

## AUGUST RECIPE PACK

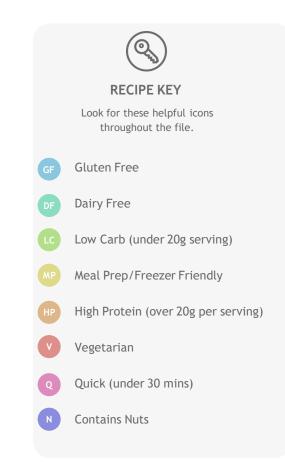
Discover 12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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### WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Tropical Granola with Greek yoghurt and fresh berries	Smoked Mackerel & Egg Paste	Tropical Granola with Greek yoghurt and fresh berries	Smoked Mackerel & Egg Paste	Peanut Butter & Jelly Smoothie	Chocolate Chia Pudding	Eggs Fried on Tomatoes with Tuna
LUNCH						
Roasted Root Veg Salad with Feta	Roasted Root Veg Salad with Feta	Low Carb Turkey Salad	Low Carb Turkey Salad	Sesame & Ginger Beef with Zucchini Noodles	Sesame & Ginger Beef with Zucchini Noodles	Peanut Butter & Jelly Smoothie
SNACK						
E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake						
DINNER						
Chicken & Mango Sir Fry	Leftover Chicken & Mango Sir Fry	Salmon Teriyaki with Green Beans & Sweetcorn Rice	Leftover Salmon Teriyaki with Green Beans & Sweetcorn Rice	Chickpea & Tahini Stuffed Aubergine	Meal Out - Enjoy!	Leftover Chickpea & Tahini Stuffed Aubergine

### WEEKLY SHOPPING LIST

#### FRUIT & VEGETABLES

### MEAT, DAIRY & NON-DAIRY

#### **GRAINS, SEEDS & SPICES**

#### CANS, CONDIMENTS & MISC

Fresh

o pineapple

5x medjool dates

1x orange

- O 2x onion
- 1x red onion
- 0 1x chili pepper
- 1x tomato
- 3x carrots
- 2x parsnips
- 🔘 1 lb. (450g) pumpkin
- rocket
- 1x small white cabbage

1x small red cabbage

- O 2x red bell pepper
- radishes
- bean sprouts
- green onions
- large ginger
- 0 1x lime
- garlic
- O 2x zucchinis
- 1x mango
- frozen green beans
- O 2x aubergine
- frozen raspberries
- 5x bananas
- strawberries

#### Fish & Seafood

- smoked mackerel
- 4x salmon fillets (5oz. / 150g each)
  - Meats
- 1 lb. (450g) turkey breast
- 1 lb. (450g) ground lean beef
- $\bigcirc$  1 lb. (450g) chicken breast

#### Dairy

- natural yoghurt
- 🔵 feta
- Greek yoghurt
- Non-Dairy
- 7x eggs
- 🕦 coconut milk
- 🔵 almond milk

#### Grains

- buckwheat flour
- O brown rice
- wheat flour
- Spices
- ground cinnamon
- 🔘 oregano
- O chili flakes
- turmeric
- oregano
- ground cumin
- O hot paprika
- 🔘 paprika
- cinnamon
- Herbs
- chives
- parsley
- coriander
- Nuts & Seeds
- $\bigcirc$  430g almonds
- 150g cashews
- coconut flakes
- Sunflower seeds
- O pumpkin seeds
- $\bigcirc$  sesame seeds
- $\odot$  chia seeds

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- Oils
- $\bigcirc$  coconut oil
- 🔵 olive oil
- 🔘 sesame oil
- Cans & Condiments
- pickled gherkins
- 🔘 mayonnaise light
- 🔘 tune in brine
- soy sauce (reduced sodium)
- rice wine vinegar
- sweetcorn
- chickpeas
- 🔘 tahini
- O peanut butter
- Sweeteners
- xylitol
- honey
- 🔘 maple syrup
- Other
- 🔾 vanilla protein powder
- 🔘 vanilla extract
- baking powder
- espresso powdercocoa powder

### TROPICAL GLUTEN FREE GRANOLA

### **TROPICAL GLUTEN FREE GRANOLA**



Makes: 7 cups Prep: 20 mins Cook: 2 hrs



Nutrition per serving: 173 kcal 14g Fats 10g Carbs 4g Protein





### WHAT YOU NEED

- 1 cup (165g) pineapple, cubed
- 5 Medjool dates, pitted and roughly chopped
- Orange, 2 tbsp. juice
- 1 tbsp. vanilla extract
- 1 tsp. ground cinnamon
- ¼ cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups (90g) unsweetened coconut flakes
- <sup>1</sup>/<sub>2</sub> cup (70g) sunflower seeds
- 1/2 tsp. salt

#### Note:

Nutrition information is given per serving size of 1/4 cup - 28 grams.

### WHAT YOU NEED TO DO

mins of baking.

Pre-heat oven to 250F (120C) and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next add in the coconut oil and blend again. Set aside until required.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

Divide the wet granola between the two earlier prepared baking sheets and spread into a thin layer. Place into the oven and bake for around 2 hours. Give the granola a mix every 20 mins and rotate the trays after 60

In the last 30 mins keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola will keep for a couple of weeks.



### SMOKED MACKEREL & EGG PASTE

### SMOKED MACKEREL & EGG PASTE



Serves: 4 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 268 kcal 23g Fats 5g Carbs 18g Protein

### WHAT YOU NEED

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise, light
- 2 tbsp. natural yogurt (or more mayo)
- bunch of chives, chopped

#### WHAT YOU NEED TO DO

Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.

Clean the fish from bone and skin, then chop the meat and add to the bowl.

Finely chop the onion and gherkins, and also add to the bowl.

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

Serve with bread, fresh veggies, or on it's own.







### EGGS FRIED ON TOMATOES WITH TUNA

### EGGS FRIED ON TOMATOES WITH TUNA



Serves: 1 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 307 kcal 15g Fats 8g Carbs 32g Protein





### WHAT YOU NEED

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 80g tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

#### WHAT YOU NEED TO DO

Peel the tomato and chop into cubes.

Heat the oil in a small frying pan, add the chopped tomato and fry over a high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

#### Tips:

- Replace tuna with feta or Gorgonzola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option



### ROASTED ROOT VEG SALAD WITH FETA

### **ROASTED ROOT VEG SALAD WITH FETA**



Serves: 4 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 197 kcal 11g Fats 21g Carbs 6g Protein





### WHAT YOU NEED

- 2 medium carrots, peeled
- 2 medium parsnips, peeled
- 1 lb. (450g) pumpkin, peeled
- 2 tbsp. olive oil
- 4 oz. (120g) rocket
- 2 oz. (50g) feta
- 1/4 cup (30g) pumpkin seeds

#### WHAT YOU NEED TO DO

Pre-heat the oven to 400F (200C).

Wash and peel the carrots and parsnips. Cut them into small strips. Peel and cube the pumpkin.

Place all the vegetables into a roasting tray, and grease evenly with 1 tbsp. of olive oil. Season with salt and pepper, and roast in the oven for 20-30 mins (depending on the thickness of the vegetables).

Once cooked add the roasted vegetables and rocket to a large bowl and drizzle with the remaining 1 tbsp. of olive oil.

Sprinkle with crumbled feta cheese and pumpkin seeds, and season with salt and pepper to serve.

**Protein Boost Tip:** 

• Serve with grilled chicken breast or thighs



### LOW CARB TURKEY SALAD

### LOW CARB TURKEY SALAD



Serves: 5 Prep: 25 mins Cook: 0 mins



Nutrition per serving: 348 kcal 18g Fats 15g Carbs 32g Protein





### WHAT YOU NEED

### For the salad:

- 1lb. (450g) cooked turkey breast sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- 1/3 cup (30g) almonds, chopped

### For the dressing:

- 1/4 cup (60 ml) tahini
- 1/4 cup (60 ml) water
- 1/4 cup (60 ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

### WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.

Place all salad ingredients in a large bowl and mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.



### SESAME & GINGER BEEF WITH ZUCCHINI NOODLES

### SESAME & GINGER BEEF WITH ZUCCHINI NOODLES



Serves: 4 Prep: 5 mins Cook: 12 mins



Nutrition per serving: 242 kcal 12g Fats 10g Carbs 25g Protein

### WHAT YOU NEED

- 1/4 cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

### WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Spiralize the zucchini and heat slightly with the beef (if eating straight away), or divide zucchini and beef into containers and then heat in the microwave or pan when needed.







### CHICKEN & MANGO STIR FRY

### CHICKEN & MANGO STIR FRY



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 308 kcal 9g Fats 31g Carbs 29g Protein





### WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp. buckwheat flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

#### For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

#### WHAT YOU NEED TO DO

Cut the chicken into thin strips and season with salt and pepper, then coat in the flour.

Peel the mango and cut the flesh into strips. Cut the peppers into strips, peel the onion and cut into half rings.

Half the chili pepper lengthwise, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan heat 1 tbsp. of coconut oil, and stir fry the vegetables (peppers, onions, chili pepper, garlic and ginger) over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes, then remove everything and set aside.

Add a second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan and mix well, then add the sauce. Cook on high heat for about 2 minutes until the sauce thickens, in the meantime mix often.

Serve with rice (not included in nutrition information per serving).



### SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE

### SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE



Serves: 4 Prep: 10 + 1 h Cook: 15 mins



Nutrition per serving: 507 kcal 19g Fats 40g Carbs 45g Protein





### WHAT YOU NEED

- 4 salmon fillets (5 oz. / 150g each)
- 5 oz. (150g) green beans, frozen
- 1 cup (150g) sweetcorn
- 3.5 oz (100g) brown rice
- 2 tbsp. sesame seeds
- 1 tbsp. sesame oil

### For the Sauce:

- 8 tbsp. soy sauce
- 3 tbsp. maple syrup
- 1 tbsp. lime juice
- 4 tbsp. grated ginger
- 2 garlic cloves, grated

#### WHAT YOU NEED TO DO

Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.

Cut the skin off the salmon then rinse, dry and marinate in the earlier prepared sauce for 1 hour.

In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before the end of cooking, then drain. Next add the sweetcorn and mix well.

Preheat the oven to 450F (230C). Place the salmon into an oven proof dish leaving the marinade aside. Bake for 8-10 minutes and 3 minutes before the end of baking sprinkle with sesame seeds.

Transfer the marinade into a small saucepan and heat until it thickens, then mix in the sesame oil, take off the heat and set aside.

To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.



### CHICKPEA & TAHINI STUFFED AUBERGINE

### **CHICKPEA & TAHINI STUFFED AUBERGINE**



Serves: 4 Prep: 5 mins Cook: 40 mins



Nutrition per serving: 360 kcal 14g Fats 50g Carbs 14g Protein





### WHAT YOU NEED

- 2 large aubergines
- 2 tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 tbsp. chopped parsley, plus more to garnish
- 1 cup (200g) chickpeas, drained
- 2 tbsp. tahini
- juice of 1/2 lime
- salt, pepper, oil

### Spices:

- 1 tsp. turmeric
- 1 tsp. oregano
- 1 tsp. cumin
- 1 tbsp. coriander, fresh, chopped
- 1/3 tsp. hot paprika
- 1/3 tsp. sweet paprika

#### WHAT YOU NEED TO DO

Heat the oven to 400F (200C).

Cut the aubergines in half lengthwise, place them on a baking tray lined with baking paper, and bake in the oven for about 25 - 30 minutes. Once baked remove the flesh with a spoon, leaving about 1/4 inch (1/2 cm) of the edges of the aubergine. Chop the aubergine flesh and set aside.

Heat a pan with 2 tbsp. of olive oil, add the chopped onion and finely chopped garlic, fry for 2-3 minutes. Then add the chopped flesh, and season with salt and pepper. Continue cooking for another 5 minutes stirring often.

Next add the spices, and fry for another 2-3 minutes, adding water as needed to avoid burning.

Add the chopped parsley and take off the heat. Finally add the chickpeas, tahini and lime juice, mix, and season with salt and pepper to taste.

Transfer the stuffing into the halved cooked aubergines and serve with fresh chopped parsley.





### CHOCOLATE CHIA PUDDING



Serves: 4 Prep: 10 mins Cook: 0 mins



Nutrition per cookie: 307 kcal 16g Fats 34g Carbs 14g Protein



- 1 cup (170g) chia seeds
- 3 cups (700ml) coconut milk
- 1 scoop (25g) vanilla protein powder (optional)
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 1/4 tsp. espresso powder
- 2 tbsp. cocoa powder
- 2 tbsp. xylitol
- 1 cup (125g) raspberries, frozen

#### WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender or food processor until most chia seeds are broken down and the pudding is thick and creamy.

Portion out into jars or small bowls and top with frozen raspberries.

Store in airtight containers for up to 4 days. Serve cold.

### Note:

If not using protein powder add additional 2 tbsp of xylitol







### LOW CARB BANANA & STRAWBERRY CAKE

### LOW CARB BANANA & STRAWBERRY CAKE



Serves: 16 Prep: 10 mins Cook: 60 mins



Nutrition per serving: 104 kcal 5g Fats 16g Carbs 2g Protein

### WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ¼ cup (60ml) coconut oil
- 2 tbsp. xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

### WHAT YOU NEED TO DO

Pre-heat oven to 180C.

Peel the bananas and place them in a food processor or highspeed blender. Blitz until smooth.

Add in the egg, oil and xylitol, then mix again. Next add in the flours and baking powder, and blitz until a smooth batter form.

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







# PEANUT BUTTER & JELLY SMOOTHIE

### PEANUT BUTTER & JELLY SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 263 kcal 11g Fats 38g Carbs 6g Protein





### WHAT YOU NEED

• 1 small banana

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- 1 tbsp. peanut butter
- <sup>3</sup>⁄<sub>4</sub> cup (100g) frozen raspberries
- 7/8 cup (200ml) almond milk, unsweetened

#### WHAT YOU NEED TO DO

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

### Protein Boost Tip:

- Add a scoop of vanilla whey or plant based protein
- Or add 2-4 tbsp. of Greek yogurt

