



FEBRUARY RECIPE PACK

15 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

Sweet Potato &
COURGETTE
Hash

LUNCH

Chicken Zoodle
Soup

SNACK

E.g. Flourless
Banana Cashew
Muffins, Hazelnut
Cookies, Chocolate
COURGETTE
Bread

DINNER

Moroccan Chicken
Drumsticks

TUESDAY

BREAKFAST

Sweet Potato &
COURGETTE
Hash

LUNCH

Chicken Zoodle
Soup

SNACK

E.g. Flourless
Banana Cashew
Muffins, Hazelnut
Cookies,
Chocolate
COURGETTE
Bread

DINNER

Tuna & Spinach
Pasta

WEDNESDAY

BREAKFAST

Chocolate &
Coconut Chia
Pudding

LUNCH

Leftover Tuna &
Spinach Pasta

SNACK

E.g. Flourless
Banana Cashew
Muffins, Hazelnut
Cookies, Chocolate
COURGETTE
Bread

DINNER

Meal Prep Beef
& Lentil
Bolognese

THURSDAY

BREAKFAST

Goat's Cheese &
Avocado Spread
on Toast

LUNCH

Kale Quinoa &
Cranberry Salad

SNACK

E.g. Flourless
Banana Cashew
Muffins, Hazelnut
Cookies,
Chocolate
COURGETTE
Bread

DINNER

Meal Prep Beef
& Lentil
Bolognese

FRIDAY

BREAKFAST

Sweet Potato
Pancakes

LUNCH

Kale Quinoa &
Cranberry Salad

SNACK

E.g. Flourless
Banana Cashew
Muffins, Hazelnut
Cookies,
Chocolate
COURGETTE
Bread

DINNER

Indian Chickpea
& Pumpkin Curry

SATURDAY

BREAKFAST

Goat's Cheese &
Avocado Spread
on Toast

LUNCH

One-Pot Mexican
Quinoa

SNACK

E.g. Flourless
Banana Cashew
Muffins, Hazelnut
Cookies, Chocolate
COURGETTE
Bread

DINNER

Meal Out –
Enjoy!

SUNDAY

BREAKFAST

Sweet Potato
Pancakes

LUNCH

One-Pot Mexican
Quinoa

SNACK

E.g. Flourless
Banana Cashew
Muffins, Hazelnut
Cookies, Chocolate
COURGETTE
Bread

DINNER

Egg Fried Rice with
Turkey

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- 2 x avocado
- grapefruit
- 2 lb. (900g) sweet potato
- 5x COURGETTE
- 7x onion
- red bell pepper
- 2x garlic
- ginger
- bunch celery
- 1x chili pepper
- 4x carrots
- 1x lemon
- 1x lime
- 2x banana
- large bag kale
- 2x large bag spinach
- cherry tomatoes
- 9 oz. (250g) chestnut mushrooms
- 16 oz. (450g) pumpkin
- blueberries

Dried

cranberries

Herbs

- 2x parsley
- coriander
- rosemary _____

MEAT, DAIRY & SPICES

Meats

- 1 lb. (450g) chicken breast
- 8x chicken drumsticks
- 1 lb. (450g) lean minced beef, 5%
- 1 lb. (450g) ground turkey breast

Dairy

- goat's cheese
- parmesan

Non-Dairy

- 19x eggs
- almond milk
- coconut yogurt

Spices

- cayenne pepper
- ground cinnamon
- thyme
- rosemary
- paprika
- ground cumin
- turmeric
- saffron
- herbs de province
- ground coriander
- cardamom
- oregano
- _____
- _____
- _____

GRAINS, SEEDS & BAKING

Grains

- quinoa
- wheat flour
- oat flour
- spelt flour
- ground almonds
- brown lentils
- penne
- rice (white or brown)

Nuts & Seeds

- pumpkin seeds
- walnuts
- chia seeds
- almonds

Baking

- cocoa powder
- cocoa nibs
- vanilla extract
- baking powder
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- coconut oil
- olive oil

Cans & Condiments

- sweet corn
- black beans
- 3x chopped tomatoes
- plum tomatoes
- green olives
- 3x tuna in water
- 2x chickpeas
- tomato passata
- tomato puree
- coconut milk
- cashew butter

Sweeteners

- maple syrup
- agave syrup
- honey
- coconut sugar

Other

- wholemeal bread
- chicken stock
- vegetable stock
- when protein, chocolate
- _____
- _____
- _____

**GOAT'S CHEESE &
AVOCADO SPREAD ON TOAST**



GOAT'S CHEESE & AVOCADO SPREAD ON TOAST



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
269 kcal
13g Fats
29g Carbs
10g Protein



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WHAT YOU NEED

- 4 slices wholemeal bread
- 1 avocado
- 5 oz. (150g) goat's cheese, soft
- 1 grapefruit
- 2 tbsp. pumpkin seeds

WHAT YOU NEED TO DO

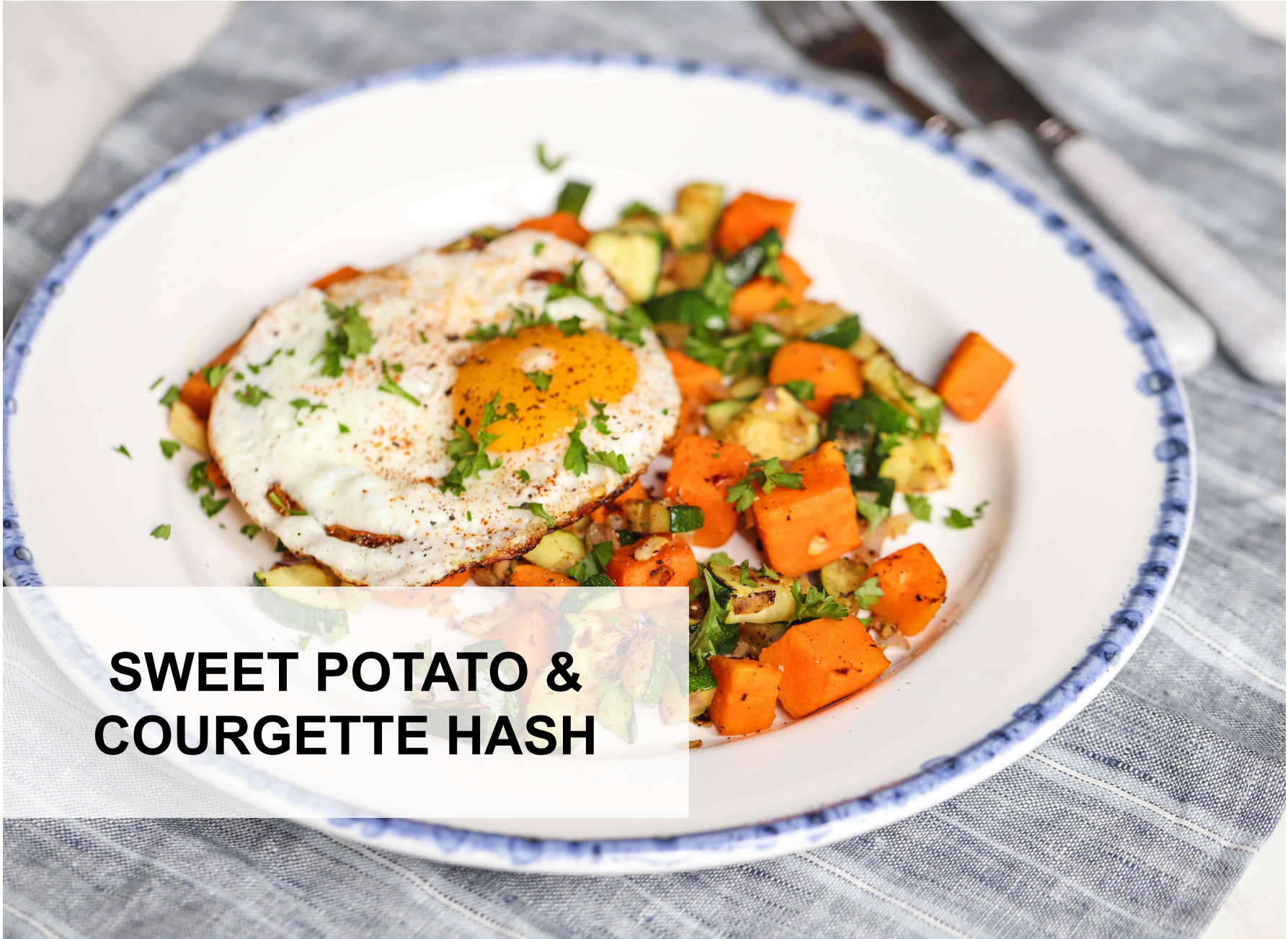
Toast the bread.

With a sharp knife cut off the grapefruit skin. Then cut out the pieces of flesh.

Half the avocado, remove the stone and scoop out the flesh into a high bowl. Add in the goat's cheese, season with salt & pepper and blitz with a hand blender into a smooth spread.

Spread the avocado-goat cheese paste onto the toasted bread, and top with pieces of grapefruit. Sprinkle with the pumpkin seeds, season with ground pepper and serve.





**SWEET POTATO &
COURGETTE HASH**

SWEET POTATO & COURGETTE HASH



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
296 kcal
14g Fats
29g Carbs
15g Protein



WHAT YOU NEED

- 16 oz. (450g) sweet potato, peeled, cut into cubes
- 1 ½ tbsp. coconut oil
- 2 medium COURGETTE, diced
- 1 onion, diced
- 2 glove garlic, chopped
- 8 eggs
- handful parsley, chopped
- cayenne pepper, to taste

WHAT YOU NEED TO DO

Cook the sweet potato for 3-4 mins in a pot of boiling water, then drain.

Heat the ½ tbsp. of the oil in a pan, over medium heat. Add the sweet potato, COURGETTE, onion and garlic, sauté for about 5 mins, until cooked and browned. Season to taste with salt & pepper, and set aside.

Heat the remaining oil in the pan and fry the eggs to your liking.

Divide the vegetables between 4 plates, top with fried eggs and sprinkle with parsley. Season with cayenne pepper, salt & pepper, to taste and serve.



HEALTHY SWEET POTATO PANCAKES



HEALTHY SWEET POTATO PANCAKES



Serves: 4
Prep: 5 mins
Cook: 25 mins



Nutrition per serving:
268 kcal
14g Fats
30g Carbs
12g Protein



WHAT YOU NEED

- 16 oz. (450g) sweet potatoes, peeled, cut into cubes
- 6 eggs
- 1 tsp. ground cinnamon
- 1 tbsp. coconut oil
- ¼ cup (30g) walnuts or pecans, chopped
- 2 tbsp. maple syrup

WHAT YOU NEED TO DO

Cook the sweet potato in a pot of boiling water for around 15 mins. Then drain and let it cool.

Place the cooked potatoes in a high bowl, add the eggs and cinnamon, and puree with a hand blender until smooth.

Heat ¼ tbsp. of the oil in a large non-stick frying pan and add 3 portions of batter (around 2 heaped tbsp. per pancake). Fry the pancakes for about 3 minutes until golden brown and done. Turn halfway and repeat with the remaining batter.

Divide the pancakes onto plates (3 per serving), sprinkle with the chopped nuts and drizzle with maple syrup, to serve.



A top-down view of a glass jar with a metal clasp lid, containing a smooth, light-colored chia pudding. The pudding is garnished with several pieces of dark chocolate shavings and some light-colored coconut flakes. The jar is set against a blurred background.

CHOCOLATE & COCONUT CHIA PUDDING

CHOCOLATE & COCONUT CHIA PUDDING



Serves: 2
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
313 kcal
17g Fats
35g Carbs
7g Protein



WHAT YOU NEED

- 4 tbsp. chia seeds
- 1 cup (240ml) almond milk
- 4 tbsp. coconut yogurt
- 2 tbsp. agave syrup
- 2 tbsp. cocoa powder

To serve:

- 2 tbsp. coconut yogurt
- 1 tbsp. cocoa nibs, or dark chocolate

WHAT YOU NEED TO DO

In a bowl, combine the chia seeds, milk, yogurt, syrup and cocoa powder, mixing well.

Leave in the fridge for 10 mins to thicken, stirring once half-way through.

Once thick, transfer into serving glasses or bowls and top with 1 tbsp. coconut yogurt and a sprinkle of cocoa nibs or chocolate.

Tip: *If leaving in the fridge overnight, add an extra splash of milk.*





ZOODLE CHICKEN SOUP

ZOODLE CHICKEN SOUP



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
246 kcal
9g Fats
14g Carbs
29g Protein



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WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 onion, diced,
- 2 stalks celery, diced
- 2 carrots, chopped
- 3 cloves garlic, chopped
- 1 tsp. dried thyme
- ½ tsp. dried rosemary
- 4 cups (950ml) chicken stock
- 2 medium COURGETTES, spiralised

WHAT YOU NEED TO DO

Heat 1 tbsp. of oil in a large pot, over medium-high heat. Add the chopped chicken and season with salt and pepper. Cook for 4-5 minutes until golden, then set aside.

Heat the second tbsp. of oil and add in the onion, celery, carrots and garlic as well as the dried thyme and rosemary. Mix well.

Next, add chicken stock and an additional 2 cups (470ml) of water. Bring to boil, lower the heat, and simmer for 10 mins. Add in the chicken and cook for another 5 mins.

Lastly, add in the spiralised COURGETTE and cook for another 2-3 mins, check for seasoning and serve.





**KALE, QUINOA &
CRANBERRY SALAD**

KALE, QUINOA & CRANBERRY SALAD



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
219 kcal
11g Fats
26g Carbs
6g Protein



WHAT YOU NEED

For the dressing:

- 1 clove garlic, crushed
- 1 lemon juiced
- 2 tbsp. olive oil
- 1 tbsp. honey

For the salad:

- 7oz. (200g) kale stems removed
- 1 cup (185g) quinoa, cooked
- ¼ cup (20g) almonds, chopped
- ¼ cup (30g) cranberries, dried
- 2 tbsp. parmesan cheese, grated

WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine all the dressing ingredients in a small bowl, season with salt and pepper.

Place the chopped kale in a large bowl, and drizzle with the dressing. Massage the dressing into the kale with your fingers for about 2 mins to soften.

Add in the cooked quinoa, chopped almonds and dried cranberries, then toss to combine.

Divide the salad between bowls and sprinkle with the parmesan cheese to serve.



ONE-POT MEXICAN QUINOA



ONE-POT MEXICAN QUINOA



Serves: 4
Prep: 5 mins
Cook: 25 mins



Nutrition per
serving:
384 kcal
14g Fats
53g Carbs
14g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 chilli pepper, sliced
- 1 cup (170g) quinoa, uncooked
- 1 cup (240ml) vegetable stock
- 1 tsp. paprika
- ½ tsp. hot paprika
- ½ tsp. cumin
- 1 cup (165g) sweet corn, drained
- 1 cup (170g) black beans, canned, drained
- 1 can (14 oz./400g) chopped tomatoes
- 1 avocado
- 1 lime
- handful fresh coriander

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add in the garlic and half of the sliced chilli pepper, cook for about 2-3 mins.

Add in the raw quinoa and vegetable stock, increase the heat and add the spices (paprika, hot paprika and cumin) season with salt and pepper and mix well.

Next, add the sweet corn, black beans and chopped tomatoes. Mix well to combine, cover and bring to boil. Reduce the heat and simmer covered for about 20 minutes until quinoa is cooked.

Serve with the avocado, drizzle of lime juice, fresh coriander and the remaining sliced chilli pepper.





MOROCCAN CHICKEN DRUMSTICKS

MOROCCAN CHICKEN DRUMSTICKS



Serves: 4
Prep: 5 mins
Cook: 55 mins



Nutrition per
serving:
493 kcal
40g Fats
4g Carbs
31g Protein



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WHAT YOU NEED

- 2 tbsp. olive oil
- 8 chicken drumsticks
- 1 onion, halved, sliced
- 2 cloves garlic, crushed
- ½ cup (15g) parsley, chopped
- 2.5 oz. (70g) green olives,
- ¼ lemon, juice only
- 1 tsp. flour

Spices:

- 1 tsp. turmeric
- pinch saffron
- 1 tbsp. paprika
- ½ tsp. ground cumin

WHAT YOU NEED TO DO

Heat the oil in a large pan, and fry the chicken drumsticks on all sides until golden.

Add the onion and garlic. Season with salt and pepper and cook for another 3-4 mins.

Pour in 1 cup (240ml) of boiling water and add the spices. Mix well and bring the boil.

Add half of the chopped parsley, mix, cover the pan with a lid, reduce the heat and simmer for 30 minutes. In the meantime, turn the meat over half-way through the cooking time.

Finally, add the green olives and lemon juice, and mix well.

Mix the flour with 2 tbsp. of water, and then with 2 tbsp. of the sauce from the pan. Pour this mixture into the pan and mix well.

Cook uncovered for another 10-15 mins until the sauce thickens and the meat is tender.

Sprinkle with the remaining chopped parsley and serve.

Serving suggestion: bulgur, potatoes, brown rice, tomato salad





**MEAL PREP BEEF &
LENTIL BOLOGNESE**

MEAL PREP BEEF & LENTIL BOLOGNESE



Serves: 6
Prep: 10 mins
Cook: 40 mins



Nutrition per
serving:
302 kcal
9g Fats
22g Carbs
32g Protein



GF

DF

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HP

WHAT YOU NEED

- 1 tbsp. coconut oil
- 4 springs rosemary, picked, chopped
- 3 cloves garlic, chopped
- 1 large onion, chopped
- 2 carrots, peeled, chopped
- 2 ½ cups (250g) chestnut mushrooms, finely sliced
- 1 lb. (450g) lean minced beef, 5% fat
- ½ cup (100g) dried brown lentils
- 2 tins (1.7lb/800g) chopped tomatoes

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat and add the chopped rosemary.

Next add in the garlic, onion, carrots and mushrooms and for about 10 mins, or until softened, stirring regularly.

Add the beef and lentils. Season with salt and pepper and cook for a further 5 mins, breaking up the meat with a spoon.

Add in in the chopped tomatoes, along with 1 tin worth of water. Bring to the boil, lower the heat, and simmer for 30 mins, or until the sauce is thickened and reduced.

Season with salt and pepper, to taste, and serve straight away with spaghetti, other pasta or zoodles.

You can also freeze the Bolognese for up to 3 months.





TUNA & SPINACH PASTA

TUNA & SPINACH PASTA



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
434 kcal
6g Fats
65g Carbs
31g Protein



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WHAT YOU NEED

- 10.5 oz. (300g) penne or other pasta
- 1 tbsp. coconut oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 can (14.oz/400g) plum tomatoes
- 1 tsp. herbs de province
- 11 oz. (320g) canned tuna, in water
- 7 oz. (200g) fresh spinach

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Heat the oil in a large pan over medium-high heat. Add in the garlic and onion, and cook for 2-3 mins, until softened. Next, add in the chopped pepper and plum tomatoes.

Using a wooden spoon, break up the tomatoes into pieces and cook for 5 mins. Add in a splash of water if necessary, to avoid burning, and season with salt and pepper.

Once pasta is cooked, add it to the pan and combine. Next, add in the spinach and cook for another 2-3 mins until wilted.

Finally, add in the tuna, mix well to combine and take off the heat. Serve with freshly ground black pepper.



A top-down view of a light blue ceramic bowl filled with a vibrant orange-yellow curry. The curry contains chickpeas, pumpkin cubes, sliced cherry tomatoes, and fresh green spinach leaves. The bowl is placed on a dark blue textured cloth. To the right of the bowl, two wooden spoons are resting on the cloth. The background is a light-colored wooden surface.

INDIAN CHICKPEA & PUMPKIN CURRY

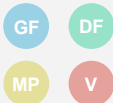
INDIAN CHICKPEA & PUMPKIN CURRY



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per serving:
319 kcal
17g Fats
31g Carbs
10g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 tbsp. ginger, grated
- 2 cloves garlic, minced
- 2 cups (340g) chickpeas, canned
- 16 oz. (450g) pumpkin, peeled, chopped
- 1 cup. (240ml) tomato passata
- 1 ¼ cup (300ml) coconut milk, canned
- 7 oz. (200g) fresh spinach
- 2 cups (300g) cherry tomatoes

Spices:

- 1 tsp. ground cumin
- 1 tsp. turmeric
- 1 tsp. ground coriander
- 1 tsp. cinnamon
- 1 tsp. cardamom

WHAT YOU NEED TO DO

In a large saucepan, heat the oil over medium-high heat.

Add the onion, ginger and garlic, and cook for 1-2 mins, until soft. Next, add in the spices and continue cooking for another 2-3 mins, add a splash of the coconut milk to prevent from burning.

Next, add in the chickpeas (with a splash of the brine), pumpkin, tomato passata and the remaining coconut milk. Additionally, add in ½ cup (120ml) of water, then season with salt and pepper, and mix well.

Bring to boil, then lower the heat, cover the saucepan with a lid and simmer for 20 mins, stirring occasionally.

Lift the lid and cook for another 5-10 mins until the sauce reduces and thickens. Finally, add the spinach and cherry tomatoes, mix well and take off the heat.

Serve with a portion of brown or white rice (not included in macro info).



EGG FRIED RICE WITH TURKEY



EGG FRIED RICE WITH TURKEY



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
316 kcal
10g Fats
25g Carbs
33g Protein



WHAT YOU NEED

- 1 lb. (450g) minced turkey breast
- 3.5 oz. (100g) spinach
- 3.5 oz. (100g) rice
- 2 tbsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp. tomato puree
- 1 egg

Spices:

- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/3 tsp. cayenne pepper

WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging, then set aside.

Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 mins until frequent.

Add meat and cook for another 5-6 mins, seasoning in the meantime with salt, pepper and the spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until wilted. In a small bowl beat the egg, and then tip into the rice, stirring vigorously. Cook for another 2 mins, until the egg is set, then divide between plates and serve.





**FLOURLESS BANANA
CASHEW MUFFINS**

FLOURLESS BANANA CASHEW MUFFINS



Makes: 10
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
197 kcal
23g Fats
22g Carbs
6g Protein



WHAT YOU NEED

- 1 cup (250g) cashew butter
- 2 ripe bananas
- 2 eggs
- 2 tbsp. honey
- ½ tsp. vanilla extract
- ½ tsp. baking powder
- ¾ cup (75g) blueberries

WHAT YOU NEED TO DO

Preheat oven to 400F (200C). Grease a muffin tin with some coconut oil.

Combine all ingredients (except blueberries) in a blender or food processor, and blend until smooth. Fold in the blueberries and mix well with a spoon.

Pour the batter into the earlier prepared muffin tin and bake for 15 mins, until golden and set. Cool before serving.





HAZELNUT PROTEIN COOKIES

HAZELNUT PROTEIN COOKIES



Makes: 10
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
212 kcal
14g Fats
21g Carbs
6g Protein



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WHAT YOU NEED

- 2.5 oz. (80g) coconut oil, room temperature
- 4 oz. (120g) coconut sugar
- 3/8 cup (100g) cashew butter
- 9 tbsp. (45g) cacao powder
- 1/2 cup (55g) oat flour
- 25g chocolate whey protein
- pinch of salt

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Place the coconut oil, coconut sugar and cashew butter in a food processor or high-speed blender and blitz until smooth. Then, add in the cacao powder, oat flour, whey and salt and blitz again until well combined.

Prepare a baking tray lined with baking paper. Scoop out the dough with a spoon and create 10 cookie shapes on the paper — bake in the oven for about 10 minutes.

Take the cookies out of the oven to completely cool on the tray (about 20 mins) before touching them. They will be very delicate, so it is important to cool completely before enjoying.

Optional: decorate with melted dark chocolate (not included in macro information).





**CHOCOLATE, ALMOND &
COURGETTE BREAD**

CHOCOLATE, ALMOND & COURGETTE BREAD



Serves: 10
Prep: 10 mins
Cook: 55 mins



Nutrition per
serving:
274 kcal
17g Fats
23g Carbs
10g Protein



MP V



WHAT YOU NEED

- 3.5 oz. (100g) coconut oil, at room temperature
- 4 oz. (120g) coconut sugar
- 2 eggs, beaten
- 1 medium COURGETTE, grated
- 3 tbsp. almond milk
- 1 tsp. vanilla extract
- 1 heaped cup (115g) spelt flour
- 50g chocolate whey protein powder
- 3/8 cup (50g) ground almonds
- 1 ½ tsp. baking powder
- 1 ½ tsp. cinnamon
- 4 tbsp. natural cocoa powder
- ½ tsp salt

WHAT YOU NEED TO DO

Preheat oven to 360F (180C). Grease a bread tin with oil or line with baking paper.

In a large bowl whisk together coconut oil and sugar, until fluffy. Then gently mix in the eggs, COURGETTE, milk and vanilla until well combined.

In another bowl combine the rest of the ingredients, and gradually add them to the other bowl mixing until combined. Don't over-mix as it will make the cake tough.

Transfer the mixture to the lined bread tin and bake for 45-55 mins., test with a skewer if it comes out clean then it is cooked inside.

Cool for 10 mins in the tin, and then transfer to wire rack and cool completely before enjoying.

