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# RECIPE PACK

*Discover a range of easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.*

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**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.*





**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 ceramic bowl with a blue decorative rim. The bowl is filled with a colorful vegetable hash consisting of cubed sweet potatoes, zucchini, and green herbs. A single sunny-side-up fried egg is placed on top of the hash, garnished with fresh green herbs and a dusting of red spices. The bowl sits on a light blue and white checkered tablecloth. A silver fork is partially visible in the upper right background.

**SWEET POTATO &  
ZUCCHINI HASH**

# SWEET POTATO & ZUCCHINI 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 zucchini, 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, zucchini, 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.*



# ZUCCHINI & FETA PANCAKES



# ZUCCHINI & FETA PANCAKES



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
300 kcal  
21g Fats  
14g Carbs  
14g Protein



## WHAT YOU NEED

- 1 medium zucchini
- 100g (3 ½ oz.) feta cheese, crumbled
- 4 tbsp. (30g) buckwheat flour
- 1 egg
- 2 tbsp. parsley, chopped
- 1 clove garlic, minced
- chilli flakes, to taste
- 1 tbsp. coconut oil

## WHAT YOU NEED TO DO

*Grate the zucchini (using the side with large holes), and place in a bowl. Add a tablespoon of salt and mix. Let it stand for about 30 mins, then squeeze all the juice/water out of the zucchini.*

*Put it back into the bowl, add crumbled feta, flour, egg, chopped parsley, garlic and chilli flakes.*

*Season with pepper and salt as desired (note that the zucchini will already be salty).*

*Heat the oil in a large frying pan over medium heat. Fry the pancakes for about 3 minutes on each side, until golden brown. Use around 1 large tbsp of batter per pancake.*

*This recipe makes around 8 pancakes, 4 per portion.*





**GREEN SHAKSHUKA**

# GREEN SHAKSHUKA



Serves: 2  
Prep: 5 mins  
Cook: 35 mins



Nutrition per  
serving:  
338 kcal  
19g Fats  
23g Carbs  
18g Protein



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tsp. ground cumin
- 2-4 handfuls spinach
- a handful parsley
- 2-4 tbsp. almond milk
- 1 tbsp. harissa paste
- 1 green bell pepper, sliced
- 1 cup (150g) green peas, frozen
- 4 eggs

## WHAT YOU NEED TO DO

*Heat half of the coconut oil in a large frying pan, over medium heat, and sauté the onions and garlic for about 10 minutes, until soft.*

*Season with cumin and salt to taste, then cook for another 2 mins. Next, transfer the onion into a food processor along with the spinach, parsley, almond milk and harissa paste. Season with freshly ground black pepper, and blend until smooth.*

*Using the same pan as earlier, heat the remaining oil and fry the pepper for about 5 minutes, until charred. Next, pour in the spinach sauce and add the peas. Cook for about 5 minutes until peas are defrosted.*

*Make 4 pockets in the sauce and break an egg in each one. Cook for another 10 minutes, or until the eggs are set. Cover with a lid to speed up the process.*

*Serve seasoned with salt and freshly ground black pepper.*





# SALMON & EGG BAKE

# SALMON & EGG BAKE



Serves: 4  
Prep: 10 mins  
Cook: 50 mins



Nutrition per  
serving:  
305 kcal  
17g Fats  
7g Carbs  
29g Protein



## WHAT YOU NEED

- 10 oz. (280g) salmon fillets
- 2 tsp. coconut oil
- 5 eggs
- 2 egg whites
- ½ cup (120ml) almond milk
- 2 cloves garlic, minced
- 7 oz. (200g) asparagus, chopped
- 1 tsp. oregano
- 1 tsp. thyme
- 1 small onion, cut to wedges
- 1 bell pepper, sliced

## WHAT YOU NEED TO DO

*Heat oven to 420F (215C). Season the salmon fillets with salt & pepper.*

*Heat 1 tsp. of oil in a pan over high heat, and fry the salmon fillets skin side up for about 2 minutes, then place on a baking tray and broil in the oven for another 8 minutes. Remove from the oven and set aside.*

*Reduce the oven heat to 350F (180C).*

*In the same pan, add the remaining 1 tsp. of oil and cook the garlic and asparagus, on medium heat for 5 minutes. Season oregano and thyme, and mix well.*

*Whisk together the eggs, egg whites and milk, adding in a pinch of salt.*

*Flake the baked salmon into a baking dish, add the onion and pepper, then pour in the egg mixture.*

*Bake for 30-35 minutes or until eggs are set and browned.*



# STICKY CHICKEN ASIAN SALAD



# STICKY CHICKEN ASIAN SALAD



Serves: 4  
Prep: 15 mins  
Cook: 10 mins



Nutrition per serving:  
428 kcal  
21g Fats  
35g Carbs  
30g Protein



## WHAT YOU NEED

- 300g (10 ½ oz.) chicken breast fillets
- 2 tbsp. soy sauce (gluten free)
- ¼ cup (90g) clear honey
- 1 clove garlic, minced
- 2 tbsp. sesame oil
- 3 ½ cups (350g) cabbage, finely sliced
- 1 large carrot, finely sliced
- 1 cucumber, finely sliced
- 3 spring onions, sliced
- 1 cup (30g) mint, leaves
- 1 cup (30g) fresh coriander, leaves
- ½ cup (80g) almonds, roughly chopped
- 1 tbsp. toasted sesame seeds

## WHAT YOU NEED TO DO

*Lay the chicken between 2 sheets of clingfilm and pound with a rolling pin to slightly flatten.*

*To make the marinade, put the soy sauce, honey, garlic and 1 tbsp. sesame oil in a large bowl and stir to combine. Add the chicken and put in the fridge. Allow it to marinate for at least 10 minutes.*

*Heat 1 tbsp. of sesame oil in a large frying pan over high heat. Fry the chicken for 4-5 minutes each side or until brown. Then take off the pan, and set aside to slightly cool and thinly slice or shred.*

*Reduce the heat to medium, add the remaining marinade to the pan and cook for 5-6 minutes or until sticky. Set aside to cool.*

*Put the cabbage, carrot, cucumber, onion, mint, coriander, almonds, sesame seeds and the chicken in a large serving bowl. Add the soy dressing and toss to combine.*

*Serve straight away or store in the fridge.*





## **GREEN & BLACK BEAN TUNA SALAD**

# GREEN & BLACK BEAN TUNA SALAD



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
266 kcal  
9g Fats  
16g Carbs  
30g Protein



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## WHAT YOU NEED

- 2/3 cup (100g) green beans
- 4 handfuls baby spinach
- 2/3 cup (100g) canned black beans, drained
- 7/8 cup (200g) tuna in water, drained
- 1 tbsp. olive oil
- 1 tsp. oregano
- 1 tbsp. capers
- 2 tbsp. pumpkin seeds

## WHAT YOU NEED TO DO

*Blanche the green beans for about 5 minutes. Drain and rinse the black beans.*

*Mix the spinach, green beans, tuna, black beans, oregano and olive oil in a bowl.*

*Divide the salad between two bowls, top each with capers and drizzle 1 tsp. of its brine liquid. Season with freshly ground black pepper and sprinkle with the pumpkin seeds to serve.*





**QUINOA, BEET &  
GOAT CHEESE SALAD**

# QUINOA, BEET & GOAT CHEESE SALAD



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
425 kcal  
22g Fats  
44g Carbs  
14g Protein



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## WHAT YOU NEED

- 1 cup (170g) raw quinoa
- 2 small beets, cooked, chopped
- 4 handfuls rocket
- 3 ½ oz. (100g) goat cheese, crumbled
- 1/2 cup (60g) dried cranberries
- 1/4 cup (30g) walnuts, roughly chopped
- 2 tbsp. olive oil
- ¼ lemon, juice only

## WHAT YOU NEED TO DO

*Cook quinoa according to instructions on packaging.*

*Once quinoa is cooked, divide it between two serving bowls. Add chopped beetroot, rocket and crumbled goat cheese.*

*Finally top with cranberries and walnuts. To serve, season with salt and pepper, and drizzle with olive oil and lemon juice.*



# LENTIL & MUSHROOM SOUP



# LENTIL & MUSHROOM SOUP



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per  
serving:  
325 kcal  
5g Fats  
63g Carbs  
10g Protein



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## WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 onion, diced
- 2 carrots, chopped
- 2 cloves garlic, minced
- 3 potatoes, peeled, chopped
- ¼ cup (50g) red lentils
- 4 ¼ cups (1.5L) broth (chicken, vegetable)
- 1 cup (75g) wild mushrooms, chopped
- 1 tbsp. tomato paste

## WHAT YOU NEED TO DO

*In a saucepan, heat the oil and sauté the onion for 4-5 minutes. Add carrots and cook for another 3 minutes. Add the garlic and cook for one more minute.*

*Next add the potatoes, lentils, and broth. Bring to a boil, cover, and simmer on low heat for 10 minutes.*

*Add the mushrooms and cook for another 5 minutes. Lastly, add tomato paste and season with salt and pepper to taste. Boil for another 2 minutes and taste for seasoning.*

*Serve hot.*





**CHICKPEA & CORN BURGERS**

# CHICKPEA & CORN BURGERS



Makes: 8  
Prep: 25 mins  
Cook: 15 mins



Nutrition per  
serving:  
141 kcal  
7g Fats  
13g Carbs  
5g Protein



## WHAT YOU NEED

- 14 oz. (400g) chickpeas, canned, drained
- 3 cloves garlic
- 1 small onion, diced
- 1 tsp. oregano
- 1 tsp. chilli powder
- 1 tsp. cumin
- 1 tsp. smoked paprika
- 1 lime, juice
- ¾ cup (130g) sweetcorn, canned, drained
- 1 red bell pepper, diced
- 1 lime, zest
- ¼ cup (30g) ground almonds
- 2 tbsp. oat flour
- 2 tbsp. coconut oil

## WHAT YOU NEED TO DO

*Place the chickpeas, garlic, onion, spices and lime juice in a food processor, season with salt & pepper and blitz until smooth. Transfer into a large bowl.*

*Add in the sweetcorn, bell pepper, lime zest, and flour and mix well.*

*Roll the batter (an amount equal to 1/3 cup) into balls and shape into burgers. Place them in the freezer for 20 minutes.*

*Preheat the oven to 420F (210C).*

*Heat a portion of the oil in a pan over medium-high heat, and fry the burgers, for about 3 minutes each side. Repeat until all burgers are cooked.*

*Next place in the burgers on a baking tray lined with a baking sheet and bake in the oven for 8 minutes. Allow to slightly cool before serving.*



# QUICK ZUCCHINI & CHICKEN STIR FRY



# QUICK ZUCCHINI & CHICKEN STIR FRY



Serves: 5  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
253 kcal  
9g Fats  
11g Carbs  
30g Protein



## WHAT YOU NEED

- 1/4 cup (60ml) soy sauce (gluten free)
- 1 cup (240ml) chicken broth
- 1 tbsp. corn starch
- 2 tbsp. mirin
- 1 tbsp. sugar
- 2 tsp. sesame oil
- 1 tbsp. coconut oil, divided
- 1 tbsp. minced garlic
- 1 tbsp. minced ginger
- 1 lb (450g) chicken breast, thinly sliced
- 1 large zucchini, cut in thick half-moons
- 1 tbsp. sesame seeds
- 2 tbsp. spring onion, to garnish

## WHAT YOU NEED TO DO

*In a large bowl add the soy sauce, chicken broth, corn starch, mirin, sugar, and sesame oil and whisk until everything is completely dissolved.*

*In a large skillet, add 2 tsp. coconut oil and the chicken, about 2-3 minutes on each side, on medium-high heat. Then set aside on a plate.*

*Using the same skillet, add in the remaining 1 tsp. of oil, garlic and ginger and sauté for 30-45 seconds until fragrant, but being careful not to burn it.*

*Stir the garlic and ginger well and add in the earlier prepared sauce. Whisk well.*

*Simmer the sauce for 1 minute, then add in the zucchini and continue cooking for 2 more minutes, until thickened and the zucchini is tender-crisp.*

*Remove from the heat, add in the chicken, and stir until well coated. Garnish with sesame seeds and scallions if desired.*





**CREAMY PRAWN NOODLES**

# CREAMY PRAWN NOODLES



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
463 kcal  
16g Fats  
58g Carbs  
22g Protein



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## WHAT YOU NEED

- 7oz. (200g) frozen prawns
- 4 ½ oz. (125g) noodles (black rice, buckwheat)
- 1 tbsp. coconut oil
- 1 small onion, diced
- 1 tsp. oregano
- 2 garlic cloves, minced
- 10 cherry tomatoes, cut in quarters
- 2 tbsp. parsley, chopped
- ½ cup (125ml) oat cream

## WHAT YOU NEED TO DO

*Defrost the prawns, rinse and dry. Cook the pasta according to the instructions on the packaging.*

*Heat the coconut oil in a large frying pan and sauté the onion until soft. Add oregano and minced garlic, and fry for another 1-2 mins.*

*Add prawns and fry for about another minute, stirring constantly, season with salt and pepper.*

*Add the cherry tomatoes and parsley, mix and fry for another half a minute.*

*Pour in the cream and bring to a boil. Simmer everything for about 1 minute until the sauce thickens, season with freshly ground pepper and salt as needed.*

*Add strained pasta and heat everything together.*



# BEEF KEEMA



# BEEF KEEMA



Serves: 4  
Prep: 10 mins  
Cook: 35 mins



Nutrition per serving:  
278 kcal  
8g Fats  
16g Carbs  
34g Protein



## WHAT YOU NEED

- 1.1 lb (500g) beef mince, 5% fat
- 1 onion, finely chopped
- 3 garlic cloves, finely chopped
- ½ cup (25g) ginger, peeled and finely chopped
- ½ cup (15g) fresh coriander, leaves and stalks chopped separately
- 2 tbsp. curry powder
- 14 oz. (400g) can chopped tomatoes
- 7/8 cup (200ml) beef stock
- 7 oz. (200g) pot 0% fat natural yoghurt
- 2 cups (300g) peas, frozen

## WHAT YOU NEED TO DO

*Heat a dry frying pan over high heat, and cook the beef mince until browned.*

*Add in the onion, garlic and ginger and sauté for 6-8 minutes until soft. Stir in the coriander stalks and curry powder and continue cooking for another 2-3 minutes, while stirring.*

*Add the chopped tomatoes and beef stock. Season with salt and pepper. Bring to a boil, then reduce heat, and simmer, uncovered, for 20 mins, stirring occasionally.*

*After 20 minutes of simmering, stir in 1 tbsp. of yoghurt. Add the frozen peas and half the coriander leaves. Cook for another 2 mins, until peas are heated through, then season again if needed.*

*Serve with a portion of rice, garnished with the remaining coriander and a spoonful of yoghurt.*



# SPANISH LENTIL STEW



# SPANISH LENTIL STEW



Serves: 4  
Prep: 15 mins  
Cook: 40 mins



Nutrition per  
serving:  
261 kcal  
4g Fats  
47g Carbs  
14g Protein



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## WHAT YOU NEED

- 2 tsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves
- 1 large potato, cut into bite-size pieces
- 2 carrots, chopped
- 100g green beans, chopped
- 2-3 bay leaves
- 150g brown lentils
- 3 cups (700ml) vegetable stock
- 2 cups (475ml) tomato passata
- chilli powder, to taste

## WHAT YOU NEED TO DO

*In a large pot, heat oil over medium-high heat, and sauté the onion and garlic for 2-3 minutes. Then add in the potato, carrots, green beans and bay leaves. Cook for another 2-3 mins.*

*Next, add in the passata and continue cooking for 2 mins. Finally, add the lentils and the vegetable stock. Bring to boil, reduce the heat to low and simmer for 30 minutes or until lentils are cooked.*

*Season with salt and pepper, and hot paprika to taste. If necessary, add more stock, depending on the consistency you want to achieve (more thick for stew, more liquid for soup).*

*Remove the bay leaves and garlic before serving.*





## **CRISPY ZUCCHINI BITES**

# CRISPY ZUCCHINI BITES



Serves: 2  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
350 kcal  
33g Fats  
6g Carbs  
10g Protein



## WHAT YOU NEED

- 1 large zucchini
- 3 tbsp. olive oil
- 6 tbsp. Parmesan, grated
- 4 tbsp. ground almonds
- 1 tsp. dried oregano

## WHAT YOU NEED TO DO

*Heat the oven to 440F (230C).*

*Cut zucchini into thin slices. In a bowl, mix the parmesan cheese, almonds and oregano.*

*Sprinkle the zucchini with some sea salt, and rub with the olive oil - next coat with the parmesan and almond mixture.*

*Place on a baking tray lined with baking paper and bake for about 15-20 minutes until golden brown.*

*Enjoy as a snack on it's own or with a dipping sauce.*



A top-down view of a white ceramic bowl filled with zoodle chicken soup. The soup contains spiralized zucchini noodles, sliced chicken pieces, and sliced carrots. It is garnished with fresh green herbs and a sprinkle of black pepper. The bowl sits on a light-colored, striped cloth. To the right of the bowl is a wooden spoon. The background is a light-colored surface with scattered herb leaves.

# 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 zucchinis, 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 zucchini 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 chili 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, tahini 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

MP

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 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



## 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 Indian chickpea and pumpkin curry. The dish is garnished with fresh green spinach leaves and sliced cherry tomatoes. The bowl sits on a dark blue cloth napkin over a light-colored wooden surface. To the right of the bowl, two wooden spoons are resting on the napkin. A semi-transparent white text box is overlaid on the upper right portion of the bowl.

# 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.*



# 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



## 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 EGGPLANT PIZZA**

# MINI EGGPLANT 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 eggplant
- 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 eggplant lengthwise, about 1/4-1/3 inches thick. Rub 1 tbsp. olive oil on each side of the eggplant 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 eggplant 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



GF

DF

LC

MP

HP



## 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 speckled pattern. The plate contains a serving of white rice on the left, a portion of shredded teriyaki chicken in the center, and a few florets of steamed broccoli on the right. The chicken is coated in a dark, glossy sauce and topped with black sesame seeds. A pair of wooden chopsticks is visible on the right side of the plate.

**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



GF

DF

MP

HP



## 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



GF

DF

MP

HP

Q



## 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



GF

DF

MP

HP



## 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.*





**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



GF

DF

V

Q



## 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.*



The image shows three round, dark brown chocolate cookies resting on a wire cooling rack. Each cookie is decorated with thin, white chocolate drizzles. The cookies are placed on a piece of light-colored parchment paper. The background is a neutral, light color.

## **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



MP Q



## 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).*



A rectangular chocolate, almond, and zucchini bread is presented on a black wire cooling rack. The bread is dark brown and has a moist, dense texture. It is decorated with a thick, glossy chocolate drizzle that is applied in a crisscross pattern across the top. Several sliced almonds are scattered across the surface, some partially covered by the chocolate. The bread is placed on a piece of light brown parchment paper, which is itself on the wire rack. The background is a light-colored, textured surface.

**CHOCOLATE, ALMOND &  
ZUCCHINI BREAD**

# CHOCOLATE, ALMOND & ZUCCHINI 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 zucchini, 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, zucchini, 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.*





**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 8x5-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.*



A top-down view of a glass jar with a metal clasp lid, filled with a thick, white chia pudding. The pudding is topped with a layer of melted chocolate and several pieces of shredded coconut. 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.*





**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.*





**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.*





## **SIMPLE OAT COOKIES**

# SIMPLE OAT COOKIES



Makes: 12  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
203 kcal  
15g Fats  
24g Carbs  
5g Protein



## WHAT YOU NEED

- 2 ¼ cups (180g) oats
- 1 cup (100g) oat flour
- 5/8 cup (70g) ground almonds
- 1 tsp. baking powder
- pinch salt
- 7 tbsps. maple syrup
- 4 tbsps. coconut oil, melted

## WHAT YOU NEED TO DO

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

*Place oats, flour, almonds, baking powder and salt in a large bowl and mix well. Add in the maple syrup, melted coconut oil and mix again.*

*Using slightly wet hands, roll walnut-sized balls and place on a baking tray lined with baking paper. Gently push down each ball to create cookie-like shapes.*

*Bake for 15-20 minutes until golden brown. Allow to cool completely before serving.*



The image shows six rectangular brownies arranged in two rows of three. They are placed on a piece of light-colored parchment paper. The brownies have a dark, almost black, moist-looking texture with visible swirls of a lighter, golden-brown peanut butter filling. The background is a light-colored wooden surface.

**FLOUR-LESS PB BROWNIES**

# FLOUR-LESS PB BROWNIES



Makes: 12  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
192 kcal  
11g Fats  
19g Carbs  
6g Protein



## WHAT YOU NEED

- 2 large eggs
- 3/4 cup (90g) ground almonds
- 1/3 cup (35g) unsweetened cocoa powder
- 1/8 tsp. salt
- 3/4 tsp. baking soda
- 1/2 cup (175g) honey
- 1 tsp. vanilla extract
- 1/2 cup (90g) dark chocolate chips
- 1/3 cup (85g) peanut butter

## WHAT YOU NEED TO DO

*Preheat the oven to 325F (160C). Spray a non-stick 9 x 9-inch baking pan with cooking spray and line baking paper.*

*In a medium bowl, whisk 1 large whole egg with 1 egg yolk. Add 1/4 cup (60ml) water, the honey, and vanilla extract and stir with the spatula until combined.*

*In a large bowl, combine the almond meal, cocoa powder, salt, and baking soda.*

*Pour the egg mixture into the bowl with the dry ingredients and mix well. Fold in the chocolate chips.*

*Pour the batter into the prepared baking pan, then top with the peanut butter. Mix it slightly on the top, creating swirls with a fork.*

*Place in the oven and bake for about 30 mins, or until an inserted toothpick comes out clean.*

*Let cool for another 30 mins before cutting into 12 pieces.*

