

THRIVE with Coach Phil

Vegetarian Recipe Pack

Discover the vegetarian recipe collection: including breakfast, lunch, dinner, treats and smoothies… your choice of 114 delicious recipe options.

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Contents

10 Avocado, Tapenade & Egg Toast

12 Asian Style Scrambled Eggs

14 Goats Cheese & Avocado On Toast

16 Avocado, Feta & Pomegranate Toast

18 Breakfast Salad Bowl

20 Superfood Breakfast With Fried Egg

22 Cottage Cheese, Avocado & Sun-dried Tomato Breakfast Wrap

24 Tropical Breakfast Smoothie Bowl

26 Raspberry & Flaxseeds Smoothie Bowl

28 Bounty Oats With Dark Chocolate

30 Overnight Vanilla Yogurt Oats

32 Banana Protein Pancakes

34 Fluffy Berry Pancakes

36 Protein Orange & yogurt Pancakes

38 Almond Banana Pancakes

40 Zoodles With Quinoa & Poached Egg

42 Goats Cheese, Pear & Walnut Salad

44 Detox Salad

46 Grilled Pumpkin, Tofu & Bulgur Salad

48 Superfood Tahini Salad

50 Roasted Root Veg Salad With Feta

52 Kale & Broccoli Salad

54 Veggie 'Throw Together' Salad

56 Sun-dried Tomato & Tahini Salad

58 Tofu In Peanut Sauce

60 Chickpea & Tahini Stuffed Aubergine

62 Baked Sweet Potato With Feta, Pesto & Pomegranate

64 Satay Tempeh Skewers With Asian Slaw

66 Sweet Potato Pancakes

68 Leek & Pea Soup With Basil

Contents

70 Broccoli & Ginger Soup

72 Mushroom Soup

74 Sweet Potato Paste

76 Crispy Tofu

78 Creamy Leek Risotto

80 Sweet Potato Saag Aloo

82 Green Sushi Salad With Crispy Tofu

84 Vegetarian Nasi Goreng

86 Smoked Aubergine Goulash

88 Slow Cooker Cauliflower Tikka Masala

90 Chickpea, Sweet Potato & Spinach Curry

92 Creamy Vegan Sun-dried Tomato Pasta

94 Chakalaka Style Risotto

96 Quick Vegetable Curry

98 Raspberry Millet Protein Pudding

100 Kiwi Chia Protein Pudding

102 Chocolate Chia Pudding

104 Vegan Orange Chocolate Mousse

106 Coconut-Banana Millet Custard

108 Banana Protein Soft Serve

110 Chocolate Millet Pudding

112 Easy Oat & Carrot Cookies

114 Quark With Pomegranate, Chocolate & Dark Chocolate

116 Vegan Lemon & Coconut Cake

118 Vanilla & Coconut Truffles

120 Strawberry Protein Chia Pudding

122 Raw Beet Smoothie

124 Peanut Butter & Jelly Smoothie

Key

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	Goats Cheese & Avocado on Toast	Zoodles with Quinoa & Poached Egg	E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	Slow Cooked Cauliflower Tikka Masala
Tue	Breakfast Salad Bowl	Leftover Slow Cooked Cauliflower Tikka Masala	E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	Creamy Vegan Sundried Tomato Pasta
Wed	Goats Cheese & Avocado on Toast	Zoodles with Quinoa & Poached Egg	E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	Leftover Creamy Vegan Sundried Tomato Pasta
Thu	Breakfast Salad Bowl	Chickpea & Tahini stuffed Aubergine	E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	Baked Sweet Potato with Feta, Pesto & Pomegranate
Fri	Superfood Breakfast with Fried Eggs	Leftover Baked Sweet Potato with Feta, Pesto & Pomegranate	E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	Creamy Leek Risotto
Sat	Peanut Butter & Jelly Smoothie	Chickpea & Tahini stuffed Aubergine	E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	Meal Out - Enjoy!
Sun	Superfood Breakfast with Fried Eggs	Peanut Butter & Jelly Smoothie	E.g. Peanut Butter & Jelly Smoothie, Easy Oat & Carrot Cookies	Creamy Leek Risotto

Weekly Shopping List for Meal Plan 01

Fruits, Vegetables

Fresh
- 1x avocado
- 2x limes
- 1x lemon
- 1x bag mixed salad leaves
- baby cucumbers
- blueberries
- 1x broccoli
- 1x bulb garlic
- 4x onions
- 1x banana
- 2x zucchinis
- 1x aubergines
- 1x pomegranate
- cherry tomatoes
- 1x carrot
- 1x cauliflower
- ginger
- 1.7 lbs. (800g) sweet potato
- 2x leeks

Frozen
- raspberries

Dried
- cranberries

Herbs
- parsley
- coriander
- rosemary

Dairy & Non-Dairy

Dairy
- goats cheese
- feta cheese
- Parmesan
- cream

Non-Dairy
- 7x eggs
- almond milk

Grains, Seeds, Baking

Grains
- quinoa
- instant oats
- whole-grain flour
- brown rice pasta
- risotto rice

Nuts & Seeds
- sesame seeds
- pumpkin seeds
- cashews
- roasted almonds

Spices
- chili flakes
- ground turmeric
- paprika
- oregano
- curry powder
- cumin
- cinnamon
- mixed herbs

Baking
- baking powder
- vanilla extract

Cans, Condiments, Misc

Oils
- olive oil
- coconut oil

Cans & Condiments
- 1x can chopped tomatoes
- 1x can coconut milk
- chickpeas
- tahini
- pesto
- sundried tomatoes
- tomato puree
- balsamic vinegar

Sweeteners
- honey
- maple syrup

Other
- bread
- vegetable stock

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Mon	Asian Style Scrambled Eggs	Goats Cheese, Pear & Walnut Salad	E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	Grilled Pumpkin, Tofu & Bulgar Salad
Tue	Protein Orange Pancakes	Leftover Grilled Pumpkin, Tofu & Bulgar Salad	E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	Sweet Potato Saag Aloo with rice
Wed	Asian Style Scrambled Eggs	Goats Cheese, Pear & Walnut Salad	E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	Leftover Sweet Potato Saag Aloo with rice
Thu	Avocado, Feta & Pomegranate Toast	Kale & Broccoli Salad	E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	Veggie Throw Together Salad
Fri	Protein Orange Pancakes	Leftover Veggie Throw Together Salad	E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	Chickpea, Sweet Potato & Spinach Curry
Sat	Tropical Breakfast Smoothie Bowl	Kale & Broccoli Salad	E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	Meal Out - Enjoy!
Sun	Avocado, Feta & Pomegranate Toast	Tropical Breakfast Smoothie Bowl	E.g. Tropical Breakfast Smoothie Bowl, Vanilla & Coconut Truffles	Chickpea, Sweet Potato & Spinach Curry

Weekly Shopping List for Meal Plan 02

Fruits, Vegetables

Fresh
- mixed Asian vegetables
- 2x oranges
- 1x avocado
- 2x lemons
- 1x pomegranate
- 2x bananas
- 1x mango
- blueberries
- 1x kiwi
- 2x bags mixed salad leaves
- 1x pear
- 1 lb. (500g) pumpkin
- 2x bags spinach
- 1x bag kale
- 1x bag rocket
- 1x broccoli
- 4x sweet potatoes
- 3x tomatoes
- bunch asparagus
- 4x onions
- 1x bulb garlic
- ginger
- 1x chili pepper

Herbs
- coriander
- mint

Dairy & Non-Dairy

Dairy
- natural yoghurt
- feta cheese
- goats cheese

Non-Dairy
- 7x eggs
- coconut milk
- tofu

Grains, Seeds, Baking

Grains
- spelt flour
- granola
- bulgur wheat

Nuts & Seeds
- sesame seeds
- coconut chips
- desiccated coconut
- walnuts
- almonds

Spices
- chili powder
- rosemary
- curry powder
- paprika
- turmeric

Baking
- vanilla extract
- baking powder
- raisins

Cans, Condiments, Misc

Oils
- sesame oil
- coconut oil
- olive oil

Cans & Condiments
- soy sauce
- balsamic glaze
- balsamic vinegar
- almond butter
- 2x cans chickpeas
- mustard
- tahini
- 2x cans coconut milk

Sweeteners
- coconut sugar
- honey
- maple syrup

Other
- whole-meal bread
- coconut water
- vegetable stock



Avocado, Tapenade & Egg Toast

Serves 2

2 eggs, boiled

1 ripe avocado

2 slices favourite bread

2 tbsp. tapenade

coriander leaves, to serve

microgreens, to serve (optional)

What you need to do

1. Boil the eggs for 7 minutes. Toast the bread.
2. Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.
3. Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).

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DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	386	26	25	12

*Nutrition per serving



Asian Style Scrambled Eggs

Serves 2

3 eggs

2 egg whites

1 tbsp. soy sauce

2 tsp. sesame oil

1 ¼ cup (200g) mixed Asian vegetables

1 tsp. black sesame seeds

coriander, to serve

What you need to do

1. Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.
2. Heat 1 tsp. of sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 minutes until tender. Transfer onto a plate.
3. Add egg mixture to a pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre.
4. Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.
5. Remove from heat and serve with the prepared vegetables — top with fresh coriander and additional sesame seeds, to serve.

GF | DF | LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	206	11	6	15

*Nutrition per serving

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Goats Cheese & Avocado On Toast

Serves 2

4 small slices bread

1 ripe avocado

¼ cup (30g) goats' cheese

1 tbsp. black sesame seed

½ lime, juice

hot chili pepper or flakes, to serve

What you need to do

1. Toast the bread. In the meantime, smash the avocado with a fork and then divide among the bread slices.
2. Top with crumbled goat cheese. Season with salt and pepper, then drizzle with lime juice and sprinkle with sesame seeds, and chili to taste.

V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	370	22	35	11

*Nutrition per serving

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Avocado, Feta & Pomegranate Toast

Serves 2

2 slices wholemeal bread

1 avocado

¼ cup (50g) feta cheese, crumbled

¼ pomegranate, seeds

mint leaves, to garnish

What you need to do

1. Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt and pepper.
2. Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.

V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	322	21	27	9

*Nutrition per serving

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Breakfast Salad Bowl

Serves 2

- 2 slices bread of choice
- 2 handfuls salad leaves per bowl
- 2 baby cucumbers, sliced
- 2.6 oz. (75g) feta cheese, cubed
- 2.6 oz. (75g) blueberries
- 2 tbsp. pumpkin seeds
- 1 tbsp. olive oil
- 2 tsp. honey
- ½ lemon, juiced

What you need to do

1. Toast the bread and tear into small pieces.
2. Assemble the salad in large bowls. Place two handfuls of salad leaves in each dish, top with sliced cucumber, feta cheese, and blueberries, then sprinkle with pumpkin seeds.
3. Lastly, drizzle with olive oil, honey, and lemon juice.

V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	317	17	32	10

*Nutrition per serving

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Superfood Breakfast With Fried Egg

Serves 2

2 cups (300g) broccoli

2 tbsp. coconut oil

1 garlic clove, minced

¼ onion, chopped

2 tbsp. (20g) pumpkin seeds

1 tbsp. (20g) dried cranberry

lemon juice

4 eggs

Spices:

½ tsp. ground turmeric

½ tsp. chili flakes

½ tsp. paprika

½ tsp. oregano

What you need to do

1. Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make the broccoli rice.
2. Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes, until browned.
3. Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If needed, add a little water to avoid burning. At the end of cooking, drizzle with lemon juice.
4. In a separate frying pan, heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.

GF | DF | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	397	26	27	18

*Nutrition per serving

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Cottage Cheese, Avocado & Sun-dried Tomato Breakfast Wrap

Serves 4

1 ¾ cups (400g) cottage cheese

2 avocados, stone removed

4 medium corn wraps

⅔ cup (100g) sundried tomatoes

4 handfuls lettuce

What you need to do

1. Heat the wraps according to the instructions. Mash the avocado with a fork and spread over the corn wraps. Season with salt and pepper.
2. Next, divide the cottage cheese, tomatoes and lettuce over the avocado. Roll the wraps and wrap them tightly in cling film. Keep the wraps in the refrigerator until required.

GF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	365	21	31	14

*Nutrition per serving

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Tropical Breakfast Smoothie Bowl

Serves 2

2 bananas, frozen slices

4.4 oz. (125g) mango, frozen cubes

⅔ cup (160ml) coconut water

⅓ cup (80ml) coconut milk

handful blueberries, topping

1 kiwi, peeled and sliced, topping

2 tbsp. coconut chips, topping

2 tbsp. granola, topping

What you need to do

1. Place the bananas, mango, coconut water and coconut milk in a blender or food processor and blend until smooth.
2. Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve immediately.

DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	345	8	69	5

*Nutrition per serving

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Raspberry & Flaxseeds Smoothie Bowl

Serves 1

3 tbsp. flaxseeds

½ cup (100ml) water

1 cup raspberries, frozen

3 heaped tbsp. (50ml) beetroot juice

2 tbsp. natural yogurt (or plant based)

1 tsp. raw cacao nibs

What you need to do

1. Boil the water in the kettle.
2. Place the flaxseeds in a small pot and add in the water, cook for around 5 minutes, until the water turns sticky. Then take off the heat and allow to cool slightly.
3. Place the raspberries and beetroot juice in a blender and blend until smooth. Next add in the flaxseeds and blend again.
4. Transfer the smoothie into a bowl and top with the yogurt and cocoa nibs. Serve straight away.

GF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	240	13	28	8

*Nutrition per serving

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Bounty Oats With Dark Chocolate

Serves 3

1 cup oats (90g/3.17 oz.)

2 tbsp. desiccated coconut

6.7 fl. oz. (200ml) coconut milk

2 tbsp. coconut sugar or honey

1.7 oz. (50g) dark chocolate, chopped

handful raspberries

What you need to do

1. Place the oats in a saucepan and add 1 ½ glasses of water and the desiccated coconut. Bring to boil then reduce the heat, and cook covered for about 10 minutes. In the meantime, stir 2-3 times.
2. Remove the lid, add coconut milk and sugar. Mix and remove from the heat.
3. Divide between bowls, sprinkle with chopped chocolate and top raspberries to serve.

HP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	341	18	36	6

*Nutrition per serving

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Overnight Vanilla Yogurt Oats

Serves 2

1 ½ cup (350ml) vanilla yoghurt, soy or normal

5 tbsp. (30g) rolled oats

1 tbsp. honey

2-4 strawberries, sliced

1 kiwi, sliced

What you need to do

1. In the evening, mix the yoghurt and rolled oats, then refrigerate overnight in a jar.
2. In the morning, add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.

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DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	249	5	41	9

*Nutrition per serving



Banana Protein Pancakes

Makes 6

1 cup (90g) oats

1 ripe banana

½ cup (115g) cottage cheese

¼ cup egg whites (1-2 eggs)

4 tbsp. coconut milk, from a carton

½ tsp. cinnamon

½ tsp. baking powder

¼ cup (45g) dark chocolate chips (70%)

What you need to do

1. Place all ingredients except the chocolate chips into a blender and blitz until smooth. Next, stir in the chocolate chips.
2. Fry the pancakes on a dry non-stick pan, over medium-high heat for 2-3 minutes each side.
3. The batter will allow to make around 6 small pancakes. To serve, top with your favourite toppings.

Note: Nutrition information is per 3 small pancakes. Toppings are not included in nutritional information.

MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10-15 mins	424	18	52	12

*Nutrition per serving

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Fluffy Berry Pancakes

Makes 8

1 cup (200g) cottage cheese

2 eggs

2 tbsp. coconut sugar

2 tbsp. coconut oil, melted

⅓ cup (80ml) coconut milk, carton

1 ⅓ cup (160g) wheat flour

2 tsp. baking powder

around 24 raspberries

around 32 blueberries

What you need to do

1. Place the cottage cheese in a bowl and crush it with a fork. Add the eggs, sugar and whisk well, then pour in the oil and milk and mix again.
2. Mix in the flour and baking powder until smooth mass forms.
3. Heat a dry non-stick pan on medium heat, and place 2 tablespoons of the dough per one pancake onto the pan. Level the surface and arrange a few berries over the top. Fry for about 2.5 minutes over medium heat until grown slightly and browned.
4. Flip over and cook for another 2-2.5 minutes until browned on the other side. Serve hot or cold.

MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	170	7	22	6

*Nutrition per serving

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Protein Orange & yogurt Pancakes

Serves 2

2 eggs

8 tbsp. (160g) natural yogurt

2 tsp. coconut sugar

2 tsp. orange peel

2 tsp. vanilla extract

8 tbsp. (120g) spelt flour

1 tsp. baking powder

1 tsp. coconut oil, melted

orange slices, to serve

What you need to do

1. Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.
2. Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.
3. Serve with slices of orange and fresh berries.

Tip: If avoiding dairy, swap natural yogurt for soy or coconut yogurt. - Spice up your pancakes with cinnamon or cardamom for a fiery kick.

V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	259	12	48	18

*Nutrition per serving

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Almond Banana Pancakes

Serves 2

⅝ cup (125g) mango, cubes

2 passion fruit

4 tbsp. water

½ cup (60g) almond flour

1 ripe banana

1 medium egg

1 tsp. oil

What you need to do

1. Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.
2. In the meantime, mix the almond flour, the ripe banana and egg in the blender or food processor until smooth.
3. Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.
4. Fry the pancakes for about 3 minutes until browned and done on both sides. Turn them carefully, as the batter is not very firm.
5. Serve with the fruit spread made earlier.

GF | DF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	346	21	28	13

*Nutrition per serving

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Zoodles With Quinoa & Poached Egg

Serves 2

1 ½ cup (280g) cooked quinoa

1 tbsp. coconut oil

2 garlic cloves, crushed

2 medium zucchinis, spiralized

12 cherry tomatoes, halved

1 tsp. oregano or mixed herbs

2 medium poached eggs

chili flakes, to taste

What you need to do

1. Divide the cooked quinoa onto 2 plates.
2. Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 minutes then add the zucchini noodles (zoodles), cook for another 3-4 minutes stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.
3. On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 minutes. Season with salt, pepper and oregano. Add to the quinoa and zoodles.
4. To serve, top the zoodles with a poached egg and season with chili flakes and freshly ground black pepper.

GF | DF | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	10 mins	347	15	38	15

*Nutrition per serving

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Goats Cheese, Pear & Walnut Salad

Serves 2

- 3.5 oz. (100g) mix salad leaves
- 1 ripe pear
- 2 tbsp. lemon juice
- 3.5 oz. (100g) goats cheese
- 1.1 oz. (30g) walnuts
- 1 tbsp. honey
- 1 tbsp. olive oil

What you need to do

1. Divide the salad leaves onto 2 plates.
2. Peel the pear, and cut into quarters, cut out the seed nests, cut the quarters into bite-size pieces. Transfer into a bowl and drizzle with lemon juice. Take the pears out of the lemon juice and add them to the salad leaves.
3. In the bowl with lemon juice, add honey, olive oil, and salt, to taste. Mix well and set aside.
4. Crumble the goat cheese over the salads and top with chopped walnuts. Drizzle with the earlier made dressing and serve.

GF V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	379	28	26	10

*Nutrition per serving

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Detox Salad

Serves 2

2 bunches parsley, roughly chopped, around 1 oz. (30g)

¼ cup (46g) cooked quinoa

1 avocado, peeled, stone removed, cut into cubes

½ cucumber, cut into cubes

½ zucchini, cut into cubes

1 small red onion, finely diced

1 tsp. olive oil

juice of 1 lemon

¼ cup (30g) mixed seeds and nuts, to garnish

What you need to do

1. In a medium bowl, add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.
2. Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.

GF | DF | LC | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	315	24	19	10

*Nutrition per serving

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Grilled Pumpkin, Tofu & Bulgur Salad

Serves 2

2 ¼ cup (500g) pumpkin, cubed

1 tsp. sweet paprika

1 tsp. chili powder

2 tsp. dried rosemary

1 tbsp. olive oil

1 tbsp. honey

⅓ cup (40g) walnuts, chopped

¼ cup (55g) of bulgur wheat

few handfuls spinach

⅔ cup (80g) tofu, drained

1 tbsp. balsamic glaze

What you need to do

1. Heat the oven to 400°F (200°C).
2. Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.
3. Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.
4. Place the bulgur into a small pot, and add ¾ cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.
5. Add the cooked bulgur to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.
6. Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.

DF V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	360	22	38	10

*Nutrition per serving

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Superfood Tahini Salad

Serves 2

For the salad:

2 cups (200g) baby kale

2 handfuls microgreens

2 carrots, shredded

8 radishes, thinly sliced

For the dressing:

½ lemon, juice

2 tbsp. tahini

1 tsp. honey

2 tbsp. water

salt

1 garlic clove, minced

cayenne

What you need to do

1. Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.
2. For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.
3. Top with microgreens or your favourite seeds (optional).

GF | DF | LC | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	190	10	19	9

*Nutrition per serving

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Roasted Root Veg Salad With Feta

Serves 4

- 2 medium carrots, peeled
- 2 medium parsnips, peeled
- 1 lb. (450g) pumpkin, peeled
- 2 tbsp. olive oil
- 4 oz. (120g) rocket
- 2 oz. (50g) feta
- ¼ cup (30g) pumpkin seeds

What you need to do

1. Pre-heat the oven to 400°F (200°C).
2. Wash and peel the carrots and parsnips. Cut them into small strips. Peel and cube the pumpkin.
3. Place all the vegetables into a roasting tray, and grease evenly with 1 tbsp. of olive oil. Season with salt and pepper, and roast in the oven for 20-30 minutes (depending on the thickness of the vegetables).
4. Once cooked add the roasted vegetables and rocket to a large bowl and drizzle with the remaining 1 tbsp. of olive oil.
5. Sprinkle with crumbled feta cheese and pumpkin seeds, and season with salt and pepper to serve.

GF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	197	11	21	6

*Nutrition per serving

myfitnesspal



Kale & Broccoli Salad

Serves 2

For the salad:

½ head broccoli

1 tbsp. olive oil

1 ¼ cup (125g) kale

1 ¼ cup (125g) mixed salad leaves

scant ¼ cup (30g) raisins

¼ cup (30g) almonds, roasted, chopped

For the dressing:

1 tbsp. honey

1 tbsp. balsamic vinegar

2 tbsp. lemon juice

1 tbsp. almond butter

What you need to do

1. Preheat oven to 400°F (200°C).
2. Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 minutes until soft, add the kale in the last 10 minutes of cooking, then remove from the oven.
3. Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.
4. Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.

myfitnesspal

08177063

GF | DF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	370	20	42	17

*Nutrition per serving



Veggie ‘Throw Together’ Salad

Serves 3

For the salad:

1 medium sweet potato

⅝ cup (120g) chickpeas, drained

1 tbsp. olive oil

9 oz. (250g) asparagus

1 cup (30g) spinach

1 cup (30g) kale

1 cup (30g) rocket

For the dressing:

1 tsp. mustard

1 tbsp. tahini

2 tbsp. lemon juice

1 tbsp. olive oil

1 tsp. honey

What you need to do

1. Preheat oven to 375°F (190°C).
2. Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. of olive oil and season with salt and pepper. Roast for 30 minutes. Add the asparagus in the last 10 minutes of roasting.
3. In the meantime, prepare the dressing by mixing all the dressing.
4. Place spinach, kale and rocket in a bowl and rub the dressing into the leaves.
5. Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas and asparagus. Serve hot or cold.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	343	15	40	13

*Nutrition per serving

myfitnesspal

00836214



Sun-dried Tomato & Tahini Salad

Serves 2

- 1 ¾ cup (130g) lentils, drained
- 1 cup (70g) sundried tomatoes, drained
- ½ cup (80g) artichoke, drained
- 1 cup (225g) spinach
- ½ cucumber, chopped
- 2 tbsp. tahini
- 2 tsp. apple cider vinegar
- 1 tbsp. tamari or soy sauce
- 1 tsp. honey

What you need to do

1. Prepare the vegetables and place them in a large bowl.
2. Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.

DF | LC | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	295	20	19	13

*Nutrition per serving

myfitnesspal
06474362



Tofu In Peanut Sauce

Serves 4

1 tbsp. coconut oil

2 ¼ cups (400g) tender stem broccoli

1 ⅜ cups (350g) firm tofu

For the sauce:

¼ cup (65g) natural peanut butter

2 tbsp. tamari or soy sauce

2 tbsp. water

5 tbsp. honey

1 tsp. sesame oil

½ tsp. chili flakes

1 tbsp. ginger, grated

What you need to do

1. Firstly, prepare the tofu. Drain all the water, and sandwich it between two paper towels and two plates. Place a heavy item like a can on the top plate. Press for at least 30 minutes.
2. Cut the tofu into ½ inch (1.25 cm) cubes.
3. Mix all the sauce ingredients and set aside. Steam or boil the tender stem broccoli until tender, set aside.
4. In the meantime, heat the coconut oil in the pan over medium heat and cook the tofu for around 10-15 minutes, occasionally turning, until browned. Add in the prepared sauce and stir well. Remove from heat and serve with the cooked broccoli.

GF | DF | LC | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
30 mins	15 mins	310	18	17	18

*Nutrition per serving

myfitnesspal

09615793



Chickpea & Tahini Stuffed Aubergine

Serves 4

2 large aubergines

2 tbsp. olive oil

1 small onion, chopped

2 cloves garlic, chopped

2 tbsp. chopped parsley, plus more to garnish

1 cup (200g) chickpeas, drained

2 tbsp. tahini

juice of ½ lime

salt, pepper, oil

Spices:

1 tsp. turmeric

1 tsp. oregano

1 tsp. cumin

1 tbsp. coriander, fresh, chopped

⅓ tsp. hot paprika

⅓ tsp. sweet paprika

What you need to do

1. Heat the oven to 400°F (200°C).
2. Cut the aubergines in half lengthwise, place them on a baking tray lined with baking paper, and bake in the oven for about 25-30 minutes. Once baked remove the flesh with a spoon, leaving about ¼ inch (½ cm) of the edges of the aubergine. Chop the aubergine flesh and set aside.
3. Heat a pan with 2 tbsp. of olive oil, add the chopped onion and finely chopped garlic, fry for 2-3 minutes. Then add the chopped flesh, and season with salt and pepper. Continue cooking for another 5 minutes stirring often.
4. Next, add the spices, and fry for another 2-3 minutes, adding water as needed to avoid burning.
5. Add the chopped parsley and take off the heat. Finally add the chickpeas, tahini and lime juice, mix, and season with salt and pepper to taste.
6. Transfer the stuffing into the halved cooked aubergines and serve with fresh chopped parsley.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	40 mins	360	14	50	14

*Nutrition per serving

myfitnesspal

02792848



Baked Sweet Potato With Feta, Pesto & Pomegranate

Serves 4

1.7 lbs. (800g) sweet potato

1 tbsp. olive oil

2.8 oz. (80g) feta cheese

seeds of ½ pomegranate (50g)

1.7 oz. (50g) pesto (homemade or store bought)

What you need to do

1. Heat the oven to 390°F (200°C). Wash the potatoes and cut them into 4 slices. Season with salt, pepper, and rub with olive oil.
2. Arrange on a baking tray and bake in the oven for about 30-45 minutes, until soft (the fork should smoothly enter the flesh). Thinner slices will be ready earlier.
3. Once cooked, spread the pesto over the potato slices, sprinkle with crumbled feta cheese and pomegranate seeds. If necessary, season with salt and pepper, to taste.

GF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	30-45 mins	283	12	42	7

*Nutrition per serving

myfitnesspal

05619696



Satay Tempeh Skewers With Asian Slaw

Serves 4

14 oz. (400g) natural tempeh

For the marinade:

¼ cup (45g) crunchy peanut butter

3 tbsp. coconut milk (more if required)

1 tbsp. sesame oil

1 tbsp. lime juice

1 tbsp. tamari (or soy sauce)

1 tbsp. honey

1 tsp. chili paste (sambal oelek)

1 tsp. ginger, grated

For the slaw:

300g red cabbage, shredded

1 tbsp. sesame oil

1 tsp. honey

1 tbsp. lime juice

2 tsp. ginger, grated

sesame seeds, to serve

What you need to do

1. Cut the tempeh into 32 even cubes.
2. Mix all the marinade ingredients in a bowl. Add the tempeh to the marinade and stir until all cubes are covered. Cover the dish or place in an airtight container and store in the fridge overnight (or a least 1-2 hours).
3. Preheat the oven to 350°F (180°C).
4. Thread the marinated tempeh on skewers (4 cubes on each), then place on a baking sheet and bake for 20-25 minutes checking to prevent burning. Save the rest of the marinade for serving.
5. Mix all the slaw ingredients and season with salt and pepper, then mix well and set aside.
6. Once tempeh is ready, serve 2 skewers per person with a drizzle of the leftover sauce, alongside the Asian slaw. Sprinkle with sesame seeds to serve.

GF | DF | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
overnight	20 mins	500	30	19	32

*Nutrition per serving

myfitnesspal

06657062



Sweet Potato Pancakes

Serves 4

2 cups (300g) sweet potato, grated

½ small onion, grated

1 clove garlic, crushed

2 eggs

3 heaped tbsp. buckwheat flour

2 tbsp. coconut oil

½ tsp. sweet paprika

What you need to do

1. Place the grated sweet potato and onion in a large bowl. Add in the crushed garlic, eggs, flour, season with salt and pepper, as well as the paprika. Mix thoroughly.
2. Heat the coconut oil in a pan, and add a heaped tbsp. of the better per 1 pancake (makes around 16). Fry for around 3 minutes on medium heat, then flip and fry for another 1-2 minutes.
3. Serve with your favourite toppings (see ideas below).

Serving suggestions:

- tomato / cream / lamb's lettuce or parsley / onion
- sliced cherry tomatoes / feta cheese / rocket / onion
- hummus / avocado / tomato / onion

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10-15 mins	199	9	25	5

*Nutrition per serving

myfitnesspal



Leek & Pea Soup With Basil

Serves 4

2 tsp. coconut oil

3 ¼ cups (400g) leek, chopped

4 cups (1L) water

2 vegetable stock cubes

3 cups (450g) garden peas

½ cup (15g) fresh basil, chopped

1 ¼ cup (150g) light feta, crumbled

What you need to do

1. Heat the oil in a large saucepan and cook the leek for 2 minutes. Add the water and the stock cubes. Bring to the boil and cook for a further 5 minutes.
2. Add in the garden peas and cook for another 2 minutes. Put three-quarters of the basil into the soup, turn off the heat and puree with a hand blender until smooth.
3. Divide the soup over 4 bowls and sprinkle with the crumbled cheese and the rest of the basil to serve. Season with freshly ground pepper.

V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	212	5	30	11

*Nutrition per serving

myfitnesspal

05519750

THRIVE with Coach Phil



Broccoli & Ginger Soup

Serves 6

- 1 tbsp. coconut oil
- 7 oz. (200g) leeks, chopped
- 2 tbsp. ginger, chopped
- 2 broccoli heads, florets
- 1 large potato, peeled, chopped
- 1 tsp. turmeric
- 1 tsp. salt
- 1 tbsp. sesame oil
- 6 cups (3 litres) stock
- 6 tbsp. natural yogurt (or dairy free option)
- 6 tsp. sunflower seeds

What you need to do

1. Heat the oil in a large pot over medium heat. Add the leeks and cook for around 5-6 minutes, until leeks are softened.
2. Add in the ginger, broccoli florets, chopped potato, turmeric, salt, sesame oil and stock.
3. Bring to a boil, reduce the heat and simmer for 10 minutes until the vegetables are soft.
4. Blend until creamy and smooth with a hand blender, then season to taste with salt and freshly ground black pepper.
5. Serve topped with yogurt and sunflower seeds.
6. The soup can be stored in the fridge for up to 5 days, or in the freezer for up to 3 months.

GF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	179	7	20	8

*Nutrition per serving

myfitnesspal
07664991



Mushroom Soup

Serves 4

2 tbsp. coconut oil

1 onion, sliced

½ leek, chopped

5 ⅓ cups (500g) mushrooms, sliced

1 small carrot, chopped

1 small parsnip, chopped

1 small potato, peeled, cubed

2 ½ cups (600ml) vegetable stock

scant ½ cup (100ml) cream fraiche

What you need to do

1. In a large pot, heat the oil, and sauté the chopped onion and sliced leek for about 3 minutes.
2. Next, add washed and sliced mushrooms and fry for another 10 minutes stirring now and then. Add the carrot, parsnip and potato. Mix well and cook for 3-4 minutes. Season with salt and pepper.
3. Pour in the hot vegetable stock and bring to the boil. Simmer, covered for about 15 minutes. until the vegetables are soft.
4. Mix with a hand blender until smooth, add cream at the end and serve.

GF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	35 mins	204	11	23	6

*Nutrition per serving

myfitnesspal



Sweet Potato Paste

Serves 4

2 large sweet potatoes

½ red chili pepper

¾ cup (150g) chickpeas, drained

1 tsp. garam masala

What you need to do

1. Peel the sweet potatoes and cut into ¾ inch (2cm) cubes. Boil in water for about 10 minutes until done. Drain, and place in a tall cup, allowing to cool slightly.
2. Halve the pepper and remove the seed with a sharp knife, then chop into pieces and add in with the cooked potatoes. Next, add in the chickpeas and garam masala.
3. Puree everything with a hand blender (or food processor) until a smooth spread has formed. Season with salt and pepper to taste and serve as a spread or dip.

GF DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	140	1	27	5

*Nutrition per serving

myfitnesspal



Crispy Tofu

Serves 4

- 2 ¾ cup (350g) firm tofu
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. tamari
- 1 tsp. favourite seasoning
- 1 tbsp. corn-starch

What you need to do

1. Preheat the oven to 200°C (400°F) and line a large baking tray with baking paper.
2. Drain the tofu and gently squeeze out the excess water. Wrap it around in a cloth and place something heavy over the top to further drain. Let it rest for 10 minutes.
3. Slice or cube the tofu into bite-size pieces and place in a bowl. Drizzle with the olive oil and tamari. Season with your favourite spices and toss to combine.
4. Sprinkle the starch over the tofu, and toss them again until evenly coated.
5. Transfer the tofu onto the prepared baking sheet and arrange in one layer. Bake for 25-30 minutes, turning halfway, until the tofu golden on the edges.
6. Use tofu in salads, or as a snack.

GF | DF | LC | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	30 mins	151	10	4	11

*Nutrition per serving

myfitnesspal

09496937



Creamy Leek Risotto

Serves 4

1 tbsp. coconut oil

2 leeks, chopped and washed

1 white onion, diced

1 ½ cup (350g) risotto rice

2 cups (500ml) vegetable stock

3 rosemary springs

½ cup (60g) Parmesan, grated

3 tbsp. cream

What you need to do

1. Heat the oil in a frying pan and sauté the leeks and onion for about 5 minutes. Add in the rice and simmer for 1 minute.
2. Add about half of the stock and rosemary springs, gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.
3. Remove the rosemary springs, and season the risotto with salt and pepper.
4. Add half of the Parmesan cheese and the soy crème to the risotto, plus some extra stock if desired to make it extra creamy. Mix well and serve with the remaining parmesan.

GF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	30 mins	438	7	81	13

*Nutrition per serving

myfitnesspal

09075184



Sweet Potato Saag Aloo

Serves 4

1 tbsp. coconut oil

3 onions, thinly sliced

4 garlic cloves, sliced

2 tbsp. ginger, grated

1 tbsp. mild curry powder

2 ⅔ cups (400g) sweet potatoes, peeled and chopped

3 tomatoes, diced

1 ¼ cup (300ml) vegetable stock

1 ¼ cups (250g) spinach, roughly chopped

4 tbsp. natural yogurt

2 tbsp. desiccated coconut

1 tbsp. mint leaves, finely chopped

juice of ½ lemon

handful coriander, chopped

What you need to do

1. Heat the coconut oil in a large pan over medium-high heat. Add the onion and cook for 2-3 minutes until soft.
2. Next, add the garlic, ginger, curry powder, and sweet potato, mix well until combined. Season with salt and pepper.
3. Add the tomatoes and vegetable stock. Bring to boil, and turn down the heat and cover the pan. Simmer gently for about 10 minutes.
4. In the meantime, prepare the yogurt by mixing together the natural yogurt, desiccated coconut, and mint. Set aside until needed.
5. Next, add the spinach to the pan and cover the pan. Wait until the spinach has wilted, this will take a few minutes. Finally, give everything a good stir, season with some more salt and pepper. If required and necessary, loosen the sauce with some water.
6. Serve with the earlier prepared yogurt, a squeeze lemon, and fresh coriander.

GF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	197	7	35	6

*Nutrition per serving

myfitnesspal

09260382



Green Sushi Salad With Crispy Tofu

Serves 4

1 cup (250g) sushi rice

1 tbsp. rice vinegar

2 cups (375g) natural tofu

1 tbsp. sesame oil

1 inch (3 cm) ginger, grated

2 tbsp. soy sauce

4 baby cucumbers, sliced

few slices nori

⅝ cup (125g) seaweed salad

1 ¼ cup (200g) edamame beans

What you need to do

1. Boil the rice according to the instructions on the package. Stir in the rice vinegar and allow to cool to room temperature.
2. In the meantime, drain the tofu. Cover a bowl with a clean tea towel and crumble the tofu above it. Press out as much moisture as possible squeezing the tea towel.
3. Heat the sesame oil in a wok and stir fry the tofu for 5 minutes on a medium heat. Next, add in the ginger and soy sauce. Stir fry for 5-7 minutes. Season with salt and pepper.
4. Meanwhile, cut the cucumber into slices and cut the nori into pieces.
5. To serve, divide the rice between bowls and then the tofu, cucumber, nori, seaweed salad, and soybeans. Serve with extra soy sauce.

GF DF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	10 mins	490	17	60	22

*Nutrition per serving

myfitnesspal

06105811



Vegetarian Nasi Goreng

Serves 4

7. oz. (200g) brown rice

1 tbsp. coconut oil

2 garlic cloves, sliced

1-inch ginger, peeled and chopped

2 tsp. sambal oelek (chili paste)

10.5 oz. (300g) white cabbage, shredded

10.5 oz. (300g) leek, sliced

1 carrot, finely chopped

2 tbsp. ketjap manis

4 eggs

7 oz. (200g) green beans

3.5 oz. (100g) bean sprouts

What you need to do

1. Boil the rice according to the instructions on the package.
2. Heat ½ tbsp. of oil in a large pan and add the garlic, ginger and sambal, cook for 3 minutes. Add the cabbage, leek, and carrot to the pan and stir fry for another 5 minutes. Next, add the cooked rice with the ketjap manis sauce and mix well, and allow to heat through for a few minutes.
3. Heat the remaining oil in a frying pan and fry the eggs. In the meantime, cook the green beans for 5 minutes. Drain in a colander, and mix with the bean sprouts.
4. Serve the rice in a bowl topped with an egg and green beans on the side.

GF DF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	380	10	59	14

*Nutrition per serving

myfitnesspal

04028673



Smoked Aubergine Goulash

Serves 4

- 2 eggplants
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

What you need to do

1. Wash the aubergine and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20-30 minutes, until the eggplant collects water.
2. In a large pot, heat 1 tbsp. of oil and fry the onion for 2 minutes, then add the minced garlic and cook together for another 1-2 minutes.
3. Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.
4. Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp. of oil. Fry for approx. 10 minutes, in the meantime mix now and then.
5. During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).
6. Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.
7. Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.
8. At the end, add the chopped parsley and check the seasoning for salt.
9. Serve with rice or pasta.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
30 mins	35 mins	181	10	26	5

*Nutrition per serving

myfitnesspal



Slow Cooker Cauliflower Tikka Masala

Serves 4

1 tbsp. coconut oil

1 small cauliflower head, cut into florets (about 4 cups florets)

1 medium onion, diced

3 cloves garlic, crushed

1 tbsp. ginger, grated

3 tbsp. curry powder

3 ½ cups (800g) can diced tomatoes with their juice (about 3 cups)

1 tbsp. honey

½ cup (120ml) full-fat coconut milk (canned)

handful fresh parsley

⅓ cup (50g) cashews roasted

What you need to do

1. Add the coconut oil, cauliflower, onion, garlic, ginger, curry powder to the slow cooker. Season with salt and pepper.
2. Pour in the diced tomatoes and honey stir to mix everything.
3. Cook on high for about 3-4 hours or the cauliflower is tender.
4. Add the coconut milk, and stir well. Cook for another 3-5 minutes on low until warmed through.
5. Serve topped with chopped coriander and roasted cashews, accompanied by rice (not included in nutrition info).

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	3-4 hrs	226	14	22	7

*Nutrition per serving

myfitnesspal

09080683



Chickpea, Sweet Potato & Spinach Curry

Serves 4

1 tbsp. oil

1 medium onion, chopped

1 inch (3cm) ginger, grated

2 cloves garlic, minced

½ chilli pepper, chopped

1 medium sweet potato, peeled, chopped

½ tsp of hot pepper

½ tsp sweet pepper

½ tsp turmeric

14 oz. (400g) can chickpeas

⅔ cup (150ml) vegetable broth

1 cup (250ml) coconut milk, canned

3 cups (100g) spinach, chopped

What you need to do

1. Heat the oil in a frying pan, add the chopped ginger, garlic and chilli pepper. Fry often, stirring for about 3 minutes.
2. Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.
3. Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.
4. Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.
5. Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	328	16	38	11

*Nutrition per serving

myfitnesspal

09933095

THRIVE with Coach Phil



Creamy Vegan Sun-dried Tomato Pasta

Serves 4

2 cups (200g) brown rice pasta

For the sauce:

1 cup (100g) sundried tomatoes, drained

⅔ cup (100g) roasted almonds

2 tbsp. tomato puree

1 tbsp. balsamic vinegar

2 garlic cloves

1 ¼ cup (300ml) almond milk, unsweetened

1 tsp. mixed herbs

What you need to do

1. Cook the pasta according to instructions on the packaging.
2. Place all the sauce ingredients into a food processor and blend until smooth. Add more milk or water if needed to reach a sauce-like consistency.
3. Pour the sauce over the pasta and heat for about 4-5 minutes over medium-low heat.
4. Serve with freshly ground black pepper.

GF | DF | LC | MP | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	455	16	43	11

*Nutrition per serving

myfitnesspal

06931229



Chakalaka Style Risotto

Serves 4

- 2 tbsp. coconut oil
- 1 large onion, chopped
- 2 cloves garlic, sliced
- ⅔ cup (150g) risotto rice
- 1 tsp. dried thyme
- 1 tbsp. curry powder
- 2 tbsp. fresh ginger, grated
- ½ tsp. chili flakes
- 1 ¼ cup (300ml) vegetable stock
- 1 carrot, grated
- 1 red pepper, chopped
- 1 can chopped tomatoes
- 1 cup (175g) sweetcorn

What you need to do

1. Heat the oil in a large deep pan and sauté the onions and garlic for 3-4 minutes until soft.
2. Add the risotto rice, thyme and curry powder and stir fry briefly. Next, add the grated ginger and chili, season with salt and pepper, to taste.
3. Pour in the hot stock, bring to a boil then reduce the heat and simmer under cover for approx. 20 minutes, checking periodically. If the liquid is absorbed before the end of cooking, add some more water.
4. Next, add the grated carrot, red pepper, chopped tomatoes and sweetcorn, mix well, cover and cook for another 5 minutes, stirring constantly.

FUN FACT:

Chakalaka is a South African vegetable relish that may have originated in the townships of Johannesburg when Mozambican mine workers coming off shift cooked tinned produce with chili to produce a spicy relish.

GF | DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	264	8	42	5

*Nutrition per serving

myfitnesspal

08396417



Quick Vegetable Curry

Serves 4

- 1 tbsp. olive oil
- 1 red onion, chopped into wedges
- 1 tbsp. peeled and finely chopped ginger
- 2 cloves garlic, finely chopped
- 2 tbsp. curry powder
- ½ cup (120ml) vegetable stock
- 1 tbsp. corn-starch
- 1 ½ cups (350ml) canned coconut milk, full-fat
- 1 eggplant, chopped
- 1 zucchini, sliced
- 1 ½ cups (115g) mushrooms, quartered
- 1 red bell pepper, chopped
- ½ tsp. lime zest
- 1 tbsp. lime juice
- ¼ cup (5g) fresh basil, chopped
- 3 cups (480g) cooked white rice

What you need to do

1. Heat the oil in a large pan over medium-high heat. Add the onion, ginger, and garlic and cook, for 4 minutes or until soft. Stir in the curry powder and cook for another minute.
2. Prepare the vegetable stock and mix it well with the corn-starch. Add the vegetable stock mixture to the pan along with the coconut milk and chopped vegetables. Season with salt and pepper and mix well.
3. Simmer for 10-15 minutes or until vegetables are tender. Stir in the lime zest and lime juice just before serving.
4. Spoon rice onto plates and top with vegetable curry, garnish with fresh basil to serve.

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	376	17	51	7

*Nutrition per serving

myfitnesspal



Raspberry Millet Protein Pudding

Serves 2

½ cup (100g) millet

2 cups (500ml) unsweetened almond milk

½ cup (65g) raspberries

1 scoop (25g) vanilla protein powder

What you need to do

1. Place millet in a strainer and rinse under cold running water. Transfer into a pot, and pour in the milk. Bring to a boil. Reduce heat to low, cover with lid and simmer for 15 minutes.
2. Transfer the cooked millet into a high-speed blender or food processor. Add the raspberries and protein powder. Blitz until smooth and creamy. If the pudding is too thick, you can add more milk. Serve with additional raspberries and maple syrup (optional).

GF | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	179	3	27	11

*Nutrition per serving

myfitnesspal
05506848



Kiwi Chia Protein Pudding

Serves 2

¼ cup (45g) chia seeds

1 cup (250ml) coconut milk

1 scoop (25g) vanilla protein powder

3 kiwis, peeled + 1 kiwi, peeled and sliced

¼ cup (25g) blueberries

¼ cup (30g) blackberries

What you need to do

1. Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results - overnight.
2. Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.
3. Place three peeled kiwis in a blender or food processor and blitz until pureed.
4. Divide the chia seeds and kiwi puree evenly between 2 glasses. First, a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.
5. Top each pudding with fresh berries and sliced kiwi.

GF | LC | MP | HP | V

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	272	11	37	16

*Nutrition per serving

myfitnesspal

06889928



Chocolate Chia Pudding

Serves 4

1 cup (170g) chia seeds

3 cups (700ml) coconut milk

1 scoop (25g) vanilla protein powder (optional)

1 tsp. vanilla extract

½ tsp. cinnamon

¼ tsp. espresso powder

2 tbsp. cocoa powder

2 tbsp. xylitol

1 cup (125g) raspberries, frozen

What you need to do

1. Blend all the ingredients in a high-speed blender or food processor until most chia seeds are broken down and the pudding is thick and creamy.
2. Portion out into jars or small bowls and top with frozen raspberries.
3. Store in airtight containers for up to 4 days. Serve cold.

Note: If not using protein powder add additional 2 tbsp. of xylitol

GF | DF | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	307	16	34	14

*Nutrition per serving

myfitnesspal

08071262



Vegan Orange Chocolate Mousse

Serves 4

1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)

½ cup (125g) smooth peanut butter

½ cup (50g) natural cocoa powder

6 tbsp. maple syrup

1 tsp. orange zest

½ cup (120ml) chickpea brine

½ tsp. lemon juice

What you need to do

1. Place the cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.
2. Place the chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 minutes) – you should be able to invert the bowl, and the whipped brine should not move an inch.
3. Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.

GF | DF | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	354	17	39	13

*Nutrition per serving

myfitnesspal

05519569



Coconut-Banana Millet Custard

Serves 2

⅓ cup (75g) raw millet

1 cup (240ml) coconut milk

1 tbsp. honey

1 banana

1 tbsp. of lemon juice

What you need to do

1. Before cooking the millet rinse it thoroughly in hot water, then bring to the boil with ½ cup of coconut milk and ¼ cup of water. Simmer for about 15 minutes, until the liquids are completely absorbed.
2. Place the soft groats in the blender or food processor, add the remaining coconut milk, honey, peeled banana and lemon juice. Mix for a perfectly smooth mousse (about 1-2 minutes of high-speed mixing).
3. To obtain a very smooth consistency, you might need to mix it for a longer period of time, so be patient.
4. Serve warm or cold.

Serving suggestions:

- maple syrup, passion fruit, pomegranate seeds, mixed berries, jam.

GF | DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	144	2	32	2

*Nutrition per serving

myfitnesspal

09656109



Banana Protein Soft Serve

Serves 2

2 medium bananas, sliced, frozen

4 tbsp. vanilla or natural yoghurt

1 scoop (25g) vanilla whey or pea protein

½ tsp. cinnamon

berries, to serve

What you need to do

1. Place all ingredients in a food processor or high-speed blender and blitz until smooth and creamy, about 2-3 minutes.
2. Divide between two bowls, top with berries and enjoy.

GF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	188	3	31	13

*Nutrition per serving

myfitnesspal

08834332



Chocolate Millet Pudding

Serves 3

½ cup millet (3.5 oz./100g)

2 cups plant milk (475ml) + more if necessary

2 tbsp. natural cocoa powder

2 tbsp. honey

handful berries

What you need to do

1. Put the millet in a saucepan, add the milk, cover and bring to boil. Reduce the heat and cook covered for about 15 minutes until the millet is soft and absorbs all the liquid.
2. Add in the cocoa powder and honey. Mix thoroughly until the cocoa dissolves.
3. Blend in a food processor or blender until smooth for about 2 minutes. At this point, you can add more milk to achieve the desired consistency.
4. Serve hot or cold, topped with berries.

GF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	212	3	40	6

*Nutrition per serving

myfitnesspal

08153791



Easy Oat & Carrot Cookies

Makes 8

- 1 medium carrot, grated
- 1 cup (100g) instant oats
- ⅔ cup (100g) whole-grain flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 3 tbsp. coconut oil, melted
- 1 egg
- 1 tsp. vanilla extract
- 5 tbsp. (75ml) maple syrup

What you need to do

1. Preheat the oven to 340°F (170°C). Mix the oats, flour, baking powder and cinnamon in a bowl.
2. In a separate bowl whisk together, the egg melted and cooled oil, vanilla extract and maple syrup. Fold in the dry ingredients and mix well.
3. Add in the finely grated carrot and mix again.
4. Spoon the mixture (1 heaped tbsp. per cookie) onto a baking tray lined with paper and shape into rounds, leaving space between each cookie as they will spread slightly while cooking.
5. Place in the preheated oven and bake for 12-15 minutes until slightly browned. Remove from the oven and allow to cool completely before serving.

DF | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	181	7	26	3

*Nutrition per serving

myfitnesspal



Quark With Pomegranate, Chocolate & Dark Chocolate

Serves 4

⅝ cup (150g) quark

¼ cup (25g) walnuts, chopped

¼ cup (25g) dark chocolate (80%), chopped

2 tbsp. pomegranate seeds

1 tbsp. shredded coconut

What you need to do

1. Divide the quark between bowls. Sprinkle with the chopped walnuts, chocolate, pomegranate seeds and coconut.
2. Serve straight away or store in the fridge until required.

GF | LC | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	128	9	6	6

*Nutrition per serving

myfitnesspal

07331688

THRIVE with Coach Phil



Vegan Lemon & Coconut Cake

Serves 12

Wet ingredients:

1 cup (240ml) almond milk, at room temp.

⅓ cup (80g) coconut oil

⅔ (125g) coconut sugar

2 tbsp. lemon juice

Dry ingredients:

zest of 4 lemons

1 cup (80g) desiccated coconut

1 ¾ cups (210g) all-purpose white flour, sifted

1 tsp. baking powder

¾ tsp. baking soda

What you need to do

1. Heat the oven to 355°F (180°C).
2. Line a 1 kg./2 lbs. tin with baking paper.
3. Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature plant milk and mix well with a spatula. Next, add in the desiccated coconut.
4. In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.
5. Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.
6. Once cool you can sprinkle the cake with some icing sugar (optional).

V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
30 mins	45 mins	207	11	24	2

*Nutrition per serving

myfitnesspal

05640829



Vanilla & Coconut Truffles

Makes 10

2 cups (200g) desiccated coconut + 3 tbsp.

¼ cup (60ml) coconut milk, canned

¼ cup (50g) coconut oil

½ tsp vanilla extract

3 tbsp. maple syrup

What you need to do

1. Slightly heat the oils and coconut milk in a pot over low heat. Add the 200g desiccated coconut, vanilla extract and maple syrup, then mix well. Transfer into a container and chill in the fridge for 1 hour.
2. Once the batter is firm, form around 10 balls and roll them in the extra coconut, eat straight away or store in the fridge until necessary.

Pro tip: add more milk if the batter is too dry and does not want to roll into balls.

GF | DF | LC | V | Q

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	60 mins	222	21	6	1

*Nutrition per serving

myfitnesspal

04357944



Strawberry Protein Chia Pudding

Serves 2

½ cup (100g) frozen strawberries

scant ½ cup (100ml) milk, dairy or coconut

1 tbsp. vanilla whey

1 tbsp. maple syrup

scant ⅓ cup (50g) chia seeds

What you need to do

1. Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.
2. Add the chia seeds and mix well. Leave to thicken in the fridge for 10 minutes, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.

Pro tip: if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.

GF | MP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
0 mins	10 mins	243	16	22	7

*Nutrition per serving

myfitnesspal

02703565

THRIVE with Coach Phil



Raw Beet Smoothie

Serves 1

1 small apple, cored

1 raw red beet washed, peeled, chopped

½ cup (50g) berries, frozen

¼ cup (55g) pineapple, cubed

½ orange peeled

½ cup ice

½ cup (120ml) water

1 tbsp. flax seeds, ground

What you need to do

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

GF | DF | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	243	4	54	4

*Nutrition per serving

myfitnesspal

05321334



Peanut Butter & Jelly Smoothie

Serves 2

1 small banana

1 tbsp. peanut butter

¾ cup (100g) frozen raspberries

⅞ cup (200ml) almond milk, unsweetened

What you need to do

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

GF | DF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	263	11	38	6

*Nutrition per serving

myfitnesspal

06363857

THRIVE with Coach Phil