

28 DAY CHALLENGE

*LOCKDOWN
EDITION*

CHALLENGE RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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TABLE OF CONTENTS

1	CHICKEN BREAKFAST PATTIES
2	CRUNCHY HOMEMADE HONEY GRANOLA
3	COTTAGE CHEESE BREAKFAST BOWL
4	TUNA OMELET
5	MEXICAN CORN SALAD
6	ROASTED CHERRY TOMATO SALAD
7	GRILLED THAI CURRY CHICKEN
8	GUACAMOLE WITH GREEN PEAS
9	SALMON, SPINACH AND SUNDRIED TOMATO CURRY
10	KETO PESTO ZOODLES WITH CHICKEN
11	KOREAN STYLE TURKEY MEATBALLS
12	VEGETARIAN CHILI
13	CORIANDER AND LIME DRESSING
14	LIME ENERGY BALLS
15	ORANGE AND POPPY SEED CAKE



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

SAMPLE WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Chicken
Breakfast Patties

LUNCH

Mexican Corn
Salad

SNACK

E.g. Guacamole with
Green Peas, Lime
Energy Balls, Orange
and Poppy Seed Cake

DINNER

Salmon, Spinach
and Sundried
Tomato Curry

TUESDAY

BREAKFAST

Chicken
Breakfast Patties

LUNCH

Mexican Corn
Salad

SNACK

E.g. Guacamole with
Green Peas, Lime
Energy Balls, Orange
and Poppy Seed Cake

DINNER

Korean Style
Turkey Meatballs

WEDNESDAY

BREAKFAST

Cottage Cheese
Breakfast Bowl

LUNCH

Leftover Korean
Style Turkey
Meatballs

SNACK

E.g. Guacamole with
Green Peas, Lime
Energy Balls, Orange
and Poppy Seed Cake

DINNER

Vegetarian Chili

THURSDAY

BREAKFAST

Tuna Omelet

LUNCH

Roasted Cherry
Tomato Salad

SNACK

E.g. Guacamole with
Green Peas, Lime
Energy Balls, Orange
and Poppy Seed Cake

DINNER

Vegetarian Chili

FRIDAY

BREAKFAST

Crunchy
Homemade
Honey Granola

LUNCH

Roasted Cherry
Tomato Salad

SNACK

E.g. Guacamole with
Green Peas, Lime
Energy Balls, Orange
and Poppy Seed Cake

DINNER

Grilled Thai
Curry Chicken

SATURDAY

BREAKFAST

Tuna Omelet

LUNCH

Keto Pesto
Zoodles with
Chicken

SNACK

E.g. Guacamole with
Green Peas, Lime
Energy Balls, Orange
and Poppy Seed Cake

DINNER

Meal Out -
Enjoy!

SUNDAY

BREAKFAST

Cottage Cheese
Breakfast Bowl

LUNCH

Keto Pesto
Zoodles with
Chicken

SNACK

E.g. Guacamole with
Green Peas, Lime
Energy Balls, Orange
and Poppy Seed
Cake

DINNER

Grilled Thai Curry
Chicken

CHICKEN BREAKFAST PATTIES



CHICKEN BREAKFAST PATTIES



Makes: 10
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
92 kcal
4g Fats
4g Carbs
10g Protein



WHAT YOU NEED

- 1 lb. (450g) ground chicken (50/50 mix of chicken breast and chicken thigh)
- 1 small apple, peeled, minced
- ½ small onion, minced
- 2 tbsp. chopped parsley
- 1 tsp. sea salt
- ½ tsp. garlic powder
- ¼ tsp. ground black pepper
- 2 tbsp. coconut oil

WHAT YOU NEED TO DO

In a large bowl, mix together all the ingredients apart from the coconut oil.

Using slightly wet hands make 10 small patties.

Heat the coconut oil in a large pan over medium-high heat, taking care not to burn the oil. Add the patties and cook the one side for about 3-4 minutes, or until golden brown. Flip and cook the other side until browned and cooked through. Repeat the process with the remaining patties.





**CRUNCHY HOMEMADE
HONEY GRANOLA**

CRUNCHY HOMEMADE HONEY GRANOLA



Serves: 24
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
131 kcal
8g Fats
15g Carbs
2g Protein



WHAT YOU NEED

- 3 cups (240g) rolled oats
- ½ cup (50g) almonds, chopped
- ½ cup (60g) walnuts, chopped
- ¼ cup (25g) dried banana chips, chopped
- ½ cup (60g) dried cranberries
- 1 tsp. cinnamon
- ½ cup (120ml) coconut oil, melted
- ½ cup (170g) honey
- 1 tsp. vanilla extract

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C). Line a baking tray with baking paper.

In a large bowl, mix together the oats, nuts, banana chips, cranberries and cinnamon. In a separate bowl, mix together the coconut oil, honey and vanilla.

Pour the honey mixture over into the oat mixture and stir until evenly coated.

Spread the mixture out evenly over the baking paper. If necessary do this in two batches to avoid the mixture sticking together.

Bake for 25-30 minutes, stirring halfway through and towards the end of cooking making sure it does not burn. Once the mixture is golden, remove the tray from the oven and give everything a good stir to mix.

Once the granola has cooled, pour into an airtight container and break apart any larger pieces.

Store in an airtight container for up to 2 weeks.





**COTTAGE CHEESE
BREAKFAST BOWL**

COTTAGE CHEESE BREAKFAST BOWL



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
288 kcal
15g Fats
27g Carbs
15g Protein



WHAT YOU NEED

- ½ cup (115g) cottage cheese
- ¼ cup (40g) frozen berries
- 2 tbsp. walnuts, chopped
- 1 tbsp. honey

WHAT YOU NEED TO DO

Place the cottage cheese into a serving bowl. Top with the frozen berries and walnuts. Drizzle with honey and serve straight away.



TUNA OMELET

TUNA OMELET



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
356 kcal
20g Fats
5g Carbs
37g Protein



GF

LC

HP

Q



WHAT YOU NEED

- 2 tsp. coconut oil
- 1 red bell pepper, diced
- 1 x 4 oz. (110g) can tuna, in brine, drained
- 2 tbsp. cream cheese, like Philadelphia
- 6 eggs
- chili flakes, to garnish
- salt and pepper

WHAT YOU NEED TO DO

Heat 1 teaspoon of oil in small frying pan over a medium heat and sauté the bell pepper for about 3 minutes. Remove from the heat.

In a bowl, mix the bell pepper, drained tuna and cream cheese. Set aside.

In a separate bowl, beat the eggs together. Season with salt and pepper.

In the same frying pan heat the remaining 1 teaspoon of oil over medium-high heat, taking care not to burn the coconut oil. Pour in half the eggs. Wait until the eggs on the bottom of the pan start to set.

Working quickly, use a spatula or wooden spoon to draw in the sides of the eggs to the center. Gently shake the pan to redistribute the egg to the edges. Continue cooking until the eggs are almost set.

Spoon half the tuna mixture onto the omelet and gently lift one edge to fold over in half. Cook for another minute. Then transfer the omelet onto a serving plate and garnish with chili flakes, season with sea salt and pepper. Now repeat the process for the second omelet. Once both omelets are cooked serve immediately.





**MEXICAN
CORN SALAD**

MEXICAN CORN SALAD



Serves: 6
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
114 kcal
7g Fats
12g Carbs
3g Protein



WHAT YOU NEED

- 2 cups (300g) sweetcorn, frozen
- 1 red onion, diced
- 1 jalapeño pepper, seeded and diced
- 2 cloves garlic, minced
- ¼ cup (35g) feta cheese, crumbled
- 3 tbsp. mayonnaise
- 1 lime, juiced
- ½ tsp. chili powder
- ½ tsp. paprika
- ¼ tsp. sea salt
- ¼ tsp. ground black pepper
- ½ cup (8g) coriander, chopped

WHAT YOU NEED TO DO

To defrost the sweetcorn, place it in a colander and run warm water over it until thawed. Drain and place in a skillet over medium heat, cooking until warm.

Place the corn, diced onion, garlic, jalapeño, and feta cheese in a large bowl. Mix until combined.

In a small bowl, mix the mayo, lime juice, chili powder, paprika, sea salt, pepper and coriander.

Drizzle the dressing over the salad ingredients and mix well. Serve immediately or store in a sealed container in the fridge until ready to eat.

ROASTED CHERRY TOMATO SALAD



ROASTED CHERRY TOMATO SALAD



Serves: 6
Prep: 15 mins
Cook: 45 mins



Nutrition per
serving:
163 kcal
12g Fats
12g Carbs
3g Protein



WHAT YOU NEED

- 2 lbs. (900g) cherry tomatoes, halved
- ¼ cup (60ml) olive oil
- 1 tbsp. honey
- ½ tsp. sea salt
- 1 small cucumber, peeled, diced
- ½ cup (70g) feta, crumbled
- 1 small red onion, chopped
- 2 tbsp. balsamic vinegar
- 1 tbsp. basil, chopped

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C).

Place half of the tomatoes in a bowl and, set aside.

Gently mix the other half of tomatoes in a separate bowl with the olive oil, honey, and salt.

Place the seasoned tomatoes on a baking tray on the top rack of the oven. Bake for about 45 minutes until they start to shrink and caramelize. Once cooked set aside to cool.

Once cooled, mix the roasted tomatoes with the fresh tomatoes, cucumber, feta cheese, onion, vinegar and basil in a large bowl. Season to taste with salt and pepper and serve.





**GRILLED THAI
CURRY CHICKEN**

GRILLED THAI CURRY CHICKEN



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
283 kcal
12g Fats
4g Carbs
39g Protein



WHAT YOU NEED

- 1.5 lbs. (680g) chicken breasts
- 2 tbsp. olive oil

Thai Spice blend:

- 2 ½ tbsp. curry powder
- ½ tbsp. onion powder
- 3 tsp. chili flakes
- 1 ½ tsp. salt
- 1 tsp. dried parsley

WHAT YOU NEED TO DO

Combine the spice blend ingredients in a small bowl or jar. This spice blend will be used as a rub for the chicken breasts. Drizzle the chicken with olive oil and rub in the spice blend, use enough spice rub to cover each chicken breast, storing any extra spice for a later date.

Preheat the oven to 390°F (200°C). Place the chicken breasts on a tray and bake in the for 18-20 minutes until cooked through and browned. Cooking times will vary based on the size of your chicken breast. The internal temperature of the chicken should be 165°F (75°C).



**GUACAMOLE WITH
GREEN PEAS**

GUACAMOLE WITH GREEN PEAS



Serves: 6
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
80 kcal
5g Fats
8g Carbs
2g Protein



WHAT YOU NEED

- 1 cup (130g) frozen peas, thawed
- 1 avocado, mashed
- 1 lime, juiced
- 1 tomato, diced
- 1/2 red onion, diced
- 1 jalapeño, seeded and diced
- 1/4 cup (4g) fresh coriander, chopped
- 2 cloves garlic, minced
- salt and pepper

WHAT YOU NEED TO DO

Place the peas in a food processor and pulse until smooth.

Transfer the peas into a medium bowl and add the mashed avocado, lime juice, tomato, onion, jalapeño, coriander, and garlic. Season to taste with salt and pepper, and mix well.

Serve as a dip.





**SALMON, SPINACH AND
SUNDRIED TOMATO CURRY**

SALMON, SPINACH AND SUNDRIED TOMATO CURRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
435 kcal
26g Fats
11g Carbs
39g Protein



GF LC
MP HP



WHAT YOU NEED

- 1.5 lb. (680g) salmon fillets
- 2 tsp. curry powder
- 7 oz. (200g) spinach
- ¼ cup (30g) sundried tomatoes, drained, halved
- 1 cup (240ml) cooking cream
- 2 tbsp. olive oil
- 1 tbsp. wholemeal flour
- salt and pepper

WHAT YOU NEED TO DO

To prepare the salmon cut the skin from the salmon, and cut it into four portions. Season with salt and pepper, then rub with the curry powder and 1 tablespoon of olive oil.

Heat the remaining oil in a large frying pan. Coat the salmon fillets with the flour and place them in the pan. Fry on medium-high heat for about 2 minutes, then turn over and repeat.

Place the sundried tomatoes between the pieces of salmon, and the spinach on top. Pour over the cream and cook over medium heat for about 14-16 minutes. Season to taste with salt and pepper and serve.



**KETO PESTO ZOODLES
WITH CHICKEN**

KETO PESTO ZOODLES WITH CHICKEN



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
338 kcal
19g Fats
11g Carbs
32g Protein



WHAT YOU NEED

- 4 zucchini, spiralised
- 1 lb. (450g) chicken breast, chopped
- 2 tbsp. olive oil
- 4 tbsp. green pesto
- 2 cups (300g) cherry tomatoes, halved
- 1/3 cup (30g) parmesan cheese, grated
- fresh basil, to serve
- chili flakes, to serve
- salt and pepper

WHAT YOU NEED TO DO

Make zucchini noodles using spiralizer or a vegetable peeler.

Heat 1 tablespoon of olive oil in a large pan over medium heat. Season the chicken with salt and pepper and place the chicken in the pan for 8-10 minutes, ensuring it is cooked all over. Once the chicken is cooked through, transfer to a plate and set aside.

Next, cook the zoodles. In the same pan, add the remaining tablespoon of oil, pesto, tomatoes and zucchini noodles. Stir well, until the zoodles are coated with the pesto. Add the chicken back into the pan, along with the parmesan cheese and toss. Add more salt and pepper if necessary.

Serve with fresh basil and chili flakes.



**KOREAN STYLE
TURKEY MEATBALLS**

KOREAN STYLE TURKEY MEATBALLS



Serves: 4
Prep: 40 mins
Cook: 23 mins



Nutrition per serving:
362 kcal
17g Fats
28g Carbs
26g Protein



WHAT YOU NEED

For the meatballs:

- 1 small bread roll
- 1 lb. (450g) ground lean turkey
- 1 egg
- 1 tsp. paprika
- 1 tsp. garlic powder
- 1 tsp. sesame oil
- 1 tbsp. soy sauce
- 2 tbsp. flour
- 1 tbsp. olive oil
- 1 cup (240ml) chicken stock
- salt and pepper

For the sauce:

- 5 tbsp. sweet chili sauce
- 4 tbsp. soy sauce
- 2 tbsp. sesame oil
- 3 tbsp. tomato_ketchup
- 1 tsp. garlic powder

WHAT YOU NEED TO DO

For the meatballs:

Place the ground turkey into a large bowl.

Place the bread roll in a small bowl, and cover with cold water. Leave it to soak for about half an hour. Once soft, drain the water, and add to the meat.

Next add in the egg, paprika, garlic, sesame oil, soy sauce, season with salt and pepper and mix well.

With slightly damp hands, make small meatballs about the size of a walnut. Dust each meatball with the flour.

Heat the olive oil in a large deep sided frying pan and cook the meatballs until browned all over. Add in the hot chicken stock, bring to boil, cover and cook, over a medium heat, for 20 minutes.

For the sauce:

Make the sauce by mixing the sauce ingredients together in a small bowl. Add into the pan with the meatballs and bring to a boil. Simmer gently for about 2-3 minutes, stirring from time to time.

Serving suggestion:

Serve with cooked rice, roasted sesame seeds, chives and optionally chopped chili.





VEGETARIAN CHILI

VEGETARIAN CHILI



Serves: 6
Prep: 15 mins
Cook: 60 mins



Nutrition per
serving:
315 kcal
16g Fats
32g Carbs
13g Protein



WHAT YOU NEED

For the 'vegetable base':

- 1 cup (120g) walnuts
- 8 oz. (230g) mushrooms
- 4 carrots, cut into chunks

For the chili:

- 1 tbsp. olive oil
- 1 onion, diced
- 4 cloves garlic, minced
- 2 jalapeño peppers, deseeded, finely chopped
- 4 tbsp. tomato paste
- 1 tsp. chili powder
- 2 tsp. ground cumin
- 1 tsp. smoked paprika
- 2 tbsp. soy sauce
- 2 x 14 oz. (400g) cans diced tomatoes
- 1 x 14 oz. (400g) can black bean, drained
- 1 cup (240ml) water
- salt and pepper

WHAT YOU NEED TO DO

Place all the 'vegetable base' ingredients into a food processor and pulse until you achieve a chunky paste-like consistency. Set aside.

Heat the olive oil in a large pan over a medium heat. Add the onions and garlic and sauté gently for 5-7 minutes until soft. Add the diced jalapeño peppers, tomato paste, chili powder, cumin, smoked paprika, and soy sauce.

Next add in the chunky vegetable paste and cook for 10 minute, until softened. Season with salt and pepper to taste.

Add in the tomatoes, beans, and water. Bring to the boil and then let it simmer on a low heat for around 45 minutes.

Serving suggestions: brown rice, sour cream or Greek yogurt, grated cheese, fresh parsley.



**CORIANDER AND
LIME DRESSING**

CORIANDER AND LIME DRESSING



Serves: 12
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
76 kcal
7g Fats
2g Carbs
1g Protein



WHAT YOU NEED

- 1 ½ cup (24g) fresh coriander
- 1 jalapeño pepper, deseeded
- 3 cloves garlic, minced
- 3 tbsp. lime juice
- ½ cup (120g) Greek yogurt
- ½ tsp. salt
- ¼ tsp. black pepper
- 6 tbsp. olive oil

WHAT YOU NEED TO DO

Place the coriander, jalapeño pepper, minced garlic, lime juice, Greek yogurt, salt, and pepper into a high-speed blender or food processor, and blend until smooth, around 30 seconds.

Add the olive oil, and blend again for a few more seconds. Adjust the seasoning if necessary.

Store in an airtight container in the refrigerator for up to 5 days.



LIME ENERGY BALLS

LIME ENERGY BALLS



Makes: 16
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
95 kcal
5g Fats
14g Carbs
2g Protein



WHAT YOU NEED

- 1/3 cup (50g) almonds
- 1/4 cup (40g) cashews
- 1/2 cup (50g) desiccated coconut, unsweetened
- 10 medjool dates, pitted
- 1 tsp. coconut oil
- zest and juice from one lime
- 2 tbsp. lime juice
- pinch of sea salt

WHAT YOU NEED TO DO

Place the almonds, cashews and desiccated coconut into food processor and pulse until everything is chopped into small pieces. Place the mixture into a bowl and set aside.

Place the dates into the food processor and pulse until a paste forms. Now, add the nuts back into the food processor and pulse until well combined.

Add in the coconut oil, lime juice, lime zest and a pinch of salt. Pulse again a few more times, until well combined.

Use your hands to form the dough into balls. Use around 1 tablespoon of dough for each energy ball.

Store in an airtight container in the fridge for 1-2 weeks. Alternatively store in the freezer for up to 3 months.



**ORANGE AND
POPPY SEED CAKE**



ORANGE AND POPPY SEED CAKE



Serves: 12
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
210 kcal
13g Fats
21g Carbs
4g Protein



WHAT YOU NEED

- 1 cup (125g) all-purpose flour
- ½ cup (50g) ground almonds
- 1 ½ tsp. baking powder
- 1 tsp. salt
- 3 large eggs
- ½ cup (100g) coconut sugar
- ½ cup (120ml) olive oil
- 1 tsp. vanilla extract
- zest from 1 small orange
- ½ cup (120ml) orange juice
- 2 tbsp. poppy seeds

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C). Grease a 9-inch round cake pan, ideally one with a loose bottom, and set aside.

In a medium bowl, whisk together the flour, ground almonds, baking powder and salt. Set aside.

In a large bowl, beat the eggs, for around a minute, using a hand blender. Add in the sugar and beat again for about 45 seconds. Now add the olive oil and beat until the mixture has thickened slightly. Add in the vanilla extract, orange zest and orange juice, and beat again until well combined.

Next, add the dry ingredients to the wet mixture, along with the poppy seeds and mix well until the cake batter is well combined and smooth.

Pour the cake batter into the prepared cake pan, and bake for 35-40 minutes, until a toothpick inserted into the center of the cake comes out clean.

Remove the cake from the oven and allow the cake to cool for 10 minutes in the pan, before removing it from the tin and allowing it to cool completely on a wire rack.

Serving suggestion:

Dust over some powdered sugar and additional orange zest.

