



JAMES ROBERTSON
FITNESS

PUSHED FOR TIME RECIPE BOOK

Discover the collection of simple 5-ingredient recipes, including breakfast, lunch, dinner, treats 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



INTRODUCTION

This recipe pack is full of quick, easy and tasty recipes, all made from 5 key ingredients.

You will need an additional 5 pantry staples that most people will probably have in their kitchen already. These have not been counted as one of the key ingredients in the recipes. However, they have been included on the lists to make the recipes easier to follow.



THE PANTRY

Ingredients from the pantry list:

- *olive oil*
- *coconut oil*
- *apple cider vinegar*
- *salt*
- *pepper*

Less ingredients means less time preparing and cooking, so discover our 40 delicious and quick breakfasts, lunches, dinners and treats. Enjoy!



WEEKLY MEAL PLANNER 01



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Mushroom and Brie Omelet	BREAKFAST Mushroom and Brie Omelet	BREAKFAST Purple Power Smoothie	BREAKFAST Shakshuka	BREAKFAST Shakshuka	BREAKFAST Chickpea Bruschetta	BREAKFAST Purple Power Smoothie
LUNCH Spicy Tuna	LUNCH Spicy Tuna	LUNCH Leftover Chicken Piccata	LUNCH Curried Cauliflower Soup	LUNCH Curried Cauliflower Soup	LUNCH Leftover Salmon En Papillote	LUNCH Chickpea Bruschetta
SNACK E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	SNACK E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	SNACK E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	SNACK E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	SNACK E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	SNACK E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	SNACK E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake
DINNER Pork Meatballs in Tomato Sauce	DINNER Chicken Piccata	DINNER Mexican Stuffed Peppers	DINNER Mexican Stuffed Peppers	DINNER Salmon En Papillote	DINNER Meal Out – Enjoy!	DINNER Pork Meatballs in Tomato Sauce

WEEKLY MEAL PLANNER 02



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Green Pea, Potato, Goat's Cheese Frittata	BREAKFAST Green Pea, Potato, Goat's Cheese Frittata	BREAKFAST Cinnamon Granola	BREAKFAST Protein Pancakes	BREAKFAST Protein Pancakes	BREAKFAST Baked Carrot Fritters	BREAKFAST Cinnamon Granola
LUNCH Quinoa and Beetroot Salad	LUNCH Quinoa and Beetroot Salad	LUNCH Leftover Cajun Salmon with Corn Salsa	LUNCH Quinoa, Beef and Zucchini Burgers	LUNCH Quinoa, Beef and Zucchini Burgers	LUNCH Leftover Slow- cooked Chicken Fajita	LUNCH Baked Carrot Fritters
SNACK E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie	SNACK E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie	SNACK E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie	SNACK E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie	SNACK E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie	SNACK E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie	SNACK E.g. Cinnamon Granola, Coconut and Chia Seed Pudding, Tropical Carrot Smoothie
DINNER Spinach Risotto	DINNER Cajun Salmon with Corn Salsa	DINNER Fish Curry	DINNER Fish Curry	DINNER Slow-cooked Chicken Fajita	DINNER Meal Out – Enjoy!	DINNER Spinach Risotto



**MUSHROOM AND
BRIE OMELET**

MUSHROOM AND BRIE OMELET



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
359 kcal
27g Fats
4g Carbs
25g Protein



WHAT YOU NEED

- 1 clove garlic, minced
- 2 cups (200g) mushrooms
- 8 eggs
- 7 oz. (200g) brie cheese, sliced
- 4 oz. (120g) rocket
- * 1 tbsp. olive oil
- * salt and pepper

WHAT YOU NEED TO DO

Heat a large non-stick frying pan over high heat, greased with a little bit of oil. Slice the mushrooms and cook, stirring occasionally, for 5-7 minutes. Transfer to a bowl and set aside.

Heat a small non-stick frying pan over medium-high heat, greased with a small amount of oil. Whisk the eggs in a large pot with ¼ cup (60ml) cold water. Season well with salt and pepper.

Pour quarter of the eggs into the pan and cook the omelet. Top with a quarter of the earlier prepared mushrooms and quarter of the brie. Transfer onto a serving plate, top with a handful of rocket. Serve immediately.

Repeat this process with the remaining eggs, mushrooms, brie and rocket to make a further 4 omelets.





**GREEN PEA, POTATO
AND GOAT'S CHEESE FRITTATA**

GREEN PEA, POTATO AND GOAT'S CHEESE FRITTATA



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
295 kcal
18g Fats
16g Carbs
19g Protein



WHAT YOU NEED

- 4 baby potatoes, thinly sliced
 - 1 cup (120g) frozen peas
 - 8 eggs
 - 3 oz. (85g) goat's cheese, crumbled
 - 4 oz. (120g) rocket
- * 1 *tbsp. olive oil*
* *salt and pepper*

WHAT YOU NEED TO DO

Heat a 7.8-inch (20cm) ovenproof non-stick frying pan over medium heat, greased with the olive oil. Cook the sliced potato 5-6 minutes on each side or until lightly golden and tender. Transfer to a plate and set aside.

Meanwhile, place the frozen peas in a bowl of hot water and allow to defrost until the peas are tender. Drain well.

Lightly whisk the eggs in a medium bowl. Season to taste with salt and pepper.

Preheat the grill on medium. Arrange half the potato at the base of the frying pan. Top with half the peas and half the goat's cheese. Repeat the layering process once more and then pour over the eggs to cover the potato. Cook over a low-medium heat for 10 minutes or until the egg is almost set.

Place under the grill for 5 minutes, until the egg is just set on top. Cut the frittata into wedges, and serve with a handful of rocket.





SHAKSHUKA

SHAKSHUKA



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
308 kcal
17g Fats
22g Carbs
16g Protein



WHAT YOU NEED

- 1 white onion, sliced
 - 2 bell peppers, sliced
 - 2 x 14 oz. (400g) cans chopped tomatoes
 - 4 eggs
 - ¼ cup (15g) parsley leaves, chopped
- * 1 tbsp. olive oil
* salt and pepper

WHAT YOU NEED TO DO

Heat the oil a large non-stick frying pan over a medium-high heat. Add the onion and bell peppers, stirring constantly, and cook, for 5 minutes or until the onion and pepper have softened.

Add the chopped tomatoes and cook, stirring for a further 5 minutes.

Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve immediately.



A top-down view of a breakfast platter on a white speckled ceramic plate. The plate is set on a light-colored wooden surface with a green textured cloth napkin. The platter consists of three pieces of smoked salmon, a portion of cottage cheese topped with black pepper, a slice of avocado, and a stack of zucchini ribbons. A silver fork is partially visible behind the text overlay.

**SMOKED SALMON, AVOCADO
AND COTTAGE CHEESE
BREAKFAST PLATTER**

SMOKED SALMON, AVOCADO AND COTTAGE CHEESE BREAKFAST PLATTER



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
179 kcal
11g Fats
8g Carbs
14g Protein



WHAT YOU NEED

- 1 cucumber
 - 7 oz. (200g) smoked salmon
 - 1 avocado
 - ½ cup (110g) cottage cheese
 - 1 tsp. dried dill
- * salt and pepper
* 2 tbsp. apple cider vinegar

WHAT YOU NEED TO DO

Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoons of apple cider vinegar, season with salt and mix to combine. Set aside.

Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.

Sprinkle with dill and season to taste with salt and pepper. Serve immediately.





PROTEIN PANCAKES

PROTEIN PANCAKES



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
298 kcal
17g Fats
20g Carbs
17g Protein



WHAT YOU NEED

- 1 cup (225g) cottage cheese
- 1 cup (80g) rolled oats
- 5 eggs
- 2 tsp. cinnamon
- 1 tbsp. maple syrup
- * 2 tbsp. coconut oil

WHAT YOU NEED TO DO

Place all ingredients into a blender or food processor and blitz together until smooth.

Heat $\frac{1}{4}$ of the coconut oil in a large frying pan over low-medium heat, pour about $\frac{1}{4}$ cup of batter per pancake, and repeat until the pan is filled.

Cook until you start to see bubbles form on the surface of the pancakes, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.

Repeat this process until all the batter has been used. Top the pancakes with your favorite toppings (see serving suggestions below).

Serving suggestion:

Fruit: banana, strawberries, raspberries, pear, figs, cherries, pineapple, watermelon

Nuts: almonds, hazelnuts, walnuts

Sweeteners: powdered sugar, maple syrup or honey



A close-up photograph of a glass filled with a vibrant purple smoothie. The glass is set on a light-colored cloth with blue and white stripes. In the background, another similar glass is visible but out of focus. The lighting is soft and natural, highlighting the texture of the smoothie.

**PURPLE
POWER SMOOTHIE**

PURPLE POWER SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
322 kcal
3g Fats
53g Carbs
24g Protein



WHAT YOU NEED

- 1 cup (240ml) almond milk
- 1 cup (150g) frozen berries
- 1 banana
- 1 medium beetroot, cooked, grated
- 1 scoop (25g) vanilla whey

WHAT YOU NEED TO DO

Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.



CINNAMON GRANOLA



CINNAMON GRANOLA



Serves: 16
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
136 kcal
8g Fats
15g Carbs
3g Protein



WHAT YOU NEED

- 2 cups (160g) rolled oats
 - 1 cup (115g) walnuts, chopped
 - 1 tbsp. cinnamon
 - 4 tbsp. almond butter
 - ½ cup maple syrup
- * salt

WHAT YOU NEED TO DO

Preheat the oven to 325°F (160°C) and line a baking tray with baking paper.

Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.

Next, add the almond butter and maple syrup, mix until well combined and sticky.

Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.

Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.





**STRAWBERRY PROTEIN
SMOOTHIE BOWL**

STRAWBERRY PROTEIN SMOOTHIE BOWL



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
315 kcal
10g Fats
37g Carbs
19g Protein



WHAT YOU NEED

- 4 cups (600g) cottage cheese
- 1 ½ cup (225g) frozen strawberries, thawed
- 4 tbsp. maple syrup
- ½ cup granola
- 1 cup (150g) mixed berries

WHAT YOU NEED TO DO

Place the cottage cheese, strawberries and maple syrup in a food processor or high-speed blender and blitz until smooth and creamy.

Divide between 4 serving bowls, top with granola and fresh berries, to serve.





PROTEIN PORRIDGE

PROTEIN PORRIDGE



Serves: 2
Prep: 5 mins
Cook: 7 mins



Nutrition per
serving:
375 kcal
15g Fats
44g Carbs
19g Protein



WHAT YOU NEED

- 2 cups (480ml) almond milk, unsweetened
- 1 cup (80g) oats
- 1 scoop (25g) vanilla whey
- 1 banana, sliced
- ¼ cup (30g) walnuts, chopped

WHAT YOU NEED TO DO

In a small pot, bring the almond milk to the boil. Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.

Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.





CHICKPEA BRUSCHETTA

CHICKPEA BRUSCHETTA



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
357 kcal
15g Fats
44g Carbs
14g Protein



WHAT YOU NEED

- 2 slices bread, toasted
- 1 cup (165g) chickpeas, drained
- 1 tbsp. tahini
- ½ cup (75g) cherry tomatoes, quartered
- 1 tbsp. parsley, chopped
- * 1 tbsp. olive oil
- * 1 tsp. apple cider vinegar
- * salt and pepper

WHAT YOU NEED TO DO

Toast the bread on both sides.

Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and, season with salt and pepper.

Combine the tomatoes, parsley and olive oil in a small bowl. Spread the chickpea mixture over the toasted bread. Top with the tomatoes and serve immediately.

Serving suggestion:
Lemon wedges





**PESTO PASTA
SALAD**

PESTO PASTA SALAD



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
501 kcal
17g Fats
67g Carbs
19g Protein



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WHAT YOU NEED

- 11 oz. (320g) whole wheat pasta
 - 13 oz. (360g) roasted peppers, drained, sliced
 - 6 tbsp. basil pesto
 - 1 mozzarella ball, chopped (125g)
 - 4 oz. (120g) rocket
- * salt and pepper

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging. Once cooked, drain and rinse under cold running water until cooled.

In a large bowl, toss the pasta and the remaining ingredients together until combined. Season to taste with salt and pepper and serve immediately. Alternatively, place in a sealed container and refrigerate for up to 3 days.



A top-down view of a white ceramic bowl filled with a colorful chickpea and quinoa tabbouleh salad. The salad consists of cooked quinoa, chickpeas, diced red tomatoes, sliced cucumbers, and fresh green herbs. The bowl is placed on a light green textured cloth. To the right, two wooden spoons with handles wrapped in twine are visible. A semi-transparent white text box is overlaid on the upper right portion of the image.

CHICKPEA AND QUINOA TABBOULEH

CHICKPEA AND QUINOA TABBOULEH



Serves: 4
Prep: 15 mins
Cook: 12 mins



Nutrition per
serving:
334 kcal
14g Fats
43g Carbs
11g Protein



WHAT YOU NEED

- $\frac{3}{4}$ cup (130g) quinoa, uncooked
 - 1 x 14 oz. (400g) can chickpeas, drained
 - 2 medium tomatoes, diced
 - 1 small cucumber, diced
 - 1 cup (60g) parsley, chopped
- * 3 tbsp. olive oil
* 2 tbsp. red wine vinegar
* salt and pepper

WHAT YOU NEED TO DO

Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.

In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar. Season to taste with salt and pepper and place in the refrigerator to chill. Best served chilled.

Store refrigerated in an air-tight container for up to 2-3 days.





**BAKED LENTIL
FALAFELS**

BAKED LENTIL FALAFELS



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
189 kcal
6g Fats
26g Carbs
10g Protein



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WHAT YOU NEED

- 2 cups (400g) lentils, cooked
- 1 cup (60g) fresh parsley
- 2 cloves garlic
- juice of 1 lemon
- 2 tbsp. all-purpose flour
- * 1 ½ tbsp. olive oil
- * 1 tsp. salt

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C). Pulse all the ingredients (except the flour) in a food processor until well combined. The mixture should look like semi-dry crumbs and should hold together when pressed.

Stir in the flour, and then form the mixture into patties, using a large tablespoon of mixture for each falafel. Place on a baking sheet and bake in the oven for 18-20 minutes.

Serve warm or cold in salads, sandwiches, poke bowls, with dips. The falafels can be stored in the refrigerator for 2-3 days.



QUINOA, BEEF AND ZUCCHINI BURGERS



QUINOA, BEEF AND ZUCCHINI BURGERS



Makes: 8
Prep: 25 mins
Cook: 30 mins



Nutrition per
serving:
160 kcal
10g Fats
6g Carbs
12g Protein



WHAT YOU NEED

- 1 zucchini, grated
- 14 oz. (400g) lean, ground beef
- 1 cup (185g) quinoa, cooked
- 2 cloves garlic, minced
- 1 egg, beaten
- * 1 tsp. salt and pepper
- * 2 tbsp. olive oil

WHAT YOU NEED TO DO

Grate the zucchini and squeeze out any excess moisture using some clean kitchen towel.

Transfer the zucchini into a bowl. Add the beef, quinoa, garlic, egg, 1 teaspoon of salt, and ¼ teaspoon of pepper. Combine all the ingredients together using clean hands.

Form the mixture into 8 patties. Heat a part of the oil in a grill pan over medium-high heat, and cook the burgers 5-6 minutes each side.

The burgers can be stored in an airtight container in the refrigerator for 3-4 days.





SPICY TUNA

SPICY TUNA



Serves: 2
Prep: 15 mins
Cook: 0 mins



Nutrition per
serving:
108 kcal
3g Fats
4g Carbs
15g Protein



WHAT YOU NEED

- 4 oz. (115g) sashimi tuna
- 1 ½ tbsp. Sriracha sauce
- 2 green onions, sliced
- 1 tsp. sesame seeds
- 1 tsp. sesame oil

WHAT YOU NEED TO DO

Cut the tuna into small cubes and place in a bowl. Slice the spring onions, keeping the white and green parts separate.

Add the Sriracha sauce, white parts of the onion and sesame oil to the tuna. Mix until well combined.

Transfer the tuna into a serving bowl, garnish with the green parts of the onion and serve.

Serving suggestion:
Steamed white rice





**CAJUN SALMON
WITH CORN SALSA**

CAJUN SALMON WITH CORN SALSA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
407 kcal
21g Fats
21g Carbs
38g Protein



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WHAT YOU NEED

- 2 corn cobs, cooked
- 10.5 oz. (350g) cherry tomatoes, quartered
- 1 cup (60g) coriander, leaves
- 4 salmon fillets (6oz./170g each)
- 2 tbsp. Cajun seasoning
- * 2 tbsp. olive oil

WHAT YOU NEED TO DO

Heat the oven to 425°F (220°C). Mix the Cajun seasoning with the olive oil and rub all over the salmon. Place the salmon on a baking tray or on an oven proof dish. Bake in the oven for 12-15 minutes, until cooked through.

Use a small knife to cut down the side of the corn cobs to remove the kernels and place them in a large bowl. Add the tomato and coriander and toss to combine.

To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.





**BAKED CARROT
FRITTERS**

BAKED CARROT FRITTERS



Makes: 10
Prep: 5 mins
Cook: 25 mins



Nutrition per
serving:
33 kcal
1g Fats
6g Carbs
1g Protein



WHAT YOU NEED

- 4 medium carrots, grated
 - 1 small egg
 - 4 tbsp. all-purpose flour
 - 1 clove garlic, minced
 - 1 tsp. ground cumin
- * salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and prepare a baking tray lined with baking paper.

In a bowl, mix all the ingredients together until well combined. Take a heaped tablespoon of the batter and place it on the baking tray, flatten slightly with your hand to form a round shaped fritter.

Bake the fritters for 12 minutes, then turn them over and bake for a further 12 minutes on the other side until golden.

Serve hot or cold. These fritters can be refrigerated in an air-tight container for up to 2-3 days.

Serving suggestion:
Sweet potato hummus





**CURRIED
CAULIFLOWER SOUP**

CURRIED CAULIFLOWER SOUP



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
296 kcal
8g Fats
44g Carbs
15g Protein



WHAT YOU NEED

- 1 yellow onion, chopped
- 1 cauliflower head
- 2 tsp. fennel seeds
- 1 cup. (190g) red lentils, dry
- 3 tbsp. yellow curry paste
- * salt and pepper
- * 2 tbsp. olive oil

WHAT YOU NEED TO DO

Heat the oven to 400°F (200°C).

Separate the cauliflower head into small florets. Drizzle ¼ of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds and salt and pepper. Place in a roasting dish and set aside.

Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 1 litre of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.

In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.

Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.





**QUINOA AND
BEETROOT SALAD**

QUINOA AND BEETROOT SALAD



*Serves: 4
Prep: 10 mins
Cook: 0 mins*



*Nutrition per
serving:
395 kcal
21g Fats
38g Carbs
16g Protein*



WHAT YOU NEED

- 2 cups (370g) cooked quinoa
 - 7 oz. (200g) feta cheese, cubed
 - 2 medium beets, cooked, cubed
 - 1 cup (165g) chickpeas, drained
 - 1 lemon, zest and juice
- * 2 *tbsp. olive oil*
* *salt and pepper*

WHAT YOU NEED TO DO

Combine the cooked quinoa, feta cheese, beetroot and chickpeas in a medium sized bowl. Drizzle with olive oil, lemon juice and add in the finely grated lemon zest.

Season to taste with salt and pepper and mix well to combine. Divide between 4 plates and serve immediately.



VEGETABLE CHILI SALAD



VEGETABLE CHILI SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
144 kcal
2g Fats
28g Carbs
8g Protein



WHAT YOU NEED

- 1 x 14 oz. (400g) can black beans, rinsed, drained
- 1 x 7 oz. (200g) can sweet corn, rinsed, drained
- 1 red bell pepper, sliced
- bunch coriander, chopped
- 5 oz. (150g) hot salsa

WHAT YOU NEED TO DO

Rinse the black beans and corn under cold running water, rinse thoroughly and drain well. Slice the pepper into small strips. Chop the coriander coarsely.

Mix the beans, corn, pepper and coriander with the salsa in a medium bowl. This salad can be stored in an airtight container in the refrigerator for up to 3 days.

Serving suggestions:

- Guacamole
- Tortilla chips



SLOW-COOKED CHICKEN FAJITA



SLOW-COOKED CHICKEN FAJITA



Serves: 6
Prep: 5 mins
Cook: 4-6 hrs



Nutrition per serving:
177 kcal
3g Fats
10g Carbs
27g Protein



WHAT YOU NEED

- 1.5 lb. (680g) chicken breast
- 1 large onion, sliced
- 2 bell pepper, sliced
- 1 x 16 oz. (450g) jar salsa
- juice of 1 lime
- * salt and pepper

WHAT YOU NEED TO DO

Add the chicken, onions, peppers, salsa, and salt to a slow cooker. Stir well to combine.

Cook on a high heat setting for 4 hours or low heat setting for 6 hours, until the chicken and vegetables are tender.

Once cooked, remove the chicken and place on a cutting board. Shred the chicken, with two forks and place back into the slow cooker. Add in the lime juice and mix everything well to combine.

Season to taste, with salt and pepper.

Serving suggestion:

- Tortilla chips
- Avocado
- Salsa
- Lime wedges





CHICKEN PICCATA

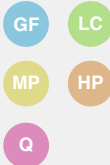
CHICKEN PICCATA



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
328 kcal
23g Fats
4g Carbs
26g Protein



WHAT YOU NEED

- 1 lb. (450g) chicken breast
 - 3.5 oz. (100g) butter
 - ¼ cup (50g) capers, drained
 - 3 lemons, zested, juiced
 - ½ cup (30g) parsley, chopped
- * salt and pepper

WHAT YOU NEED TO DO

Place a chicken breast between 2 sheets of cling film. Use a meat mallet, or rolling pin, to gently pound the chicken until it is approximately 1.5cm thick. Season well with salt and pepper.

Heat ¼ of the butter in a large pan over a medium-high heat and cook the chicken. Cook for 4 minutes each side or until golden brown. Transfer to a plate and set aside.

Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown color.

Add the capers to the butter and cook for 1 minute. Add the lemon juice and half the lemon zest, and mix through. Now place the chicken and any juices back in the pan. Cook, turning occasionally, for 2-3 minutes or until chicken is cooked through and the sauce has thickened slightly.

To serve, sprinkle with parsley and remaining lemon zest.





**PROSCIUTTO WRAPPED
CHICKEN WITH LENTILS**

PROSCIUTTO WRAPPED CHICKEN WITH LENTILS



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
462 kcal
14g Fats
41g Carbs
46g Protein



WHAT YOU NEED

- 4 chicken thighs, skinless (480g)
- 8 prosciutto slices
- 8 tsp. red pesto
- 2x 14 oz. (400g) can lentils, drained
- 5 oz. (145g) sun-dried tomatoes, drained
- * 2 tbsp. apple cider vinegar
- * 2 tbsp. oil from sun-dried tomatoes
- * salt and pepper

WHAT YOU NEED TO DO

Heat the oven to 360°F (180°C).

Cut each chicken thigh into two pieces, season with salt and pepper. Spread 1 teaspoon of pesto over each piece of chicken and wrap in a slice of prosciutto. Place on a baking tray and bake in the oven for 25-30 minutes, until crispy and cooked through.

In the meantime, place the lentils and tomatoes in a pot and gently warm them through adding in the apple cider vinegar and 2 tablespoons of oil from the sun-dried tomatoes.

Divide the lentils between 4 plates and, top with the chicken. Serve immediately..





SPINACH RISOTTO

SPINACH RISOTTO



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
449 kcal
13g Fats
68g Carbs
14g Protein



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WHAT YOU NEED

- 1 yellow onion, diced
 - 1 ½ cup (300g) risotto rice, dry
 - 5 cups (1.2L) vegetable stock
 - 8 oz. (225g) spinach, frozen
 - 3 oz. (85g) parmesan
- * 2 tbsp. olive oil
* salt and pepper

WHAT YOU NEED TO DO

Heat the olive oil in a large pan over a medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally. Season to taste with salt and pepper.

Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16-18 minutes, until rice is cooked.

Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Season to taste with a little more salt and pepper if necessary and serve immediately.





**SALMON EN
PAPILLOTE**

SALMON EN PAPILOTE



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
409 kcal
25g Fats
10g Carbs
36g Protein



WHAT YOU NEED

- 1 zucchini, sliced
- 1 red onion, sliced
- 2 salmon fillets (6oz./ 170g each)
- ½ cup (30g) dill
- 1 lemon, sliced
- * 2 tbsp. olive oil
- * salt and pepper

WHAT YOU NEED TO DO

Heat the oven to 350°F (180°C).

Prepare 2 pieces of baking paper. Each piece should be large enough to create a parcel to fit the salmon and vegetables inside once folded up.

Arrange a layer of 8 zucchini slices on each piece of paper. Cover the zucchini with the sliced onion. Drizzle each serving with 1 tablespoon of olive oil, and season to taste with salt and pepper.

Next place one salmon piece on top of the vegetables, and season with salt and pepper.

Top with the dill, and cover with a layer of sliced lemon.

Seal the parchment paper well by folding the ends over each other to form a parcel.

Bake for 18-20 minutes, or until cooked through. Place the entire packet on each plate, tear the parchment paper to open and serve immediately.





CHICKPEA AND BROCCOLI CURRY

CHICKPEA AND BROCCOLI CURRY



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
399 kcal
21g Fats
43g Carbs
15g Protein



WHAT YOU NEED

- 1 x 14 fl. oz. (400ml) can coconut milk
- 2 tbsp. red curry paste
- 2 broccoli heads, florets
- 1 x 14 oz. (400g) can chickpeas, rinsed and drained
- 1 tbsp. cornstarch
- * 1 tbsp. coconut oil

WHAT YOU NEED TO DO

Heat the oil in a large pan over a medium-high heat. Sauté the broccoli for 3-4 minutes, then add the curry paste and cook for further 2 minutes. Now add coconut milk and simmer gently for 5-8 minutes.

Next, add in the chickpeas and mix well to combine, bring to a gentle simmer.

Mix the cornstarch with 2 tablespoon of cold water and add to the pan, simmer for about a minute, then reduce heat and let it cool slightly before serving.

Serving suggestion:

- Steamed white rice
- Coriander





**MEXICAN
STUFFED PEPPERS**

MEXICAN STUFFED PEPPERS



Serves: 4
Prep: 10 mins
Cook: 50 mins



Nutrition per
serving:
281 kcal
10g Fats
23g Carbs
23g Protein



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WHAT YOU NEED

- 4 bell peppers
- 14 oz. (400g) lean ground beef
- 1 x 14 oz. (400g) can chopped tomatoes
- 1 cup (160g) cooked rice
- 2 tbsp. Mexican spice blend

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.

Meanwhile, cut off the tops from peppers and remove the seeds from the inside. Place the peppers on a baking dish and fill the peppers with the beef mixture.

Cover the dish with kitchen foil and bake in the oven for 35 minutes, or until the peppers are tender.





**SESAME CRUSTED
MISO TUNA**

SESAME CRUSTED MISO TUNA



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
371 kcal
17g Fats
15g Carbs
41g Protein



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WHAT YOU NEED

- 1 tbsp. white miso
 - 2 tuna steaks (5 oz. /140g each)
 - 4 tbsp. sesame seeds
 - bunch spring onions, trimmed and sliced
 - 7 oz. (200g) green beans, halved
- * 1 tbsp. olive oil

WHAT YOU NEED TO DO

Heat 1 tablespoon of olive oil in a large pan over a medium-high heat.

Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.

In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender. Season to taste with salt and pepper, then divide between two serving plates.

Slice the steaks and place on top of the vegetables. Serve immediately.





FISH CURRY

FISH CURRY



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
351 kcal
20g Fats
14g Carbs
29g Protein



WHAT YOU NEED

- 1 medium yellow onion, chopped
 - 3 tbsp. green curry paste
 - 1 x 14 oz. (400ml) can coconut milk
 - 1.3 lb. (600g) white fish fillets (such as cod), coarsely chopped
 - 2 cups. (360g) frozen vegetable mix
- * 1 tbsp. olive oil

WHAT YOU NEED TO DO

Heat the oil in a wok or high sided frying pan over high heat. Add the chopped onion and cook for 3-4 minutes, then add the curry paste and cook, stirring, for 1 more minute.

Add the coconut milk and bring to a boil. Reduce the heat to medium-low and add the fish and frozen vegetables. Simmer for 15 minutes, until fish is cooked and the vegetables have warmed through. Serve immediately.

Serving suggestions:

- White rice
- Lime wedges
- Coriander





**PORK MEATBALLS
IN TOMATO SAUCE**

PORK MEATBALLS IN TOMATO SAUCE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
320 kcal
23g Fats
10g Carbs
20g Protein



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WHAT YOU NEED

- 14 oz. (400g) lean pork mince
- 1 clove garlic, minced
- 1 yellow onion, chopped
- 2 cups (480ml) passata
- ¼ cup (15g) parsley leaf, chopped

- * 2 tbsp. olive oil
- * salt and pepper

WHAT YOU NEED TO DO

Place the pork in a medium bowl, season with salt and pepper. Add in the garlic and use your hands to mix thoroughly. Using 1 tablespoon of mince, form meatballs, roughly the size of a walnut.

Heat 1 tablespoon of olive oil in a large pan and cook the meatballs, turning occasionally, for 10 minutes or until browned and cooked through. Then take off the heat and set aside.

In the same pan, heat the remaining oil and cook the onion for 3-4 minutes until soft. Place the meatballs back into the pan and add the passata. Season with salt and pepper, bring to a boil and then reduce the heat. Simmer for 10 minutes and serve garnished with the parsley.





SWEET POTATO HUMMUS

SWEET POTATO HUMMUS



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
182 kcal
12g Fats
16g Carbs
5g Protein



WHAT YOU NEED

- 1 ½ cup (250g) chickpeas, drained
- 1 cup (255g) sweet potato, mashed
- 4 tbsp. tahini
- ½ tsp. smoked paprika
- 1 garlic clove, minced

WHAT YOU NEED TO DO

Place all the ingredients to a high speed blender or food processor and blitz smooth.

Serve as a dip.



TAHINI PROTEIN ENERGY BALLS



TAHINI PROTEIN ENERGY BALLS



Makes: 24
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
115 kcal
6g Fats
11g Carbs
5g Protein



WHAT YOU NEED

- 2 cups (180g) rolled oats
- 1 cup tahini
- 4 tbsp. honey
- 2 scoops (64g) vanilla protein powder
- 2 tbsp. mini chocolate chips

WHAT YOU NEED TO DO

Place the rolled oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine to form a dough.

Once combined, use a large tablespoon of the dough and form into balls.

Store in a covered container in the fridge for up to 2 weeks. Alternatively place in a container and freeze for up to 3 months.





**ALMOND AND CRANBERRY
ENERGY BALLS**

ALMOND AND CRANBERRY ENERGY BALLS



Makes: 20
Prep: 15 mins
Chill: 1 hr



Nutrition per
serving:
59 kcal
3g Fats
7g Carbs
2g Protein



WHAT YOU NEED

- 10 Medjool dates, pitted
- 1 cup (90g) rolled oats
- ¼ cup (35g) cranberries, dried
- ¼ cup (35g) almonds
- 4 tbsp. almond butter

WHAT YOU NEED TO DO

Place the dates in a food processor and blitz until a smooth paste forms. Add the rolled oats, dried cranberries, almonds and almond butter and pulse until well combined.

Using slightly wet hands, roll tablespoonfuls of the mixture into balls. Place in the fridge for 1 hour to set. Store in an airtight container in the refrigerator for up to 2 weeks.



PEANUT BUTTER AND CRANBERRY COOKIES



PEANUT BUTTER AND CRANBERRY COOKIES



Makes: 20
Prep: 10 mins
Cook: 12 mins



Nutrition per
serving:
123 kcal
7g Fats
13g Carbs
3g Protein



WHAT YOU NEED

- 1 cup (280g) peanut butter, crunchy
- 1 cup (180g) coconut sugar
- 1 egg
- 1 tsp. baking powder
- ¼ cup (35g) cranberries, dried

WHAT YOU NEED TO DO

Preheat the oven to 360°F (180°C). Line 2 baking trays with baking paper.

Place the peanut butter and sugar in a bowl and using a hand mixer beat together until well combined. Add the egg and baking powder and beat again. Finally, add the cranberries and stir to combine.

Roll tablespoonfuls of the cookie dough into balls. Place the balls on lined trays, allowing room between each ball for spreading in the oven.

Flatten slightly. Bake, swapping trays halfway through cooking, for 10-12 minutes or until light golden. Set aside to cool.

Once cooled, store in an airtight container.





**SWEET POTATO AND
BLACK BEAN BROWNIES**

SWEET POTATO AND BLACK BEAN BROWNIES



Serves: 12
Prep: 15 mins
Cook: 50 mins



Nutrition per
serving:
183 kcal
10g Fats
22g Carbs
3g Protein



WHAT YOU NEED

- 9 oz. (250g) sweet potato
 - 1 14oz. (400g) can black beans, drained
 - ½ cup (60g) walnuts
 - 3.5 oz. (100g) coconut sugar
 - 1 bar dark chocolate, chopped
- * 3 tbsp. olive oil

WHAT YOU NEED TO DO

Peel, chop and boil the sweet potatoes until they are soft. Set aside to cool.

Heat the oven to 360°F (180°C) and prepare an 11x7-inches (28x18cm) baking tin lined with baking paper.

Place the cooled sweet potatoes, black beans, walnuts, sugar and chocolate into a food processor and blitz until smooth. Next add in the olive oil and blitz again.

Transfer the batter into the baking tin and bake for 50 minutes. Remove from the oven and allow to cool completely on a wire rack, before cutting into 12 squares. Store in an airtight container.



APPLE CAKE



APPLE CAKE



Serves: 12
Prep: 10 mins
Cook: 40 mins



Nutrition per
serving:
227 kcal
10g Fats
36g Carbs
2g Protein



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WHAT YOU NEED

- 2 cups (250g) all-purpose flour
- 3 tsp. baking powder
- 1 cup (180g) coconut sugar
- 1 egg
- 2 apples, peeled, cored and cut into chunks
- * $\frac{1}{2}$ cup coconut oil, melted

WHAT YOU NEED TO DO

Preheat the oven to 360°F (180°C). Prepare an 8-inch (20cm) baking tin lined with baking paper.

Place the flour, baking powder and sugar into a large bowl and mix well. Add in the egg and melted coconut oil and stir until combined.

Now add in the apples; using your hands incorporate them into the batter.

Place the batter into the lined tin and bake for 35-40 minutes. Once ready remove from the oven and allow to cool. Store this cake in an airtight container.





PUMPKIN CAKE

PUMPKIN CAKE



Serves: 8
Prep: 10 mins
Cook: 50 mins



Nutrition per
serving:
154 kcal
2g Fats
34g Carbs
3g Protein



WHAT YOU NEED

- 3 eggs
- $\frac{3}{4}$ cup (150g) coconut sugar
- 1 cup (230g) pumpkin puree
- 2 tsp. cinnamon
- 1 cup (125g) self-rising flour

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C).

In a large bowl, combine the eggs and sugar. Beat with a hand mixer for 5 minutes until the mixture is fluffy and has tripled in volume. Add the pumpkin puree and cinnamon and beat until everything is well-combined.

Sift the flour into the egg mixture and very gently fold, making sure that you do not deflate the eggs.

Grease an 8-inch (20cm) diameter cake pan and pour the batter into it. Bake for about 50 minutes or until a toothpick inserted into the middle of the cake comes out clean.

Remove the cake from the oven, let it cool, then slice and serve. Store this cake in an airtight container.

Serving suggestion:

Powdered sugar





**COCONUT AND CHIA
SEED PUDDING**

COCONUT AND CHIA SEED PUDDING



Serves: 4
Prep: 5 mins
Chill: 6 hrs



Nutrition per
serving:
240 kcal
12g Fats
31g Carbs
4g Protein



WHAT YOU NEED

- ⅓ cup (70g) white chia seeds
- 14 oz. (400ml) can light coconut milk
- ¼ cup (60ml) maple syrup
- 2 clementine's, peeled, segmented, chopped
- 2 kiwis, peeled, chopped

WHAT YOU NEED TO DO

Combine the chia seeds, coconut milk and 2 tablespoons of the maple syrup in a medium bowl.

Cover the bowl and place in the fridge for 6 hours or until the mixture thickens.

Combine the clementine and kiwi fruit in a bowl. Add the remaining maple syrup and stir to combine. Set this bowl aside in the fridge until the chia seed pudding has thickened.

Divide the pudding between 4 serving bowls or glasses. Top with the fruit mix and serve immediately.

Alternatively, the chia seed pudding can be stored in the refrigerator for up to 5 days. Just add the fresh fruits when you are ready to eat.



BLUEBERRY PROTEIN ICE CREAM



BLUEBERRY PROTEIN ICE CREAM



Serves: 2
Prep: 10 mins
Chill: 90 mins



Nutrition per
serving:
243 kcal
4g Fats
26g Carbs
28g Protein



WHAT YOU NEED

- 1 cup (145g) cottage cheese
- 1 banana
- ½ cup vanilla whey powder
- 4 tbsp. dried blueberries
- ¼ cup (75g) blueberries, fresh

WHAT YOU NEED TO DO

Place the cottage cheese, banana and whey powder in a food processor and blend everything together.

Transfer the mixture into a Tupperware dish or similar type of container, and mix in the dried berries. Cover with a lid and freeze for 45 minutes, then take out of the freezer and mix again. Return the dish to the freezer and chill for a further 45 minutes.

Take the dish out of the freezer, mix again and serve with fresh berries.

NOTE: *If you keep it in the freezer for longer, then thaw for 10-15 minutes before serving.*





**TROPICAL CARROT
SMOOTHIE**

TROPICAL CARROT SMOOTHIE



Serves: 4
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
95 kcal
0g Fats
24g Carbs
1g Protein



WHAT YOU NEED

- 1 cup (240ml) carrot juice
- 1 mango, peeled, chopped
- 1 cup (165g) pineapple, chopped
- 1 tsp. ginger, grated
- ¼ cup (60ml) coconut water

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice.

