



WHAT YOU NEED

LOW-CARB RECIPE PACK

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

Muscle Memory Fitness

WHAT YOU NEED TO DO



TABLE OF CONTENTS

WHAT YOU NEED

1	TURMERIC POACHED EGG
2	OMELET WITH COTTAGE CHEESE & BASIL
3	HERBY BREAKFAST SAUSAGES
4	AVOCADO & EGG PASTE
5	COTTAGE CHEESE PROTEIN PANCAKES
6	TROPICAL GLUTEN FREE GRANOLA
7	SMOKED MACKEREL & EGG PASTE
8	EGG BROCCOLI & HAM MUFFINS
9	EGG, BACON & AVOCADO BOWL
10	ASIAN SCRAMBLED EGGS
11	ZUCCHINI FRIES
12	TOFU CAESAR SUMMER ROLLS

WHAT YOU NEED TO DO

13	SWEETCORN FRITTERS
14	
15	TOFU & GREEN PEAS PASTE
16	BLACK BEAN HUMMUS
17	KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING
18	SMOKED SALMON & STRAWBERRY SALAD
19	CUCUMBER AVOCADO & CHICKEN SALAD
20	PEAR, CURED HAM & WALNUT SALAD
21	EASY GREEK ZOODLE SALAD
22	CRUSHED CUCUMBER SALAD WITH SALMON
23	HEALTHY CORONATION CHICKEN SALAD
24	GRILLED VEGETABLE SALAD WITH TUNA
	LOW CARB TURKEY SALAD

TABLE OF CONTENTS

WHAT YOU NEED

25	SALMON SPRING ROLLS
26	COD WITH CREAMY ZOODLES
27	JERK CHICKEN WITH CAULIFLOWER RICE
28	GRILLED LEMON CHICKEN SALAD
29	HOMEMADE QUINOA CHICKEN NUGGETS
30	SESAME & GINGER BEEF WITH ZUCCHINI NOODLES
31	TOM YUM SOUP WITH SHRIMPS
32	WARM SALMON & QUINOA SALAD
33	STRAWBERRY PROTEIN MUFFINS
34	PEANUT BUTTER PROTEIN FLUFF
35	LOW CARB BANANA & STRAWBERRY CAKE
36	HEALTHY FERRERO ROCHER

37	FIT ALMOND ENERGY BALLS
38	MOCHA TRUFFLES
39	VEGAN CRÈME BRULÉE
40	BANANA CHOCOLATE BITES

RECIPE KEY

WHAT YOU NEED



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

WHAT YOU NEED

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

WEEKLY SHOPPING LIST FOR MEAL PLAN 01

WHAT YOU NEED

FRUIT & VEGETABLES

Fresh

- ☐ 1x large bag spinach
- ☐ 2x tomatoes
- ☐ 1x bag rocket
- ☐ 1x pear
- ☐ 3x lemons
- ☐ 3x limes
- ☐ celery
- ☐ 1x bulb garlic
- ☐ 2x zucchinis
- ☐ 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 lbs. (900g) chicken breast

Dairy

- ☐ cottage cheese
- ☐ blue cheese
- ☐ Greek yogurt
- ☐ parmesan

Non-Dairy

- ☐ 6x eggs
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

WHAT YOU NEED TO DO

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

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CANS, CONDIMENTS & MISC

Oils

- ☐ coconut oil
- ☐ olive oil

Cans & Condiments

- ☐ white wine vinegar
- ☐ mayonnaise
- ☐ 2x cans 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

WHAT YOU NEED

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

WEEKLY SHOPPING LIST FOR MEAL PLAN 02

WHAT YOU NEED

FRUIT & VEGETABLES

Fresh

- ☐ cherry tomatoes
- ☐ 2x bulbs garlic
- ☐ 2x avocados
- ☐ 6x lemons
- ☐ 1x lime
- ☐ 4x bananas
- ☐ strawberries
- ☐ 2x cucumbers
- ☐ spring onions
- ☐ white cabbage
- ☐ red cabbage
- ☐ 2x red bell peppers
- ☐ 1x carrot
- ☐ radishes
- ☐ bean sprouts
- ☐ spring onions
- ☐ ginger
- ☐ 4x zucchinis
- ☐ bunch asparagus
- ☐ 1x bag rocket

Frozen

- ☐ green peas
- ☒ **Herbs**
- ☐ basil
- ☐ coriander
- ☐ mint
- ☐ chives

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- 6 oz. (180g) hot smoked salmon
 - 10 oz. (300g) cod fillets
- Meats**
- 1 lb. (450g) turkey breast
 - 1 lb. (450g) ground beef (5% fat)
 - 4x chicken breasts

Dairy

- ☐ cottage cheese
- ☐ Greek yogurt
- ☐ feta cheese
- ☐ cream

Non-Dairy

- 10x eggs
natural tofu

Other

WHAT YOU NEEDS & DOES

Grains

- buckwheat flour

Nuts & Seeds

- ☐ sesame seeds
- ☐ almonds

Spices

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

Other

CANS, CONDIMENTS & MISC

Oils

- ☐ coconut oil
- ☐ olive oil
- ☐ sesame oil

Cans & Condiments

- ☐ sweetcorn
- ☐ peanut butter
- ☐ black olives
- ☐ tahini
- ☐ fish sauce
- ☐ rice wine vinegar
- ☐ white wine vinegar
- ☐ soy sauce (reduced sodium)
- ☐ sundried tomatoes

Sweeteners

- stevia/xylitol
- honey
- Other**
- baking powder
- vegetable stock

Other

- [illegible]

WHAT YOU NEED TO DO

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 minutes repeat with the second egg.

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

A top-down view of a plate with an omelet, salad, and tomatoes. The plate is round with a grey center and a white outer ring with thin grey lines. It sits on a light-colored, textured placemat. The omelet is folded in half, showing a filling of white cottage cheese, green herbs, and red tomatoes. A sprig of fresh basil is placed on top of the omelet. To the right of the omelet is a small salad of green and purple leafy vegetables, with three cherry tomatoes. A silver fork is visible on the left side of the plate.

WHAT YOU NEED

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



GF

LC

V

Q

WHAT YOU NEED

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- 1 bunch fresh basil
- 7/8 cup (200g) cottage cheese
- 12 cherry tomatoes

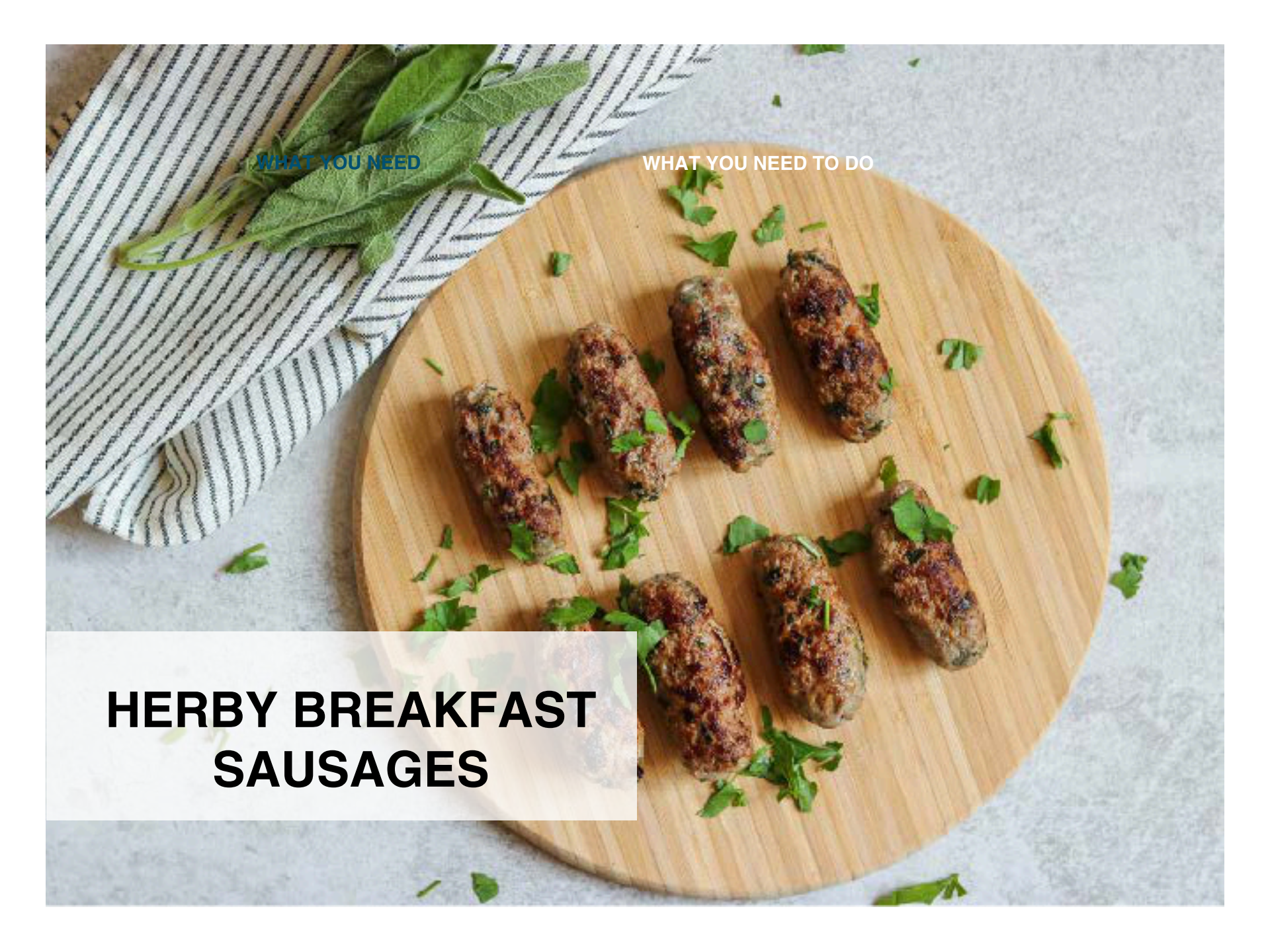
WHAT YOU NEED TO DO

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

Heat ¼ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum 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.



WHAT YOU NEED

WHAT YOU NEED TO DO

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



GF DF
LC Q

WHAT YOU NEED

- 9 oz. (250g) ground pork
- salt and 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 avocado and hard-boiled egg. The mixture is garnished with fresh green cilantro leaves. 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



GF

DF

LC

MP

V

Q

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 and 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 minutes, 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
- ¼ cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups (90g) unsweetened coconut flakes
- ½ cup (70g) sunflower seeds
- ½ tsp. salt

Note:
Nutrition information is given per serving size of ¼ cup – 28 grams.

WHAT YOU NEED TO DO

Pre-heat oven to 250°F (120°C) 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.

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 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 minutes and rotate the trays after 60 minutes of baking.

In the last 30 minutes, 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 can be kept for a couple of weeks.

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

**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



GF

LC

MP

Q



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.

Debone and skin the fish, then chop the meat and add to the bowl.

Add the finely chopped onion and gherkins into the bowl.

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

Serve with bread, fresh veggies, or on its own.

A photograph of six individual egg, broccoli, and ham muffins. Each muffin is baked in a small, red, fluted metal tin. The muffins are arranged on a light-colored checkered tablecloth. Each muffin is topped with a fresh green basil leaf. The ingredients visible include egg, broccoli florets, and pieces of ham. A white text box is overlaid on the bottom left of the image.

**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



GF

DF

LC

MP

Q

WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced pinch of chili flakes, optional
- 4 slices ham, chopped
- ⅓ cup (30g) grated cheese

WHAT YOU NEED TO DO

Preheat the oven to 360°F (180°C).

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 and pepper, and chili 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 minutes, 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 contains chunks of green avocado, white hard-boiled egg pieces, and strips of cooked, reddish-brown bacon. There are also small pieces of red bell pepper and some green herbs. The bowl is on a light-colored wooden surface. To the left of the bowl is a silver fork. A semi-transparent white box with black text is overlaid on the top right of the bowl.

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



GF

DF

LC

HP

Q

WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- ½ 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 crisp on 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



GF

DF

LC

V

Q

WHAT YOU NEED

- 3 eggs
- soy sauce, few drops handful coriander, chopped ¼ avocado
- ½ tsp. black sesame seeds, to serve

WHAT YOU NEED TO DO

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

On a 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



DF

LC

V

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 430°F (220°C). Cut zucchini into fry-like pieces.

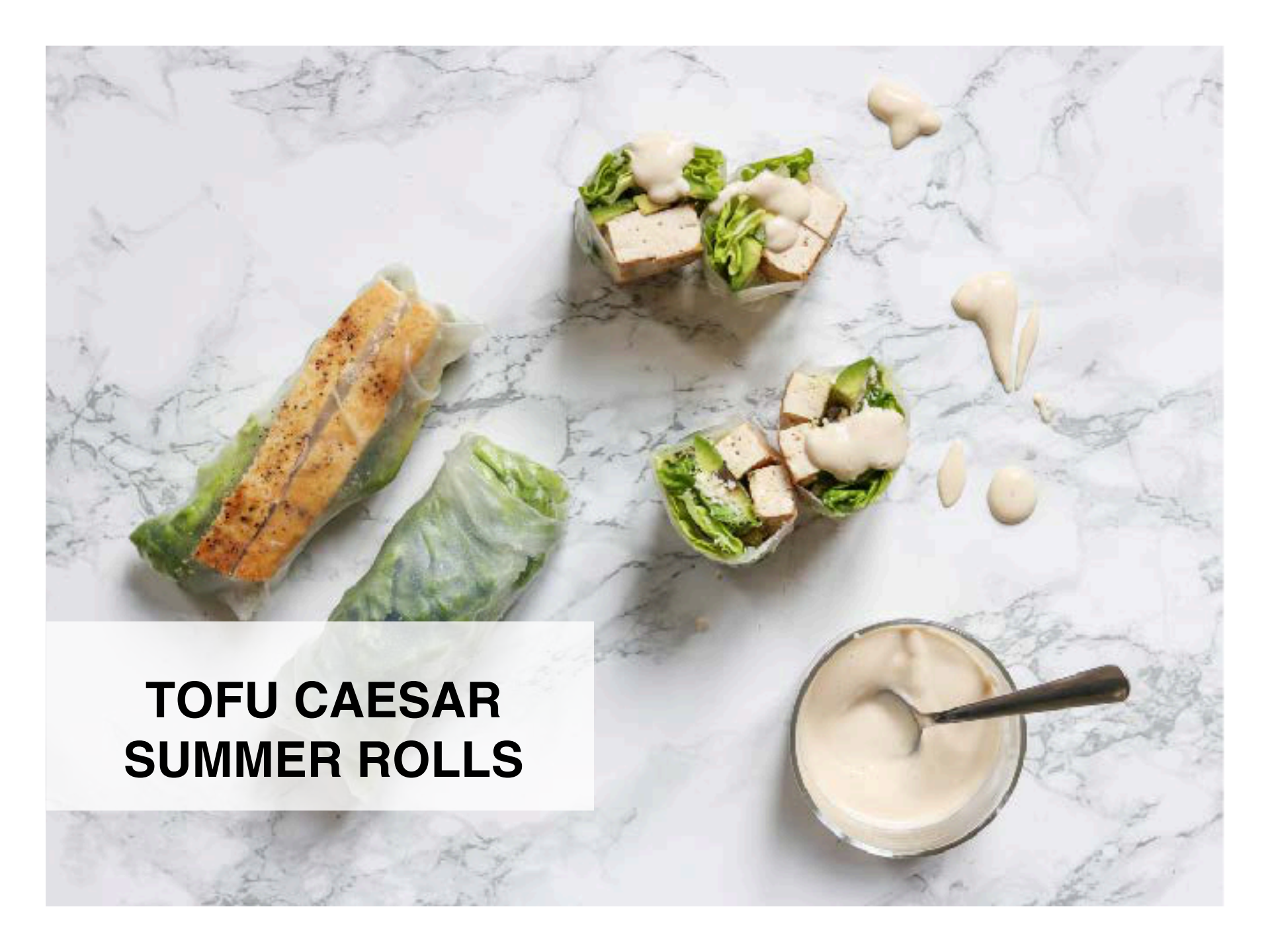
Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.

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 a meal on a white marble surface. On the left are two summer rolls: one wrapped in a translucent rice paper with a piece of seared salmon on top, and another wrapped in lettuce. In the center and right are two open lettuce cups filled with cubed tofu, shredded lettuce, and a creamy white dressing. Several dollops of the dressing are scattered on the marble surface. In the bottom right corner is a small glass bowl containing more of the dressing, with a spoon resting inside. A white text box is overlaid in the bottom left corner.

TOFU CAESAR SUMMER ROLLS

TOFU CAESAR SUMMMER ROLLS



Serves: 4
Prep: 15 mins
Cook: 10 mins



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



GF

LC

MP

V

WHAT YOU NEED

- ⅝ cup (100g) firm tofu 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan cheese, grated
- Caesar salad dressing 4 rice paper wrappers

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press using 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 it 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 cheese. Lastly, top with some shredded 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



GF

DF

LC

V

Q

WHAT YOU NEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- $\frac{3}{4}$ 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 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 ($\frac{1}{2}$ tsp. of 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



GF

DF

LC

Q

V

WHAT YOU NEED

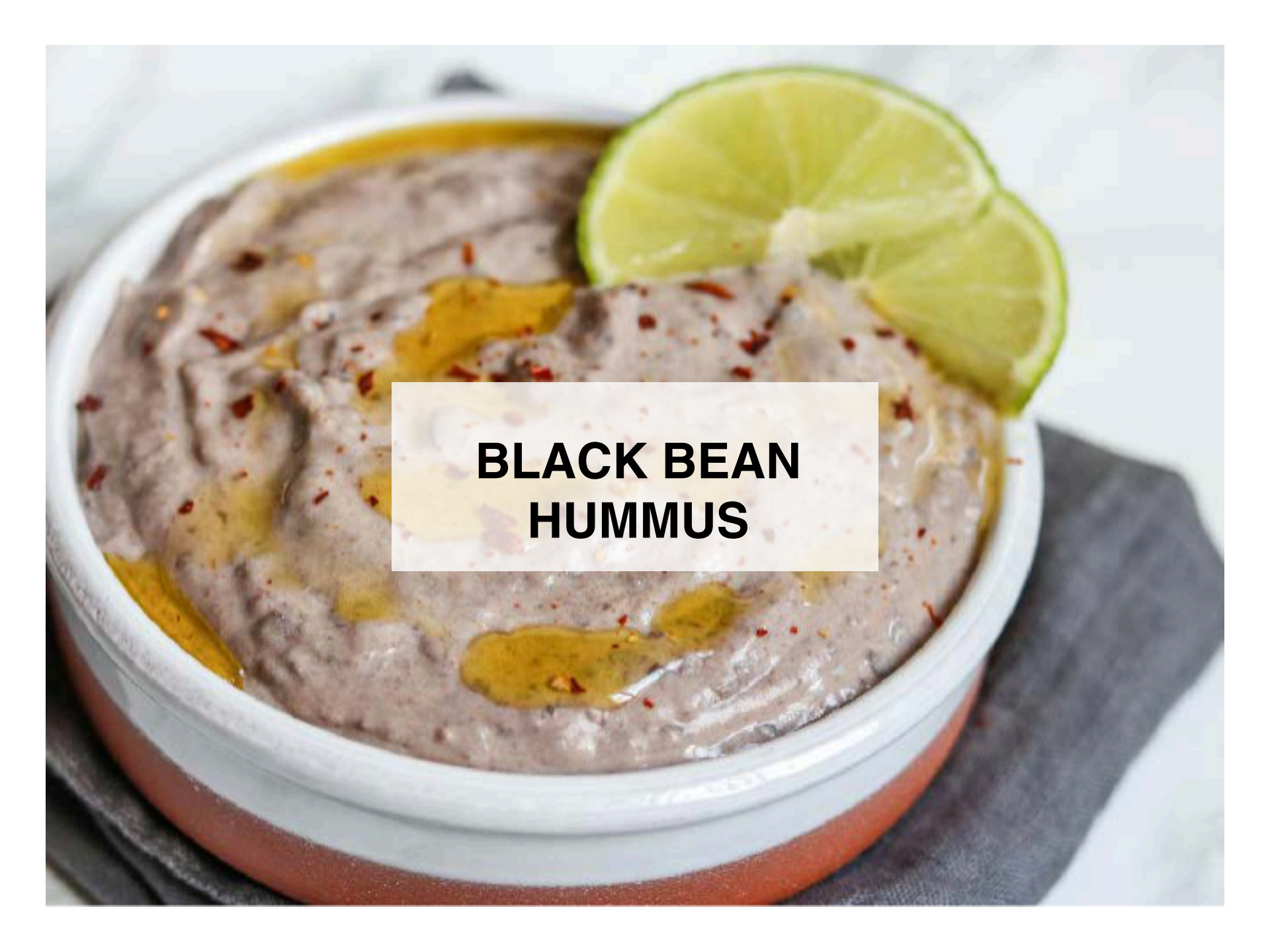
- $\frac{2}{3}$ cup (100g) green peas, frozen
- $\frac{3}{8}$ cup (50g) natural tofu
- $\frac{1}{4}$ avocado
- 1 handful mint leaves
- 1 tbsp. olive oil
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

In a large bowl, place 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 the 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 topped 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 set on a dark grey cloth against a light background.

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



GF

DF

LC

MP

V

Q

WHAT YOU NEED

- 1x15 oz. (400g) can black beans, keep the water from 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 until smooth ¼ cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.

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



GF

DF

LC

V

Q

N

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
- $\frac{2}{3}$ 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
- $\frac{1}{2}$ lime, juiced
- $\frac{1}{2}$ tsp. chili 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. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes 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 breast instead of the tofu.



**SMOKED SALMON &
STRAWBERRY SALAD**

SMOKED SALMON & STRAWBERRY

WHAT YOU NEED



Serves: 2
Prep: 5 mins
Cook: 0 mins



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



GF

LC

Q

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 a blue floral pattern around the rim. The bowl is filled with a salad consisting of sliced cucumbers, chunks of avocado, and pieces of grilled chicken. A white creamy dressing is drizzled over the salad, and fresh basil leaves are scattered on top. 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 is overlaid on the left side of the bowl, containing the title text.

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. yogurt
- 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, avocado, cucumber, and walnuts. Pour over the garlic 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



GF

LC

HP

Q

N

WHAT YOU NEED

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- ¼ cup (30g) 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 plate with a speckled pattern. The plate is filled with a fresh salad consisting of large, irregular pieces of pink salmon, diced red tomatoes, and sliced cucumbers. The salad is garnished with fresh green herbs, likely cilantro, and small black seeds, possibly chia or flax. A light-colored dressing is visible, coating the ingredients. To the right of the plate, a silver fork with a light blue patterned handle rests on a dark 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



GF

DF

LC

HP

Q

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 bell pepper and place in a bowl. Using a meat mallet or a 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 the 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 peas, and a yellow-orange dressing, garnished with black pepper. To the right of the bowl, a piece of a sesame seed bun is visible. The background is a light-colored wooden surface with a striped cloth partially visible on the left.

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



GF

MP

HP

LC

Q

WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yogurt (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, yogurt, 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 border. The plate is filled with a salad consisting of grilled zucchini slices, green asparagus spears, and chunks of pinkish-orange tuna. Small, golden-brown, nut-like pieces are scattered throughout the salad. The background is a light-colored, textured surface.

WHAT YOU NEED

WHAT YOU NEED TO DO

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



GF

DF

LC

Q

N

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 save the oil for later.

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 salt and pepper.

Cut the zucchinis 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.

**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
- ⅓ cup (30g) almonds, chopped

For the dressing:

- ¼ cup (60ml) tahini
- ¼ cup (60ml) water
- ¼ cup (60ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

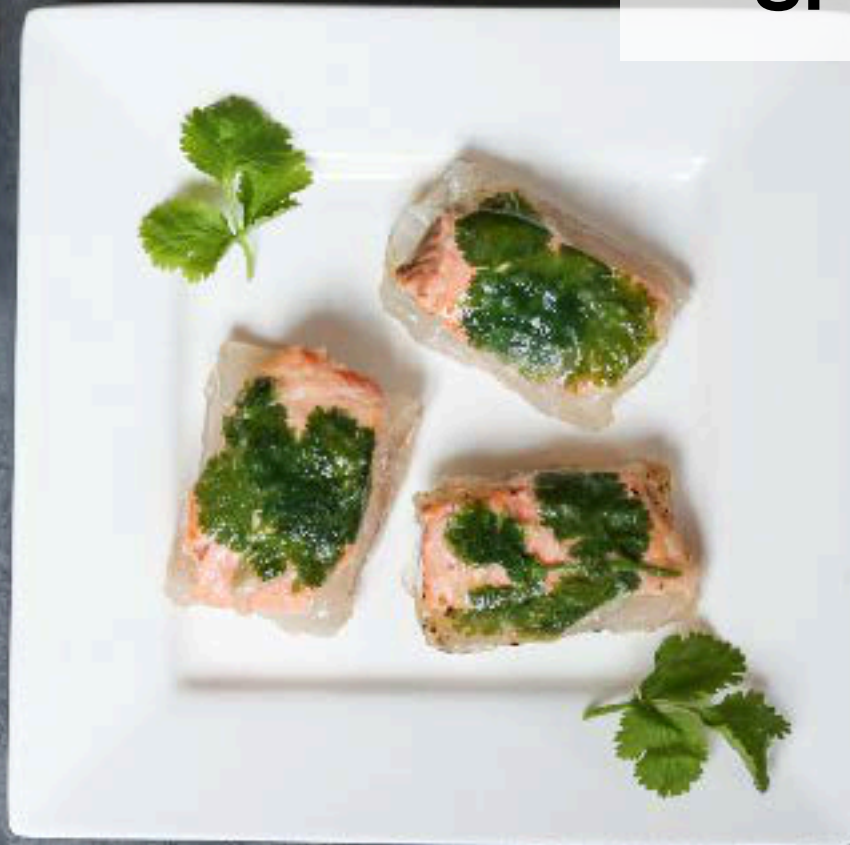
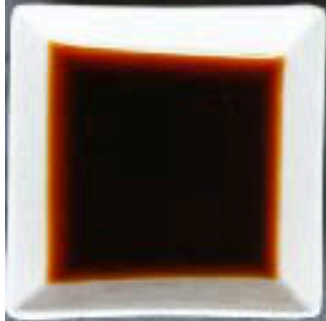
WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, onions, grated carrot, coriander and almonds in a large bowl. 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



GF

DF

LC

MP

Q

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 for 30 seconds, one after the other. 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 meal. The dish consists of two large, white, flaky pieces of cod fish, which appear to be pan-fried with a golden-brown crust. These are served over a bed of spiralized zucchini (zoodles) and thin slices of yellow squash. The entire dish is coated in a thick, vibrant orange-red sauce, likely a tomato-based cream sauce. Fresh green herbs, possibly chives or scallions, are finely chopped and sprinkled over the top. A silver fork is placed on the left side of the bowl, partially submerged in the food. The bowl sits on a grey, textured fabric surface, possibly a placemat or tablecloth, which has some tassels visible on the right edge.

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
- ½ tsp. chili
- 1 tbsp. buckwheat flour
- ¼ cup (60ml) vegetable stock
- ⅓ 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 with 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 a 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 sauce, and garnished with fresh green cilantro. The cauliflower rice is white and fluffy, also garnished with cilantro and three thin slices of lime. The bowl sits on a yellow and white patterned placemat against a light 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
- ½ tsp. salt
- ½ tsp. pepper
- 2 tsp. garlic powder
- ½ tsp. cinnamon
- ½ tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

For the chicken & rice:

- 1 lb. (450g) chicken breast
- 14 oz. (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

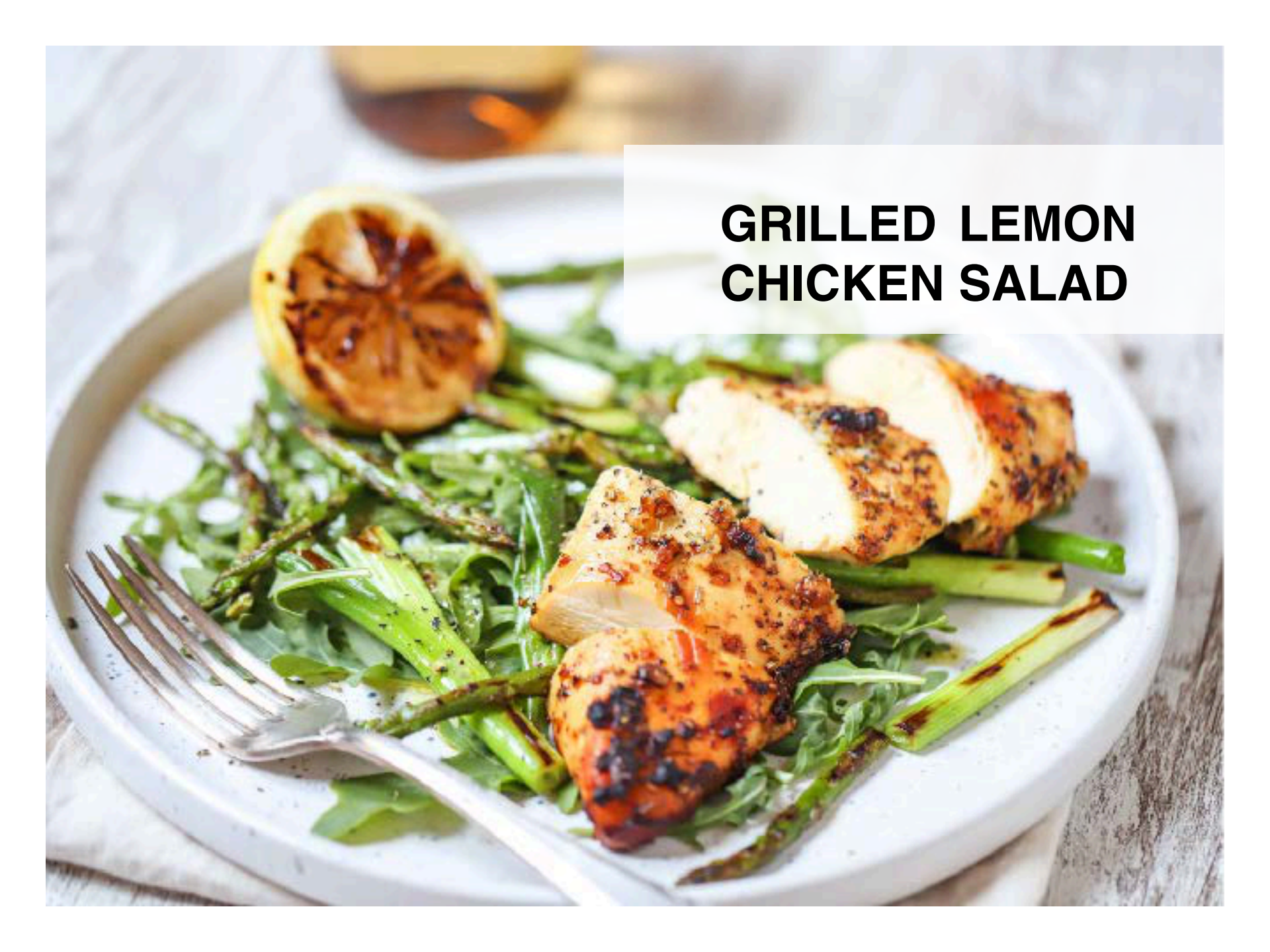
Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 minutes or overnight.

Heat the 1 tbsp. of 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 the 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 minutes 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 containing a grilled lemon chicken salad. The salad consists of several pieces of grilled chicken breast, which are golden-brown with visible char marks. These are served over a bed of fresh green arugula and several stalks of grilled asparagus, which also show char marks. A half of a grilled lemon, showing its charred segments, is placed on the left side of the plate. A silver fork is positioned on the left side of the plate, partially submerged in the salad. The plate is set on a light-colored wooden surface. In the background, a blurred glass containing a dark liquid is visible. A white rectangular box with black text is overlaid on the upper right portion of the image.

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



GF

DF

LC

MP

HP

WHAT YOU NEED

- 2 lemons
- 1 ½ tbsp. oregano
- 1 ½ 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 ½ tbsp. white wine vinegar
- 1 packet 4 oz. (120g) rocket

WHAT YOU NEED TO DO

Heat oven to 400°F (200°C).

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 minutes, 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 grains. 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 title text.

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

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

Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks 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.

A top-down view of a light grey ceramic bowl filled with zucchini noodles (zoodles) and a beef topping. The zoodles are bright green and spiral-shaped, topped with black sesame seeds. The beef is a dark, crumbly mixture with a reddish-brown sauce. Two wooden chopsticks rest on the rim of the bowl. The bowl sits on a light-colored wooden surface, with a brown paper napkin or cloth partially visible in the background.

**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



GF

DF

LC

HP

Q

WHAT YOU NEED

- ¼ 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 already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. 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



GF

DF

LC

MP

Q

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

Add coconut milk, tomatoes and mushrooms, and 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



GF

DF

LC

MP

HP

Q

WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 ⅓ cup (200g) sugar snaps
- 4 cups boiling water (1l)
- 1 ⅓ cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

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

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

Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps 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



GF

LC

MP

V

N

WHAT YOU NEED

- 1 cup (120g) oat flour
- ¼ cup (25g) vanilla protein powder
- 1 tbsp. lemon juice
- zest of ½ a lemon
- 2 tbsp. stevia
- ½ tsp. baking soda
- pinch sea salt
- pinch cinnamon
- 1 tbsp. coconut oil, melted
- ¾ cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- ½ cup (125g) non-fat Greek yogurt
- 1 tsp. vanilla extract
- ½ cup (100g) strawberries, chopped
- into small pieces
- ¼ cup (45g) 75% dark chocolate, chopped

WHAT YOU NEED TO DO

Preheat oven to 350 °F (180 °C).

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



GF

LC

V

Q

N

WHAT YOU NEED

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

WHAT YOU NEED TO DO

Add the yogurt, 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



DF

LC

MP

V

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 350°F (180°C).

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 is formed.

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

HEALTHY FERRERO ROCHER



HEALTHY FERRERO ROCHER



Makes: 12
Prep: 10 mins
Cook: 0 mins



**Nutrition per1
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 of 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, light-brown almond energy balls coated in shredded coconut. The bowl sits on a light-colored wooden surface. 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, dusted truffles on a dark slate, with one broken open to reveal a dark, layered interior. The right photo is a close-up of a single truffle. A semi-transparent white box 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



GF

DF

LC

MP

V

N

WHAT YOU NEED

- 3 oz. (100g) of dark chocolate, 70-80%
- ⅓ 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 a 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
BRULEE**

VEGAN CRÈME BRULEE



Serves: 4
Prep: 10 mins
Chill: 1 hr



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



GF

DF

LC

V

N

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 brown sugar, agar-agar, the vanilla pod and the marrow to a boil while stirring often. Remove from the 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



GF

MP

LC

V

N

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 1/2 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 the prepared baking paper and store it 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 paper platter, and into the freezer for another 15-20 minutes.

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, the harder they will get. So remove them from the freezer for about 5 minutes before eating.