



ONE2ONEDIET_CLARE

STEP 2
FESTIVE
FAVOURITES

HOLIDAY RECIPES
TO KEEP YOU ON
TRACK

WELCOME TO YOUR FESTIVE RECIPE GUIDE! 🎄

THE HOLIDAY SEASON IS OFTEN FULL OF TEMPTING TREATS AND CAN BE A CHALLENGE WHEN IT COMES TO STAYING ON TRACK WITH WEIGHT LOSS GOALS. MY GOAL IS TO HELP YOU REACH *YOUR* GOALS, SO THIS GUIDE IS DESIGNED TO MAKE THE JOURNEY THROUGH NOVEMBER AND DECEMBER EASIER AND MORE DELICIOUS!

INSIDE, YOU'LL FIND A VARIETY OF FESTIVE, LOW-CALORIE RECIPES TO KEEP THINGS EXCITING IN THE KITCHEN WITHOUT OVERLOADING ON CALORIES. SAY GOODBYE TO COOKING THE SAME MEALS EACH DAY, AND INSTEAD, DIVE INTO THESE TASTY DISHES THAT BRING HOLIDAY CHEER WHILE KEEPING YOU ON PLAN.

TAKE INSPIRATION FROM THESE RECIPES AND GLIDE THROUGH THE FESTIVE SEASON WITH CONFIDENCE—LET'S MAKE THIS YOUR BEST SEASON YET!

HERE'S TO A HEALTHY, JOYFUL, AND SUCCESSFUL HOLIDAY SEASON!

LOTS OF LOVE,

CLARE XX

RECIPE SERVES 2

(200 CALORIES PER PORTION)

FESTIVE TURKEY & SPROUT STIR-FRY

- **INGREDIENTS:**
 - 170G SKINLESS TURKEY BREAST, SLICED
 - 80G BRUSSELS SPROUTS, HALVED
 - 80G GREEN BEANS, TRIMMED
 - SEASONING: GARLIC POWDER, BLACK PEPPER, AND A SPRINKLE OF PAPRIKA
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- **METHOD:** STIR-FRY TURKEY BREAST WITH BRUSSELS SPROUTS AND GREEN BEANS UNTIL COOKED AND TENDER.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

LAMB & ROASTED VEGGIE MEDLEY

- **INGREDIENTS:**

- 115G LEAN LAMB, DICED
- 80G CAULIFLOWER, CHOPPED
- 80G CHERRY TOMATOES, HALVED
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- **METHOD:** ROAST LAMB AND VEGETABLES AT 200°C (390°F) FOR 15-20 MINUTES, SEASONED WITH ROSEMARY AND A HINT OF SALT.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

STUFFED CABBAGE ROLLS WITH BEEF MINCE

- **INGREDIENTS:**
 - 140G EXTRA LEAN MINCED BEEF
 - 80G CABBAGE LEAVES
 - 80G COURGETTE, DICED
- **METHOD:** STUFF CABBAGE LEAVES WITH SEASONED BEEF MINCE AND DICED COURGETTE, BAKE AT 180°C (350°F) FOR 20 MINUTES.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

OSTRICH STEAK & MUSHROOM SAUTÉ

- **INGREDIENTS:**
 - 200G OSTRICH FILLET STEAK
 - 80G MUSHROOMS, SLICED
 - 80G SPINACH
- **METHOD:** PAN-SEAR OSTRICH STEAK, THEN ADD MUSHROOMS AND SPINACH UNTIL WILTED.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

CHRISTMAS VEGGIE & COTTAGE CHEESE SALAD

- **INGREDIENTS:**

- 175G COTTAGE CHEESE (LESS THAN 5% FAT)
- 80G CUCUMBER, DICED
- 80G RADISH, SLICED
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- **METHOD:** MIX COTTAGE CHEESE WITH CUCUMBER AND RADISH, SEASON WITH BLACK PEPPER AND DILL.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

VENISON & BABY SWEETCORN MEDLEY

- **INGREDIENTS:**
 - 175G VENISON STEAK, SLICED
 - 80G BABY SWEETCORN
 - 80G KALE
- **METHOD:** PAN-COOK VENISON, THEN SAUTÉ BABY SWEETCORN AND KALE WITH A BIT OF GARLIC.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

TOFU & MIXED VEGETABLE STIR-FRY

- **INGREDIENTS:**
 - 150G TOFU, CUBED
 - 80G MANGETOUT
 - 80G PEPPERS (GREEN), SLICED
- **METHOD:** STIR-FRY TOFU WITH MANGETOUT AND GREEN PEPPERS, ADD SOY SAUCE IF DESIRED.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

CHICKEN EGG & VEGGIE SCRAMBLE

- **INGREDIENTS:**
 - 2 LARGE EGGS
 - 80G MUSHROOMS, SLICED
 - 80G LEEKS, CHOPPED

- **METHOD:** SCRAMBLE EGGS WITH MUSHROOMS AND LEEKS, SEASON WITH BLACK PEPPER.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

PRAWN & ASPARAGUS SALAD

- **INGREDIENTS:**

- 260G COOKED PEELED PRAWNS
- 80G ASPARAGUS, STEAMED
- 80G LETTUCE

- **METHOD:** SERVE PRAWNS ON A BED OF STEAMED ASPARAGUS AND LETTUCE, DRIZZLE WITH LEMON.

RECIPE SERVES 2

(200 CALORIES PER PORTION)

YELLOWFIN TUNA & ROASTED PUMPKIN

- **INGREDIENTS:**
 - 155G YELLOWFIN TUNA, GRILLED
 - 80G PUMPKIN, DICED
 - 80G BROCCOLI, STEAMED
- **METHOD:** GRILL TUNA AND SERVE WITH ROASTED PUMPKIN AND STEAMED BROCCOLI.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

CHICKEN & ROASTED WINTER VEGETABLES

- **INGREDIENTS:**

- 340G SKINLESS CHICKEN BREAST,
CUBED
- 160G BRUSSELS SPROUTS
- 160G PUMPKIN, DICED

- **METHOD:** ROAST CHICKEN AND
VEGGIES SEASONED WITH THYME
AND ROSEMARY.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

VENISON & PEPPER STIR-FRY

- **INGREDIENTS:**

- 350G VENISON, SLICED
- 160G PEPPERS (GREEN AND RED), SLICED
- 160G MUSHROOMS, SLICED

- **METHOD:** STIR-FRY VENISON WITH PEPPERS AND MUSHROOMS, ADDING HERBS.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

QUORN MINCE CABBAGE WRAPS

- **INGREDIENTS:**
 - 340G QUORN MINCE
 - 160G CABBAGE LEAVES
 - 160G COURGETTE, GRATED
- **METHOD:** WRAP QUORN MINCE AND GRATED COURGETTE IN CABBAGE LEAVES AND BAKE.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

LEAN PORK & STIR-FRIED VEGGIE MIX

- **INGREDIENTS:**
 - 290G LEAN PORK, SLICED
 - 160G ASPARAGUS
 - 160G PAK CHOI
- **METHOD:** STIR-FRY PORK WITH ASPARAGUS AND PAK CHOI, SEASON WITH A PINCH OF GINGER.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

CHRISTMAS COTTAGE CHEESE SALAD

- **INGREDIENTS:**
 - 350G COTTAGE CHEESE (LESS THAN 5% FAT)
 - 160G RADISH, SLICED
 - 160G CUCUMBER, DICED
- **METHOD:** COMBINE INGREDIENTS FOR A FRESH COTTAGE CHEESE SALAD.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

STIR-FRIED OSTRICH WITH CAULIFLOWER & LEEKS

- **INGREDIENTS:**
 - 400G OSTRICH STEAK, SLICED
 - 160G CAULIFLOWER, CHOPPED
 - 160G LEEKS, CHOPPED
- **METHOD:** STIR-FRY OSTRICH WITH CAULIFLOWER AND LEEKS FOR A HEARTY DISH.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

YELLOWFIN TUNA WITH GREEN BEANS & CHERRY TOMATOES

- **INGREDIENTS:**
 - 310G YELLOWFIN TUNA, GRILLED
 - 160G GREEN BEANS
 - 160G CHERRY TOMATOES
- **METHOD:** GRILL TUNA AND SERVE WITH BLANCHED GREEN BEANS AND CHERRY TOMATOES.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

CRAB & VEGETABLE SALAD

- **INGREDIENTS:**
 - 300G CRAB MEAT
 - 160G LETTUCE
 - 160G FENNEL, THINLY SLICED

- **METHOD:** COMBINE CRAB WITH LETTUCE AND FENNEL, AND SERVE CHILLED.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

LEAN LAMB & VEGGIE SKEWERS

- **INGREDIENTS:**
 - 230G LEAN LAMB, CUBED
 - 160G CHERRY TOMATOES
 - 160G COURGETTE, SLICED
- **METHOD:** SKEWER LAMB, TOMATOES, AND COURGETTE, GRILL FOR 10-12 MINUTES.

RECIPE SERVES 4

(200 CALORIES PER PORTION)

QUORN STEAK & KALE STIR-FRY

- **INGREDIENTS:**
 - 360G QUORN STEAK STRIPS
 - 160G KALE, CHOPPED
 - 160G MANGETOUT
- **METHOD:** STIR-FRY QUORN STRIPS WITH KALE AND MANGETOUT, ADD A SPLASH OF SOY SAUCE.

THANK YOU SO MUCH FOR TAKING THE TIME TO EXPLORE AND TRY OUT THESE FESTIVE RECIPES! I HOPE THEY'VE ADDED SOME JOY AND VARIETY TO YOUR MEALS THIS SEASON AND HELPED KEEP YOU ON TRACK TOWARD YOUR GOALS.

IF YOU MAKE ANY OF THESE RECIPES, I'D LOVE TO SEE YOUR CREATIONS! TAG ME ON INSTAGRAM OR FACEBOOK—I CAN'T WAIT TO CELEBRATE YOUR PROGRESS AND SHARE IN YOUR SUCCESS.

WISHING YOU A HAPPY, HEALTHY HOLIDAY SEASON AND CONTINUED SUCCESS ON YOUR JOURNEY!

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