20 DELICIOUS

Protein, Fiber & Healthy Fat Approved Including Nutritional Breakdown

Recipe Guide



We Grant Fitness & Health

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Please note that the nutritional information provided is calculated using a online nutrition calculators and is an approximation. Actual values may vary significantly depending on the specific brands and products used, as well as portion sizes and preparation methods.

MEASUREMENT CONVERSIONS

VOLUME MEASUREMENTS

Measurement	Metic	UK Imperial
¼ tsp	1.25 ml	¼ tsp
½ tsp	2.5 ml	½ tsp
1 tsp	5 ml	1 tsp
1 tablespoon	15 ml	1 tablespoon
¼ cup	60 ml	2 fl oz
⅓ cup	80 ml	2.75 fl oz.
½ cup	120 ml	4 fl oz
⅔ cup	160 ml	5.5 fl oz
¾ cup	180 ml	6 fl oz
1 cup	240 ml	8 fl oz
2 cups (1 pint)	480 ml	16 fl oz

WEIGHT MEASUREMENTS

US/Imperial	Metic
1/2 oz	15 g
1 oz	30 g
2 oz	60 g
3 oz	85 g
4 oz (1/4 lb)	115 g
6 oz	170 g
8 oz (1/2 lb)	225 g
1 lb	450 g
2 lbs	900 g
3 lbs	1.35 kg
5 lbs	2.25 kg

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Pumpkin Spice Protein & Fibre Jar

MAKES 1 SERVING

INGREDIENTS

- 2 tbsp chia seeds
- 1/4 cup rolled oats
- 1/2 cup unsweetened cashew milk (or almond milk)
- 1/2 cup 0% Greek yogurt
- 1/4 cup pure pumpkin purée (not pumpkin pie filling)
- 1/2 tsp pumpkin pie spice (or cinnamon + nutmeg + ginger)
- 1–2 drops liquid stevia or 1/4 tsp monk fruit sweetener (optional)
- 1 tbsp pumpkin seeds (pepitas), for topping

DIRECTIONS

- In a mason jar, mix together cashew milk, Greek yogurt, chia seeds, pumpkin purée, pumpkin spice, and sweetener (if using).
- Stir well until fully combined.
- Refrigerate overnight to set.
- Before serving, top with pumpkin seeds. Add a splash of extra cashew milk if too thick.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
300-330 kcal	18-20 grams	32-36 grams	12-14 grams	9-11 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Green Goddess Smoothie

MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 1/2 medium cucumber, peeled
- 1/2 medium green apple, cored
- 1/4 medium avocado
- 1 cup fresh spinach
- 1 cup baby kale
- 1 tbsp fresh lemon juice
- 1 tsp fresh ginger, grated
- 1 scoop vanilla protein powder
- 1 tbsp ground flaxseed
- 1/2 cup ice (if needed for consistency)

DIRECTIONS

- Add all ingredients to your blender
- Blend on high for 60-90 seconds until smooth and creamy
- Add ice if needed for desired consistency and blend again
- Pour into a glass and enjoy immediately.

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED

CALORIES	PROTEIN	CARBS
340-370 kcal	30-34 grams	25-28 grams

FIBRE	FAT
10-12 grams	14-16 grams

We Grant Fitness & Health



Blueberry Lemon Burst Smoothie

MAKES 1 SERVING

INGREDIENTS

- 1 cup unsweetened almond milk
- 3/4 cup frozen blueberries
- 1/2 cup frozen cauliflower florets
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1/2 tsp vanilla extract
- 1/4 tsp stevia powder (or to taste)
- 1 scoop vanilla protein powder
- 1 tbsp ground flaxseed
- 1/2 cup ice (if needed for consistency)

DIRECTIONS

- Add all ingredients to your blender
- Blend on high for 60-90 seconds until smooth and creamy
- Add ice if needed for desired consistency and blend again
- Pour into a glass and enjoy immediately.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
290-310 kcal	27-30 grams	18-22 grams	6-8 grams	8-10 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Warm Apple Spice Cottage Cheese Bowl

MAKES 1 SERVING

INGREDIENTS

- 3/4 cup low-fat cottage cheese (blended/whipped if you prefer smooth)
- 1 small apple, diced (leave skin on for fiber)
- 1/2 tsp cinnamon
- Pinch nutmeg
- 1/2 tsp vanilla extract
- 1 tbsp chia seeds
- 1 tbsp ground flaxseed
- Optional: 1–2 drops liquid stevia or monk fruit sweetener

DIRECTIONS

- In a small skillet or saucepan, cook diced apple with a splash of water, cinnamon, and nutmeg over medium heat for 3–4 minutes until softened.
- Stir in vanilla and sweetener (if using).
- Place cottage cheese in a bowl. Top with warm spiced apples.
- Sprinkle chia seeds and flaxseed on top.
- Serve warm.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
300-330 kcal	20-25 grams	30-34 grams	8-9 grams	7-9 grams



Turkey & Veggie Breakfast Hash Cakes

MAKES 2 SERVINGS (6 CAKES)

INGREDIENTS

- 8 oz extra-lean ground turkey (99% lean) or Tempeh/firmTofu/Seitan
- 1 small sweet potato, peeled + shredded (~1/2 cup)
- 1 small courgette, shredded + squeezed of excess water (~1/2 cup)
- 2 tbsp ground flaxseed
- 1 egg white
- 2 green onions, chopped
- 1/2 tsp smoked paprika
- 1/2 tsp garlic powder
- 1/4 tsp salt
- Black pepper, to taste
- Cooking spray

OPTIONAL DIP

- 1/2 cup plain nonfat Greek yogurt
- Juice of 1/4 lemon
- Pinch of smoked paprika or cayenne

DIRECTIONS

- In a large bowl, combine ground turkey, shredded sweet potato, courgette, flaxseed, egg white, green onion, and seasonings. Mix until well combined.
- Form into 6 small patties (~2 inches wide).
- Heat a nonstick skillet over medium heat and coat lightly with cooking spray. Add patties in batches, flatten slightly, and cook 3–4 minutes per side until golden brown and cooked through (165°F / 74°C internal temp).
- Whisk dip ingredients together in a small bowl.
- Serve hash cakes warm with yogurt dip.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
300-330 kcal	30-35 grams	16-18 grams	5-7 grams	7-9 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Edamame Guacamole

MAKES 6 SERVINGS

INGREDIENTS

- 1 cup shelled edamame (cooked + cooled)
- 1 medium avocado
- 2 tbsp lime juice (about 1 lime)
- 1/4 cup red onion, finely diced
- 1 small jalapeño, seeded + finely diced
- 1/4 cup coriander leaves, chopped
- 1 clove garlic, minced
- 1/2 tsp cumin
- 1/2 tsp salt (adjust to taste)
- 1/4 tsp black pepper

DIRECTIONS

- In a food processor, pulse edamame until mostly smooth.
- Add avocado, lime juice, garlic, cumin, salt, and pepper. Blend until creamy but still a little chunky.
- Stir in red onion, jalapeño, and coriander. Adjust seasoning to taste.
- Serve immediately with high-fiber crackers, veggie sticks, or as a sandwich spread.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
80-90 kcal	4-5 grams	6-8 grams	3-5 grams	4-6 grams



Air Fryer Asian Veggie & Tofu Rice Paper Rolls

MAKES 4 SERVINGS

INGREDIENTS

- 8 rice paper rounds
- 1 block (14 oz) extra-firm tofu, pressed and crumbled (or finely diced)
- 1/2 cup shredded carrots
- 1/2 cup shredded cabbage (green or napa)
- 1/4 cup red bell pepper, finely diced
- 2 green onions, thinly sliced
- 2 cloves garlic, minced
- 1 tsp fresh grated ginger
- 2 tbsp low-sodium soy sauce (or tamari)
- 1 tsp sesame oil
- 1 tbsp almond flour (for binding)
- Cooking spray

DIRECTIONS

- Preheat air fryer to 375°F (190°C). In a skillet over medium heat, sauté crumbled tofu with garlic, ginger, soy sauce, and sesame oil for 5–6 minutes until golden and dry. Cool slightly.
- In a bowl, mix tofu with carrots, cabbage, bell pepper, green onions, and almond flour.
- Soak rice paper in warm water 10–15 seconds until pliable. Place 1/4 cup filling on the lower third, fold bottom, tuck sides, and roll tightly. Lightly spray rolls with oil.
- Arrange seam-side down in air fryer basket, leaving space. Cook 12–15 minutes, flipping halfway, until crisp.
- Cool 2–3 minutes. Serve with soy or peanut dipping sauce.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
200-225 kcal without toppings	15-17 grams	14-18 grams	2-4 grams	10-12 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Thai Peanut Chicken Slaw Wrap

MAKES 4 SERVINGS

INGREDIENTS

- 1 high-fibre tortilla wrap (example: La Tortilla)
- 3/4 cup cooked chicken breast, shredded/Seitan for vegetarian/vegan
- 1/2 cup coleslaw mix (shredded cabbage & carrots)
- 1/4 cup red bell pepper, thinly sliced
- 1 tbsp chopped coriander (optional)
- 1 tbsp crushed peanuts
- 1 tbsp natural peanut butter
- 1 tsp low-sodium soy sauce (or tamari)
- 1 tsp rice vinegar
- A tiny pinch of stevia (or to taste)
- 1–2 tsp warm water (to thin sauce)

DIRECTIONS

- In a small bowl, whisk together peanut butter, soy sauce, rice vinegar, stevia, and warm water until smooth.
- Toss shredded chicken in half the peanut sauce.
- Spread remaining sauce on the tortilla.
- Layer with chicken, coleslaw mix, red bell pepper, coriander, and peanuts.
- Roll up tightly and slice in half to serve.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
390-420 kcal	36-40 grams	24-28 grams	12-15 grams	19-21 grams



Buffalo Tofu Nuggets

MAKES 2 SERVING

INGREDIENTS

- 14 oz extra-firm tofu, pressed + cubed
- 2 tbsp hot sauce (like Frank's RedHot), divided
- 1 1/2 tsp cornstarch
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp smoked paprika
- Salt & black pepper, to taste
- Olive oil cooking spray
- Celery sticks (for serving)
- 2 tbsp light ranch or nonfat Greek yogurt ranch (per serving)

DIRECTIONS

- In a bowl, toss tofu cubes with 1 tbsp hot sauce, garlic powder, onion powder, smoked paprika, salt, and pepper. Let sit 10–15 minutes.
- Sprinkle with cornstarch and toss until evenly coated.
- Lightly spray air fryer basket with olive oil. Arrange tofu in a single layer.
- Spray tops of tofu lightly with oil. Air fry at 400°F (200°C) for 12–14 minutes, shaking halfway, until golden and crisp.
- Toss cooked tofu with remaining hot sauce.
- Serve with celery and light ranch or Greek yogurt dip.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
210-230 kcal	20-22 grams	11-13 grams	2-3 grams	8-9 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Mediterranean Goddess Mason Jar Salad

MAKES 1 SERVING

INGREDIENTS

- 2 tsp lemon herb vinaigrette
- 1/2 cup white beans, drained and rinsed
- 1/4 cup diced red bell pepper
- 1/4 cup kalamata olives, pitted and halved
- 1/4 cup diced red onion
- 1/4 cup roasted zucchini rounds
- 4 oz canned salmon, drained and flaked
- 1 tsp toasted pine nuts
- 2 cups baby spinach
- 1 tbsp crumbled goat cheese

DIRECTIONS

- Layer ingredients in a wide-mouth mason jar in this exact order from bottom to top.
- Start with lemon herb vinaigrette at the bottom.
- Add white beans, red bell pepper, kalamata olives, and red onion.
- Layer roasted zucchini and canned salmon.
- Top with pine nuts, baby spinach, and goat cheese.
- Seal jar and refrigerate for up to 3 days.
- When ready to eat, shake jar and pour into a bowl or eat directly from jar.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
260-275 kcal	22-26 grams	20-25 grams	0-1 grams	7-10 grams



High-Protein Turkey & Bean Cracker Nachos

MAKES 4 SERVINGS

INGREDIENTS

- 1 box (about 4 oz) Mary's Gone Crackers (Original or Herb)
- 1 lb extra lean ground turkey (93–99% lean)
- 1/2 can (15 oz) black beans, drained & rinsed
- 1 red bell pepper, diced
- 1/2 red onion, diced
- 1/2 cup frozen corn, thawed
- 1/2 cup reduced-fat shredded cheddar cheese
- 1/4 cup plain 2% Greek yogurt (as "sour cream")
- 1/4 cup fresh salsa
- ½ avocado, diced (optional)
- 1 tbsp olive oil
- 2 tbsp taco seasoning blend (store-bought or homemade)
- Salt & black pepper, to taste
- Fresh coriander, chopped (for garnish)

DIRECTIONS

- Preheat oven to 400°F (200°C). Line a baking sheet with parchment.
- Heat olive oil in a skillet over medium-high heat. Add ground turkey and taco seasoning. Cook 5–6 minutes until browned and fully cooked through. Stir in black beans and cook 2 minutes more.
- Spread crackers evenly on the baking sheet. Top with turkey & bean mixture, bell pepper, onion, corn, and cheese.
- Bake 8–10 minutes, until cheese is melted and bubbly.
- Remove from oven and top with Greek yogurt, salsa, avocado (if using), and coriander.
- Serve immediately and enjoy!

CALORIES	PROTEIN	CARBS	FIBRE	FAT
450-500 kcal	40-45 grams	35-40 grams	10-12 grams	16-18 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Healthy Greek Salad

MAKES 2 SERVINGS

INGREDIENTS

- 2 cups chopped romaine lettuce
- 1/2 cup cucumber, diced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup kalamata olives, halved
- 1/4 cup crumbled feta cheese

DRESSING

- 1 tbsp olive oil
- 1 tbsp red wine vinegar
- 1/2 tsp dried oregano
- Salt & black pepper, to taste

DIRECTIONS

- Add romaine, cucumber, tomatoes, onion, olives, and feta to a bowl.
- Whisk dressing ingredients together.
- Pour over salad, toss, and serve.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
150-190 kcal	4-6 grams	6-9 grams	1-2 grams	12-15 grams



Simple Moroccan Fish with Chickpeas & Veggies

MAKES 2 SERVINGS

INGREDIENTS

- 2 white fish fillets (cod, halibut, or haddock, ~4 oz each)
- 1 can (15 oz) chickpeas, rinsed and drained
- 1 red bell pepper, sliced
- 1 small courgette, diced
- 2 cloves garlic, minced
- 1/2 cup crushed tomatoes (canned)
- 1 tbsp olive oil
- 1 tsp Moroccan spice blend (store-bought or mix cumin, paprika, cinnamon)
- Salt & black pepper, to taste
- Fresh parsley or coriander, for garnish

DIRECTIONS

- Rub fish with half the spice blend, salt, and pepper.
- Heat olive oil in a skillet over medium heat. Cook fish 2–3 minutes per side until just done. Remove and set aside.
- In the same pan, add garlic, bell pepper, and courgette. Cook 3–4 minutes.
- Stir in chickpeas, crushed tomatoes, and remaining spice blend. Simmer 3–4 minutes.
- Place fish back on top, heat through for 1 minute.
- Garnish with parsley or coriander and serve.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
350-380 kcal	25-30 grams	40-50 grams	9-10 grams	11-12 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Salmon & White Bean Stew

MAKES 2 SERVINGS

INGREDIENTS

- 8 oz salmon fillet (skin removed, cut into 1-inch cubes)
- 1 can (15 oz) white beans, rinsed and drained
- 2 cups low-sodium chicken or vegetable broth
- 1/2 cup crushed tomatoes (canned, no salt added)
- 1 cup kale, chopped (or baby spinach)
- 1 celery stalk, diced
- 1/4 small red onion, finely diced
- 2 garlic cloves, minced
- 1 tbsp olive oil
- 1/2 tsp dried thyme
- 1/2 tsp smoked paprika
- Juice of 1/2 lemon
- Salt & black pepper, to taste
- Fresh parsley, chopped (for garnish)

DIRECTIONS

- Heat olive oil in a medium pot over medium heat. Sauté onion, garlic, and celery for 3–4 minutes until softened.
- Stir in thyme, smoked paprika, crushed tomatoes, and broth. Bring to a simmer.
- Add white beans and kale. Simmer 5 minutes until greens are tender.
- Gently add salmon cubes to the pot. Simmer 5–6 minutes until salmon is just cooked through.
- Squeeze in lemon juice, season with salt and pepper to taste.
- Garnish with fresh parsley and serve hot.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
460-490 kcal	38-42 grams	35-40 grams	10-14 grams	14-17 grams



Lean & Green Garden Omelette

MAKES 1 SERVING

INGREDIENTS

- 1 cup liquid egg whites (from carton, ~240 mL, equal to 5 large egg whites)
- 1 whole egg
- 1/2 cup mushrooms, sliced
- 1/4 cup red bell pepper, diced
- 1/4 cup red onion, diced
- 1/2 cup courgette, diced (or spinach)
- 1/4 cup black beans (optional, for extra fibre)
- 2 tbsp light feta or goat cheese (optional)
- 1/2 tsp garlic powder
- Salt & black pepper, to taste
- Olive oil cooking spray

DIRECTIONS

- Heat a nonstick skillet over medium heat, spray lightly with olive oil cooking spray.
- Sauté mushrooms, bell pepper, onion, and courgette for 3–4 minutes until softened. Add black beans (if using). Season with garlic powder, salt, and pepper. Remove veggies from skillet.
- In a bowl, whisk together the carton egg whites and whole egg until frothy.
- Pour eggs into the skillet and cook undisturbed until edges start to set, about 2 minutes.
- Add veggie mixture and cheese (if using) to one side of the omelet. Fold over and cook another 1–2 minutes until set.
- Slide onto a plate, garnish with fresh herbs or salsa, and serve.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
310-340 kcal	35-40 grams	16-20 grams	5-6 grams	8-10 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



Tuna Avocado Smash on Rice Cakes with Veggies

MAKES 1 SERVING

INGREDIENTS

- 1 can (5 oz) tuna in water, drained
- 1/2 medium avocado
- Juice of 1/4 lime
- 2 high-fiber rice cakes
- 1/4 cup cucumber, finely diced
- 1/4 cup shredded carrots (or thin matchsticks)
- Pinch chili flakes (optional)
- Salt & black pepper, to taste

DIRECTIONS

- In a bowl, mash avocado with lime juice, salt, and pepper.
- Stir in tuna, cucumber, and carrots.
- Spread mixture evenly over rice cakes.
- Sprinkle with chili flakes if desired and serve immediately.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
320-350 kcal	31-33 grams	25-30 grams	6-7 grams	13-14 grams



Mediterranean Spinach & Feta Stuffed Chicken

MAKES 2 SERVINGS

INGREDIENTS

- 2 medium chicken breasts (~6 oz each)
- 1 cup fresh spinach, chopped
- 1/4 cup crumbled feta cheese
- 2 tbsp sun-dried tomatoes (packed in water or lightly drained if in oil), chopped
- 1 garlic clove, minced
- 1 tsp olive oil
- 1/2 tsp dried oregano
- Salt & black pepper, to taste

DIRECTIONS

- Preheat oven to 375°F (190°C).
- Heat olive oil in a skillet over medium heat. Sauté garlic and spinach until wilted (1–2 minutes). Remove from heat and stir in feta and sun-dried tomatoes.
- Cut a pocket into the side of each chicken breast. Stuff evenly with spinach mixture. Secure with toothpicks if needed.
- Season outside of chicken with oregano, salt, and pepper.
- Place chicken breasts in a baking dish and bake 22–25 minutes, or until internal temperature reaches 165°F (74°C).
- Rest 5 minutes before slicing and serving.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
280-300 kcal	38-40 grams	3-4 grams	1-2 grams	11-13 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



One-Pan Lean Beef Taco Wrap

MAKES 1 SERVING

INGREDIENTS

- 1 high-fibre tortilla wrap (8-inch)
- 4 oz extra-lean ground beef (96–98% lean)
- 2 tbsp black beans, rinsed and lightly mashed
- 2 tbsp diced onion
- 1 small garlic clove, minced
- 1/2 tsp chili powder
- 1/4 tsp cumin
- Pinch smoked paprika
- Salt & black pepper, to taste
- 1 tsp shredded light cheddar (or skip, use nutritional yeast for cheesy flavor)
- 1/4 cup shredded lettuce
- 2 tbsp diced tomato
- 1 tbsp plain nonfat Greek yogurt (as a sour cream swap)

DIRECTIONS

- Heat a nonstick frying pan over medium heat. Add ground beef, onion, and garlic. Cook 3–4 minutes, breaking up the beef.
- Stir in mashed black beans, chili powder, cumin, smoked paprika, salt, and pepper. Cook another 2–3 minutes until beef is browned and beans are blended in.
- Spread beef mixture evenly over one side of the tortilla. Sprinkle with a little cheese (or nutritional yeast).
- Fold tortilla in half over the filling, pressing lightly. Place it back in the pan and cook 1–2 minutes per side until crispy and golden.
- Remove from pan and stuff inside with lettuce, tomato, and Greek yogurt.
- Slice and serve warm.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
310-330 kcal	32-38 grams	16-18 grams	9-10 grams	7-9 grams



High-Protein Chocolate Crunch Clusters

MAKES 16 SERVINGS

INGREDIENTS

- 1 cup old-fashioned rolled oats
- 1/4 cup chia seeds
- 1/4 cup ground flaxseed
- 1/4 cup unsweetened shredded coconut
- 2 tbsp psyllium husk powder
- 1/2 cup vanilla whey protein powder (or plant protein)
- 1/2 cup powdered peanut butter (PB2 style)
- 1/4 cup unsweetened almond milk
- 2 tbsp mini dark chocolate chips (70% cacao)
- 1 tsp vanilla extract
- Pinch of sea salt

DIRECTIONS

- Line a baking sheet with parchment paper.
- In a large bowl, mix oats, chia seeds, flaxseed, coconut, psyllium husk, and protein powder.
- In a small bowl, whisk powdered peanut butter with almond milk and vanilla until smooth.
- Pour peanut butter mixture over dry ingredients and stir until well combined (add an extra splash of almond milk if too dry).
- Fold in chocolate chips.
- Scoop into 16 clusters on parchment paper.
- Refrigerate for 30 minutes until firm. Store in an airtight container in the fridge for up to 1 week.

CALORIES	PROTEIN	CARBS	FIBRE	FAT
85-100 kcal	6-8 grams	9-11 grams	4-6 grams	3-4 grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED



No-Bake Pumpkin Granola Bars

MAKES 12 SERVINGS

INGREDIENTS

- 2 cups rolled oats
- 1/2 cup pumpkin puree
- 1/3 cup almond butter
- 1/4 cup honey or monk fruit syrup
- 1/4 cup pumpkin seeds
- 1/4 cup pecans, chopped
- 2 tbsp chia seeds
- 1 tsp pumpkin pie spice
- 1/4 tsp salt

DIRECTIONS

- Mix ingredients
- Press into lined 8x8 pan
- Refrigerate 2 hours
- Cut into 12 bars

CALORIES	PROTEIN	CARBS	FIBRE	FAT
135-140 kcal	4-6 grams	16-18 grams	3-5 grams	7-9 grams

6 Quick Protein + Fibre + Healthy Fat Combos with Rotisserie Chicken

ALL READY IN UNDER 10 MINUTES!



WHY ROTISSERIE CHICKEN?

It's the ultimate shortcut protein — lean, already cooked, and easy to shred. Pair it with fibre-rich veggies, beans, or grains and healthy fats for balanced, fast meals and snacks.

CHICKEN & HUMMUS CUCUMBER BOATS

Shredded chicken stuffed into halved cucumbers, topped with 2 tbsp hummus + paprika.

➡️ *~27 g protein | 12 g carbs | 10 g fat | 5 g fiber*

CHICKEN AVOCADO SALAD CUPS

Shredded chicken + 1/2 avocado (mashed with lime + salt) served in 3–4 romaine leaves.

➡️ *~29 g protein | 10 g carbs | 14 g fat | 7 g fiber*



LEMON CHICKEN BOWL

Shredded chicken + 1/2 cup white beans + cherry tomatoes + 1 tbsp olive oil + squeeze of lemon.

➡️ *~31 g protein | 19 g carbs | 13 g fat | 8 g fiber*

CHICKEN SNACK PLATE (MINI BENTO BOX)

Shredded chicken + 6 whole-grain crackers + cucumber slices + 2 tbsp guacamole.

➡️ *~26 g protein | 22 g carbs | 11 g fat | 6 g fiber*

QUICK CHICKEN & BEAN SOUP (5-MINUTE HACK)

1 cup low-sodium broth + 3 oz shredded chicken + 1/2 cup canned white beans + 1/2 cup baby spinach or kale + garlic powder, black pepper, and lemon juice.

➡️ *~30 g protein | 20 g carbs | 7 g fat | 8 g fiber*

SOUTHWEST CHICKEN BEAN JAR

Layer shredded chicken + 1/2 cup black beans + 1/4 cup corn + salsa in a jar. Eat straight or scoop with high-fibre crackers.

➡️ *~30–31 g protein | 24–25 g carbs | 7–8 g fat | 9 g fiber*

RECIPE SHOPPING GUIDE



Below you will find a quick reference shopping guide broken down by recipe

Recipe Name	Ingredients
Pumpkin Spice Protein & Fibre Jar	Chia seeds, rolled oats, unsweetened cashew milk, 0% Greek yogurt, pure pumpkin purée, pumpkin pie spice, liquid stevia or monk fruit sweetener, pumpkin seeds
Green Goddess Smoothie	Unsweetened almond milk, cucumber, green apple, avocado, fresh spinach, baby kale, fresh lemon juice, fresh ginger, vanilla protein powder, ground flaxseed, ice
Blueberry Lemon Burst Smoothie	Unsweetened almond milk, frozen blueberries, frozen cauliflower florets, fresh lemon juice, lemon zest, vanilla extract, stevia powder, vanilla protein powder, ground flaxseed, ice
Warm Apple Spice Cottage Cheese Bowl	Low-fat cottage cheese, apple, cinnamon, nutmeg, vanilla extract, chia seeds, ground flaxseed, liquid stevia or monk fruit sweetener
Turkey & Veggie Breakfast Hash Cakes	Extra-lean ground turkey, sweet potato, courgettes, ground flaxseed, egg white, green onions, smoked paprika, garlic powder, salt, black pepper, cooking spray, plain nonfat Greek yogurt, lemon juice
Edamame Guacamole	Shelled edamame, avocado, lime juice, red onion, jalapeño, cilantro leaves, garlic, cumin, salt, black pepper
Air Fryer Asian Veggie & Tofu Rice Paper Rolls	Rice paper rounds, extra-firm tofu, shredded carrots, shredded cabbage, red bell pepper, green onions, garlic, fresh ginger, low-sodium soy sauce, sesame oil, almond flour, cooking spray
Thai Peanut Chicken Slaw Wrap	High-fibre tortilla wrap, cooked chicken breast/ or Seitan, coleslaw mix, red bell pepper, cilantro, crushed peanuts, natural peanut butter, low-sodium soy sauce, rice vinegar, stevia

RECIPE SHOPPING GUIDE

Below you will find a quick reference shopping guide broken down by recipe



Recipe Name	Ingredients
Buffalo Tofu Nuggets	Extra-firm tofu, hot sauce, cornstarch, garlic powder, onion powder, smoked paprika, salt, black pepper, olive oil cooking spray, celery sticks, light ranch or nonfat Greek yogurt
Mediterranean Goddess Mason Jar Salad	Lemon herb vinaigrette, white beans, red bell pepper, kalamata olives, red onion, courgettes, canned salmon, toasted pine nuts, baby spinach, goat cheese
High-Protein Turkey & Bean Cracker Nachos	Mary's Gone Crackers, extra lean ground turkey or tofu or seitan or tempheh, black beans, red bell pepper, red onion, frozen corn, reduced-fat shredded cheddar cheese, plain 2% Greek yogurt, fresh salsa, avocado, olive oil, taco seasoning blend, salt, black pepper, fresh coriander
Healthy Greek Salad	Romaine lettuce, cucumber, cherry tomatoes, red onion, kalamata olives, feta cheese, olive oil, red wine vinegar, dried oregano, salt, black pepper
Simple Moroccan Fish with Chickpeas & Veggies	White fish fillets, chickpeas, red bell pepper, courgettes, garlic, crushed tomatoes, olive oil, Moroccan spice blend, salt, black pepper, fresh parsley or coriander
Salmon & White Bean Stew	Salmon fillet, white beans, low-sodium chicken or vegetable broth, crushed tomatoes, kale, celery stalk, red onion, garlic, olive oil, dried thyme, smoked paprika, lemon juice, salt, black pepper, fresh parsley
Lean & Green Garden Omelette	Liquid egg whites, whole egg, mushrooms, red bell pepper, red onion, courgettes, black beans, light feta or goat cheese, garlic powder, salt, black pepper, olive oil cooking spray
Tuna Avocado Smash on Rice Cakes	Canned tuna in water, avocado, lime juice, high-fibre rice cakes, cucumber, shredded carrots, chili flakes, salt, black pepper
Mediterranean Spinach & Feta Stuffed Chicken	Chicken breasts, fresh spinach, feta cheese, sun-dried tomatoes, garlic, olive oil, dried oregano, salt, black pepper

RECIPE SHOPPING GUIDE

Below you will find a quick reference shopping guide broken down by recipe



Recipe Name	Ingredients
One-Pan Lean Beef Taco Wrap	High-fibre tortilla wrap, extra-lean ground beef, black beans, onion, garlic, chili powder, cumin, smoked paprika, salt, black pepper, light cheddar cheese, lettuce, tomato, plain nonfat Greek yogurt
High-Protein Chocolate Crunch Clusters	Old-fashioned rolled oats, sliced almonds, chia seeds, hemp hearts, ground flaxseed, unsweetened shredded coconut, vanilla or chocolate whey protein powder, natural almond butter, coconut oil, mini dark chocolate chips, vanilla extract, sea salt
No-Bake Pumpkin Granola Bars	Rolled oats, pumpkin puree, almond butter, honey or monk fruit syrup, pumpkin seeds, pecans, chia seeds, pumpkin pie spice, salt
Chicken & Hummus Cucumber Boats	Rotisserie chicken, cucumber, hummus, paprika
Chicken Avocado Salad Cups	Rotisserie chicken, avocado, lime, salt, romaine leaves
Lemon Chicken Bowl	Rotisserie chicken, white beans, cherry tomatoes, olive oil, lemon
Chicken Snack Plate	Rotisserie chicken, whole-grain crackers, cucumber, guacamole
Quick Chicken & Bean Soup	Low-sodium broth, rotisserie chicken, white beans, baby spinach or kale, garlic powder, black pepper, lemon juice
Southwest Chicken Bean Jar	Rotisserie chicken, black beans, corn, salsa, high-fibre crackers