

THRIVE
with Coach Phil

5-Ingredient Recipe Pack

Discover 78 simple 5-ingredient recipes:
including breakfast, lunch, dinner, treats and smoothie options.

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

Sample Weekly Meal Planner 01

	Breakfast	Lunch	Snack	Dinner
Mon	Mushroom & Brie Omelet	Spicy Tuna	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	Pork Meatballs In Tomato Sauce
Tue	Mushroom & Brie Omelet	Spicy Tuna	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	Chicken Piccata
Wed	Purple Power Smoothie	Leftover Chicken Piccata	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	Mexican Stuffed Peppers
Thu	Shakshuka	Curried Cauliflower Soup	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	Mexican Stuffed Peppers
Fri	Shakshuka	Curried Cauliflower Soup	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	Salmon En Papillote
Sat	Chickpea Bruschetta	Leftover Salmon En Papillote	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	Meal Out - Enjoy!
Sun	Purple Power Smoothie	Chickpea Bruschetta	E.g. Purple Power Smoothie, Almond and Cranberry Energy Balls, Apple Cake	Pork Meatballs In Tomato Sauce

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables

Fruits
- 2 apples
- 1 banana
- 4 lemons

Vegetables
- large bag rocket
- 1 beetroot
- 1 cauliflower
- garlic
- green onions
- 7 oz. (200g) mushrooms
- 5 red bell peppers
- 1 yellow bell pepper
- 2 red onions
- 3 white onions
- 1 zucchini

Herbs
- dill
- parsley

Dried
- cranberries
- dates

Frozen
- berries

Meat, Dairy, Baking

Fish, Seafood
- 4 oz. (115g) tuna steak
- 12 oz. (340g) salmon fillet

Meats
- 1 lb. (450g) chicken breast
- 14 oz. (400g) lean ground beef
- 14 oz. (400g) lean ground pork

Dairy
- brie cheese
- butter
- 13 eggs
- almond milk

Grains, Seeds & Spices

Grains
- red lentils
- white rice
- oats

Nuts, Seeds
- almonds
- sesame seeds

Spices
- fennel seed

Baking
- self-raising flour
- baking powder

Cans, Condiments, Misc

Oils
- olive oil
- coconut oil
- sesame oil

Cans, Condiments
- chickpeas
- almond butter
- 2 cans diced tomato
- apple cider vinegar
- capers
- sriracha
- tahini
- tomato passata
- yellow curry paste

Sweeteners
- coconut sugar

Misc, Other
- bread
- vanilla whey

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon	Green Pea, Potato & Goat's Cheese Frittata	Quinoa & Beetroot Salad	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Spinach Risotto
Tue	Green Pea, Potato & Goat's Cheese Frittata	Quinoa & Beetroot Salad	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Cajun Salmon with Corn Salsa
Wed	Cinnamon Granola	Leftover Cajun Salmon With Corn Salsa	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Fish Curry
Thu	Protein Pancakes	Quinoa, Beef & Zucchini Burgers	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Fish Curry
Fri	Protein Pancakes	Quinoa, Beef & Zucchini Burgers	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Slow-Cooked Chicken Fajita
Sat	Baked Carrot Fritters	Leftover Slow-Cooked Chicken Fajita	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Meal Out - Enjoy!
Sun	Cinnamon Granola	Baked Carrot Fritters	E.g. Cinnamon Granola, Coconut & Chia Seed Pudding, Tropical Carrot Smoothie	Spinach Risotto

Weekly Shopping List for Meal Plan 02

Fruits, Vegetables

Fruits
- 2 clementines
- 2 kiwis
- 1 lemon
- 1 lime
- 1 mango
- 1 pineapple

Vegetables
- large bag rocket
- 2 beetroots
- 4 carrots
- 2 boxes cherry tomato
- 2 corn on the cobs
- garlic
- ginger
- 7 oz. (200g) baby potatoes
- 2 red bell peppers
- 3 white onions
- 1 zucchini

Frozen
- green peas
- spinach

Meat, Dairy, Baking

Fish, Seafood
- 1.3 lb. (600g) white fish fillets
- 1.5 lb. (680g) salmon fillet

Meats
- 1.5 lb. (680g) chicken breast
- 14 oz. (400g) lean ground beef

Dairy
- feta cheese
- goat cheese
- parmesan
- cottage cheese

Non-Dairy
- 15 eggs
- coconut milk (canned)
- coconut milk (carton)

Grains, Seeds, Spices

Grains
- risotto rice
- quinoa

Spices
- cajun spice
- cinnamon
- ground coriander
- ground cumin

Nuts & Seeds
- chia seeds
- walnuts

Cans, Condiments, Misc

Oils
- coconut oil
- olive oil

Cans, Condiments
- yellow curry paste
- almond butter
- chickpeas
- salsa (16 oz./450g)
- vegetable stock

Sweeteners
- maple syrup

Misc, Other
- carrot juice



Mushroom & Brie Omelet

Serves 4

1 clove garlic, minced

2 cups (200g) mushrooms

8 eggs

7 oz. (200g) brie cheese, sliced

4 oz. (120g) rocket

1 tbsp. olive oil

salt & pepper

What you need to do

1. Heat a large non-stick frying pan over high heat, greased with a little bit of oil. Slice the mushrooms and cook, stirring occasionally, for 5-7 minutes. Transfer to a bowl and set aside.
2. Heat a small non-stick frying pan over medium-high heat, greased with a small amount of oil. Whisk the eggs in a large pot with ¼ cup (60ml) cold water. Season well with salt and pepper.
3. Pour quarter of the eggs into the pan and cook the omelet. Top with a quarter of the earlier prepared mushrooms and quarter of the brie. Transfer onto a serving plate, top with a handful of rocket. Serve immediately.
4. Repeat this process with the remaining eggs, mushrooms, brie and rocket to make a further 4 omelets.

GF | LC | HP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	359	27	4	25

*Nutrition per serving

myfitnesspal



Green Pea, Potato & Goat's Cheese Frittata

Serves 4

4 baby potatoes, thinly sliced

1 cup (120g) frozen peas

8 eggs

3 oz. (85g) goat's cheese, crumbled

4 oz. (120g) rocket

1 tbsp. olive oil

salt & pepper

What you need to do

1. Heat a 7.8-inch (20cm) ovenproof non-stick frying pan over medium heat, greased with the olive oil. Cook the sliced potato 5-6 minutes on each side or until lightly golden and tender. Transfer to a plate and set aside.
2. Meanwhile, place the frozen peas in a bowl of hot water and allow to defrost until the peas are tender. Drain well.
3. Lightly whisk the eggs in a medium bowl. Season to taste with salt and pepper.
4. Preheat the grill on medium. Arrange half the potato at the base of the frying pan. Top with half the peas and half the goat's cheese. Repeat the layering process once more and then pour over the eggs to cover the potato. Cook over a low-medium heat for 10 minutes or until the egg is almost set.
5. Place under the grill for 5 minutes, until the egg is just set on top. Cut the frittata into wedges, and serve with a handful of rocket.

GF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	295	18	16	19

*Nutrition per serving

myfitnesspal

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Shakshuka

Serves 2

1 white onion, sliced

2 bell peppers, sliced

2x 14 oz. (400g) cans chopped tomatoes

4 eggs

¼ cup (15g) parsley leaves, chopped

1 tbsp. olive oil

salt & pepper

What you need to do

1. Heat the oil a large non-stick frying pan over a medium-high heat. Add the onion and bell peppers, stirring constantly, and cook, for 5 minutes or until the onion and pepper have softened.
2. Add the chopped tomatoes and cook, stirring for a further 5 minutes.
3. Use a spoon to make 4 large holes in the tomato mixture, then crack an egg into each hole. Reduce the heat to low, and partially cover the pan with a lid. Cook for 10 minutes or until eggs are cooked to your liking. Sprinkle with parsley and serve immediately.

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	308	17	22	16

*Nutrition per serving

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Smoked Salmon, Avocado & Cottage Cheese Breakfast Platter

Serves 4

1 cucumber

7 oz. (200g) smoked salmon

1 avocado

½ cup (110g) cottage cheese

1 tsp. dried dill

salt and pepper

2 tbsp. apple cider vinegar

What you need to do

1. Peel the cucumber lengthwise into ribbons. Place in a bowl, and pour over 2 tablespoon of apple cider vinegar, season with salt and mix to combine. Set aside.
2. Divide the salmon, avocado flesh and cottage cheese between plates. Place the earlier prepared cucumber on the side and drizzle the platter with some of the cucumber juices.
3. Sprinkle with dill and season to taste with salt and pepper. Serve immediately.

GF | LC | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	179	11	8	14

*Nutrition per serving

myfitnesspal



Protein Pancakes

Serves 4

1 cup (225g) cottage cheese

1 cup (80g) rolled oats

5 eggs

2 tsp. cinnamon

1 tbsp. maple syrup

2 tbsp. coconut oil

What you need to do

1. Place all ingredients into a blender or food processor and blitz together until smooth.
2. Heat ¼ of the coconut oil in a large frying pan over low-medium heat, pour about ¼ cup of batter per pancake, and repeat until the pan is filled.
3. Cook until you start to see bubbles form on the surface of the pancakes, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.
4. Repeat this process until all the batter has been used. Top the pancakes with your favorite toppings (see serving suggestions below).

Serving suggestion:

- **Fruit:** banana, strawberries, raspberries, pear, figs, cherries, pineapple, watermelon
- **Nuts:** almonds, hazelnuts, walnuts
- **Sweeteners:** powdered sugar, maple syrup or honey

MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	298	17	20	17

*Nutrition per serving

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Purple Power Smoothie

Serves 1

1 cup (240ml) almond milk

1 cup (150g) frozen berries

1 banana

1 medium beetroot, cooked, grated

1 scoop (25g) vanilla whey

What you need to do

1. Add all ingredients into a blender. Pulse until smooth, pour into a glass and serve straight immediately.

GF | MP | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	322	3	53	24

*Nutrition per serving

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Cinnamon Granola

Serves 16

2 cups (160g) rolled oats

1 cup (115g) walnuts, chopped

1 tbsp. cinnamon

4 tbsp. almond butter

½ cup maple syrup

salt

What you need to do

1. Preheat the oven to 325°F (160°C) and line a baking tray with baking paper.
2. Mix the oats, walnuts and cinnamon in a large bowl, adding a pinch of salt.
3. Next, add the almond butter and maple syrup, mix until well combined and sticky.
4. Spread the mixture evenly over the baking tray and bake for 15 minutes on the middle shelf in the oven. Remove the tray, stir the mixture to break it up a little and place back in the oven to cook for a further 10-12 minutes until golden brown.
5. Remove the tray from the oven and place on a wire rack to cool. Once cooled down store in an airtight container for up to one week.

DF | LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	136	8	15	3

*Nutrition per serving

myfitnesspal
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Strawberry Protein Smoothie Bowl

Serves 4

4 cups (600g) cottage cheese

1 ½ cup (225g) frozen strawberries, thawed

4 tbsp. maple syrup

½ cup granola

1 cup (150g) mixed berries

What you need to do

1. Place the cottage cheese, strawberries and maple syrup in a food processor or high-speed blender and blitz until smooth and creamy.
2. Divide between 4 serving bowls, top with granola and fresh berries, to serve.

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GF | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	315	10	37	19

*Nutrition per serving

THRIVE with Coach Phil



Protein Porridge

Serves 2

2 cups (480ml) almond milk, unsweetened

1 cup (80g) oats

1 scoop (25g) vanilla whey

1 banana, sliced

¼ cup (30g) walnuts, chopped

What you need to do

1. In a small pot, bring the almond milk to the boil. Stir in the oats and cooked over low heat for 5-7 minutes, stirring constantly to avoid sticking. Take the pot off the heat and stir in the protein powder until well combined.
2. Divide the porridge between 2 serving bowls and top with the sliced banana and walnuts. Serve immediately.

MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	7 mins	375	10	37	19

*Nutrition per serving

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Chickpea Bruschetta

Serves 2

2 slices bread, toasted

1 cup (165g) chickpeas, drained

1 tbsp. tahini

½ cup (75g) cherry tomatoes, quartered

1 tbsp. parsley, chopped

1 tbsp. olive oil

1 tsp. apple cider vinegar

salt & pepper

What you need to do

1. Toast the bread on both sides.
2. Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and, season with salt and pepper.
3. Combine the tomatoes, parsley and olive oil in a small bowl. Spread the chickpea mixture over the toasted bread. Top with the tomatoes and serve immediately.

Serving suggestion: Lemon wedges

DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	357	15	44	14

*Nutrition per serving

myfitnesspal
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Pesto Pasta Salad

Serves 4

11 oz. (320g) whole wheat pasta

13 oz. (360g) roasted peppers, drained, sliced

6 tbsp. basil pesto

1 mozzarella ball, chopped (125g)

4 oz. (120g) rocket

salt & pepper

What you need to do

1. Cook the pasta according to the instructions on the packaging. Once cooked, drain and rinse under cold running water until cooled.
2. In a large bowl, toss the pasta and the remaining ingredients together until combined. Season to taste with salt and pepper and serve immediately. Alternatively, place in a sealed container and refrigerate for up to 3 days.

MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	501	17	67	19

*Nutrition per serving

myfitnesspal



Chickpea & Quinoa Tabbouleh

Serves 4

¾ cup (130g) quinoa, uncooked

1 x 14 oz. (400g) can chickpeas, drained

2 medium tomatoes, diced

1 small cucumber, diced

1 cup (60g) parsley, chopped

3 tbsp. olive oil

2 tbsp. red wine vinegar

salt & pepper

What you need to do

1. Cook the quinoa according to the instructions on packaging. Once cooked, drain and set aside.
2. In a large bowl, mix the cooked quinoa, chickpeas, tomatoes, cucumber, parsley, oil, and vinegar. Season to taste with salt and pepper and place in the refrigerator to chill. Best served chilled.
3. Store refrigerated in an air-tight container for up to 2-3 days.

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GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	12 mins	334	14	43	11

*Nutrition per serving



Baked Lentil Falafels

Serves 4

2 cups (400g) lentils, cooked

1 cup (60g) fresh parsley

2 cloves garlic

juice of 1 lemon

2 tbsp. all-purpose flour

1 ½ tbsp. olive oil

1 tsp. salt

What you need to do

1. Preheat the oven to 350°F (180°C). Pulse all the ingredients (except the flour) in a food processor until well combined. The mixture should look like semi-dry crumbs and should hold together when pressed.
2. Stir in the flour, and then form the mixture into patties, using a large tablespoon of mixture for each falafel. Place on a baking sheet and bake in the oven for 18-20 minutes.
3. Serve warm or cold in salads, sandwiches, poke bowls, with dips. The falafels can be stored in the refrigerated for 2-3 days.

DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	189	6	26	10

*Nutrition per serving

myfitnesspal

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Quinoa, Beef & Zucchini Burgers

Serves 8

1 zucchini, grated

14 oz. (400g) lean, ground beef

1 cup (185g) quinoa, cooked

2 cloves garlic, minced

1 egg, beaten

1 tsp. salt and pepper

2 tbsp. olive oil

What you need to do

1. Grate the zucchini and squeeze out any excess moisture using some clean kitchen towel.
2. Transfer the zucchini into a bowl. Add the beef, quinoa, garlic, egg, 1 teaspoon of salt, and ¼ teaspoon of pepper. Combine all the ingredients together using clean hands.
3. Form the mixture into 8 patties. Heat a part of the oil in a grill pan over medium-high heat, and cook the burgers 5-6 minutes each side.
4. The burgers can be stored in an airtight container in the refrigerator for 3-4 days.

GF DF LC MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	30 mins	160	10	6	12

*Nutrition per serving

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THRIVE with Coach Phil



Spicy Tuna

Serves 2

- 4 oz. (115g) sashimi tuna
- 1 ½ tbsp. sriracha sauce
- 2 green onions, sliced
- 1 tsp. sesame seeds
- 1 tsp. sesame oil

What you need to do

1. Cut the tuna into small cubes and place in a bowl. Slice the spring onions, keeping the white and green parts separate.
2. Add the sriracha sauce, white parts of the onion and sesame oil to the tuna. Mix until well combined.
3. Transfer the tuna into a serving bowl, garnish with the green parts of the onion and serve.

Serving suggestion: steamed white rice

GF | DF | LC | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	108	3	4	15

*Nutrition per serving

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THRIVE with Coach Phil



Cajun Salmon With Corn Salsa

Serves 4

2 corn cobs, cooked

10.5 oz. (350g) cherry tomatoes, quartered

1 cup (60g) coriander, leaves

4 salmon fillets (6oz./170g each)

2 tbsp. Cajun seasoning

2 tbsp. olive oil

What you need to do

1. Heat the oven to 425°F (220°C). Mix the Cajun seasoning with the olive oil and rub all over the salmon. Place the salmon on a baking tray or on an oven proof dish. Bake in the oven for 12-15 minutes, until cooked through.
2. Use a small knife to cut down the side of the corn cobs to remove the kernels and place them in a large bowl. Add the tomato and coriander and toss to combine.
3. To serve, divide the salsa between 4 serving plates. Top with the salmon and serve immediately.

GF | DF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	407	21	21	38

*Nutrition per serving

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Baked Carrot Fritters

Serves 10

4 medium carrots, grated

1 small egg

4 tbsp. all-purpose flour

1 clove garlic, minced

1 tsp. ground cumin

salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C) and prepare a baking tray lined with baking paper.
2. In a bowl, mix all the ingredients together until well combined. Take a heaped tablespoon of the batter and place it on the baking tray, flatten slightly with your hand to form a round shaped fritter.
3. Bake the fritters for 12 minutes, then turn them over and bake for a further 12 minutes on the other side until golden.
4. Serve hot or cold. These fritters can be refrigerated in an air-tight container for up to 2-3 days.

Serving suggestion: sweet potato hummus

DF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	25 mins	33	1	6	1

*Nutrition per serving

myfitnesspal

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Curried Cauliflower Soup

Serves 4

1 yellow onion, chopped

1 cauliflower head

2 tsp. fennel seeds

1 cup. (190g) red lentils, dry

3 tbsp. yellow curry paste

salt and pepper

2 tbsp. olive oil

What you need to do

1. Heat the oven to 400°F (200°C).
2. Separate the cauliflower head into small florets. Drizzle ¼ of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of the fennel seeds and salt and pepper. Place in a roasting dish and set aside.
3. Heat the remaining 1 tablespoon of oil in a large pot, adding the chopped onion and the remaining 1 teaspoon of fennel seeds. Cook for 3-4 minutes until onion has softened. Add in the remaining cauliflower and lentils to the pan. Stir in the curry paste and add in 1 litre of water. Bring to a boil, then reduce the heat and simmer gently for 25 minutes, until cauliflower is tender and lentils are cooked.
4. In the meantime, place the roasting dish with cauliflower into the oven and roast for 20 minutes, until browned.
5. Once soup is cooked blitz it with a hand blender until smooth and creamy. To serve, divide the soup between bowls and top with the roasted cauliflower.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	296	8	44	15

*Nutrition per serving

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Quinoa & Beetroot Salad

Serves 4

2 cups (370g) cooked quinoa

7 oz. (200g) feta cheese, cubed

2 medium beets, cooked, cubed

1 cup (165g) chickpeas, drained

1 lemon, zest and juice

2 tbsp. olive oil

salt & pepper

What you need to do

1. Combine the cooked quinoa, feta cheese, beetroot and chickpeas in a medium sized bowl. Drizzle with olive oil, lemon juice and add in the finely grated lemon zest.
2. Season to taste with salt and pepper and mix well to combine. Divide between 4 plates and serve immediately.

GF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	395	21	38	16

*Nutrition per serving

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Vegetable Chili Salad

Serves 4

1 x 14 oz. (400g) can black beans, rinsed, drained

1 x 7 oz. (200g) can sweet corn, rinsed, drained

1 red bell pepper, sliced

bunch coriander, chopped

5 oz. (150g) hot salsa

What you need to do

1. Rinse the black beans and corn under cold running water, rinse thoroughly and drain well. Slice the pepper into small strips. Chop the coriander coarsely.
2. Mix the beans, corn, pepper and coriander with the salsa in a medium bowl. This salad can be stored in an airtight container in the refrigerator for up to 3 days.

Serving suggestions:

- guacamole
- tortilla chips

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	144	2	28	8

*Nutrition per serving

myfitnesspal



Slow-Cooked Chicken Fajita

Serves 6

1.5 lb. (680g) chicken breast

1 large onion, sliced

2 bell pepper, sliced

1 x 16 oz. (450g) jar salsa

juice of 1 lime

salt & pepper

What you need to do

1. Add the chicken, onions, peppers, salsa, and salt to a slow cooker. Stir well to combine.
2. Cook on a high heat setting for 4 hours or low heat setting for 6 hours, until the chicken and vegetables are tender.
3. Once cooked, remove the chicken and place on a cutting board. Shred the chicken, with two forks and place back into the slow cooker. Add in the lime juice and mix everything well to combine.
4. Season to taste, with salt and pepper.

Serving suggestions: guacamole, tortilla chips, salsa, lime wedges

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	4-6 hrs	177	3	10	27

*Nutrition per serving

myfitnesspal

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Chicken Piccata

Serves 4

1 lb. (450g) chicken breast

3.5 oz. (100g) butter

¼ cup (50g) capers, drained

3 lemons, zested, juiced

½ cup (30g) parsley, chopped

salt & pepper

What you need to do

1. Place a chicken breast between 2 sheets of cling film. Use a meat mallet, or rolling pin, to gently pound the chicken until it is approximately 1.5cm thick. Season well with salt and pepper.
2. Heat ¼ of the butter in a large pan over a medium-high heat and cook the chicken. Cook for 4 minutes each side or until golden brown. Transfer to a plate and set aside.
3. Add the remaining butter to the pan. Cook, stirring, for 2-3 minutes or until the butter melts and turns a golden brown color.
4. Add the capers to the butter and cook for 1 minute. Add the lemon juice and half the lemon zest, and mix through. Now place the chicken and any juices back in the pan. Cook, turning occasionally, for 2-3 minutes or until chicken is cooked through and the sauce has thickened slightly.
5. To serve, sprinkle with parsley and remaining lemon zest.

GF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	328	23	4	26

*Nutrition per serving

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Prosciutto Wrapped Chicken With Lentils

Serves 4

4 chicken thighs, skinless (480g)

8 prosciutto slices

8 tsp. red pesto

2x 14 oz. (400g) can lentils, drained

5 oz. (145g) sun-dried tomatoes, drained

2 tbsp. apple cider vinegar

2 tbsp. oil from sun-dried tomatoes

salt & pepper

What you need to do

1. Heat the oven to 360°F (180°C).
2. Cut each chicken thigh into two pieces, season with salt and pepper. Spread 1 teaspoon of pesto over each piece of chicken and wrap in a slice of prosciutto. Place on a baking tray and bake in the oven for 25-30 minutes, until crispy and cooked through.
3. In the meantime, place the lentils and tomatoes in a pot and gently warm them through adding in the apple cider vinegar and 2 tablespoon of oil from the sun-dried tomatoes.
4. Divide the lentils between 4 plates and, top with the chicken. Serve immediately.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	30 mins	462	14	41	46

*Nutrition per serving

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Spinach Risotto

Serves 4

1 yellow onion, diced

1 ½ cup (300g) risotto rice, dry

5 cups (1.2L) vegetable stock

8 oz. (225g) spinach, frozen

3 oz. (85g) parmesan

2 tbsp. olive oil

salt & pepper

What you need to do

1. Heat the olive oil in a large pan over a medium heat. Add the onion and cook for about 5 minutes until softened. Next add in the rice and cook for a further 3 minutes, stirring occasionally. Season to taste with salt and pepper.
2. Now lower the heat and add in the vegetable stock 1 cup at a time, stirring frequently. Wait until all the stock has been almost absorbed into the rice before adding the next cup. Keep repeating the process for about 16-18 minutes, until rice is cooked.
3. Stir in the spinach and cook until warmed through. Remove from the heat and stir in the parmesan cheese. Season to taste with a little more salt and pepper if necessary and serve immediately.

GF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	449	13	68	14

*Nutrition per serving

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Salmon En Papillote

Serves 2

1 zucchini, sliced

1 red onion, sliced

2 salmon fillets (6oz./170g each)

½ cup (30g) dill

1 lemon, sliced

2 tbsp. olive oil

salt & pepper

What you need to do

1. Heat the oven to 350°F (180°C).
2. Prepare 2 pieces of baking paper. Each piece should be large enough to create a parcel to fit the salmon and vegetables inside once folded up.
3. Arrange a layer of 8 zucchini slices on each piece of paper. Cover the zucchini with the sliced onion. Drizzle each serving with 1 tablespoon of olive oil, and season to taste with salt and pepper.
4. Next place one salmon piece on top of the vegetables, and season with salt and pepper.
5. Top with the dill, and cover with a layer of sliced lemon.
6. Seal the parchment paper well by folding the ends over each other to form a parcel.
7. Bake for 18-20 minutes, or until cooked through. Place the entire packet on each plate, tear the parchment paper to open and serve immediately.

GF | DF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	409	25	10	36

*Nutrition per serving

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THRIVE with Coach Phil



Chickpea & Broccoli Curry

Serves 4

1 x 14 fl. oz. (400ml) can coconut milk

2 tbsp. red curry paste

2 broccoli heads, florets

1 x 14 oz. (400g) can chickpeas, rinsed and drained

1 tbsp. cornstarch

1 tbsp. coconut oil

What you need to do

1. Heat the oil in a large pan over a medium-high heat. Sauté the broccoli for 3-4 minutes, then add the curry paste and cook for further 2 minutes. Now add coconut milk and simmer gently for 5-8 minutes.
2. Next, add in the chickpeas and mix well to combine, bring to a gentle simmer.
3. Mix the cornstarch with 2 tablespoon of cold water and add to the pan, simmer for about a minute, then reduce heat and let it cool slightly before serving.

Serving suggestions: steamed white rice, coriander

DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	399	21	43	15

*Nutrition per serving

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Mexican Stuffed Peppers

Serves 4

4 bell peppers

14 oz. (400g) lean ground beef

1 x 14 oz. (400g) can chopped tomatoes

1 cup (160g) cooked rice

2 tbsp. Mexican spice blend

What you need to do

1. Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.
2. Meanwhile, cut off the tops from peppers and remove the seeds from the inside. Place the peppers on a baking dish and fill the peppers with the beef mixture.
3. Cover the dish with kitchen foil and bake in the oven for 35 minutes, or until the peppers are tender.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	281	10	23	23

*Nutrition per serving

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THRIVE with Coach Phil



Sesame Crusted Miso Tuna

Serves 2

1 tbsp. white miso

2 tuna steaks (5 oz. /140g each)

4 tbsp. sesame seeds

bunch spring onions, trimmed and sliced

7 oz. (200g) green beans, halved

1 tbsp. olive oil

What you need to do

1. Heat 1 tablespoon of olive oil in a large pan over a medium-high heat.
2. Rub the tuna steaks with miso paste and coat with sesame seeds on each side. Cook the steaks in the pan for 1 ½ minute each side, then place them aside to rest.
3. In the same pan cook the spring onions and green beans for 3-4 minutes, or until beans are tender. Season to taste with salt and pepper, then divide between two serving plates.
4. Slice the steaks and place on top of the vegetables. Serve immediately.

GF | DF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	371	17	15	41

*Nutrition per serving

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Fish Curry

Serves 4

1 medium yellow onion, chopped

3 tbsp. green curry paste

1 x 14 oz. (400ml) can coconut milk

1.3 lb. (600g) white fish fillets (such as cod), coarsely chopped

2 cups. (360g) frozen vegetable mix

1 tbsp. olive oil

What you need to do

1. Heat the oil in a wok or high sided frying pan over high heat. Add the chopped onion and cook for 3-4 minutes, then add the curry paste and cook, stirring, for 1 more minute.
2. Add the coconut milk and bring to a boil. Reduce the heat to medium-low and add the fish and frozen vegetables. Simmer for 15 minutes, until fish is cooked and the vegetables have warmed through. Serve immediately.

Serving suggestions: white rice, lime wedges

GF | DF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	351	20	14	29

*Nutrition per serving

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Pork Meatballs In Tomato Sauce

Serves 4

14 oz. (400g) lean pork mince

1 clove garlic, minced

1 yellow onion, chopped

2 cups (480ml) passata

¼ cup (15g) parsley leaf, chopped

2 tbsp. olive oil

salt & pepper

What you need to do

1. Place the pork in a medium bowl, season with salt and pepper. Add in the garlic and use your hands to mix thoroughly. Using 1 tablespoon of mince, form meatballs, roughly the size of a walnut.
2. Heat 1 tablespoon of olive oil in a large pan and cook the meatballs, turning occasionally, for 10 minutes or until browned and cooked through. Then take off the heat and set aside.
3. In the same pan, heat the remaining oil and cook the onion for 3-4 minutes until soft. Place the meatballs back into the pan and add the passata. Season with salt and pepper, bring to a boil and then reduce the heat. Simmer for 10 minutes and serve garnished with the parsley.

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	320	23	10	20

*Nutrition per serving

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THRIVE with Coach Phil



Sweet Potato Hummus

Serves 8

1 ½ cup (250g) chickpeas, drained

1 cup (255g) sweet potato, mashed

4 tbsp. tahini

½ tsp. smoked paprika

1 garlic clove, minced

What you need to do

1. Place all the ingredients to a high speed blender or food processor and blitz smooth.
2. Serve as a dip.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	182	12	16	5

*Nutrition per serving

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Tahini Protein Energy Balls

Serves 24

2 cups (180g) rolled oats

1 cup tahini

4 tbsp. honey

2 scoops (64g) vanilla protein powder

2 tbsp. mini chocolate chips

What you need to do

1. Place the rolled oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine to form a dough.
2. Once combined, use a large tablespoon of the dough and form into balls.
3. Store in a covered container in the fridge for up to 2 weeks. Alternatively place in a container and freeze for up to 3 months.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	115	6	11	5

*Nutrition per serving



Almond & Cranberry Energy Balls

Makes 20

10 Medjool dates, pitted

1 cup (90g) rolled oats

¼ cup (35g) cranberries, dried

¼ cup (35g) almonds

4 tbsp. almond butter

What you need to do

1. Place the dates in a food processor and blitz until a smooth paste forms. Add the rolled oats, dried cranberries, almonds and almond butter and pulse until well combined.
2. Using slightly wet hands, roll tablespoonfuls of the mixture into balls. Place in the fridge for 1 hour to set. Store in an airtight container in the refrigerator for up to 2 weeks.

DF | LC | MP | V | Q | N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	1 hr	59	3	7	2

*Nutrition per serving

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Peanut Butter & Cranberry Cookies

Serves 20

1 cup (280g) peanut butter, crunchy

1 cup (180g) coconut sugar

1 egg

1 tsp. baking powder

¼ cup (35g) cranberries, dried

What you need to do

1. Preheat the oven to 360°F (180°C). Line 2 baking trays with baking paper.
2. Place the peanut butter and sugar in a bowl and using a hand mixer beat together until well combined. Add the egg and baking powder and beat again. Finally, add the cranberries and stir to combine.
3. Roll tablespoonfuls of the cookie dough into balls. Place the balls on lined trays, allowing room between each ball for spreading in the oven.
4. Flatten slightly. Bake, swapping trays halfway through cooking, for 10-12 minutes or until light golden. Set aside to cool.
5. Once cooled, store in an airtight container.

DF | LC | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	123	7	13	3

*Nutrition per serving

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THRIVE with Coach Phil



Sweet Potato & Black Bean Brownies

Serves 12

9 oz. (250g) sweet potato

1 14oz. (400g) can black beans, drained

½ cup (60g) walnuts

3.5 oz. (100g) coconut sugar

3.5 oz. (100g) dark chocolate, chopped

3 tbsp. olive oil

What you need to do

1. Peel, chop and boil the sweet potatoes until they are soft. Set aside to cool.
2. Heat the oven to 360°F (180°C) and prepare an 11x7-inches (28x18cm) baking tin lined with baking paper.
3. Place the cooled sweet potatoes, black beans, walnuts, sugar and chocolate into a food processor and blitz until smooth. Next add in the olive oil and blitz again.
4. Transfer the batter into the baking tin and bake for 50 minutes. Remove from the oven and allow to cool completely on a wire rack, before cutting into 12 squares. Store in an airtight container.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	50 mins	183	10	22	3

*Nutrition per serving

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THRIVE with Coach Phil



Apple Cake

Serves 12

2 cups (250g) all-purpose flour

3 tsp. baking powder

1 cup (180g) coconut sugar

1 egg

2 apples, peeled, cored and cut into chucks

½ cup coconut oil, melted

What you need to do

1. Preheat the oven to 360°F (180°C). Prepare an 8-inch (20cm) baking tin lined with baking paper.
2. Place the flour, baking powder and sugar into a large bowl and mix well. Add in the egg and melted coconut oil and stir until combined.
3. Now add in the apples; using your hands incorporate them into the batter.
4. Place the batter into the lined tin and bake for 35-40 minutes. Once ready remove from the oven and allow to cool. Store this cake in an airtight container.

DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	227	10	36	2

*Nutrition per serving

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THRIVE with Coach Phil



Pumpkin Cake

Serves 8

3 eggs

¾ cup (150g) coconut sugar

1 cup (230g) pumpkin puree

2 tsp. cinnamon

1 cup (125g) self-rising flour

What you need to do

1. Preheat the oven to 375°F (190°C).
2. In a large bowl, combine the eggs and sugar. Beat with a hand mixer for 5 minutes until the mixture is fluffy and has tripled in volume. Add the pumpkin puree and cinnamon and beat until everything is well-combined.
3. Sift the flour into the egg mixture and very gently fold, making sure that you do not deflate the eggs.
4. Grease an 8-inch (20cm) diameter cake pan and pour the batter into it. Bake for about 50 minutes or until a toothpick inserted into the middle of the cake comes out clean.
5. Remove the cake from the oven, let it cool, then slice and serve. Store this cake in an airtight container.

Serving suggestions: powdered sugar

DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	50 mins	154	2	34	3

*Nutrition per serving

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Coconut & Chia Seed Pudding

Serves 4

⅓ cup (70g) white chia seeds

14 oz. (400ml) can light coconut milk

¼ cup (60ml) maple syrup

2 clementine's, peeled, segmented, chopped

2 kiwis, peeled, chopped

What you need to do

1. Combine the chia seeds, coconut milk and 2 tablespoon of the maple syrup in a medium bowl.
2. Cover the bowl and place in the fridge for 6 hours or until the mixture thickens.
3. Combine the clementine and kiwi fruit in a bowl. Add the remaining maple syrup and stir to combine. Set this bowl aside in the fridge until the chia seed pudding has thickened.
4. Divide the pudding between 4 serving bowls or glasses. Top with the fruit mix and serve immediately.
5. Alternatively, the chia seed pudding can be stored in the refrigerator for up to 5 days. Just add the fresh fruits when you are ready to eat.

GF | DF | MP | V | Q

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	6 hrs	240	12	31	4

*Nutrition per serving

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Blueberry Protein Ice Cream

Serves 2

1 cup (145g) cottage cheese

1 banana

½ cup vanilla whey powder

4 tbsp. dried blueberries

¼ cup (75g) blueberries, fresh

What you need to do

1. Place the cottage cheese, banana and whey powder in a food processor and blend everything together.
2. Transfer the mixture into a Tupperware dish or similar type of container, and mix in the dried berries. Cover with a lid and freeze for 45 minutes, then take out of the freezer and mix again. Return the dish to the freezer and chill for a further 45 minutes.
3. Take the dish out of the freezer, mix again and serve with fresh berries.

Note: If you keep it in the freezer for longer, then thaw for 10-15 minutes before serving.

GF | MP | HP | V

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	90 mins	243	4	26	28

*Nutrition per serving

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Tropical Carrot Smoothie

Serves 4

1 cup (240ml) carrot juice

1 mango, peeled, chopped

1 cup (165g) pineapple, chopped

1 tsp. ginger, grated

¼ cup (60ml) coconut water

What you need to do

1. Place all ingredients into a high-speed blender and blitz until smooth. Serve over ice.

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	95	0	24	1

*Nutrition per serving

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