

THRIVE with Coach Phil

High Protein Recipe Pack

Discover 102 simple high-protein recipes: including breakfast, lunch, dinner, treats and smoothie options.

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Contents & Key

9 Spanish Zucchini Tortilla

11 Omelet Wraps

13 Egg & Turkey Stuffed Peppers

15 Smoked Salmon, Feta & Asparagus Omelet

17 High Protein Blueberry Pancakes

19 Eggs Fried On Tomatoes With Tuna

21 Summer Smoothie Protein Bowl

23 Spinach Shakshuka

25 Salmon Tartar With Avocado & Mango

27 Tuna Salad Lettuce Wraps

29 Chicken, Orange & Walnut Salad

31 Salmon & Peach Salad

33 Tuna & Broccoli Salad With Honey Vinaigrette

35 Grilled Chicken & Pineapple Salad

37 Waldorf Chicken Salad

39 Tuna & Quinoa Toss Salad

41 Salmon & Couscous Salad

43 Post-Workout Potato Pancakes With Cottage Cheese

45 Miso Salmon With Zucchini Noodles

47 Moroccan Cod & Bulgur Salad

49 Turkey & Broccoli Stir Fry

51 Baked Salmon With Zoodles & Quinoa

53 Chicken Thighs With Hoisin Rice

55 Chinese Pork Stir-Fry With Pineapple

57 Slow Cooker Chicken Fajitas

59 Creamy Chicken, Mushroom & Tomato Pasta

61 Cajun Beef & Veg Rice

63 Chinese Style Shrimps & Veg

65 Zesty Turkey Meatballs With Couscous Salad

67 Honey & Lime Glazed Salmon With Pineapple Rice

69 Simple Chicken Curry With Saffron Rice

71 Baked Salmon Tray With Rice & Tomatoes

73 One Pot Turkey Chili With Rice

75 Mexican Fried Rice

77 Beef & Green Beans Pasta In Soy Sauce

79 Chicken & Mango Stir Fry

Contents & Key

81 Salmon Teriyaki With Green Beans & Sweetcorn Rice

83 Chicken Orange Stir Fry

85 Pesto Pasta With Tuna & Almonds

87 Sweet And Sour Pork Stir-Fry

89 Pepper Steak

91 Quick & Easy Meatballs

93 Quick Beef Chow Mein

95 Simple Chili & Sweet Potato Chips

97 Cherry Sorbet

99 Protein Fruit Bowls

101 Matcha Chia Pudding

103 Raspberry Protein Smoothie

105 Green Glow Protein Smoothie

107 Vanilla & Coffee Protein Smoothie

109 Antioxidant Blueberry Protein Smoothie

111 Cinnamon Roll Protein Smoothie

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	Spanish Zucchini Tortilla	Chicken Orange & Walnut Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Chinese Pork Stir-Fry With Pineapple
Tue	Omelet Wraps	Tuna & Broccoli Salad With Honey Vinaigrette	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Baked Salmon Tray With Rice & Tomatoes
Wed	Egg & Turkey Stuffed Peppers	Leftover Baked Salmon Tray With Rice & tomatoes	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Beef & Green Beans Pasta In Soy Sauce
Thu	Omelet Wraps	Chicken Orange & Walnut Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Leftover Beef & Green Beans Pasta In Soy Sauce
Fri	Egg & Turkey Stuffed Peppers	Tuna & Broccoli Salad With Honey Vinaigrette	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Waldorf Chicken Salad
Sat	Cinnamon Roll Protein Smoothie	Leftover Waldorf Chicken Salad	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Meal Out - Enjoy!
Sun	Spanish Zucchini Tortilla	Cinnamon Roll Protein	E.g. Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	Chinese Pork Stir-Fry With Pineapple

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables

Fruits
- 4 lemons
- 2 oranges
- 1 pomegranate
- 2 bananas
- 1 apple
- 1 mango
- strawberries

Vegetables
- 1 potato
- 3 onions
- garlic
- 1 zucchini
- watercress
- 1 bag spinach
- 1 bag rocket
- 2 bags salad leaves
- bunch radishes
- iceberg lettuce
- 5 bell peppers
- 1 chili pepper
- ginger
- 1 broccoli
- cherry tomatoes
- celery
- spring onion

Herbs
- parsley
- basil

Frozen
- green beans

Meat, Dairy, Non-Dairy

Fish, Seafood
- 3.5 oz. (100g) smoked salmon
- 14 oz. (400g) salmon fillet

Meats
- 1 lb. (450g) ground turkey
- 10 oz. (300g) chicken breast
- 10 oz. (300g) beef steak
- 14 oz. (400g) pork tenderloin

Dairy
- cottage cheese
- cheddar cheese
- parmesan
- natural yogurt, 0% fat
- natural quark

Non-Dairy
- 20 eggs
- soy milk
- almond milk

Grains, Seeds & Spices

Grains
- Jasmine rice
- whole-wheat pasta
- potato starch
- white rice

Nuts, Seeds
- pecans
- walnuts
- coconut chips
- raisins

Spices
- mixed herbs
- oregano
- cumin
- cinnamon
- paprika
- curry
- chili flakes

Baking
- self-raising flour
- baking powder

Cans, Condiments, Misc

Oils
- olive oil
- coconut oil

Cans, Condiments
- mustard
- 1 can tuna in water
- soy sauce
- mayonnaise
- pineapple chunks
- rice vinegar

Sweeteners
- honey

Misc, Other
- bread
- beef stock
- granola
- vanilla protein powder

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon	High Protein Blueberry Pancakes	Grilled Chicken & Pineapple Salad	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Turkey & Broccoli Stir-Fry
Tue	Eggs Fried On Tomatoes With Tuna	Leftover Grilled Chicken & Pineapple Salad	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Salmon Teriyaki With Green Beans & Sweetcorn Rice
Wed	Eggs Fried On Tomatoes With Tuna	Leftover Salmon Teriyaki With Green Beans & Sweetcorn Rice	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Quick & Easy Meatballs Served With Rice & Veg
Thu	High Protein Blueberry Pancakes	Tuna Salad Lettuce Wraps	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Leftover Quick & Easy Meatballs Served With Rice & Veg
Fri	Spinach Shakshuka	Leftover Tuna Salad Lettuce Wraps	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Chicken & Mango Stir-Fry
Sat	Spinach Shakshuka	Leftover Chicken & Mango Stir-Fry	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Meal Out - Enjoy!
Sun	Summer Smoothie Protein Bowl	Antioxidant Blueberry Smoothie	E.g. Antioxidant Blueberry Smoothie, Matcha Chia Pudding	Turkey & Broccoli Stir-Fry

Weekly Shopping List for Meal Plan 02

Fruits, Vegetables

Fruits
- 2 bananas
- 2 peaches
- 2 limes
- 1 mango

Vegetables
- 1 tomato
- 2 white onions
- 2 red onions
- 1 granny smith apple
- 1 lettuce
- 2 bulbs garlic
- 10 oz. (300g) mushrooms
- 1 bag spinach
- 1 bag salad leaves
- ginger
- 2 red bell peppers
- 1 red chili
- 1 broccoli
- spring onion

Frozen
- blueberries
- green beans

Herbs
- parsley
- mint
- coriander

Meat, Dairy, Non-Dairy

Fish, Seafood
- 4 salmon fillets

Meats
- 1 lb. (650g) chicken breast
- 7 oz. (200g) turkey fillet
- 1 lb. (500g) lean ground beef
- 12 slices streaky bacon

Dairy
- natural yogurt

Non-Dairy
- 7 eggs
- almond milk

Grains, Seeds, Spices

Grains
- brown rice
- buckwheat flour
- black rice noodles

Spices
- oregano
- chili flakes
- cinnamon

Nuts, Seeds
- sesame seeds
- chia seeds

Cans, Condiments, Misc

Oils
- coconut oil
- olive oil
- sesame oil

Cans, Condiments
- 2 cans tuna in brine
- 2 cans tuna in olive oil
- pineapple
- tabasco
- sweetcorn
- soy sauce
- tomato puree
- rice vinegar

Sweeteners
- honey
- maple syrup

Misc, Other
- vanilla protein powder
- coconut water
- matcha powder



Spanish Zucchini Tortilla

Serves 2

1 tbsp. olive oil

1 small potato, peeled, chopped

1 small onion, chopped

½ small zucchini, thinly sliced

6 eggs

What you need to do

1. Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.
2. In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.
3. Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.
4. After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.
5. After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.

GF | DF | MP | HP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	377	22	22	21

*Nutrition per serving

myfitnesspal

03761520

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Omelet Wraps

Serves 4

7 oz. (200g) cottage cheese

4 handfuls watercress

1 lemon, peel only

6 eggs

¼ cup (60ml) soy milk

1 tsp. mixed herbs

4 tsp. coconut oil

3.5 oz. (100g) smoked salmon, chopped

What you need to do

1. Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms.
2. Beat the eggs with the milk and herbs in a separate bowl.
3. Heat 1 tsp. of oil in the medium size frying pan and fry ¼ of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.
4. Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
5. To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.

GF | DF | LC | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	237	15	3	20

*Nutrition per serving

myfitnesspal

09126954



Egg & Turkey Stuffed Peppers

Serves 4

4 eggs

4 egg whites

2 tbsp. almond milk

1 tsp. coconut oil

1 small onion, chopped

1 lb. (450g) lean ground turkey

2 tsp. oregano

1 tsp. cumin

2 cups (60g) spinach, chopped

4 red medium bell peppers

½ cup (50g) cheese (dairy or plant-based)

parsley, chopped to serve

What you need to do

1. Heat oven to 400°F (200°C).
2. Beat the eggs, egg whites and milk, then set aside.
3. Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 minutes until softened and browned.
4. Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 minutes. Then add the spinach, and mix until it wilts about 2 minutes.
5. Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 minutes until eggs are cooked. Then set aside.
6. Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.
7. Place the peppers in a baking dish and sprinkle them with grated cheese.
8. Bake in the oven for 15 minutes, until cheese has melted and the edges have browned.
9. To serve, sprinkle with chopped parsley.

GF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	329	12	11	43

*Nutrition per serving

myfitnesspal

09361980

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Smoked Salmon, Feta & Asparagus Omelet

Serves 2

4 oz. (125g) asparagus

1 tsp. coconut oil

3 large eggs

5 tbsp. (70ml) milk, plant or dairy

2 oz. (60g) smoked salmon, cut into pieces

¼ cup (30g) feta cheese (or brie, camembert), cubed

4-5 cherry tomatoes, halved

dill, to serve

What you need to do

1. Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about ½ cm pieces.
2. Boil in lightly salted water for about 2 minutes, then strain and set aside.
3. In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.
4. Heat the oven to 350°F (180°C). Heat the oil in a pan (diameter of approx. 24cm) over medium heat, and pour in the egg mixture. Rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).
5. Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.
6. To serve sprinkle with fresh dill and season with freshly ground black pepper.

Pro Tip: The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

GF | LC | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	302	21	6	20

*Nutrition per serving

myfitnesspal

04364689

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High Protein Blueberry Pancakes

Serves 1

¼ cup liquid egg whites (around 4 eggs)

1 scoop (25g) of vanilla whey powder

½ banana, mashed

almond milk, if needed

¼ cup (25g) fresh or frozen blueberries

½ tsp. coconut oil

What you need to do

1. Whisk together the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favorite toppings.

GF | LC | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	257	5	18	36

*Nutrition per serving

myfitnesspal

02289027

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Eggs Fried On Tomatoes With Tuna

Serves 1

1 large tomato

1 tsp. coconut oil

2 eggs

3 oz. (80g) tuna in brine

pinch of oregano

pinch of chili flakes

parsley, chopped, to serve

What you need to do

1. Peel the tomato and chop into cubes.
2. Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 minutes.
3. Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.
4. Arrange pieces of tuna on top. Then sprinkle with dried oregano and optionally chili flakes.
5. Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- Replace tuna with feta or Gorgonola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option

GF | DF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	307	15	8	32

*Nutrition per serving

myfitnesspal

02287577



Summer Smoothie Protein Bowl

Serves 2

2 medium peaches, chopped, frozen

1 medium banana, sliced, frozen

¾ cup (190g) natural yogurt

½ cup (125ml) coconut water

1 scoop (25g) vanilla protein powder

Optional toppings:

fresh berries

Goji berries

walnuts

chia seeds

muesli

What you need to do

1. Place all ingredients in a high-speed blender and blitz until smooth.
2. Divide between 2 bowls, add your favorite toppings and serve straight away.

Note: Toppings are not included in macronutrient information, or shopping list.

GF | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	252	5	36	18

*Nutrition per serving

myfitnesspal

08821485



Spinach Shakshuka

Serves 2

1 tbsp. coconut oil

1 large onion, chopped

2 garlic cloves, crushed

4 cups (300g) mushrooms, sliced

2 cups (450g) leaf spinach

4 eggs

handful parsley, chopped

What you need to do

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt and pepper.
2. Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.
3. Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 minutes covered with a lid until egg whites are set.
4. Dress in fresh parsley and serve.

GF | DF | LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	321	22	19	24

*Nutrition per serving

myfitnesspal

09057647



Salmon Tartar With Avocado & Mango

Serves 1

1 small salmon fillet (100g), cut in cubes

¼ avocado, cut in cubes

¼ cup (30g) mango, cut in cubes

1 tbsp. lime juice

⅓ tsp. honey

chili pepper, to taste

handful coriander, chopped

What you need to do

1. Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.
2. Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.
3. Set aside to chill in the fridge for at least 10 minutes, then serve with toast (not included in nutrition info).

GF DF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	282	17	9	26

*Nutrition per serving

myfitnesspal

09997709



Tuna Salad Lettuce Wraps

Serves 2

1 ¼ cup (280g) tuna in olive oil, drained

1 tbsp. tomato puree

1 small red onion, finely chopped

½ Granny Smith apple

8 lettuce leaves

What you need to do

1. Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.
2. Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.
3. Spread the tuna over the 8 lettuce leaves and serve as wraps.

GF DF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	286	9	14	38

*Nutrition per serving

myfitnesspal

05140282



Chicken, Orange & Walnut Salad

Serves 2

For the dressing:

3 tbsp. of honey

2 tbsp. mustard

1 tbsp. olive oil

1 tbsp. lemon juice

2 tbsp. orange juice

⅓ tsp. cinnamon

For the salad:

7 oz. (200g) chicken breast

4 handfuls rocket

¼ iceberg lettuce

1 orange

⅓ pomegranate fruit, seeds

¼ cup (30g) pecans, roasted

What you need to do

1. Peel orange and cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.
2. Mix the ingredients of the dressing in a cup, season with salt and pepper.
3. Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan — grill for 4 minutes on both sides.
4. Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat. Turn over then drizzle with another tbsp. of dressing, and grill for another minute. Remove from the pan and set aside. Once cooled slightly slice into pieces.
5. Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.

GF | DF | HP | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	458	20	47	28

*Nutrition per serving

myfitnesspal

04873372



Salmon & Peach Salad

Serves 2

For the marinade:

2 tbsp. apple cider vinegar

1 tbsp. olive oil

1 tbsp. tamari

1 tsp. maple syrup

½ tsp. ground pepper

For the salad:

2 salmon fillets (5oz./140g each)

1 cob corn, cooked

4 oz. (120g) salad leaves

1 peach, sliced

10 cherry tomatoes, halved

1 tbsp. balsamic vinegar

What you need to do

1. Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.
2. In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.
3. Next, preheat the oven to 400°F (200°C) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.
4. Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.
5. To serve, drizzle with balsamic vinegar and season with salt and pepper.

GF | DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
30 mins	15 mins	416	25	21	33

*Nutrition per serving

myfitnesspal

09918955

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Tuna & Broccoli Salad With Honey Vinaigrette

Serves 2

For the salad:

2 big handfuls salad leaves

3 radishes, sliced

½ cup (120g) tuna in water, drained

2 slices bread

100g broccoli

2 tsp. Parmesan, grated

For the dressing:

2 tbsp. olive oil

3 tbsp. of lemon juice

1 tsp. of honey

salt & pepper

What you need to do

1. Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.
2. Toast the bread and cut into cubes, then add to the salad.
3. Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.
4. In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.

myfitnesspal

04717171

HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	328	14	26	21

*Nutrition per serving

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Grilled Chicken & Pineapple Salad

Serves 2

For the salad:

7 oz. (200g) chicken breast

4 slices pineapple, canned

2 handfuls salad leaves

⅓ cup (10g) mint leaves

½ small onion, finely chopped

For the dressing:

2 tbsp. olive oil

1 tsp. ginger, grated

1 clove garlic, minced

1 lime, juiced

1 tsp. honey

tabasco, optional

What you need to do

1. Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.
2. In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).
3. Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.
4. Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Vegetarian Option: Replace the grilled chicken with fried or baked tofu or feta cheese.

GF | DF | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	13 mins	356	16	34	27

*Nutrition per serving

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Waldorf Chicken Salad

Serves 2

3.5 oz (100g) chicken, cooked, shredded or chopped

3 celery stalks, chopped

1 apple, peeled, deseeded, chopped

¼ cup (40g) raisins

¼ cup (30g) walnuts, chopped

1 tbsp. mayonnaise

1 tbsp. natural low fat yogurt

1 tbsp. lemon juice

3 oz. (90g) mixed salad leaves

What you need to do

1. Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.
2. Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

Vege Option: Instead of chicken add tofu.

GF | MP | HP | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	354	16	33	20

*Nutrition per serving

myfitnesspal



Tuna & Quinoa Toss Salad

Serves 2

For the dressing:

1 tbsp. olive oil

2 tsp. red wine vinegar

1 tsp. fresh lemon juice

1 tsp. Dijon mustard

salt & pepper, to taste

For the salad:

1 cup (185g) cooked quinoa

¼ cup (50g) chickpeas, rinsed and drained

½ cucumber, chopped

1 tbsp. crumbled feta cheese

10 cherry tomatoes, halved

2 cans tuna (7oz./200g drained)

What you need to do

1. Cook quinoa according to instructions on the packaging.
2. Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.
3. Drizzle with the dressing and toss gently to coat.

GF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	399	11	41	37

*Nutrition per serving

myfitnesspal

02397237



Salmon & Couscous Salad

Serves 2

For the salmon:

2x 4 oz. (115g) pieces of salmon

2 tsp. olive oil

2 tsp. lemon juice

sea salt & pepper

For the salad:

2 cups (150g) iceberg lettuce, chopped

1 cup (157g) couscous, cooked

½ red onion, chopped

10 cherry tomatoes, chopped

2 tbsp. feta cheese

For the dressing:

1 tbsp. olive oil

1 tbsp. fresh lemon juice

½ tsp. Dijon mustard

½ tsp. maple syrup or honey (optional)

sea salt & pepper, to taste

What you need to do

1. Preheat oven to 400°F (200°C). Rub the salmon with olive oil and season with salt and pepper.
2. Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.
3. In the meantime, make the dressing by whisking together all the ingredients.
4. Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.
5. Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.

MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	12 mins	516	29	29	36

*Nutrition per serving

myfitnesspal

09504109



Post-Workout Potato Pancakes With Cottage Cheese

Serves 1

For the pancakes:

⅝ cup (140g) potatoes, peeled and grated

¼ cup (50g) zucchini, grated

1 egg

½ shallot, chopped

2 tbsp. dill, chopped

2 tbsp. spelt flour

For the topping:

⅕ cup (50g) cottage cheese

1 tbsp. natural yogurt

2 radishes, chopped

1 tbsp. dill, chopped

½ shallot, chopped

What you need to do

1. Wash, peel and grate the potatoes using the finest grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt and pepper. Mix well until combined to make the pancake batter.
2. Heat up a non-stick frying pan and fry small pancakes for 3 minutes, then flip and fry for another 1 minute.
3. Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.
4. Serve the pancakes warm with the cheese mix on top.

V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	502	20	56	28

*Nutrition per serving

myfitnesspal

04250315

THRIVE with Coach Phil



Miso Salmon With Zucchini Noodles

Serves 2

For the salmon:

2 salmon fillets, 4.5 oz. (130g) each

2 tbsp. miso paste

2 tbsp. honey

¼ cup (60ml) tamari, or soy sauce

2 tbsp. ginger, grated

2 tbsp. apple cider vinegar

1 tbsp. sesame oil

2 tsp. sesame seeds

For the noodles:

14 oz. (400g) zucchini noodles

6 radishes, sliced

2 tsp. sesame oil

2 tsp. ginger, grated

1 tsp. honey

2 tbsp. soy sauce

juice of 1 lime

What you need to do

1. Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.
2. In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.
3. Preheat oven to 350°F (180°C).
4. Place the salmon in an oven safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.
5. Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

GF DF

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	496	30	27	29

*Nutrition per serving

myfitnesspal

03905777



Moroccan Cod & Bulgur Salad

Serves 2

10 oz. (300g) cod fillets

1 tbsp. lemon juice

2 cloves garlic, crushed

½ tsp. turmeric

½ tsp. paprika

½ tsp. cumin

pinch of saffron

2 tbsp. olive oil

scant ½ cup (100g) of bulgur groats

1 tomato, chopped

¼ onion, chopped

15 green olives, halved

3 sprigs of parsley, chopped

lemon wedges, to serve

What you need to do

1. Drizzle the cod fillets with lemon juice, then season with salt and pepper. Rub with the garlic, and the rest of the spices and coat with 1 tbsp. of oil. Leave for half an hour to marinade.
2. Cook the bulgur in salted water (about 15 minutes) and once cooked, set aside. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
3. Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.
4. Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.

DF HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
35 mins	15-25 mins	447	18	42	34

*Nutrition per serving

myfitnesspal

01953226

THRIVE with Coach Phil



Turkey & Broccoli Stir Fry

Serves 2

3.5 oz. (100g) black rice noodles

7 oz. (200g) turkey fillet, chopped

1 broccoli, diced into florets

1 tbsp. olive oil

4 tbsp. soy or tamari sauce

2 tsp. sesame oil

1 tbsp. rice vinegar

1 tbsp. grated ginger

2 tbsp. spring onion, chopped

handful coriander, to serve

What you need to do

1. Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.
2. In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).
3. In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.
4. Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.
5. Serve with chopped spring onions and coriander leaves.

GF | DF | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10mins	20 mins	494	16	56	42

*Nutrition per serving

myfitnesspal

06594230



Baked Salmon With Zoodles & Quinoa

Serves 2

2 salmon fillets (4.4 oz. /125g each)

3.5 oz. (100g) quinoa, cooked

1 zucchini

½ tbsp. olive oil

1 garlic clove, crushed

2.5 oz. (70g) sundried tomatoes, rinsed, chopped

Salmon marinade:

2 tbsp. tamari

½ tbsp. olive oil

½ tsp. sweet paprika

½ tsp. hot paprika

1 tbsp. rice vinegar

1 tsp. honey

1 tbsp. black sesame seeds

chili flakes, to taste

What you need to do

1. Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.
2. While the salmon is marinating, cook the quinoa and spiralize the zucchini.
3. Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens (about 3-4 minutes). Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.
4. Heat the oven to 480°F (250°C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.
5. Remove the salmon from the oven to rest for a moment. In the meantime, pour in the salmon juices into the quinoa, and mix well.
6. Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chili flakes to serve.

GF | DF | LC | HP | Q

Prep	Chill	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	15 mins	487	28	19	38

*Nutrition per serving

myfitnesspal

01046136



Chicken Thighs With Hoisin Rice

Serves 8

2 tbsp. coconut oil

8 skinless chicken thighs

scant 1 cup (200g) jasmine rice

4 spring onions, chopped

4 cloves garlic, sliced

⅓ cup (200ml) white wine

2 cups (500ml) chicken stock

4 tbsp. dried cranberries

For the sauce:

3 tbsp. soy sauce

2 tbsp. of rice vinegar

1 tbsp. of peanut butter

1 tsp. of chili flakes

1 tsp. of honey

1 tsp. of sesame oil

What you need to do

1. Preheat the oven to 375°F (190°C).
2. In a large pan, heat the coconut oil.
3. Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.
4. Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.
5. Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.
6. Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
7. Transfer the rice into an oven safe dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.
8. Once cooked, divide between plates and serve, or store in the fridge for up to 2-3 days.

GF | DF | LC | MP | HP | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	50 mins	336	15	16	29

*Nutrition per serving

myfitnesspal

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THRIVE with Coach Phil



Chinese Pork Stir-Fry With Pineapple

Serves 4

14 oz. (400g) pork tenderloin

1 tbsp. potato starch

scant ½ cup (100g) white rice

⅔ cup (135ml) pineapple chucks, in juice (keep the juice)

1 red bell pepper, sliced

½ onion, sliced

2 garlic cloves

½ chili pepper

1-inch fresh ginger, grated

2 tbsp. coconut oil

2 spring onions, chopped, to serve

For the sauce:

⅓ cup (180ml) pineapple juice from can

5 tbsp. soy sauce

3 tbsp. rice vinegar

What you need to do

1. Wash the meat, pat dry, and cut them into the thinnest slices possible. Season with salt and pepper, and coat with potato flour.
2. Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and the spring onions julienned. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.
3. Prepare the sauce by mixing all sauce ingredients in a bowl.
4. In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto a plate.
5. Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.
6. Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens. Mix occasionally.
7. Sprinkle with chopped spring onions and serve with rice.

GF | DF | MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	10 mins	303	11	22	28

*Nutrition per serving

myfitnesspal

06484836



Slow Cooker Chicken Fajitas

Serves 8

- 2 lbs. (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 cup chopped tomatoes

What you need to do

1. Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.
2. Lastly, add the remaining peppers and onions and cook for 4 hours on high.
3. Remove the chicken and shred it with a fork, then return it in in the slow-cooker. Mix well and cook for another 10 mins. on low.
4. Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info): tortillas, cream, guacamole, coriander

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	3-4 hrs	183	3	12	28

*Nutrition per serving

myfitnesspal



Creamy Chicken, Mushroom & Tomato Pasta

Serves 3

1 ½ cup (150g) penne

12 oz. (350g) chicken breast

1 tsp. wheat flour

1 tbsp. olive oil

1 tsp. dried oregano

1 small onion, diced

2 garlic cloves, sliced

6 sundried tomatoes, chopped

½ cup (125ml) plant-based oat cream (or regular)

1 bag spinach

basil leaves, to garnish

4 cups (300g) mushrooms, sliced

What you need to do

1. Cook the pasta according to the instructions on the packaging.
2. Chop the chicken fillet, season with salt and pepper and dredge with flour.
3. Heat oil in a large pan and cook chicken over medium heat, then season with oregano. Once the chicken is cooked, remove from the pan and set aside.
4. In the same pan, sauté the onion and sliced garlic. Next, add sliced mushrooms and cook for 5-7 minutes until soft and tender. Add chopped tomatoes and cook for another minute.
5. Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.
6. Add the cooked pasta. Stir well and serve.

DF MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	385	14	26	35

*Nutrition per serving

myfitnesspal

07715305

THRIVE with Coach Phil



Cajun Beef & Veg Rice

Serves 3

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

What you need to do

1. Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.
2. Add in the minced beef and season with salt and pepper. Cook for 10 minutes, until the meat is browned.
3. Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.
4. Stir well to combine all of the ingredients and continue cooking for about 3-4 minutes.
5. Sprinkle with the green parts of the spring onions and serve.

GF | DF | MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	503	13	55	40

*Nutrition per serving

myfitnesspal

06805102



Chinese Style Shrimps & Veg

Serves 3

1 cup (185g) rice, uncooked

2 tbsp. olive oil

1 carrot, peeled, sliced

1 pepper, chopped

1 small onion, sliced

3 garlic cloves, sliced

1 small zucchini, sliced

1 ½ tbsp. ginger, grated

pinch of chili flakes

9 oz. (250g) shrimps

2 tbsp. soy sauce

1 tsp. potato flour

⅔ cup (160ml) water

1 tbsp. coconut palm sugar

What you need to do

1. Cook the rice according to the instructions on the packaging.
2. In a wok (or large frying pan), heat 1 tbsp. of oil. Sauté the carrots, peppers and garlic for 3 minutes. Then add zucchini and continuously stir for about 5 minutes. Add ginger and season with salt and chili.
3. Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute. Mix with vegetables and cook for another minute.
4. Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1 minute stirring frequently. Serve with cooked rice.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	436	11	63	22

*Nutrition per serving

myfitnesspal

04329596



Zesty Turkey Meatballs With Couscous Salad

Serves 4

For the meatballs:

2 tbsp. coconut oil

1 onion, chopped

¼ tsp. chili flakes

2 garlic cloves, chopped

1 lb. (500g) turkey thigh mince

2 handfuls mint leaves, finely chopped

1 lemon, zested and juiced

7 oz. (200g) 0% fat Greek yogurt

1 garlic clove, minced

For the salad:

7 oz. (200g) couscous, plus 1 tbsp.

1 cup (250ml) vegetable stock cube

7 oz. (200g) frozen peas

8 radishes, finely sliced

What you need to do

1. Heat 1 tbsp. of oil in a frying pan over medium heat, and sauté onion for 5 minutes. Add in the chilies and garlic, then continue for another 1 minute. Transfer to a bowl, and leave to cool for 5 minutes.
2. Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 minutes.
3. In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 minutes.
4. Blanche the peas in a pot for 2 minutes. Drain and set aside.
5. Make the sauce by mixing the yogurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.
6. Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes. Season to taste.
7. Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 minutes, turning regularly until browned. Cover with a lid and cook for 5 more minutes on low heat, until thoroughly cooked.
8. Serve with the couscous salad and yogurt.

MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	30 mins	429	8	52	42

*Nutrition per serving

myfitnesspal

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Honey & Lime Glazed Salmon With Pineapple Rice

Serves 4

1.3 lb. (600g) salmon, 4 fillets

Marinade:

3 tbsp. honey

3 tbsp. lime juice

3 tbsp. soy sauce

1 tbsp. olive oil

3 tbsp. ginger, grated

2 garlic cloves, crushed

Pineapple rice:

⅔ cup (150g) rice

¾ cup (200g) sweetcorn

1 ¼ cups (250g) pineapple, chopped

1 ⅓ cup (200g) cucumber, chopped

1 lime, juiced

2 tbsp. honey

½ cup coriander leaves (or mint)

What you need to do

1. Slice the skin off the salmon fillets and discard. Rinse salmon fillets and dry.
2. Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.
3. Cook the rice in lightly salted water, then spread on a large plate to cool.
4. Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl and season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.
5. Preheat the oven to 410°F (210°C). Bake the marinated salmon for 18 minutes, until cooked throughout.
6. Serve salmon with the prepared pineapple rice.

GF DF HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
1.05 hrs	35 mins	643	24	68	35

*Nutrition per serving

myfitnesspal

06121990

THRIVE with Coach Phil



Simple Chicken Curry With Saffron Rice

Serves 4

For the chicken:

8 skinless chicken thighs fillets

1 tbsp. oil

1 large onion, diced

1 tbsp. ginger, minced

5 cloves garlic, minced

½ tsp. black pepper

3 large tomatoes, chopped

1 ½ tsp. turmeric

For the rice:

¼ cup (60ml) boiling water

pinch saffron threads (roughly ⅛ tsp.)

1 cup (225g) basmati rice

1 tsp. coconut oil

½ tsp. onion powder

¼ tsp. salt

1 ¾ cup vegetable stock

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What you need to do

1. Season the thighs with salt and pepper.
2. Heat the oil in the pan. Fry the thighs on both sides until golden brown. Remove from the pan and set aside.
3. In the same pan sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and ¼ cup of water, season with salt and bring to a boil.
4. Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.
5. In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.
6. In a medium pot, combine saffron and the water with the rice and all other ingredients.
7. Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.
8. Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: Rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.

GF | DF | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10-15 mins	30-45 mins	531	22	47	36

*Nutrition per serving

THRIVE with Coach Phil



One Pot Turkey Chili With Rice

Serves 4

10 oz. (300g) minced turkey fillet

½ cup (115g) rice

1 medium onion, finely chopped

2 cloves garlic, minced

1 tbsp. oil

½ can chopped tomatoes

1 red bell pepper, chopped

1 cup (250ml) vegetable broth

⅓ cup (60g) red kidney beans, drained

⅓ cup (85g) sweet corn, drained

⅓ cup (30g) grated cheese (optional)

Spices:

1 tsp. dried oregano

1 tsp. cumin

1 tsp. sweet pepper

½ tsp. hot pepper

½ tsp. salt

⅓ tsp. ground pepper

What you need to do

1. Heat the oil in a large pan and sauté the onion and garlic for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.
2. Add spices, mix, then add the uncooked rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to a boil. Simmer covered on low heat for about 17-20 minutes.
3. Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Dairy free option: cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	295	9	21	31

*Nutrition per serving

myfitnesspal

01276349

THRIVE with Coach Phil



Baked Salmon Tray With Rice & Tomatoes

Serves 4

14 oz. (400g) salmon fillet, skin removed

1 tsp. honey

2 tbsp. soy sauce

2 tbsp. olive oil

4 slices of lemon + 2 tbsp. of juice

⅞ cup (200g) jasmine rice

1 cup (150g) cherry tomatoes

handful basil leaves

4 tbsp. natural yogurt, 0% fat

Spices:

2 tsp. paprika

½ tsp. curry

1 tsp. oregano

pinch of chili flakes

What you need to do

1. Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. of olive oil and 2 tbsp. of lemon juice. Mix everything and cover the bowl.
2. Preheat oven to 400°F (200°C).
3. Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.
4. Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chili flakes.
5. Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.
6. Serve with a dollop of natural yogurt.

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	30 mins	476	19	44	31

*Nutrition per serving

myfitnesspal
03184394



Mexican Fried Rice

Serves 4

7 oz. (300g) chicken breast

2 cloves garlic, crushed

scant ½ cup (100g) rice

2 tbsp. coconut oil

½ red onion, chopped

1 red pepper, diced

⅜ cup (100g) sweetcorn, drained

½ cup (100g) red kidney beans, drained

1 tomato, peeled, chopped

1 avocado, stone removed, flesh diced

1 tbsp. lime

½ chili, chopped

handful coriander, chopped

Spices:

1 tsp. oregano

1 tsp. paprika

1 tsp. ground cumin

½ tsp. chili flakes

What you need to do

1. Chop the chicken into cubes. Season with salt, pepper, spices and crushed garlic.
2. Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate to cool.
3. Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.
4. Next, add the drained sweetcorn, beans and the cooked rice. Mix well and cook for another 2 minutes.
5. Remove from the heat, and add the peeled and diced tomato, then mix.
6. To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chili and coriander.

Pro Tip: To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.

GF | DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25-30 mins	360	16	32	24

*Nutrition per serving

myfitnesspal

01949773



Beef & Green Beans Pasta In Soy Sauce

Serves 2

- 4 oz. (120g) whole-wheat pasta
- 10 oz. (300g) beef steak
- 4 spring onions
- 2 cloves garlic
- 1 tbsp. coconut oil
- 2 tbsp. soy sauce
- ⅓ cup (80ml) beef stock
- 100g green beans, frozen

What you need to do

1. Cook the pasta according to instructions on the packaging.
2. Cut the beef into thin slices.
3. Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.
4. Heat the oil in a large pan over medium-high heat and cook the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.
5. Add the garlic and spring onions to the same pan and cook for about 3 minutes, until spring onions start to soften.
6. Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta. Stir occasionally for about 2 minutes.

DF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	491	12	53	44

*Nutrition per serving

myfitnesspal



Chicken & Mango Stir Fry

Serves 4

1 lb. (450g) chicken breasts, cut into strips

1 tbsp. buckwheat flour

1 mango, peeled

1 red bell pepper, sliced

1 red onion, chopped

2 cloves garlic, minced

1 small chili pepper, deseeded and chopped

2 tbsp. ginger, grated

2 tbsp. coconut oil

For the sauce:

3 tbsp. of rice vinegar

3 tbsp. of water

5 tbsp. of soy sauce

2 tbsp. honey

What you need to do

1. Cut the chicken into thin strips and season with salt and pepper, then coat with flour.
2. Peel the mango and cut the flesh into strips. Cut the peppers into strips. Peel the onion and cut into half rings.
3. Cut the deseeded chili pepper lengthwise, then finely chop. Peel and grate the ginger.
4. Prepare the sauce by mixing all the sauce ingredients in a bowl.
5. In a wok or large pan, heat 1 tbsp. of coconut oil, and stir fry the peppers, onions, chili pepper, garlic and ginger over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes. Then remove everything and set aside.
6. Add the second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.
7. Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 minutes until the sauce thickens. Mix occasionally.
8. Serve with rice (not included in nutrition information per serving).

GF | DF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	308	9	31	29

*Nutrition per serving

myfitnesspal
06786793



Salmon Teriyaki With Green Beans & Sweetcorn Rice

Serves 4

4 salmon fillets (5 oz./150g each)

5 oz. (150g) green beans, frozen

1 cup (150g) sweetcorn

3.5 oz. (100g) brown rice

2 tbsp. sesame seeds

1 tbsp. sesame oil

For the sauce:

8 tbsp. soy sauce

3 tbsp. maple syrup

1 tbsp. lime juice

4 tbsp. grated ginger

2 garlic cloves, grated

What you need to do

1. Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.
2. Cut the skin off the salmon then rinse, dry and marinate in the prepared sauce for 1 hour.
3. In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before it is cooked, then drain. Next, add the sweetcorn and mix well.
4. Preheat the oven to 450°F (230°C). Place the salmon into an oven safe dish, leaving the marinade aside. Bake for 8-10 minutes. 3 minutes before the end of baking, sprinkle with sesame seeds.
5. Transfer the marinade into a small saucepan and heat until it thickens. Mix in the sesame oil, take off the heat and set aside.
6. To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
1.10 hrs	15 mins	507	19	40	45

*Nutrition per serving

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THRIVE with Coach Phil



Chicken Orange Stir Fry

Serves 4

For the sauce:

1 orange, juice only

⅓ cup (100g) marmalade (low sugar)

¼ cup (60ml) soy sauce

1 tsp. sriracha (or as needed)

1 tbsp. buckwheat flour

For the stir fry:

1 tbsp. coconut oil

1 lb. (450g) chicken breast, chopped

1 tbsp. garlic, minced

3 sprigs green onion, chopped

1 cup (150g) snap or mangetout peas

1 red bell pepper, chopped

3 cups (450g) cooked brown rice

½ cup (25g) carrot, grated

1 tbsp. sesame seeds

1 tsp. orange zest

What you need to do

1. Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.
2. Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 minutes until chicken is cooked through. Remove from the pan and set aside.
3. Lower the heat and add the garlic and green onions, cooking for 1 minute. Keep stirring to prevent burning.
4. Now add the mangetout peas and bell pepper and cook for another 3-4 minutes. Add in cooked rice and mix well with the vegetables.
5. Next, add in the cooked chicken, grated carrots and the sauce. Stir well.
6. Garnish with sesame seeds and more green onions to serve.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	397	7	53	34

*Nutrition per serving

myfitnesspal

06759920



Pesto Pasta With Tuna & Almonds

Serves 4

10.5 oz. (300g) gluten-free fusilli

14 oz. (400g) green beans

8.4 oz. (240g) tuna in water, drained (2 tins)

1 oz. (30g) roasted almonds, chopped

4.5 oz. (130g) green pesto

What you need to do

1. Cook the pasta according to the instructions on the package.
2. In the meantime, halve the green beans and cook in boiling water for about 5 minutes, then drain.
3. Meanwhile, let the tuna drain and chop the almonds coarsely.
4. Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with almonds to serve. Season with pepper.

GF DF Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	512	16	69	24

*Nutrition per serving

myfitnesspal

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Sweet & Sour Pork Stir-Fry

Serves 4

⅞ cup (200g) basmati rice

10 oz. (300g) pork loin

2 garlic cloves

4 spring onions

1 tbsp. coconut oil

3 tbsp. ginger syrup

1 lime, juiced

1 ⅓ cup (200g) sugar snap peas

1 ¼ cup (250g) cherry tomatoes

1 ¼ cup (250g) pineapple, canned or fresh

What you need to do

1. Cook the rice according to instructions on the packaging.
2. In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.
3. Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 minutes, then lower the heat and add in the sugar snap peas. Stir fry for another 4 minutes on low heat.
4. Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.
5. Once rice is cooked, divide everything onto 4 plates and serve.

Note: This dish is also very tasty with chicken breast or chicken thighs.

GF | DF | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	446	16	52	22

*Nutrition per serving

myfitnesspal

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Pepper Steak

Serves 4

12 oz. (340g) round beef, trimmed

4 tsp. plus 3 tbsp. soy sauce

1 tbsp. rice wine

3 tsp. buckwheat flour

2 tsp. coconut oil

1 large onion, sliced into strips

1 red bell pepper, sliced into strips

½ tsp. black pepper

crushed red pepper flakes, to taste

What you need to do

1. Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tablespoon of rice wine, 1 teaspoon of buckwheat flour and season with freshly ground black pepper.
2. In a small bowl, mix 3 tablespoons of soy sauce, 1 tablespoon of water and 2 tsp. buckwheat flour, then set aside.
3. Heat 1 teaspoon of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.
4. Add the remaining 1 teaspoon of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.
5. Serve with rice (not included in nutrition info per serving).
6. Store in the fridge for up to 4 days.

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	187	6	12	22

*Nutrition per serving

myfitnesspal

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Quick & Easy Meatballs

Serves 4

1 lb. (500g) lean ground beef

1 small onion, finely diced

2 garlic cloves, minced

1 red pepper, diced

1 egg

½ cup (30g) buckwheat flour

¼ cup coriander, chopped

1 tsp. oregano

12 slices streaky bacon

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).
3. Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes, set the oven to grill/broil for the meatballs to have a crispy outside layer.

GF DF LC HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	309	14	9	36

*Nutrition per serving

myfitnesspal

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Quick Beef Chow Mein

Serves 4

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- ½ leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onions, chopped

What you need to do

1. Prepare the noodles according to instructions on the packaging.
2. Cut the beef into thin strips.
3. Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the leeks, pepper and mushrooms and fry for about 5 minutes.
4. Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.
5. To serve, divide onto serving dishes and garnish with chopped spring onions.

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DF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	325	10	33	28

*Nutrition per serving



Simple Chili & Sweet Potato Chips

Serves 4

For the potatoes:

3 medium sweet potatoes

2 tsp. garlic powder

1 tsp. onion powder

2 tbsp. buckwheat flour

1 tbsp. olive oil

salt & pepper

For the simple chili:

1 lb. (450g) lean ground beef

1 tbsp. chili flakes

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

6 fl. oz. (170ml) water

For the garnish:

2 tbsp. coriander, chopped

1 avocado, mashed

What you need to do

1. Heat the oven to 420°F (215°C).
2. Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.
3. Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.
4. In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 minutes and season with chili flakes.
5. Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.
6. To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	382	16	33	29

*Nutrition per serving

myfitnesspal

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THRIVE with Coach Phil



Cherry Sorbet

Serves 4

1 ¾ cups (400g) frozen pitted cherries

2 tbsp. honey

1 tbsp. lemon juice

4 tbsp. vanilla soy yogurt (e.g. Alpro)

4 tbsp. water

mint leaves, to serve

What you need to do

1. Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yogurt and 4 tbsp. of water until smooth.
2. Spoon into a freezer-proof container then freeze for 1 hour.
3. Scoop out the sorbet into serving glasses, top with mint and serve immediately.
4. The ingredients will make approx. 8 scoops of sorbet (2 per serving).

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GF | DF | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	109	1	24	2

*Nutrition per serving



Protein Fruit Bowls

Serves 4

For the mango bowl:

7 oz. (200g) natural quark

¼ mango, chopped

1 tbsp. granola

For the strawberry bowl:

7 oz. (200g) natural quark

5 strawberries, halved

½ banana, sliced

1 tbsp. coconut chips

What you need to do

1. Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	250	4	30	25

*Nutrition per serving

myfitnesspal

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Matcha Chia Pudding

Serves 2

¼ cup (30g) chia seeds

1 ½ cup almond milk

2 tsp. maple syrup

3 tbsp. (40g) unflavoured soy protein isolate (or vanilla)

1 tsp. matcha

1 cup (100g) fresh or frozen berries, to serve

What you need to do

1. Mix the chia seeds and almond milk and place in the fridge. After an hour, mix again and place back in the refrigerator to chill overnight.
2. The next morning, mix in the maple syrup, protein powder, and matcha.
3. Divide between two bowls and serve with berries.

GF | DF | LC | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
overnight	0 mins	275	9	19	23

*Nutrition per serving

myfitnesspal

08091161

THRIVE with Coach Phil



Raspberry Protein Smoothie

Serves 1

½ ripe banana

1 cup (125g) frozen raspberries

1 cup (240ml) almond milk

2 tbsp. vanilla whey or pea protein

1 tbsp. smooth almond butter

handful ice cubes

What you need to do

1. Place all ingredients in a high-speed blender and blitz until smooth.

GF | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	331	12	25	29

*Nutrition per serving

myfitnesspal

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Green Glow Protein Smoothie

Serves 1

1 small banana

1 cup spinach

1 cup kale

1 tbsp. almond butter

⅔ cup (150ml) coconut water

1 scoop (25g) vanilla protein powder, optional

What you need to do

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

Note: The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yogurt (in that case reduce the amount of liquid).

GF | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	350	12	34	29

*Nutrition per serving

myfitnesspal

02539500



Vanilla & Coffee Protein Smoothie

Serves 2

¼ cup (60ml) espresso

1 ⅔ cup (400ml) almond milk

2 scoops vanilla whey

2 tsp. cinnamon

2 tbsp. flax seeds

handful ice

What you need to do

1. Please all in gradients in a high-speed blender and mix until smooth. Serve cold in a glass.

GF | LC | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	174	6	4	26

*Nutrition per serving

myfitnesspal

03119905

THRIVE with Coach Phil



Antioxidant Blueberry Protein Smoothie

Serves 1

½ cup (125ml) coconut water

½ cup (125ml) almond milk, unsweetened

1 scoop vanilla whey protein

½ cup (50g) frozen blueberries

1 tsp. ground cinnamon

1 tsp. chia seeds

What you need to do

1. Blend all the ingredients in a high-speed blender until smooth and serve.

GF | LC | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	197	4	14	26

*Nutrition per serving

myfitnesspal

06189716



Cinnamon Roll Protein Smoothie

Serves 2

1 banana

2 scoops (50g) vanilla protein powder

1 tsp. cinnamon

1 cup (240ml) almond milk

1 cup of ice cubes

What you need to do

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

GF | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	162	3	15	22

*Nutrition per serving

myfitnesspal