

NOVEMBER RECIPE PACK

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

www.hamiltonfit.co.uk



TABLE OF CONTENTS

1	SPANISH ZUCCHINI TORTILLA
2	APPLE & CINNAMON PORRIDGE
3	BREAKFAST QUINOA SALAD WITH FRIED EGG
4	PEAR, CURED HAM & WALNUT SALAD
5	VEGETABLE CURRY SOUP
6	ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD
7	CREAMY CHICKEN, MUSHROOM & TOMATO PASTA
8	CAJUN BEEF & VEG RICE
9	CHINESE STYLE SHRIMPS & VEG
10	RASPBERRY MILLET PROTEIN PUDDING
11	KIWI CHIA PROTEIN PUDDING
12	CINNAMON ROLL PROTEIN SMOOTHIE



RECIPE KEY

Look for these helpful icons throughout the file.

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



WEEKLY MEAL PLANNER

THURSDAY FRIDAY MONDAY TUFSDAY WEDNESDAY **SATURDAY BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST** Spanish Zucchini Cinnamon Roll Spanish Zucchini Apple & Breakfast Ouinoa Apple & Salad with Fried Protein Cinnamon Tortilla Tortilla Cinnamon Porridge Smoothie Porridge Eggs **LUNCH LUNCH** LUNCH LUNCH **LUNCH LUNCH** Vegetable Curry Pear, Cured Ham Leftover Caiun Leftover Leftover Zestv Breakfast Ouinoa & Walnut Salad Soup Salad with Fried Beef & Veg Rice Vegetable Curry Turkey Meatballs with Cous Cous Soup Eggs Salad **SNACK SNACK SNACK SNACK SNACK SNACK** E.g. Raspberry E.g. Raspberry E.g. Raspberry E.g. Raspberry E.g. Raspberry E.g. Raspberry Millet Pudding. Millet Pudding. Millet Pudding. Millet Pudding. Millet Pudding. Millet Pudding. Kiwi Chai Kiwi Chai Kiwi Chai Kiwi Chai Kiwi Chai Kiwi Chai Pudding, Pudding, Pudding,

DINNER

Cinnamon Roll

Smoothie

Cajun Beef & Veg Rice

DINNER

Cinnamon Roll

Smoothie

Creamy Chicken, Mushroom & Tomato Pasta

Pudding, Cinnamon Roll Smoothie

DINNER

Leftover Creamy Chicken. Mushroom & Tomato Pasta

Pudding, Cinnamon Roll Smoothie

DINNER

Zesty Turkey Meathalls with Cous Cous Salad

Pudding, Cinnamon Roll Smoothie

DINNER

Chinese Style Shrimps & Veg

DINNER

Cinnamon Roll

Smoothie

Meal Out -Enjoy!

BREAKFAST

SUNDAY

Cinnamon Roll Protein Smoothie

LUNCH

Pear, Cured Ham & Walnut Salad

SNACK

E.g. Raspberry Millet Pudding. Kiwi Chai Pudding, Cinnamon Roll Smoothie

DINNER

Leftover Chinese Style Shrimps & Veg

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

MEAT, DAINT & NON DA

MEAT, DAIRY & NON-DAIRY

N-DAIRY GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh
○ 1x potato
○ 5x onion
○ 3x zucchini
○ 2x apples
○ 1x avocado
○ 2x lemon
 bag mixed salad leaves
○ bag rocket
bag spinach
5x bell peppers
cherry tomatoes
○ 1x pear
ginger
○ garlic
○ 5x carrots
1x tomato
bunch radishes
bunch spring onion
10 oz. (300g) mushrooms
raspberries
○ 4x kiwi
blueberries
○ blackberries
○ 1x banana
Frozen
○ peas

Fish & Seafood	Grains
9 oz. (250g) shrimps	○ oats
Meats	o quinoa
cured ham	couscous
1 lb. (500g) turkey thigh mince	○ penne
12 oz. (350g) chicken breast	wheat flour
1 lb. (500g) beef mince - 5%	white rice
fat	opotato flour
Dairy	○ millet
blue cheese	Spices
Greek yogurt	○ cinnamon
Non-Dairy	curry powder
10x eggs	○ chili flakes
2x unsweetened almond milk	○ oregano
2x oat cream	Cajun seasoning
coconut milk	Nuts & Seeds
	○ walnuts
	ochia seeds
	Herbs
	○ basil
	0
	0
	0
	0
	0

	Oils
	coconut oil
	olive oil
	Cans & Condiments
	sun-dried tomatoes
	tomato puree
	soy sauce
	Sweeteners
	coconut palm sugar
	maple syrup
	Other
	vanilla protein powder
	chicken
	vegetable stock
0	
0	



SPANISH ZUCCHINI TORTILLA



Serves: 2 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 377 kcal 22g Fats 22g Carbs 21g Protein





WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

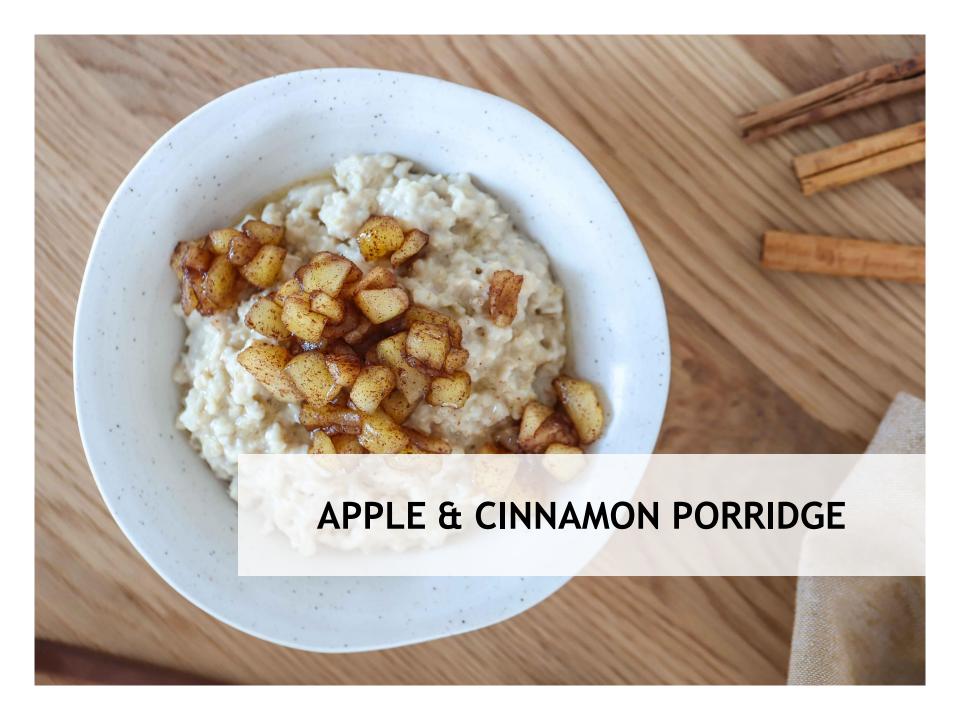
In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.





APPLE & CINNAMON PORRIDGE



Serves: 2 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 377 kcal 8g Fats 60g Carbs 17g Protein





WHAT YOU NEED

- 1 cup (85g) oats
- 3 cups (700ml) almond milk
- 1 scoop (25g) vanilla protein
- 2 apples
- 2 tbsp. coconut palm sugar
- 1 tsp. cinnamon

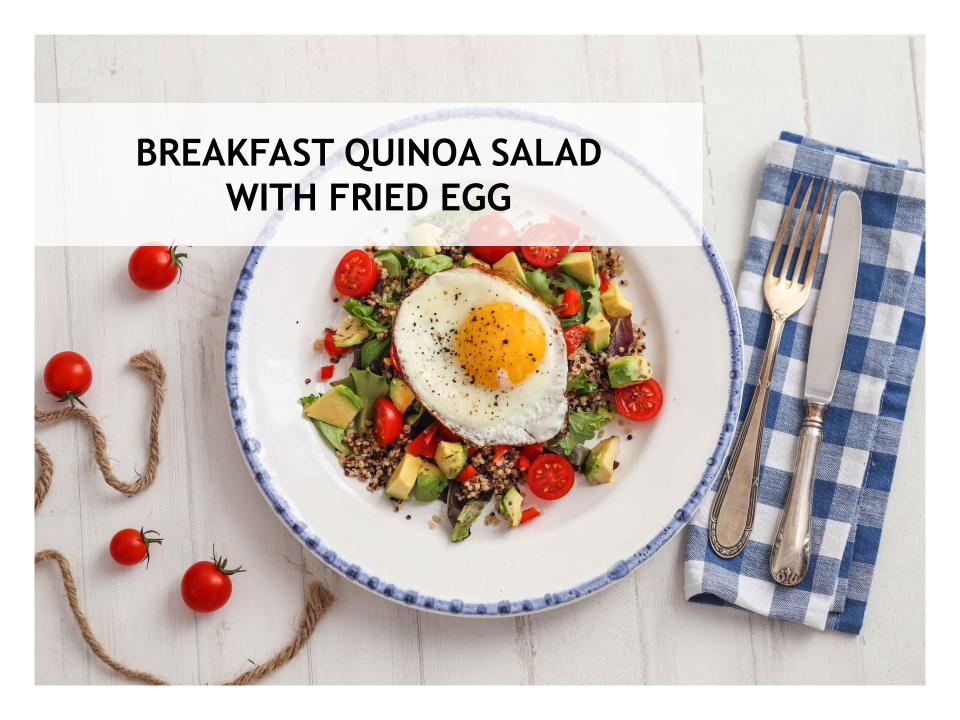
WHAT YOU NEED TO DO

Place oats and milk in a pot over medium heat, and bring to boil. Reduce the heat and simmer for 10 more minutes. If it becomes too thick, add more milk.

In the meantime, peel and core the apples and cut into cubes. Place them in a pot, and stir in the sugar and simmer for about 10 minutes. Continue mixing until the apples start to caramelize. Before turning the heat off, season with cinnamon.

Once the porridge is cooked, add in the protein powder and mix well. Divide between bowls, top with apples and serve.





BREAKFAST QUINOA SALAD WITH FRIED EGG



Prep: 10 mins Cook: 10 mins



Nutrition per serving: 391 kcal 26g Fats 23g Carbs 17g Protein









WHAT YOU NEED

- 1/4 cup (30g) quinoa
- 1 avocado
- 1 tbsp. lemon juice
- 4 handfuls of mixed salad leaves
- ½ red bell pepper
- 10 cherry tomatoes
- 1 tbsp. coconut oil
- 4 eggs

WHAT YOU NEED TO DO

Cook the quinoa according to the instructions on the packaging.

Cut the avocado into cubes, and drizzle with lemon juice. Cut the peppers into cubes, and tomatoes into halves.

Mix the quinoa with salad leaves, avocado, paprika and cherry tomatoes, and divide onto 2 plates.

Fry the eggs in a pan with the coconut oil. Top the salad with two eggs each. Season with salt and pepper then serve.





PEAR, CURED HAM & WALNUT SALAD



Serves: 2 Prep: 15 mins Cook: 0 mins



serving: 466 kcal 35g Fats 16g Carbs 22g Protein





WHAT YOU NEED

- bag of rocket
- 1 ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- 1/4 (30g) cup walnuts, chopped

Dressing:

- 1 tbsp. olive oil
- 2 tsp. lemon juice
- 1 tbsp. maple syrup

WHAT YOU NEED TO DO

Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.





VEGETABLE CURRY SOUP



Serves: 3 Prep: 15 mins Cook: 20 mins



Nutrition per serving: 133 kcal 9g Fats 27g Carbs 3g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 medium onion, diced
- 1 ½ tbsp. ginger, minced
- 2 garlic cloves, minced
- 1 carrot, peeled, grated
- 1 red bell pepper, chopped
- 1 large zucchini, chopped
- 1 tbsp. curry powder (or more to taste)
- 2 cups (500ml) chicken or vegetable broth
- 1 tomato, chopped
- 1/3 cup (80ml) plant-based cream (or normal)

WHAT YOU NEED TO DO

In a large pot, heat oil and sauté the onion. Add the minced ginger and garlic then continue for 2-3 more minutes.

Next, add the peeled and grated carrot and sauté for about 2 minutes, stirring occasionally. Add the chopped peppers and zucchini. Cook the vegetables for about 5 minutes, season with curry powder and mix well.

Next, pour in the broth and bring to a boil. Cook covered for about 10 minutes until the vegetables are soft. In the meantime, add the chopped tomatoes. Season with salt.

Once vegetables are cooked, take off from heat and blend using a hand blender. Add in the cream, season for taste, mix well and serve.





ZESTY TURKEY MEATBALLS WITH COUSCOUS SALAD



Prep: 20 mins Cook: 30 mins



429 kcal 8g Fats 52g Carbs 42g Protein





WHAT YOU NEED

For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- 1/4 tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) pack turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yoghurt
- 1 garlic clove, minced

For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

WHAT YOU NEED TO DO

Heat 1 tbsp of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chillies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.

Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.

In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.

Blanche the peas in a pot for 2 minutes. Drain and set aside.

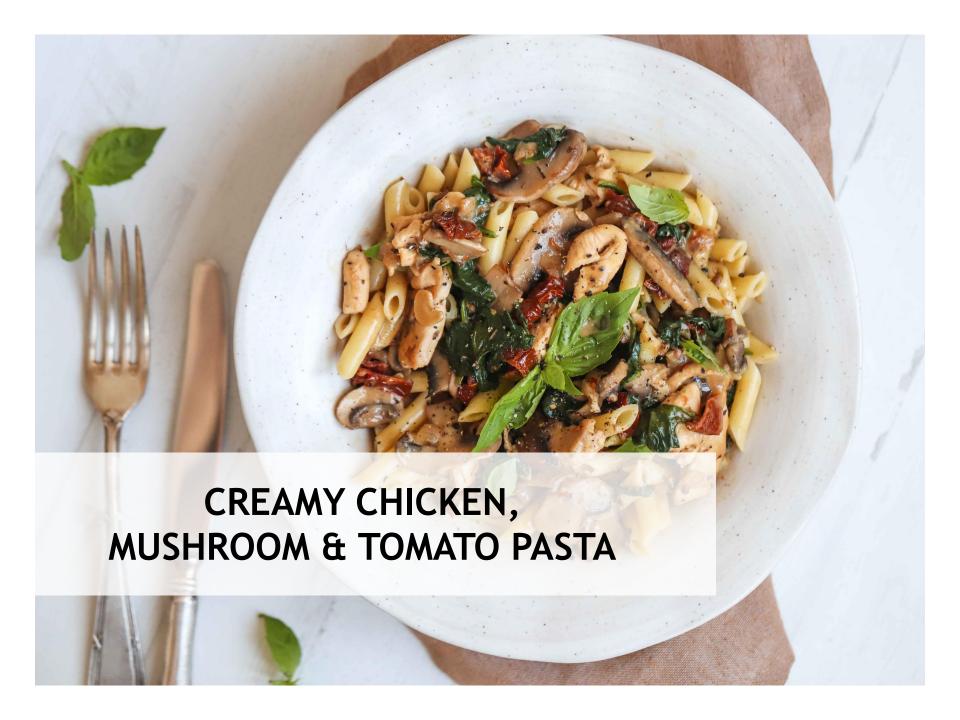
Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.

Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes — season to taste.

Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 mins, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.

Serve with the couscous salad and yoghurt.





CREAMY CHICKEN, MUSHROOM & TOMATO PASTA



Prep: 10 mins Cook: 20 mins



Nutrition per serving: 385 kcal 14g Fats 26g Carbs 35g Protein





WHAT YOU NEED

- 1 ½ cup (150g) penne
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sun-dried tomatoes, chopped
- ½ cup (125ml) plant-based oat cream (or normal)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the packaging. Chop the chicken fillet, season with salt and pepper and dredge with flour.

Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.

In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5 - 7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.

Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.

Add the cooked pasta. Stir well and serve.





CAJUN BEEF & VEG RICE



Serves: 3 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 503 kcal 13g Fats 55g Carbs 40g Protein





WHAT YOU NEDD

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.





CHINESE STYLE SHRIMPS & VEG



Prep: 15 mins Cook: 15 mins



Nutrition per serving: 436 kcal 11g Fats 63g Carbs 22g Protein









WHAT YOU NEED

- 1 cup (185g) rice, uncooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 ½ tbsp. ginger, grated
- a pinch of chilli flakes
- 9 oz. (250g) shrimps
- 2 tbsp. soy sauce
- 1 tsp. potato flour
- 2/3 cup (160ml) water
- 1 tbsp. coconut palm sugar

WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging.

In a wok (or large frying pan) heat 1 tbsp. of oil. Cook the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chilli.

Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.

Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1-minute stirring frequently. Serve with cooked rice.





RASPBERRY MILLET PROTEIN PUDDING



Serves: 2 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 179 kcal 3g Fats 27g Carbs 11g Protein





WHAT YOU NEED

- 1/2 cup (100g) millet
- 2 cups (500ml) unsweetened almond milk
- ½ cup (65g) raspberries
- 1 scoop (25g) vanilla protein powder

WHAT YOU NEED TO DO

Place millet in a strainer and rinse under cold running water. Transfer into a pot, and pour in the milk. Bring to a boil. Reduce heat to low, cover with lid and simmer for 15 minutes.

Transfer the cooked millet into a high-speed blender or food processor. Add the raspberries and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk. Serve with additional raspberries and maple syrup (optional).





KIWI CHIA PROTEIN PUDDING



Serves: 2 Prep: 10 mins Chill: 1 hr



Nutrition per serving: 272 kcal 11g Fats 37g Carbs 16g Protein





WHAT YOU NEED

- 1/4 cup (45g) chia seeds
- 1 cup (250ml) coconut milk
- 1 scoop (25g) vanilla protein powder
- 3 kiwis, peeled + 1 kiwi, peeled and sliced
- ¼ cup(25g) blueberries
- ¼ cup (30g) blackberries

WHAT YOU NEED TO DO

Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results - overnight.

Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.

Place three peeled kiwis in a blender or food processor and blitz until pureed.

Divide the chia seeds and kiwi puree evenly between 2 glasses. First a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.

Top each pudding with fresh berries and sliced kiwi.





CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 162 kcal 3g Fats 15g Carbs 22g Protein





WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

Place all ingredients into a blender and pulse until smooth. Serve.

