

COOKING WITH
Nicole

46 Healthy & Yummy Recipes

NICOLE PAYNE

Hey girl!

THANK YOU SO MUCH FOR PURCHASING MY RECIPE BOOK.

WITHIN THESE PAGES WE HAVE COMPILED MORE THAN 46 RECIPES THAT ARE NOT ONLY EASY TO MAKE, BUT HEALTHY, LOW IN CALORIES, BUT ALSO SIMPLY DELICIOUS!

THERE IS EVEN A CALORIE INDEX FOR YOU TO NAVIGATE THROUGH, AS WELL AS A MEASUREMENT GUIDE AND MEAL PLAN! THESE RECIPES WERE TRIED AND TESTED BY ME PERSONALLY, AND IT CARRIES MY SEAL OF APPROVAL!

WHAT MORE CAN YOU WANT, RIGHT?
SO PAGE THROUGH THE RECIPES, AND ENJOY!

With love

hp 

NICOLE PAYNE
SAVED B Y SUPPLEMENTS

To my Dad, my husband Craig,
my girls Ashlyn-Lee & Chloe

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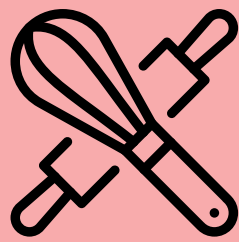
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Measuring Conversions

Measuring Conversions

Customary Quantity Equivalent

1 Teaspoon	5 mL
1 Tablespoon	15 mL
1/8 cup	30 mL
1/4 cup	60 mL
1/3 cup	80 mL
1/2 cup	120 mL
2/3 cup	160 mL
3/4 cup.	180 mL
1 cup	240 mL
1 1/2 cups	350 mL
2 cups	475 mL
3 cups	700 mL
4 cups	950 mL



Calorie Index

Calorie Index

Calories are worked out per 100g

Vegetables

- Broccoli (34 cal)
- Cauliflower (25 cal)
- Brussel Sprouts (43 cal)
- Green Beans (31 Cal)
- Asparagus (20 cal)
- Leafy Greens like Spinach, Kale, Bok Choy, Arugula and Lettuces (generally from 15-50 cal)
- Artichokes (47 cal)
- Mushrooms (22 cal)
- Whole Green Beans (31 cal)
- Turnips (28 cal)
- Cabbage (25 cal)
- Bell Peppers (20 cal)
- Carrots (41 cal)
- Zucchini (17 cal)
- Hard Squashes like Acorn (40 cal), Butternut (45 cal), or Spaghetti (31 cal)
- Cucumber (16 cal)
- Tomato (18 cal)
- Pickles (11 cal)
- Sauerkraut (19 cal)
- Avo (160 Cal)
- Scallion (32 Cal)
- Onion (40 Cal)

Fruit

- Strawberries (33 cal)
- Watermelon (30 cal)
- Melon (34 cal)
- Grapefruit (42 cal)
- Oranges (47 cal)
- Peach (39 cal)
- Blueberries (57 cal)
- Raspberries (53 cal)
- Blackberries (43 cal)
- Dragonfruit (60 Cal)
- Apple (52 Cal)
- Banana (89 Cal)
- Kiwi (61 Cal)
- Lemon (29 Cal)
- Passion Fruit (97 Cal)

Oils & Vinegars

- Apple Cider Vinegar (0 Cal)
- Coconut Oil 1 Tbsp (120 Cal)
- Olive Oil 1 Tbsp (120 Cal)
- Sesame Oil 1 Tbsp (120 Cal)
- Vegetable Oil 1 Tbsp (124 Cal)
- White Vinegar 1 Tbsp (3 Cal)
- Balsamic Vinegar 1 Tbsp (14 Cal)

Calorie Index

Calories are worked out per 100g

Carbohydrates

- Cooked Oats(68 cal)
- Boiled Potato (77 cal)
- Lentils (116 cal)
- Edamame (122 cal)
- Green Peas (81 cal)
- Air Popped Popcorn (1 cup = 31 cal)
- High Fiber Tortillas (1 tortilla = 90 cal)
- Shirataki noodles (85g dry = 2 cal)
- Chickpeas (364 Cal)
- Kidney Beans (333 Cal)
- Baked Beans (155 Cal)
- White Rice (130 Cal)
- Brown Rice (111 Cal)
- Basmati Rice (139 Cal)

Pantry Staples

- 1 Slice white bread (100 Cal)
- 1 Slice brown bread (75 Cal)
- 1 Slice Whole Wheat Bread
- 1 Large Egg (100 Cal)
- 1 Can Tuna in Water (60 Cal)
- 90% Dark Chocolate 40g (240 Cal)
- Raw Luxury Tree Nuts 30g (168 cal)
- Honey 1 Tbsp (64 Cal)
- Butter 1 Tbsp (102 Cal)
- Margarine 1 Tbsp (102 Cal)
- White Sugar 1 Tbsp (48 Cal)

Protein

- Egg whites (52 cal)
- Nonfat Greek yogurt (59 cal)
-) Nonfat cottage cheese (72 cal)
- 99% lean ground turkey/chicken (115 cal)
- Boneless, skinless chicken breast (165 cal)
- Chicken Thigh (177 Cal)
- Lean Beef Mince (167 Cal)
- 100g Steak (271 Cal)

Spreads

- Peanut Butter 2 Tbsp (200 Cal)
- Almond Butter 2 Tbsp (180 Cal)
- Nutella 2 Tbsp (200 Cal)
- Strawberry Jam 2 Tbsp (56 Cal)
- Cheese Spread 2 Tbsp (89 Cal)

Calorie Index

Calories are worked out per 100g

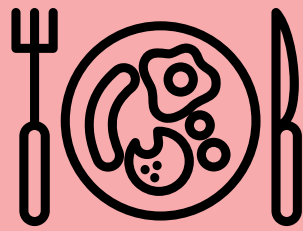
Dairy

- Almond Milk 250ml (30 Cal)
- Cheddar Cheese 30g (110 Cal)
- Mozzarella Cheese 100g (280 Cal)
- Blue Cheese 100g (353 Cal)
- Condensed milk 100g (321 Cal)
- Cream 100g (257 Cal)
- Feta Cheese 100g (264 Cal)
- Goat Cheese 100g (364 Cal)
- Parmesan Cheese 100g (431 Cal)
- Camembert Cheese 100g (299 Cal)

Alcohol per 250ml

- Champagne (80 Cal)
- Vodka Shot (95 Cal)
- Tequila Shot (69 Cal)
- Light Beer (95 Cal)
- Margarita (230 Cal)
- White Wine (203 Cal)
- Red Wine (211 Cal)
- Mojito (217 Cal)
- Whiskey Shot (105 Cal)
- Rum Shot (97 Cal)
- Brandy Shot (96 Cal)

Notes



Breakfast

Fruit Overnight Oats

Ingredients

- 1/2 Cup Oats
- 1/4 Low fat Milk/Almond Milk
- 1/3 Cup Low Fat Yogurt
- 1/8 Teaspoon Vanilla Extract
- 1/2 Mixed Fruit (Berries, Mango or Banana)
- 1 Teaspoon Chia Seeds

Directions

Add oats to your container of choice and pour in the milk, yogurt and vanilla extract together and mix well.

Add a layer of fruit and chia seed and leave overnight.

Enjoy the next morning.

Dish up, and enjoy

317 Calories/Serving
Serves 1

Fruit and Protein

Ingredients

- 120g plain Low Fat Yoghurt
- 30g Protein Powder
- 3 Tablespoons Blueberries
- 3 Medium Sliced Strawberries
- 1 Sliced Small Banana
- 1 Stevia Sachet

Directions

Add Protein powder to the bowl and mix with the yoghurt and stevia. Top with your sliced fruit and mix.

249 Calories/Serving
Serves 1

Hash and Eggs

Ingredients

- 500g 90% lean mince
- 1 large onion, diced
- 2 cups diced potatoes (about 3 medium)
- 1 1/2 tsp. salt
- 1 1/2 tsp. freshly ground black pepper
- 1 tsp. garlic powder
- 1 tsp. Worcestershire sauce
- 1 tsp. paprika
- 1 tsp. chopped fresh parsley (optional)
- 6 large eggs

216 Calories/Serving
Serves 6

Directions

Preheat oven to 180 Degrees C. Heat up a large cast iron pan over medium heat, Add mince, onion, potatoes and seasonings until the mince is no longer pink. Add the garlic powder, paprika and Worcestershire sauce and cook potatoes until tender. Reduce heat, make 6 wells in the pan, don't go all the way to the bottom. Crack an egg into each well you have made. Remember to season your eggs. Cook on the stove until the whites are just set then pop into the oven for 4 - 7 minutes until the yolks are cooked to your preference.

Simple Overnight Oats

Ingredients

- 1/4 cup quick oats,
- 1/2 cup unsweetened Almond Breeze Original Almond Milk, or skim, soy
- 1/4 medium banana, sliced (freeze the rest for smoothies!)
- 1/2 tbsp chia seeds
- 1/2 cup blueberries
- 4-5 drops Canderel vanilla sweetener, or your favorite sweetener
- pinch cinnamon

Directions

Place all the ingredient in a jar, shake, cover and refrigerate overnight. The next morning, add your favorite crunchy toppings such as nuts or musli enjoy!

Dish up, and enjoy!

236 Calories/Serving
Serves 1

Pineapple Peach Smoothie

Ingredients

- 1 1/2 cups frozen pineapple
- 1 1/2 cups frozen peaches
- 1 cup baby spinach (or kale)
- 3/4 cup orange juice
- 3/4 cup water

Directions

Place all ingredients in a blender. Puree until smooth, adding more water or orange juice as necessary.

76 Calories/Serving
Serves 4

Blueberry Protein Pancakes

Ingredients

- 1/2 cup oats ground
- 1 egg
- 1/4 cup plus 2 Tablespoons liquid egg whites
- 6 Tablespoons or 2 egg whites
- 1 medium banana mashed
- 1/4 teaspoon vanilla essence
- 1/2 teaspoon baking powder
- 1/2 cup blueberries

Directions

Pulse oats in a blender or food processor until they are ground but not powdery. Add egg and egg whites to a bowl and beat/whisk. Add oats, mashed banana, vanilla and baking powder, stirring to combine. Gently stir in 1/2 cup of blueberries. Spray a pan with nonstick spray and heat on medium. Use 1/4 cup as a measure to scoop batter and pour pancakes into pan. Cook bottom until golden brown and very carefully flip over, cooking until set and golden. Be patient! If you want to freeze them, let cool first, then wrap in wax paper and place in a freezer ziploc bag. To reheat, try microwaving 30 seconds at a time, flipping as needed. Avoid overheating!

209 Calories/Serving
Serves 2

Cheesy Hash Brown Breakfast Muffins

Ingredients

- 170g Grated White Potatoes
- 4 Cups Pepper and Onion mix
- 10g Minced Garlic
- 113g Fat-Free Plain Greek Yogurt
- 112g Fat-Free Shredded Mozzarella
- 6 whole egg whites
- 2 large Eggs
- 1/2 Cup Grated Parmesan

Directions

Preheat oven to 180 degrees and spray a muffin tin with nonstick cooking spray. Cook the hash browns and peppers/onions (in separate pans to minimize moisture) and add garlic in towards the end of their cook times. Spoon this mixture into a muffin tin and allow it to cool for 10 minutes. Add salt, pepper, or other seasonings at this point if you'd like. Add a mixture of egg whites, egg, parmesan, mozzarella, and Greek yogurt on top, filling each slot evenly. Bake for 20-22 minutes.

75 Calories/Serving
Makes 12 Muffins

Egg Frittata Muffins

Ingredients

- ½ red bell pepper
diced
- 3 medium/large white
mushrooms diced
- ½ medium onion
diced
- a few fresh spinach
leaves ripped
- 1 Tablespoon olive oil
- 6 eggs 4 egg whites
- ¼ cup skim milk
- ¼ teaspoon table salt
- ¼ teaspoon black
pepper
- 85g reduced fat grated
cheddar cheese,
divided

Directions

Heat in a pan on medium/high heat, add olive oil and sauté peppers, mushrooms and onions until soft, about 10-12 minutes. Add spinach and stir until wilted. Remove veggies from heat as set aside. Preheat oven to 180C. Combine eggs, whites, milk, salt and pepper in a medium bowl and whisk to combine. Stir in 2/3 of the cheese and veggies. Grease muffin tins well with oil. Pour egg mixture into tins (about 1/3 cup each). Top with remaining cheese. Bake for about 18-20 minutes until set, do not overcook. Remove from oven and let sit for a few minutes. Remove frittatas and place on a rack to cool. Refrigerate and reheat leftovers to enjoy for up to 5 days.

80 Calories/Serving
Serves 12

Baked Eggs With Spinach

Ingredients

- spray olive oil
- 1 shallot , finely diced
- 50g mushrooms, sliced
- 1 garlic clove, crushed
- 500g spinach
- 2 tbsp sour cream, regular or low-fat
- 2 tsp Dijon mustard
- 6 eggs small
- 2 tbsp gruyère or any other melting cheese

Directions

Heat the oven to 180C.
Heat a spray of olive oil in a pan and fry the shallot until soft. Fry the mushrooms until the juice given off has evaporated and they turn golden, then add the garlic and fry for another minute. Add the spinach and stir until wilted, then add the sour cream, and Dijon. Season well. Tip the spinach and mushrooms into a baking dish and spread out, making 6 dips in the mixture. Crack the eggs into the dips, sprinkle over the gruyere (avoiding the yolks) then bake for 12-15 minutes until the whites have set and the yolks are done to your liking. Serve with toast.

131 Calories/Serving
Serves 6

Almond Berry Pancakes

Ingredients

- 3/4 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1/4 cup sugar
- 2 teaspoons baking powder
- Dash salt
- 1 large egg, room temperature, lightly beaten
- 1-1/4 cups fat-free milk
- 2 tablespoons butter, melted
- 1/2 teaspoon almond extract
- 1/2 cup fresh raspberries
- 1/2 cup fresh blueberries

Directions

In a large bowl, combine the flours, sugar, baking powder and salt. In a small bowl, combine the egg, milk, butter and extract; stir into dry ingredients just until moistened. Pour batter by 1/4 cupfuls onto a greased hot griddle; sprinkle with berries. Turn when bubbles form on top. Cook until the second side is golden brown. Garnish with confectioners' sugar and additional berries if desired.

239 Calories/Serving
Serves 10



Lunch

Tuna Wraps

Ingredients

- 120g Canned Tuna, Drained
- 1/4 cup sliced Avocado
- 1/4 Cup Cut Thin Carrots
- 1 Wrap/Tortilla (21cm)
- 1/4 Cup Cucumber Thinly sliced
- 2 Teaspoons Sweet Chili Sauce

Directions

Mix tuna and sweet chili sauce in a bowl, sprinkle with salt and pepper if desired.

Wrap in a Tortilla with avocado, carrots and cucumber.

Dish up, and enjoy!

378 Calories/Serving
Serves 1

Caprese Pesto Pasta Salad

Ingredients

- 1 1/2 cups small pasta
- 3 tablespoons pesto
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon balsamic vinegar
- 3/4 cup halved grape tomatoes
- 3/4 cup fresh mozzarella balls
- 3 leaves fresh basil leaves, finely shredded

Directions

Bring a large pot of lightly salted water to a boil; cook the pasta at a boil until tender yet firm to the bite, about 8 minutes; drain and cool. Mix pesto, olive oil, salt, granulated garlic, black pepper, and balsamic vinegar in a bowl. You can add more balsamic to taste but it will start to change the color of the dressing unless you are using white balsamic vinegar. Add pasta and toss to coat. Fold in tomatoes, mozzarella, and fresh basil. Chill in the fridge until ready to eat.

504 Calories/Serving
Serves 4

Pesto Pasta With Chicken

Ingredients

- 350g dry spaghetti
- 3 cups fresh basil
- 2 Tbsp. toasted pine nuts
- 1 clove garlic
- 1/2 cup nonfat plain Greek yogurt
- 2 Tbsp. grated Parmesan
- 3 Tbsp. extra-virgin olive oil, divided
- 1 Tbsp. lemon juice
- 2 small boneless skinless chicken breasts
- Salt and freshly ground black pepper to taste
- 3 dashes cayenne pepper
- Lemon wedges to serve

458 Calories/Serving
Serves 4

Directions

Cook the spaghetti according to the package instructions. Drain the pasta and set aside some pasta water. Pulse the basil, pine nuts, garlic in a food processor. Add in the yogurt, Parmesan cheese, olive oil, lemon juice and salt. If the pesto is too thick, add some pasta water to dilute it. Adjust the lemon juice and salt to your liking. Season both sides of the chicken with salt, pepper and cayenne pepper. Heat up a cast-iron grill pan and add the olive oil. Cook the chicken until nicely browned and the inside is cooked through. Slice the chicken into strips. Toss the spaghetti with the pesto, stir to mix well. Top the pasta with the chicken and serve immediately with lemon wedges.

Chicken Pasta Salad

Ingredients

- 1 heaped cup penne pasta
- 1 cup cooked shredded chicken (leftover or rotisserie)
- 120g baby spinach, stems removed
- 1 cup cherry tomatoes, halved
- 1/3 cup crumbled feta cheese
- 1/3 cup slivered almonds, toasted (Optional)

Dressing

- Zest and juice of 1 large orange
- Zest and juice of 1 large lemon
- 3 Tbsp. pure honey
- 2 tsp. Dijon mustard
- 1/3 tsp. salt
- 1/2 cup extra-virgin olive oil
- Freshly ground black pepper
- Chopped fresh parsley

327 Calories/Serving
Serves 4

Directions

Cook the pasta according to package direction. Drain and then rinse with cold water. Place the cooled pasta in a large bowl. Add in the spinach and the halved cherry tomatoes. Briefly warm up and then coarsely chop the leftover grilled chicken. Add to salad and toss to combine. Lightly toast the almonds over a skillet on medium heat until fragrant. Sprinkle the almonds and feta cheese over the salad. For the dressing: combine all of the ingredients together except for the oil in a blender. Blend until all ingredients are well incorporated. Slowly add in the oil in a steady stream and pulse until combined. Toss the salad with the dressing (to taste; you may not want/need all of it) and enjoy. ONLY toss what you plan on eating as the dressing makes the spinach "soggy" for leftovers.

Cheese and Tomato Sandwich

Ingredients

- 1 English muffin
- ¼ cup low-fat cottage cheese
- 2 slices tomato
- ¼ avocado, sliced
- 1 tablespoon spicy brown mustard
- 1 leaf butter lettuce
- 1 tablespoon chives, chopped
- Garlic powder to taste

Directions

It's as easy as mixing the mustard, cottage cheese, chives, and garlic powder together. Cut the english muffin in half, add the cottage cheese mixture to one side, tomatoes and the sliced avocado on top. Enjoy!

398 Calories/Serving
Serves 1

Watermelon and Pineapple Summer Salad

Ingredients

- 1/2 medium watermelon (about 6 cups)
- 1 pineapple, sliced into 3cm slices
- 1 container blueberries
- 1 container strawberries
- 1 mango, diced
- Honey-Lime Mint

Dressing

- 1/4 cup pure honey
- 1/4 cup freshly squeezed lime juice
- 1 Tbsp. lime zest
- 1/4 cup extra-virgin olive oil
- 3 Tbsp. chopped fresh mint
- 1 clove garlic, minced
- 1 Tbsp. finely chopped shallots
- 1/2 tsp. salt
- 1/4 tsp. chili powder

Directions

Place pineapple on its side and cut off the top 2cm from the top and bottom. Stand the pineapple upright and cut lengthwise to remove and discard the tough, outer peel in strips. Go back around the pineapple and cut off any remaining hard bits to ensure the pineapple is smooth. If you are grilling your pineapple, you will slice it into rings, otherwise: Cut the pineapple in quarters lengthwise through the core. Remove the core from each quarter by slicing lengthwise. Place each section of pineapple flat on the cutting board and chop into the desired size chunks.

215 Calories/Serving
Serves 8

Healthy Coleslaw

Ingredients

- ¼ small sweet onion
- ½ cup plain Greek yogurt, fat free if desired
- ¼ cup mayonnaise
- 1 tablespoon white vinegar
- 2 teaspoons sugar
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- ¼ teaspoon celery seeds
- ¼ teaspoon black pepper
- 8 cups finely shredded green and purple cabbage
- 1 cup shredded carrots
- ¼ cup minced celery
- 2 tablespoons parsley, optional

Directions

Grate onion with a box grater. Scrape grated onion into a large bowl. Add greek yogurt and mayonnaise and whisk to combine. Add vinegar, sugar, mustard, salt, celery seed and pepper and whisk to combine. Add cabbage, carrots, celery hearts and parsley (if using) and toss to coat. Dish up, and enjoy!

71 Calories Per
Serving Serves 10

Chickpea and Vegetable soup

Ingredients

- 1 tbsp vegetable oil
- 1 large onion , chopped
- 1 tsp finely grated fresh root ginger
- 1 garlic clove , chopped
- 1 tbsp garam masala
- 850ml vegetable stock
- 2 large carrots , quartered lengthways and chopped
- 400g can chickpea , drained
- 100g green beans , chopped

Directions

Heat the oil in a medium saucepan, then add the onion, ginger and garlic. Fry for 2 mins, then add the garam masala, give it 1 min more, then add the stock and carrots. Simmer for 10 mins, then add the chickpeas. Use a stick blender to whizz the soup a little. Stir in the beans and simmer for 3 mins. Pack into a flask or, if you've got a microwave at work, chill and heat up for lunch.

168 Calories/Serving
Serves 4

Mexican Penne with Avocado

Ingredients

- 100g wholewheat penne
- 1 tsp oil
- 1 large onion, sliced, plus 1 tbsp finely chopped
- 1 orange pepper, deseeded and cut into chunks
- 2 garlic cloves, grated
- 2 tsp mild chili powder
- 1 tsp ground coriander
- ½ tsp cumin seeds
- 400g can chopped tomatoes
- 196g can sweetcorn in water
- 1 tsp vegetable bouillon powder
- 1 avocado, stoned and chopped
- 1/2 lime, zest and juice
- handful coriander, chopped, plus extra to serve

Directions

Cook the pasta in salted water for 10- 12 mins until al dente.

Meanwhile, heat the oil in a medium pan. Add the sliced onion and pepper and fry, stirring frequently for 10 mins until golden. Stir in the garlic and spices, then tip in the tomatoes, half a can of water, the corn and bouillon. Cover and simmer for 15 mins.

Meanwhile, toss the avocado with the lime juice and zest, and the finely chopped onion. Drain the penne and toss into the sauce with the coriander. Spoon the pasta into bowls, top with the avocado and scatter over the coriander leaves.

495 Calories/Serving
Serves 2

Mushroom Stroganof

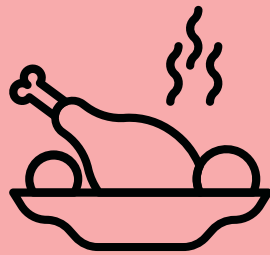
Ingredients

- 2 tsp olive oil
- 1 onion, finely chopped
- 1 tbsp paprika
- 2 garlic cloves, crushed
- 300g mixed mushrooms, chopped
- 150ml low-sodium beef or vegetable stock
- 1 tbsp Worcestershire sauce, or vegetarian alternative
- 3 tbsp half-fat soured cream
- small bunch of parsley, roughly chopped
- 250g pouch cooked wild rice

Directions

Heat the olive oil in a large non-stick frying pan and soften the onion for about 5 mins. Add the paprika and garlic, then cook for 1 min more. Add the mushrooms and cook on a high heat, stirring often, for about 5 mins. Pour in the stock and Worcestershire sauce. Bring to the boil, bubble for 5 mins until the sauce thickens, then turn off the heat and stir through the soured cream and most of the parsley. Make sure the pan is not on the heat or the sauce may split. Heat the wild rice following pack instructions, then stir through the remaining chopped parsley and serve with the stroganoff.

329 Calories/Serving
Serves 2



Dinner

Easy Chicken Quesadilla

Ingredients

- 1/4 Cup Chopped Onion
- 1 Tablespoon Lemon Juice
- 1 Medium Tomato, seeded and chopped
- 40g Grated Cheese
- 1/8 Teaspoon Salt
- 1 Tablespoon Chopped Fresh Coriander
- 1/4 Teaspoon Cumin Powder
- 2 x 20cm(Medium) Tortillas
- 1 Cup Shredded Chicken Breast

Directions

Preheat oven to 200 Degrees Combine tomato, onion, coriander, lemon juice, cumin, and salt in a small bowl and set aside. Lightly coat one side of each tortilla in nonstick spray. Place one tortilla, sprayed side down, on the baking sheet. Top with chicken and cheese. Top with remaining tortilla, sprayed side up. Bake for 10 minutes or until golden brown. Cut into 4 wedges and serve with 1/4 cup salsa or fat free plain yoghurt.

334 Calories/Serving
Serves 1

Mac and Cheese with Chicken and Spinach

Ingredients

- 2 Teaspoons Olive Oil
- 500g boneless, skinless chicken breast, cut into bite size strips
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 small onion, finely chopped
- 2 cups low-sodium chicken stock
- 1 cup low fat milk
- 300g package frozen butternut squash
- 300g package frozen butternut squash
- 2 teaspoons dry mustard
- 1 bay leaf
- 2 1/4 cup whole-wheat elbow macaroni
- 3 cups spinach
- 1 1/4 cups sharp cheddar cheese
- 2 tablespoons nutritional yeast

300 Calories/Serving.
Serves 6 (Serving is 1 cup)

Directions

Heat the oil in a large saucepan or skillet set over medium heat. When the pan is hot, add the chicken. Season with the salt and pepper and cook without stirring for 2 minutes. Add the onions, stir and continue to cook until the chicken is no longer pink in the center, 3 minutes. Transfer to a bowl and cover. Add the broth, milk, squash, mustard and bay leaf to the saucepan and bring to a boil over medium-high heat. Mash the squash with a potato masher until mostly smooth. Add the pasta and stir to combine. Cover, reduce heat to low, and cook for 6 minutes, stirring once. Fold in the chicken-onion mixture and spinach with a rubber spatula, cover and cook until the spinach has wilted, 2 minutes. Remove the pan from the heat and stir the cheese and nutritional yeast into the pasta. Serve immediately
Dish up, and enjoy!

Spiced Tomato Soup

Ingredients

- 2 Tablespoon Coconut Oil
- 1 large onion, chopped
- 1 large red pepper, chopped
- 1/2 Teaspoon salt
- 2 cloves garlic
- 1 jalapeño
- 1 Teaspoon grated ginger
- 2 Teaspoon ground coriander
- 1 Teaspoon ground cumin
- 1kg tomatoes (roughly chopped)
- 2 1/2 Cups water
- 2 Small Pitas
- 2 Tablespoons Coriander, chopped to add to the top

Directions

Heat large Dutch oven on medium-low. Add coconut oil, then onion, red pepper, and salt, and cook, covered, stirring occasionally, until tender, 8 to 10 minutes. Meanwhile, finely grate garlic, jalapeño, and ginger. Add to onion and cook, stirring, 1 minute. Stir in ground coriander and ground cumin and cook 1 minute. Add tomatoes and water; increase heat and simmer, partially covered, for 10 minutes. While tomatoes are cooking, toast 2 small pitas. Using a stick blender, puree soup until smooth.

Dish up, and enjoy!

325 Calories/Serving
Serves 4

High Protein Tuna Salad

Ingredients

- 1x 180g can tuna, in water
- 1/2 cup Fat Free Cottage Cheese
- 1/2 large tomato
- 1.5 cups thinly sliced romaine lettuce
- 1/4 cup onion

Directions

Drain the can of tuna and mix with the cottage cheese seasoning however you wish. I just put salt and pepper. Cut up the romaine, onions, and tomatoes and put them in a bowl. Then cover with the tuna mixture and enjoy! You can add a Sandwich square that will then add another 125 calories to your salad.

275 Calories/Serving
Serves 1

Japanese Chicken Curry

Ingredients

- 6 chicken drumsticks
- Salt and freshly ground black pepper to taste
- 1 tsp. curry powder
- Flour, for dusting
- 4 Tbsp. extra-virgin olive oil
- 2 large onions
- 1/2 tsp. cumin seeds
- 5cm fresh ginger, grated
- 2 cloves garlic, grated
- 2 Tbsp. curry powder
- 1 1/2 cups water
- 1 chicken bouillon cube
- 1/2 can diced tomatoes
- 3 Tbsp. plain yogurt
- 1 tsp. salt Freshly ground black pepper to taste
- 1 tsp. garam masala
- 1 tsp. curry powder
- 1/2 Tbsp. fruit jam

422 Calories/Serving
Serves 3

Directions

Season the chicken drumsticks. Make sure to prewash the chicken and remove all the excess moisture. Sprinkle on the salt, pepper and curry powder. Flip the chicken over and then sprinkle on the salt, pepper and curry powder again. Toss to coat evenly. Grate the onions using a food processor. Cut the onions in half and then into rough pieces. Put the pieces into the bowl and cover with a lid. Pulse several times and then turn on the processor. Saute the chicken. Add the olive oil to a pot and turn on the burner. Dust the chicken pieces with all-purpose flour, flip them over and dust again. Toss to coat evenly. Lightly brown the surface and flip them over. The curry powder easily burns so keep your eyes on it. Remove the chicken and set aside. Add a little more olive oil to the pot and drop in the grated onion. Stir the onion on high heat and reduce the liquid. Continue scraping the scorched onion off the bottom and sides and brown the onion on high heat for about 30 minutes. Reduce the heat to low and carefully caramelize the onion. Add the cumin seeds, grated ginger and garlic. Stir the mixture and allow the aroma to grow stronger. Add the curry powder and saute for 2 to 3 minutes until aromatic. Add the diced tomatoes and continue sauteing the mixture. Add the water and crumble in the chicken bouillon cube. Add the yogurt and distribute it evenly. Place the chicken into the pot. Bring it to a boil on high heat and remove the foam. Cover and simmer for 25 to 30 minutes on low heat. This will allow the bone marrow to melt into a savory broth. Occasionally stir the bottom of the pot to keep it from burning. Add the salt, pepper, curry powder, garam masala spices, and the fruit jam, and distribute evenly. Cover and simmer for 2 to 3 more minutes. Serve with rice.

Coconut Chicken Curry

Ingredients

- 1kg boneless, skinless chicken breasts, cut into 3cm chunks
- Salt and pepper, to taste
- 1 1/2 Tbsp. vegetable oil
- 2 Tbsp. curry powder
- 1/2 onion, thinly sliced
- 2 cloves garlic, crushed
- 1 can coconut milk
- 1 can diced tomato
- 1 can tomato sauce
- 3 Tbsp. sugar

Directions

Season the chicken chunks with salt and pepper. Mix curry powder and oil. Heat a large skillet over medium-high heat and add the curry oil mixture. Heat curry oil for 1 minute. Add garlic and onions and cook for 1 minute. Add chicken chunks and toss lightly to coat with the curry oil mixture. Reduce heat to medium, and cook for 7 to 10 minutes, or until chicken is no longer pink in center and juices run clear. Pour coconut milk, diced tomatoes, tomato sauce, and sugar into the pan, and stir to combine. Cover and simmer, stirring occasionally, approximately 30 to 40 minutes. Serve immediately, over rice.

459 Calories/Serving
Serves 6

Slow Cooker Sloppy Joes

Ingredients

- 1kg lean mince
- 1 large onion, grated
- 2/3 cups baby carrots, grated
- 2 small baby marrow, grated
- 2 small pattypans, grated

Sauce

- 1 1/2 cups water
- 2 1/2 cups tomato sauce
- 1 1/2 Tbsp. Worcestershire sauce
- 1/2 Tbsp. dried mustard
- 1/4 cup brown sugar
- 1 Tbsp. chili powder
- Salt and freshly ground black pepper to taste
- 8 whole-wheat burger buns

Directions

Turn slow cooker to high and set aside. In a large, nonstick skillet, brown the mince. While meat is browning, grate onion, carrot, baby marrow, and patty pans. Drain well and spoon meat into warmed crock pot. Sprinkle with salt and pepper. Replace pan to the heat. Place vegetables into the hot pan and sprinkle with salt and pepper. Saute until the vegetables are tender. Pour over meat in crock pot. Replace pan back on the heat. Pour in all ingredients for the sauce and whisk until smooth. Simmer then pour over ingredients in crock pot. Stir then cover and cook. Serve over slightly toasted whole wheat hamburger.

491 Calories/Serving
Serves 8

Leek and Potato Soup

Ingredients

- 2 large leeks (about 500g), well washed
- 1 onion, peeled and chopped
- 30g butter
- 2 vegetable stock pots or cubes
- 1 large potato (about 250g) peeled and chopped
- 100g peas

Sauce

- 1 medium egg white
- A pinch of saffron threads
- 1 level tbsp plain flour
- Oil, for frying

Directions

Set aside a 10cm piece of leek for the garnish. Slice the rest of the leek and cook in a large pan with the onion, in the butter, until softened – about 10 minutes.

Pour in 1 liter water and add the stock pots/cubes. Bring to the boil, add the potato and simmer for 10 minutes. Add the peas and cook for another 10 minutes.

Meanwhile, put the egg white in a small bowl, add the saffron strands and leave to infuse. Slice the reserved leek and put the separated rings in cold water.

Whisk the egg white, then whisk in the flour and seasoning to make a smooth batter. Blend the soup in a food processor until smooth (or keep it lumpy if you prefer). Season and reheat if necessary. Heat some oil in a small pan, drain and dry the leek rings, then dip them in batter and fry until golden and crunchy.

Drain on kitchen paper. Pour the soup into bowl, add crispy leek rings and seasoning.

134 Calories/Serving
Serves 4

Butternut and Spinach Bake

Ingredients

- 800g butternut squash, peeled, de-seeded and diced finely
- 6 eggs
- 150ml skimmed milk
- 1 tsp Dijon mustard
- Calorie controlled cooking spray
- 150g baby spinach leaves, washed
- Salt and freshly ground black pepper

Directions

Bring a large saucepan of water to the boil, add the squash and cook for 10–15 minutes, until tender. Drain. Meanwhile, in a large bowl, beat together the eggs, milk and mustard and season. Heat a large (20 cm) non stick frying pan and spray with the cooking spray. Add the squash and stir fry for a few minutes, until it turns golden. Add the spinach and stir fry for a further few minutes, until wilted. Tip the egg mixture into the pan. Stir gently together and then cook over the lowest heat, without stirring, for 10– 12 minutes or until the bottom is golden and the bake is nearly set. Preheat the grill to medium. Slide the pan under the preheated grill for a few minutes, until the top is golden and puffy and the egg is completely set. Cut into four wedges and serve with a salad from this recipe book.

Remember to add the calories for the salad aswell.

199 Calories/Serving
Serves 4

Sweet Potato Shepherds Pie

Ingredients

- 1 tbsp oil
- 2 onions , finely chopped
- 2 garlic cloves , chopped
- 2 carrots , grated or finely diced
- 2 tbsp fresh thyme leaf
- 400g pack extra-lean minced lamb or beef
- 85g red lentil
- 350g turnip , diced
- 2 tbsp plain flour
- 750ml reduced-salt beef stock
- 200ml red wine
- 350g potato , diced
- 650g sweet potato , diced
- 150g 0% plain yogurt
- generous grating of nutmeg
- green vegetables, to serve

Directions

Heat the oil in a large pan, then fry the onions for 6 mins until starting to turn golden. Add the garlic, carrots and thyme, and cook for 4 mins more. Stir in the mince, breaking it up with the spoon. When it has turned brown, add the lentils and turnips with the flour. Cook for 1-2 mins, then gradually add the stock and red wine. Cover and simmer for 35-40 mins.

Meanwhile, boil all the potatoes for 15-20 mins until tender, then drain and mash with the yogurt, nutmeg and black pepper. Spoon the meat mixture into a 2-litre ovenproof dish, spread or pipe the potato mixture on top, then grill until the topping starts to brown. (If making ahead, reheat in the oven at 180C for 45 mins.)

Serve with green veg, such as peas and broccoli.

434 Calories/Serving
Serves 6

Vegan Chilli

Ingredients

- 3 tbsp olive oil
- 2 sweet potatoes, peeled and cut into medium chunks
- 2 tsp smoked paprika
- 2 tsp ground cumin
- 1 onion, chopped
- 2 carrots, chopped
- 2 celery sticks, chopped
- 2 garlic cloves, crushed
- 1-2 tsp chilli powder (depending on how hot you like it)
- 1 tsp dried oregano
- 1 tbsp tomato purée
- 1 red pepper, cut into chunks
- 2 x 400g cans chopped tomatoes
- 400g can black beans, drained
- 400g can kidney beans, drained

Directions

Heat the oven to 200C. Put the sweet potato in a roasting tin and drizzle over 1½ tbsp oil, 1 tsp smoked paprika and 1 tsp ground cumin. Give everything a good mix so that all the chunks are coated in spices, season with salt and pepper, then roast for 25 mins until cooked.

Meanwhile, heat the remaining oil in a large saucepan over a medium heat. Add the onion, carrot and celery. Cook for 8-10 mins, stirring occasionally until soft, then crush in the garlic and cook for 1 min more. Add the remaining dried spices and tomato purée. Give everything a good mix and cook for 1 min more. Add the red pepper, chopped tomatoes and 200ml water. Bring the chilli to a boil, then simmer for 20 mins. Tip in the beans and cook for another 10 mins before adding the sweet potato. Season to taste then serve with lime wedges, guacamole, rice and coriander.

367 Calories/Serving
Serves 4

Broccoli and Pea Soup

Ingredients

- 1 tbsp oil
- 1 onion , finely chopped
- 1 large garlic clove , crushed
- 400g broccoli , chopped into small florets
- 300g frozen peas
- 200g chard , chopped
- 1l low-salt veg stock
- ½ small bunch of basil , chopped
- small bunch of dill , chopped
- 1 lemon , zested and juiced
- 2 tbsp pumpkin seeds, toasted

Directions

Heat the oil in a large saucepan. Add the onion and fry for 8 mins until soft and translucent. Add the garlic and cook for 1 min more. Tip in the broccoli, peas and chard, then pour over the stock and bring the mixture to the boil. Reduce the heat to a simmer, cover and cook for 25 mins. Stir through the herbs, lemon zest and juice, then blitz the soup with a stick blender until completely smooth. Ladle into bowls and serve with the toasted pumpkin seeds scattered over the top

214 Calories/Serving
Serves 4



Dessert

Vegan Mug Cake

Ingredients

- 3 tbsp dairy-free milk
- pinch lemon zest
- 1 tsp lemon juice
- 1 tbsp sunflower oil
- 4 tbsp self-raising flour
- 2 tbsp castor sugar
- pinch bicarbonate of soda
- 4 fresh or frozen raspberries

Directions

Put the milk in a microwave-safe mug, add the lemon zest and juice and leave to sit for 2-3 mins. It should start to look a bit grainy, as if it has split. Stir in the sunflower oil, flour, sugar and bicarbonate of soda. Mix really well with a fork until smooth. Drop in the raspberries then microwave on high for 1 min 30 secs, or until puffed up and cooked through.

576 Calories/Serving
Serves 1

Vegan Brownies

Ingredients

- 2 tbsp ground flaxseed
- 200g dark chocolate, roughly chopped
- ½ tsp coffee granules
- 80g vegan margarine, plus extra for greasing
- 125g self-raising flour
- 70g ground almonds
- 50g cocoa powder
- ¼ tsp baking powder
- 250g golden caster sugar
- 1½ tsp vanilla extract

Directions

Heat oven to 170C. Grease and line a 20cm square tin with baking wax paper. Combine the flaxseed with 6 tbsp water and set aside for at least 5 mins. In a saucepan, melt 120g chocolate, the coffee and margarine with 60ml water on a low heat. Allow to cool slightly. Put the flour, almonds, cocoa, baking powder and ¼ tsp salt in a bowl and stir to remove any lumps. Using a hand whisk, mix the sugar into the melted chocolate mixture, and beat well until smooth and glossy, ensuring all the sugar is well dissolved. Stir in the flaxseed mixture, vanilla extract and remaining chocolate, then the flour mixture. Spoon into the prepared tin. Bake for 35-45 mins until a skewer inserted in the middle comes out clean with moist crumbs. Allow to cool in the tin completely, then cut into squares. Store in an airtight container and eat within three days.

314 Calories/Serving
Serves 12

Blueberry/ Mango Protein Ice Cream

Ingredients

- 1 Cup (140g) Frozen Blueberries
- 1 Cup (140g) Frozen Mango Chunks
- 1 scoop Vanilla Protein Powder
- 1/2 Cup Unsweetened Almond Milk

Directions

Blend everything together in a food processor or blender.

305 Calories/Serving
Serves 1

Blueberry Lemon Ice Pops

Ingredients

- 2 cups milk
- 2 Tbsp Maizina
- 2 Tbsp pure honey
- 1 tsp lemon essence
- 3 tsp lemon zest
- 3 cups blueberries

Directions

Whisk together milk, honey, lemon essence, and lemon zest. Place as many blueberries into your popsicle mold as you can. Pour lemon mixture over the top of the blueberries. Place Popsicle mold in the freezer for 6 or more hours until frozen through.

86 Calories/Serving
Serves 8

Dark Chocolate Avocado Truffles

Ingredients

- 1 ripe avocado
- 140g. dark chocolate, chopped
- 2 Tbsp. brown sugar
- 1/4 tsp. vanilla extract
- 1/8 tsp. salt
- 2 1/2 Tbsp. unsweetened cocoa powder, divided

Directions

Pit the avocado and mash the flesh with a fork until completely smooth and lump free. Melt the chocolate in either the microwave or on the stove, taking care not to burn it. Once melted, stir in the mashed avocado, brown sugar, vanilla extract, salt, and 1½ tbsp of the cocoa powder until thoroughly combined. Place the truffle mixture into the fridge for 30-40 minutes and let cool until partially set. Use a small ice cream scooper or tablespoon to dollop out the truffles and form balls with your hands. Roll in the remaining 1 tbsp of cocoa powder. Can be eaten immediately

59 Calories/Serving
Serves 20

Litchi and Ginger Sorbet

Ingredients

- 2 x 400g cans litchis in syrup
- 2 tsp castor sugar
- thumb-size piece ginger, sliced
- 1 egg white
- 2 pieces stem ginger in syrup, shredded plus some syrup to serve

Directions

Drain the syrup from two cans of litchis into a small pan. Add the sugar and dissolve over a gentle heat. Bring to the boil for 1 min. Blitz the drained litchis, fresh ginger slices and the syrup in a blender until very finely chopped. Pour through a sieve. Tip into a 1-litre container and freeze for at least 6 hrs until solid. Break up the frozen mix, then put in a blender. Tip in the egg white and whizz until thick, pale and smooth. Return to the container and freeze again, ideally overnight. Serve in scoops with slices of stem ginger and syrup poured over.

181 Calories/Serving
Serves 4

Chia Seed Nut Pudding

Ingredients

- 3 tablespoons chia seeds
- 1 sweetener sachet
- 1 teaspoon vanilla extract
- 3 tablespoons nut butter
- 1 cup unsweetened almond milk
- 1/2 cup fresh berries
-

Directions

In a jar with a lid, add chia seeds, maple syrup, vanilla extract, peanut powder and coconut milk. Secure lid on jar and shake until fully mixed. Refrigerate for four hours or overnight. Top with raspberries. Dish up, and enjoy!

177 Calories/Serving
Serves 2



Snacks

Guilt Free Popcorn

Ingredients

- 1/4 Popcorn Kernels
Pinch Of Salt

Directions

Take 1/4 cup of dry popcorn kernels and place in the bottom of a microwave-safe glass bowl (pyrex is a great choice). Place a microwave-safe plate or the pure lid on top of the bowl. Plate should be wide enough to go beyond the rim of the bowl. Microwave for 3 minutes (might need to do for a longer or shorter time depending on your microwave) Dish up, and enjoy!

LESS than 5
Calories/Serving
Serves 2

Banana Bread Muffins

Ingredients

- 1 large ripe banana
- 1/2 cup plain Greek yogurt
- 3/4 cup of egg whites
- 3/4 cup whole wheat flour
- 2 scoops of vanilla protein powder
- 1 tsp baking soda
- 1 tsp baking powder
- 1/2 tsp cinnamon

Directions

Preheat the oven to 180 degrees. Add the banana and Greek yogurt to a food processor and blend until smooth. Transfer to a bowl and fold in the egg whites, flour, protein powder, baking soda, baking powder, and cinnamon until just mixed. Spray a muffin tin with non-stick spray. Scoop about 1/4 cup of batter into each muffin tin. This makes 14 muffins but you can make them a bit larger and just make a 12 muffins. That'll only add about 10 calories to each muffin, so no big deal. Bake for 11-13 minutes or until a toothpick comes out clean. Mine took 12 minutes exactly.

60 Calories/Serving
Makes 14 Muffins

Pea Hummus

Ingredients

- 200g cooked peas
- 1 garlic clove , crushed
- 1 tbsp tahini squeeze of lemon
- 1 tbsp cooked cannellini beans , from a can
- 2 tbsp olive oil
- strips of pitta bread or raw vegetable sticks, to serve

Directions

Blitz all the ingredients together using a hand blender or food processor. Add 1-2 tbsp water, then blitz again. Transfer a portion to a pot and add to a lunchbox with pitta bread strips and veg sticks. Keep the rest chilled for up to 3 days.

133 Calories/Serving
Serves 4

Oil and Tahini-free Hummus

Ingredients

- 1 Can of Chickpeas, drained but reserve the liquid
- 2 cloves garlic
- 2 to 3 tablespoons fresh lemon juice
- 2 tablespoons chickpea liquid 2 to
- 3 Tablespoons Greek low fat yoghurt
- 1 Teaspoon lemon zest
- Salt & Freshly Ground Black Pepper to taste

Directions

Gather the ingredients. Blend all the ingredients into a thick paste, using a small amount of chickpeas liquid as necessary to achieve desired consistency. Serve chilled or at room temperature. Store your homemade hummus in the refrigerator. It should keep for 3-5 days or 6-8 months if frozen.

98 Calories Per 30g
Serving

Dried Fruit Balls

Ingredients

- 50g soft dried apricot
- 100g soft dried date
- 50g dried cherry
- 2 tsp coconut oil
- 1 tbsp toasted sesame seeds

Directions

Whizz apricots with dates and cherries in a food processor until very finely chopped. Tip into a bowl and use your hands to work in coconut oil. Shape the mix into walnut sized balls, then roll in sesame seeds. Store in an airtight container until you need a quick energy fix.

133 Calories/Serving
Serves 6

Protein Chocolate Brownies

Ingredients

- 60g Protein Powder
- 15g Flour
- 60g Sugar/Sweetner
- 1 Teaspoon Baking Powder
- 1 Cup Cooked and Mashed Sweet Potato
- 200g Salt & Sugar Free Nut Butter
- 1 Teaspoon Decaf Instant Coffee
- 15g Chocolate Chips
- 75g Cacao Powder

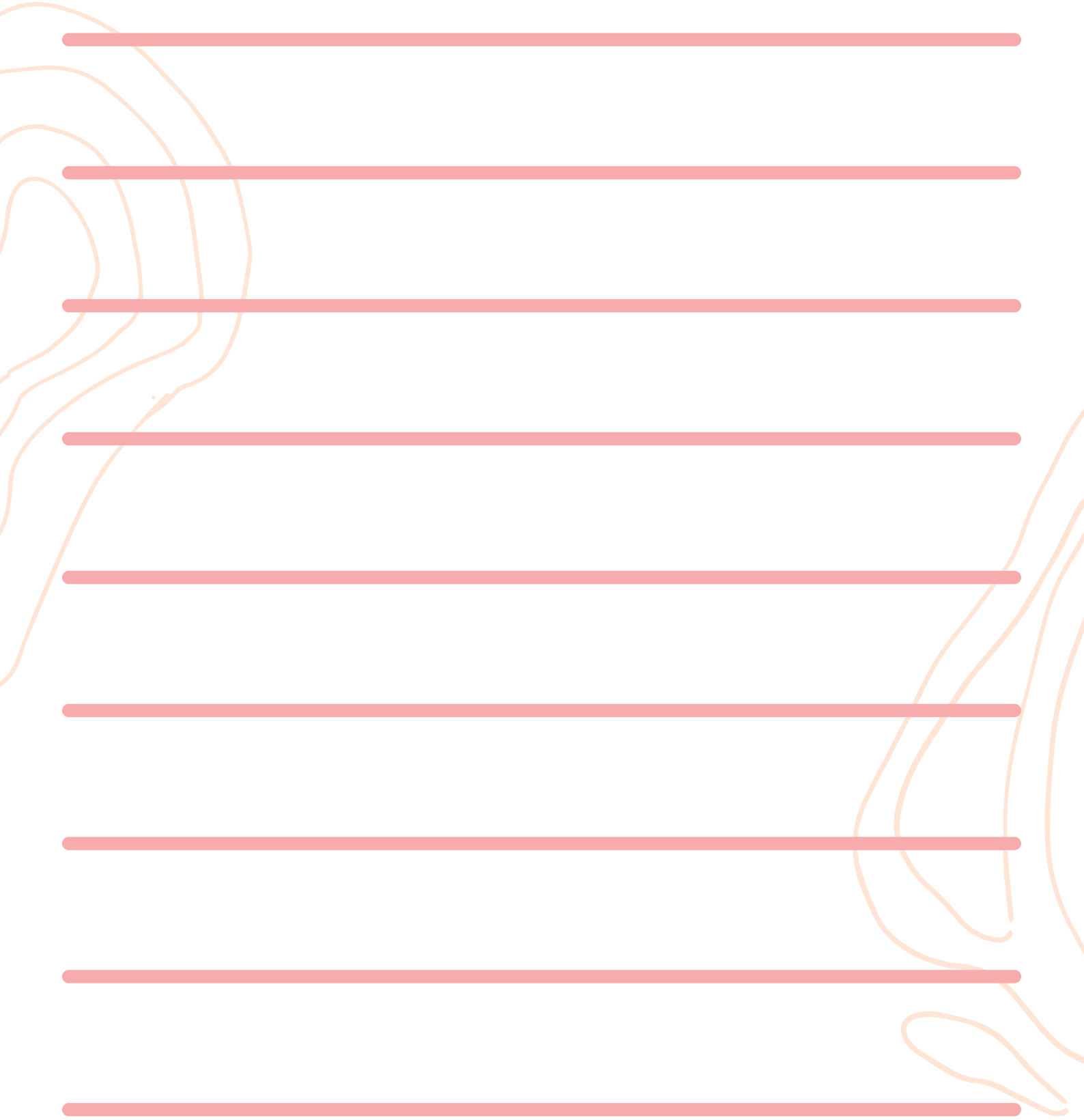
Directions

Preheat oven to 200 Degrees Celcius. Mix all ingredients in a bowl until just combined. Spray a 21cm X 21cm dish with non stick spray. Press mixture flat into the dish and top with your chocolate chips. Bake for 15 minutes or until set.

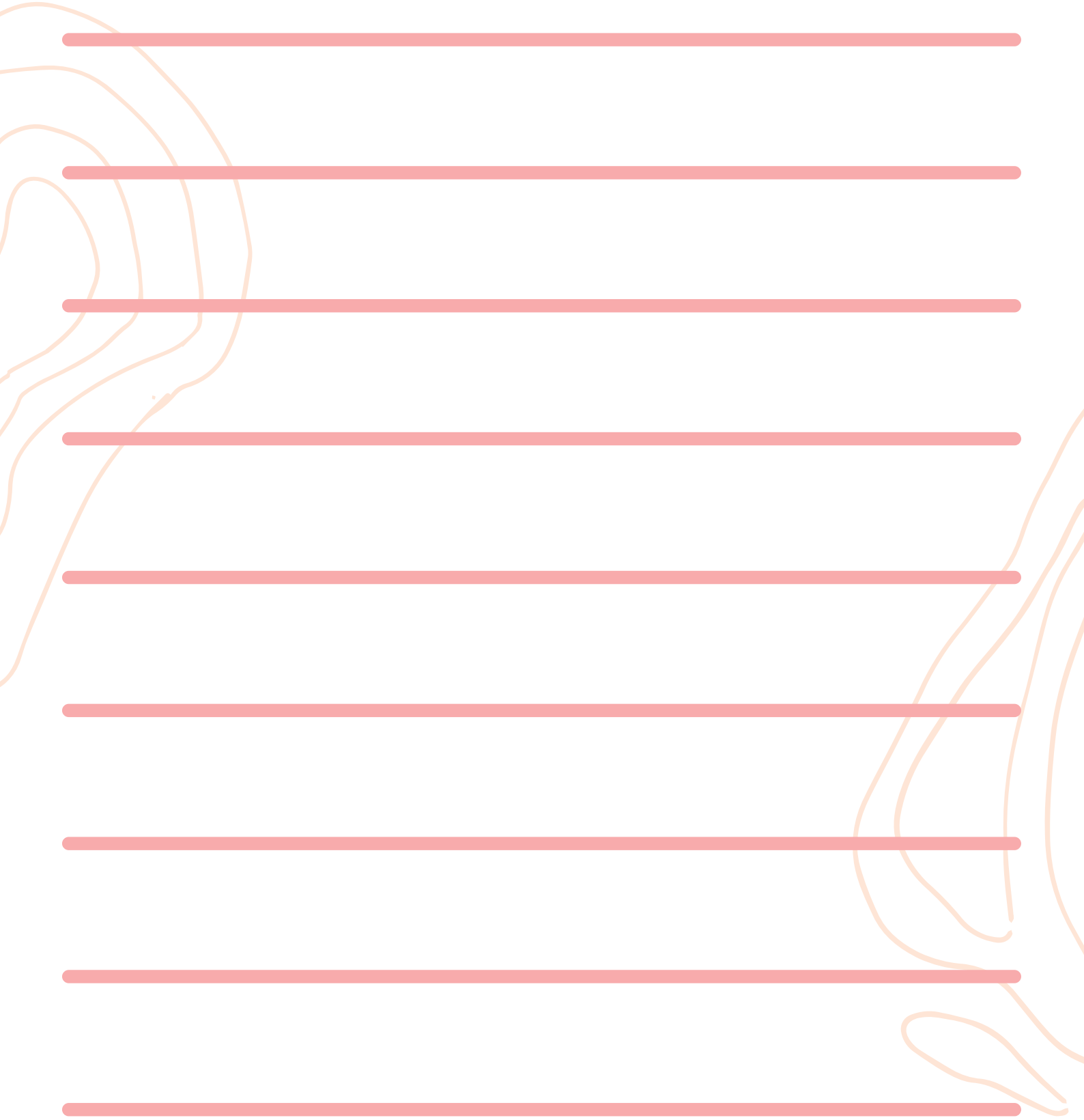
NOTE: Brownie is very crumbly when you cut it straight out of the oven. Let stand for 20 minutes before you cut into 9 equal slices.

229 Calories/Serving
Serves 9

Notes



Notes



*Thank you again for taking the time to go
through the recipe's!*

*Much Love
Nicole Payne*