

# FEBRUARY RECIPE PACK

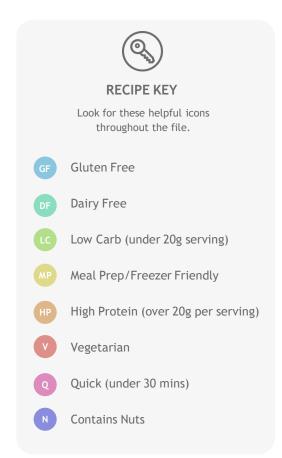
Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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### TABLE OF CONTENTS

1	GOAT'S CHEESE & AVOCADO SPREAD ON TOAST					
2	SWEET POTATO & ZUCCHINI HASH					
3	HEALTHY SWEET POTATO PANCAKES					
4	CHOCOLATE & COCONUT CHIA PUDDING					
5	ZOODLE CHICKEN SOUP					
6	KALE, QUINOA & CRANBERRY SALAD					
7	ONE-POT MEXICAN QUINOA					
8	MOROCCAN CHICKEN DRUMSTICKS					
9	MEAL PREP BEEF & LENTIL BOLOGNESE					
10	TUNA & SPINACH PASTA					
11	INDIAN CHICKPEA & PUMPKIN CURRY					
12	EGG FRIED RICE WITH TURKEY					
13	FLOURLESS BANANA CASHEW MUFFINS					
14	HAZELNUT PROTEIN COOKIES					
15	CHOCOLATE, ALMOND & ZUCCHINI BREAD					





### WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Sweet Potato &	BREAKFAST Sweet Potato &	BREAKFAST Chocolate &	BREAKFAST Goat's Cheese &	BREAKFAST Sweet Potato	BREAKFAST Goat's Cheese &	BREAKFAST Sweet Potato
Zucchini Hash	Zucchini Hash	Coconut Chia Pudding	Avocado Spread on Toast	Pancakes	Avocado Spread on Toast	Pancakes
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Chicken Zoodle Soup	Chicken Zoodle Soup	Leftover Tuna & Spinach Pasta	Kale Quinoa & Cranberry Salad	Kale Quinoa & Cranberry Salad	One-Pot Mexican Quinoa	One-Pot Mexican Quinoa
SNACK	SNACK	SNACK	SNACK	SNACK	SNACK	SNACK
E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread	E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread	E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread	E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread	E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread	E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread	E.g. Flourless Banana Cashew Muffins, Hazelnut Cookies, Chocolate Zucchini Bread
DINNER	DINNER	DINNER	DINNER	DINNER	DINNER	DINNER
Moroccan Chicken Drumsticks	Tuna & Spinach Pasta	Meal Prep Beef & Lentil Bolognese	Meal Prep Beef & Lentil Bolognese	Indian Chickpea & Pumpkin Curry	Meal Out - Enjoy!	Egg Fried Rice with Turkey

### WEEKLY SHOPPING LIST

#### FRUIT & VEGETABLES

#### **MEAT, DAIRY & SPICES**

#### **GRAINS, SEEDS & BAKING**

#### CANS, CONDIMENTS & MISC

#### Fresh

- 2 x avocado
- grapefruit
- 2 lb. (900g) sweet potato
- 5x zucchini
- 7x onion
- red bell pepper
- O 2x garlic
- ginger
- bunch celerv
- 1x chili pepper
- 4x carrots
- 1x lemon
- 1x lime
- 2x banana
- large bag kale
- 2x large bag spinach
- cherry tomatoes
- 9 oz. (250g) chestnut mushrooms
- 0 16 oz. (450g) pumpkin
- blueberries
  - Dried
- cranberries Herbs
- 2x parsley
- coriander
- or rosemary

#### Meats

- 1 lb. (450g) chicken breast
- 8x chicken drumsticks
- 1 lb. (450g) lean minced beef,
- 5%
  - 1 lb. (450g) ground turkey breast
- O Dairy
- goat's cheese
- parmesan
- Non-Dairv
- 19x eggs
- almond milk
  - coconut yogurt
- O Spices
- cayenne pepper
- o ground cinnamon
- thyme
- or rosemary
- o paprika
- o ground cumin
- turmeric
- saffron
- herbs de province
- o ground coriander
- cardamom
- oregano

Grains

- 🔘 guinoa
- wheat flour
- oat flour
- o spelt flour
- or ground almonds
- brown lentils
- O penne
- O rice (white or brown) Nuts & Seeds
- O pumpkin seeds
- walnuts
- Chia seeds
- almonds
- Baking
- Cocoa powder
- Cocoa nibs
- vanilla extract
- O baking powder

Oils

- coconut oil
- Olive oil
  - Cans & Condiments
- sweet corn
- O black beans
- 3x chopped tomatoes
- O plum tomatoes
- O green olives
- 3x tuna in water
- O 2x chickpeas
- 🔘 tomato passata
- O tomato puree
- Coconut milk
- Cashew butter
- **Sweeteners**
- maple syrup
- O agave syrup
- honey
- Coconut sugar

Chicken stock

o vegetable stock

when protein, chocolate

wholemeal bread

Other

### GOAT'S CHEESE & AVOCADO SPREAD ON TOAST



### **GOAT'S CHEESE & AVOCADO SPREAD ON TOAST**



Serves: 4 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 269 kcal 13g Fats 29g Carbs 10g Protein





#### WHAT YOU NEED

- 4 slices wholemeal bread
- 1 avocado
- 5 oz. (150g) goat's cheese, soft
- 1 grapefruit
- 2 tbsp. pumpkin seeds

### WHAT YOU NEED TO DO

Toast the bread.

With a sharp knife cut off the grapefruit skin. Then cut out the pieces of flesh.

Half the avocado, remove the stone and scoop out the flesh into a high bowl. Add in the goat's cheese, season with salt & pepper and blitz with a hand blender into a smooth spread.

Spread the avocado-goat cheese paste onto the toasted bread, and top with pieces of grapefruit. Sprinkle with the pumpkin seeds, season with ground pepper and serve.



### SWEET POTATO & ZUCCHINI HASH

### SWEET POTATO & ZUCCHINI HASH



Serves: 4 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 296 kcal 14g Fats 29g Carbs 15g Protein

### WHAT YOU NEED

- 16 oz. (450g) sweet potato, peeled, cut into cubes
- 1 ½ tbsp. coconut oil
- 2 medium zucchini, diced
- 1 onion, diced
- 2 glove garlic, chopped
- 8 eggs
- handful parsley, chopped
- cayenne pepper, to taste

#### WHAT YOU NEED TO DO

Cook the sweet potato for 3-4 mins in a pot of boiling water, then drain.

Heat the ½ tbsp. of the oil in a pan, over medium heat. Add the sweet potato, zucchini, onion and garlic, sauté for about 5 mins, until cooked and browned. Season to taste with salt & pepper, and set aside.

Heat the remaining oil in the pan and fry the eggs to your liking.

Divide the vegetables between 4 plates, top with fried eggs and sprinkle with parsley. Season with cayenne pepper, salt & pepper, to taste and serve.







### HEALTHY SWEET POTATO PANCAKES

### HEALTHY SWEET POTATO PANCAKES



Serves: 4 Prep: 5 mins Cook: 25 mins



Nutrition per serving: 268 kcal 14g Fats 30g Carbs 12g Protein





### WHAT YOU NEED

- 16 oz. (450g) sweet potatoes, peeled, cut into cubes
- 6 eggs
- 1 tsp. ground cinnamon
- 1 tbsp. coconut oil
- ¼ cup (30g) walnuts or pecans, chopped
- 2 tbsp. maple syrup

#### WHAT YOU NEED TO DO

Cook the sweet potato in a pot of boiling water for around 15 mins. Then drain and let it cool.

Place the cooked potatoes in a high bowl, add the eggs and cinnamon, and puree with a hand blender until smooth.

Heat <sup>1</sup>/<sub>4</sub> tbsp. of the oil in a large non-stick frying pan and add 3 portions of batter (around 2 heaped tbsp. per pancake). Fry the pancakes for about 3 minutes until golden brown and done. Turn halfway and repeat with the remaining batter.

Divide the pancakes onto plates (3 per serving), sprinkle with the chopped nuts and drizzle with maple syrup, to serve.



### CHOCOLATE & COCONUT CHIA PUDDING



## **CHOCOLATE & COCONUT CHIA PUDDING**



Serves: 2 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 313 kcal 17g Fats 35g Carbs 7g Protein

### WHAT YOU NEED

- 4 tbsp. chia seeds
- 1 cup (240ml) almond milk
- 4 tbsp. coconut yogurt
- 2 tbsp. agave syrup
- 2 tbsp. cocoa powder

#### To serve:

- 2 tbsp. coconut yogurt
- 1 tbsp. cocoa nibs, or dark chocolate

#### WHAT YOU NEED TO DO

In a bowl, combine the chia seeds, milk, yogurt, syrup and cocoa powder, mixing well.

Leave in the fridge for 10 mins to thicken, stirring once half-way through.

Once thick, transfer into serving glasses or bowls and top with 1 tbsp. coconut yogurt and a sprinkle of cocoa nibs or chocolate.

**Tip:** If leaving in the fridge overnight, add an extra splash of milk.







### **ZOODLE CHICKEN SOUP**

### **ZOODLE CHICKEN SOUP**



Serves: 4 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 246 kcal 9g Fats 14g Carbs 29g Protein

#### WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 onion, diced,
- 2 stalks celery, diced
- 2 carrots, chopped
- 3 cloves garlic, chopped
- 1 tsp. dried thyme
- 1/2 tsp. dried rosemary
- 4 cups (950ml) chicken stock
- 2 medium zucchinis, spiralised

#### WHAT YOU NEED TO DO

Heat 1 tbsp. of oil in a large pot, over medium-high heat. Add the chopped chicken and season with salt and pepper. Cook for 4-5 minutes until golden, then set aside.

Heat the second tbsp. of oil and add in the onion, celery, carrots and garlic as well as the dried thyme and rosemary. Mix well.

Next, add chicken stock and an additional 2 cups (470ml) of water. Bring to boil, lower the heat, and simmer for 10 mins. Add in the chicken and cook for another 5 mins.

Lastly, add in the spiralised zucchini and cook for another 2-3 mins, check for seasoning and serve.







# KALE, QUINOA & CRANBERRY SALAD

### KALE, QUINOA & CRANBERRY SALAD



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 219 kcal 11g Fats 26g Carbs 6g Protein



### WHAT YOU NEED

For the dressing:

- 1 clove garlic, crushed
- 1 lemon juiced
- 2 tbsp. olive oil
- 1 tbsp. honey

#### For the salad:

- 7oz. (200g) kale stems removed
- 1 cup (185g) quinoa, cooked
- ¼ cup (20g) almonds, chopped
- ¼ cup (30g) cranberries, dried
- 2 tbsp. parmesan cheese, grated

### WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine all the dressing ingredients in a small bowl, season with salt and pepper.

Place the chopped kale in a large bowl, and drizzle with the dressing. Massage the dressing into the kale with your fingers for about 2 mins to soften.

Add in the cooked quinoa, chopped almonds and dried cranberries, then toss to combine.

Divide the salad between bowls and sprinkle with the parmesan cheese to serve.





### **ONE-POT MEXICAN QUINOA**

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### **ONE-POT MEXICAN QUINOA**



Serves: 4 Prep: 5 mins Cook: 25 mins



Nutrition per serving: 384 kcal 14g Fats 53g Carbs 14g Protein



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#### WHAT YOU NEED

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 1 chilli pepper, sliced
- 1 cup (170g) quinoa, uncooked
- 1 cup (240ml) vegetable stock
- 1 tsp. paprika
- 1/2 tsp. hot paprika
- <sup>1</sup>/<sub>2</sub> tsp. cumin
- 1 cup (165g) sweet corn, drained
- 1 cup (170g) black beans, canned, drained
- 1 can (14 oz./400g) chopped tomatoes
- 1 avocado
- 1 lime
- handful fresh coriander

#### WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add in the garlic and half of the sliced chili pepper, cook for about 2-3 mins.

Add in the raw quinoa and vegetable stock, increase the heat and add the spices (paprika, hot paprika and cumin) season with salt and pepper and mix well.

Next, add the sweet corn, black beans and chopped tomatoes. Mix well to combine, cover and bring to boil. Reduce the heat and simmer covered for about 20 minutes until quinoa is cooked.

Serve with the avocado, drizzle of lime juice, fresh coriander and the remaining sliced chilli pepper.





### **MOROCCAN CHICKEN DRUMSTICKS**

## **MOROCCAN CHICKEN DRUMSTICKS**



Serves: 4 Prep: 5 mins Cook: 55 mins



Nutrition per serving: 493 kcal 40g Fats 4g Carbs 31g Protein





### WHAT YOU NEED

- 2 tbsp. olive oil
- 8 chicken drumsticks
- 1 onion, halved, sliced
- 2 cloves garlic, crushed
- ½ cup (15g) parsley, chopped
- 2.5 oz. (70g) green olives,
- 1/4 lemon, juice only
- 1 tsp. flour

#### Spices:

- 1 tsp. turmeric
- pinch saffron
- 1 tbsp. paprika
- 1/2 tsp. ground cumin

#### WHAT YOU NEED TO DO

Heat the oil in a large pan, and fry the chicken drumsticks on all sides until golden.

Add the onion and garlic. Season with salt and pepper and cook for another 3-4 mins. Pour in 1 cup (240ml) of boiling water and add the spices. Mix

well and bring the boil.

Add half of the chopped parsley, mix, cover the pan with a lid, reduce the heat and simmer for 30 minutes. In the meantime, turn the meat over half-way through the cooking time.

Finally, add the green olives and lemon juice, and mix well.

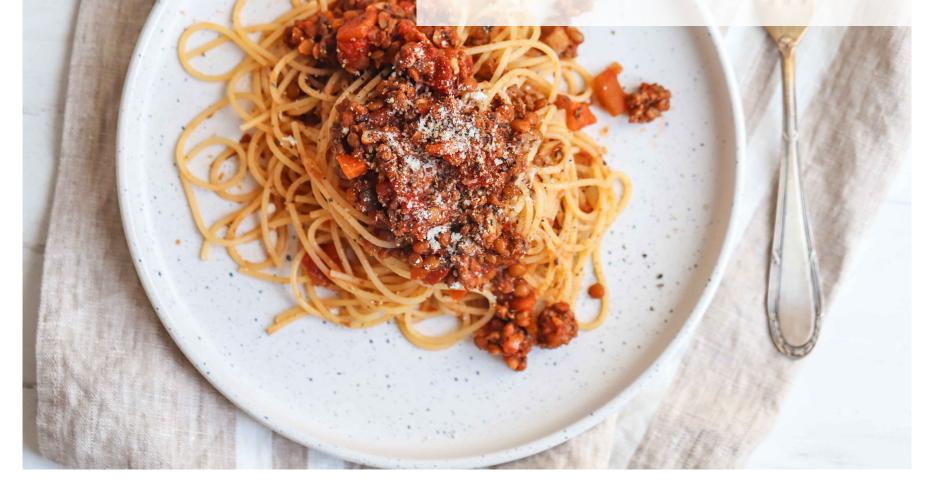
Mix the flour with 2 tbsp. of water, and then with 2 tbsp. of the sauce from the pan. Pour this mixture into the pan and mix well.

Cook uncovered for another 10-15 mins until the sauce thickens and the meat is tender.

Sprinkle with the remaining chopped parsley and serve. Serving suggestion: bulgur, potatoes, brown rice, tomato salad



### MEAL PREP BEEF & LENTIL BOLOGNESE



### MEAL PREP BEEF & LENTIL BOLOGNESE



Serves: 6 Prep: 10 mins Cook: 40 mins



Nutrition per serving: 302 kcal 9g Fats 22g Carbs 32g Protein



### WHAT YOU NEED

- 1 tbsp. coconut oil
- 4 springs rosemary, picked, chopped
- 3 cloves garlic, chopped
- 1 large onion, chopped
- 2 carrots, peeled, chopped
- 2 ½ cups (250g) chestnut mushrooms, finely sliced
- 1 lb. (450g) lean minced beef, 5% fat
- <sup>1</sup>/<sub>2</sub> cup (100g) dried brown lentils
- 2 tins (1.7lb/800g) chopped tomatoes

### WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat and add the chopped rosemary.

Next add in the garlic, onion, carrots and mushrooms and for about 10 mins, or until softened, stirring regularly.

Add the beef and lentils. Season with salt and pepper and cook for a further 5 mins, breaking up the meat with a spoon.

Add in in the chopped tomatoes, along with 1 tin worth of water. Bring to the boil, lower the heat, and simmer for 30 mins, or until the sauce is thickened and reduced.

Season with salt and pepper, to taste, and serve straight away with spaghetti, other pasta or zoodles.

You can also freeze the Bolognese for up to 3 months.





### **TUNA & SPINACH PASTA**

### **TUNA & SPINACH PASTA**



Serves: 4 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 434 kcal 6g Fats 65g Carbs 31g Protein



### WHAT YOU NEED

- 10.5 oz. (300g) penne or other pasta
- 1 tbsp. coconut oil
- 2 cloves garlic, minced
- 1 onion, chopped
- 1 red bell pepper, chopped
- 1 can (14.oz/400g) plum tomatoes
- 1 tsp. herbs de province
- 11 oz. (320g) canned tuna, in water
- 7 oz. (200g) fresh spinach

#### WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Heat the oil in a large pan over medium-high heat. Add in the garlic and onion, and cook for 2-3 mins, until softened. Next, add in the chopped pepper and plum tomatoes.

Using a wooden spoon, break up the tomatoes into pieces and cook for 5 mins. Add in a splash of water if necessary, to avoid burning, and season with salt and pepper.

Once pasta is cooked, add it to the pan and combine. Next, add in the spinach and cook for another 2-3 mins until wilted.

Finally, add in the tuna, mix well to combine and take off the heat. Serve with freshly ground black pepper.





### INDIAN CHICKPEA & PUMPKIN CURRY

### **INDIAN CHICKPEA & PUMPKIN CURRY**



Serves: 4 Prep: 10 mins Cook: 35 mins



Nutrition per serving: 319 kcal 17g Fats 31g Carbs 10g Protein





### WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 tbsp. ginger, grated
- 2 cloves garlic, minced
- 2 cups (340g) chickpeas, canned
- 16 oz. (450g) pumpkin, peeled, chopped
- 1 cup. (240ml) tomato passata
- 1 ¼ cup (300ml) coconut milk, canned
- 7 oz. (200g) fresh spinach
- 2 cups (300g) cherry tomatoes

### Spices:

- 1 tsp. ground cumin
- 1 tsp. turmeric
- 1 tsp. ground coriander
- 1 tsp. cinnamon
- 1 tsp. cardamom

#### WHAT YOU NEED TO DO

In a large saucepan, heat the oil over medium-high heat.

Add the onion, ginger and garlic, and cook for 1-2 mins, until soft. Next, add in the spices and continue cooking for another 2-3 mins, add a splash of the coconut milk to prevent from burning.

Next, add in the chickpeas (with a splash of the brine), pumpkin, tomato passata and the remaining coconut milk. Additionally, add in ½ cup (120ml) of water, then season with salt and pepper, and mix well.

Bring to boil, then lower the heat, cover the saucepan with a lid and simmer for 20 mins, stirring occasionally.

Lift the lid and cook for another 5-10 mins until the sauce reduces and thickens. Finally, add the spinach and cherry tomatoes, mix well and take off the heat.

Serve with a portion of brown or white rice (not included in macro info).



### EGG FRIED RICE WITH TURKEY



### EGG FRIED RICE WITH TURKEY



Serves: 4 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 316 kcal 10g Fats 25g Carbs 33g Protein





### WHAT YOU NEED

- 1 lb. (450g) minced turkey breast
- 3.5 oz. (100g) spinach
- 3.5 oz. (100g) rice
- 2 tbsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 tbsp. tomato puree
- 1 egg

#### Spices:

- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/3 tsp. cayenne pepper

#### WHAT YOU NEED TO DO

Cook the rice according to the instructions on the packaging, then set aside.

Heat the oil in a large frying pan and sauté the onion and garlic for 2-3 mins until frequent.

Add meat and cook for another 5-6 mins, seasoning in the meantime with salt, pepper and the spices. Add the tomato puree and mix well.

Now add in the cooked rice and spinach, mixing until wilted. In a small bowl beat the egg, and then tip into the rice, stirring vigorously. Cook for another 2 mins, until the egg is set, then divide between plates and serve.



### FLOURLESS BANANA CASHEW MUFFINS

### FLOURLESS BANANA CASHEW MUFFINS



Makes: 10 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 197 kcal 23g Fats 22g Carbs 6g Protein

### WHAT YOU NEED

- 1 cup (250g) cashew butter
- 2 ripe bananas
- 2 eggs
- 2 tbsp. honey
- 1/2 tsp. vanilla extract
- 1/2 tsp. baking powder
- <sup>3</sup>/<sub>4</sub> cup (75g) blueberries

#### WHAT YOU NEED TO DO

Preheat oven to 400F (200C). Grease a muffin tin with some coconut oil.

Combine all ingredients (except blueberries) in a blender or food processor, and blend until smooth. Fold in the blueberries and mix well with a spoon.

Pour the batter into the earlier prepared muffin tin and bake for 15 mins, until golden and set. Cool before serving.





### **HAZELNUT PROTEIN COOKIES**

### HAZELNUT PROTEIN COOKIES



Makes: 10 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 212 kcal 14g Fats 21g Carbs 6g Protein





### WHAT YOU NEED

- 2.5 oz. (80g) coconut oil, room temperature
- 4 oz. (120g) coconut sugar
- 3/8 cup (100g) cashew butter
- 9 tbsp. (45g) cacao powder
- 1/2 cup (55g) oat flour
- 25g chocolate whey protein
- pinch of salt

#### WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Place the coconut oil, coconut sugar and cashew butter in a food processor or high-speed blender and blitz until smooth. Then, add in the cacao powder, oat flour, whey and salt and blitz again until well combined.

Prepare a baking tray lined with baking paper. Scoop out the dough with a spoon and create 10 cookie shapes on the paper — bake in the oven for about 10 minutes.

Take the cookies out of the oven to completly cool on the tray (about 20 mins) before touching them. They will be very delicate, so it is important to cool completely before enjoying.

Optional: decorate with melted dark chocolate (not included in macro information).



## CHOCOLATE, ALMOND & ZUCCHINI BREAD

## CHOCOLATE, ALMOND & ZUCCHINI BREAD



Serves: 10 Prep: 10 mins Cook: 55 mins



Nutrition per serving: 274 kcal 17g Fats 23g Carbs 10g Protein



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### WHAT YOU NEED

- 3.5 oz. (100g) coconut oil, at room temperature
- 4 oz. (120g) coconut sugar
- 2 eggs, beaten
- 1 medium zucchini, grated
- 3 tbsp. almond milk
- 1 tsp. vanilla extract
- 1 heaped cup (115g) spelt flour
- 50g chocolate whey protein powder
- 3/8 cup (50g) ground almonds
- 1 <sup>1</sup>/<sub>2</sub> tsp. baking powder
- 1 ½ tsp. cinnamon
- 4 tbsp. natural cocoa powder
- 1/2 tsp salt

#### WHAT YOU NEED TO DO

Preheat oven to 360F (180C). Grease a bread tin with oil or line with baking paper.

In a large bowl whisk together coconut oil and sugar, until fluffy. Then gently mix in the eggs, zucchini, milk and vanilla until well combined.

In another bowl combine the rest of the ingredients, and gradually add them to the other bowl mixing until combined. Don't over-mix as it will make the cake tough.

Transfer the mixture to the lined bread tin and bake for 45-55 mins., test with a skewer if it comes out clean then it is cooked inside.

Cool for 10 mins in the tin, and then transfer to wire rack and cool completely before enjoying.

