



# NOVEMBER RECIPE PACK

*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

Spanish Zucchini  
Tortilla

### LUNCH

Pear, Cured Ham  
& Walnut Salad

### SNACK

E.g. Raspberry  
Millet Pudding,  
Kiwi Chai  
Pudding,  
Cinnamon Roll  
Smoothie

### DINNER

Cajun Beef & Veg  
Rice

## TUESDAY

### BREAKFAST

Spanish Zucchini  
Tortilla

### LUNCH

Leftover Cajun  
Beef & Veg Rice

### SNACK

E.g. Raspberry  
Millet Pudding,  
Kiwi Chai  
Pudding,  
Cinnamon Roll  
Smoothie

### DINNER

Creamy Chicken,  
Mushroom &  
Tomato Pasta

## WEDNESDAY

### BREAKFAST

Apple &  
Cinnamon  
Porridge

### LUNCH

Vegetable Curry  
Soup

### SNACK

E.g. Raspberry  
Millet Pudding,  
Kiwi Chai  
Pudding,  
Cinnamon Roll  
Smoothie

### DINNER

Leftover Creamy  
Chicken,  
Mushroom &  
Tomato Pasta

## THURSDAY

### BREAKFAST

Breakfast Quinoa  
Salad with Fried  
Eggs

### LUNCH

Leftover  
Vegetable Curry  
Soup

### SNACK

E.g. Raspberry  
Millet Pudding,  
Kiwi Chai  
Pudding,  
Cinnamon Roll  
Smoothie

### DINNER

Zesty Turkey  
Meatballs with  
Cous Cous Salad

## FRIDAY

### BREAKFAST

Cinnamon Roll  
Protein Smoothie

### LUNCH

Leftover Zesty  
Turkey Meatballs  
with Cous Cous  
Salad

### SNACK

E.g. Raspberry  
Millet Pudding,  
Kiwi Chai  
Pudding,  
Cinnamon Roll  
Smoothie

### DINNER

Chinese Style  
Shrimps & Veg

## SATURDAY

### BREAKFAST

Apple &  
Cinnamon  
Porridge

### LUNCH

Breakfast Quinoa  
Salad with Fried  
Eggs

### SNACK

E.g. Raspberry  
Millet Pudding,  
Kiwi Chai  
Pudding,  
Cinnamon Roll  
Smoothie

### DINNER

Meal Out –  
Enjoy!

## SUNDAY

### BREAKFAST

Cinnamon Roll  
Protein Smoothie

### LUNCH

Pear, Cured Ham  
& Walnut Salad

### SNACK

E.g. Raspberry  
Millet Pudding,  
Kiwi Chai  
Pudding,  
Cinnamon Roll  
Smoothie

### DINNER

Leftover Chinese  
Style Shrimps &  
Veg





**SPANISH ZUCCHINI TORTILLA**

# SPANISH ZUCCHINI TORTILLA



Serves: 2  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
377 kcal  
22g Fats  
22g Carbs  
21g Protein



## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

## WHAT YOU NEED TO DO

*Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.*

*In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.*

*Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.*

*After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.*

*After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.*





# **APPLE & CINNAMON PORRIDGE**

# APPLE & CINNAMON PORRIDGE



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
377 kcal  
8g Fats  
60g Carbs  
17g Protein



## WHAT YOU NEED

- 1 cup (85g) oats
- 3 cups (700ml) almond milk
- 1 scoop (25g) vanilla protein
- 2 apples
- 2 tbsp. coconut palm sugar
- 1 tsp. cinnamon

## WHAT YOU NEED TO DO

*Place oats and milk in a pot over medium heat, and bring to boil. Reduce the heat and simmer for 10 more minutes. If it becomes too thick, add more milk.*

*In the meantime, peel and core the apples and cut into cubes. Place them in a pot, and stir in the sugar and simmer for about 10 minutes. Continue mixing until the apples start to caramelize. Before turning the heat off, season with cinnamon.*

*Once the porridge is cooked, add in the protein powder and mix well. Divide between bowls, top with apples and serve.*



# BREAKFAST QUINOA SALAD WITH FRIED EGG



# BREAKFAST QUINOA SALAD WITH FRIED EGG



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
391 kcal  
26g Fats  
23g Carbs  
17g Protein



## WHAT YOU NEED

- 1/4 cup (30g) quinoa
- 1 avocado
- 1 tbsp. lemon juice
- 4 handfuls of mixed salad leaves
- 1/2 red bell pepper
- 10 cherry tomatoes
- 1 tbsp. coconut oil
- 4 eggs

## WHAT YOU NEED TO DO

*Cook the quinoa according to the instructions on the packaging.*

*Cut the avocado into cubes, and drizzle with lemon juice. Cut the peppers into cubes, and tomatoes into halves.*

*Mix the quinoa with salad leaves, avocado, paprika and cherry tomatoes, and divide onto 2 plates.*

*Fry the eggs in a pan with the coconut oil. Top the salad with two eggs each. Season with salt and pepper then serve.*



# PEAR, CURED HAM & WALNUT SALAD



# PEAR, CURED HAM & WALNUT SALAD



Serves: 2  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
466 kcal  
35g Fats  
16g Carbs  
22g Protein



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## WHAT YOU NEED

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- ¼ (30g) cup walnuts, chopped

### **Dressing:**

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.*

*Add the cubed cheese and the ham. Finally, top with nuts.*

*Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.*





**VEGETABLE CURRY SOUP**

# VEGETABLE CURRY SOUP



Serves: 3  
Prep: 15 mins  
Cook: 20 mins



Nutrition per  
serving:  
133 kcal  
9g Fats  
27g Carbs  
3g Protein



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 medium onion, diced
- 1 ½ tbsp. ginger, minced
- 2 garlic cloves, minced
- 1 carrot, peeled, grated
- 1 red bell pepper, chopped
- 1 large zucchini, chopped
- 1 tbsp. curry powder (or more to taste)
- 2 cups (500ml) chicken or vegetable broth
- 1 tomato, chopped
- 1/3 cup (80ml) plant-based cream (or normal)

## WHAT YOU NEED TO DO

*In a large pot, heat oil and sauté the onion. Add the minced ginger and garlic then continue for 2-3 more minutes.*

*Next, add the peeled and grated carrot and sauté for about 2 minutes, stirring occasionally. Add the chopped peppers and zucchini. Cook the vegetables for about 5 minutes, season with curry powder and mix well.*

*Next, pour in the broth and bring to a boil. Cook covered for about 10 minutes until the vegetables are soft. In the meantime, add the chopped tomatoes. Season with salt.*

*Once vegetables are cooked, take off from heat and blend using a hand blender. Add in the cream, season for taste, mix well and serve.*





**ZESTY TURKEY MEATBALLS  
WITH COUSCOUS SALAD**

# ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD



Serves: 4  
Prep: 20 mins  
Cook: 30 mins



Nutrition per  
serving:  
429 kcal  
8g Fats  
52g Carbs  
42g Protein



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## WHAT YOU NEED

### For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) pack turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yoghurt
- 1 garlic clove, minced

### For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

## WHAT YOU NEED TO DO

Heat 1 tbsp of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chillies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.

Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.

In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.

Blanche the peas in a pot for 2 minutes. Drain and set aside.

Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.

Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes — season to taste.

Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 mins, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.

Serve with the couscous salad and yoghurt.





**CREAMY CHICKEN,  
MUSHROOM & TOMATO PASTA**

# CREAMY CHICKEN, MUSHROOM & TOMATO PASTA



Serves: 3  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
385 kcal  
14g Fats  
26g Carbs  
35g Protein



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## WHAT YOU NEED

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sun-dried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or normal)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

## WHAT YOU NEED TO DO

*Cook the pasta according to the instructions on the packaging. Chop the chicken fillet, season with salt and pepper and dredge with flour.*

*Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.*

*In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5 - 7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.*

*Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.*

*Add the cooked pasta. Stir well and serve.*





**CAJUN BEEF & VEG RICE**

# CAJUN BEEF & VEG RICE



Serves: 3  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
503 kcal  
13g Fats  
55g Carbs  
40g Protein



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

## WHAT YOU NEED TO DO

*Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.*

*Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.*

*Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.*

*Stir well to combine all of the ingredients and heat for about 3-4 minutes.*

*Sprinkle with the green parts of the spring onion and serve.*





## **CHINESE STYLE SHRIMPS & VEG**

# CHINESE STYLE SHRIMPS & VEG



Serves: 3  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
436 kcal  
11g Fats  
63g Carbs  
22g Protein



## WHAT YOU NEED

- 1 cup (185g) rice, uncooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 ½ tbsp. ginger, grated
- a pinch of chilli flakes
- 9 oz. (250g) shrimps
- 2 tbsp. soy sauce
- 1 tsp. potato flour
- 2/3 cup (160ml) water
- 1 tbsp. coconut palm sugar

## WHAT YOU NEED TO DO

*Cook the rice according to the instructions on the packaging.*

*In a wok (or large frying pan) heat 1 tbsp. of oil. Cook the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chilli.*

*Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.*

*Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1-minute stirring frequently. Serve with cooked rice.*





**RASPBERRY MILLET  
PROTEIN PUDDING**

# RASPBERRY MILLET PROTEIN PUDDING



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
179 kcal  
3g Fats  
27g Carbs  
11g Protein



## WHAT YOU NEED

- 1/2 cup (100g) millet
- 2 cups (500ml) unsweetened almond milk
- 1/2 cup (65g) raspberries
- 1 scoop (25g) vanilla protein powder

## WHAT YOU NEED TO DO

*Place millet in a strainer and rinse under cold running water. Transfer into a pot, and pour in the milk. Bring to a boil. Reduce heat to low, cover with lid and simmer for 15 minutes.*

*Transfer the cooked millet into a high-speed blender or food processor. Add the raspberries and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk. Serve with additional raspberries and maple syrup (optional).*



A top-down view of a white bowl filled with a thick, white, gelatinous chia seed pudding. The pudding is garnished with several fresh raspberries, three slices of kiwi fruit showing their characteristic green flesh and black seeds, and several bright red goji berries. The background is a clean, light-colored surface with some blurred raspberries and kiwi slices scattered around the bowl.

**KIWI CHIA  
PROTEIN PUDDING**

# KIWI CHIA PROTEIN PUDDING



Serves: 2  
Prep: 10 mins  
Chill: 1 hr



Nutrition per  
serving:  
272 kcal  
11g Fats  
37g Carbs  
16g Protein



## WHAT YOU NEED

- 1/4 cup (45g) chia seeds
- 1 cup (250ml) coconut milk
- 1 scoop (25g) vanilla protein powder
- 3 kiwis, peeled + 1 kiwi, peeled and sliced
- 1/4 cup (25g) blueberries
- 1/4 cup (30g) blackberries

## WHAT YOU NEED TO DO

*Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results - overnight.*

*Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.*

*Place three peeled kiwis in a blender or food processor and blitz until pureed.*

*Divide the chia seeds and kiwi puree evenly between 2 glasses. First a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.*

*Top each pudding with fresh berries and sliced kiwi.*





**CINNAMON ROLL PROTEIN SMOOTHIE**

# CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
162 kcal  
3g Fats  
15g Carbs  
22g Protein



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## WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

## WHAT YOU NEED TO DO

*Place all ingredients into a blender and pulse until smooth.  
Serve.*

