



# AUGUST RECIPE PACK

*Discover 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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Acai Bowl	<b>BREAKFAST</b> Mango & Almond Butter Protein Smoothie	<b>BREAKFAST</b> Breakfast Burrito	<b>BREAKFAST</b> Breakfast Burrito	<b>BREAKFAST</b> Goat's Cheese, Mango & Honey Toast	<b>BREAKFAST</b> Acai Bowl	<b>BREAKFAST</b> Goat's Cheese, Mango & Honey Toast
<b>LUNCH</b> Green Beans with Tofu & Roasted Peanuts	<b>LUNCH</b> Green Beans with Tofu & Roasted Peanuts	<b>LUNCH</b> Leftover Eggplant Beef Marinara	<b>LUNCH</b> Green Beans, Chicken & Grapefruit Salad	<b>LUNCH</b> Green Beans, Chicken & Grapefruit Salad	<b>LUNCH</b> Mediterranean Tuna Salad	<b>LUNCH</b> Mediterranean Tuna Salad
<b>SNACK</b> E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	<b>SNACK</b> E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	<b>SNACK</b> E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	<b>SNACK</b> E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	<b>SNACK</b> E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	<b>SNACK</b> E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	<b>SNACK</b> E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding
<b>DINNER</b> Cod Baked with Spinach & Crispy Top	<b>DINNER</b> Eggplant Beef Marinara	<b>DINNER</b> Jackfruit Curry	<b>DINNER</b> Jackfruit Curry	<b>DINNER</b> Salmon Papillote	<b>DINNER</b> Meal Out - Enjoy!	<b>DINNER</b> Sweet Potato BBQ Chicken Pizza

# WEEKLY SHOPPING LIST



## FRUIT & VEGETABLES

### *Fruit*

- 1x avocado
- 4x bananas
- 1x grapefruit
- 2x lemons
- 1x lime
- 2x mangoes
- raspberries

### *Vegetable*

- bunch asparagus
- 2x carrots
- celery
- 2x eggplants
- garlic
- green beans
- lettuce
- mini/baby potatoes
- 2x red bell peppers
- 1x red onion
- 1x shallot
- 5x sweet potatoes
- 1x tomato
- 3x yellow onions
- 3x zucchinis

### *Herbs*

- basil
- coriander
- parsley

## MEAT, FISH, DAIRY & PLANT BASED

### *Meats*

- 1 lb. (480g) chicken breast
- 14 oz. (400g) lean ground beef
- bacon

### *Fish & Seafood*

- 2x cod fillets
- 14 oz. (400g) salmon fillets

### *Dairy*

- 5.3 oz. (150g) cheddar cheese
- goat's cheese
- Parmigiano Reggiano

### *Non-Dairy*

- 10 oz. (280g) tofu
- 6x eggs
- almond milk

### *Frozen*

- spinach
- blueberries
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## SEEDS, BAKING & SPICES

### *Grains*

- all purpose wheat flour
- almond meal
- coconut flour
- oat flour
- Jasmine rice

### *Nuts & Seeds*

- chia seeds
- peanuts

### *Baking*

- baking powder
- baking soda
- unsweetened cocoa powder
- vanilla extract

### *Spices*

- chili flakes
- cinnamon
- rosemary
- oregano
- paprika
- turmeric
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## CANS, CONDIMENTS & MISC

### *Oils*

- olive oil
- coconut oil
- sesame oil

### *Sweeteners*

- cane sugar
- honey

### *Boxed, Cans & Condiments*

- roasted peppers
- bread crumbs
- jackfruit
- chickpeas
- chopped tomatoes
- tomato paste
- canned coconut milk
- 2x tins tuna
- almond butter
- artichokes
- capers
- rice vinegar
- tamari
- red Thai curry paste

### *Other*

- acai powder/pulp
- whole grain bread
- whole wheat tortilla
- vanilla protein powder
- \_\_\_\_\_



**GOAT'S CHEESE, MANGO  
AND HONEY TOAST**

# GOAT'S CHEESE, MANGO AND HONEY TOAST



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
250 kcal  
8g Fats  
37g Carbs  
10g Protein



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## WHAT YOU NEED

- 2 slices whole-grain bread
- 4 slices goat's cheese
- ½ mango, sliced
- 2 tsp. honey
- ¼ tsp. sea salt
- 2 tbsp. basil leaves

## WHAT YOU NEED TO DO

*Toast the bread.*

*Place the sliced cheese and mango on the toast and drizzle with honey.*

*To serve, season with salt and garnish with basil leaves.*



**ACAI BOWL**

# ACAI BOWL



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
373 kcal  
5g Fats  
65g Carbs  
22g Protein



## WHAT YOU NEED

- 2 tbsp. acai powder
- 1 cup (160g) frozen mango
- 1 medium banana
- ½ cup (50g) frozen blueberries
- ½ cup (120ml) unsweetened almond milk
- 4 tbsp. vanilla protein powder

## WHAT YOU NEED TO DO

*Place all ingredients into a powerful high-speed blender and blitz until smooth, adding more milk or water as needed.*

*Pour the frozen smoothie into a bowl and top with your favorite toppings.*

### **NOTE:**

*Toppings are not included in the nutrition information.*



A top-down photograph of a smoothie. Two glass jars filled with a thick, light-brown smoothie are the central focus. One jar is in the foreground, resting on a folded, light-colored cloth with blue and white stripes. The other jar is partially visible in the upper left. To the right, a banana with its yellow peel partially removed lies on a white wooden surface. Several almonds are scattered around the jars. The background is a light, neutral color.

**MANGO & ALMOND  
BUTTER PROTEIN SMOOTHIE**

# MANGO AND ALMOND BUTTER PROTEIN SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
349 kcal  
11g Fats  
43g Carbs  
25g Protein



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## WHAT YOU NEED

- 1 cup (160g) frozen mango
- ½ banana, sliced
- ½ cup (120ml) unsweetened almond milk
- 1 tbsp. almond butter
- 1 scoop (25g) vanilla protein powder

## WHAT YOU NEED TO DO

*Blitz all ingredients in a blender until smooth. Serve immediately.*





## **BREAKFAST BURRITO**

# BREAKFAST BURRITO



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
518 kcal  
36g Fats  
31g Carbs  
20g Protein



## WHAT YOU NEED

- 1 avocado, mashed
- 1 tomato, diced
- 1 tbsp. shallot, diced
- ½ lime, juiced
- 3 eggs
- 2 slices organic bacon
- 2 whole wheat tortilla

## WHAT YOU NEED TO DO

*Prepare the guacamole by mixing the mashed avocado with the diced tomato and onions. Drizzle with lime juice and season with salt and pepper to taste.*

*Heat a dry, non-stick pan over medium heat and cook the bacon until crispy, then set aside. In the same pan, make the scrambled eggs.*

*Heat a grill pan over medium heat and assemble the burrito. Divide everything between the two wraps, layering the guacamole, cooked eggs, and crispy bacon. Fold all the sides in and place them on the grill pan.*

*Grill for about 2-3 minutes on each side until browned. Serve hot or cold.*





**MEDITERRANEAN  
TUNA SALAD**

# MEDITERRANEAN TUNA SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
364 kcal  
17g Fats  
24g Carbs  
31g Protein



## WHAT YOU NEED

- 1 ½ cans tuna in brine (5.2 oz./150g)
- 1 stalk celery
- ¼ cup (40g) roasted red peppers, chopped
- ½ can (7 oz./200g) artichoke hearts, chopped
- ½ red onion, diced
- 4 tbsp. parsley, chopped
- 4 tbsp. basil leaves, chopped
- 2 tbsp. capers, drained
- 1 tbsp. lemon juice
- 2 tbsp. extra virgin olive oil
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 2 slices whole grain bread

## WHAT YOU NEED TO DO

*In a medium bowl, add the tuna, celery, roasted red pepper, artichokes, red onion, parsley, basil and capers. Drizzle with lemon juice and 1 tablespoon of olive oil. Gently toss to combine. Season with salt and pepper.*

*Toast your bread and then pile the tuna salad on top of each piece of toast. Serve immediately.*





**GREEN BEANS, CHICKEN  
AND GRAPEFRUIT SALAD**

# GREEN BEANS, CHICKEN AND GRAPEFRUIT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 12 mins



Nutrition per  
serving:  
344 kcal  
17g Fats  
18g Carbs  
31g Protein



## WHAT YOU NEED

- 9 oz. (250g) chicken breast
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 2 tbsp. extra virgin olive oil
- 1 ½ cups (220g) green beans, trimmed
- 1 grapefruit
- 1 head green lettuce

## WHAT YOU NEED TO DO

*Season the chicken with salt and pepper. Heat 1 tablespoon of oil in a pan over medium-high heat and fry the chicken until cooked through and browned; about 5-6 minutes on each side.*

*Cook the green beans in slightly salted water until they are crisp-tender. Remove from heat, drain and rinse with cold water.*

*Cut off the skin of the grapefruit and divide it into segments. Do this over a bowl, so you keep all the juice for dressing.*

*To serve, divide the lettuce leaves between plates, then top them with green beans, grapefruit, and chicken. Drizzle with the grapefruit juice and season with salt and pepper to serve.*



A top-down view of a light-colored ceramic bowl filled with a stir-fry. The dish consists of bright green beans, golden-brown cubed tofu, and a generous amount of crushed roasted peanuts. The ingredients are coated in a dark, glossy sauce. The bowl sits on a light-colored, textured surface, possibly a tablecloth, with a few loose peanuts scattered around. A pair of dark wooden chopsticks is visible at the bottom of the frame.

**GREEN BEANS WITH TOFU  
& ROASTED PEANUTS**

# GREEN BEANS WITH TOFU & ROASTED PEANUTS



Serves: 2  
Prep: 10 mins  
Cook: 7 mins



Nutrition per  
serving:  
173 kcal  
12g Fats  
10g Carbs  
11g Protein



## WHAT YOU NEED

- 1 tbsp. sesame oil
- 9.8 oz. (280g) tofu
- 1 ½ cups (220g) green beans, halved
- ½ tsp. chili flakes
- 1 tbsp. tamari
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- ¼ cup (30g) roasted peanuts, chopped

## WHAT YOU NEED TO DO

*Drain the tofu, wrap in a kitchen towel and press gently to remove excess water. Unwrap, pat dry and slice into cubes.*

*Heat sesame oil in a large pan set over medium-high heat. Add the tofu to the pan and let cook for a minute, before turning over. Cook until lightly browned, about 3 minutes. Add the green beans and chili flakes, frequently stirring for about 3-4 minutes, until the beans are crisp-tender.*

*In a cup, stir the tamari, vinegar and honey; then drizzle over the tofu and beans. Stir and toss to coat, then transfer to serving bowls. Sprinkle with peanuts to serve.*



# EGGPLANT BEEF MARINARA



# EGGPLANT BEEF MARINARA



Serves: 4  
Prep: 15 mins  
Cook: 40 mins



Nutrition per serving:  
359 kcal  
18g Fats  
24g Carbs  
27g Protein



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## WHAT YOU NEED

- 2 eggplants
- 1 tbsp. extra virgin olive oil
- 14 oz. (400g) extra lean ground beef
- 1 medium yellow onion, chopped
- 2 garlic, minced
- 1 cup (200g) diced tomatoes
- 2 tbsp. tomato paste
- 1 tsp. dried rosemary
- ½ cup (50g) cheddar cheese, grated

## WHAT YOU NEED TO DO

Preheat oven to 400°F (200°C).

*Cut each eggplant in half lengthwise. Using a knife, cut the flesh of each eggplant in a cross-hatch pattern; be careful not to cut through the skin. Place the eggplant halves on a baking tray, flesh side up. Drizzle with olive oil and season with salt and pepper. Then, bake for about 30 minutes until soft.*

*In the meantime, prepare the beef marinara sauce. Heat a dry, non-stick pan over medium-high heat and cook the ground beef for 5-6 minutes until browned. Add in the onion and garlic, and cook for another 3-4 minutes.*

*Next, add in the diced tomatoes, tomato paste, and rosemary, then bring to a boil. After bringing to a boil, reduce heat to low. Continue simmering until eggplant is ready, which should take around 20 minutes.*

*Remove the eggplant from the oven, and scoop out the center, leaving enough meat inside the skin to hold its shape. Chop the removed flesh, and add to the beef, mixing well.*

*Spread ¼ of the beef marinara sauce over each eggplant half, and sprinkle each with cheese.*

*Place the stuffed eggplant back into the oven, and continue to cook for about 10 more minutes until lightly browned.*





# SALMON PAPILOTE

# SALMON PAPILOTE



Serves: 4  
Prep: 15 mins  
Cook: 10 mins



Nutrition per  
serving:  
253 kcal  
14g Fats  
11g Carbs  
22g Protein



## WHAT YOU NEED

- 2 garlic, minced
- ½ cup (15g) parsley, finely chopped
- 2 tbsp. extra virgin olive oil
- 1 bunch asparagus
- 1 red bell pepper, sliced
- 2 medium carrots, peeled and cut into sticks
- 1 medium yellow onion, wedges
- 1 zucchini, cut into sticks
- 14 oz. (400g) salmon fillet

## WHAT YOU NEED TO DO

Preheat oven to 450°F (200°C).

*In a small bowl or blender, mix garlic, parsley, olive oil, salt, and pepper. Set aside until needed.*

*Prepare the vegetables and distribute evenly over an 18x15-inch pieces of baking paper or tin foil.*

*Place the salmon on top and cover it with the already prepared parsley and oil mixture.*

*Place the pouches (papillote) on a baking tray and bake for 10 minutes. When ready, the parchment paper should puff up and brown slightly.*

*Remove from the oven and serve immediately. Transfer the envelope to a plate. Carefully cut open and serve.*





# JACKFRUIT CURRY

# JACKFRUIT CURRY



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
489 kcal  
18g Fats  
75g Carbs  
10g Protein



## WHAT YOU NEED

- 1 cup (225g) Jasmine rice, uncooked
- 1 yellow onion, chopped
- 4 tbsp. red Thai curry paste
- 1 sweet potato, peeled and chopped into bite-size chunks
- 1 cup (165g) chickpeas, drained and rinsed
- 1 ½ cups (350ml) coconut milk, canned
- 1 cup (175g) canned jackfruit, chopped
- handful cilantro, chopped
- 1 lime, to garnish

## WHAT YOU NEED TO DO

*Cook rice according to instructions on the packaging.*

*Heat oil in a large skillet over medium-high heat. Add the onion in, frequently stirring for about 5-6 minutes until fragrant. Add the curry paste, stir and cook for another minute.*

*Add in the sweet potatoes, chickpeas and coconut milk to the skillet and stir to combine.*

*Allow the sauce to heat up until simmering. Let it continue to simmer for about 10-15 minutes, or until sweet potatoes are tender enough to be easily pierced with a fork. If the mixture gets too thick (or dry), you can add water to the pan, ¼ cup (60ml) at a time, up to ½ cup (120ml).*

*Lastly, add the jackfruit and cook for another 2-3 minutes until heated through. Taste and season with salt and pepper, if needed.*

*Serve curry over rice with cilantro and a squeeze of lime.*





**SWEET POTATO  
BBQ CHICKEN PIZZA**

# SWEET POTATO BBQ CHICKEN PIZZA



Serves: 4  
Prep: 15 mins  
Cook: 45 mins



Nutrition per serving:  
524 kcal  
15g Fats  
62g Carbs  
36g Protein



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## WHAT YOU NEED

- 4 sweet potatoes, peeled and chopped
- 1 ½ cups (150g) oat flour
- 1 egg
- ¼ tsp. sea salt
- 4 tbsp. tomato paste
- 4 tbsp. barbecue sauce
- 8 oz. (230g) chicken breast, cooked
- 1 small red onion, sliced
- 1 red bell pepper, sliced
- 1 cup (100g) cheddar cheese, grated

## WHAT YOU NEED TO DO

*Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and set aside.*

*Cook the sweet potatoes until very tender when pierced with a fork; 8-10 minutes. Alternatively, microwave in a bowl with ¼ cup water, covered, until tender; for 5 minutes. Drain. Transfer to a large bowl and mash until completely smooth. Set aside and let cool in room temperature.*

*Add in the flour, eggs, salt, and stir to combine. Place the mixture on the prepared baking sheet and spread it into a 12x10x½-inch (30cmx27cm) rectangle. Bake until the base is dry to the touch and beginning to brown on the edges; about 25 minutes.*

*Spread the tomato paste and barbecue sauce evenly on the pizza base. Place chicken, onions, and bell pepper evenly on the top and bake for 10 minutes. Remove from the oven and sprinkle with cheese. Continue baking until the cheese is bubbly; about 10 minutes. Cut into squares and serve.*





**COD BAKED WITH SPINACH  
& CRISPY TOP**

# COD BAKED WITH SPINACH AND CRISPY TOP



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
388 kcal  
11g Fats  
43g Carbs  
30g Protein



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## WHAT YOU NEED

- 1 lb. (450g) baby potatoes
- 2 cod fillets (8 oz./230g each)
- ½ lemon, juiced
- 2 garlic cloves, minced
- 1 tsp. paprika
- 1 tsp. oregano
- 1 tsp. turmeric
- 2 + ½ tbsp. all-purpose gluten-free flour
- 3 tbsp. extra virgin olive oil
- 1 cup (150g) frozen spinach
- 4 tbsp. unsweetened almond milk
- ½ cup (45g) bread crumbs
- ¼ cup (25g) Parmigiano Reggiano

## WHAT YOU NEED TO DO

*Cook potatoes according to instructions on packaging.*

*Rinse the fish and pat dry. Drizzle with lemon, then season with salt, black ground pepper, and 1 clove minced garlic. Sprinkle spices; paprika, oregano, and turmeric), then coat in 2 tablespoons of flour.*

*Prepare the spinach layer. Heat 1 tablespoon of olive oil in a frying pan. Add a second garlic clove and fry for 2-3 minutes until fragrant. Add the spinach and stir for about 4-5 minutes until wilted.*

*Next, add the milk, season with salt and pepper, then heat for 2-3 minutes. Add half a tablespoon of flour and mix well.*

*In a small bowl, mix the bread crumbs, parmesan, and 2 tablespoons of olive oil.*

*Arrange the fish on a baking tray greased with a little olive oil. Top the fish with a layer of spinach and sprinkle with breadcrumb mix.*

*Bake in the preheated oven for 20 minutes. Serve with baby potatoes.*





## ZUCCHINI BANANA BREAD

# ZUCCHINI BANANA BREAD



Serves: 12  
Prep: 10 mins  
Cook: 60 mins



Nutrition per  
serving:  
196 kcal  
7g Fats  
29g Carbs  
5g Protein



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## WHAT YOU NEED

- 1 zucchini, grated
- 1 medium banana
- $\frac{3}{4}$  cup (150g) cane sugar
- $\frac{1}{4}$  cup (60ml) extra virgin olive oil
- 1 tsp. vanilla extract
- 2 eggs
- 2 cups (200g) oat flour
- 1 tsp. cinnamon
- 1 tsp. baking soda

## WHAT YOU NEED TO DO

*Preheat the oven to 350°F (180°C). Line a 9x5-inch loaf pan with parchment paper.*

*In a large bowl, stir together zucchini, banana, sugar, oil, vanilla, and egg. In a medium bowl, whisk together flour, cinnamon, baking soda, and salt. Add the flour mixture to the zucchini mixture, and stir well to combine.*

*Spoon batter into prepared pan. Bake for 55-60 minutes until an inserted wooden spoon comes out clean. Cool in the tin for 10 minutes, then remove from the pan and cool on a wire rack.*





**CHOCOLATE  
ZUCCHINI MUFFINS**

# CHOCOLATE ZUCCHINI MUFFINS



Makes: 12  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
serving:  
181 kcal  
12g Fats  
15g Carbs  
7g Protein



## WHAT YOU NEED

- 2 cups (240g) almond meal
- 4 tbsps. coconut flour
- ½ cup (50g) unsweetened cocoa powder
- ½ tsp. baking soda
- 1 tsp. baking powder, gluten free
- ½ tsp. sea salt
- 1 large ripe banana, mashed
- ¼ cup (60ml) unsweetened almond milk
- 3 eggs
- ¼ cup (60ml) honey
- 1 tsp. vanilla extract
- 1 zucchini, grated (about 1 cup)

## WHAT YOU NEED TO DO

*Preheat oven to 350°F (180°C).*

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

*In a separate bowl, combine mashed banana, almond milk, eggs, honey, and vanilla extract.*

*Add the wet mixture to the dry mixture and stir to combine.*

*Place grated zucchini between two layers of paper towel and squeeze out excess liquid, and then add to the batter.*

*Grease a 12-cup muffin tin or place a muffin liner in each and distribute batter evenly between cups. Bake for 25 minutes or until the tops spring back when touched.*

*Let cool for 10 minutes before removing and placing onto a wire rack to cool completely.*





**LEMON RASPBERRY  
CHIA PUDDING**

# LEMON RASPBERRY CHIA PUDDING



Serves: 2  
Prep: 5 mins  
Chill: 8 hrs



Nutrition per  
serving:  
339 kcal  
19g Fats  
39g Carbs  
10g Protein



## WHAT YOU NEED

- 2 cups (470ml) unsweetened almond milk
- ½ cup (85g) chia seeds
- ½ lemon, zest and juice
- ½ tsp. vanilla extract
- 1 cup (65g) raspberries, fresh or frozen
- 1 tbsp. honey

## WHAT YOU NEED TO DO

*Combine all ingredients in a large, sealable container. Make sure all chia seeds are mixed in well.*

*Let sit overnight or for at least eight hours. Serve cold with toppings of choice.*

