

# LOW-CARB RECIPE PACK

Discover the collection of low-carb recipes, including breakfast, lunch, dinner, treats and smoothie options.

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# RECIPE KEY



## RECIPE KEY

Look for these helpful icons throughout the file.

- GF** Gluten Free
- DF** Dairy Free
- LC** Low Carb (under 20g serving)
- MP** Meal Prep/Freezer Friendly
- HP** High Protein (over 20g per serving)
- V** Vegetarian
- Q** Quick (under 30 mins)
- N** Contains Nuts



# WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Herby Breakfast Sausages	<b>BREAKFAST</b> Herby Breakfast Sausages	<b>BREAKFAST</b> Turmeric Poached Egg	<b>BREAKFAST</b> Asian Scrambled Eggs	<b>BREAKFAST</b> Cottage Cheese Protein Pancakes	<b>BREAKFAST</b> Turmeric Poached Egg	<b>BREAKFAST</b> Cottage Cheese Protein Pancakes
<b>LUNCH</b> Pear, Cured Ham & Walnut Salad	<b>LUNCH</b> Leftover Jerk Chicken with Cauliflower Rice	<b>LUNCH</b> Healthy Coronation Chicken Salad	<b>LUNCH</b> Healthy Coronation Chicken Salad	<b>LUNCH</b> Leftover Homemade Quinoa chicken Nuggets	<b>LUNCH</b> Grilled Vegetable Salad with Tuna	<b>LUNCH</b> Pear, Cured Ham & Walnut Salad
<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls
<b>DINNER</b> Jerk Chicken with Cauliflower Rice	<b>DINNER</b> Tom Yum Soup with Shrimps	<b>DINNER</b> Leftover Tom Yum Soup with Shrimps	<b>DINNER</b> Homemade Quinoa chicken Nuggets with side of choice	<b>DINNER</b> Warm Salmon Quinoa Salad	<b>DINNER</b> Meal Out - Enjoy!	<b>DINNER</b> Leftover Warm Salmon Quinoa Salad

# WEEKLY SHOPPING LIST FOR MEAL PLAN 01

## FRUIT & VEGETABLES

### **Fresh**

- ☐ 1x large bag spinach
- ☐ 2x tomatoes
- ☐ 1x bag rocket
- ☐ 1x pear
- ☐ 3x lemon
- ☐ 3x lime
- ☐ celery
- ☐ 1x garlic
- ☐ 2x zucchini
- ☐ bunch asparagus
- ☐ 14 oz. (400g) cauliflower rice
- ☐ 1x onion
- ☐ 3.5 oz (100g) shitake
- ☐ mushrooms
- ☐ 1x red bell pepper
- ☐ 7 oz. (200g) sugar snaps
- ☐ 3x bananas

### **Dried**

- ☐ 6x apricots

### **Herbs**

- ☐ sage
- ☐ basil
- ☐ mint
- ☐ coriander
- ☐ parsley
- ☐ chives
- ☐ \_\_\_\_\_

## MEAT, DAIRY & NON-DAIRY

### **Fish & Seafood**

- ☐ 7 oz. (200g) shrimps
- ☐ 4x salmon fillets

### **Meats**

- ☐ 9 oz. (250g) ground pork
- ☐ cured ham
- ☐ 5 oz. (150g) cooked chicken
- ☐ 2 lb. (900g) chicken breast

### **Dairy**

- ☐ cottage cheese
- ☐ blue cheese
- ☐ greek yoghurt
- ☐ parmesan

### **Non-Dairy**

- ☐ 6x eggs
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

## GRAINS, SEEDS & SPICES

### **Grains**

- ☐ wheat flour
- ☐ quinoa
- ☐ almond meal

### **Nuts & Seeds**

- ☐ pine nuts
- ☐ walnuts
- ☐ pistachio nuts

### **Spices**

- ☐ turmeric
- ☐ curry powder
- ☐ thyme
- ☐ allspice
- ☐ garlic powder
- ☐ cinnamon
- ☐ cayenne pepper
- ☐ fish spices

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
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- ☐ \_\_\_\_\_

## CANS, CONDIMENTS & MISC

### **Oils**

- ☐ coconut oil
- ☐ olive oil

### **Cans & Condiments**

- ☐ white wine vinegar
- ☐ mayonnaise
- ☐ 2x can tuna in olive oil
- ☐ 1x light coconut milk (canned)
- ☐ 1x full fat coconut milk (canned)
- ☐ tom yum paste
- ☐ fish sauce

- ☐ natural peanut butter

### **Sweeteners**

- ☐ coconut sugar
- ☐ maple syrup

- ☐ honey

### **Other**

- ☐ vanilla extract
- ☐ vegetable stock cubes
- ☐ dark chocolate chips
- ☐ desiccated coconut
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# WEEKLY MEAL PLANNER 02



## MONDAY

### BREAKFAST

Omelet with  
Cottage  
Cheese & Basil

### LUNCH

Easy Greek  
Zoodle Salad

### SNACK

E.g. Peanut  
Butter Protein  
Fluff, Low Carb  
Banana &  
Strawberry  
Cake

### DINNER

Low Carb Turkey  
Salad

## TUESDAY

### BREAKFAST

Omelet with  
Cottage  
Cheese & Basil

### LUNCH

Leftover Low  
Carb Turkey  
Salad

### SNACK

E.g. Peanut  
Butter Protein  
Fluff, Low Carb  
Banana &  
Strawberry  
Cake

### DINNER

Grilled Lemon  
Chicken Salad

## WEDNESDAY

### BREAKFAST

Avocado & Egg  
Paste

### LUNCH

Crushed  
Cucumber  
Salad with  
Salmon

### SNACK

E.g. Peanut  
Butter Protein  
Fluff, Low Carb  
Banana &  
Strawberry  
Cake

### DINNER

Leftover Grilled  
Lemon Chicken  
Salad

## THURSDAY

### BREAKFAST

Tofu & Green  
Peas Paste on  
Toast

### LUNCH

Crushed  
Cucumber  
Salad with  
Salmon

### SNACK

E.g. Peanut  
Butter Protein  
Fluff, Low Carb  
Banana &  
Strawberry  
Cake

### DINNER

Sesame &  
Ginger Beef  
with Zucchini  
Noodles

## FRIDAY

### BREAKFAST

Sweetcorn  
Fritters

### LUNCH

Leftover  
Sesame &  
Ginger Beef  
with Zucchini  
Noodles

### SNACK

E.g. Peanut  
Butter Protein  
Fluff, Low Carb  
Banana &  
Strawberry  
Cake

### DINNER

Cod with  
Creamy  
Zoodles

## SATURDAY

### BREAKFAST

Avocado & Egg  
Paste

### LUNCH

Leftover  
Sweetcorn  
Fritters

### SNACK

E.g. Peanut  
Butter Protein  
Fluff, Low Carb  
Banana &  
Strawberry  
Cake

### DINNER

Meal Out -  
Enjoy!

## SUNDAY

### BREAKFAST

Peanut butter  
Protein Fluff

### LUNCH

Easy Greek  
Zoodle Salad

### SNACK

E.g. Peanut  
Butter Protein  
Fluff, Low Carb  
Banana &  
Strawberry  
Cake

### DINNER

Leftover Cod  
with Creamy  
Zoodles

**Fresh**

- ## Frozen

- ## Herbs

- ☐ basil
- ☐ coriander
- ☐ mint
- ☐ chives

## ***Fish & Seafood***

- ## Dairy

- ### ***Non-Dairy***

- Other**

## Grains

- ## Nuts & Seeds

- ☐ almonds

## Spices

- ☐ oregano
- ☐ paprika
- ☐ turmeric
- ☐ chili

**Other**

## Oils

- ☐ sesame oil

## Cans & Condiments

- ☐ sundried tomatoes

## Sweeteners

- Other**

# **TURMERIC POACHED EGG**



# TURMERIC POACHED EGG



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
219 kcal  
15g Fats  
12g Carbs  
14g Protein



## WHAT YOU NEED

- 2 tsp. pine nuts
- 1  $\frac{3}{4}$  cups (400g) of fresh spinach
- $\frac{5}{8}$  cup (125g) of tomatoes halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp ground turmeric
- 2 medium-sized eggs

## WHAT YOU NEED TO DO

*Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.*

*In the meantime, heat the oil in a frying pan and stir-fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.*

*Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 min, repeat with the second egg.*

*Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.*





# **OMELET WITH COTTAGE CHEESE & BASIL**

# OMELET WITH COTTAGE CHEESE & BASIL



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
200 kcal  
14g Fats  
3g Carbs  
15g Protein



## WHAT YOU NEED

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- bunch fresh basil
- 200g cottage cheese
- 12 cherry tomatoes

## WHAT YOU NEED TO DO

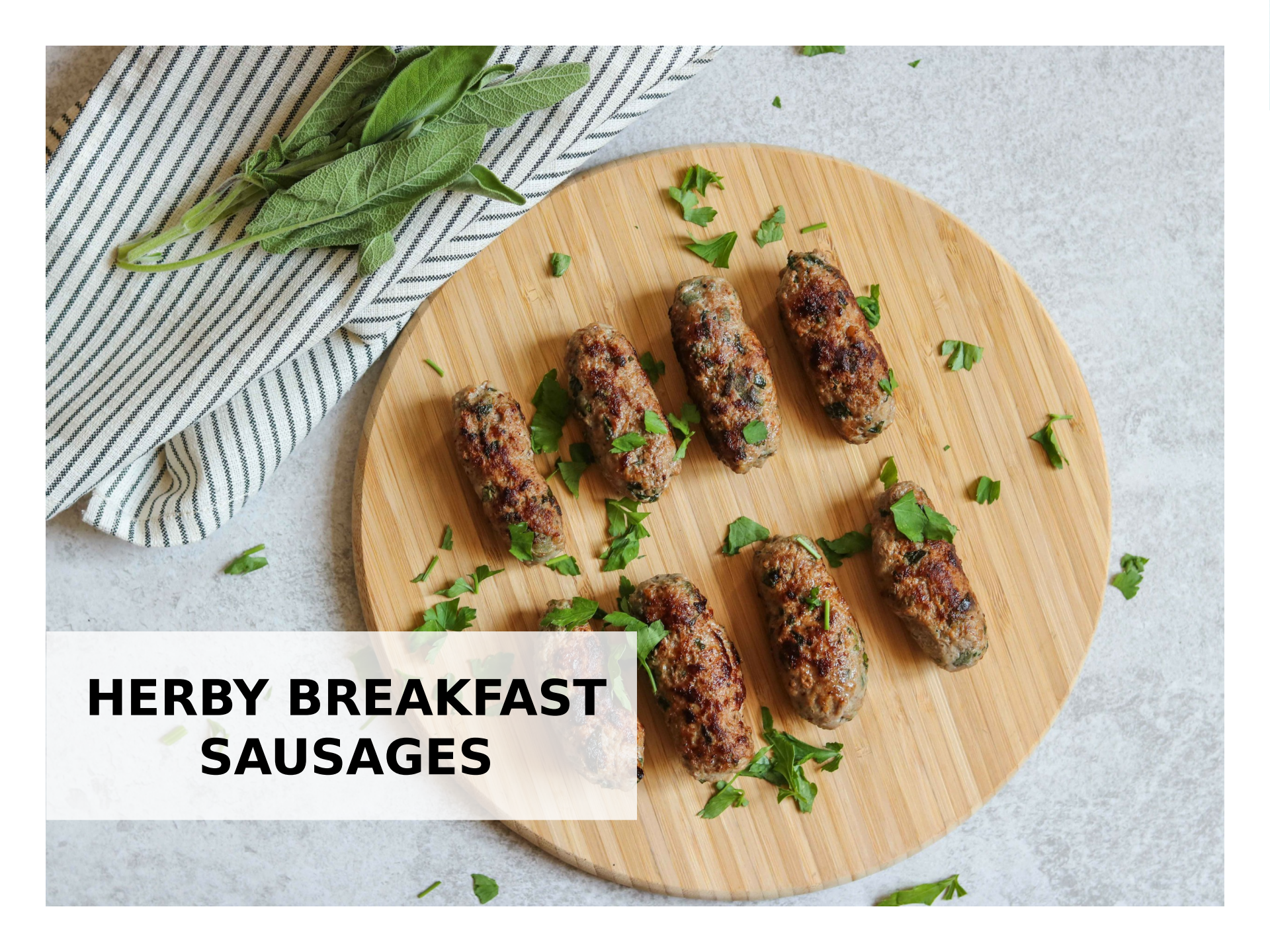
*Beat the eggs with the water and season with salt and pepper.*

*Heat  $\frac{1}{4}$  oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminium foil.*

*Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.*

*Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.*



A top-down photograph of seven herby breakfast sausages arranged on a round wooden cutting board. The sausages are golden-brown with visible herbs. They are garnished with fresh green herbs, including flat-leaf parsley and large sage leaves. A striped cloth is partially visible in the upper left corner. The background is a light grey surface.

# **HERBY BREAKFAST SAUSAGES**

# HERBY BREAKFAST SAUSAGES



Makes: 8  
Prep: 10 mins  
Cook: 10 mins



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



## WHAT YOU NEED

- 9 oz. (250g) ground pork
- salt & pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

## WHAT YOU NEED TO DO

*In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.*

*Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.*

*Serve hot or store in the refrigerator for later.*



A top-down photograph of a white ceramic bowl with black speckles, filled with a chunky mixture of mashed avocado, diced hard-boiled eggs, and fresh green herbs. The bowl sits on a light-colored wooden surface. To the right, a blue and white checkered cloth holds two slices of white bread. A semi-transparent white rectangular box is centered over the bowl, containing the text 'AVOCADO & EGG PASTE' in bold black letters.

# **AVOCADO & EGG PASTE**

# AVOCADO & EGG PASTE



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
298 kcal  
24g Fats  
9g Carbs  
11g Protein



## WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

## WHAT YOU NEED TO DO

*Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.*

*Press the garlic, and add to the eggs.*

*Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl.. Drizzle with lemon juice and olive oil.*

*Season everything with salt and pepper, and gently mix. Garnish with more coriander.*

*Serve immediately on bread or on its own.*





# **COTTAGE CHEESE PROTEIN PANCAKES**

# COTTAGE CHEESE PROTEIN PANCAKES



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
162 kcal  
4g Fats  
18g Carbs  
12g Protein



## WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp. of vanilla extract
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

## WHAT YOU NEED TO DO

*Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.*

*Whisk the egg whites into a stiff foam and add to the cheese mixture, gently combine the ingredients.*

*Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another. 2 minutes.*

*Suggested serving: Greek yogurt, honey, and berries.*



# **TROPICAL GLUTEN FREE GRANOLA**



# TROPICAL GLUTEN FREE GRANOLA



Makes: 7 cups  
Prep: 20 mins  
Cook: 2 hrs



Nutrition per  
serving:  
173 kcal  
14g Fats  
10g Carbs  
4g Protein



## WHAT YOU NEED

- 1 cup (165g) pineapple, cubed
- 5 Medjool dates, pitted and roughly chopped
- Orange, 2 tbsp. juice
- 1 tbsp. vanilla extract
- 1 tsp. ground cinnamon
- $\frac{1}{4}$  cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups (90g) unsweetened coconut flakes
- $\frac{1}{2}$  cup (70g) sunflower seeds
- $\frac{1}{2}$  tsp. salt

### Note:

Nutrition information is given per serving size of  $\frac{1}{4}$  cup – 28 grams.

## WHAT YOU NEED TO DO

*Pre-heat oven to 250F (120C) and prepare 2 racks lined with baking sheets.*

*In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next add in the coconut oil and blend again. Set aside until required.*

*Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.*

*Fold in the pineapple mix into the nuts and mix well until combined.*

*Divide the wet granola between the two earlier prepared baking sheets and spread into a thin layer.*

*Place into the oven and bake for around 2 hours. Give the granola a mix every 20 mins and rotate the trays after 60 mins of baking.*

*In the last 30 mins keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.*

*The granola will keep for a couple of weeks.*



A top-down photograph of a dark blue ceramic bowl filled with a creamy mixture of smoked mackerel and egg paste. The mixture is garnished with finely chopped green chives and a sprinkle of black pepper. The bowl sits on a light-colored wooden surface. In the background, several slices of crusty bread are visible, and to the right, a silver fork lies on the table. A semi-transparent white text box is overlaid on the bottom left of the bowl.

# **SMOKED MACKEREL & EGG PASTE**

# SMOKED MACKEREL & EGG PASTE



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
268 kcal  
23g Fats  
5g Carbs  
18g Protein



## WHAT YOU NEED

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise, light
- 2 tbsp. natural yogurt (or more mayo)
- bunch of chives, chopped

## WHAT YOU NEED TO DO

*Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.*

*Clean the fish from bone and skin, then chop the meat and add to the bowl.*

*Finely chop the onion and gherkins, and also add to the bowl.*

*Season with salt and freshly ground pepper, mix with the mayonnaise, yogurt and chopped chives.*

*Serve with bread, fresh veggies, or on it's own.*





## **EGG BROCCOLI & HAM MUFFINS**

# EGG BROCCOLI & HAM MUFFINS



Makes: 6  
Prep: 5 mins  
Cook: 15 mins



Nutrition per  
serving:  
102 kcal  
6g Fats  
4g Carbs  
10g Protein



## WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

## WHAT YOU NEED TO DO

*Preheat the oven to 360F (180C).*

*Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.*

*Beat the eggs in a medium size bowl, add the minced garlic and season with salt & pepper, and chilli flakes if using.*

*Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 mins, or until eggs have set.*

**Vegetarian option:** replace the ham with feta cheese, Goats cheese or your favourite vegetables.



A top-down view of a white ceramic bowl filled with a salad. The salad consists of cubed green avocados, halved hard-boiled eggs, crumbled cooked bacon, and diced red bell peppers. The ingredients are mixed together and sprinkled with black pepper. To the left of the bowl, a silver fork lies on a white surface. A piece of brown paper is visible in the upper left background.

# **EGG, BACON & AVOCADO BOWL**

# EGG, BACON & AVOCADO BOWL



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per  
serving:  
378 kcal  
32g Fats  
14g Carbs  
23g Protein



## WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

## WHAT YOU NEED TO DO

*Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.*

*Combine the bacon eggs, avocado, onion and bell pepper in a bowl.*

*Season with salt and pepper to serve.*



# **ASIAN SCRAMBLED EGGS**



# ASIAN SCRAMBLED EGGS



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per  
serving:  
270 kcal  
14g Fats  
5g Carbs  
19g Protein



## WHAT YOU NEED

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- $\frac{1}{4}$  avocado
- $\frac{1}{2}$  tsp. black sesame seeds, to serve

## WHAT YOU NEED TO DO

*Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.*

*On dry, non-stick pan fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.*

*Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.*





**ZUCCHINI FRIES**

# ZUCCHINI FRIES



Serves: 4  
Prep: 20 mins  
Cook: 15 mins



Nutrition per  
serving:  
177 kcal  
12g Fats  
14g Carbs  
5g Protein



## WHAT YOU NEED

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

## WHAT YOU NEED TO DO

*Preheat oven to 430F (220C). Cut zucchini into fry-like pieces.*

*Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme, mix well. On a separate plate, have your breadcrumbs ready.*

*Grease a large baking tray with 1 tbsp of olive oil.*

*Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp of olive oil.*

*Season with salt and serve.*



A top-down photograph of Tofu Caesar Summer Rolls on a white marble surface. On the left, two rolls are shown: one with a piece of seared salmon on top of lettuce, and another with lettuce. In the center, two rolls are cut open, revealing a filling of cubed tofu, lettuce, and avocado. To the right of these, there are several dollops of a light-colored, creamy dressing. In the bottom right corner, a small glass bowl contains more of the dressing with a silver spoon resting inside. The text 'TOFU CAESAR SUMMER ROLLS' is overlaid in a white box on the bottom left.

# **TOFU CAESAR SUMMER ROLLS**

# TOFU CAESAR SUMMER ROLLS



Serves: 4  
Prep: 15 mins  
Cook: 10 mins



Nutrition per  
serving:  
191 kcal  
10g Fats  
8g Carbs  
5g Protein



## WHAT YOU NEED

- 5/8 cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan, grated
- Caesar salad dressing
- 4 rice paper wrappers

## WHAT YOU NEED TO DO

*Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.*

*Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.*

*Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.*

*Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.*

*Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.*

*Serve straight away with the Caesar dressing as a dipping sauce.*

**(Pro tip:** dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)

# **SWEETCORN FRITTERS**



# SWEETCORN FRITTERS



Serves: 8  
Prep: 10 mins  
Cook: 15-20 mins



Nutrition per serving:  
97 kcal  
3g Fats  
15g Carbs  
3g Protein



## WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 3/4 cup (185ml) cold water
- 4 tsp. coconut oil

## WHAT YOU NEED TO DO

*Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.*

*Next, add in the flour and water and mix well until smooth.*

*Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan it is hot ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp oil per 1 fritter).*

*Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.*

*Serve with a side of avocado and chili yogurt (optional).*





## **TOFU & GREEN PEAS PASTE**

# TOFU & GREEN PEAS PASTE



Serves: 1  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
290 kcal  
21g Fats  
17g Carbs  
11g Protein



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## WHAT YOU NEED

- 2/3 cup (100g) green peas, frozen
- 3/8 cup (50g) natural tofu
- 1/4 avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

## WHAT YOU NEED TO DO

*Cover the frozen peas with boiling water and wait a few minutes until defrosted, then drain and transfer into a blender.*

*Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.*

*If necessary add some more mint and lemon to adjust taste. Serve with toast (not included in nutrition info).*



A close-up photograph of a white ceramic bowl filled with a thick, light-colored hummus. The hummus is garnished with several drizzles of golden olive oil, a sprinkle of red spices (likely paprika or chili flakes), and two fresh lime slices on the right side. The bowl is placed on a dark grey cloth over a light-colored surface.

# **BLACK BEAN HUMMUS**

# BLACK BEAN HUMMUS



Serves: 8  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
91 kcal  
4g Fats  
9g Carbs  
4g Protein



## WHAT YOU NEED

- 1x15 oz. (400g) can black beans, keep the water for the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

## WHAT YOU NEED TO DO

*In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.*

*Add the black beans and blend for another 1-2 minutes, until creamy and smooth.*

*Serve as a dip with fresh vegetables or crackers.*

*Store in a sealed container in the fridge for up to 1 week.*





# **KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING**

# KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
195 kcal  
11g Fats  
15g Carbs  
13g Protein



## WHAT YOU NEED

### For the Salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 2/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

### For the Dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chilli flakes
- 1-2 tbsp. water

## WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 mins each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

**Tip:** If you prefer a meat version of this salad then it will go perfectly with a grilled chicken instead of the tofu.





**SMOKED SALMON &  
STRAWBERRY SALAD**

# SMOKED SALMON & STRAWBERRY SALAD



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
302 kcal  
19g Fats  
16g Carbs  
19g Protein



GF

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## WHAT YOU NEED

### **For the Salad:**

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- Handful basil leaves

### **For the Dressing:**

- 1 tbsp. honey
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 1 tsp. honey mustard

## WHAT YOU NEED TO DO

*Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.*

*Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.*



A top-down view of a white ceramic bowl with blue floral patterns, filled with a salad. The salad contains chunks of grilled chicken with charred skin, sliced cucumbers, diced avocados, and fresh green basil leaves. A white creamy dressing is drizzled over the ingredients and sprinkled with black pepper. The bowl sits on a light-colored, textured cloth. In the bottom right corner, two wooden salad spoons are visible. A semi-transparent white rectangular box with black text is overlaid on the upper left portion of the bowl.

# **CUCUMBER, AVOCADO & CHICKEN SALAD**

# CUCUMBER, AVOCADO & CHICKEN SALAD



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per  
serving:  
304 kcal  
20g Fats  
12g Carbs  
21g Protein



## WHAT YOU NEED

### For the Salad:

- ½ head iceberg lettuce, shredded
- a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice
- ½ cucumber, peeled
- ¼ cup (25g) walnuts

### For the Chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey

### For the Sauce:

- 3 tbsp. Yoghurt
- 1 tbsp. mayo
- 1 garlic clove, minced

## WHAT YOU NEED TO DO

*Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.*

*Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.*

*In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.*

*Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.*

*Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.*

*Top salads with the chopped chicken, cucumber, and walnuts. Pour over the sauce, and serve.*



# **PEAR, CURED HAM & WALNUT SALAD**



# PEAR, CURED HAM & WALNUT SALAD



Serves: 2  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
466 kcal  
35g Fats  
16g Carbs  
22g Protein



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## WHAT YOU NEED

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- ¼ (30g) cup walnuts, chopped

### **Dressing:**

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

## WHAT YOU NEED TO DO

*Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.*

*Add the cubed cheese and the ham. Finally, top with nuts.*

*Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.*





**EASY GREEK  
ZOODLE SALAD**

# EASY GREEK ZOODLE SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
267 kcal  
25g Fats  
7g Carbs  
10g Protein



## WHAT YOU NEED

### **For the Salad:**

- 1 cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) feta cheese
- 1.1 oz. (30g) black olives

### **For the Dressing:**

- 1 tsp. dried oregano
- 1 tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

## WHAT YOU NEED TO DO

*Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber "noodles" in 2-3 parts, to shorten them.*

*Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.*

*In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.*

*This salad is also a perfect side for grilled meats.*



A top-down view of a white ceramic bowl with a speckled pattern, filled with a fresh salad. The salad consists of large, irregular pieces of pink salmon, diced red tomatoes, sliced cucumbers, and fresh green herbs like cilantro. The dish is garnished with black sesame seeds and a light-colored dressing is visible at the edges. To the right of the bowl, a silver fork with a light blue patterned handle rests on a grey cloth napkin. The entire scene is set on a light-colored wooden surface.

**CRUSHED CUCUMBER  
SALAD WITH SALMON**

# CRUSHED CUCUMBER SALAD WITH SALMON



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



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



## WHAT YOU NEED

### For the Salad:

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

### For the Dressing:

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

## WHAT YOU NEED TO DO

*Roughly chop the red pepper and place in a bowl. Using a meat mallet or rolling pin smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.*

*Mix all dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.*

*To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.*

### NOTE:

Use as much or as little coriander as you like.



A top-down photograph of a white ceramic bowl filled with coronation chicken salad. The salad consists of cubed chicken, green bell peppers, and a creamy yellow dressing, all garnished with black pepper. To the right of the bowl, a piece of crusty bread topped with yellow mustard seeds is visible. The background features a light-colored wooden surface and a striped cloth.

# **HEALTHY CORONATION CHICKEN SALAD**

# HEALTHY CORONATION CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
217 kcal  
8g Fats  
10g Carbs  
25g Protein



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## WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

## WHAT YOU NEED TO DO

*Mix the mayonnaise, yoghurt and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.*

*Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.*

*Serve with a side salad or as a sandwich filling.*



A top-down view of a white ceramic plate with a blue decorative rim. The plate is filled with a salad consisting of grilled zucchini slices, green asparagus spears, and chunks of pinkish-orange canned tuna. Small, golden-brown, toasted nuts are scattered throughout the salad. A semi-transparent white rectangular box is overlaid on the right side of the plate, containing the title text in bold black font.

# **GRILLED VEGETABLE SALAD WITH TUNA**

# GRILLED VEGETABLE SALAD WITH TUNA



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per  
serving:  
320 kcal  
24g Fats  
13g Carbs  
12g Protein



## WHAT YOU NEED

- 1 lemon
- $\frac{3}{4}$  cup (160g) tuna pieces in olive oil
- $\frac{1}{2}$  cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2  $\frac{3}{4}$  cups (350g) asparagus
- $\frac{1}{2}$  cup (50g) pistachio nuts, peeled and chopped

## WHAT YOU NEED TO DO

*Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.*

*Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.*

*Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.*

*Place the vegetables in a bowl and add in the marinade, mix gently until covered.*

*To serve, divide veg and tuna between plates and top with chopped pistachio nuts.*



A top-down view of a white ceramic bowl filled with a colorful low-carb turkey salad. The salad contains shredded light-colored turkey, sliced red tomatoes, shredded purple cabbage, green onions, and fresh green herbs. Small black seeds are scattered throughout. The bowl is decorated with orange and yellow paint splashes. It sits on a white wooden surface with some herbs scattered around. In the background, there are brown paper napkins and wooden utensils.

# **LOW CARB TURKEY SALAD**

# LOW CARB TURKEY SALAD



Serves: 5  
Prep: 25 mins  
Cook: 0 mins



Nutrition per  
serving:  
348 kcal  
18g Fats  
15g Carbs  
32g Protein



## WHAT YOU NEED

### **For the Salad:**

- 1lb. (450g) cooked turkey breast sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- 1/3 cup (30g) almonds, chopped

### **For the Dressing:**

- 1/4 cup (60 ml) tahini
- 1/4 cup (60 ml) water
- 1/4 cup (60 ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

## WHAT YOU NEED TO DO

*Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.*

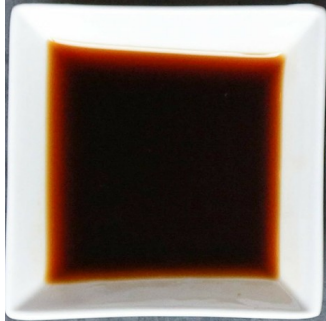
*Place all salad ingredients in a large bowl and mix well to combine.*

*Make the salad dressing by blending all the dressing ingredients together until creamy.*

*Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.*



# **SALMON SPRING ROLLS**



# SALMON SPRING ROLLS



Serves: 4  
Prep: 10 mins  
Cook: 5 mins



Nutrition per  
serving:  
154 kcal  
10g Fats  
4g Carbs  
13g Protein



## WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

## WHAT YOU NEED TO DO

*Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.*

*Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.*

*Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 2.5 minutes until they are nicely browned.*

*Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.*



A top-down view of a white ceramic bowl filled with a dish of cod and zucchini noodles. The cod is cooked and topped with a dark, textured sauce. The zucchini noodles are spiralized and mixed with a creamy, orange-colored sauce. The dish is garnished with finely chopped green onions and small pieces of red chili. A silver fork is placed on the left side of the bowl. The bowl sits on a grey, textured placemat.

# **COD WITH CREAMY ZOODLES**

# COD WITH CREAMY ZOODLES



Serves: 2  
Prep: 10 mins  
Cook: 20 mins



Nutrition per  
serving:  
271 kcal  
11g Fats  
13g Carbs  
33g Protein



## WHAT YOU NEED

### For the Fish:

- 10 oz. (300g) cod fillets
- 1 tsp paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) vegetable stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

### For the Zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

## WHAT YOU NEED TO DO

### For the fish:

*Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.*

*Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.*

*Mix the cream and the hot stock together, pour into the pan with the cod and bring to the boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.*

### For the zucchini:

*Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.*

*Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3 - 4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.*

*To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.*

A top-down view of a grey ceramic bowl filled with jerk chicken and cauliflower rice. The chicken is in bite-sized pieces, coated in a dark, spicy-looking sauce, and garnished with fresh green cilantro leaves. The cauliflower rice is a pale, fluffy mound. Two thin slices of lime are placed on top of the rice. The bowl sits on a yellow and white patterned napkin against a grey background.

# **JERK CHICKEN WITH CAULIFLOWER RICE**

# JERK CHICKEN WITH CAULIFLOWER RICE



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per  
serving:  
397 kcal  
24g Fats  
15g Carbs  
33g Protein



## WHAT YOU NEED

### **For the Marinade:**

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1/2 tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

### **For the Chicken & Rice:**

- 1 lbs (450g) chicken breast
- 14oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- lime wedges, to serve

## WHAT YOU NEED TO DO

*Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in marinade, leave to marinate for 15 mins or overnight.*

*Heat the 1 tbsp. coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.*

*Next add in the garlic and cauliflower rice, cook for 2 minutes and add in coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.*

*In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked serve with the cauliflower rice.*

*Garnish the rice with chopped coriander and serve with lime wedges.*



A close-up photograph of a white ceramic plate with a speckled pattern. The plate is filled with a salad consisting of arugula, asparagus, and grilled chicken. A grilled lemon half is also on the plate. A silver fork is placed on the left side of the plate. The background is a light-colored wooden surface.

# **GRILLED LEMON CHICKEN SALAD**

# GRILLED LEMON CHICKEN SALAD



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per  
serving:  
242 kcal  
8g Fats  
2g Carbs  
38g Protein



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## WHAT YOU NEED

- 2 lemons
- 1 1/2 tbsp. oregano
- 1 1/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

## WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.



A close-up photograph of several golden-brown, breaded chicken nuggets. The breading is thick and textured, featuring a mix of yellow, black, and red quinoa seeds. The nuggets are piled together on a white, crinkled paper liner. A semi-transparent white rectangular box is overlaid on the bottom left of the image, containing the text "HOMEMADE QUINOA CHICKEN NUGGETS" in bold, black, uppercase letters.

# **HOMEMADE QUINOA CHICKEN NUGGETS**

# HOMEMADE QUINOA CHICKEN NUGGETS



Serves: 4  
Prep: 25 mins  
Cook: 20 mins



Nutrition per  
serving:  
224 kcal  
6g Fats  
10g Carbs  
33g Protein



GF

LC

HP



## WHAT YOU NEED

- 1 lbs. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- ¼ cup (30g) cup parmesan, grated
- 1 tbsp. dried herbs, of choice

## WHAT YOU NEED TO DO

*Set oven to 350F (180C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 mins, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.*

*Increase the oven temperature to 390F (200C).*

*Chop the chicken into chunks. Whisk the egg in a bowl together with the parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken first in the egg, then coat with the quinoa.*

*Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.*





**SESAME & GINGER BEEF  
WITH ZUCCHINI NOODLES**

# SESAME & GINGER BEEF WITH ZUCCHINI NOODLES



Serves: 4  
Prep: 5 mins  
Cook: 12 mins



Nutrition per  
serving:  
242 kcal  
12g Fats  
10g Carbs  
25g Protein



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## WHAT YOU NEED

- 1/4 cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

## WHAT YOU NEED TO DO

*Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.*

*Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.*

*Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.*

*Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.*

*Spiralize the zucchini and heat slightly with the beef (if eating straight away), or divide zucchini and beef into containers and then heat in the microwave or pan when needed.*



# **TOM YUM SOUP WITH SHRIMPS**



# TOM YUM SOUP WITH SHRIMPS



Serves: 4  
Prep: 5 mins  
Cook: 10 mins



Nutrition per  
serving:  
106 kcal  
5g Fats  
4g Carbs  
13g Protein



## WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant  $\frac{1}{2}$  cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- $\frac{3}{4}$  cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- chili, to garnish

## WHAT YOU NEED TO DO

*Pour stock into a pot, add the tom yum paste and bring to a boil.*

*Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.*

*Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.*

*Garnish with fresh coriander and chili to serve.*



# **WARM SALMON & QUINOA SALAD**



# WARM SALMON & QUINOA SALAD



Serves: 4  
Prep: 5 mins  
Cook: 20 mins



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



## WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 1/3 cup (200g) sugar snaps
- 4 cups boiling water (950ml)
- 1 1/3 cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

## WHAT YOU NEED TO DO

*Preheat the oven to 400F (200C).*

*In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.*

*Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.*

*Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.*

*Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.*



# **STRAWBERRY PROTEIN MUFFINS**



# STRAWBERRY PROTEIN MUFFINS



Makes: 12  
Prep: 10 mins  
Cook: 25 mins



Nutrition per  
cookie:  
91 kcal  
4g Fats  
9g Carbs  
6g Protein



## WHAT YOU NEED

- 1 cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- Zest of 1/2 a lemon
- 2 tbsp. stevia
- 1/2 tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- 1/2 cup (125g) non-fat Greek yoghurt
- 1 tsp. vanilla extract
- 1/2 cup (100g) strawberries, chopped into small pieces
- 1/4 cup (45g) 75% dark chocolate, chopped

## WHAT YOU NEED TO DO

*Preheat oven to 350F (180C).*

*Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).*

*Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.*

*Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.*

*Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.*

*Remove from the oven, and let the muffins cool before serving.*

### **NOTE:**

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.





## **PEANUT BUTTER PROTEIN FLUFF**

# PEANUT BUTTER PROTEIN FLUFF



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
244 kcal  
20g Fats  
9g Carbs  
9g Protein



## WHAT YOU NEED

- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

## WHAT YOU NEED TO DO

*Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.*

*Transfer the mix into a bowl and top with your favourite toppings to serve.*





**LOW CARB BANANA  
& STRAWBERRY CAKE**

# LOW CARB BANANA & STRAWBERRY CAKE



Serves: 16  
Prep: 10 mins  
Cook: 60 mins



Nutrition per  
serving:  
104 kcal  
5g Fats  
16g Carbs  
2g Protein



## WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ¼ cup (60ml) coconut oil
- 2 tbsp. stevia/xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

## WHAT YOU NEED TO DO

*Pre-heat oven to 180C.*

*Peel the bananas and place them in a food processor or high-speed blender. Blitz until smooth.*

*Add in the egg, oil and xylitol, then mix again. Next add in the flours and baking powder, and blitz until a smooth batter form.*

*Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 mins, until the cake is golden brown and cooked through.*



# HEALTHY FERRERO ROCHER



# HEALTHY FERRERO ROCHER



Makes: 12  
Prep: 10 mins  
Cook: 0 mins



Nutrition per 1  
ferrero rocher:  
91 kcal  
8g Fats  
6g Carbs  
2g Protein



GF

DF

LC

MP

Q

N



## WHAT YOU NEED

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- 2 tbsp. agave syrup
- 1 tsp. vanilla extract
- pinch of sea salt
- 2 tbsp. dark chocolate chunks

## WHAT YOU NEED TO DO

*Add 1 cup hazelnuts into a food processor and blitz until chopped into tiny pieces.*

*Next add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.*

*Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.*

*Serve straight away or store in the fridge for later.*



A top-down view of a small, white ceramic bowl with black speckles, filled with several round, golden-brown almond energy balls. The balls are coated in a fine layer of shredded coconut. The bowl sits on a light-colored wooden surface, possibly a cutting board, with a pile of shredded coconut visible in the background. A semi-transparent white rectangular box is centered over the bowl, containing the text "FIT ALMOND ENERGY BALLS" in bold, black, sans-serif capital letters.

**FIT ALMOND  
ENERGY BALLS**

# FIT ALMOND ENERGY BALLS



Makes: 6  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
178 kcal  
14g Fats  
8g Carbs  
6g Protein



GF

DF

LC

MP

Q

N



## WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

## WHAT YOU NEED TO DO

*Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.*

*You can also add half a teaspoon of lemon juice to break the sweetness.*

*Roll the energy balls in coconut poppy seeds.*



A collage of two photographs of mocha truffles. The left photo shows several round, cocoa-dusted truffles on a dark slate surface, with one broken open to reveal a dark, layered interior. The right photo is a close-up of a single truffle, showing its textured, dusted exterior. A semi-transparent white rectangle with the text 'MOCHA TRUFFLES' is centered over the images.

# **MOCHA TRUFFLES**

# MOCHA TRUFFLES



Makes: 10  
Prep: 10 mins  
Chill: 2 hrs



Nutrition per  
serving:  
103 kcal  
7g Fats  
7g Carbs  
2g Protein



## WHAT YOU NEED

- 3 oz. (100g) of dark chocolate, 70-80%
- 1/3 cup (80ml) of full-fat coconut milk
- 2 tbsp. coconut sugar
- 2 tbsp. instant coffee
- 2 tbsp. almond butter
- pinch sea salt
- 2 tbsp. cocoa powder, for dusting

## WHAT YOU NEED TO DO

*Place the chocolate in bowl and heat in a microwave just until it starts to melt.*

*In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.*

*Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.*

*Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.*

*Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.*





**VEGAN CRÈME  
BRÛLÉE**

# VEGAN CRÈME BRULEE



Serves: 4  
Prep: 10 mins  
Chill: 1 hr



Nutrition per  
serving:  
138 kcal  
9g Fats  
15g Carbs  
1g Protein



## WHAT YOU NEED

- 1 vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, full fat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 ½ tsp. agar-agar

## WHAT YOU NEED TO DO

*Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside .*

*In a pot bring the coconut milk, almond milk, half of the cane sugar, agar-agar, the vanilla pod and the marrow to the boil while stirring often. Remove from heat as soon as it boils and allow to cool to room temperature.*

*Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.*

*Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.*





**BANANA CHOCOLATE BITES**

# BANANA CHOCOLATE BITES



Makes: 30  
Prep: 15 mins  
Chill: 75 mins



Nutrition per 2  
bites:  
99 kcal  
6g Fats  
12g Carbs

2g Protein



## WHAT YOU NEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- 1/2 cup (90g) dark chocolate chips
- 2 tsp. coconut oil

## WHAT YOU NEED TO DO

*Peel and slice the bananas. Line a tray or chopping board with baking paper.*

*Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.*

*Place the bananas on earlier prepared baking paper and store in the freezer for about 1 hour.*

*Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.*

*Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.*

*Place the chocolate covered sandwiches back on the baking pepper platter, and into the freezer for another 15-20 mins.*

*Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.*

*The longer the bananas stay in the freezer, they will get. So remove them from the freezer 5 minutes before eating.*

