



# DECEMBER 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

Crustless  
Chicken Quiche

### LUNCH

Avocado &  
Mushroom Toast

### SNACK

E.g. Cranberry &  
Banana Bread,  
Gluten-Free Berry  
Crumble, Tahini &  
Dark Chocolate  
Protein Balls

### DINNER

Grilled Chilli &  
Lime Chicken  
served with favorite  
sides (rice, salad,  
vegetables)

## TUESDAY

### BREAKFAST

Leftover  
Crustless  
Chicken Quiche

### LUNCH

Leftover Grilled  
Chilli & Lime  
Chicken served  
with favorite sides  
(rice, salad,  
vegetables)

### SNACK

E.g. Cranberry &  
Banana Bread,  
Gluten-Free Berry  
Crumble, Tahini &  
Dark Chocolate  
Protein Balls

### DINNER

Slow Cooker  
Teriyaki Chicken

## WEDNESDAY

### BREAKFAST

Overnight  
Coconut Oats

### LUNCH

Black Bean Soup

### SNACK

E.g. Cranberry &  
Banana Bread,  
Gluten-Free Berry  
Crumble, Tahini &  
Dark Chocolate  
Protein Balls

### DINNER

Leftover Slow  
Cooker Teriyaki  
Chicken

## THURSDAY

### BREAKFAST

Cranberry &  
Banana Bread

### LUNCH

Leftover Black  
Bean Soup

### SNACK

E.g. Cranberry &  
Banana Bread,  
Gluten-Free Berry  
Crumble, Tahini &  
Dark Chocolate  
Protein Balls

### DINNER

Roasted Salmon  
Tray

## FRIDAY

### BREAKFAST

Avocado &  
Mushroom Toast

### LUNCH

Leftover Roasted  
Salmon Tray

### SNACK

E.g. Cranberry &  
Banana Bread,  
Gluten-Free Berry  
Crumble, Tahini &  
Dark Chocolate  
Protein Balls

### DINNER

Quick Chilli con  
Carne

## SATURDAY

### BREAKFAST

Overnight  
Coconut Oats

### LUNCH

Mini aubergine  
Pizza

### SNACK

E.g. Cranberry &  
Banana Bread,  
Gluten-Free Berry  
Crumble, Tahini &  
Dark Chocolate  
Protein Balls

### DINNER

Meal Out –  
Enjoy!

## SUNDAY

### BREAKFAST

Cranberry &  
Banana Bread

### LUNCH

Leftover Mini  
aubergine Pizza

### SNACK

E.g. Cranberry &  
Banana Bread,  
Gluten-Free Berry  
Crumble, Tahini &  
Dark Chocolate  
Protein Balls

### DINNER

Leftover Quick  
Chilli con Carne

# WEEKLY SHOPPING LIST



## FRUIT & VEGETABLES

### **Fresh**

- 1x zucchini
- 2x bell pepper
- shitake mushrooms
- 2x avocado
- 5x white onions
- 4x red onions
- 10x carrots
- 1x garlic
- 1x lime
- 1x lemon
- 1x aubergine
- spinach
- 3x bananas
- blackberries

### **Dried**

- cranberries

### **Herbs**

- coriander
- parsley
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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## MEAT, DAIRY & NON-DAIRY

### **Fish & Seafood**

- 1 lb. (520g) salmon fillets

### **Meats**

- roast chicken slices
- 1.5 lbs. (700g) chicken breast
- 10.5 oz. (300g) lean ground
- beef, 5% fat

### **Dairy**

- parmesan
- mozzarella

### **Non-Dairy**

- 8x eggs
- oat milk
- almond milk
- coconut yoghurt
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## GRAINS, SEEDS & SPICES

### **Grains**

- gluten-free oats
- brown rice
- oat flour
- 2x almond meal
- corn-starch

### **Spices**

- garlic powder
- onion powder
- chilli flakes
- ground cumin
- cayenne pepper
- dried basil
- fennel seed
- dried oregano
- bay leaf
- cinnamon

### **Nuts & Seeds**

- sesame seeds
- chia seeds
- baking soda
- vanilla essence
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### **Baking**

- baking soda
- vanilla essence
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## CANS, CONDIMENTS & MISC

### **Oils**

- coconut oil
- olive oil

### **Cans & Condiments**

- tamari
- 2x cans black beans
- 1x can kidney beans
- 1x can cannellini beans
- 2x cans chopped tomatoes
- tomato puree
- apple cider vinegar
- chipotle chilli paste
- ketchup
- sambal oelek (chilli garlic sauce)
- tahini

### **Sweeteners**

- maple syrup
- honey
- coconut sugar

### **Other**

- desiccated coconut
- vanilla protein powder
- wholemeal bread
- vegetable stock
- dark chocolate chips
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**CRESTLESS CHICKEN QUICHE**

# CRESTLESS CHICKEN QUICHE



Serves: 2  
Prep: 15 mins  
Cook: 45 mins



Nutrition per serving:  
350 kcal  
17g Fats  
13g Carbs  
36g Protein



## WHAT YOU NEED

- 1 tsp. coconut oil
- 1 small zucchini, sliced
- 1 bell pepper, chopped
- 3 eggs
- 3 egg whites
- ¾ cup (180ml) oat milk
- 1 tsp. garlic powder
- 4.5 oz. (125g) roast chicken slices
- ¼ cup (25g) parmesan, grated

## WHAT YOU NEED TO DO

*Heat the oil in a pan over medium-high heat. Add the sliced zucchini and chopped peppers, season with salt and pepper. Cook for 6-7 minutes or until tender. Transfer into a bowl and allow to cool as you prepare the egg mixture.*

*Preheat oven to 350°F (180°C). Grease a 9-inch pie or square tin and set aside.*

*In a large bowl, whisk the eggs, egg whites, milk, garlic powder, salt, and pepper until combined. Arrange the veggies into the prepared pan and top with the chicken slices. Then pour the egg mixture on top, and sprinkle with grated parmesan cheese.*

*Bake for 45 minutes or until filling is set and no longer jiggles. Store tightly covered in the refrigerator for up to 4 days.*

*Serve with a side salad or veggies.*





**OVERNIGHT COCONUT OATS**

# OVERNIGHT COCONUT OATS



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per  
serving:  
322 kcal  
17g Fats  
33g Carbs  
12g Protein



## WHAT YOU NEED

- 1 ½ cups (150g) oats, gluten-free
- ½ cup (45g) desiccated coconut
- 1 scoop (25g) vanilla protein
- 1 tsp. vanilla essence
- 7/8 cup (200g) coconut yoghurt
- 1 ½ cup (350ml) almond milk, unsweetened
- 2 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Add the oats and desiccated coconut to a large bowl and mix well. Then mix in the vanilla essence.*

*Whisk together the coconut yoghurt, almond milk and maple syrup.*

*Combine the wet and dry ingredients and transfer serving containers. Refrigerate overnight or for a minimum of 3 hours.*

*Store in the fridge for up to 3 days, add more milk before serving, if necessary.*

*Serve with your favourite berries.*



# AVOCADO & MUSHROOM TOAST



# AVOCADO & MUSHROOM TOAST



Serves: 2  
Prep: 10 mins  
Cook: 7 mins



Nutrition per  
serving:  
404 kcal  
13g Fats  
36g Carbs  
11g Protein



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## WHAT YOU NEED

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 2 2/3 cups (200g) shitake mushrooms, sliced
- 2 tbsp. tamari
- 1 avocado
- 4 slices medium wholemeal bread, toasted
- chilli flakes, to taste
- 1 tsp. sesame seeds

## WHAT YOU NEED TO DO

*Heat the oil to a pan on medium heat. Add the garlic and cook for about 2 minutes until aromatic.*

*Add in the mushrooms to the pan and drizzle over the tamari. Season with salt and pepper and cook for 3-5 minutes, often stirring, until the mushrooms are starting to brown.*

*In the meantime, toast the bread.*

*Mash the avocado flesh on to the toast, season with salt and pepper, and top with the mushrooms.*

*Sprinkle with chilli flakes and sesame seeds to serve.*



A top-down view of a white bowl filled with a thick, dark brown black bean soup. The soup is garnished with several chunks of bright green avocado and fresh, chopped green cilantro leaves. To the left of the bowl, two lime wedges are placed on a light-colored wooden surface. A semi-transparent white rectangular box is overlaid on the top right portion of the bowl, containing the text "BLACK BEAN SOUP" in bold, black, uppercase letters.

# BLACK BEAN SOUP

# BLACK BEAN SOUP



Serves: 6  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
393 kcal  
19g Fats  
42g Carbs  
12g Protein



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## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 large onion, chopped
- 4 carrots, chopped
- 4 cloves garlic, finely chopped
- 2 (14 oz./400g) cans black beans, drained
- 1 tbsp. ground cumin
- 1 tbsp. paprika
- 1 tsp. cayenne pepper
- 1 tsp. dried basil
- 2 tsp. dried oregano
- 1 bay leaf
- pinch cinnamon
- 8 cups (1.8L) vegetable stock
- 2 avocados, cubed
- Coriander, chopped
- Lime wedges, to serve

## WHAT YOU NEED TO DO

*In a large pot, heat oil over medium heat.*

*Add the chopped onion, carrots and garlic. Season with salt and cook, often stirring, until onion is translucent and starting to brown, about 10 minutes.*

*Add all the other ingredients to the pot, stir well and bring to a boil. Reduce the medium and simmer for about 20 mins.*

*Remove the bay leaf. Then using a hand blender, blitz the soup to your desired texture, either fully creamy or leave some pieces of the beans in the soup for texture.*

*Taste the soup and season with salt and pepper, if desired. Spoon soup into bowls, top with avocado, coriander and serve with lime wedges.*





## **MINI AUBERGINE PIZZA**

# MINI AUBERGINE PIZZA



Serves: 2  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
367 kcal  
18g Fats  
39g Carbs  
15g Protein



## WHAT YOU NEED

- 1 large aubergine
- 1 tbsp. olive oil + ½ tbsp.
- 1 cup (240ml) tomato puree
- 2 cloves garlic, minced
- 1 small onion, sliced
- 2-3 handfuls spinach
- ¾ cup (75g) shredded mozzarella cheese
- 1-2 tsp. oregano

## WHAT YOU NEED TO DO

*Preheat the oven to 400F (200C).*

*Slice the aubergine lengthwise, about 1/4-1/3 inches thick. Rub 1 tbsp. olive oil on each side of the aubergine slices and place it on a baking tray lined with baking paper — season with salt and pepper.*

*Place in the oven for about 10 minutes.*

*Meanwhile, grab a pan, and heat the remaining ½ tbsp. olive oil. Add in the garlic and onion, and sauté for about 3-4 minutes, until soft — season with salt and pepper.*

*Next, add in the tomato puree and spinach and cook for another 1-2 minutes until the spinach has wilted.*

*Remove the aubergine slices from the oven, and top each with the tomato sauce mixture.*

*Sprinkle with grated cheese and oregano. Place in the oven for another 5 minutes, or until the cheese has melted. Serve immediately.*





**GRILLED CHILLI &  
LIME CHICKEN**

# GRILLED CHILLI & LIME CHICKEN



Serves: 4  
Prep: 10 mins  
Cook: 45 mins



Nutrition per  
serving:  
522 kcal  
42g Fats  
0g Carbs  
35g Protein



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## WHAT YOU NEED

- 1.7 lb (800g) chicken drumsticks and/or legs
- green onion, chopped, to serve
- lime wedges, to serve

### **Marinade:**

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. garlic powder
- 2 tsp. paprika
- 1 tsp. onion powder
- ½ tsp. chipotle chilli pepper
- 2 tbsp. lime juice

## WHAT YOU NEED TO DO

*Combine all the marinade ingredients a small bowl and cover the chicken either in a container or Ziploc bag. Seal the bag/container, place in a fridge to marinate for a minimum of 1 hour.*

*Preheat oven to 375F (190C). Line baking tray/dish with baking paper.*

*Arrange the chicken on the baking paper, and brush any leftover marinade over the tops.*

*Bake, uncovered, for approximately 30-45 minutes or until cooked through. To serve garnish with chopped green onions and lime wedges.*

### **NOTE:**

*Baking time will vary depending on how large/meaty each drumstick and leg are.*



A top-down view of a white ceramic plate with a subtle speckled pattern. The plate is filled with a meal consisting of a mound of white rice on the left, a generous portion of shredded, saucy chicken in the center, and several florets of bright green broccoli on the right. The chicken is coated in a dark, glossy teriyaki sauce and is topped with a sprinkling of black sesame seeds. A pair of light-colored wooden chopsticks is positioned vertically on the right side of the plate. The background is a neutral, light-colored surface.

**SLOW COOKER  
TERIYAKI CHICKEN**

# SLOW COOKER TERIYAKI CHICKEN



Serves: 4  
Prep: 10 mins  
Cook: 2 hr



Nutrition per serving:  
322 kcal  
7g Fats  
22g Carbs  
45g Protein



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## WHAT YOU NEED

- 1½ lbs. (700g) chicken breast
- 2 tsp. corn-starch + 3 tbsp. water
- 1 tbsp. sesame seeds, to garnish

### **For the Sauce:**

- ¼ cup (60ml) + 1 tbsp. tamari
- ¼ cup (60ml) honey
- 1 large onion, diced
- 2 tbsp. ketchup
- 1 tbsp. olive oil
- 1 tsp. chilli garlic sauce (Sambal Oelek)

## WHAT YOU NEED TO DO

*Mix the sauce ingredients in a small bowl. Add the chicken breasts to slow cooker and cover with the sauce. Cook chicken on high for 2 hours or low for 3-4 hours.*

*Once cooked transfer chicken onto a cutting board and leave to cool.*

*Mix the corn-starch with water until it dissolves and pour into the slow cooker, stirring well.*

*Turn slow cooker to high and cook uncovered until the sauce thickens, for about 10 minutes.*

*In the meantime, shred the chicken using two forks, then, add back into the slow cooker and mix with the sauce. Sprinkle with sesame seeds to serve.*

### **SERVING SUGGESTION:**

*White rice and broccoli.*





**QUICK CHILI CON CARNE**

# QUICK CHILI CON CARNE



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
430 kcal  
6g Fats  
62g Carbs  
28g Protein



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## WHAT YOU NEED

- 10.5 oz. (300g) lean ground beef, 5%
- 4 tbsp. Mexican spices
- 2 onions, chopped
- 1 red pepper, chopped
- 1 can (14oz./400g) kidney beans, drained
- 2 cans (2x 14oz./400g) canned chopped tomatoes
- 1.5 lb. (680g) brown rice, cooked
- coriander, chopped, to serve

## WHAT YOU NEED TO DO

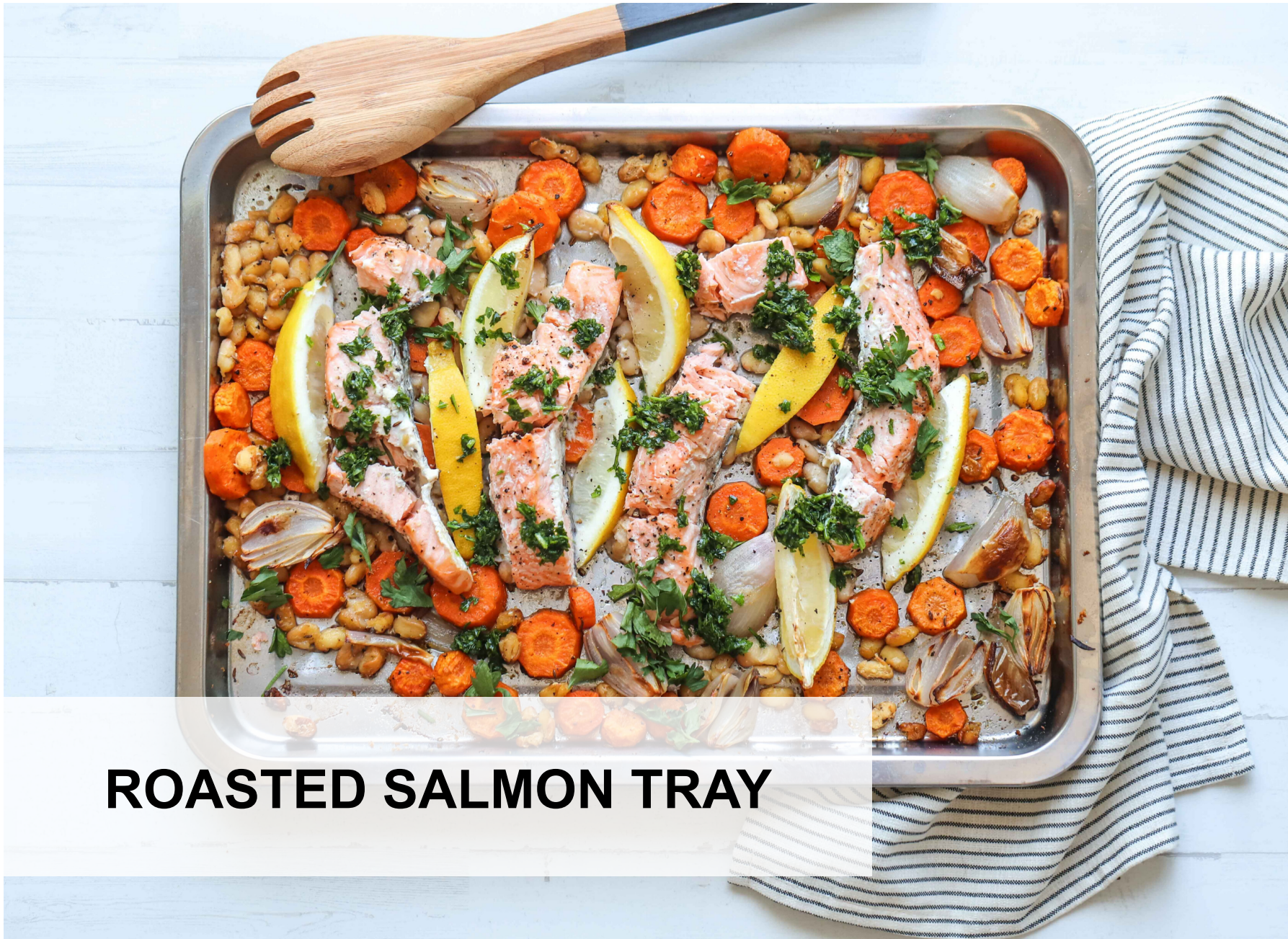
*Heat a non-stick pan on medium-high heat and fry the minced meat seasoned with the Mexican spices for about 5 minutes, season with salt and pepper, to taste.*

*Add the chopped onions and pepper and cook for another 5 minutes over medium heat.*

*Next, add the beans and chopped tomatoes, bring to the boil and simmer for 5 minutes. Season with salt and pepper, if desired.*

*Serve alongside a portion of brown rice and, sprinkle with chopped coriander.*





**ROASTED SALMON TRAY**

# ROASTED SALMON TRAY



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per  
serving:  
481 kcal  
23g Fats  
28g Carbs  
39g Protein



## WHAT YOU NEED

- 1 lb. (450g) carrots
- 4 red onions
- 1 can (1oz./400g) cannellini beans, drained
- 2 tbsp. olive oil
- 1 tbsp. fennel seed
- 4 salmon fillets (4.5oz./130g each)
- 1 lemon
- bunch parsley

## WHAT YOU NEED TO DO

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

*Peel the carrots and cut into ¼ inch slices. Cut each onion into 8 wedges. Drain the beans and rinse under cold running water.*

*Mix the onion, carrots and beans with ¼ of the oil (1/2 tbsp.), fennel seeds, salt and pepper. Spread over a baking tray lined with baking paper and roast for approx. 30 minutes.*


*In the meantime, season the salmon salt and pepper. Slice the lemon into wedges. Cut the parsley roughly and keep ⅓ aside for the garnish.*

*Put the parsley with the rest of the oil in blender or food processor and blitz — season with salt and pepper.*

*Take the baking tray out of the oven after 15 minutes, stir and place the salmon with lemon wedges in the middle of the vegetables — roast for the remaining 15 minutes.*

*Once cooked take the baking tray out of the oven and break up the salmon into pieces. To serve drizzle with the parsley oil and the juice from the roasted lemon wedges.*





**CRANBERRY &  
BANANA BREAD**

# CRANBERRY & BANANA BREAD



Serves: 12  
Prep: 10 mins  
Cook: 65 mins



Nutrition per  
serving:  
202 kcal  
9g Fats  
29g Carbs  
5g Protein



## WHAT YOU NEED

- 1 ¼ cup (160g) oat flour
- ¾ cup (65g) almond meal
- 1 tsp. baking soda
- ¼ tsp. sea salt
- 2 tbsp. coconut oil, melted
- 1/3 cup (70g) coconut sugar
- 2 tbsp. maple syrup
- 3 ripe bananas, mashed
- 2 eggs
- 1 tsp. vanilla extract
- 1/3 cup (40g) dried cranberries, chopped
- 1/3 cup (60g) dark chocolate chips

## WHAT YOU NEED TO DO

*Preheat oven to 350F (180C).*

*Line an 8×5-inch loaf tin with baking paper. In a large bowl, combine flours, baking soda and salt.*

*In a food processor or blender combine coconut oil, coconut sugar and maple syrup. Add in the mashed bananas, eggs and vanilla until well blended.*

*Next fold in the flour and blitz again, until blended. Gently stir in cranberries and chocolate chips.*

*Pour batter into the loaf pan and bake for 60 to 65 minutes, until an inserted toothpick comes out clean. Let the bread cool in the pan for 15 minutes, before removing it out onto a wire rack to cool completely.*





**GLUTEN-FREE  
BERRY CRUMBLE**

# GLUTEN-FREE BERRY CRUMBLE



Serves: 16  
Prep: 15 mins  
Cook: 24 mins



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



## WHAT YOU NEED

### For the Base:

- 3 cups (300g) almond meal
- 1 cup (100g) gluten-free oats
- ½ tsp. cinnamon
- 1/3 cup (80ml) coconut oil, melted
- 1/3 cup (80ml) maple syrup
- 1 tsp. vanilla essence

### For the Filling:

- 2 cups (225g) blackberries
- 1 tbsp. maple syrup
- 1 tbsp. chia seeds

## WHAT YOU NEED TO DO

*Preheat the oven to 360F (180C). Line an 8-inch baking tin with baking paper.*

*In a large bowl, mix all of the crumble ingredients. Press about ¾ of the mixture into the base of the baking tin. Bake for 12 minutes until nice and golden.*

*In the meantime, make the blackberry filling by blending all of the ingredients in a high-speed blender until smooth.*

*Next, pour the mixture into a small pot and let it simmer gently on low heat for about 10 minutes, until thickened.*

*Spread the blackberry mixture over the base, and sprinkle with the remaining crumble.*

*Bake for another 12 minutes until top is golden. Then take it out and let it cool completely on a wire rack before slicing into bars.*



A close-up photograph of several round, brown protein balls resting on a light-colored wooden cutting board. The balls are speckled with small dark spots, likely chocolate chips. A semi-transparent white rectangular box is overlaid on the center of the image, containing the title text. The background is softly blurred, showing more protein balls.

**TAHINI & DARK  
CHOCOLATE PROTEIN BALLS**

# TAHINI & DARK CHOCOLATE PROTEIN BALLS



Makes: 24 balls  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
129 kcal  
8g Fats  
11g Carbs  
5g Protein



## WHAT YOU NEED

- 2 cups (190g) rolled oats
- 1 cup (300g) tahini
- 1/4 cup (60ml) honey
- 2 scoops (50g) vanilla protein powder
- 1 oz. (30g) dark chocolate chips

## WHAT YOU NEED TO DO

*Place oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine.*

*Getting the mixture to combine takes some time and effort and may seem too thick at first, but it will come together as you continue mixing. At some point, it is better to use your hands.*

*Once combined, form them into balls using the amount of a tablespoon.*

*Store in a covered container in the fridge.*

