pin smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.*

*Mix all dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.*

*To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.*

### **NOTE:**

Use as much or as little coriander as you like.





**BEEF & GREEN BEANS  
PASTA IN SOY SAUCE**

# BEEF & GREEN BEANS PASTA IN SOY SAUCE



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
491 kcal  
12g Fats  
53g Carbs  
44g Protein



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## WHAT YOU NEED

- 4 oz. (120g) whole-wheat pasta
- 10 oz. (300g) beef steak
- 4 spring onions
- 2 cloves garlic
- 1 tbsp. coconut oil
- 2 tbsp. soy sauce
- 1/3 cup (80ml) beef stock
- 100g green beans, frozen

## WHAT YOU NEED TO DO

*Cook the pasta according to instructions on the packaging. Cut the beef into thin slices.*

*Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.*

*Heat the oil in a large pan over medium-high heat and cook on the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.*

*Add the garlic and spring onion to the same pan and cook for about 3 minutes, until spring onions start to soften.*

*Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta, stir now and then for about 2 minutes.*



A close-up photograph of a blue ceramic bowl filled with a vibrant yellow curry stir-fry. The dish features long, thin white noodles, succulent orange prawns, and fresh green vegetables like zucchini and bell peppers. The entire dish is garnished with fresh green cilantro leaves. The bowl is set on a light-colored wooden surface, with a blurred background of a white cloth and a blue cloth. A semi-transparent white box with black text is overlaid on the bottom left of the image.

**EASY PRAWN  
CURRY STIR-FRY**

# EASY PRAWN CURRY STIR-FRY



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
269 kcal  
9g Fats  
35g Carbs  
13g Protein



## WHAT YOU NEED

- 5 oz. (150g) rice noodles
- 1 tbsp. coconut oil
- 1 medium zucchini
- 1 tbsp. green curry paste
- 9 oz. (250g) prawns
- 1 tsp. turmeric
- 1 cup (250ml) light coconut milk, canned
- fresh coriander, to serve

## WHAT YOU NEED TO DO

*Prepare the noodles according to instructions on packaging.*

*Cut the zucchini into bite-size pieces. Thaw the prawns if frozen.*

*Heat the oil in a large pan and fry the zucchini for about 5 minutes, then add the curry paste and prawns. Fry over high heat for about 2 minutes, then add the turmeric and mix well.*

*Pour in the coconut milk and bring to a boil. Cook for approx. 2 more minutes. Add the cooked noodles, mix and heat for a while. Serve with fresh coriander.*





**CHAKALAKA  
STYLE RISOTTO**

# CHAKALAKA STYLE RISOTTO



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
264 kcal  
8g Fats  
42g Carbs  
5g Protein



## WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 large onion, chopped
- 2 cloves garlic, sliced
- 2/3 cup (150g) risotto rice
- 1 tsp. dried thyme
- 1 tbsp. curry powder
- 2 tbsp. fresh ginger, grated
- ½ tsp. chilli flakes
- 1 ¼ cup (300ml) vegetable stock
- 1 carrot, grated
- 1 red pepper, chopped
- 1 can chopped tomatoes
- 1 cup (175g) sweetcorn

## WHAT YOU NEED TO DO

*Heat the oil in a large deep pan and sauté the onions and garlic for 3-4 minutes until soft.*

*Add the risotto rice, thyme and curry powder and stir fry briefly. Next add the grated ginger and chilli, season with salt and pepper, to taste.*

*Pour in the hot stock, bring to a boil then reduce the heat and simmer under cover for approx. 20 minutes, checking periodically. If the liquid is absorbed before the end of cooking, add some more water.*

*Next add the grated carrot, red pepper, chopped tomatoes and sweetcorn, mix well, cover and cook for another 5 minutes, stirring constantly.*

## FUN FACT:

Chakalaka is a South African vegetable relish that may have originated in the townships of Johannesburg when Mozambican mine workers coming off shift cooked tinned produce with chili to produce a spicy relish.

ADD A CHICKEN BREAST PER PERSON AT THE END TO BOOST PROTEIN CONTENT.



# **EASY OAT & CARROT COOKIES**



# EASY OAT & CARROT COOKIES



Makes: 8  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
cookie:  
181 kcal  
7g Fats  
26g Carbs  
3g Protein



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## WHAT YOU NEED

- 1 medium carrot, grated
- 1 cup (100g) instant oats
- 2/3 cup (100g) whole-grain flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 3 tbsp. coconut oil, melted
- 1 egg
- 1 tsp. vanilla extract
- 5 tbsp. (75ml) maple syrup

## WHAT YOU NEED TO DO

Preheat oven to 340F (170C). Mix the oats, flour, baking powder and cinnamon in a bowl.

In a separate bowl whisk together, the egg melted and cooled oil, vanilla extract and maple syrup. Fold in the dry ingredients and mix well.

Add in the finely grated carrot and mix again.

Spoon the mixture (1 heaped tbsp. per cookie) onto a baking tray lined with paper and shape into rounds, leaving space between each cookie as they will spread slightly while cooking.

Place in the preheated oven and bake for 12-15 minutes until slightly browned. Remove from the oven and allow to cool completely before serving.



A photograph of a chocolate bark made with dark chocolate, topped with various superfoods including cashews, almonds, walnuts, goji berries, and coconut flakes. The bark is broken into several pieces and is laid out on a piece of parchment paper. A semi-transparent white box with the text "SUPERFOOD CHOCOLATE BARK" is overlaid on the right side of the image.

# **SUPERFOOD CHOCOLATE BARK**

# SUPERFOOD CHOCOLATE BARK



Serves: 16  
Prep: 5 mins  
Chill: 30 mins



Nutrition per  
serving:  
91 kcal  
9g Fats  
6g Carbs  
2g Protein



## WHAT YOU NEED

- 7 oz. (200g) dark chocolate, min. 74%
- 2 tbsp. goji berries
- ¼ cup (35g) mixed nuts
- ¼ cup (15g) coconut chips

## WHAT YOU NEED TO DO

*Place chopped chocolate in the top of a double boiler or a heatproof bowl set over a saucepan of simmering water; cook, occasionally stirring, until melted, 2 to 3 minutes.*

*Alternatively, place chopped chocolate in a microwave-safe bowl; microwave in 30-second intervals, stirring between each until melted.*

*Transfer the melted chocolate into a tin lined with baking paper or a silicon tray with minimum dimensions of 10 inches. The larger the tray, the thinner the bark.*

*Top the chocolate with the berries, coconut and nuts, then place in the fridge to cool for 30 minutes. Using a sharp knife, cut the bark into 16 pieces. Store in an airtight container for up to 1 week.*





**GREEN GLOW  
PROTEIN SMOOTHIE**

# GREEN GLOW PROTEIN SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
350 kcal  
12g Fats  
34g Carbs  
29g Protein



## WHAT YOU NEED

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- 2/3 cup (150ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

## WHAT YOU NEED TO DO

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

*Serve immediately.*

### NOTE:

The protein powder is optional, but adds a boost of protein. You can use whey or any plant based protein powder. You can also replace the protein powder with a few tablespoons of Greek yoghurt (in that case reduce the amount of liquid).

