

JANUARY RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

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



SAMPLE WEEKLY MEAL PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Raspberry and Coconut Muesli Bircher **BREAKFAST**

Raspberry and Coconut Muesli Bircher **BREAKFAST**

Egg and Tuna Toast with Honey Mustard **BREAKFAST**

Egg and Tuna Toast with Honey Mustard **BREAKFAST**

Simple Chickpea and Tuna Salad **BREAKFAST**

BLT Breakfast Salad **BREAKFAST**

BLT Breakfast Salad

LUNCH

Malaysian Chicken Soup **LUNCH**

Malaysian Chicken Soup **LUNCH**

Leftover Chicken Alla Diavola LUNCH

Simple Chickpea and Tuna Salad LUNCH

Lamb and Chickpea Stuffed Peppers **LUNCH**

Lamb and Chickpea Stuffed Peppers LUNCH

Power Salad

SNACK

E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake **SNACK**

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DINNER

One-Pot Sea Bass and Thai Rice **DINNER**

Chicken Alla Diavola **DINNER**

Sesame Almond Chicken with Miso Pumpkin Puree DINNER

Sesame Almond Chicken with Miso Pumpkin Puree **DINNER**

Slow Cooker Korean Beef **DINNER**

Meal Out – Enjoy! **DINNER**

Slow Cooker Korean Beef

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, FISH, DAIRY & PLANT BASED

SEEDS, BAKING & SPICES

CANS, CONDIMENTS & MISC

Fruit	Meats	Grains	Oils
1x apple	○ 17.5 oz. (500g) chicken	O basmati rice	O sesame oil
2x bananas	tenderloins (breast)	O quinoa	ococonut oil
4 oz. (70g) blueberries	2.6 lb. (1.2kg) chicken legs	O rolled oats	olive oil
2x lemons	8 oz. (230g) chicken thighs	Nuts & Seeds	extra virgin olive oil
4x limes	O g oz. (250g) ground lamb mince	O pumpkin seeds	Sweeteners O xylitol
○ ½ papaya		_ ' '	Ohoney
9 oz. (250g) raspberries	2 oz. (60g) pancetta	o sesame seeds	O coconut sugar
1 portion of seasonal fruit (for the	2.8 lb. (1.3 kg) stewing beef	Baking	Boxed, Cans & Condiments
green pancakes)	Fish and Seafood	oself-rising flour	O beef stock
Vegetables	0 14 oz. (400g) sea bass fillets	ground almonds/almond	O chicken stock
o rocket	Dairy	meal	1x 14 oz. (400g) can coconut milk
○ baby spinach	O feta cheese	baking powder	1x 14 oz. (400g) can lite coconut milk
1x broccoli	Obutter	O baking soda	3x 14 oz. (400g) cans chickpeas
7 oz. (200g) broccolini 10 oz. (300g) cherry tomatoes	O large Greek vanilla yogurt	ococonut flour	O cocktail gherkins
2x garlic	oraspberry yogurt	cornstarch	O tomato paste
oroot ginger	Dairy-free	O vanilla extract	1x can tuna in brine
14 oz. (400g) green beans	O 7x eggs	Spices	1x can tuna in oil
lettuce		chili flakes	almond butterapple cider vinegar
bunch spring onions (approx. 10)	occonut milk		Dijon mustard
1 lb. 7 oz. (750g) pumpkin radishes	almond milk	O Chinese five spice mix	o fish sauce
5x red bell peppers	ococonut yogurt	ground cinnamon	O mayonnaise
2x red chilies	Frozen	Moroccan spice mix	white miso paste
1x red onion	edamame beans	onion powder	orice wine vinegar
○ 17.5 oz. (500g) sweet potato	0	O paprika	Sriracha saucetamari soy sauce
○ 17.5 oz. (500g) white potato		oground turmeric	Thai red curry paste
Herbs		o sea salt flakes	Other
O mint	0	0	O bread
O parsley	0	0	O apple juice
orosemary	0		O vanilla protein powder
O coriander			



RASPBERRY AND COCONUT MUESLI BIRCHER



Serves: 6 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 334 kcal 7g Fats 56g Carbs 13g Protein 8g Fiber





WHAT YOU NEED

- 3 cups (270g) rolled oats
- 1 apple, cored and coarsely grated
- 1 cup (280g) Greek style vanilla yogurt
- 1 cup (250ml) apple juice
- ¾ cup (185ml) coconut milk
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 cup (280g) raspberry yogurt, to serve

For the raspberry jam:

- 9 oz. (250g) raspberries, quartered
- 2 tbsp. coconut sugar
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

Combine the oats, grated apple, vanilla yogurt, apple juice, coconut milk, vanilla extract and cinnamon in a bowl. Cover the bowl and place in the fridge to soak overnight.

Meanwhile, to make the raspberry jam, combine the raspberries, sugar and lemon juice in a saucepan. Place over a medium heat, and cook, stirring occasionally, for 7-8 minutes, until it has a jam like consistency. Remove from the heat and set aside to cool.

Divide the jam among serving jars or glasses. Top with the oat mixture and raspberry yogurt and serve immediately. Store covered in the refrigerator for up to 3 days.





GREEN PANCAKES



Serves: 4 Prep: 15 mins Cook: 50 mins



Nutrition per serving: 398 kcal 4g Fats 86g Carbs 7g Protein 14g Fiber





WHAT YOU NEED

- 1 ¾ cups (435ml) almond milk
- 1 egg
- 1 ripe banana, coarsely chopped
- 3 oz. (85g) spinach
- 2 cups (300g) self-rising flour
- ¼ cup (55g) coconut sugar
- ¼ tsp. baking soda
- 2 tbsp. coconut oil, melted
- ½ cup (140g) coconut yogurt, to serve
- 1 cup seasonal fruit, to serve

WHAT YOU NEED TO DO

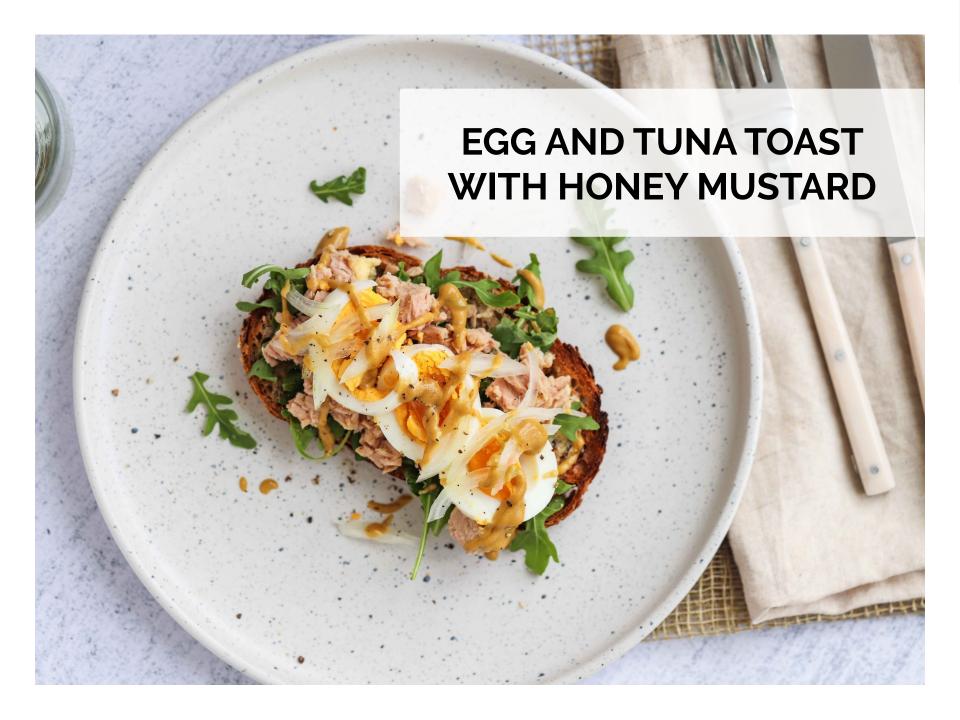
Place the milk, egg, banana and spinach into a blender and blitz until smooth.

Combine the flour, sugar and baking soda in a large bowl. Make a well in the centre, and add the smoothie mixture. Whisk until well combined and a smooth batter has formed. Cover and set aside for 30 minutes to rest.

Heat a large non-stick frying pan over medium-low heat and brush it with a little coconut oil. Pour ¼ cup (60ml) of the batter into the pan, and cook for 1-2 minutes or until bubbles appear on the surface. Then flip the pancake and cook for a further 1 minute on the other side, or until lightly coloured. Repeat this process with the remaining batter to make 16 pancakes.

Divide the pancakes among the serving plates (4 per serving). Top with yogurt and fruit to serve.





EGG AND TUNA TOAST WITH HONEY MUSTARD





Cook: 10 mins

Nutrition per serving: 212 kcal 7g Fats 18g Carbs 18g Protein 2g Fiber





WHAT YOU NEED

- 2 slices bread
- 1 tsp. butter
- handful rocket
- 5 oz. (145g) can tuna in brine, drained
- 1 egg, boiled to your liking
- 1 tbsp. Dijon mustard
- ½ tbsp. honey
- 1/4 small onion, sliced OBJ
- salt and pepper

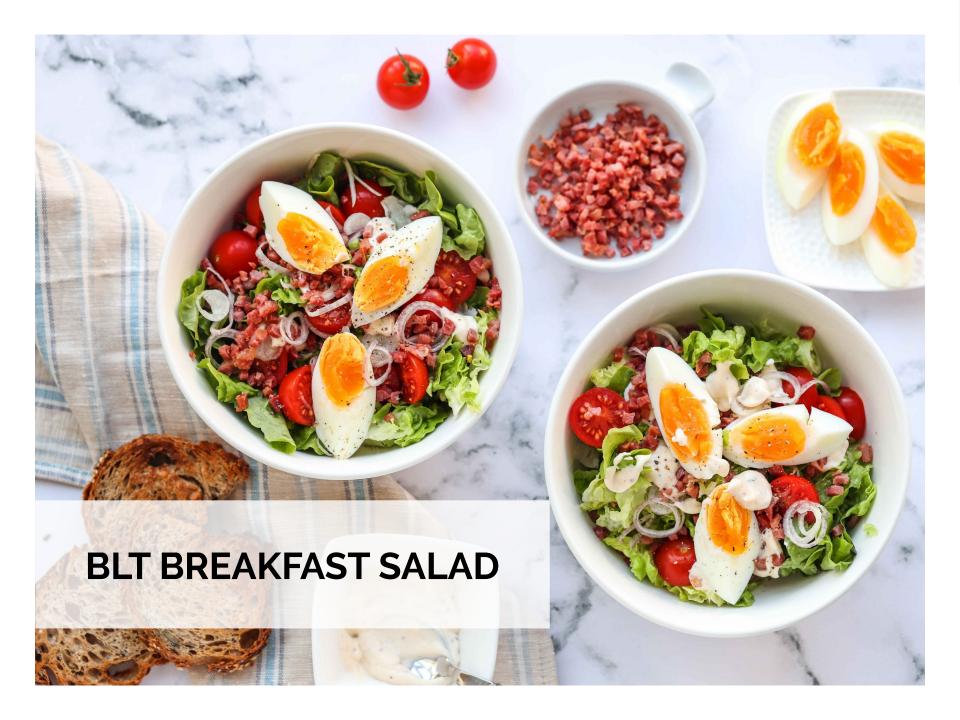
WHAT YOU NEED TO DO

Boil the egg to your liking. Toast the bread and spread with the butter.

Top the toast with rocket, pieces of tuna and egg slices.

Mix the mustard with the honey and drizzle over the egg. Finally top with the sliced onion and season with salt and pepper, to taste. Serve immediately.





BLT BREAKFAST SALAD



Prep: 5 mins Cook: 10 mins



Nutrition per serving: 397 kcal 33g Fats 6g Carbs 19g Protein 1g Fiber











WHAT YOU NEED

- 4 oz. (125g) pancetta, chopped
- ½ lettuce, leaves torn
- 1 cup (150g) cherry tomatoes, halved
- 1/4 small onion, sliced
- 3 tbsp. mayonnaise
- 2 tsp. lemon juice
- 1 clove garlic, crushed
- 2 boiled eggs, quartered
- salt and pepper

WHAT YOU NEED TO DO

Chop the pancetta into small cubes and place in a non-stick frying pan. Heat the pancetta over a low heat for about 10 minutes, until the fat has melted and the pancetta starts to brown.

In the meantime, boil the eggs to your liking. Mix the mayonnaise, crushed garlic and lemon juice to make the salad dressing.

To serve, arrange the lettuce on 2 plates, add the halved cherry tomatoes and sliced onion. Season with salt and pepper. Top with the browned pancetta and boiled egg, then drizzle with the dressing and serve immediately.





POWER SALAD



Serves: 4 Prep: 20 mins Cook: 15 mins



Nutrition per serving: 306 kcal 10g Fats 43g Carbs 14g Protein 10g Fiber











WHAT YOU NEED

- 14 oz. (400g) can chickpeas, rinsed, drained
- 1 cup (170g) quinoa, rinsed, drained
- 1 broccoli, trimmed, cut into florets
- 1 cup (155g) frozen edamame beans, cooked
- 1 cup (150g) cherry tomatoes, halved
- 4 radishes, sliced
- handful fresh mint leaves, plus extra, to serve
- 2 tbsp. pumpkin seeds
- 2 tbsp. apple cider vinegar
- 2 tbsp. extra virgin olive oil
- 1 tbsp. honey
- ½ cup (70g) blueberries
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Line a baking tray with baking paper and spread the chickpeas over the tray. Rub the chickpeas with 1 tablespoon of olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 minutes until golden.

Meantime, cook the quinoa according to the instructions on the packaging and drain well. Cook the broccoli until just tender and drain well.

Combine the cooked grains, broccoli, edamame, tomato, radish, mint and pumpkin seeds in a large bowl. Season with salt and pepper.

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Whisk together the vinegar, oil and maple syrup in a small bowl. Add the dressing to the salad and gently toss to combine. Top with the roasted chickpeas, blueberries and extra mint leaves and serve immediately.





SIMPLE CHICKPEA AND TUNA SALAD



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving: 186 kcal 6g Fats 18g Carbs 15g Protein 5g Fiber





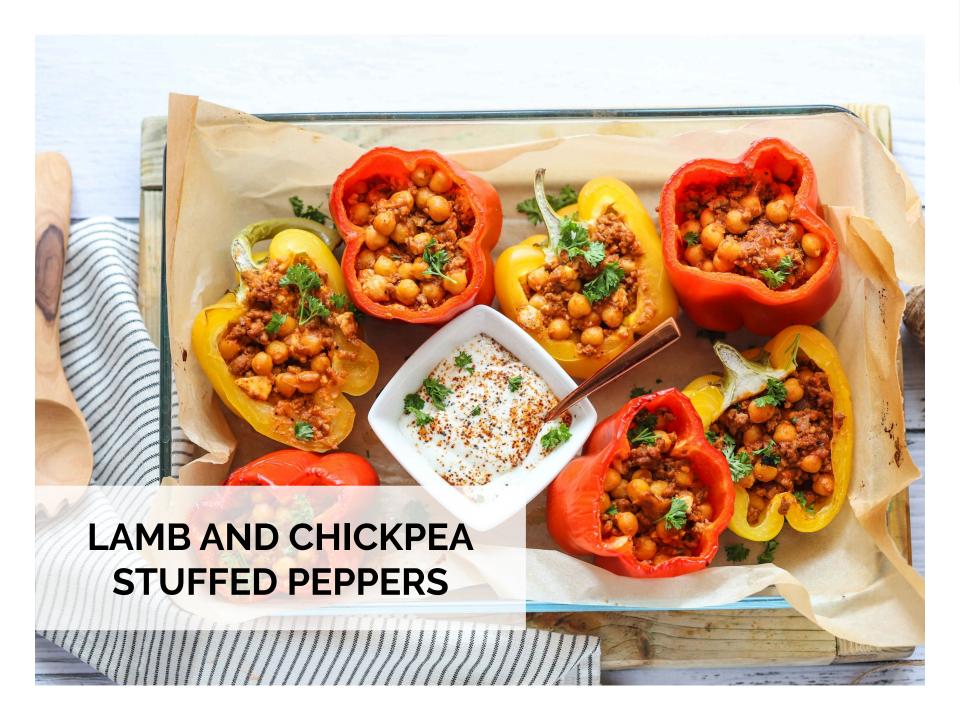
WHAT YOU NEED

- 14 oz. (400g) can chickpeas, rinsed, drained
- 5 oz. (145g) can tuna in olive oil
- 1 oz. (30g) cocktail gherkins, sliced
- ½ red bell pepper, diced
- 1/4 red onion, diced
- 2 eggs, cooked, chopped
- 1 tbsp. parsley chopped, to serve (OB)
- · salt and pepper

WHAT YOU NEED TO DO

Combine all ingredients, including the oil from the tuna, in a bowl and mix well. Season well to taste with salt and pepper and serve sprinkled with fresh parsley.





LAMB AND CHICKPEA STUFFED PEPPERS



Serves: 4 Prep: 15 mins Cook: 60 mins



Nutrition per serving: 436 kcal 26g Fats 32g Carbs 22g Protein 9g Fiber





WHAT YOU NEED

- 4 bell peppers
- 1 tbsp. olive oil
- 1 white onion, finely chopped
- 2 garlic cloves, crushed
- 3 tsp. Moroccan spice mix
- 1 tsp. ground paprika
- ½ tsp. dried chili flakes
- 9 oz. (250g) lamb mince
- 4 tbsp. tomato paste
- 14 oz. (400g) can chickpeas, rinsed, drained
- 3.5 oz. (100g) feta cheese, crumbled
- 2 tbsp. parsley, chopped
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Grease a large roasting tray.

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Cut the capsicums in half lengthways. Use a small sharp knife to carefully remove the seeds and membrane. Place the capsicum halves, cut-side up, in the tray.

Heat the olive oil in a large deep frying pan and place over a medium heat. Add the onion and cook for 5 minutes or until soft, then add the garlic and cook for a further minute.

Stir in the Moroccan spice mix, paprika and chili. Add the lamb mince, stirring constantly to break up the mince, and cook for 5 minutes until the meat has browned. Add in the tomato paste and chickpeas, mix well and remove from heat. Cool slightly and season to taste with salt and pepper.

Add the feta cheese into the lamb mixture and stir to combine. Divide the mixture evenly between each of the peppers. Cover the dish loosely with tinfoil and bake for 45 minutes or until the peppers are tender.

Divide between 4 serving plates. Serve immediately with freshly chopped parsley.





MALAYSIAN CHICKEN SOUP



Serves: 4 Prep: 10 mins Cook: 35 mins



Nutrition per serving: 392 kcal 13g Fats 53g Carbs 19g Protein 1g Fiber





WHAT YOU NEED

- 1 tsp. coconut oil
- 1 tbsp. red curry paste
- 17.5 oz. (500g) potatoes, peeled, chopped
- 4 cups (1l) chicken stock
- ¾ cup (180ml) coconut milk, can
- 17.5 oz. (500g) sweet potatoes, peeled, chopped
- 2 chicken thighs (8oz./230g), skinless, boneless, chopped
- 2 tbsp. fish sauce
- 1 lime, juiced
- · chili flakes, to serve
- 4 tbsp. coriander, chopped, to serve

WHAT YOU NEED TO DO

In a large saucepan, heat the coconut oil and the curry paste for 1-2 minutes, stirring constantly with a wooden spoon.

Add the potatoes and chicken stock to the pan and bring to boil. Now turn the heat down and simmer for 10-15 minutes until the potatoes are tender. Take the pan off the heat and blend the soup in a food processor or with a hand blender until smooth.

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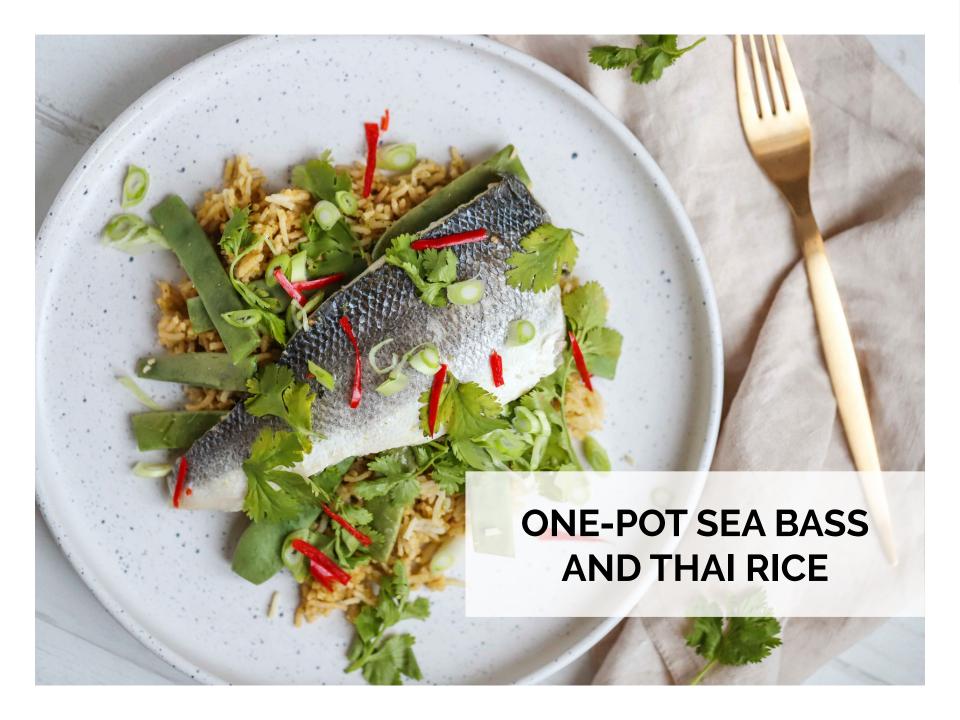
Now, return the soup to the pan. ...

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Add the sweet potatoes and coconut milk and bring to the boil. Add the chicken to the soup and cook for 15 minutes until the sweet potatoes are tender, stir occasionally.

When ready to serve, add in the fish sauce and lime juice. Serve with chili flakes and fresh chopped coriander.





ONE-POT SEA BASS AND THAI RICE



Serves: 4 Prep: 10 mins Cook: 45 mins



Nutrition per serving: 487 kcal 16g Fats 57g Carbs 31g Protein 9g Fiber











WHAT YOU NEED

For the paste:

- 1 oz. (30g) coriander, leaves picked, stalks reserved
- 1 thumb-sized pieces ginger, peeled
- 2 cloves garlic, peeled
- 1 red chillies, deseeded
- 1 tbsp. sesame oil
- 3 tbsp. tamari soy sauce
- 1 lime, juice and zest
- 7 oz. (200ml) can coconut milk

For the rice:

- 7 oz. (200g) basmati rice
- 4 x 3.5 oz. (100g) sea bass fillets, skin scored
- 2 cups (200g) green beans
- 4 spring onions, finely sliced
- 1 red chili, deseeded, sliced
- 1 lime, to serve

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Place all the paste ingredients into a food processor or high-speed blender, adding only half of the coriander leaves, and blitz to a smooth consistency. Set aside until needed.

Cook the rice until just cooked, then drain. Transfer the rice into a baking tray and cover with the paste, mix well to combine. Top the rice with the fish fillets and the green beans, then cover with tinfoil and bake in the oven for around 20 minutes, or until fish is cooked through and beans are tender.

To serve, divide between 4 plates, sprinkle with the spring onions, chili and remaining coriander leaves. Serve immediately.





SESAME ALMOND CHICKEN WITH MISO PUMPKIN PUREE



Serves: 4 Prep: 15 mins Cook: 35 mins



Nutrition per serving: 417 kcal 19g Fats 28g Carbs 39g Protein 7g Fiber





WHAT YOU NEED

- 26.5 oz. (750g) pumpkin, peeled, cut into cubes
- 1 tbsp. olive oil
- ½ cup (55g) almond meal
- 2 tbsp. corn flour
- 1 tbsp. sesame seeds
- ½ tsp. Chinese five spice mix
- 1/3 cup (80ml) light coconut milk
- 17.5 oz. (500g) chicken tenderloins
- 2 tsp. coconut oil
- 2 tsp. white miso paste
- 7 oz. (200g) broccolini
- 7 oz. (200g) green beans
- lemon wedges, to serve
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Line 2 baking trays with baking paper. Place the pumpkin on one of the trays and rub with 1 tablespoon of olive oil. Place the tray in the oven and bake the pumpkin for 25 minutes or until tender.

Meanwhile, combine the almond meal, cornflour, sesame seeds and Chinese five spice mix in a large dish. Place the coconut milk in a separate dish. Taking 1 tenderloin at a time, dip it into the coconut milk to coat, and then dip the chicken into the almond mixture to coat. Place on the earlier prepared tray. Repeat this process with the remaining chicken tenderloins.

Heat the coconut oil in a large non-stick frying pan over medium-high heat. Cook chicken for 2-3 minutes on each side, until cooked through.

Cook the broccolini and green beans in slightly salted water for around 5-7 minutes, until tender.

Place the roasted pumpkin and miso paste in a food processor and blitz until smooth. Season to taste with salt and pepper.

Serve the chicken with the pumpkin puree, cooked beans and broccolini, and lemon wedges.

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CHICKEN ALLA DIAVOLA



Serves: 6 Prep: 15 mins Cook: 45 mins + 1 hr



Nutrition per serving: 529 kcal 42g Fats 2g Carbs 33g Protein og Fiber





WHAT YOU NEED

- 6 chicken legs (2.6 lb./1.2kg)
- 1 tbsp. ground black pepper
- 1 tsp. chili flakes
- 4 tbsp. olive oil
- ¼ lemon
- 4 garlic cloves, crushed
- 2 sprigs rosemary OBJ
- salt

WHAT YOU NEED TO DO

Place the chicken legs on a roasting tray and drizzle with lemon juice, then rub with salt, pepper, chili flakes, crushed garlic, and olive oil.

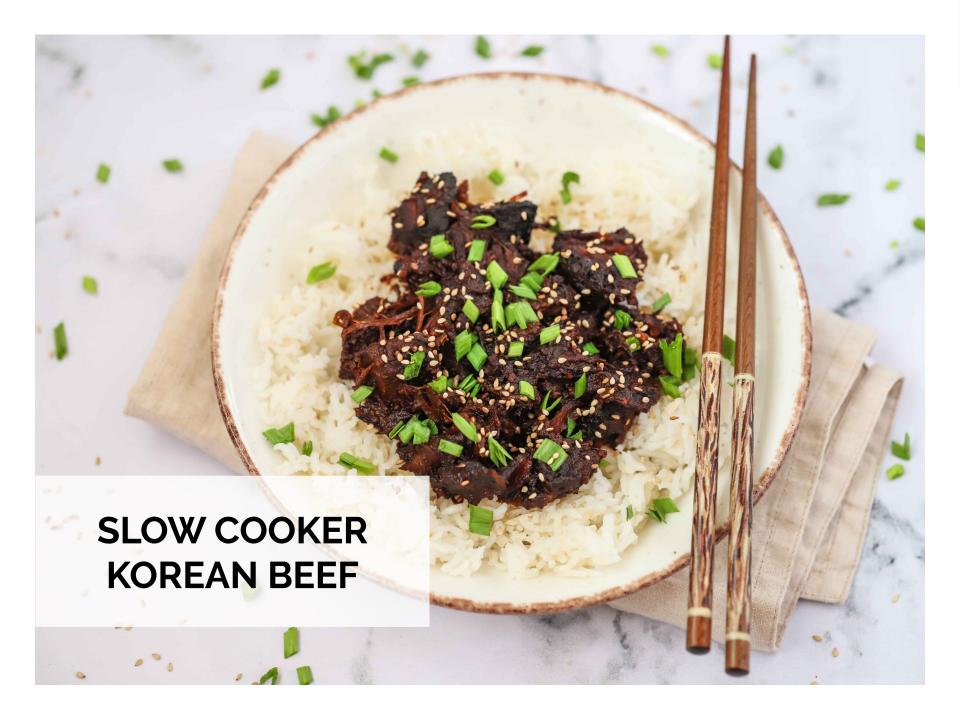
OBO

Add chopped rosemary sprigs and set aside to marinade for about 1 hour.

Preheat the oven to 350°F (180°C). Place the chicken in the oven and bake the chicken for 25 minutes, then turn over and bake for a further 20 minutes until golden brown. Once cooked, pour the roast juices over the chicken.

Divide the chicken into 6 portions and serve immediately with your favorite side dishes, e.g. potatoes, salad.





SLOW COOKER KOREAN BEEF



Serves: 8 Prep: 10 mins Cook: 8.5 hrs



Nutrition per serving: 305 kcal 10g Fats 18g Carbs 38g Protein 1g Fiber













WHAT YOU NEED

- 3 lb. (1.3kg) stewing beef, cut into chunks
- 2 tbsp. cornstarch
- 1 tbsp. sesame seeds
- 6 spring onions, thinly sliced

For the sauce:

- 1 cup (240ml) beef stock
- ½ cup (120ml) tamari soy sauce
- ½ cup (100g) coconut sugar
- 4 cloves garlic, minced
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 1 tbsp. ginger, grated
- 1 tsp. Sriracha sauce
- ½ tsp. onion powder
- ½ tsp. black pepper

WHAT YOU NEED TO DO

In a large bowl, mix together all the sauce ingredients and stir well to combine.

Place the beef in the slow cooker and cover with the sauce mixture. Place the lid on the slow cooker and cook on a low heat for 8 hours or on a high heat for 4 hours.

Once the beef has finished cooking, mix the cornstarch and ¼ cup water and stir into the slow cooker to thicken the sauce.

Cover and cook on high heat for another 30 minutes, or until the sauce has thickened.

Serve immediately, garnished with green onions and sesame seeds.

Serving suggestion:

- Rice
- Steamed vegetables





PAPAYA AND TURMERIC SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 262 kcal 4g Fats 48g Carbs 13g Protein 3g Fiber









WHAT YOU NEED

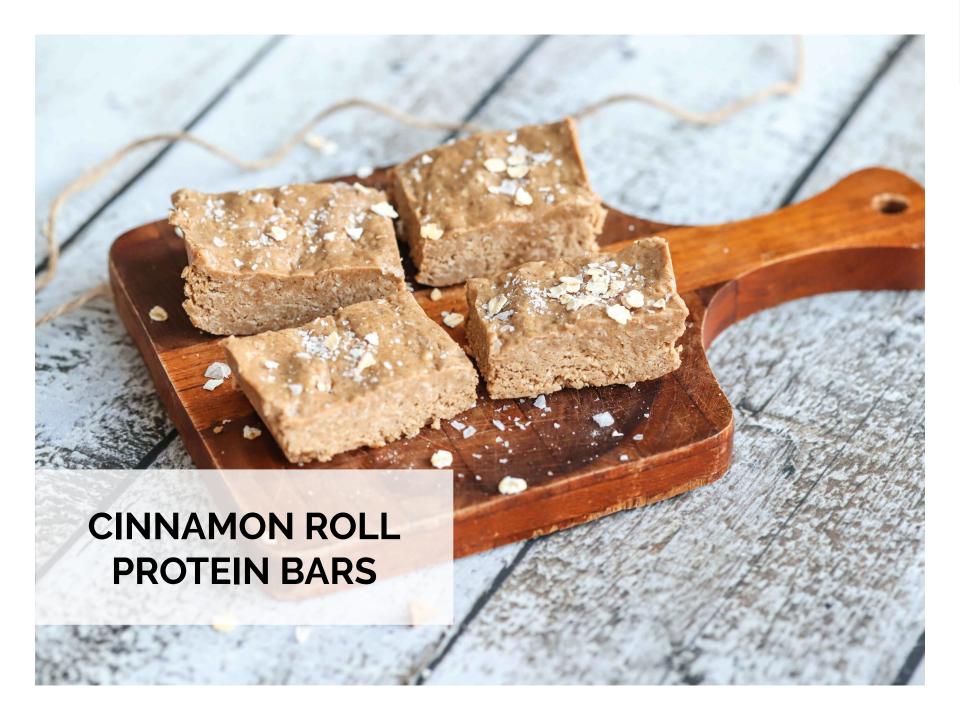
- ½ medium papaya (5 oz. /150g) peeled, chopped
- 1 banana
- 1½ cup (350ml) coconut milk, carton
- ½ tsp. ground turmeric
- ½ lime, juice
- 2 tbsp. honey
- 1 scoop (25g) vanilla protein powder
- 1 cup ice

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 4 glasses and serve immediately.





CINNAMON ROLL PROTEIN BARS





Chill: 30 mins

Nutrition per serving: 98 kcal 6g Fats 8g Carbs 5g Protein 1g Fiber





WHAT YOU NEED

- ½ cup (45g) protein powder
- 1 cup (90g) rolled oats
- 1 tsp. ground cinnamon
- 2 tbsp. coconut oil, melted
- ½ cup (100g) almond butter
- 1/4 cup (60g) honey
- ½ tsp. vanilla extract
- sea salt flakes to garnish

WHAT YOU NEED TO DO

Place the protein powder, cinnamon and rolled oats into a food processor and blitz together until the oats turn into powder.

Add the melted coconut oil, almond butter, honey and vanilla extract into the food processor and blitz again until it forms a sticky dough. If it feels too dry, add 1 tablespoon of water and blitz again.

Line a 20x30cm baking tin with parchment paper and scoop the protein bar mixture into the tray, pressing it down with a spoon. Sprinkle with sea salt flakes and place in the freezer for 30 minutes.

Cut the mixture into 16 protein bars and store in an airtight container, in the fridge for up to 7 days.





KETO LEMON MUG CAKE



Serves: 1 Prep: 5 mins Cook: 2 mins



Nutrition per serving: 469 kcal 35g Fats 19g Carbs 14g Protein 10g Fiber





WHAT YOU NEED

- 2 tbsp. butter, melted, cooled
- 1 egg
- 1 tsp. grated lemon rind
- ¼ cup (25g) coconut flour
- 1 tbsp. ground almonds
- 2 tsp. xylitol
- ½ tsp. baking powder
- 2 tbsp. almond milk
- 1 tbsp. lemon juice
- 2 tbsp. Greek yogurt, to serve

WHAT YOU NEED TO DO

Whisk together the melted, cool butter, egg and lemon rind in a small bowl. Add the flour, almond, xylitol, baking powder, milk and juice. Stir well to combine.

Transfer the mixture into a 1 cup (240ml) sized heat proof mug and microwave on high for 2 minutes. Remove from the microwave and set aside for 30 seconds.

Top with the coconut yogurt and serve immediately.

