

THRIVE
with Coach Phil

Gluten Free Recipe Pack

Discover 45 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, smoothies and treat 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	Healthy Sweet Potato Pancakes	Southwest Chicken Salad	E.g. Chocolate & Coconut Chia Pudding, Peanut Butter Energy Balls, Watermelon, Celery & Lime Juice	Mediterranean Baked Salmon
Tue	Healthy Sweet Potato Pancakes	Southwest Chicken Salad	E.g. Chocolate & Coconut Chia Pudding, Peanut Butter Energy Balls, Watermelon, Celery & Lime Juice	Lamb & Chickpea Stuffed Peppers
Wed	Black Bean Omelet	Leftover Lamb & Chickpea Stuffed Peppers	E.g. Chocolate & Coconut Chia Pudding, Peanut Butter Energy Balls, Watermelon, Celery & Lime Juice	Mexican Beef Skillet
Thu	Black Bean Omelet	Carrot Ginger Soup	E.g. Chocolate & Coconut Chia Pudding, Peanut Butter Energy Balls, Watermelon, Celery & Lime Juice	Mexican Beef Skillet
Fri	Bacon Wrapped Egg Cups	Carrot Ginger Soup	E.g. Chocolate & Coconut Chia Pudding, Peanut Butter Energy Balls, Watermelon, Celery & Lime Juice	Keto Pesto Zoodles with Chicken
Sat	Bacon Wrapped Egg Cups	Butter Bean, Tuna & Red Onion Salad	E.g. Chocolate & Coconut Chia Pudding, Peanut Butter Energy Balls, Watermelon, Celery & Lime Juice	Meal Out - Enjoy!
Sun	Chocolate & Coconut Chia Pudding	Butter Bean, Tuna & Red Onion Salad	E.g. Chocolate & Coconut Chia Pudding, Peanut Butter Energy Balls, Watermelon, Celery & Lime Juice	Mediterranean Baked Salmon

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables

Fruits
5 limes
1 lemon
watermelon

Vegetables
sweet potatoes
tomato
3 red onions
4 white onions
garlic
avocado
6 red bell peppers
1 green bell pepper
ginger
1.4 lbs. (650g) carrots
celery sticks
4 zucchinis
cherry tomatoes

Herbs
coriander
parsley
basil

Dried
8 medjool dates

Meat, Dairy, Non-Dairy

Fish, Seafood
4 salmon fillets

Meats
bacon
1 lb. (450g) cooked chicken breast
9 oz. (250g) lamb mince
1 lb. (450g) chicken breast
1 lb. (450g) lean ground beef

Dairy
feta
Greek yogurt
parmesan
cheddar cheese

Non-Dairy
26 eggs
almond milk
coconut yogurt

Grains, Seeds & Spices

Grains
white rice
rolled oats

Nuts, Seeds
walnuts
chia seeds

Spices
ground cinnamon
ground cumin
chili powder
Moroccan spice mix
ground paprika
chili flakes
white pepper
thyme
garlic powder
oregano
smoked paprika
onion powder
mixed herbs

Baking
cocoa powder
cocoa nibs
vanilla extract

Cans, Condiments, Misc

Oils
olive oil
coconut oil

Sweeteners
maple syrup
honey
agave syrup

Cans, Condiments
3 cans black beans
can sweet corn
hot sauce
sriracha
tomato paste
can chickpeas
vegetable stock
can coconut milk
apple cider vinegar
can butter beans
tuna
green pesto
tomato passata
beef stock
can chopped tomatoes
capers
chicken stock
tomato paste
peanut butter

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon	Banana Date Protein Smoothie	Roasted Cherry Tomato Salad	E.g. Melon Protein Smoothie, Maple Roasted Peanuts, Honey & Peanut Butter Energy Balls	Slow Cooker Korean Beef
Tue	Egg, Carrot & Kale Muffins	Leftover Slow Cooker Korean Beef	E.g. Melon Protein Smoothie, Maple Roasted Peanuts, Honey & Peanut Butter Energy Balls	One-Pot Sea Bass & Thai Rice
Wed	Egg, Carrot & Kale Muffins	Salmon Nicoise Salad	E.g. Melon Protein Smoothie, Maple Roasted Peanuts, Honey & Peanut Butter Energy Balls	One-Pot Sea Bass & Thai Rice
Thu	Zucchini Pancakes	Salmon Nicoise Salad	E.g. Melon Protein Smoothie, Maple Roasted Peanuts, Honey & Peanut Butter Energy Balls	Jackfruit Curry
Fri	Zucchini Pancakes	Green Beans, Chicken & Grapefruit Salad	E.g. Melon Protein Smoothie, Maple Roasted Peanuts, Honey & Peanut Butter Energy Balls	Jackfruit Curry
Sat	Tuna Omelet	Green Beans, Chicken & Grapefruit Salad	E.g. Melon Protein Smoothie, Maple Roasted Peanuts, Honey & Peanut Butter Energy Balls	Meal Out - Enjoy!
Sun	Tuna Omelet	Banana Date Protein Smoothie	E.g. Melon Protein Smoothie, Maple Roasted Peanuts, Honey & Peanut Butter Energy Balls	Roasted Cherry Tomato Salad

Weekly Shopping List for Meal Plan 02

Fruits, Vegetables

Fruits
4 bananas
honeydew melon
4 limes
kale
carrots
grapefruit

Vegetables
avocado
garlic
3 zucchinis
spring onions
ginger
1 sweet potato
2 red chilis
yellow onion
2 boxes green beans
cherry tomatoes
cucumber
red onion
red bell pepper
lettuce

Herbs
basil
chives
dill

Dried
20 dates
raisins

Meat, Dairy, Non-Dairy

Fish, Seafood
4x 3.5 oz. (100g) sea bass filets, skin scored
2 salmon fillets

Meats
3 lbs. (1.3kg) stewing beef
9 oz. (250g) chicken breast

Dairy
feta
Greek yogurt
cream cheese (Philadelphia)

Non-Dairy
almond milk
coconut milk
13 eggs

Grains, Seeds & Spices

Grains
basmati rice
Jasmine rice

Nuts, Seeds
pecans
peanuts
sesame seeds

Spices
ground cinnamon
ground turmeric
onion powder
chili flakes

Baking
cacao powder
buckwheat flour
baking powder
almond meal
desiccated coconut
corn starch

Cans, Condiments, Misc

Oils
olive oil
coconut oil
sesame oil

Sweeteners
maple syrup
honey
coconut sugar

Cans, Condiments
almond butter
peanut butter
beef stock
tamari
red wine vinegar
sriracha
2 cans coconut milk
can/jar jackfruit
balsamic vinegar
canned tuna
black olives
apple cider vinegar
red Thai curry paste
chickpeas

Misc, Other
vegan vanilla protein powder



Green Shakshuka

Serves 2

1 tbsp. coconut oil
1 onion, diced
2 cloves garlic, minced
1 tsp. ground cumin
2-4 handfuls spinach
a handful parsley
2-4 tbsp. almond milk
1 tbsp. harissa paste
1 green bell pepper, sliced
1 cup (150g) green peas, frozen
4 eggs

What you need to do

Heat half of the coconut oil in a large frying pan, over medium heat, and sauté the onion and garlic for about 10 minutes, until soft.

Season with cumin and salt to taste, then cook for another 2 minutes. Next, transfer the onion into a food processor along with the spinach, parsley, almond milk and harissa paste. Season with freshly ground black pepper, and blend until smooth.

Using the same pan as earlier, heat the remaining oil and fry the pepper for about 5 minutes, until charred. Next, pour in the spinach sauce and add the peas. Cook for about 5 minutes until peas are defrosted.

Make 4 pockets in the sauce and break an egg in each one. Cook for another 10 minutes, or until the eggs are set. Cover with a lid to speed up the process.

Serve seasoned with salt and freshly ground black pepper.

GF | DF | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	35 mins	338	19	23	18

*Nutrition per serve

myfitnesspal
01904574



Sweet Potato & Zucchini Hash

Serves 4

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

What you need to do

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

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

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	296	14	29	15

*Nutrition per serve

myfitnesspal
02279763



Sweet Potato Spanish Omelet

Serves 2

1 tbsp. olive oil
1 cup (130g) sweet potatoes, peeled, diced
1 small onion, chopped
½ red bell pepper, chopped
1 cup (70g) mushrooms chopped
2 handfuls spinach, chopped
4 eggs, beaten
¼ cup (35g) feta cheese, cubed
salt & pepper

What you need to do

Preheat the grill to a medium-high heat.

Heat the oil in a medium ovenproof frying pan and fry the sweet potatoes for 3 to 4 minutes, until they start to soften. Add the onion and cook for another 2 minutes, then add the pepper and mushrooms and cook for 3 minutes, stirring continuously. Finally add the spinach and cook for 1-2 minutes, until the spinach has wilted.

Pour in the beaten eggs and tip the pan so that the eggs run evenly across the vegetables, covering the pan. Season with salt and pepper. Cook for a further 3 to 4 minutes, until the bottom of the omelet begins to set.

Top the eggs with cubed feta and place the pan under the grill for about 5 minutes to cook the top. The omelet is done when the eggs have completely set. Serve immediately.

GF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
12 mins	20 mins	352	20	25	19

*Nutrition per serve

myfitnesspal
04597342



Bacon Wrapped Egg Cups

Serves 12

12 strips smoked bacon
12 medium eggs
1 tsp. coconut oil
ground black pepper

What you need to do

Preheat the oven to 400°F (200°C) and lightly grease a muffin tin with coconut oil.

Wrap the bacon on the inside of each muffin so that it covers the sides completely and creates a basket for the eggs. Using a pair of scissors, cut the bacon that sticks out of the tin. Use those pieces of bacon for the bottom of the basket.

Place the bacon in the oven for around 7-8 minutes. Remove it before it starts to get crispy.

Next, crack 1 egg inside of each basket and place the baskets back into the oven. Bake for another 10–15 minutes, depending on how you like your eggs cooked.

Once ready, season with ground black pepper and enjoy.

Nutrition info for 1 muffin.

GF | DF | LC | MP | V | Q

myfitnesspal
05612581

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	185	16	0	10

*Nutrition per serve



Egg, Carrot & Kale Muffins

Makes 6

For the muffins:
4 eggs
1 garlic clove, minced
½ tsp. ground turmeric
2 tbsp. chives, chopped
1 cup (70g) kale, chopped leaves
1 cup (110g) carrots, grated
¼ cup (40g) feta, crumbled
salt & pepper

For the sauce:
¾ cup (180g) Greek yogurt
2 tbsp. chives, chopped

What you need to do

Preheat the oven to 360°F (180°C). Prepare a muffin tin lined with muffin paper cases or use silicone muffin cases.

In a bowl, beat the eggs with the garlic, turmeric, salt, pepper and chives. Add the kale, carrots, crumbled feta and mix with a fork.

Fill 6 muffin cases with the mixture and place in the hot oven to bake for 15 minutes.

Meanwhile, mix together the yogurt and chives and season with salt and pepper.

Serve the egg muffins with the yogurt sauce.

GF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	98	5	4	8

*Nutrition per serve

myfitnesspal
01393590



Black Bean Omelet

Serves 4

For the salsa:
1 tomato, diced
½ small onion, diced
½ lime, juice only
handful coriander, chopped

For the omelet:
1 can (14 oz./400g) black beans, drained
1 lime, juiced
¼ tsp. cumin
hot sauce, to taste
1 tsp. olive oil
8 eggs
salt & pepper
½ cup (75g) feta, crumbled
1 avocado, sliced

What you need to do

To make salsa:
Combine all of the salsa ingredients in a bowl, season to taste with salt and pepper, and mix well. Set aside until needed.

To make the omelet:
Pulse the black beans, lime juice, cumin, and a few drops of hot sauce in a food processor until it has the consistency of refried beans.

Heat ½ teaspoon of oil in a small non-stick pan over medium heat. Crack two eggs into a bowl and beat with a bit of salt and pepper.

Add the eggs to the pan, then use a spatula to lift the cooked egg on the bottom to allow raw egg to slide under.

When the eggs have set, place the omelet on a plate and spoon a quarter of the black bean mixture and 2 tablespoons feta down the middle of the omelet.

Fold the edges over the center, top with ¼ of the salsa and a few avocado slices.

Repeat with the remaining ingredients to make four omelets.

GF | MP | HP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	384	23	25	23

*Nutrition per serve

myfitnesspal
06837396



Tuna Egg Salad

Serves 4

4 eggs, hard-boiled
2x 5 oz. (145g) cans tuna, in brine
2 tbsp. red onion, finely diced
2 tbsp. chives, finely chopped
⅓ cup (115g) Greek yogurt
2 tbsp. mayonnaise
2 tsp. dijon mustard
½ tsp. sriracha
⅛ tsp. smoked paprika
salt & pepper

What you need to do

First, hard boil the eggs. Once the eggs are cooked, transfer them into cold water and allow to cool for 10 minutes (in the meantime, prepare the salad and dressing). Once cooled, peel and chop into small, bite-sized pieces and place them in a bowl.

Drain the canned tuna and add to the eggs along with the red onion and chives.

In a small bowl, mix the Greek yogurt, mayonnaise, dijon mustard, and sriracha. Add the sauce to the eggs and tuna, season with salt and pepper, and mix well.

To serve, season with smoked paprika.

Serving suggestions: toast, or on its own

GF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	191	8	3	25

*Nutrition per serve

myfitnesspal
02345830



Tuna Omelet

Serves 2

2 tsp. coconut oil
1 red bell pepper, diced
1x 4 oz. (110g) can tuna, in brine, drained
2 tbsp. cream cheese, like Philadelphia
6 eggs
chili flakes, to garnish
salt & pepper

What you need to do

Heat 1 teaspoon of oil in small frying pan over a medium heat and sauté the bell pepper for about 3 minutes. Remove from the heat.

In a bowl, mix the bell pepper, drained tuna and cream cheese. Set aside.

In a separate bowl, beat the eggs together. Season with salt and pepper.

In the same frying pan, heat the remaining 1 teaspoon of oil over medium-high heat, taking care not to burn the coconut oil. Pour in half the eggs. Wait until the eggs on the bottom of the pan start to set.

Working quickly, use a spatula or wooden spoon to draw in the sides of the eggs to the center. Gently shake the pan to redistribute the egg to the edges. Continue cooking until the eggs are almost set.

Spoon half the tuna mixture onto the omelet and gently lift one edge to fold over in half. Cook for another minute. Then transfer the omelet onto a serving plate and garnish with chili flakes, season with sea salt and pepper. Now repeat the process for the second omelet. Once both omelets are cooked serve immediately.

GF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	356	20	5	37

*Nutrition per serve

myfitnesspal
04121529



Healthy Sweet Potato Pancakes

Serves 4

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 potatoes in a pot of boiling water for around 15 minutes. Then drain and let it cool.

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

Heat ¼ tablespoon of the oil in a large non-stick frying pan and add 3 portions of batter (around 2 heaped tablespoon 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.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	25 mins	268	14	30	12

*Nutrition per serve

myfitnesspal
07254901



Classic Hummus

Serves 6

14 oz. (400g) can chickpeas, drained
1 clove garlic
1 tbsp. tahini
½ tsp. cumin
juice of ½ lemon
2 tbsp. olive oil
1 tsp. salt
pinch of black pepper

What you need to do

Add all the ingredients into a food processor along with 1 teaspoon of salt and a pinch of black pepper. Blend until smooth, adding more olive oil if required to reach desired consistency.

Taste and adjust the seasoning as preferred. Transfer the hummus into a bowl/airtight container and serve chilled.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 min	100	7	6	3

*Nutrition per serve

myfitnesspal
02451886



Green Beans, Chicken & Grapefruit Salad

Serves 2

9 oz. (250g) chicken breast
¼ tsp. sea salt
¼ tsp. black pepper
2 tbsp. extra virgin olive oil
1½ cups (220g) green beans, trimmed
1 grapefruit
1 head green lettuce

What you need to do

Season the chicken with salt and pepper. Heat 1 tablespoon of oil in a pan over medium-high heat and fry the chicken until cooked through and browned; about 5-6 minutes on each side.

Cook the green beans in slightly salted water until they are crisp-tender. Remove from heat, drain and rinse with cold water.

Cut off the skin of the grapefruit and divide it into segments. Do this over a bowl, so you keep all the juice for dressing.

To serve, divide the lettuce leaves between plates, then top them with green beans, grapefruit, and chicken. Drizzle with the grapefruit juice and season with salt and pepper to serve.

GF | DF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	344	17	18	31

*Nutrition per serve

myfitnesspal
03346842



Salmon Nicoise Salad

Serves 2

2 salmon fillets (4.5 oz./130g each)
10.5 oz. (300g) green beans, trimmed
2 eggs
10 black olives
2 tbsp. Greek yogurt
1 tbsp. apple cider vinegar
salt & pepper

What you need to do

Place the salmon skin side down in a colander over a pan of boiling salted water. Cover and steam for 10 minutes.

Cook the trimmed beans in boiling water for 6 minutes. Then boil the eggs for 5–6 minutes.

Blend the olives into a paste with a hand mixer and mix half of them with the Greek yogurt, 1 tablespoon of vinegar and salt and pepper.

Toss the cooked beans with the Greek yogurt dressing and divide between 2 plates.

Peel and cut the eggs into quarters. Flake the salmon over the beans and arrange the eggs on top.

Dot the remaining black olive paste over the salad. Season to taste with salt and pepper and serve.

GF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	340	17	11	36

*Nutrition per serve

myfitnesspal
02457943



Butter Bean, Tuna & Red Onion Salad

Serves 2

½ red onion, sliced
1 tbsp. apple cider vinegar
1 celery stick
bunch parsley, chopped
1 can (14 oz./400g) butter beans, drained
1 can (3.8 oz./110g) tuna in olive oil
salt & pepper

What you need to do

Peel and finely slice the red onion. Place in a large bowl and massage 1 tablespoon of vinegar into it. Season with salt and pepper.

Finely slice the celery, chop the parsley, and put them into the bowl. Drain and rinse the beans.

Divide between 2 plates.

Drain and add the flaked tuna into the bowl. Add onion and gently toss the ingredients together.

Pile the salad on top of the beans and season with salt and black pepper to taste.

GF | DF | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 min	245	1	32	17

*Nutrition per serve

myfitnesspal
02289328



Roasted Cherry Tomato Salad

Serves 6

2 lbs. (900g) cherry tomatoes, halved
¼ cup (60ml) olive oil
1 tbsp. honey
½ tsp. sea salt
1 small cucumber, peeled, diced
½ cup (70g) feta cheese, crumbled
1 small red onion, chopped
2 tbsp. balsamic vinegar
1 tbsp. basil, chopped
pepper

What you need to do

Preheat the oven to 350°F (180°C).

Place half of the tomatoes in a bowl and, set aside.

Gently mix the other half of tomatoes in a separate bowl with the olive oil, honey, and salt.

Place the seasoned tomatoes on a baking tray on the top rack of the oven. Bake for about 45 minutes until they start to shrink and caramelize. Once cooked set aside to cool.

Once cooled, mix the roasted tomatoes with the fresh tomatoes, cucumber, feta cheese, onion, vinegar and basil in a large bowl. Season to taste with salt and pepper and serve.

GF | LC | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	45 mins	163	12	12	3

*Nutrition per serve

myfitnesspal
03159156



Southwest Chicken Salad

Serves 4

For the salad:
1 lb. (450g) cooked, shredded chicken breast
1 cup (150g) sweet corn, canned
1 cup (170g) black beans, canned, drained, rinsed
1 small red onion, diced
¼ cup (4g) coriander, chopped
1 red bell pepper, diced

For the dressing:
½ cup (120g) Greek yogurt
1 lime, juiced
½ tsp. ground cumin
½ tsp. chili powder
¼ tsp. salt
2 tsp. sriracha

What you need to do

Place the shredded chicken, sweet corn, black beans, red onion, fresh coriander, and red pepper into a large bowl. Mix and set aside.

Make the dressing by mixing all the dressing ingredients in a cup.

Add dressing to the salad and mix until well combined.

GF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 min	311	5	25	43

*Nutrition per serve

myfitnesspal
08030233



Thai Broccoli Soup with Coconut

Serves 4

2 tbsp. olive oil
2 shallots, chopped
4 cloves garlic, chopped
2 tsp. ginger, chopped
1 jalapeño pepper, sliced
1 lemongrass, chopped
4 cups (950ml) vegetable stock
¾ tsp. salt
4 kefir lime leaves (optional)
1 head broccoli
2 medium potatoes, peeled, & chopped
½ cup (120ml) coconut milk, full-fat
1 tsp. sugar
7 oz. (200g) spinach
1 bunch coriander
3 tbsp. fresh lime juice
2 tsp. fish sauce
roasted peanuts, to garnish (optional)

What you need to do

Heat oil in a pot over medium heat. Add the shallots, and sauté for 3 minutes. Then, add the garlic, ginger, and jalapeño pepper. Sauté for another 3 minutes then. Add the lemongrass, and sauté for another 1-2 minutes.

Add the vegetable stock, kefir lime leaves (if using), salt, broccoli, and potatoes. Bring to a boil. Lower the heat and cover with lid. Gently simmer, covered for 10-12 minutes.

Once vegetables are tender, take the pot off the heat. Add in the spinach and coriander. Blend with a hand-blender or in a food processor until very smooth.

Place the blended soup back in the pot, over low heat, stir in the coconut milk, add in the sugar, and stir until warmed through. Do not boil.

Lastly, add the lime juice, and fish sauce to taste.

Divide between the bowls, and garnish with additional coriander leaves and roasted peanuts (optional).

GF | DF | MP | V

myfitnesspal
06296353

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	308	14	42	10

*Nutrition per serve



Carrot & Ginger Soup

Serves 6

1 tbsp. olive oil
1 onion, chopped
2 cloves garlic, minced
2 tbsp. ginger, grated
23 oz. (650g) carrots, peeled, chopped
4 cups (960ml) vegetable stock
1 tsp. salt
½ tsp. white pepper
1 tsp. thyme leaves, dried
14 oz. (400ml) can coconut milk, full fat
½ lime, juice

What you need to do

Heat the olive oil in a large pan, over a medium heat. Cook the onion for 5-6 minutes, until soft. Add the garlic and ginger, and cook for a further 1-2 minutes.

Add the carrots, vegetable stock, salt, pepper and dried thyme, and stir well to combine. Simmer for 20-30 minutes, until the carrots have softened.

Allow to cool slightly and blend until smooth using either a hand blender or a food processor.

Finally, stir in coconut milk and lime juice, and serve.

This soup can be stored in an air tight container in the fridge for up to 4 days.

GF | DF | LC | MP | V

myfitnesspal

03902479

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	187	13	18	2

*Nutrition per serve



Zucchini Pancakes

Serves 12

For the pancakes:
3 medium zucchinis, grated
1 large egg, beaten
½ cup (60g) buckwheat flour
½ cup (70g) feta cheese, crumbled
3 spring onions, chopped
5 sprigs dill, chopped
1 tsp. baking powder
½ tsp. salt (plus extra ½ tsp. salt for extracting moisture from zucchinis)
2 tbsp. olive oil
1 tsp. ground black pepper

For the sauce:
⅔ cup (160g) Greek yogurt
2 cloves garlic, minced
½ tsp. salt

What you need to do

Place the zucchinis in a colander over a large bowl, and mix with ½ teaspoon of salt. Allow to drain for five minutes, then transfer onto a kitchen cloth, and squeeze to extract as much moisture as possible (the zucchini will shrink to about half the size).

In a large mixing bowl, combine the zucchinis with the egg. Add the buckwheat flour, ½ teaspoon of salt, feta cheese, spring onions, dill, baking powder and ½ teaspoon of freshly ground black pepper. Mix well to combine thoroughly.

Heat 1 tablespoon of olive oil in a large, non-stick frying pan over medium heat. Fry the first batch of the pancakes by placing heaping tablespoons of the batter into the pan. Do not be tempted to add too many pancakes at once as they will stick together.

Fry until golden on one side for about 6-7 minutes, then turn and fry again until golden on the other side. Repeat the process with the remaining batter, adding a little oil to the pan as you go to keep the pancakes from sticking.

In a small bowl, combine the yogurt, garlic and salt. Mix well, and serve alongside the pancakes.

Tip*:* The batter should make 12 pancakes, 3 per portion.

GF | DF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	236	14	19	12

*Nutrition per serve

myfitnesspal
05730957



Chickpea Pancakes with Beef & Lentils

Serves 4

2⅔ cups (200g) chickpea flour, sifted
1½ cups (350ml) oat milk
1½ cups (300g) lentils, can, drained
10.5 oz. (300g) ground lean beef, 5% fat
3 tbsp. coconut oil
1 onion, chopped
2 cloves garlic, chopped
4 tbsp. Greek yogurt
4 spring onions, sliced
6 sprigs coriander, chopped
6 sprigs mint, chopped
salt & pepper

What you need to do

Sift the flour over a bowl. Mix with 1 teaspoon of salt and pepper. Pour in the milk and let stand for 10 minutes.

Finely chop the onion and garlic. Heat 1 tablespoon of oil in a pan over medium-high heat and fry the onion and garlic until golden. Add the minced beef and cook until brown. Next, add the lentils and stir until the lentils are warm, then take off the heat.

In a separate pan, heat some of the remaining coconut oil, over medium heat. Pour around 2-2.5 serving spoons of batter into the pan and fry the pancakes on both sides for around 3 minutes until golden brown. Continue with the process to make 8 pancakes.

To serve, place 2 pancakes on a plate top with the minced meat mixture, a tablespoon of Greek yogurt and the chopped fresh herbs and some spring onions.

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	506	20	48	33

*Nutrition per serve

myfitnesspal
02495781



Jackfruit Curry

Serves 4

1 tbsp. coconut oil
1 cup (225g) Jasmine rice, uncooked
1 yellow onion, chopped
4 tbsp. red Thai curry paste
1 sweet potato, peeled & chopped into bite-size chunks
1 cup (165g) chickpeas, drained & rinsed
1½ cups (350ml) coconut milk, canned
1 cup (175g) canned jackfruit, chopped
handful cilantro, chopped
1 lime, to garnish

What you need to do

Cook rice according to instructions on the packaging.

Heat oil in a large skillet over medium-high heat. Add the onion in, frequently stirring for about 5-6 minutes until fragrant. Add the curry paste, stir and cook for another minute.

Add in the sweet potato, chickpeas and coconut milk to the skillet and stir to combine.

Allow the sauce to heat up until simmering. Let it continue to simmer for about 10-15 minutes, or until sweet potatoes are tender enough to be easily pierced with a fork. If the mixture gets too thick (or dry), you can add water to the pan, ¼ cup (60ml) at a time, up to ½ cup (120ml).

Lastly, add the jackfruit and cook for another 2-3 minutes until heated through. Taste and season with salt and pepper, if needed.

Serve curry over rice with cilantro and a squeeze of lime.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	549	20	83	10

*Nutrition per serve

myfitnesspal
09326903



Cod in Tomato Sauce

Serves 4

4 cod fillets (1 lb./450g)
2 eggs, hard boiled
2 tbsp. all-purpose flour
1 tbsp. olive oil
3 cloves garlic, sliced
1 medium white onion, chopped
¼ tsp. smoked paprika
2 cups (500g) tomato passata
2 tsp. sugar
1 cup (160g) green peas, frozen
7 oz. (200g) roasted peppers, from the jar
fresh parsley
salt & pepper

What you need to do

Rinse and pat dry the cod fillets. Then season with salt and coat in a thin layer of flour.

Hard boil 2 eggs.

Heat olive oil in a large skillet, over medium-high heat and fry the cod fillets for 1-2 minutes on each side. Then set aside.

Using the same pan, add the garlic and onion into the pan and mix them with the oil, scraping up anything that was left from the cod, and cook for about 3-4 minutes.

Season everything with salt, freshly cracked black pepper, and a generous ¼ teaspoon of smoked paprika. Mix everything together, then add the tomato passata, sugar, and green peas. Mix it all together until well combined and then lower the heat to low.

After leaving the sauce to simmer for 5 minutes, add the fillets back into the pan and simmer for another 15 minutes.

In the last few minutes of cooking, add in the roasted peppers. Check the seasoning, and garnish with fresh, chopped parsley and serve with a boiled egg.

GF | DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	309	5	41	29

*Nutrition per serve

myfitnesspal
07780387



Mediterranean Baked Salmon

Serves 4

For the salmon:
4 salmon fillets (4.5 oz./ 130g each)
salt & pepper
1 tbsp. mixed herbs
1 tsp. lemon zest
1 tsp. olive oil

For the sauce:
2 tbsp. olive oil
14 oz. (400g) can chopped tomatoes
1 small white onion, diced
2 garlic cloves, finely chopped
2 tbsp. capers
½ cup (120ml) chicken stock
1 tbsp. tomato paste
2 tsp. lemon zest
2 tsp. oregano
1 tsp. thyme
fresh parsley, chopped
salt & pepper

What you need to do

Heat oven to 400°F (200°C).

Season the salmon filets with salt and pepper, mixed herbs and lemon zest, then rub it with the olive oil.

Heat 1 tablespoon of olive on a large pan over high heat. Once hot, place the salmon fillets skin up and sear for 3 minutes, then remove and set aside. Reduce the heat to medium.

Once the pan has cooled down, add the remaining 1 tablespoon of olive oil, onion, garlic, and the capers. Cook for 2–3 minutes until they are caramelized and slightly browned.

Add in the chopped tomatoes, chicken stock, and tomato paste. Bring the sauce to a simmer. Add the remaining ingredients, and season to taste with salt and pepper. Stir well and cook for 8–10 minutes, until the sauce has reduced.

Transfer the sauce into a baking dish and place the salmon fillets in the tomato sauce. Bake in the oven for 10 minutes. Garnish with chopped parsley and serve.

Serving suggestions: side salad, potatoes, pasta

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	248	10	9	29

*Nutrition per serve

myfitnesspal
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One-Pot Sea Bass & Thai Rice

Serves 4

For the paste:
1 oz. (30g) coriander, leaves picked, stalks reserved
1 thumb-sized pieces ginger, peeled
2 cloves garlic, peeled
1 red chillies, deseeded
1 tbsp. sesame oil
3 tbsp. tamari soy sauce
1 lime, juice & zest
7 oz. (200ml) can coconut milk

For the rice:
7 oz. (200g) basmati rice
4x 3.5 oz. (100g) sea bass fillets, skin scored
2 cups (200g) green beans
4 spring onions, finely sliced
1 red chili, deseeded, sliced
1 lime, to serve

What you need to do

Preheat the oven to 400°F (200°C).

Place all the paste ingredients into a food processor or high-speed blender, adding only half of the coriander leaves, and blitz to a smooth consistency. Set aside until needed.

Cook the rice until just cooked, then drain. Transfer the rice into a baking tray and cover with the paste, mix well to combine. Top the rice with the fish fillets and the green beans, then cover with tinfoil and bake in the oven for around 20 minutes, or until fish is cooked through and beans are tender.

To serve, divide between 4 plates, sprinkle with the spring onions, chili and remaining coriander leaves. Serve with lime wedges.

GF | DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	45 mins	487	16	57	31

*Nutrition per serve

myfitnesspal
05657324



Mexican Beef Skillet

Serves 6

1 tbsp. olive oil
3 cloves garlic, minced
1 small white onion, finely diced
1 red bell pepper, diced
1 green bell pepper, diced
1 lb. (450g) ground beef, 5% fat
½ cup (125g) tomato passata
1⅓ cups (235g) canned black beans, drained
1 cup (195g) white rice, raw
1½ cups (355ml) beef stock
½ cup (55g) cheddar cheese, shredded

Taco seasoning:
1 tbsp. paprika
1 tsp. garlic powder
1 tsp. cumin
1 tsp. oregano
½ tsp. smoked paprika
½ tsp. onion powder
½ tsp. red chili flakes
½ tsp. salt, or to taste
½ tsp. black pepper, or to taste

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What you need to do

Heat olive oil in a large skillet over medium-high heat. Add the garlic, onion, and bell peppers. Sauté for 3-5 minutes.

Move vegetables to one side and add in ground beef. Cook the beef for 8-9 minutes, or until cooked through and browned. Next, mix everything together in the skillet.

Add taco seasoning, tomato passata, and black beans. Cook for a 2-3 minutes. Then, add in the rice and beef stock. Bring to a boil, and reduce the heat to low.

Cover and allow to simmer for 15-20 minutes or until the rice has softened and absorbed the majority of the liquid.

Sprinkle cheese on top of skillet and either let melt naturally or place it in the heated oven at 400°F (200°C) for a few minutes.

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	406	14	48	25

*Nutrition per serve



Keto Pesto Zoodles with Chicken

Serves 4

4 zucchini, spiralised
1 lb. (450g) chicken breast, chopped
2 tbsp. olive oil
4 tbsp. green pesto
2 cups (300g) cherry tomatoes, halved
⅓ cup (30g) parmesan cheese, grated
fresh basil, to serve
chili flakes, to serve
salt & pepper

What you need to do

Make zucchini noodles using spiralizer or a vegetable peeler.

Heat 1 tablespoon of olive oil in a large pan over medium heat. Season the chicken with salt and pepper and place the chicken in the pan for 8-10 minutes, ensuring it is cooked all over. Once the chicken is cooked through, transfer to a plate and set aside.

Next, cook the zoodles. In the same pan, add the remaining tablespoon of oil, pesto, tomatoes and zucchini noodles. Stir well, until the zoodles are coated with the pesto. Add the chicken back into the pan, along with the parmesan cheese and toss. Add more salt and pepper if necessary.

Serve with fresh basil and chili flakes.

GF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	338	19	11	32

*Nutrition per serve

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Vegetarian Chili

Serves 6

For the 'vegetable base':
1 cup (120g) walnuts
8 oz. (230g) mushrooms
4 carrots, cut into chunks

For the chili:
1 tbsp. olive oil
1 onion, diced
4 cloves garlic, minced
2 jalapeño peppers, deseeded, finely chopped
4 tbsp. tomato paste
1 tsp. chili powder
2 tsp. ground cumin
1 tsp. smoked paprika
2 tbsp. soy sauce
2x 14 oz. (400g) cans diced tomatoes
1x 14 oz. (400g) can black bean, drained
1 cup (240ml) water
salt & pepper

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What you need to do

Place all the 'vegetable base' ingredients into a food processor and pulse until you achieve a chunky paste-like consistency. Set aside.

Heat the olive oil in a large pan over a medium heat. Add the onion and garlic and sauté gently for 5-7 minutes until soft. Add the diced jalapeño peppers, tomato paste, chili powder, cumin, smoked paprika, and soy sauce.

Next add in the chunky vegetable paste and cook for 10 minute, until softened. Season with salt and pepper to taste.

Add in the tomatoes, beans, and water. Bring to the boil and then let it simmer on a low heat for around 45 minutes.

Serving suggestions: brown rice, sour cream or Greek yogurt, grated cheese, fresh parsley.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	60 mins	315	16	32	13

*Nutrition per serve



Lamb & Chickpea Stuffed Peppers

Serves 4

4 bell peppers
1 tbsp. olive oil
1 white onion, finely chopped
2 garlic cloves, crushed
3 tsp. Moroccan spice mix
1 tsp. ground paprika
½ tsp. dried chili flakes
9 oz. (250g) lamb mince
4 tbsp. tomato paste
14 oz. (400g) can chickpeas, rinsed, drained
3.5 oz. (100g) feta cheese, crumbled
2 tbsp. parsley, chopped
salt & pepper

What you need to do

Preheat the oven to 400°F (200°C). Grease a large roasting tray.

Cut the bell peppers in half lengthways. Use a small sharp knife to carefully remove the seeds and membrane. Place the bell pepper halves, cut-side up, in the tray.

Heat the olive oil in a large deep frying pan and place over a medium heat. Add the onion and cook for 5 minutes or until soft, then add the garlic and cook for a further minute.

Stir in the Moroccan spice mix, paprika and chili flakes. Add the lamb mince, stirring constantly to break up the mince, and cook for 5 minutes until the meat has browned. Add in the tomato paste and chickpeas, mix well and remove from heat. Cool slightly and season to taste with salt and pepper.

Add the feta cheese into the lamb mixture and stir to combine. Divide the mixture evenly between each of the peppers. Cover the dish loosely with tin foil and bake for 45 minutes or until the peppers are tender.

Divide between 4 serving plates. Serve immediately with freshly chopped parsley.

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	60 mins	436	26	32	22

*Nutrition per serve

myfitnesspal
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Slow Cooker Korean Beef

Serves 8

3 lbs. (1.3kg) stewing beef, cut into chunks
2 tbsp. cornstarch
1 tbsp. sesame seeds
½ cup water
6 spring onions, thinly sliced

For the sauce:
1 cup (240ml) beef stock
½ cup (120ml) tamari soy sauce
½ cup (100g) coconut sugar
4 cloves garlic, minced
1 tbsp. sesame oil
1 tbsp. rice wine vinegar
1 tbsp. ginger, grated
1 tsp. sriracha sauce
½ tsp. onion powder
½ tsp. black pepper

What you need to do

In a large bowl, mix together all the sauce ingredients and stir well to combine.

Place the beef in the slow cooker and cover with the sauce mixture. Place the lid on the slow cooker and cook on a low heat for 8 hours or on a high heat for 4 hours.

Once the beef has finished cooking, mix the cornstarch and ¼ cup water and stir into the slow cooker to thicken the sauce.

Cover and cook on high heat for another 30 minutes, or until the sauce has thickened.

Serve immediately, garnished with green onions and sesame seeds.

Serving suggestions: rice, steamed vegetables

GF | DF | LC | MP | HP

myfitnesspal
09360969

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	8.5 hrs	305	10	18	38

*Nutrition per serve



Lemon Raspberry Chia Pudding

Serves 2

2 cups (470ml) unsweetened almond milk
½ cup (85g) chia seeds
½ lemon, zest & juice
½ tsp. vanilla extract
1 cup (65g) raspberries, fresh or frozen
1 tbsp. honey

What you need to do

Combine all ingredients in a large, sealable container. Make sure all chia seeds are mixed in well.

Let sit overnight or for at least eight hours. Serve cold with toppings of choice.

GF | DF | MP | V | Q | N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	8 hrs	339	19	39	10

*Nutrition per serve

myfitnesspal
06390202



Chocolate & Coconut Chia Pudding

Serves 2

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 minutes to thicken, stirring once half-way through.

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

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

GF	DF	MP	V	Q	N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 min	313	17	35	7

*Nutrition per serve

myfitnesspal
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Chocolate Chia Seed Pudding

Serves 2

4 tbsp. cocoa powder
4 tbsp. chia seeds
4 tbsp. maple syrup
2 cups (470ml) almond milk, unsweetened
pinch of sea salt
½ cup (120g) vanilla coconut yogurt

What you need to do

Place all ingredients in a medium-size bowl and whisk until the cocoa powder has dissolved.

Leave in the refrigerator for around 6 hours or overnight, until mixture thickens. Stir a few times during this process.

Divide the coconut yogurt between 2 glasses, and then layer the chia seed pudding on top.

GF | DF | MP | V | N

myfitnesspal

02986050

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	6 mins	306	14	47	7

*Nutrition per serve



Strawberry & Chia Seed Jam

Serves 12

14 oz. (400g) strawberries, fresh
2 tbsp. chia seeds
1 tbsp. lemon juice
2 tbsp. honey or maple syrup

What you need to do

Heat fruits in a small pot over medium-high heat, stirring occasionally, until the fruits begin to break down, about 10 minutes.

Use a wooden spoon to mash the fruit to your desired consistency.

Stir in the chia seeds, lemon juice, and sweetener until combined.

Remove from heat and let cool for 5 minutes.

The jam will thicken as it cools.

Serve immediately, or transfer the jam to a sealed container and refrigerate it for up to 1 week, or freeze it for up to 3 months.

GF | DF | LC | MP | V | Q

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03048689

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	30	1	6	1

*Nutrition per serve



Lemon, Coconut & Chia Seed Muffins

Serves 12

½ cup (60g) coconut flour
2 tbsp. chia seeds
¼ tsp. baking soda
zest from 2 lemons
pinch of salt
¼ tsp. vanilla extract
2 tbsp. lemon juice
1 tbsp. apple cider vinegar
½ cup almond milk
4 tbsp. honey
4 eggs
¼ cup (60ml) coconut oil, melted

What you need to do

Preheat oven to 350°F (180°C). Line a muffin tray with paper muffin cups.

In a medium bowl, add coconut flour, chia seeds, baking soda, lemon zest, and a pinch of salt. Mix well.

In another bowl, crack the eggs and add vanilla extract, almond milk mixed with stevia or honey, melted coconut oil, lemon juice, and apple cider vinegar.

Next fold in the dry ingredients into the wet, mixing well until a smooth batter is formed.

Pour the batter into paper muffin cups dividing equally between the 12 cups.

Bake for 20-25 minutes, or until an inserted toothpick comes out clean.

Once baked, remove from the oven and transfer the muffins onto a rack to cool completely.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	138	8	15	3

*Nutrition per serve

myfitnesspal
05949803



Flourless PB Brownies

Makes 12

2 large eggs
½ cup (60ml) water
¾ cup (90g) ground almonds
⅓ cup (35g) unsweetened cocoa powder
⅛ tsp. salt
¾ tsp. baking soda
½ cup (175g) honey
1 tsp. vanilla extract
½ cup (90g) dark chocolate chips
⅓ cup (85g) peanut butter

What you need to do

Preheat the oven to 325°F (160°C). Spray a non-stick 9x9-inch baking pan with cooking spray and line baking paper.

In a medium bowl, whisk 1 large whole egg with 1 egg yolk. Add ¼ cup (60ml) water, the honey, and vanilla extract and stir with the spatula until combined.

In a large bowl, combine the almond meal, cocoa powder, salt, and baking soda.

Pour the egg mixture into the bowl with the dry ingredients and mix well. Fold in the chocolate chips.

Pour the batter into the prepared baking pan, then top with the peanut butter. Mix it slightly on the top, creating swirls with a fork.

Place in the oven and bake for about 30 minutes, or until an inserted toothpick comes out clean.

Let cool for another 30 minutes before cutting into 12 pieces.

GF | LC | MP | V | N

myfitnesspal
05259588

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	192	11	19	6

*Nutrition per serve



Spicy Cheesy Kale Crisps

Serves 2

½ bunch kale leaves (approx. 7 oz./200g)
1 tbsp. olive oil
1.5 tbsp. nutritional yeast
1 tsp. paprika
¾ tsp. chilli powder
½ tsp. onion powder
½ tsp. smoked paprika
¼ tsp. sea salt
⅛ tsp. cayenne pepper

What you need to do

Preheat the oven to 300°F (150°C). Line a large baking tray with parchment paper.

Remove the leaves from the stems of the kale and roughly tear into large pieces, placing in a large bowl. Discard the stems.

Massage the oil into the kale leaves with your hands then sprinkle with the spices/seasonings and toss to combine.

Spread the kale out on the baking tray and bake for 10 minutes. Remove from the oven and stir gently, then return to the oven to bake for a further 12-15 minutes until the kale begins to crisp. Check the kale every now and then to avoid it from burning.

Cool for 3 minutes and serve.

GF | DF | LC | MP | V

myfitnesspal

09970915

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	139	9	10	7

*Nutrition per serve



Maple Roasted Pecans

Serves 8

4 cups (400g) raw pecans
3 tbsp. maple syrup
1 tsp. ground cinnamon
½ tsp. salt

What you need to do

Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.

Place the pecans, maple syrup, ground cinnamon, and salt into a large bowl and mix ensuring the pecans are fully coated. Pour onto the baking tray and spread in a single layer across the baking paper.

Place the tray into the hot oven and roast the nuts for 10 minutes.

Remove the tray from the oven and cool for 10 minutes before transferring into an airtight container.

GF	DF	LC	MP	HP	V	Q	N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	366	36	12	5

*Nutrition per serve

myfitnesspal
05217397



Peanut Butter Energy Balls

Serves 20

8 pitted medjool dates (½ cup)
1 cup (80g) rolled oats
½ cup (130g) peanut butter, drippy
4 tbsp. honey
1 tsp. vanilla extract
pinch of sea salt

What you need to do

Place the oats in a food processor or high-speed blender and blitz until you have oat flour.

Then, add the rest of the ingredients and process for 1–2 minutes until the dough is formed.

Using a tablespoon, scoop out dough and roll with your hands to form balls.

DF | LC | MP | V | Q | N

myfitnesspal

02942520

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	0 min	84	4	12	2

*Nutrition per serve



Lime Energy Balls

Serves 16

⅓ cup (50g) almonds
¼ cup (40g) cashews
½ cup (50g) desiccated coconut, unsweetened
10 medjool dates, pitted
1 tsp. coconut oil
zest & juice from one lime
2 tbsp. lime juice
pinch of sea salt

What you need to do

Place the almonds, cashews and desiccated coconut into food processor and pulse until everything is chopped into small pieces. Place the mixture into a bowl and set aside.

Place the dates into the food processor and pulse until a paste forms. Now, add the nuts back into the food processor and pulse until well combined.

Add in the coconut oil, lime juice, lime zest and a pinch of salt. Pulse again a few more times, until well combined.

Use your hands to form the dough into balls. Use around 1 tablespoon of dough for each energy ball.

Store in an airtight container in the fridge for 1-2 weeks. Alternatively store in the freezer for up to 3 months.

GF | DF | LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
16 mins	15 mins	109	5	14	2

*Nutrition per serve

myfitnesspal
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Honey & Peanut Butter Energy Balls

Makes 20

12 medjool dates, pitted (220g)
1 tbsp. honey
1 tsp. ground cinnamon
½ cup (130g) crunchy peanut butter, natural
½ cup (60g) almond meal
¼ cup (25g) desiccated coconut
¼ cup (37g) raisins
¼ cup (37g) peanuts, chopped

What you need to do

Place the dates, honey, cinnamon, peanut butter, almond meal, desiccated coconut, raisins and peanuts in a food processor. Blitz until well combined, the mixture should be a thick paste-like consistency.

Roll level tablespoons of the mixture into balls and place on a plate. Refrigerate for 20 minutes to set or until firm.

Store the balls in an airtight container in the fridge for up to 1 week.

GF | DF | LC | MP | V | N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	113	6	14	3

*Nutrition per serve

myfitnesspal
04880561



Watermelon, Celery & Lime Juice

Serves 2

3 cups (450g) watermelon, flesh only
1–2 celery sticks (depending on preference)
1 lime, juice only

What you need to do

Place the watermelon flesh and celery in a juicer and process them. Add in the lime juice, mix well, and serve the juice chilled.

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 min	96	1	24	2

*Nutrition per serve

myfitnesspal
09242272



Honeydew Kiwi Cooler

Serves 2

½ honeydew melon, seeds removed
4 kiwi fruits
1 lime

What you need to do

Peel the melon, kiwi fruits and lime, and cut into pieces that fit into a juicer. Place all the fruit into the feeder and juice. Divide between 2 glasses and enjoy straight away.

GF | DF | V | Q

myfitnesspal

04882927

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 min	180	1	45	3

*Nutrition per serve



Matcha & Coconut Shake

Serves 1

1 cup (240ml) coconut milk, unsweetened
1 banana, chopped, frozen
2 tsp. matcha
1 tsp. maple syrup

What you need to do

Place all the ingredients into a blender and blend until smooth and creamy. Pour into a glass and serve immediately.

GF | DF | HP | V | Q

myfitnesspal
01264661

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 min	280	5	35	24

*Nutrition per serve



Melon Protein Smoothie

Serves 1

1 cup (160g) honeydew melon, chopped
½ lime, juiced
6 basil leaves
¼ avocado
1 cup (240ml) coconut milk from carton
handful of ice
1 scoop (25g) vegan vanilla protein powder

What you need to do

Place all ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.

GF | DF | V | Q

myfitnesspal
03581423

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 min	320	13	29	25

*Nutrition per serve



Mango Matcha Protein Shake

Serves 1

1 banana
1 kiwi, peeled
1 tsp. matcha powder
1 cup (240ml) almond milk, unsweetened
½ avocado
1 cup (165g) mango, frozen
1 scoop (25) vanilla vegan protein powder

What you need to do

Place all ingredients into a high-speed blender and blitz until smooth. Pour into a glass and serve immediately.

GF | DF | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 min	246	9	31	14

*Nutrition per serve

myfitnesspal
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Banana Date Protein Shake

Serves 2

2 bananas, sliced and frozen
4 dates, pitted
¼ cup (75g) almond butter
½ tsp. ground cinnamon
½ cup (125ml) almond milk, unsweetened
1½ tbsp. raw cacao powder

What you need to do

Place all the ingredients into a blender and blend until smooth. Divide between 2 glasses and serve immediately.

GF | DF | MP | V | N

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 min	460	23	66	11

*Nutrition per serve