



# DECEMBER 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	ASPARAGUS, EGG AND ROCKET SALAD
2	SWEET POTATO SPANISH OMELET
3	APPLE AND PEAR COMPOTE PORRIDGE
4	ROASTED SWEET POTATO, KALE AND EGG BREAKFAST SALAD
5	WINTER BEETROOT SALAD
6	CELERY, APPLE AND WALNUT SALAD
7	BROCCOLI AND SWEET POTATO SOUP
8	ROASTED SQUASH, KALE AND GOJI BERRY SALAD
9	STEAK WITH WHITE BEANS AND WILD MUSHROOMS
10	SESAME NOODLES WITH PAN FRIED SEA BASS
11	COCONUT CHICKEN IN A SWEET CHILI SAUCE
12	SPANISH CHICKPEA STEW
13	SPICED PUMPKIN BREAD
14	SPICED PUMPKIN HUMMUS
15	KALE, LIME AND COONUT WATER SMOOTHIE



## 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

Sweet Potato  
Spanish Omelet

### LUNCH

Celery, Apple and  
Walnut Salad

### SNACK

E.g. Spiced Pumpkin  
Bread, Spiced  
Pumpkin Hummus,  
Kale Lime and  
Coconut Water  
Smoothie

### DINNER

Steak with White  
Beans and Wild  
Mushrooms

## TUESDAY

### BREAKFAST

Sweet Potato  
Spanish Omelet

### LUNCH

Celery, Apple and  
Walnut Salad

### SNACK

E.g. Spiced Pumpkin  
Bread, Spiced  
Pumpkin Hummus,  
Kale Lime and  
Coconut Water  
Smoothie

### DINNER

Coconut Chicken  
in a Sweet Chili  
Sauce

## WEDNESDAY

### BREAKFAST

Apple and Pear  
Compote  
Porridge

### LUNCH

Leftover  
Coconut Chicken  
in a Sweet Chili  
Sauce

### SNACK

E.g. Spiced Pumpkin  
Bread, Spiced  
Pumpkin Hummus,  
Kale Lime and  
Coconut Water  
Smoothie

### DINNER

Spanish Chickpea  
Stew

## THURSDAY

### BREAKFAST

Asparagus, Egg  
and Rocket Salad

### LUNCH

Broccoli and  
Sweet Potato  
Soup

### SNACK

E.g. Spiced Pumpkin  
Bread, Spiced  
Pumpkin Hummus,  
Kale Lime and  
Coconut Water  
Smoothie

### DINNER

Spanish Chickpea  
Stew

## FRIDAY

### BREAKFAST

Roasted Sweet  
Potato, Kale and  
Egg Breakfast  
Salad

### LUNCH

Broccoli and  
Sweet Potato  
Soup

### SNACK

E.g. Spiced Pumpkin  
Bread, Spiced  
Pumpkin Hummus,  
Kale Lime and  
Coconut Water  
Smoothie

### DINNER

Roasted Squash,  
Kale and Goji  
Berry Salad

## SATURDAY

### BREAKFAST

Asparagus, Egg  
and Rocket Salad

### LUNCH

Roasted Squash,  
Kale and Goji  
Berry Salad

### SNACK

E.g. Spiced Pumpkin  
Bread, Spiced  
Pumpkin Hummus,  
Kale Lime and  
Coconut Water  
Smoothie

### DINNER

Meal Out -  
Enjoy!

## SUNDAY

### BREAKFAST

Apple and Pear  
Compote  
Porridge

### LUNCH

Winter Beetroot  
Salad

### SNACK

E.g. Spiced Pumpkin  
Bread, Spiced Pumpkin  
Hummus, Kale Lime  
and Coconut Water  
Smoothie

### DINNER

Sesame Noodles  
with Pan Fries Sea  
Bass





**ASPARAGUS, EGG  
AND ROCKET SALAD**

# ASPARAGUS, EGG AND ROCKET SALAD



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



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



## WHAT YOU NEED

- ½ red onion, finely chopped
- 4 tbsp. apple cider
- 4 eggs
- 12 oz. (340g) asparagus
- 4 oz. (120g) rocket
- 1 tbsp. Dijon mustard
- 3 tbsp. olive oil
- salt and pepper

## WHAT YOU NEED TO DO

*Place the chopped red onion in a small bowl, season with salt and cover with the vinegar, set aside.*

*Place the eggs in a pot of boiling water and simmer for 5 ½ minutes. Once cooked, place them under cold running water until cool and set aside. In the same pot, place the asparagus and simmer for 4-5 minutes, then drain and cool under cold running water and set aside.*

*Drain the vinegar from the onion into a small bowl and mix in the Dijon mustard and olive oil to make the salad dressing.*

*Divide the rocket, asparagus and onion between two plates. Peel and half the egg, place on top of the salad, drizzle with the salad dressing and season with ground black pepper to serve.*





**SWEET POTATO  
SPANISH OMELET**

# SWEET POTATO SPANISH OMELET



Serves: 2  
Prep: 15 mins  
Cook: 20 mins



Nutrition per  
serving:  
352 kcal  
20g Fats  
25g Carbs  
19g Protein



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## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 cup (130g) sweet potatoes, peeled, diced
- 1 small onion, chopped
- ½ red bell pepper, chopped
- 1 cup (70g) mushrooms chopped
- 2 handfuls spinach, chopped
- 4 eggs, beaten
- ¼ cup (35g) feta cheese, cubed

## WHAT YOU NEED TO DO

*Preheat the grill to a medium-high heat.*

*Heat the oil in a medium ovenproof frying pan and fry the sweet potatoes for 3 to 4 minutes, until they start to soften. Add the onion and cook for another 2 minutes, then add the pepper and mushrooms and cook for 3 minutes, stirring continuously. Finally add the spinach and cook for 1-2 minutes, until the spinach has wilted.*

*Pour in the beaten eggs and tip the pan so that the eggs run evenly across the vegetables, covering the pan. Season with salt and pepper. Cook for a further 3 to 4 minutes, until the bottom of the omelet begins to set.*

*Top the eggs with cubed feta and place the pan under the grill for about 5 minutes to cook the top. The omelette is done when the eggs have completely set. Serve immediately.*



A top-down photograph of a bowl of porridge. The porridge is light brown and topped with a dollop of white cream, several chunks of yellow fruit (likely apples and pears), and a dusting of brown powder (cinnamon). The bowl is white with a gold rim and sits on a piece of light brown paper napkin, which is placed on a piece of burlap fabric. The background is a white marble surface. A wooden spoon is partially visible in the upper right.

# APPLE AND PEAR COMPOTE PORRIDGE

# APPLE AND PEAR COMPOTE PORRIDGE



Serves: 2  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
269 kcal  
3g Fats  
59g Carbs  
6g Protein



## WHAT YOU NEED

- 1 apple, peeled, cored, chopped
- 1 pear, peeled, cored, chopped
- 2 tbsp. coconut sugar + 2 tsp.
- $\frac{3}{4}$  cup (60g) rolled oats
- pinch of salt
- 2 tbsp. coconut yogurt

## WHAT YOU NEED TO DO

*Place the apple, pear, 2 tablespoons of sugar and 1 tablespoon of cold water in a saucepan over medium-low heat. Cook gently, stirring, for around 3 minutes, or until the sugar has dissolved. Bring to the boil then reduce the heat to low and simmer, covered, for 10 minutes, or until the fruit is tender.*

*Meanwhile, bring 3 cups of water to the boil in a saucepan over high heat. Stir in the oats and salt, bring to the boil, then reduce heat and simmer for 5 minutes stirring often, until the porridge has thickened.*

*Remove the porridge from the heat, cover and let it stand for another 5 minutes. Stir in the remaining 2 teaspoons of sugar.*

*Stir three-quarters of the compote through the porridge and divide between two bowls, top with the remaining compote. Drizzle with yogurt and serve immediately.*





**ROASTED SWEET POTATO,  
KALE AND EGG  
BREAKFAST SALAD**

# ROASTED SWEET POTATO, KALE AND EGG BREAKFAST SALAD



Serves: 2  
Prep: 5 mins  
Cook: 25 mins



Nutrition per serving:  
394 kcal  
23g Fats  
37g Carbs  
12g Protein



## WHAT YOU NEED

- 10 oz. (300g) sweet potato, peeled, cut into 1 cm. thick rounds
- 2 tbsp. olive oil
- 1 garlic clove, sliced
- 1 ½ cup (100g) kale, trimmed, chopped
- 2 eggs, poached
- 1 tbsp. almonds, chopped
- salt and pepper

## WHAT YOU NEED TO DO

*Preheat the oven to 400°F (200°C). Line a baking tray with baking paper. Place the slices of sweet potato on the tray and lightly drizzle with 1 tablespoon of olive oil. Roast for 20-25 minutes or until golden and tender.*

*Heat the remaining 1 tablespoon of oil in a large frying pan over medium-high heat. Add the garlic and cook, stirring constantly, for 30 seconds, before adding the kale. Cook the kale until just wilted. Season with salt and pepper.*

*Divide the roasted sweet potato between two plates. Top with the wilted kale and the poached eggs. Sprinkle with the almonds and serve immediately.*





**WINTER  
BEETROOT SALAD**

# WINTER BEETROOT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
184 kcal  
5g Fats  
27g Carbs  
10g Protein



## WHAT YOU NEED

- ½ cup (120g) Greek yogurt
- ½ tbsp. lemon juice
- ½ tbsp. olive oil
- ¼ tsp. ground cinnamon
- ½ clove of garlic, minced
- 14 oz. (400g) cooked beetroot, cubed
- 4 tbsp. fresh parsley, chopped

## WHAT YOU NEED TO DO

*In a bowl, mix the yogurt with the lemon juice, olive oil, cinnamon, and garlic.*

*Mix the beetroots and ⅔ of the parsley with the yogurt and season with salt and pepper.*

*Garnish with the remaining parsley, and serve immediately.*





**CELERY, APPLE  
AND WALNUT SALAD**

# CELERY, APPLE AND WALNUT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
342 kcal  
30g Fats  
13g Carbs  
8g Protein



## WHAT YOU NEED

- 5-6 celery sticks, sliced
- ½ apple, deseeded, chopped
- ⅓ cup (40g) walnuts, chopped
- 2 tbsp. parsley, chopped
- ¼ cup (25g) parmesan cheese, shaved
- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- salt and pepper

## WHAT YOU NEED TO DO

*Toss together the celery, apple, walnuts parmesan and parsley in a bowl. Drizzle with the olive oil and vinegar, then season with salt and pepper to taste.*

*Mix well, divide between 2 bowls and serve immediately.*





**BROCCOLI AND  
SWEET POTATO SOUP**

# BROCCOLI AND SWEET POTATO SOUP



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



Nutrition per serving:  
187 kcal  
5g Fats  
30g Carbs  
9g Protein



## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 white onion, finely chopped
- 1 broccoli head, florets and stems coarsely chopped
- 2 medium sweet potato peeled, chopped
- 4 cups (950ml) vegetable stock
- ½ cup (120g) Greek yogurt
- salt and pepper

## WHAT YOU NEED TO DO

*Heat the olive oil in large saucepan over medium heat. Add the onion, broccoli stems and sweet potato and cook, stirring, for 5 minutes.*

*Add the stock and additional 2 cups (480ml) of cold water. Bring to the boil, then reduce the heat to low, and add broccoli florets. Cook for 15 minutes or until the sweet potato has softened.*

*Set aside to cool slightly, then use a hand-blender to blend the soup until smooth.*

*Divide the soup between 4 serving bowls, top with yogurt and gently swirl. Season to taste and serve immediately.*



# ROASTED SQUASH, KALE AND GOJI BERRY SALAD



# ROASTED SQUASH, KALE AND GOJI BERRY SALAD



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
225 kcal  
16g Fats  
19g Carbs  
4g Protein



## WHAT YOU NEED

### For the salad:

- 1 cup (125g) squash, peeled, cubed
- 1 tbsp. olive oil
- 4 cups (270g) kale, trimmed
- 1 cup (150g) cherry tomatoes, halved
- ¼ cup (28g) goji berries
- ¼ cup (15g) pumpkin seeds

### For the dressing:

- 3 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tbsp. honey
- 1 tsp. Dijon mustard
- ½ small onion
- salt and pepper

## WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Place the cubed squash onto a baking tray, lined with parchment paper. Drizzle with olive oil and sprinkle with salt and pepper. Roast until golden, approximately 20 minutes.

Place the kale, cherry tomatoes, goji berries, pumpkin seeds and roasted squash in a large bowl and mix together.

Place all the dressing ingredients into a food processor or high-speed blender and blitz until smooth and creamy. Season to taste with salt and pepper.

Pour the dressing over the salad and mix well. Divide between 4 plates and serve immediately.





**STEAK WITH WHITE BEANS  
AND WILD MUSHROOMS**

# STEAK WITH WHITE BEANS AND WILD MUSHROOMS



Serves: 2  
Prep: 15 mins  
Cook: 25 mins



Nutrition per serving:  
375 kcal  
13g Fats  
22g Carbs  
35g Protein



GF DF  
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## WHAT YOU NEED

- 10.5 oz. (300g) rib-eye steak, fat removed
- 2 sprigs rosemary, leaves only
- 2 cloves garlic, sliced
- 7 oz. (200g) mixed wild mushroom
- 14 oz. (400g) can cannellini beans
- 1 tbsp. apple cider vinegar
- salt and pepper

## WHAT YOU NEED TO DO

*Heat a large pan on a medium-high heat.*

*Rub the steak with a pinch of salt and black pepper, then sear the steak for 4 minutes on each side, remove the steak from the pan, cover with tin foil and rest for 5-10 minutes.*

*Reduce the heat to medium, and in the same pan add the mushrooms and cook for 5 minutes until starting to brown. Add the rosemary leaves and the garlic slices to the mushrooms and cook for a further minute, stirring constantly to stop the garlic from burning.*

*Now add in the cannellini beans and their juice, as well as the vinegar. Season to taste with salt and pepper and simmer for 5-6 minutes.*

*Once ready, pour the steak juices on top of the bean and mushroom mixture and give it a quick stir to combine.*

*Now divide the bean and mushroom mixture between 2 bowls. Take the steak and cut it into slices. Lay the sliced steak over the beans, splitting the portion of meat between bowls. Serve immediately.*



# SESAME NOODLES WITH PAN FRIED SEA BASS



# SESAME NOODLES WITH PAN FRIED SEA BASS



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
418 kcal  
21g Fats  
25g Carbs  
28g Protein



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## WHAT YOU NEED

- 2 oz. (60g) soba noodles
- 2 tbsp. sesame seeds
- 2 tbsp. soy sauce
- 7 oz. (200g) spinach
- 2 sea bass fillets (3.5 oz./100g each)
- 2 tbsp. olive oil
- 1 tsp. rice vinegar

## WHAT YOU NEED TO DO

*Cook the noodles following the instructions on the packaging, then drain, run under cold water and set aside.*

*Crush the sesame seeds in a mortar, then stir in the soy sauce, 1 tablespoon of oil, 1 tablespoon of water and vinegar, to make a creamy dressing, season and set aside.*

*Heat a pan over medium heat and add in the spinach, cook until wilted. Next add in the cooked noodles and sesame dressing stirring well until heated through.*

*Heat the remaining oil in a non-stick frying pan over a medium to high heat.*

*Season the seabass with salt and pepper, then place the fillet in the pan skin-side down. Fry gently for around 3 minutes. Flip the fish over and fry for another 30 seconds, until the fish is just cooked through.*

*Divide the noodles between 2 plates, place the fish on top and serve immediately.*



# COCONUT CHICKEN IN A SWEET CHILI SAUCE



# COCONUT CHICKEN IN A SWEET CHILI SAUCE



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
368 kcal  
15g Fats  
20g Carbs  
36g Protein



## WHAT YOU NEED

- 1.3 lb. (600g) chicken breast, chopped
- ½ tsp. ground ginger
- ½ tsp. garlic powder
- 4 tbsp. all purpose flour
- 4 tbsp. desiccated coconut
- 1 egg
- 1 tbsp. olive oil
- 1 tbsp. coconut oil
- salt and pepper

### For the sauce:

- ½ cup (120ml) water
- 5 tbsp. sweet chili sauce
- 2 tbsp. tomato ketchup

## WHAT YOU NEED TO DO

*Season the chopped chicken with the spices and season with salt and pepper. Then coat in 1 tablespoon of oil.*

*In a deep plate, combine the potato starch and desiccated coconut. In a separate bowl beat the egg and season with salt and pepper.*

*Coat the chicken, dipping it first into the beaten egg, then into the flour and coconut mixture.*

*Heat the coconut oil in a wok or a larger pan, over medium-high heat.*

*Add the coated chicken to the work or pan and fry for approximately 2-3 minutes. Turn the chicken over, and fry the other side for a further 2-3 minutes until golden and cooked through. Now move the meat over to one side of the wok and pour water into the empty space and bring to the boil. Add the sweet chili sauce and tomato ketchup, mix well and bring to the boil again.*

*Combine the sauce with the meat, stirring every now and then. Heat everything together and bring to a boil.*

*Serve with rice and coriander.*





**SPANISH  
CHICKPEA STEW**

# SPANISH CHICKPEA STEW



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
186 kcal  
5g Fats  
31g Carbs  
8g Protein



## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 onion, diced
- 2 cloves garlic, sliced
- 1 bell pepper, diced
- 1 zucchini, diced
- $\frac{2}{3}$  cup (160ml) vegetable stock
- 1 cup (170g) chickpeas
- 1 tsp. oregano
- 2 tsp. smoked paprika
- 1 cup (240ml) passata
- salt and pepper

## WHAT YOU NEED TO DO

*Heat the olive oil in a large pot over a medium-high heat. Gently cook the onion and garlic for about 5 minutes, until softened.*

*Add the diced bell pepper and zucchini to the onions, season with salt and pepper and fry for a further 5 minutes.*

*Increase the heat, add the vegetable stock, bring to a boil and simmer for 3 minutes. Add the chickpeas, oregano and smoked paprika. Finally, add in the passata, mix and cook for a further 5 minutes. Season to taste with salt and pepper and serve.*





**SPICED  
PUMPKIN BREAD**

# SPICED PUMPKIN BREAD



Serves: 16  
Prep: 5 mins  
Cook: 55 mins



Nutrition per  
serving:  
128 kcal  
5g Fats  
19g Carbs  
2g Protein



## WHAT YOU NEED

- ⅓ cup (80ml) coconut oil, melted
- ½ cup (120ml) honey
- 2 eggs, room temperature
- 1 cup (230g) pumpkin puree
- ½ cup (120ml) almond milk
- ½ tsp. ground cinnamon
- ½ sp. ground ginger
- ¼ tsp. ground nutmeg
- ¼ tsp. ground cloves
- 1 tsp. baking soda
- 1 tsp. vanilla extract
- ½ tsp salt
- 1 ¾ cups (220g) all purpose flour

## WHAT YOU NEED TO DO

*Preheat oven to 330°F (165°C) and line a 9x5 inch (22x12cm) loaf pan with baking paper.*

*Beat together the oil and honey, then add the eggs and whisk together. Next add in the remaining ingredient, except the flour. Whisk well to combine.*

*Now gently fold in the flour and stir until well combined. Pour the batter into the prepared loaf pan and bake in the oven for 50-55 minutes, or until an inserted toothpick comes out clean.*

*Remove from the oven, place on a wire rack and allow to cool for 10 minutes, before taking the bread out of the loaf pan. Cool on the wire rack for a further 20 minutes before slicing and serving.*

**Serving suggestion:** coconut yogurt and cinnamon.





**SPICED PUMPKIN  
HUMMUS**

# SPICED PUMPKIN HUMMUS



Serves: 8  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
131 kcal  
6g Fats  
15g Carbs  
5g Protein



## WHAT YOU NEED

- 1x 14oz. (400g) can chickpeas, drained
- $\frac{3}{4}$  cup (170g) pumpkin puree
- $\frac{1}{3}$  cup (80g) almond butter
- 2 tbsp. maple syrup
- 1 tsp. pumpkin spice mix

### **Pumpkin spice mix:**

- $\frac{1}{2}$  tsp. ground cinnamon
- $\frac{1}{2}$  tsp. ground ginger
- $\frac{1}{4}$  tsp. ground nutmeg
- $\frac{1}{4}$  tsp. ground cloves

## WHAT YOU NEED TO DO

*Add all the ingredients to a food processor and blitz together until smooth.*

*Taste the hummus and add more maple syrup to reach the desired level of sweetness.*

*Place in an airtight container with a tight fitting lid and store refrigerated for up to one week.*

### **Serving suggestions:**

- Apple chips
- Vegetable chips
- Fresh fruit
- Crusty bread
- On toast





**KALE, LIME AND  
COCONUT WATER  
SMOOTHIE**

# KALE, LIME AND COCONUT WATER SMOOTHIE



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
69 kcal  
1g Fats  
15g Carbs  
3g Protein



## WHAT YOU NEED

- 1 lime, peeled, chopped
- 1 apple, peeled, cored, chopped
- 1 cucumber, peeled, chopped
- 1 cup (70g) kale, trimmed, chopped
- 2 handful spinach
- 1 tsp. ginger, grated
- 1 ⅔ cup (400ml) coconut water

## WHAT YOU NEED TO DO

*Place all ingredients into a blender and blitz together until smooth. Divide the smoothie between 4 serving glasses and serve immediately.*

