



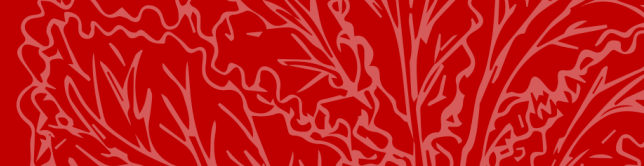
# APRIL RECIPE PACK

*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



# SAMPLE WEEKLY MEAL PLANNER



## MONDAY

### BREAKFAST

Beetroot Berry Smoothie Bowls

### LUNCH

Santa Fe Chicken Salad

### SNACK

E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes

### DINNER

Roasted Tomato Balsamic Chicken Breast

## TUESDAY

### BREAKFAST

Beetroot Berry Smoothie Bowls

### LUNCH

Santa Fe Chicken Salad

### SNACK

E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes

### DINNER

Roasted Tomato Balsamic Chicken Breast

## WEDNESDAY

### BREAKFAST

Fried Egg Spinach Pesto Toast

### LUNCH

Turkey Chili

### SNACK

E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes

### DINNER

Salmon Burgers

## THURSDAY

### BREAKFAST

Fried Egg Spinach Pesto Toast

### LUNCH

Zucchini, Quinoa and Balsamic Salad

### SNACK

E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes

### DINNER

Salmon Burgers

## FRIDAY

### BREAKFAST

Sweet Potato Toasts

### LUNCH

Zucchini, Quinoa and Balsamic Salad

### SNACK

E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes

### DINNER

Blackened Fish Tacos with Chipotle Yogurt Sauce

## SATURDAY

### BREAKFAST

Super Green Smoothie

### LUNCH

Roasted Vegetable and Za'atar Chicken Salad

### SNACK

E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes

### DINNER

Meal Out - Enjoy!

## SUNDAY

### BREAKFAST

Super Green Smoothie

### LUNCH

Roasted Vegetable and Za'atar Chicken Salad

### SNACK

E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes

### DINNER

Lentil and Zucchini Pasta

# WEEKLY SHOPPING LIST



## FRUITS & VEGETABLES

### *Fruits*

- 1 large banana
- 1 small box raspberries
- 1 small box blueberries
- 1 small box strawberries
- 1x apple
- 3x limes
- 1x lemon

### *Vegetables*

- 1 small piece of ginger root
- 1 small beetroot
- 1 small bunch of kale
- 1 small cucumber
- 1 bunch of spinach
- 3x bulbs of garlic
- 1 pack mixed greens/lettuce leaves
- 5x small red onions
- 1 small pack baby tomatoes
- 1 avocado
- 1 yellow bell pepper
- 2x red bell peppers
- 1 orange bell pepper
- 2x stalks celery
- 7x medium carrots
- 6x medium zucchinis
- 1 small head of cauliflower
- 7x sweet potatoes
- 10x large Brussels sprouts
- 1 large pack cherry tomatoes
- 3x small yellow onions
- green leaf lettuce
- 2x large tomato
- ½ small red or green cabbage

### *Frozen Foods*

- frozen strawberries
- frozen raspberries
- frozen mangoes
- frozen peaches

## PROTEIN, DAIRY, GRAINS AND BAKING

### *Protein and Dairy*

- 1 dozen eggs
- 4 chicken breasts -skinless and boneless
- 3 large chicken breasts - skin on and bone in
- 1 lb. (450g) turkey mince
- 1.4 lbs. (620g) fresh salmon fillet
- 4 small fillets white fish like Basa
- almond milk
- milk 1 or 2%
- Greek yogurt
- small container feta cheese

### *Grains and Baking*

- sprouted grain bread
- 8 medium sized soft taco shells
- (wheat or corn)
- dried quinoa
- baking soda
- baking powder
- dried dates
- maple syrup
- panko breading crumbs
- puffed quinoa or rice
- dried cranberries
- cocoa powder
- dates
- \_\_\_\_\_

## SEEDS, HERBS AND SPICES

### *Seeds, Nuts and Legumes*

- small bag raw almonds
- red split lentils
- small bag pecans
- small bag sesame seeds
- small bag sunflower seeds
- small bag hemp seeds

### *Fresh Herbs*

- mint
- coriander
- basil
- parsley
- thyme
- dill

### *Dried Spices*

- ground ginger
- ground cinnamon
- ground allspice
- paprika
- garlic powder
- onion powder
- chili powder
- ground cumin
- cayenne pepper
- za'atar spice blend
- Italian mixed herbs
- dried thyme
- salt
- pepper

## CANS, CONDIMENTS & MISC

### *Cans*

- sundried tomatoes
- sweet potato puree or pumpkin puree
- 1 small can of sweetcorn
- 650ml can of kidney beans
- 2x 828ml can of fire roasted tomatoes (or chopped tomatoes)
- 2x 160ml can of tomato paste
- 3x containers chicken stock (or chicken stock cubes)
- 1 container vegetable stock (or vegetable stock cubes)
- 1 small can chickpeas
- Condiments**
- peanut butter or almond butter
- maple syrup
- pesto
- olive oil
- balsamic vinegar
- honey
- apple cider vinegar
- avocado oil
- malt rice syrup or honey
- vanilla extract
- coconut oil
- Other**
- coconut water
- whey or vegan protein powder
- (vanilla)
- chocolate protein powder of choice
- \_\_\_\_\_
- \_\_\_\_\_

# BEETROOT BERRY SMOOTHIE BOWLS



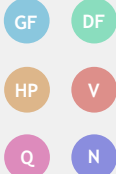
# BEETROOT BERRY SMOOTHIE BOWLS



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
307 kcal  
3g Fats  
52g Carbs  
23g Protein



04775221

## WHAT YOU NEED

- 1 cup (225g) chopped banana
- 1 cup (250g) frozen raspberries
- 2 cups (300g) frozen strawberries
- ¼ cup (38g) chopped and peeled beetroot
- 1 tsp. fresh ginger root peeled and diced
- 1 ½ cups (360ml) almond or cashew milk
- 1 (optional) scoop unflavored protein powder

### Topping:

- 1 cup (190g) freshly chopped berries

## WHAT YOU NEED TO DO

*Prepare the beetroot and ginger root by first washing and peeling, then chop and measure out.*

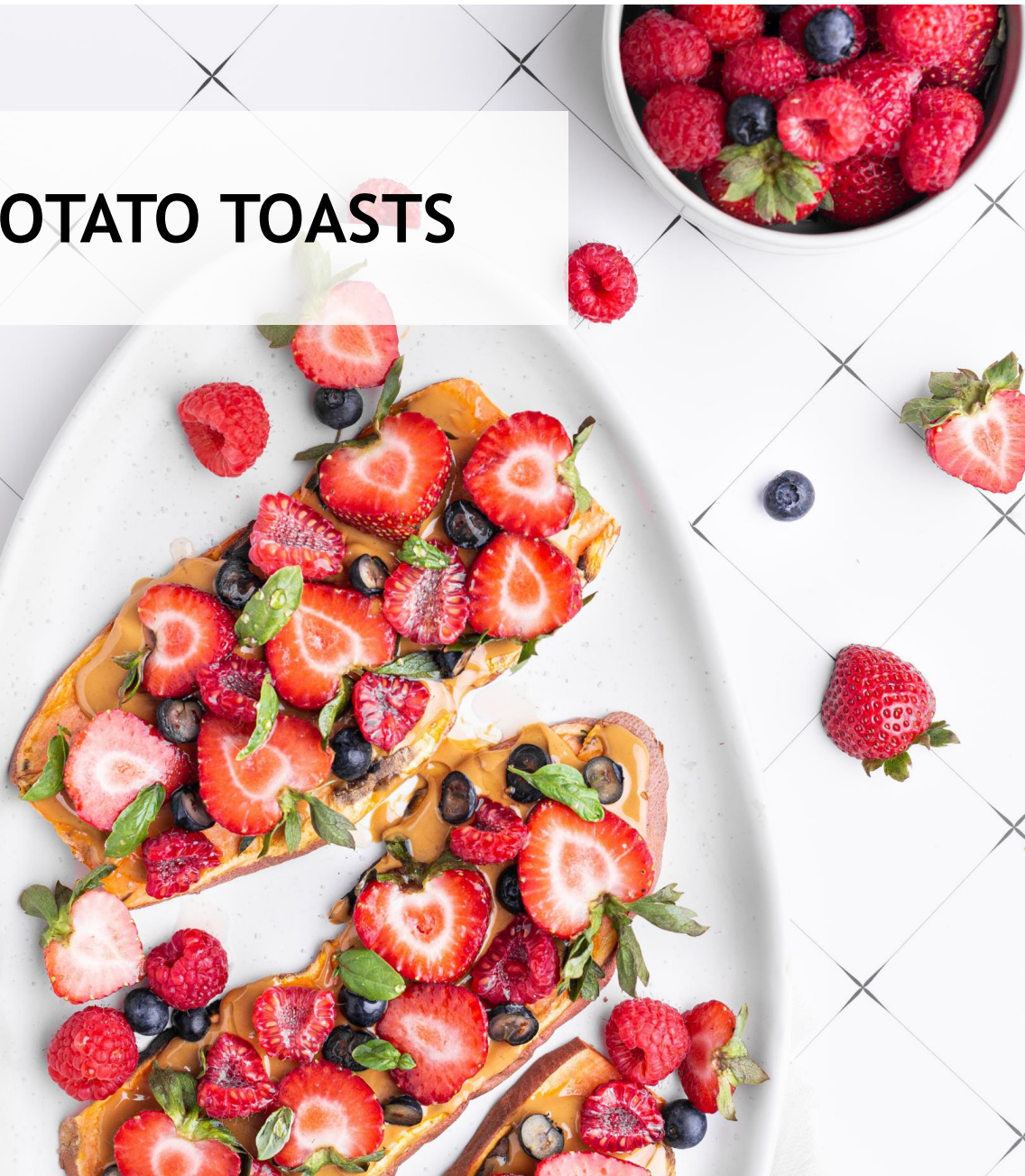
*Add the milk, banana, raspberries, strawberries, beetroot, and ginger into a blender. Blend on high setting until smooth.*

*Divide the mixture into two bowls and top each bowl with ½ cup of chopped fresh fruit of your choice. Serve immediately.*

*Tip: If you want a thicker smoothie, use frozen bananas.*



# SWEET POTATO TOASTS



# SWEET POTATO TOASTS



Serves: 2  
Prep: 2 mins  
Cook: 6 mins



Nutrition per  
serving:  
403 kcal  
18g Fats  
57g Carbs  
10g Protein



02400778

## WHAT YOU NEED

- 1 large sweet potato
- 4 tbsp. nut butter of choice
- 1 ½ cups (285g) chopped berries of choice
- 1 tsp. of honey for drizzle (optional)

## WHAT YOU NEED TO DO

*Cut the sweet potato into 4 slices, roughly 5cm thick. Use a large kitchen knife to do this, you want each slice of sweet potato for “bread slices”.*

*Place the sliced potatoes into the toaster and cook on the longest setting. This will take approximately 6 minutes. The sweet potato is done when the edges are golden brown and the middle still has a bit of crunch.*

*While the sweet potatoes are cooking, cut up the berries, strawberries, blueberries, blackberries, or raspberries are a great choice.*

*Once the sweet potatoes have cooked, spread each slice with 1 tablespoon of nut butter and topped with berries. Add a little drizzle of honey and serve immediately.*





**SUPER GREEN SMOOTHIE**

# SUPER GREEN SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
277 kcal  
9g Fats  
47g Carbs  
10g Protein



01159935

## WHAT YOU NEED

- 2 cups (135g) fresh kale packed
- 1 ½ cups (210g) frozen mangoes
- 1 apple
- ¼ cup (12g) mint leaves loosely packed
- ½ heaped cup (60g) cucumber
- 1 ⅓ cup (320ml) coconut water
- 3 tbsp. hemp seeds

## WHAT YOU NEED TO DO

*Chop and remove the core of the apple. Chop and measure out the cucumber.*

*Place the kale, mangoes, apple, mint, cucumber, hemp seeds, and water into a blender.*

*Blend on high speed until smooth.*

*Pour into 2 glasses and serve immediately.*

*Tip: For a sweeter smoothie, add stevia, dates, or maple syrup before blending.*



# FRIED EGG SPINACH PESTO TOAST



# FRIED EGG SPINACH PESTO TOAST



Serves: 2  
Prep: 5 mins  
Cook: 5 mins



Nutrition per  
serving:  
342 kcal  
19g Fats  
29g Carbs  
19g Protein



01916637

## WHAT YOU NEED

- 2 cups (60g) spinach packed
- 2 slices of whole grain bread
- 4 sundried tomatoes rehydrated
- 2 eggs
- 3 tsp. pesto
- salt and pepper

## WHAT YOU NEED TO DO

*Rehydrate sun-dried tomatoes by covering them with hot water and letting them stand on the counter for 5 minutes.*

*Add the spinach and 1 teaspoon of water to a small saucepan and cover with a lid. Allow the spinach to steam on medium-low heat for 3 minutes. Stir and once the spinach has wilted, remove from heat.*

*While the spinach is cooking, spray a frying pan with a little oil. Place the pan over a medium heat. Crack the two eggs into the pan and lightly season with salt and pepper. For a running yolk, cook the eggs for 2-3 minutes and for a firm set yolk flip the egg and cook for another minute.*

*Meanwhile, toast the bread in the toaster.*

*To assemble, chop the sundried tomatoes and spinach. Spread 1 ½ teaspoon of pesto on each slice of toast, top with the wilted spinach and sundried tomatoes and lastly place an egg on each.*

*Tip: To reduce carbs further, replace the bread with sliced pieces of sweet potatoes and toast them in the toaster.*



# SWEET POTATO PANCAKES



# SWEET POTATO PANCAKES



Serves: 4  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
228 kcal  
3g Fats  
48g Carbs  
10g Protein



02349026

## WHAT YOU NEED

- ½ cup (125g) sweet potato puree or can sub with pumpkin puree
- 2 eggs
- 1 cup (240ml) milk
- 1 tbsp. maple syrup
- 1 cup + 3 tbsp. (250g) whole wheat flour
- 2 cups (500g) frozen peaches
- ¼ tsp. ground ginger
- ½ tsp. ground cinnamon
- ¼ tsp. ground allspice
- 1 tsp. baking soda
- ½ tsp. baking powder
- ⅛ tsp. salt
- 1 tsp. maple syrup

## WHAT YOU NEED TO DO

*Whisk the sweet potato puree, eggs, milk, and maple syrup in a large bowl.*

*In a separate bowl, mix the dry ingredients together (whole wheat flour, spices, baking soda, baking powder and salt).*

*Place a non-stick frying pan over a medium-low heat and spray the pan with a little oil.*

*Mix the dry and wet ingredients together to form a smooth batter.*

*Pour the pancake batter into the frying pan, allowing approximately under ¼ cup of batter per pancake. Cook the pancake until bubbles start to form on the top then flip the pancake over and cook for a further minute on the second side.*

*While the pancakes are cooking, place 2 cups of frozen peaches into a small saucepan with the maple syrup. Heat over a medium heat until the peaches are heated through.*

*Serve the pancakes topped with the peaches and a little maple syrup.*

### Tip:

- For added protein substitute 3 tablespoon of extra whole wheat flour for a protein powder of your choice.
- If making for a single serving freeze the pancakes and only heat ½ a cup of peaches. Frozen pancakes can be warmed up in the toaster.



# SANTA FE CHICKEN SALAD



# SANTA FE CHICKEN SALAD



Serves: 3  
Prep: 20 mins  
Cook: 15 mins



Nutrition per serving:  
480 kcal  
23g Fats  
41g Carbs  
34g Protein



07934865

## WHAT YOU NEED

- 2x 5 oz. (280g) skinless, boneless chicken breast
- 4 cups (170g) mixed greens
- ½ cup (250g) canned sweetcorn
- ½ diced red onion, chopped
- ½ cup (75g) baby tomatoes, chopped
- ½ cup (90g) chopped dates, chopped
- 2 limes
- 1 avocado

### Chicken Spice Rub:

- ¾ tsp. paprika
- ⅛ tsp. cayenne pepper
- ¼ tsp. powdered garlic powder
- ¼ tsp. powdered onion powder
- ¼ tsp. dried thyme
- ¼ tsp. ground allspice
- ⅛ tsp. salt and pepper

### Dressing:

- 2 tbsp. olive oil
- 2 tbsp. freshly squeezed lime juice
- 2 tsp. honey or agave
- 1 garlic clove, crushed
- 1 tbsp. chopped coriander leaf
- small pinch salt and pepper

## WHAT YOU NEED TO DO

*Preheat the BBQ grill.*

*Mix the chicken rub spices together in a small bowl. Rub on both sides of the chicken breasts with a spoon or with your hands.*

*Place the chicken on the grill for 5-8 minutes on each side. The chicken is done when the internal temperature reaches 165°F (75°C).*

*While the chicken is cooking put 2 cups of greens into two separate bowls. Chop the onion, dates and baby tomatoes and divide equally into each bowl. Drain and rinse the sweetcorn from the can and measure out ¼ cup for each bowl.*

*Slice the avocado in half, remove the pit, peel off skin and slice. Cut the lime in ½ and squeeze the juice onto the avocados to stop them from browning.*

*To make the dressing, finely chop the coriander and garlic. Juice the limes to measure out ⅔ of a cup. Mix the oil, lime juice, garlic, coriander and honey, and season to taste with salt and pepper.*

*Slice the cooked chicken and place on top of the salad. Pour the dressing over the two bowls. Serve immediately with an extra lime wedge and some fresh coriander.*

**Tip:** *This is a great prep ahead dish. Make this dish the day before and keep the chicken and dressing separate until ready to serve. Don't slice avocado until ready to eat.*





# TURKEY CHILI

# TURKEY CHILI



Serves: 4  
Prep: 15 mins  
Cook: 20 mins



Nutrition per serving:  
390 kcal  
17g Fats  
32g Carbs  
32g Protein



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## WHAT YOU NEED

- 16 oz. (450g) turkey mince
- 1 medium onion, chopped
- 1 yellow pepper, chopped
- 1 cup (100g) celery, chopped
- 1 cup (130g) carrots, chopped
- 19 oz. (650ml) can of kidney beans
- 28 oz. (828ml) can of fire-roasted tomatoes or chopped tomatoes
- 3 cups (700ml) chicken stock
- $\frac{2}{3}$  cup (160ml) can of tomato paste
- 1 tbsp. chili powder
- 1  $\frac{1}{2}$  tsp. ground cumin
- $\frac{1}{4}$  tsp. ground cinnamon
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{8}$  tsp. pepper
- $\frac{1}{8}$ - $\frac{1}{4}$  tsp. cayenne pepper, optional
- $\frac{1}{8}$  cup fresh chopped coriander

## WHAT YOU NEED TO DO

*Drain the can of kidney beans and rinse with cold water. Set aside.*

*Chop all the vegetables into small even sized pieces. Keep the onions separate.*

*Place a non-stick frying pan over a medium-high heat. Sauté the onions in 1 tablespoon of oil and season with salt and pepper for 2 minutes. Now add in the turkey, mince and cook until the mince has browned. Now add in the rest of the vegetables and cook for 2 minutes.*

*Add in the chicken stock, canned tomatoes, garlic, chili powder, kidney beans, ground cumin, tomato paste, and ground cinnamon. Stir well to combine, bring to a boil then turn down to simmer and simmer gently for 20 minutes.*

*With 5 minutes of cooking time left, add in freshly chopped coriander and stir through.*

### Tip:

- A great make ahead dish, cook the night before for an easy grab and go lunch.
- Freeze the chili into individual-sized portions for easy weekly meal planning.





**ZUCCHINI, QUINOA  
AND BALSAMIC SALAD**

# ZUCCHINI, QUINOA AND BALSAMIC SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
444 kcal  
19g Fats  
57g Carbs  
17g Protein



01749843

## WHAT YOU NEED

- 1 cup (180g) dried quinoa
- 2 cups (480ml) water
- pinch salt and pepper
- 1 ½ cups (185g) zucchini, chopped
- 1 medium tomato, chopped
- ¼ cup (25g) raw almonds, chopped
- ¼ cup (40g) red onion, chopped
- 1 small can chickpeas
- 3 tsp. fresh basil, chopped

## Dressing:

- 2 tbsp. olive oil
- 2 tbsp. balsamic vinegar
- 1 garlic clove
- 1 tsp. honey

## WHAT YOU NEED TO DO

Rinse the quinoa under cold running water for 2 minutes then place it into a small saucepan. Add in the water and season with salt and pepper. Bring to a boil then reduce the heat to a simmer and put on a lid on the pan. Let it simmer for 10 minutes.

While the quinoa is cooking, chop the zucchini and place into a pan with a little oil. Sauté for 4 minutes until brown on the edges. Do not overcook the zucchini or it will become soggy.

Chop the almonds, basil, tomato, and red onion into small pieces and place into a large bowl.

Open the canned chickpeas, drain into a colander and rinse before placing into the bowl with the vegetables.

Once the zucchini has cooled down add it to the bowl too.

When the quinoa has cooked, allow it to cool for 5 minutes, giving it the occasional stir. Now add the zucchini to the salad bowl with vegetables and chickpeas.

To make the dressing, mix the oil, balsamic vinegar, honey, and crushed garlic clove into a small bowl and mix to combine. Pour over salad.

Serve the salad at room temperature or place in the fridge for 20 minutes to cool completely.





**ROASTED VEGETABLE AND  
ZA'ATAR CHICKEN SALAD**

# ROASTED VEGETABLE AND ZA'ATAR CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
466 kcal  
20g Fats  
44g Carbs  
30g Protein



04584944

## WHAT YOU NEED

- 1 medium red onion
- 1 large red bell pepper
- 1 large orange bell pepper
- 2 heaped cups (130g) chopped cauliflower
- 6 small carrots
- 1 ½ tbsp. za'atar spice
- 1 tbsp. olive oil
- 2 small chicken breasts

### Dressing:

- 1 tbsp. of apple cider vinegar
- ½ tbsp. water
- ½ tbsp. olive oil
- ¼ tsp. za'atar spice

### To serve:

- ¼ cup (40g) feta cheese
- ¼ cup (12g) chopped parsley

## WHAT YOU NEED TO DO

Preheat the BBQ and preheat the oven to 400°F (200°C).

Prepare and cut the vegetables into large bite-sized pieces. Keeping them uniform for even cooking.

Once the vegetables are chopped, place onto a baking sheet and drizzle with oil and sprinkle with za'atar spice, mix well to coat thoroughly.

Place the tray in the oven and cook for 25 minutes.

Season the chicken breasts with za'atar spice and a little salt and pepper. Place the chicken on the BBQ grill. Cook the chicken for 5-8 minutes each side. Chicken is done when internal temperature reaches 165°F (75°C).

While the chicken and vegetables are cooking, place the salad dressing ingredients into a bowl and give a good mix to combine.

Remove the vegetables from the oven once they are cooked and a little brown on the edges.

Place the vegetables into two separate bowls or salad jars if taking to work. Slice the chicken breast and place on top. Sprinkle with the feta cheese and chopped parsley and drizzle over the salad dressing.

Serve immediately. Alternatively place it in the fridge for lunch the next day.

**Tip:** This is a great meal prep dish for easy workweek lunches.



# ROASTED TOMATO BALSAMIC CHICKEN BREAST



# ROASTED TOMATO BALSAMIC CHICKEN BREAST



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per  
serving:  
500 kcal  
16g Fats  
36g Carbs  
50g Protein



06996369

## WHAT YOU NEED

- 4 cups (530g) sweet potato, chopped
- 4 cups (350g) Brussels sprouts, halved
- 1 tbsp. oil (avocado works excellent for high heat)
- 1 tbsp. maple syrup
- 1 clove of garlic
- 1 tbsp. balsamic vinegar
- 1 tsp. fresh thyme
- 1/8 tsp. salt
- 1/8 tsp. pepper

## Chicken:

- 3 large breasts with skin on and bone-in
- 3 cloves garlic
- 3 tsp. fresh thyme
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1 1/2 tsp. oil (avocado or olive)
- 3 tsp. balsamic vinegar
- 18 cherry tomatoes

## WHAT YOU NEED TO DO

*Preheat the oven to 375°F (190°C).*

*Peel and chop sweet potatoes into similar sized pieces as the Brussels sprouts for an even cooking time.*

*Cut the ends off the Brussels sprouts and cut in half if they are medium- large sized.*

*Remove the thyme leaves from the stem and crush. Peel and crush the garlic.*

*In a small bowl, mix the maple syrup with one of the crushed garlic cloves and add in the balsamic vinegar, 1 teaspoon of thyme and season with a little salt and pepper.*

*Place the sweet potatoes and Brussels sprouts onto a large cooking sheet and mix well with balsamic marinade. Set aside.*

*In a separate bowl, mix the remaining 3 crushed garlic cloves with 3 teaspoon of thyme, oil, balsamic vinegar, and salt and pepper. Stir to combine and spread over the chicken breasts, covering both sides.*

*Place a non-stick frying pan over a medium heat. Place the chicken into the hot pan and sear for 3-4 minutes on each.*

*Now place the chicken into an ovenproof dish along with the cherry tomatoes. Sprinkle the cherry tomatoes with a little salt and pepper and balsamic vinegar.*

*Place chicken in the oven and roast for 30 minutes.*

*After the chicken has been in the oven for 5 minutes, place the tray with the sweet potatoes and Brussels sprouts into the oven.*

*The chicken is cooked when the internal temperature reaches 165°F (75°C). Remove both dishes from the oven and serve immediately.*





## **SALMON BURGERS**

# SALMON BURGERS



Serves: 4  
Prep: 25 mins  
Cook: 25 mins



Nutrition per serving:  
(without fries)  
464 kcal  
23g Fats  
21g Carbs  
43g Protein



Nutrition per serving:  
(with fries)  
597 kcal  
30g Fats  
44g Carbs  
48g Protein



MP

HP



09726895

## WHAT YOU NEED

### Salmon Patties:

- 22 oz. (620g) fresh salmon fillet
- ½ cup (75g) yellow onion, chopped
- ½ cup (75g) red bell pepper, chopped
- 1 garlic clove, crushed
- ⅛ tsp. salt and pepper
- 2 tbsp. fresh dill, chopped
- ½ lemon juiced
- ½ cup (60g) panko crumbs
- 1 egg

### Burger Toppings:

- 8 pieces of green leaf lettuce
- 1 large tomato
- 1 small red onion

### Yogurt Dill Sauce:

- 1 cup (245g) plain full fat Greek yogurt
- 2 tbsp. fresh dill, chopped
- ½ lemon juiced
- 2 cloves of garlic, crushed
- ½ tsp. onion powder
- pinch of cayenne pepper (optional)
- pinch of salt and pepper

### Sweet Potato Fries:

- 4 medium sweet potatoes
- 1 tbsp. olive oil
- ½ tsp. garlic powder
- ¼ tsp. salt
- ⅛ tsp. pepper

## WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Season the salmon fillets with a little salt and pepper and place onto a baking tray with parchment paper.

Peel and cut the sweet potatoes into fries, try to make them of equal size to ensure an even bake. Place the sweet potatoes onto a baking sheet lined with parchment paper. Drizzle with oil and sprinkle with salt, pepper and garlic powder.

Place the salmon on the top rack of the oven and the sweet potato fries on the middle rack and bake for 15 minutes.

While the salmon is cooking, slice the tomato and half a red onion for the burger toppings. Also rinse 8 lettuce leaves. Set aside on a serving tray.

Place a non-stick frying pan over a medium heat and sauté the onions, red bell pepper and garlic for 3 minutes. Then transfer to a large mixing bowl.

Add the egg, panko crumbs, dill, lemon, salt and pepper to the bowl and mix.

Remove salmon from the oven and set it aside to cool for 5 minutes.

Stir the sweet potato fries and pop the tray back into the oven to cook for another 5-10 minutes after this time turn off the oven to keep them warm.

While the salmon is cooling, make the sauce by adding yogurt, dill, lemon juice, onion powder, and spices to a bowl and mixing well to combine.

Once the salmon has cooled, remove the skin and flake the salmon into smaller pieces. Add the flaked salmon to a bowl along with the panko breadcrumbs, egg, and onion mixture. Mix well to combine, breaking up any clumps. Form this mixture into 4 salmon patties. Ensure to press them firmly or they will split.

Quickly rinse the pan used to cook the onion mixture. Spray lightly with oil and then place the patties in the pan and cook on each side for approximately 4 minutes, or until golden brown.

To assemble, place a piece of green lettuce on the plate. Top with salmon burger patty, sauce, tomato and then the onion. Top with another piece of lettuce. Using a knife and fork is the easiest way to eat these burgers.

**Tip:** Want to save time? Omit the dill sauce and replace with store-bought tzatziki instead.

**Substitution:** Omit the lettuce leaves and replace with a regular burger bun instead.

**Allergy:** For a gluten-free diet use Gluten Free Panko crumbs.



A top-down photograph of three blackened fish tacos on a white paper-lined tray. The tacos are filled with blackened fish, topped with a vibrant purple cabbage slaw, fresh green cilantro, and a creamy chipotle yogurt sauce. A lime wedge is placed next to the tacos, and a whole green lime is visible in the background. The scene is set on a white wooden surface with a metal griddle and a small bowl of sauce partially visible on the right.

# **BLACKENED FISH TACOS WITH CHIPOTLE YOGURT SAUCE**

# BLACKENED FISH TACOS WITH CHIPOTLE YOGURT SAUCE



Makes: 16 tacos  
Serves: 4  
Prep: 20 mins  
Cook: 10 mins



Nutrition for  
2 tacos:  
653 kcal  
22g Fats  
67g Carbs  
45g Protein



MP HP



00072588

## WHAT YOU NEED

- 4 small unthawed fillets of basa (or similar white fish)
- 1 cup (120g) panko bread crumbs
- 3 tsp. paprika
- ½ tsp. cayenne pepper
- ¾ tsp. garlic powder
- ½ tsp. onion powder
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2 eggs
- 8-10 medium soft taco shells (either wheat or corn)

### Slaw:

- 3 cups (210g) shredded cabbage
- 1 tsp, apple cider vinegar
- pinch salt and pepper

### Chipotle Yogurt Sauce:

- ½ cup (120g) Greek yogurt
- 1 tsp. paprika
- 1 tsp. chili powder
- 2 tbsp. lime juice
- 1 tsp. honey

## WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.

Mix the panko breadcrumbs, and spices together in a shallow baking dish.

Place the egg into a separate shallow dish and beat well.

Now take the fillets of fish and place them one at a time, first into the egg wash and then into the panko mixture. Cover the fish in the breadcrumbs.

Once all fish have been coated in the panko, place them in a preheated non-stick pan that has been sprayed with oil.

Place 2 fish fillets at a time into the pan and sear each side for 1 minute and remove from the pan. Re-spray the pan with oil and repeat for the next 2 fillets. Place the seared fish onto a baking sheet and place in the oven for 8 minutes.

While the fish is cooking, shred the cabbage (use green or purple cabbage, or a combination of both). For ease, use a food processor with appropriate cutting blade, alternatively thinly slice with a knife. Place the cabbage into a bowl and add in 1 teaspoon of apple cider vinegar and a small pinch of salt and pepper. Mix well and set aside.

With 3 minutes left on the cooking time for the fish, wrap the soft taco shells in foil and place in the oven to warm up.

To make the yogurt dip, place the yogurt into a small bowl and add in the lime juice, chili powder, honey, paprika and mix well.

The fish is cooked when it is flaky but not dry on the inside, the internal temperature should be 145°F (63°C).

To assemble the tacos take a taco shell and fill with a few small pieces of fish, top with cabbage slaw, and chipotle sauce.

**Tip:** Other topping options are sour cream, salsa, guacamole, and feta cheese.





**LENTIL AND  
ZUCCHINI PASTA**

# LENTIL AND ZUCCHINI PASTA



Serves: 3  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
300 kcal  
5g Fats  
19g Carbs  
59g Protein



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## WHAT YOU NEED

- ½ medium onion, chopped
- 1 tsp. olive oil
- 2 cloves garlic, crushed
- ½ tbsp. Italian herbs
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2x 14 oz. (400g) canned chopped tomatoes
- 5 oz. (156ml) canned tomato paste
- ½ cup (95g) red split lentils
- ½ cup (120ml) vegetable stock or water
- ½ tbsp. sugar or maple syrup
- 10 cups zucchini noodles

## WHAT YOU NEED TO DO

*Spiralise the zucchini into noodles using a spiraliser. Alternatively buy store-bought zucchini noodles. Place the noodles into a large bowl, sprinkle with ¼ teaspoon of salt, mix well and set aside to sit.*

*Place a saucepan over a medium-high heat, add the oil and sauté the onions for 3 minutes, stirring often. Add the garlic, salt and pepper and spices and stir well for a further minute.*

*Add the crushed tomatoes, red split lentils, vegetable stock or water, and sugar or maple syrup and mix well. Bring to a boil and then reduce heat to a simmer. Cover the pan with a lid and simmer for 15 minutes.*

*Remove the lid from the pan and add in the can of tomato paste and the fresh parsley and basil. Cook for another 5 minutes uncovered.*

*Take the zucchini noodles and place some of them into the middle of a tea towel. Fold the sides up and grab, slowly twist the tea towel to wring out the excess water into the sink. Do this for all the zucchini noodles and then place into a large frying pan. Cook on high for 3-5 minutes, depending on the thickness of the noodles.*

*Once the zucchini noodles are cooked place them into a large bowl and top with sauce. Sprinkle with more fresh herbs and a little parmesan cheese.*

**Tip:** Replace the zucchini noodles with 320 grams of pasta.



# SEEDY GRANOLA BARS



# SEEDY GRANOLA BARS



Serves: 12 bars  
Prep: 10 mins  
Cook: 8 mins



Nutrition per serving:  
163 kcal  
8g Fats  
23g Carbs  
3g Protein



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## WHAT YOU NEED

- 2 cups (35g) puffed quinoa or puffed rice
- ½ cup (75g) whole almonds
- ½ cup (75g) pecans
- ½ cup (65g) dried cranberries
- 2 tbsp. roasted sesame seeds
- 2 tbsp. roasted sunflower seeds
- 2 tbsp. hemp seeds
- ½ cup (120g) almond butter or peanut butter
- ⅔ cup (225g) malt rice syrup or honey
- ½ tsp. vanilla extract
- ¼ tsp. salt (omit if nut butter is salted)

## WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C).

Line a 8inch x 12inch (20cmx30cm) baking tray with parchment paper. (if you don't have parchment paper, grease the pan instead).

Chop the almonds and pecans into small pieces and place onto a baking sheet. Place in the oven, on the middle rack, and bake for 8 minutes, until the nuts are roasted.

While the nuts are roasting, place the rice or quinoa puffs into a bowl along with the cranberries, sesame seeds, hemp seeds, and salt. Mix well to combine.

Place the nut butter, vanilla extract, and rice syrup or honey into a small saucepan. Place the pan on the stove over a low heat, stir gently until hot.

Place the roasted nuts into a bowl along with the quinoa puff mixture and stir. Pour in the hot nut butter syrup and mix well.

Pour into the lined dish and use the back of a spoon to press the mixture into the pan until even and smooth.

Place the dish into the fridge for 30-60 minutes until the mixture sets hard. Once hard remove from the fridge and cut into 12, 1 ½ inch wide bars. Store in an airtight container in the fridge.

**Tip:** Don't want to roast the nuts? No problem these bars can also be made with raw nuts.





**CHOCOLATE ENERGY  
PROTEIN BALLS**

# CHOCOLATE ENERGY PROTEIN BALLS



Serves: 10  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
108 kcal  
1g Fats  
23g Carbs  
5g Protein



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## WHAT YOU NEED

- ½ cup (50g) chocolate protein powder of choice
- 2 cups (350g) soft dates
- 1 tbsp. cocoa powder
- ⅛ tsp. salt
- ½ tbsp. coconut oil

## WHAT YOU NEED TO DO

*Make sure the dates are soft. If not, measure out the dates and place them into a bowl and cover with hot water. Allow the dates to soak for 5 minutes, then drain the water and towel dry the dates.*

*Place the protein powder, dates, cocoa powder, salt and coconut oil into a food processor. And pulse until well combined.*

*If the mixture looks too dry, add a teaspoon of coconut oil. If the mixture is too wet, add an extra teaspoon of protein powder.*

*Roll out the balls into roughly 1.5 inch balls. Place in the fridge for 15 minutes. Roll in more cocoa powder (optional).*

**Tip:** *Want a crunch in the energy protein balls, add in some puffed rice cereal.*

