

THRIVE with Coach Phil

Low Carb Recipe Pack

Discover a delicious collection of 40 low-carb recipes, including breakfast, lunch, dinner, 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	Herby Breakfast Sausages	Pear, Cured Ham & Walnut Salad	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	Jerk Chicken with Cauliflower Rice
Tue	Herby Breakfast Sausages	Leftover Jerk Chicken with Cauliflower Rice	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	Tom Yum Soup With Shrimps
Wed	Turmeric Poached Egg	Healthy Coronation Chicken Salad	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	Leftover Tom Yum Soup With Shrimps
Thu	Asian Scrambled Eggs	Healthy Coronation Chicken Salad	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	Homemade Quinoa Chicken Nuggets With Side Of Choice
Fri	Cottage Cheese Protein Pancakes	Leftover Homemade Quinoa Chicken Nuggets	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	Warm Salmon Quinoa Salad
Sat	Turmeric Poached Egg	Grilled Vegetable Salad With Tuna	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	Meal Out - Enjoy!
Sun	Cottage Cheese Protein Pancakes	Pear, Cured Ham & Walnut Salad	E.g. Banana Chocolate Bites, Fit Almond Energy Balls	Leftover Warm Salmon Quinoa Salad

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables

Fruits
- 3 bananas
- 1 pear
- 3 lemons
- 3 limes

Vegetables
- 1 large bag spinach
- 2 tomatoes
- 1 bag rocket
- celery
- 1 bulb garlic
- 2 zucchinis
- bunch asparagus
- 14 oz. (400g) cauliflower rice
- 1 onion
- 3.5 oz. (100g) shitake mushrooms
- 1 red bell pepper
- 7 oz. (200g) sugar snaps

Herbs
- sage
- basil
- mint
- coriander
- parsley
- chives

Dried
- 6 apricots

Meat, Dairy, Non-Dairy

Fish, Seafood
- 7 oz. (200g) shrimps
- 4 salmon fillets

Meats
- 9 oz. (250g) ground pork
- cured ham
- 5 oz. (150g) cooked chicken
- 2 lbs. (900g) chicken breast

Dairy
- cottage cheese
- blue cheese
- Greek yogurt
- Parmesan

Non-Dairy
- 6 eggs

Grains, Seeds & Spices

Grains
- wheat flour
- quinoa
- almond meal

Nuts, Seeds
- pine nuts
- walnuts
- pistachio nuts

Spices
- turmeric
- curry powder
- thyme
- allspice
- garlic powder
- cinnamon
- cayenne pepper
- fish spices

Cans, Condiments, Misc

Oils
- olive oil
- coconut oil

Cans, Condiments
- white wine vinegar
- mayonnaise
- 2 cans tuna in olive oil
- 1 light coconut milk (canned)
- 1 full fat coconut milk (canned)
- tom yum paste
- fish sauce
- natural peanut butter

Sweeteners
- coconut sugar
- maple syrup
- honey

Misc, Other
- vanilla extract
- vegetable stock cubes
- dark chocolate chips
- desiccated coconut

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon	Omelet with Cottage Cheese & Basil	Easy Greek Zoodle Salad	E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	Low Carb Turkey Salad
Tue	Omelet with Cottage Cheese & Basil	Leftover Low Carb Turkey Salad	E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	Grilled Lemon Chicken Salad
Wed	Avocado & Egg Paste	Crushed Cucumber Salad With Salmon	E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	Leftover Grilled Lemon Chicken Salad
Thu	Tofu & Green Peas Paste On Toast	Crushed Cucumber Salad With Salmon	E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	Sesame & Ginger Beef With Zucchini Noodles
Fri	Sweetcorn Fritters	Leftover Sesame & Ginger Beef with Zucchini Noodles	E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	Cod With Creamy Zoodles
Sat	Avocado & Egg Paste	Leftover Sweetcorn Fritters	E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	Meal Out - Enjoy!
Sun	Peanut Butter Protein Fluff	Easy Greek Zoodle Salad	E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake	Leftover Cod With Creamy Zoodles

Weekly Shopping List for Meal Plan 02

Fruits, Vegetables

Fruits
- 2 avocados
- 6 lemons
- 1 lime
- 4 bananas
- strawberries

Vegetables
- cherry tomatoes
- 2 bulbs garlic
- 2 cucumbers
- spring onions
- white cabbage
- red cabbage
- 2 red bell peppers
- 1 carrot
- radishes
- bean sprouts
- spring onions
- ginger
- 4 zucchinis
- bunch asparagus
- 1 bag rocket

Frozen
- green peas

Herbs
- basil
- coriander
- mint
- chives

Meat, Dairy, Non-Dairy

Fish, Seafood
- 6 oz. (180g) hot smoked salmon
- 10 oz. (300g) cod fillets

Meats
- 1 lb. (450g) turkey breast
- 1 lb. (450g) ground beef (5% fat)
- 4 chicken breasts

Dairy
- cottage cheese
- Greek yogurt
- feta cheese
- cream

Non-Dairy
- 10 eggs
- natural tofu

Grains, Seeds, Spices

Grains
- buckwheat flour

Spices
- oregano
- paprika
- turmeric
- chili

Nuts, Seeds
- sesame seeds
- almonds

Cans, Condiments, Misc

Oils
- coconut oil
- olive oil
- sesame oil

Cans, Condiments
- sweetcorn
- peanut butter
- black olives
- tahini
- fish sauce
- rice wine vinegar
- white wine vinegar
- soy sauce (reduced sodium)
- sundried tomatoes

Sweeteners
- stevia/xylitol
- honey

Misc, Other
- baking powder
- vegetable stock



Turmeric Poached Egg

Serves 2

2 tsp. pine nuts

1 ¾ cups (400g) of fresh spinach

⅝ cup (125g) of tomatoes, halved

1 tbsp. mild olive oil

1 tbsp. white wine vinegar

1 tsp. ground turmeric

2 medium-sized eggs

What you need to do

1. Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.
2. In the meantime, heat the oil in a frying pan and stir fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.
3. Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 minutes repeat with the second egg.
4. Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with salt and pepper. Break open the eggs just before serving.

GF | DF | LC | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	219	15	12	14

*Nutrition per serving

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Omelet With Cottage Cheese & Basil

Serves 4

6 large eggs

4 tbsp. water

1 tbsp. oil or butter

1 bunch fresh basil

⅞ cup (200g) cottage cheese

12 cherry tomatoes

What you need to do

1. Beat the eggs with the water and season with salt and pepper.
2. Heat ¼ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminum foil.
3. Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.
4. Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.

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GF | LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	200	14	3	15

*Nutrition per serving



Herby Breakfast Sausages

Serves 8

9 oz. (250g) ground pork

salt and pepper

2 tbsp. sage, chopped

2 tbsp. basil, chopped

1 tbsp. coconut oil

What you need to do

1. In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.
2. Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.
3. Serve hot or store in the refrigerator for later.

GF DF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	56	3	2	7

*Nutrition per serving

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Avocado & Egg Paste

Serves 2

3 boiled eggs

1 small garlic clove, minced

1 ripe avocado

1 tsp. lemon juice

1 tsp. olive oil

3 tbsp. coriander leaves, chopped

What you need to do

1. Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled, peel and chop into cubes and put in a bowl.
2. Press the garlic, and add to the eggs.
3. Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl. Drizzle with lemon juice and olive oil.
4. Season everything with salt and pepper, and gently mix. Garnish with more coriander.
5. Serve immediately on bread or on its own.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	298	24	9	11

*Nutrition per serving

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Cottage Cheese Protein Pancakes

Serves 4

1 heaped cup (250g) cottage cheese

3 eggs

1 tsp. of vanilla extract

1 tbsp. of coconut sugar

3 heaped tbsp. flour (regular or gluten-free)

What you need to do

1. Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.
2. Whisk the egg whites and sugars into a stiff foam and add to the cheese mixture, gently combine the ingredients.
3. Heat a dry, non-stick pan and fry the pancakes (about 2 tablespoons of batter per pancake) in batches, for about 3 minutes, until the bottom is slightly browned. Turn and cook for another 2 minutes.

Suggested Servings: Greek yogurt, honey, and berries

LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	162	4	18	12

*Nutrition per serving

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Tropical Gluten Free Granola

Serves 7

1 cup (165g) pineapple, cubed

5 Medjool dates, pitted and roughly chopped

orange, 2 tbsp. juice

1 tbsp. vanilla extract

1 tsp. ground cinnamon

¼ cup (60ml) coconut oil, melted

3 cups (400g) almonds, roughly chopped

1 cup (150g) cashew nuts, roughly chopped

3 cups (90g) unsweetened coconut flakes

½ cup (70g) sunflower seeds

½ tsp. salt

What you need to do

1. Pre-heat oven to 250°F (120°C) and prepare 2 racks lined with baking sheets.
2. In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next, add in the coconut oil and blend again. Set aside.
3. Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.
4. Fold in the pineapple mix into the nuts and mix well until combined.
5. Divide the wet granola between the two prepared baking sheets and spread into a thin layer.
6. Place into the oven and bake for around 2 hours. Give the granola a mix every 20 minutes and rotate the trays after 60 minutes of baking.
7. In the last 30 minutes, keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.
8. The granola can be kept for a couple of weeks.

Note: Nutrition information is given per serving size of ¼ cup – 28 grams.

GF | DF | LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	2 hrs	173	14	10	4

*Nutrition per serving

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Smoked Mackerel & Egg Paste

Serves 4

4 eggs, hard boiled

7 oz. (200g) smoked mackerel

1 small onion, finely chopped

4 small pickled gherkins, chopped

2 tbsp. mayonnaise, light

2 tbsp. natural yogurt (or more mayo)

bunch of chives, chopped

What you need to do

1. Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.
2. Debone and skin the fish, then chop the meat and add to the bowl.
3. Add the finely chopped onion and gherkins into the bowl.
4. Season with salt and freshly ground pepper. Mix with the mayonnaise, yogurt and chopped chives.
5. Serve with bread, fresh veggies, or on its own.

GF | LC | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	268	23	5	18

*Nutrition per serving

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Egg Broccoli & Ham Muffins

Serves 6

½ broccoli

5 eggs

1 clove garlic, minced

pinch of chili flakes, optional

4 slices ham, chopped

⅓ cup (30g) grated cheese

What you need to do

1. Preheat the oven to 360°F (180°C).
2. Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.
3. Beat the eggs in a medium size bowl, add the minced garlic and season with salt and pepper, and chili flakes if using.
4. Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 minutes, or until eggs have set.

Vegetarian Option: Replace the ham with feta cheese, Goats cheese or your favourite vegetables.

GF | DF | LC | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	102	6	4	10

*Nutrition per serving

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Egg, Bacon & Avocado Bowl

Serves 1

2 bacon medallions

2 hardboiled eggs, chopped

½ large avocado, chopped

1 tbsp. red onion, finely chopped

1 tbsp. red bell pepper, finely chopped

sea salt & ground pepper, to taste

What you need to do

1. Fry the bacon until crisp on a non-stick pan. Let it cool slightly and chop.
2. Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.
3. Season with salt and pepper to serve.

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GF DF LC HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	378	32	14	23

*Nutrition per serving



Asian Scrambled Eggs

Serves 1

3 eggs

soy sauce, few drops

handful coriander, chopped

¼ avocado

½ tsp. black sesame seeds, to serve

What you need to do

1. Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.
2. On a dry non-stick pan, fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.
3. Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.

GF DF LC V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	5 mins	270	14	5	19

*Nutrition per serving

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Zucchini Fries

Serves 4

- 1.1 lbs. (500g) zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

What you need to do

1. Preheat oven to 430°F (220°C). Cut zucchini into fry-like pieces.
2. Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme. Mix well.
3. On a separate plate, have your breadcrumbs ready.
4. Grease a large baking tray with 1 tbsp. of olive oil.
5. Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp. of olive oil.
6. Season with salt and serve.

DF | LC | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	177	12	14	5

*Nutrition per serving

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Tofu Caesar Summer Rolls

Serves 4

⅝ cup (100g) firm tofu

1 tbsp. coconut oil

4 Romaine lettuce leaves, shredded

½ avocado, sliced

2 tbsp. Parmesan cheese, grated

Caesar salad dressing

4 rice paper wrappers

What you need to do

1. Slice the tofu into two thin rectangles and press using a towel to remove excess moisture.
2. Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let it cool before slicing into 8 strips.
3. Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.
4. Place a few strips of tofu in the centre, top with avocado, and a sprinkle of Parmesan cheese. Lastly, top with some shredded lettuce.
5. Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.
6. Serve straight away with the Caesar dressing as a dipping sauce.

Pro Tip: Dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.

GF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	191	10	8	5

*Nutrition per serving

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Sweetcorn Fritters

Serves 8

9.8 oz. (280g) organic sweetcorn, drained

bunch coriander, chopped

1 lemon, zest

1 cup (120g) buckwheat flour

¾ cup (185ml) cold water

4 tsp. coconut oil

What you need to do

1. Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.
2. Next, add in the flour and water and mix well until smooth.
3. Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (½ tsp. of oil per 1 fritter).
4. Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.
5. Serve with a side of avocado and chili yogurt (optional).

GF | DF | LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15-20 mins	97	3	15	3

*Nutrition per serving

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Tofu & Green Peas Paste

Serves 1

⅔ cup (100g) green peas, frozen

⅜ cup (50g) natural tofu

¼ avocado

1 handful mint leaves

1 tbsp. olive oil

1 tbsp. lemon juice

What you need to do

1. In a large bowl, place the frozen peas with boiling water and wait a few minutes until defrosted. Then drain and transfer into a blender.
2. Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.
3. If necessary, add some more mint and lemon to adjust the taste. Serve with toast (not included in nutrition info).

GF | DF | LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	290	21	17	11

*Nutrition per serving

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Black Bean Hummus

Serves 8

1x15 oz. (400g) can black beans, keep the water from the can

1 garlic clove, minced

2 tbsp. olive oil

2 tbsp. tahini

2 tbsp. lime juice, or more

½ tsp. cumin

½ tsp. salt

¼ tsp. cayenne pepper

What you need to do

1. In a food processor, blend until smooth ¼ cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.
2. Add the black beans and blend for another 1-2 minutes, until creamy and smooth.
3. Serve as a dip with fresh vegetables or crackers.
4. Store in a sealed container in the fridge for up to 1 week.

GF | DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	91	4	9	4

*Nutrition per serving

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Kale & Tofu Salad With Peanut Butter Dressing

Serves 4

For the salad:

14 oz. (400g) natural tofu

3 cups (90g) kale, chopped

1 cup (100g) purple cabbage, shredded

1 red bell pepper, chopped

⅔ cup (30g) carrot, grated

1 tbsp. coconut oil

For the dressing:

3 tbsp. peanut butter

2 tbsp. coconut milk

1 tbsp. rice vinegar

1 tbsp. honey

1 tbsp. soy sauce

½ lime, juiced

½ tsp. chili flakes

1-2 tbsp. water

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What you need to do

1. Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.
2. In the meantime, prepare your vegetables. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.
3. In a small bowl, mix all the dressing ingredients.
4. Heat the coconut oil in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 minutes each side, or until golden brown.
5. Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Tip: If you prefer a meat version of this salad, then it will go perfectly with a grilled chicken breast instead of the tofu.

GF | DF | LC | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	195	11	15	13

*Nutrition per serving



Smoked Salmon & Strawberry Salad

Serves 2

For the salad:

4 handfuls lamb's lettuce or rocket, or mix

3.5 oz. (100g) smoked salmon, torn

10 mini mozzarella balls, torn

10 strawberries, halved

handful basil leaves

For the dressing:

1 tbsp. honey

1 tbsp. olive oil

1 tbsp. lemon juice

1 tsp. honey mustard

What you need to do

1. Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basil leaves.
2. Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.

GF | LC | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	302	19	16	19

*Nutrition per serving

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Cucumber, Avocado & Chicken Salad

Serves 4

For the salad:

½ head iceberg lettuce, shredded

a dozen basil leaves, torn

1 avocado

2 tsp. lemon juice

½ cucumber, peeled

¼ cup (25g) walnuts

For the chicken:

2 chicken breast fillets (around 150g each)

1 tbsp. olive oil

1 tbsp. mustard

1 tbsp. honey

For the sauce:

3 tbsp. yogurt

1 tbsp. mayo

1 garlic clove, minced

What you need to do

1. Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.
2. Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.
3. In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.
4. Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.
5. Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.
6. Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.

GF | LC | MP | HP | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	304	20	12	21

*Nutrition per serving

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Pear, Cured Ham & Walnut Salad

Serves 2

bag of rocket

1 ripe pear, sliced

3 oz. (100g) blue cheese, cubed

4 slices cured ham, cut into strips

¼ cup (30g) walnuts, chopped

Dressing:

1 tbsp. olive oil

2 tsp. lemon juice

1 tbsp. maple syrup

What you need to do

1. Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.
2. Add the cubed cheese and the ham. Finally, top with nuts.
3. Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.

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GF | LC | HP | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	0 mins	466	35	16	22

*Nutrition per serving

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Easy Greek Zoodle Salad

Serves 2

For the salad:

1 cucumber

8.8 oz. (250g) cherry tomatoes

2 spring onions

3.5 oz. (100g) feta cheese

1.1 oz. (30g) black olives

For the dressing:

1 tsp. dried oregano

1 tbsp. lemon juice

2 tbsp. olive oil

1 large garlic clove, crushed

What you need to do

1. Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber “noodles” in 2-3 parts, to shorten them.
2. Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.
3. In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.
4. This salad is also a perfect side for grilled meats.

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GF | LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	267	25	7	10

*Nutrition per serving



Crushed Cucumber Salad With Salmon

Serves 2

For the salad:

1 red bell pepper, chopped

1 cucumber, crushed, chopped

1 garlic clove, sliced

fresh coriander, chopped

6 oz. (180g) hot smoked salmon fillets

For the dressing:

1 lime, juiced

1 tbsp. fish sauce

1 tbsp. rice wine vinegar

1 tbsp. sesame oil

1 tbsp. black sesame seeds

What you need to do

1. Roughly chop the red bell pepper and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.
2. Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.
3. To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.

Note: Use as much or as little coriander as you like.

GF | DF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	323	23	10	23

*Nutrition per serving

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THRIVE with Coach Phil



Healthy Coronation Chicken Salad

Serves 2

1 tbsp. mayonnaise

2 tbsp. Greek yogurt (0% fat)

1 tsp. curry powder (or more, to taste)

5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken is perfect)

6 dried apricots, chopped

1 celery stick, chopped

What you need to do

1. Mix the mayonnaise, yogurt, and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.
2. Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.
3. Serve with a side salad or as a sandwich filling.

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GF | MP | HP | LC | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	217	8	10	25

*Nutrition per serving



Grilled Vegetable Salad With Tuna

Serves 4

1 lemon

¾ cup (160g) tuna pieces in olive oil

½ cup (15g) fresh mint

1 garlic clove, crushed

2 zucchinis

2 ¾ cups (350g) asparagus

½ cup (50g) pistachio nuts, peeled and chopped

What you need to do

1. Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.
2. Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with salt and pepper.
3. Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.
4. Place the vegetables in a bowl and add in the marinade. Mix gently until covered.
5. To serve, divide veg and tuna between plates and top with chopped pistachio nuts.

GF | DF | LC | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	320	24	13	12

*Nutrition per serving

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Low Carb Turkey Salad

Serves 5

For the salad:

1lb. (450g) cooked turkey breast, sliced

1 cup (70g) white cabbage, shredded

1 cup (70g) red cabbage, shredded

1 red bell pepper, finely sliced

1 large carrot, grated

6 radishes, finely sliced

1 cup (100g) bean sprouts

3 green onions, finely sliced

4 tbsp. coriander, chopped

3 tbsp. toasted sesame seeds

⅓ cup (30g) almonds, chopped

For the dressing:

¼ cup (60ml) tahini

¼ cup (60ml) water

¼ cup (60ml) lemon juice

1 garlic clove, minced

1 tbsp. honey

What you need to do

1. Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, sliced onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.
2. Make the salad dressing by blending all the dressing ingredients together until creamy.
3. Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.

GF | DF | LC | MP | HP | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	0 mins	348	18	15	32

*Nutrition per serving

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THRIVE with Coach Phil



Salmon Spring Rolls

Serves 4

4 sheets rice paper

fresh coriander

7 oz. (200g) salmon, cut into 4 pieces

1 tbsp. coconut oil

soy sauce or tamari (GF), to serve

What you need to do

1. Boil a little bit of the water in a pan. Remove from heat, and dip in the rice paper for 30 seconds, one after the other. Remove the sheets from the water and place on a damp cloth.
2. Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.
3. Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2-2.5 minutes until they are nicely browned.
4. Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.

GF | DF | LC | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	154	10	4	13

*Nutrition per serving

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Cod With Creamy Zoodles

Serves 2

For the fish:

10 oz. (300g) cod fillets

1 tsp. paprika

1 tsp. turmeric

1 tsp. oregano

½ tsp. chili

1 tbsp. buckwheat flour

¼ cup (60ml) vegetable stock

⅓ cup (80ml) cream (dairy or plant based)

3 tbsp. chives, chopped

For the zucchini:

2 medium zucchinis

1 tsp. oil

1 clove garlic, minced

4 sundried tomatoes

What you need to do

For the fish:

1. Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.
2. Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.
3. Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

For the zucchini:

4. Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.
5. Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.
6. To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.

GF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	271	11	13	33

*Nutrition per serving

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Jerk Chicken With Cauliflower Rice

Serves 4

For the marinade:

1 tsp. dried thyme leaves

1 tsp. ground allspice

2 tbsp. brown sugar

½ tsp. salt

½ tsp. pepper

2 tsp. garlic powder

½ tsp. cinnamon

½ tsp. cayenne

2 tbsp. olive oil

2 tbsp. lime juice

For the chicken & rice:

1 lb. (450g) chicken breast

14 oz. (400g) cauliflower rice

2 tbsp. coconut oil

1 onion, diced

3 garlic cloves, minced

1 cup (250ml) canned light coconut milk

1 lime, zest and juice

handful coriander, to garnish

lime wedges, to serve

What you need to do

1. Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 minutes or overnight.
2. Heat the 1 tbsp. of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.
3. Next, add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.
4. In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 minutes until cooked through and browned. Once cooked, serve with the cauliflower rice.
5. Garnish the rice with chopped coriander and serve with lime wedges.

GF | DF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	397	24	15	33

*Nutrition per serving

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THRIVE with Coach Phil



Grilled Lemon Chicken Salad

Serves 4

2 lemons

1 ½ tbsp. oregano

1 ½ tbsp. olive oil

2 tsp. minced garlic

4 skinless, boneless chicken breasts (around 5 oz. (150g) each)

8 oz. (220g) asparagus

8 green onions, trimmed

1 tsp. coconut oil

1 ½ tbsp. white wine vinegar

1 packet 4 oz. (120g) rocket

What you need to do

1. Heat oven to 400°F (200°C).
2. Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.
3. Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 minutes, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.
4. Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.
5. Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	242	8	2	38

*Nutrition per serving

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THRIVE with Coach Phil



Homemade Quinoa Chicken Nuggets

Serves 4

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

1 cup (185g) cooked quinoa

1 egg, beaten

¼ cup (30g) cup Parmesan, grated

1 tbsp. dried herbs, of choice

What you need to do

1. Set oven to 350°F (180°C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.
2. Increase the oven temperature to 390°F (200°C).
3. Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks first in the egg, then coat with the quinoa.
4. Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.

GF LC HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	20 mins	224	6	10	33

*Nutrition per serving

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Sesame & Ginger Beef With Zucchini Noodles

Serves 4

¼ cup (60ml) reduced sodium soy sauce

1 tbsp. xylitol (or other sweetener)

2 tbsp. rice wine vinegar

1 lb. (450g) ground lean beef, 5% fat

2 tbsp. sesame oil

1 tbsp. fresh ginger, grated

3 cloves garlic, minced

2 medium zucchinis, spiralized

What you need to do

1. Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.
2. Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.
3. Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.
4. Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.
5. Slightly heat the spiralized zucchinis with the beef (if eating straight away), or divide zucchini and beef into containers. Heat in the microwave or pan when needed.

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GF | DF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	12 mins	242	12	10	25

*Nutrition per serving

THRIVE with Coach Phil



Tom Yum Soup With Shrimps

Serves 4

4 cups (1l) vegetable stock

2 tbsp. (30g) Tom yum paste

scant ½ cup (100ml) canned coconut milk

1 cup (225g) chopped tomatoes, canned

1 cup (100g) shitake mushrooms, roughly chopped

¾ cup (200g) shrimps

2 tbsp. fish sauce

1 tbsp. lime juice

coriander, to garnish

chili, to garnish

What you need to do

1. Pour the stock into a pot, add the tom yum paste and bring to a boil.
2. Add coconut milk, tomatoes and mushrooms, and cook for about 5 minutes.
3. Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.
4. Garnish with fresh coriander and chili to serve.

GF | DF | LC | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	106	5	4	13

*Nutrition per serving

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THRIVE with Coach Phil



Warm Salmon & Quinoa Salad

Serves 4

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 ⅓ cup (200g) sugar snaps
- 4 cups boiling water (1l)
- 1 ⅓ cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

What you need to do

1. Preheat the oven to 400°F (200°C).
2. In the meantime, cut the peppers into strips. Heat the oil in a pan on medium heat and stir fry the pepper for 5 minutes.
3. Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.
4. Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps and quinoa to the peppers and heat up for 4 minutes on medium heat.
5. Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.

GF | DF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	325	26	17	28

*Nutrition per serving

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THRIVE with Coach Phil



Strawberry Protein Muffins

Serves 12

1 cup (120g) oat flour

¼ cup (25g) vanilla protein powder

1 tbsp. lemon juice

zest of ½ a lemon

2 tbsp. stevia

½ tsp. baking soda

pinch sea salt

pinch cinnamon

1 tbsp. coconut oil, melted

¾ cup egg whites (around 3 eggs)

2 tbsp. unsweetened almond milk

½ cup (125g) non-fat Greek yogurt

1 tsp. vanilla extract

½ cup (100g) strawberries, chopped into small pieces

¼ cup (45g) 75% dark chocolate, chopped

What you need to do

1. Preheat oven to 350°F (180°C).
2. Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).
3. Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.
4. Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.
5. Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.
6. Remove from the oven, and let the muffins cool before serving.

Note: Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.

GF | LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	91	4	9	6

*Nutrition per serving

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Peanut Butter Protein Fluff

Serves 2

1 cup (250g) full-fat Greek yogurt

2 tbsp. peanut butter or almond butter

2 tsp. stevia

favourite garnish (banana, granola, blueberries)

What you need to do

1. Add the yogurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.
2. Transfer the mix into a bowl and top with your favourite toppings to serve.

GF | LC | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	244	20	9	9

*Nutrition per serving

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Low Carb Banana & Strawberry Cake

Serves 16

4 small ripe bananas

1 cup (130g) wheat flour

½ cup (60g) buckwheat flour

¼ cup (60ml) coconut oil

2 tbsp. stevia/xylitol

1 egg

1 tsp. baking powder

10 strawberries, halved

What you need to do

1. Pre-heat oven to 350°F (180°C).
2. Peel the bananas and place them in a food processor or high-speed blender. Blitz until smooth.
3. Add in the egg, oil and xylitol, then mix again. Next, add in the flours and baking powder, and blitz until a smooth batter is formed.
4. Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 minutes, until the cake is golden brown and cooked through.

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DF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	60 mins	104	5	16	2

*Nutrition per serving



Healthy Ferrero Rocher

Serves 12

1 cup (135g) + 12 hazelnuts

2 tbsp. cocoa powder

2 tbsp. agave syrup

1 tsp. vanilla extract

pinch of sea salt

2 tbsp. dark chocolate chunks

What you need to do

1. Add 1 cup of hazelnuts into a food processor and blitz until chopped into tiny pieces.
2. Next, add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.
3. Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.
4. Serve straight away or store in the fridge for later.

GF | DF | LC | MP | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	91	8	6	2

*Nutrition per serving

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Fit Almond Energy Balls

Serves 6

1 cup (120g) almond meal

2 tbsp. of honey (or maple syrup)

1 tsp. coconut oil, melted

½ tsp. lemon juice (optional)

2 tbsp. desiccated coconut or poppy seeds

What you need to do

1. Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.
2. You can also add half a teaspoon of lemon juice to break the sweetness.
3. Roll the energy balls in coconut poppy seeds.

GF | DF | LC | MP | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	178	14	8	6

*Nutrition per serving

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THRIVE with Coach Phil



Mocha Truffles

Serves 10

3 oz. (100g) of dark chocolate, 70-80%

⅓ cup (80ml) of full-fat coconut milk

2 tbsp. coconut sugar

2 tbsp. instant coffee

2 tbsp. almond butter

pinch sea salt

2 tbsp. cocoa powder, for dusting

What you need to do

1. Place the chocolate in a bowl and heat in a microwave just until it starts to melt.
2. In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.
3. Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.
4. Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.
5. Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.

GF | DF | LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	2 hrs	103	7	7	2

*Nutrition per serving

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Vegan Crème Brulee

Serves 4

1 vanilla pod

6.7 fl. oz. (200ml) canned coconut milk, full fat

13.5 fl. oz. (400ml) almond milk, unsweetened

4 tbsp. brown sugar

2 ½ tsp. agar-agar

What you need to do

1. Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside .
2. In a pot, bring the coconut milk, almond milk, half of the brown sugar, agar-agar, the vanilla pod and the marrow to a boil while stirring often. Remove from the heat as soon as it boils and allow to cool to room temperature.
3. Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.
4. Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.

GF | DF | LC | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	138	9	15	1

*Nutrition per serving

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Banana Chocolate Bites

Serves 15

3 ripe bananas

⅓ cup (85g) natural peanut butter

½ cup (90g) dark chocolate chips

2 tsp. coconut oil

What you need to do

1. Peel and slice the bananas. Line a tray or chopping board with baking paper.
2. Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little ‘sandwich’. You should be able to make around 30 sandwiches.
3. Place the bananas on the prepared baking paper and store it in the freezer for about 1 hour.
4. Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.
5. Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.
6. Place the chocolate covered sandwiches back on the baking paper platter, and into the freezer for another 15-20 minutes.
7. Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.
8. The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

GF | MP | LC | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	75 mins	99	6	12	2

*Nutrition per serving

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