



High Protein Cookbook

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GF Gluten Free

DF Dairy Free

V Vegetarian

MP Meal Prep/Freezer Friendly

Q Quick

N Contains Nuts

Quick & Easy Meatballs

Serves 4

- 1 lb. (500g) lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour
- ¼ cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

What you need to do

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

GF DF LC HP

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

*Nutrition per serving

Omelet Wraps

Serves 4

7 oz. (200g) cottage cheese
4 handfuls watercress
1 lemon, peel only
6 eggs
¼ cup (60ml) soy milk
1 tsp. mixed herbs
4 tsp. coconut oil
3.5 oz. (100g) smoked salmon,
chopped

What you need to do

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

GF DF LC Q

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

*Nutrition per serving

Egg & Turkey Stuffed Peppers

Serves 4

4 eggs
4 egg whites
2 tbsp. almond milk
1 tsp. coconut oil
1 small onion, chopped
1 lb. (450g) lean ground turkey
2 tsp. oregano
1 tsp. cumin
2 cups (60g) spinach, chopped
4 red medium bell peppers
½ cup (50g) cheese (dairy or plant-based)
parsley, chopped to serve

What you need to do

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

GF LC MP HP Q

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

*Nutrition per serving

Smoked Salmon, Feta & Asparagus Omelet

Serves 2

4 oz. (125g) asparagus
1 tsp. coconut oil
3 large eggs
5 tbsp. (70ml) milk, plant or dairy
2 oz. (60g) smoked salmon, cut into pieces
¼ cup (30g) feta cheese (or brie, camembert), cubed
4-5 cherry tomatoes, halved
dill, to serve

What you need to do

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

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

GF LC MP Q

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

*Nutrition per serving

High Protein Blueberry Pancakes

Serves 1

¼ cup liquid egg whites (around 4 eggs)
1 scoop (25g) of vanilla whey powder
½ banana, mashed
almond milk, if needed
¼ cup (25g) fresh or frozen blueberries
½ tsp. coconut oil

What you need to do

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

GF LC HP V Q N

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

*Nutrition per serving

Eggs Fried On Tomatoes With Tuna

Serves 1

1 large tomato
1 tsp. coconut oil
2 eggs
3 oz. (80g) tuna in brine
pinch of oregano
pinch of chili flakes
parsley, chopped, to serve

What you need to do

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

Tips:

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

GF DF LC HP Q

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

*Nutrition per serving

Summer Smoothie Protein Bowl

Serves 2

2 medium peaches, chopped, frozen
1 medium banana, sliced, frozen
¾ cup (190g) natural yogurt
½ cup (125ml) coconut water
1 scoop (25g) vanilla protein powder

Optional Toppings:

fresh berries
Goji berries
walnuts
chia seeds
muesli

What you need to do

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

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

GF V Q

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

*Nutrition per serving

Pepper Steak

Serves 4

12 oz. (340g) round beef, trimmed
4 tsp. plus 3 tbsp. soy sauce
1 tbsp. rice wine
3 tsp. buckwheat flour
2 tsp. coconut oil
1 large onion, sliced into strips
1 red bell pepper, sliced into strips
½ tsp. black pepper
crushed red pepper flakes, to taste

What you need to do

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

GF DF LC MP HP

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

*Nutrition per serving

Salmon Tartar With Avocado & Mango

Serves 1

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

¼ avocado, cut in cubes

¼ cup (30g) mango, cut in cubes

1 tbsp. lime juice

⅓ tsp. honey

chili pepper, to taste

handful coriander, chopped

What you need to do

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

GF DF LC Q

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

*Nutrition per serving

Tuna Salad Lettuce Wraps

Serves 2

1 ¼ cup (280g) tuna in olive oil, drained
1 tbsp. tomato puree
1 small red onion, finely chopped
½ Granny Smith apple
8 lettuce leaves

What you need to do

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

GF DF LC Q

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

*Nutrition per serving

Chicken, Orange & Walnut Salad

Serves 2

For the dressing:

3 tbsp. of honey
2 tbsp. mustard
1 tbsp. olive oil
1 tbsp. lemon juice
2 tbsp. orange juice
1/3 tsp. cinnamon

For the salad:

7 oz. (200g) chicken breast
4 handfuls rocket
1/4 iceberg lettuce
1 orange
1/3 pomegranate fruit, seeds
1/4 cup (30g) pecans, roasted

What you need to do

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

GF DF HP Q N

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

*Nutrition per serving

Salmon & Peach Salad

Serves 2

For the marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- ½ tsp. ground pepper

For the salad:

- 2 salmon fillets (5oz./140g each)
- 1 cob corn, cooked
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

What you need to do

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

GF DF MP HP

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

*Nutrition per serving

Tuna & Broccoli Salad With Honey Vinaigrette

Serves 2

For the salad:

2 big handfuls salad leaves
3 radishes, sliced
½ cup (120g) tuna in water, drained
2 slices bread
100g broccoli
2 tsp. Parmesan, grated

For the dressing:

2 tbsp. olive oil
3 tbsp. of lemon juice
1 tsp. of honey
salt & pepper

What you need to do

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

HP Q

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

*Nutrition per serving

Grilled Chicken & Pineapple Salad

Serves 2

For the salad:

7 oz. (200g) chicken breast
4 slices pineapple, canned
2 handfuls salad leaves
⅓ cup (10g) mint leaves
½ small onion, finely chopped

For the dressing:

2 tbsp. olive oil
1 tsp. ginger, grated
1 clove garlic, minced
1 lime, juiced
1 tsp. honey
tabasco, optional

What you need to do

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

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

GF DF HP Q

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

*Nutrition per serving

Waldorf Chicken Salad

Serves 2

3.5 oz (100g) chicken, cooked, shredded or chopped
3 celery stalks, chopped
1 apple, peeled, deseeded, chopped
¼ cup (40g) raisins
¼ cup (30g) walnuts, chopped
1 tbsp. mayonnaise
1 tbsp. natural low fat yogurt
1 tbsp. lemon juice
3 oz. (90g) mixed salad leaves

What you need to do

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

Vegetarian Option: Instead of chicken add tofu.

GF MP HP Q N

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

*Nutrition per serving

Miso Salmon With Zucchini Noodles

Serves 2

For the salmon:

2 salmon fillets, 4.5 oz. (130g) each
2 tbsp. miso paste
2 tbsp. honey
¼ cup (60ml) tamari, or soy sauce
2 tbsp. ginger, grated
2 tbsp. apple cider vinegar
1 tbsp. sesame oil
2 tsp. sesame seeds

For the noodles:

14 oz. (400g) zucchini noodles
6 radishes, sliced
2 tsp. sesame oil
2 tsp. ginger, grated
1 tsp. honey
2 tbsp. soy sauce
juice of 1 lime

What you need to do

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

GF DF

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

*Nutrition per serving

Moroccan Cod & Bulgur Salad

Serves 2

10 oz. (300g) cod fillets
1 tbsp. lemon juice
2 cloves garlic, crushed
½ tsp. turmeric
½ tsp. paprika
½ tsp. cumin
pinch of saffron
2 tbsp. olive oil
scant ½ cup (100g) of bulgur
groats
1 tomato, chopped
¼ onion, chopped
15 green olives, halved
3 sprigs of parsley, chopped
lemon wedges, to serve

What you need to do

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

DF HP

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

*Nutrition per serving

Turkey & Broccoli Stir Fry

Serves 2

3.5 oz. (100g) black rice noodles
7 oz. (200g) turkey fillet,
chopped
1 broccoli, diced into florets
1 tbsp. olive oil
4 tbsp. soy or tamari sauce
2 tsp. sesame oil
1 tbsp. rice vinegar
1 tbsp. grated ginger
2 tbsp. spring onion, chopped
handful coriander, to serve

What you need to do

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

GF DF HP Q

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

*Nutrition per serving

Baked Salmon With Zoodles & Quinoa

Serves 2

2 salmon fillets (4.4 oz. /125g each)
3.5 oz. (100g) quinoa, cooked
1 zucchini
½ tbsp. olive oil
1 garlic clove, crushed
2.5 oz. (70g) sundried tomatoes, rinsed, chopped

Salmon marinade:

2 tbsp. tamari
½ tbsp. olive oil
½ tsp. sweet paprika
½ tsp. hot paprika
1 tbsp. rice vinegar
1 tsp. honey
1 tbsp. black sesame seeds
chili flakes, to taste

What you need to do

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

GF DF LC HP Q

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

*Nutrition per serving

Chicken Thighs With Hoisin Rice

Serves 8

2 tbsp. coconut oil
8 skinless chicken thighs
scant 1 cup (200g) jasmine rice
4 spring onions, chopped
4 cloves garlic, sliced
1/3 cup (200ml) white wine
2 cups (500ml) chicken stock
4 tbsp. dried cranberries

For the sauce:

3 tbsp. soy sauce
2 tbsp. of rice vinegar
1 tbsp. of peanut butter
1 tsp. of chili flakes
1 tsp. of honey
1 tsp. of sesame oil

What you need to do

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

GF DF LC MP HP N

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

*Nutrition per serving

Chinese Pork Stir-Fry With Pineapple

Serves 4

14 oz. (400g) pork tenderloin
1 tbsp. potato starch
scant ½ cup (100g) white rice
¾ cup (135ml) pineapple chucks,
in juice (keep the juice)
1 red bell pepper, sliced
½ onion, sliced
2 garlic cloves
½ chili pepper
1-inch fresh ginger, grated
2 tbsp. coconut oil
2 spring onions, chopped, to serve

For the sauce:

½ cup (180ml) pineapple juice from
can
5 tbsp. soy sauce
3 tbsp. rice vinegar

What you need to do

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

GF DF MP

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

*Nutrition per serving

Slow Cooker Chicken Fajitas

Serves 8

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

What you need to do

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

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

GF DF LC MP HP

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

*Nutrition per serving

Creamy Chicken, Mushroom & Tomato Pasta

Serves 3

1 ½ cup (150g) penne
12 oz. (350g) chicken breast
1 tsp. wheat flour
1 tbsp. olive oil
1 tsp. dried oregano
1 small onion, diced
2 garlic cloves, sliced
6 sundried tomatoes, chopped
½ cup (125ml) plant-based oat
cream (or regular)
1 bag spinach
basil leaves, to garnish
4 cups (300g) mushrooms,
sliced

What you need to do

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

DF MP

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

*Nutrition per serving

Cajun Beef & Veg Rice

Serves 3

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

What you need to do

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

GF DF MP

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

*Nutrition per serving

Chinese Style Shrimps & Veg

Serves 3

1 cup (185g) rice, uncooked
2 tbsp. olive oil
1 carrot, peeled, sliced
1 pepper, chopped
1 small onion, sliced
3 garlic cloves, sliced
1 small zucchini, sliced
1 ½ tbsp. ginger, grated
pinch of chili flakes
9 oz. (250g) shrimps
2 tbsp. soy sauce
1 tsp. potato flour
¾ cup (160ml) water
1 tbsp. coconut palm sugar

What you need to do

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

GF DF MP HP

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

*Nutrition per serving

Zesty Turkey Meatballs With Couscous Salad

Serves 4

For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- ¼ tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yogurt
- 1 garlic clove, minced

For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp.
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

What you need to do

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

MP HP

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

*Nutrition per serving

Honey & Lime Glazed Salmon With Pineapple Rice

Serves 4

What you need to do

1.3 lb. (600g) salmon, 4 fillets

Marinade:

3 tbsp. honey

3 tbsp. lime juice

3 tbsp. soy sauce

1 tbsp. olive oil

3 tbsp. ginger, grated

2 garlic cloves, crushed

Pineapple rice:

$\frac{2}{3}$ cup (150g) rice

$\frac{3}{4}$ cup (200g) sweetcorn

1 $\frac{1}{4}$ cups (250g) pineapple, chopped

1 $\frac{1}{3}$ cup (200g) cucumber, chopped

1 lime, juiced

2 tbsp. honey

$\frac{1}{2}$ cup coriander leaves (or mint)

1. Slice the skin off the salmon fillets and discard. Rinse salmon fillets and dry.

2. Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.

3. Cook the rice in lightly salted water, then spread on a large plate to cool.

4. Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl and season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.

5. Preheat the oven to 410°F (210°C). Bake the marinated salmon for 18 minutes, until cooked throughout.

6. Serve salmon with the prepared pineapple rice.

GF DF HP

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

*Nutrition per serving

Simple Chicken Curry With Saffron Rice

Serves 4

For the chicken:

8 skinless chicken thighs fillets
1 tbsp. oil
1 large onion, diced
1 tbsp. ginger, minced
5 cloves garlic, minced
½ tsp. black pepper
3 large tomatoes, chopped
1 ½ tsp. turmeric

For the rice:

¼ cup (60ml) boiling water
pinch saffron threads (roughly ⅓
tsp.)
1 cup (225g) basmati rice
1 tsp. coconut oil
½ tsp. onion powder
¼ tsp. salt
1 ¾ cup vegetable stock

What you need to do

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

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

GF DF HP

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

*Nutrition per serving

Baked Salmon Tray With Rice & Tomatoes

Serves 4

14 oz. (400g) salmon fillet, skin removed
1 tsp. honey
2 tbsp. soy sauce
2 tbsp. olive oil
4 slices of lemon + 2 tbsp. of juice
¾ cup (200g) jasmine rice
1 cup (150g) cherry tomatoes
handful basil leaves
4 tbsp. natural yogurt, 0% fat

Spices:

2 tsp. paprika
½ tsp. curry
1 tsp. oregano
pinch of chili flakes

What you need to do

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

GF MP HP

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

*Nutrition per serving

One Pot Turkey Chili With Rice

Serves 4

10 oz. (300g) minced turkey fillet
½ cup (115g) rice
1 medium onion, finely chopped
2 cloves garlic, minced
1 tbsp. oil
½ can chopped tomatoes
1 red bell pepper, chopped
1 cup (250ml) vegetable broth
⅓ cup (60g) red kidney beans, drained
⅓ cup (85g) sweet corn, drained
⅓ cup (30g) grated cheese (optional)

Spices:

1 tsp. dried oregano
1 tsp. cumin
1 tsp. sweet pepper
½ tsp. hot pepper
½ tsp. salt
⅓ tsp. ground pepper

What you need to do

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

GF MP HP

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

*Nutrition per serving