

# DECEMBER RECIPE PACK

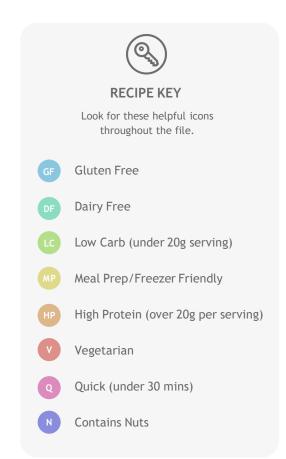
Discover 12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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### WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Crustless Chicken Quiche	BREAKFAST Leftover Crustless Chicken Quiche	BREAKFAST Overnight Coconut Oats	BREAKFAST Cranberry & Banana Bread	BREAKFAST Avocado & Mushroom Toast	BREAKFAST Overnight Coconut Oats	BREAKFAST Cranberry & Banana Bread
LUNCH Avocado & Mushroom Toast	LUNCH Leftover Grilled Chilli & Lime Chicken served with favorite sides (rice, salad, vegetables)	LUNCH Black Bean Soup	LUNCH Leftover Black Bean Soup	LUNCH Leftover Roasted Salmon Tray	LUNCH Mini Eggplant Pizza	LUNCH Leftover Mini Eggplant Pizza
SNACK E.g. Cranberry & Banana Bread, Gluten-Free Berry Crumble, Tahini & Dark Chocolate Protein Balls	SNACK E.g. Cranberry & Banana Bread, Gluten-Free Berry Crumble, Tahini & Dark Chocolate Protein Balls	SNACK E.g. Cranberry & Banana Bread, Gluten-Free Berry Crumble, Tahini & Dark Chocolate Protein Balls	SNACK E.g. Cranberry & Banana Bread, Gluten-Free Berry Crumble, Tahini & Dark Chocolate Protein Balls	SNACK E.g. Cranberry & Banana Bread, Gluten-Free Berry Crumble, Tahini & Dark Chocolate Protein Balls	SNACK E.g. Cranberry & Banana Bread, Gluten-Free Berry Crumble, Tahini & Dark Chocolate Protein Balls	SNACK E.g. Cranberry & Banana Bread, Gluten-Free Berry Crumble, Tahini & Dark Chocolate Protein Balls
DINNER Grilled Chilli & Lime Chicken served with favorite sides (rice, salad, vegetables)	DINNER Slow Cooker Teriyaki Chicken	DINNER Leftover Slow Cooker Teriyaki Chicken	DINNER Roasted Salmon Tray	DINNER Quick Chilli con Carne	DINNER Meal Out - Enjoy!	DINNER Leftover Quick Chilli con Carne

### WEEKLY SHOPPING LIST

#### FRUIT & VEGETABLES

Fresh

1x zucchini

2x bell pepper

2x avocado

4x red onions

10x carrots

1x garlic

○ 1x lime

1x lemon

1x eggplant

spinach

Dried

Herbs

3x bananas

blackberries

cranberries

coriander

parsley

shitake mushrooms

5x white onions

#### MEAT, DAIRY & NON-DAIRY

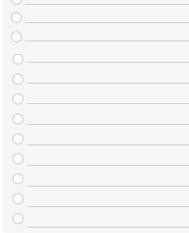
#### **GRAINS, SEEDS & SPICES**

#### CANS, CONDIMENTS & MISC

Fish & Seafood

#### ○ 1 lb. (520g) salmon fillets Meats

- or roast chicken slices
- 1.5 lbs. (700g) chicken breast
- 10.5 oz. (300g) lean ground
- beef, 5% fat
  - Dairy
- o parmesan
- mozzarella
  - Non-Dairy
- 8x eggs
- oat milk
- almond milk
- occonut yoghurt



O gluten-free oats brown rice ○ oat flour ○ 2x almond meal O corn-starch Spices • garlic powder Onion powder Ochilli flakes • ground cumin • cavenne pepper O dried basil fennel seed O dried oregano • bay leaf O cinnamon Mexican spices Nuts & Seeds o sesame seeds O chia seeds Baking O baking soda

Grains

• vanilla essence

Oils

- coconut oil
- Olive oil
  - Cans & Condiments
- 🔿 tamari
- 2x cans black beans
- 1x can kidney beans
- 1x can cannellini beans
- 2x cans chopped tomatoes
- O tomato puree
- apple cider vinegar
- O chipotle chilli paste
- ketchup
- Sambal oelek (chilli garlic sauce)
- 🔘 tahini
  - **Sweeteners**
- maple syrup
- O honey
- Coconut sugar Other
- O desiccated coconut
- 🔿 vanilla protein powder
- O wholemeal bread
- vegetable stock
- dark chocolate chips

### **CRESTLESS CHICKEN QUICHE**

### **CRESTLESS CHICKEN QUICHE**



Serves: 2 Prep: 15 mins Cook: 45 mins



Nutrition per serving: 350 kcal 17g Fats 13g Carbs 36g Protein





#### WHAT YOU NEED

- 1 tsp. coconut oil
- 1 small zucchini, sliced
- 1 bell pepper, chopped
- 3 eggs
- 3 egg whites
- <sup>3</sup>⁄<sub>4</sub> cup (180ml) oat milk
- 1 tsp. garlic powder
- 4.5 oz. (125g) roast chicken slices
- ¼ cup (25g) parmesan, grated

#### WHAT YOU NEED TO DO

Heat the oil in a pan over medium-high heat. Add the sliced zucchini and chopped peppers, season with salt and pepper. Cook for 6-7 minutes or until tender. Transfer into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to  $350^{\circ}F$  ( $180^{\circ}C$ ). Grease a 9-inch pie or square tin and set aside.

In a large bowl, whisk the eggs, egg whites, milk, garlic powder, salt, and pepper until combined. Arrange the veggies into the prepared pan and top with the chicken slices. Then pour the egg mixture on top, and sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set and no longer jiggles. Store tightly covered in the refrigerator for up to 4 days.

Serve with a side salad or veggies.



### **OVERNIGHT COCONUT OATS**

### **OVERNIGHT COCONUT OATS**



Serves: 4 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 322 kcal 17g Fats 33g Carbs 12g Protein

#### WHAT YOU NEED

- 1 <sup>1</sup>/<sub>2</sub> cups (150g) oats, glutenfree
- 1/2 cup (45g) desiccated coconut
- 1 scoop (25g) vanilla protein
- 1 tsp. vanilla essence
- 7/8 cup (200g) coconut yoghurt
- 1 ½ cup (350ml) almond milk, unsweetened
- 2 tbsp. maple syrup

#### WHAT YOU NEED TO DO

Add the oats and desiccated coconut to a large bowl and mix well. Then mix in the vanilla essence.

Whisk together the coconut yoghurt, almond milk and maple syrup.

Combine the wet and dry ingredients and transfer serving containers. Refrigerate overnight or for a minimum of 3 hours.

Sore in the fridge for up to 3 days, add more milk before serving, if necessary.

Serve with your favourite berries.







## AVOCADO & MUSHROOM TOAST



### AVOCADO & MUSHROOM TOAST



Serves: 2 Prep: 10 mins Cook: 7 mins



Nutrition per serving: 404 kcal 13g Fats 36g Carbs 11g Protein

#### WHAT YOU NEED

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 2 2/3 cups (200g) shitake mushrooms, sliced
- 2 tbsp. tamari
- 1 avocado
- 4 slices medium wholemeal bread, toasted
- chilli flakes, to taste
- 1 tsp. sesame seeds

#### WHAT YOU NEED TO DO

Heat the oil to a pan on medium heat. Add the garlic and cook for about 2 minutes until aromatic.

Add in the mushrooms to the pan and drizzle over the tamari. Season with salt and pepper and cook for 3-5 minutes, often stirring, until the mushrooms are starting to brown.

In the meantime, toast the bread.

Mash the avocado flesh on to the toast, season with salt and pepper, and top with the mushrooms.

Sprinkle with chilli flakes and sesame seeds to serve.







### **BLACK BEAN SOUP**



### **BLACK BEAN SOUP**



Serves: 6 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 393 kcal 19g Fats 42g Carbs 12g Protein



#### WHAT YOU NEED

- 1 tbsp. olive oil
- 1 large onion, chopped
- 4 carrots, chopped
- 4 cloves garlic, finely chopped
- 2 (14 oz./400g) cans black beans, drained
- 1 tbsp. ground cumin
- 1 tbsp. paprika
- 1 tsp. cayenne pepper
- 1 tsp. dried basil
- 2 tsp. dried oregano
- 1 bay leaf
- pinch cinnamon
- 8 cups (1.8L) vegetable stock
- 2 avocados, cubed
- Coriander, chopped
- Lime wedges, to serve

#### WHAT YOU NEED TO DO

In a large pot, heat oil over medium heat.

Add the chopped onion, carrots and garlic. Season with salt and cook, often stirring, until onion is translucent and starting to brown, about 10 minutes.

Add all the other ingredients to the pot, stir well and bring to a boil. Reduce the medium and simmer for about 20 mins.

Remove the bay leaf. Then using a hand blender, blitz the soup to your desired texture, either fully creamy or leave some pieces of the beans in the soup for texture.

Taste the soup and season with salt and pepper, if desired. Spoon soup into bowls, top with avocado, coriander and serve with lime wedges.





### MINI EGGPLANT PIZZA

### **MINI EGGPLANT PIZZA**



Serves: 2 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 367 kcal 18g Fats 39g Carbs 15g Protein



- 1 large eggplant
- 1 tbsp. olive oil + ½ tbsp.
  1 cup (240ml) tomato puree
- 2 cloves garlic, minced
- 1 small onion, sliced
- 2-3 handfuls spinach
- ¾ cup (75g) shredded mozzarella cheese
- 1-2 tsp. oregano

#### WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

Slice the eggplant lengthwise, about 1/4-1/3 inches thick. Rub 1 tbsp. olive oil on each side of the eggplant slices and place it on a baking tray lined with baking paper — season with salt and pepper.

Place in the oven for about 10 minutes.

Meanwhile, grab a pan, and heat the remaining ½ tbsp. olive oil. Add in the garlic and onion, and sauté for about 3-4 minutes, until soft — season with salt and pepper.

Next, add in the tomato puree and spinach and cook for another 1-2 minutes until the spinach has wilted.

Remove the eggplant slices from the oven, and top each with the tomato sauce mixture.

Sprinkle with grated cheese and oregano. Place in the oven for another 5 minutes, or until the cheese has melted. Serve immediately.







### GRILLED CHILLI & LIME CHICKEN

### **GRILLED CHILLI & LIME CHICKEN**



Serves: 4 Prep: 10 mins Cook: 45 mins



Nutrition per serving: 522 kcal 42g Fats 0g Carbs 35g Protein



- 1.7 lb (800g) chicken drumsticks and/or legs
- green onion, chopped, to serve
- lime wedges, to serve

#### Marinade:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. garlic powder
- 2 tsp. paprika
- 1 tsp. onion powder
- 1/2 tsp. chipotle chilli pepper
- 2 tbsp. lime juice

#### WHAT YOU NEED TO DO

Combine all the marinade ingredients a small bowl and cover the chicken either in a container or Ziploc bag. Seal the bag/container, place in a fridge to marinate for a minimum of 1 hour.

Preheat oven to 375F (190C). Line baking tray/dish with baking paper.

Arrange the chicken on the baking paper, and brush any leftover marinade over the tops.

Bake, uncovered, for approximately 30-45 minutes or until cooked through. To serve garnish with chopped green onions and lime wedges.

### NOTE:

Baking time will vary depending on how large/meaty each drumstick and leg are.





### SLOW COOKER TERIYAKI CHICKEN

### **SLOW COOKER TERIYAKI CHICKEN**



Serves: 4 Prep: 10 mins Cook: 2 hr



Nutrition per serving: 322 kcal 7g Fats 22g Carbs 45g Protein



#### WHAT YOU NEED

- 1½ lbs. (700g) chicken breast
- 2 tsp. corn-starch + 3 tbsp. water
- 1 tbsp. sesame seeds, to garnish

#### For the Sauce:

- ¼ cup (60ml) + 1 tbsp. tamari
- 1/4 cup (60ml) honey
- 1 large onion, diced
- 2 tbsp. ketchup
- 1 tbsp. olive oil
- 1 tsp. chilli garlic sauce (Sambal Oelek)

#### WHAT YOU NEED TO DO

Mix the sauce ingredients in a small bowl. Add the chicken breasts to slow cooker and cover with the sauce. Cook chicken on high for 2 hours or low for 3-4 hours.

Once coked transfer chicken onto a cutting board and leave to cool.

Mix the corn-starch with water until it dissolves and pour into the slow cooker, stirring well.

Turn slow cooker to high and cook uncovered until the sauce thickens, for about 10 minutes.

In the meantime, shred the chicken using two forks, then, add back into the slow cooker and mix with the sauce. Sprinkle with sesame seeds to serve.

**SERVING SUGGESTION:** White rice and broccoli.





### QUICK CHILI CON CARNE

### QUICK CHILI CON CARNE



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 430 kcal 6g Fats 62g Carbs 28g Protein

#### WHAT YOU NEED

- 10.5 oz. (300g) lean ground beef, 5%
- 4 tbsp. Mexican spices
- 2 onions, chopped
- 1 red pepper, chopped
- 1 can (14oz./400g) kidney beans, drained
- 2 cans (2x 14oz./400g) canned chopped tomatoes
- 1.5 lb. (680g) brown rice, cooked
- coriander, chopped, to serve

#### WHAT YOU NEED TO DO

Heat a non-stick pan on medium-high heat and fry the minced meat seasoned with the Mexican spices for about 5 minutes, season with salt and pepper, to taste.

Add the chopped onions and pepper and cook for another 5 minutes over medium heat.

Next, add the beans and chopped tomatoes, bring to the boil and simmer for 5 minutes. Season with salt and pepper, if desired.

Serve alongside a portion of brown rice and, sprinkle with chopped coriander.







### **ROASTED SALMON TRAY**

### **ROASTED SALMON TRAY**



Serves: 4 Prep: 15 mins Cook: 30 mins



Nutrition per serving: 481 kcal 23g Fats 28g Carbs 39g Protein





#### WHAT YOU NEED

- 1 lb. (450g) carrots
- 4 red onions
- 1 can (1oz./400g) cannellini beans, drained
- 2 tbsp. olive oil
- 1 tbsp. fennel seed
- 4 salmon fillets (4.5oz./130g each)
- 1 lemon
- bunch parsley

#### WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Peel the carrots and cut into ¼ inch slices. Cut each onion into 8 wedges. Drain the beans and rinse under cold running water.

Mix the onion, carrots and beans with ¼ of the oil (1/2 tbsp.), fennel seeds, salt and pepper. Spread over a baking tray lined with baking paper and roast for approx. 30 minutes.

In the meantime, season the salmon salt and pepper. Slice the lemon into wedges. Cut the parsley roughly and keep  $\frac{1}{3}$  aside for the garnish.

Put the parsley with the rest of the oil in blender or food processor and blitz — season with salt and pepper.

Take the baking tray out of the oven after 15 minutes, stir and place the salmon with lemon wedges in the middle of the vegetables – roast for the remaining 15 minutes.

Once coked take the baking tray out of the oven up the salmon into pieces. To serve drizzle with t oil and the juice from the roasted lemon wedges.



### CRANBERRY & BANANA BREAD

### **CRANBERRY & BANANA BREAD**



Serves: 12 Prep: 10 mins Cook: 65 mins



Nutrition per serving: 202 kcal 9g Fats 29g Carbs 5g Protein



#### WHAT YOU NEED

- 1 ¼ cup (160g) oat flour
- 3/4 cup (65g) almond meal
- 1 tsp. baking soda
- 1/4 tsp. sea salt
- 2 tbsp. coconut oil, melted
- 1/3 cup (70g) coconut sugar
- 2 tbsp. maple syrup
- 3 ripe bananas, mashed
- 2 eggs
- 1 tsp. vanilla extract
- 1/3 cup (40g) dried cranberries, chopped
- 1/3 cup (60g) dark chocolate chips

#### WHAT YOU NEED TO DO

Preheat oven to 350F (180C).

Line an 8×5-inch loaf tin with baking paper. In a large bowl, combine flours, baking soda and salt.

In a food processor or blender combine coconut oil, coconut sugar and maple syrup. Add in the mashed bananas, eggs and vanilla until well blended.

Next fold in the flour and blitz again, until blended. Gently stir in cranberries and chocolate chips.

Pour batter into the loaf pan and bake for 60 to 65 minutes, until an inserted toothpick comes out clean. Let the bread cool in the pan for 15 minutes, before removing it out onto a wire rack to cool completely.



### GLUTEN-FREE BERRY CRUMBLE

### **GLUTEN-FREE BERRY CRUMBLE**



Serves: 16 Prep: 15 mins Cook: 24 mins



Nutrition per serving: 206 kcal 15g Fats 11g Carbs 6g Protein





#### WHAT YOU NEED

#### For the Base:

- 3 cups (300g) almond meal
- 1 cup (100g) gluten-free oats
- <sup>1</sup>/<sub>2</sub> tsp. cinnamon
- 1/3 cup (80ml) coconut oil, melted
- 1/3 cup (80ml) maple syrup
- 1 tsp. vanilla essence

#### For the Filling:

- 2 cups (225g) blackberries
- 1 tbsp. maple syrup
- 1 tbsp. chia seeds

#### WHAT YOU NEED TO DO

Preheat the oven to 360F (180C). Line an 8-inch baking tin with baking paper.

In a large bowl, mix all of the crumble ingredients. Press about <sup>3</sup>/<sub>4</sub> of the mixture into the base of the baking tin. Bake for 12 minutes until nice and golden.

In the meantime, make the blackberry filling by blending all of the ingredients in a high-speed blender until smooth.

Next, pour the mixture into a small pot and let it simmer gently on low heat for about 10 minutes, until thickened.

Spread the blackberry mixture over the base, and sprinkle with the remaining crumble.

Bake for another 12 minutes until top is golden. Then take it out and let it cool completely on a wire rack before slicing into bars.



### TAHINI & DARK CHOCOLATE PROTEIN BALLS

### **TAHINI & DARK CHOCOLATE PROTEIN BALLS**



Makes: 24 balls Prep: 15 mins Cook: 0 mins



Nutrition per serving: 129 kcal 8g Fats 11g Carbs 5g Protein



WHAT YOU NEED

- 2 cups (190g) rolled oats
- 1 cup (300g) tahini
- 1/4 cup (60ml) honey
- 2 scoops (50g) vanilla protein powder
- 1 oz. (30g) dark chocolate chips

#### WHAT YOU NEED TO DO

Place oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine.

Getting the mixture to combine takes some time and effort and may seem too thick at first, but it will come together as you continue mixing. At some point, it is better to use your hands.

Once combined, form them into balls using the amount of a tablespoon.

Store in a covered container in the fridge.



