



5-Ingredient Recipe Pack



40 HEALTHY TASTY RECIPES FOR EVERY MEAL



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goal2goalfitness.com



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Contents & Key

31. Smoked Sweet Potato Hummus	GF	Gluten Free
32. Oatmeal Tahini Protein Balls	DF	Dairy Free
33. Almond & Cranberry Balls	LC	Low Carb (<20g per serve)
34. Peanut & Cranberry Cookies	MP	Meal Prep/Freezer Friendly
35. Delicious Sweet Potato & Black Bean Brownies	HP	High Protein (>20g per serve)
36. Apple Bites	V	Vegetarian
37. Easy Pumpkin Spiced Cake	Q	Quick (under 30 mins)
38. Citrusy Coconut Chia Pudding	N	Contains Nuts
39. Blueberry Cottage Cheese Ice Cream		
40. Tropical Spiced Carrot Smoothie		

Sample Weekly Meal Planner 01

	Breakfast	Lunch	Snack	Dinner
Monday	Mushroom & Brie Omelet	Easy Spicy Tuna	E.g. Almond & Cranberry Balls	Easy Pork Meatballs in Tomato Sauce
Tuesday	Mushroom & Brie Omelet	Easy Spicy Tuna	E.g. Almond & Cranberry Balls	One Pot Lemon Chicken with Capers
Wednesday	Purple Power Protein Smoothie	Leftover One Pot Lemon Chicken with Capers	E.g. Almond & Cranberry Balls	Easy Stuffed Mexican Peppers
Thursday	The Classic Healthy Shakshuka	Spiced Curry Cauliflower Soup	E.g. Almond & Cranberry Balls	Easy Stuffed Mexican Peppers
Friday	The Classic Healthy Shakshuka	Spiced Curry Cauliflower Soup	E.g. Almond & Cranberry Balls	Salmon En Papillote
Saturday	Chickpea & Tomato Bruschetta	Leftover Salmon En Papillote	E.g. Almond & Cranberry Balls	Meal Out - Enjoy!
Sunday	Purple Power Protein Smoothie	Chickpea & Tomato Bruschetta	E.g. Almond & Cranberry Balls	Easy Pork Meatballs in Tomato Sauce

Weekly Shopping List 01

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none">• 1 banana• 4 lemons• large bag rocket• 1 beetroot• 1 cauliflower• garlic• green onions• 7 oz. (200g) mushrooms• 5 red bell peppers• 1 yellow bell pepper• 2 red onions• 3 white onions• 1 zucchini• dill• parsley• cranberries• dates• frozen berries	<ul style="list-style-type: none">• 4 oz. (115g) tuna steak• 12 oz. (340g) salmon fillet• 1 lb. (450g) chicken breast• 14 oz. (400g) lean ground beef• 14 oz. (400g) lean ground pork• brie cheese• butter• 12 eggs• almond milk	<ul style="list-style-type: none">• red lentils• white rice• oats• almonds• sesame seeds• fennel seed•	<ul style="list-style-type: none">• sesame oil• chickpeas• almond butter• 2 cans diced tomato• apple cider vinegar• capers• sriracha• tahini• tomato passata• yellow curry paste• bread• vanilla whey

Sample Weekly Meal Planner 02

	Breakfast	Lunch	Snack	Dinner
Monday	Pea, Potato & Goat Cheese Frittata	Quinoa, Beetroot & Feta Salad	E.g. Citrusy Coconut Chia Pudding	Creamy Spinach Risotto
Tuesday	Pea, Potato & Goat Cheese Frittata	Quinoa, Beetroot & Feta Salad	E.g. Citrusy Coconut Chia Pudding	Spiced Cajun Salmon with Corn Salsa Salad
Wednesday	Cinnamon Spiced Granola	Leftover Spiced Cajun Salmon with Corn Salsa Salad	E.g. Citrusy Coconut Chia Pudding	Cod & Vegetable Curry
Thursday	Cottage Cheese & Cinnamon Protein Pancakes	Beef, Zucchini & Quinoa Burgers	E.g. Citrusy Coconut Chia Pudding	Cod & Vegetable Curry
Friday	Cottage Cheese & Cinnamon Protein Pancakes	Beef, Zucchini & Quinoa Burgers	E.g. Citrusy Coconut Chia Pudding	Easy Slow Cooker Chicken Fajita
Saturday	Oven Baked Carrot Fritters	Leftover Easy Slow Cooker Chicken Fajita	E.g. Citrusy Coconut Chia Pudding	Meal Out - Enjoy!
Sunday	Cinnamon Spiced Granola	Oven Baked Carrot Fritters	E.g. Citrusy Coconut Chia Pudding	Creamy Spinach Risotto

Weekly Shopping List 02

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none">• 2 clementines• 2 kiwis• 1 lemon• 1 lime• large bag rocket• 2 beetroots• 4 carrots• 2 boxes cherry tomato• 2 corn on the cobs• garlic• 7 oz. (200g) baby potatoes• 2 red bell peppers• 3 white onions• 1 zucchini• frozen green peas• frozen spinach	<ul style="list-style-type: none">• 1.3 lbs. (600g) white fish filets• 1.5 lbs. (680g) salmon filet• 1.5 lbs. (680g) chicken breast• 14 oz. (400g) lean ground beef• feta cheese• goat cheese• parmesan• cottage cheese• 15 eggs• coconut milk (canned)• coconut milk (carton)	<ul style="list-style-type: none">• risotto rice• quinoa• cajun spice• cinnamon• ground coriander• ground cumin• chia seeds• walnuts	<ul style="list-style-type: none">• coconut oil• yellow curry paste• almond butter• chickpeas• salsa (16 oz./450g)• vegetable stock• maple syrup



Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





Mushroom & Brie Omelet

Serves 4

30 Minutes

1 clove garlic, minced

7 oz. (200g) mushrooms, sliced

8 eggs

7 oz. (200g) brie cheese, sliced

4 oz. (120g) rocket (arugula)

Heat a large non-stick pan over high heat with splash of olive oil. Add mushrooms and garlic and cook, stirring, for 5-7 minutes. Transfer to a bowl.

Heat a little olive oil over medium-high heat in a small non-stick pan.

Whisk eggs with $\frac{1}{4}$ cup (60ml) cold water. Season with salt and pepper.

Pour a quarter of the egg mixture into the pan. Cook until starting to set, then add mushrooms and brie. Cook until the cheese melts.

Transfer to a plate, top with rocket, and serve.

Repeat with the remaining ingredients for three more omelets.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	359kcal	4g	25g	27g



Pea, Potato & Goat Cheese Frittata

Serves 4

25 Minutes

4 baby potatoes, thinly sliced

4.2 oz. (120g) frozen peas

8 eggs

3 oz. (90g) goat's cheese, crumbled

4.2 oz. (120g) rocket (arugula)

Heat a 7.8-inch (20 cm) ovenproof non-stick pan over medium heat and grease with olive oil. Cook the potato slices for 5-6 minutes per side until golden and tender. Set aside.

Defrost and drain the peas in hot water.

Whisk the eggs with salt and pepper.

Preheat the grill to medium. In the pan, layer half the potatoes, followed by half the peas and goat cheese. Repeat the layers and pour the eggs over them.

Cook on low-medium for 10 minutes until eggs are nearly set. Grill for 5 minutes until fully set.

Cut into wedges and serve with rocket.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	302kcal	16g	19g	18g



The Classic Healthy Shakshuka

Serves 2

25 Minutes

1 white onion, sliced

2 bell peppers, sliced

2 cans (14 oz./400g each)
chopped tomatoes

4 eggs

4 tbsp. parsley leaves,
chopped

Heat 1 tbsp olive oil in a non-stick pan over medium-high heat. Cook onion and bell peppers for 5 minutes until softened.

Add chopped tomatoes and cook for 5 more minutes.

Make 4 wells in the mixture and crack an egg into each. Reduce heat to low, cover partially, and cook for 10 minutes or until eggs are done.

Sprinkle with parsley, season with salt and pepper, and serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	305kcal	22g	16g	17g



Cottage Cheese & Salmon Platter

Serves 4

15 Minutes

- 1 cucumber
- 7 oz. (200g) smoked salmon
- 1 avocado
- 3.8 oz. (110g) cottage cheese
- 1 tsp. dried dill

Peel the cucumber into ribbons and mix with 2 tablespoons of apple cider vinegar and salt in a bowl. Set aside.

Divide smoked salmon, avocado, and cottage cheese among four plates.

Top with cucumber ribbons and drizzle with cucumber juices.

Season with dried dill, salt, and pepper. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	187kcal	8g	14g	11g



Cottage Cheese & Cinnamon Pancakes

Serves 4

20 Minutes

7.9 oz. (225g) cottage cheese

2.8 oz. (80g) rolled oats

5 eggs

2 tsp. cinnamon

1 tbsp. maple syrup

Blend all ingredients until smooth.

Heat ½ tablespoon coconut oil in a pan over medium heat.

Pour ¼ cup batter per pancake into the pan. Cook until bubbles form, then flip and cook until golden brown.

Repeat with the remaining batter.

Serve with your favorite toppings, like banana slices, nuts or honey.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	125kcal	10g	10g	5g



Purple Power Protein Smoothie

Serves 1

5 Minutes

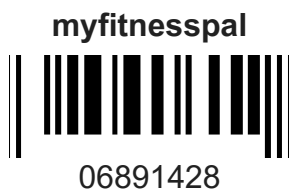
8 fl. oz. (240ml) almond milk Blend all ingredients in a blender until smooth. Serve.

5.2 oz. (150g) frozen berries

1 banana

1 medium cooked beetroot, grated

1 oz. (28g) vanilla whey protein powder



GF	MP	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	335kcal	53g	24g	3g



Cinnamon Spiced Granola

Serves 16

40 Minutes

5.6 oz. (160g) rolled oats

4 oz. (115g) walnuts,
chopped

1 tbsp. cinnamon

4 tbsp. almond butter

½ cup maple syrup

Preheat the oven to 325°F (160°C) and line a baking tray with parchment paper.

Mix oats, walnuts, cinnamon, and a pinch of salt in a large bowl. Stir in almond butter and maple syrup until combined.

Spread the mixture on the tray and bake for 15 minutes. Stir, then bake for another 10-12 minutes until golden.

Cool on a wire rack and store in an airtight container for up to one week.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	144kcal	15g	3g	8g



Strawberry & Cottage Cheese Smoothie Bowl

Serves 4

15 Minutes

1.3 lbs. (600g) cottage cheese

7.9 oz. (225g) frozen strawberries, thawed

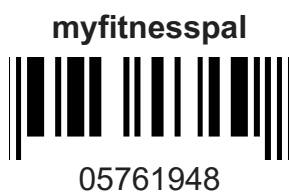
4 tbsp. maple syrup

½ cup granola

5.2 oz. (150g) mixed berries

Blend cottage cheese, strawberries, and maple syrup in a blender until smooth.

Divide into 4 bowls. Top with granola and berries. Serve.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	314kcal	37g	19g	10g



High Protein Vanilla Porridge

Serves 2

12 Minutes

17 fl. oz. (480ml)
unsweetened almond milk

2.8 oz. (80g) oats

1 oz. (30g) vanilla whey
protein powder

1 banana, sliced

1 oz. (30g) walnuts,
chopped

Boil almond milk in a small pot. Stir in oats and cook on low for 5-7 minutes, stirring often.

Remove from heat and mix in protein powder.

Divide into bowls and top with banana slices and walnuts. Serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	387kcal	44g	19g	15g



Chickpea & Tomato Bruschetta

Serves 2

10 Minutes

2 slices bread

5.8 oz. (165g) chickpeas,
drained

1 tbsp. tahini

2.6 oz. (75g) cherry
tomatoes, quartered

1 tbsp. parsley, chopped

Toast the bread.

Mash chickpeas with tahini, 1 tsp apple cider vinegar, salt,
and pepper.

Mix cherry tomatoes, parsley, and 1 tbsp olive oil.

Spread chickpeas on toast, top with tomatoes, and serve.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	367kcal	44g	14g	15g



Roasted Pepper Pesto Pasta Salad

Serves 4

30 Minutes

11 oz. (320g) whole wheat pasta

Cook the pasta according to the package instructions. Drain and rinse with cold water.

13 oz. (360g) roasted peppers, drained & sliced

Mix the pasta with roasted peppers, pesto, mozzarella, and rocket. Toss well.

6 tbsp. basil pesto

Season with salt and pepper. Serve immediately or refrigerate for up to 3 days.

4.4 oz. (125g) mozzarella, chopped

4 oz. (120g) rocket (arugula)

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	497kcal	67g	19g	17g



The Best Chickpea & Quinoa Tabbouleh

Serves 4

25 Minutes

4.5 oz. (130g) quinoa, uncooked

1 can (14 oz./400g) chickpeas, drained

2 medium tomatoes, diced

1 small cucumber, diced

2 oz. (60g) parsley, chopped

Cook quinoa per package instructions. Drain and set aside.

Mix a bowl of quinoa, chickpeas, tomatoes, cucumber, parsley, 3 tbsp olive oil, and 2 tbsp red wine vinegar. Season with salt and pepper. Chill in the fridge.

Serve cold.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	342kcal	43g	11g	14g



Baked Lentil & Parsley Falafels

Serves 4

30 Minutes

14 oz. (400g) cooked lentils

2 oz. (60g) fresh parsley

2 cloves garlic

juice of 1 lemon

2 tbsp. all-purpose flour

Preheat the oven to 350°F (180°C).

Pulse lentils, parsley, garlic, lemon juice, 1 ½ tbsp. olive oil, and 1 tsp salt in a food processor until crumbly and sticking together. Stir in flour.

Form patties with a large tablespoon of the mixture and place on a baking sheet.

Bake for 18-20 minutes.

Serve warm or cold in salads, sandwiches, poke bowls, or with dips. Store any leftovers in the refrigerator for 2-3 days.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	198kcal	26g	10g	6g



Beef, Zucchini & Quinoa Burgers

Serves 8

55 Minutes

1 zucchini, grated

Grate and squeeze the zucchini to remove moisture.

14 oz. (400g) lean ground beef

Mix the zucchini with beef, quinoa, garlic, egg, salt, and pepper in a bowl.

6.5 oz. (185g) cooked quinoa

Form into 8 patties.

2 cloves garlic, minced

Cook in a hot, oiled grill pan for 5-6 minutes per side.

1 egg, beaten

Store in an airtight container in the fridge for 3-4 days.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	162kcal	6g	12g	10g



Easy Spicy Tuna

Serves 2

15 Minutes

4 oz. (115g) sashimi-grade tuna

1 ½ tbsp. sriracha sauce

2 green onions, sliced
(white & green parts separated)

1 tsp. sesame seeds

1 tsp. sesame oil

Cut the tuna into small cubes. Mix with sriracha, sesame oil, and white parts of the green onions. Transfer to a bowl.

Garnish with green onion tops and sesame seeds. Serve.

Serving suggestion: Steamed white rice.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	103kcal	4g	15g	3g



Spiced Cajun Salmon with Corn Salsa Salad

Serves 4

20 Minutes

2 corn cobs, cooked

Preheat the oven to 425°F (220°C).

10.5 oz. (350g) cherry tomatoes, quartered

Rub Cajun seasoning mixed with 2 tbsp olive oil onto the salmon filets.

2 oz. (60g) coriander leaves

Bake the salmon on a tray for 12-15 minutes until done.

4 salmon filets (6 oz/170g each)

Cut corn kernels off the cobs and place them in a bowl. Add cherry tomatoes and coriander, and toss.

2 tbsp. cajun seasoning

Serve the corn salsa with salmon filets on 4 plates.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	425kcal	21g	38g	21g



Oven Baked Carrot Fritters

Serves 10

30 Minutes

4 medium carrots, grated

1 small egg

4 tbsp. all-purpose flour

1 clove garlic, minced

1 tsp. ground cumin

Preheat the oven to 400°F (200°C) and line a tray with parchment paper.

Mix grated carrots, egg, flour, garlic, cumin, salt, and pepper in a bowl.

Spoon a heaping tablespoon of batter onto the tray and flatten slightly.

Bake for 12 minutes, flip, and bake for another 12 minutes until golden.

Serve hot or cold. Store leftovers in an airtight container for 2-3 days.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	37kcal	6g	1g	1g



Spiced Curry Cauliflower Soup

Serves 4

35 Minutes

- 1 yellow onion, chopped
- 1 cauliflower head, separated into small florets
- 2 tsp. fennel seeds
- 6.7 oz. (190g) red lentils, dry
- 3 tbsp. yellow curry paste

Preheat the oven to 400°F (200°C). Drizzle ¼ of the cauliflower with 1 tablespoon of olive oil, and season with 1 teaspoon of fennel seeds, salt, and pepper. Set aside.

Heat 1 tablespoon of olive oil in a pot. Sauté the chopped onion and 1 teaspoon of fennel seeds for 3-4 minutes until softened. Add the remaining cauliflower, lentils, curry paste, and 1 liter of water. Bring to a boil, then reduce the heat and simmer for 25 minutes.

While the soup simmers, roast the cauliflower in the oven for 20 minutes.

Blend the soup until smooth. Serve topped with the roasted cauliflower.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	308kcal	44g	15g	8g



Quinoa, Beetroot & Feta Salad

Serves 4

10 Minutes

13 oz. (370g) cooked quinoa

7 oz. (200g) feta cheese, cubed

2 medium beets, cooked & cubed

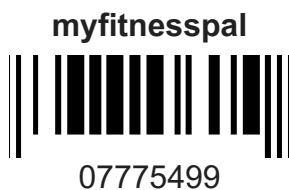
5.8 oz. (165g) chickpeas, drained

1 lemon, zest and juice

Mix quinoa, feta, beetroot, and chickpeas in a bowl.

Drizzle with olive oil and lemon juice, and add grated lemon zest. Season with salt and pepper.

Divide into 4 plates and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	405kcal	38g	16g	21g



Mexican Veggie Chili Salad

Serves 4

10 Minutes

14 oz. (400g) can black beans, rinsed & drained

7 oz. (200g) can sweet corn, rinsed & drained

1 red bell pepper, sliced

bunch of coriander, chopped

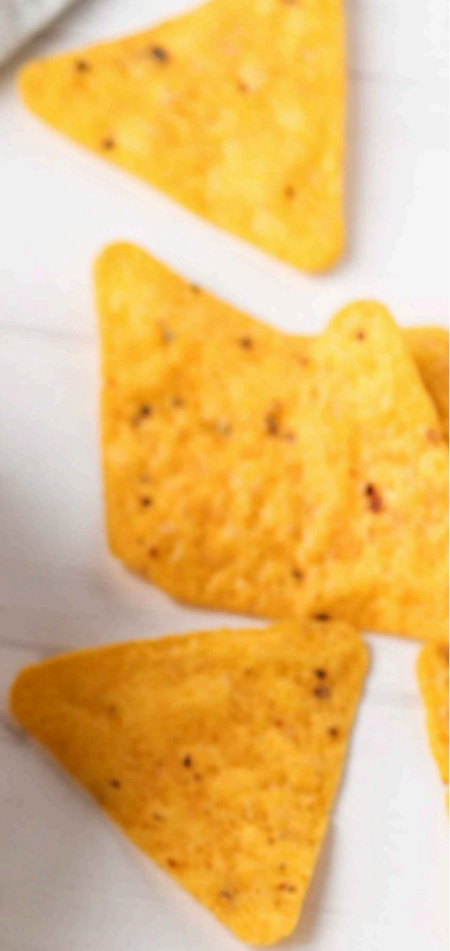
5 oz. (150g) hot salsa

Mix everything with salsa in a bowl.

Store in an airtight container in the fridge for up to 3 days.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	162kcal	28g	8g	2g



Easy Slow Cooker Chicken Fajita

Serves 6

4-6 Hours

1.5 lbs. (680g) chicken breast

1 large onion, sliced

2 bell peppers, sliced

16 oz. (450g) jar salsa

juice of 1 lime

Add all ingredients, and a pinch of salt to a slow cooker. Stir.

Cook on high for 4 hours or low for 6 hours until tender.

Shred the chicken and return it to the slow cooker. Mix in lime juice and season with salt and pepper.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	175kcal	10g	27g	3g



One Pot Lemon Chicken with Capers

Serves 4

30 Minutes

1 lb. (450g) chicken breast

3.5 oz. (100g) butter

4 tbsp. capers, drained

3 lemons, zested & juiced

0.5 oz. (15g) parsley,
chopped

Place a chicken breast between cling film and pound to 1.5 cm thick. Season with salt and pepper.

Heat $\frac{1}{4}$ of the butter in a pan over medium-high heat. Cook the chicken for 4 minutes per side until golden. Transfer to a plate.

Add the remaining butter to the pan. Stir until melted and golden. Add capers and cook for 1 minute. Stir in lemon juice and half the lemon zest.

Return chicken and juices to the pan. Cook for 2-3 minutes, turning occasionally, until the chicken is done and the sauce thickens.

Sprinkle with parsley and the remaining lemon zest before serving.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	327kcal	4g	26g	23g



Prosciutto Wrapped Chicken with Salad

Serves 4

30 Minutes

4 skinless chicken thighs
(17 oz./480g)

8 prosciutto slices

8 tsp. red pesto

2 cans (14 oz./400g each)
lentils, drained

5 oz. (145g) sun-dried
tomatoes, drained (save 2
tbsp. oil)

Preheat the oven to 360°F (180°C).

Cut chicken thighs into two pieces. Season with salt and pepper. Spread 1 teaspoon of pesto on each piece, wrap with prosciutto, and place on a baking tray. Bake for 25-30 minutes until crispy and cooked through.

Heat lentils and sun-dried tomatoes in a pot. Stir in 2 tbsp apple cider vinegar and 2 tbsp of the sun-dried tomato oil.

Serve the lentils topped with chicken.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	474kcal	42g	46g	14g



Creamy Spinach Risotto

Serves 4

40 Minutes

1 yellow onion, diced

10.5 oz. (300g) risotto rice, dry

2.5 pt. (1.2L) vegetable stock

8 oz. (225g) spinach, frozen

3 oz. (85g) Parmesan cheese, grated

Heat 2 tablespoons of olive oil in a large pan over medium heat. Add the diced onion and cook for 5 minutes until softened.

Add the risotto rice and cook for 3 more minutes, stirring occasionally. Season with salt and pepper.

Lower the heat and add vegetable stock 1 cup at a time, stirring often. Wait until the stock is mostly absorbed before adding more. Cook for 16-18 minutes until the rice is done.

Stir in the frozen spinach and cook until heated through.

Remove from heat and mix in the Parmesan cheese. Adjust seasoning as needed. Serve immediately.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	445kcal	68g	14g	13g



Salmon En Papillote

Serves 2

25 Minutes

1 zucchini, sliced

1 red onion, sliced

2 salmon filets (6 oz./170 g each)

4 tbsp. dill

1 lemon, sliced

Preheat the oven to 350°F (180°C).

Cut two large pieces of baking paper.

Layer 8 zucchini slices and some onion on each. Drizzle with 1 tablespoon of olive oil and season with salt and pepper.

Place a salmon fillet on each. Season, then top with dill and lemon slices.

Fold the paper to seal each parcel. Bake for 18-20 minutes until the salmon is cooked.

Serve immediately by tearing open the paper.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	409kcal	10g	36g	25g



Chickpea & Broccoli Coconut Curry

Serves 4

15 Minutes

1 x 14 fl. oz. (400 ml) can
coconut milk

2 tbsp. red curry paste

2 broccoli heads, cut into
florets

1 x 14 oz. (400 g) can
chickpeas, rinsed & drained

1 tbsp. cornstarch

Heat oil in a pan over medium-high heat. Sauté the broccoli for 3-4 minutes. Add the red curry paste and cook for 2 minutes.

Pour the coconut milk and let it simmer for 5-8 minutes. Stir in the chickpeas and simmer.

Mix the cornstarch with 2 tablespoons of cold water, then add to the pan. Simmer for 1 minute, reduce the heat, and let cool slightly before serving.

Serving suggestions: Steamed white rice and garnish with fresh coriander.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	421kcal	43g	15g	21g



Easy Stuffed Mexican Peppers

Serves 4

1 Hour

4 bell peppers

14 oz. (400g) lean ground beef

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

5.6 oz. (160g) cooked rice

2 tbsp. Mexican spice blend

Preheat the oven to 375°F (190°C).

Brown beef in a pan over medium-high heat for 5-7 minutes.

Add tomatoes and rice, then bring to a boil. Reduce heat and simmer, covered, for 6-8 minutes.

While the mixture simmers, cut off the tops of the peppers and remove the seeds. Stuff the peppers with the beef mixture.

Cover with foil and bake for 35 minutes, until the peppers are tender.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	274kcal	23g	23g	10g



Sesame Crusted Miso Tuna Steak Salad

Serves 2

15 Minutes

1 tbsp. white miso

2 tuna steaks (5 oz / 140g each)

4 tbsp. sesame seeds

bunch of spring onions, trimmed & sliced

7 oz. (200g) green beans, halved

Heat 1 tablespoon of olive oil in a pan over medium-high heat.

Rub tuna steaks with miso paste and coat with sesame seeds. Cook for 1 ½ minutes per side, then set aside.

In the same pan, cook spring onions and green beans for 3-4 minutes until tender. Season with salt and pepper, then divide between two plates.

Slice tuna and place on top of the vegetables. Serve immediately.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	377kcal	15g	41g	17g



Cod & Vegetable Curry

Serves 4

25 Minutes

1 medium yellow onion,
chopped

3 tbsp. green curry paste

1 x 14 oz (400ml) can
coconut milk

1.3 lbs. (600g) white fish
fillets (such as cod),
coarsely chopped

12.6 oz. (360g) frozen
vegetable mix

Heat olive oil in a wok or frying pan over high heat. Add chopped onion and cook for 3-4 minutes.

Stir in curry paste and cook for 1 minute.

Add coconut milk, bring to a boil, then reduce heat to medium-low.

Add fish and frozen vegetables. Simmer for 15 minutes until cooked.

Serve immediately.

Serving suggestions: White rice, lime wedges

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	352kcal	14g	29g	20g



Easy Pork Meatballs in Tomato Sauce

Serves 4

35 Minutes

14 oz. (400g) lean pork, minced

1 clove garlic, minced

1 yellow onion, chopped

16 fl. oz. (480ml) passata

4 tbsp. parsley leaves, chopped

Place pork in a bowl, season with salt and pepper, add garlic, and mix. Shape into 1-tablespoon meatballs.

Heat 1 tbsp olive oil in a pan over medium heat. Cook meatballs, turning occasionally, for 10 minutes until browned and cooked through. Set aside.

In the same pan, add 1 tbsp oil and cook the onion for 3-4 minutes until soft. Return the meatballs to the pan, add the passata and season. Boil, then simmer for 10 minutes.

Serve meatballs with parsley.

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GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	327kcal	10g	20g	23g



Smoked Sweet Potato Hummus

Serves 8

10 Minutes

8.8 oz. (250g) chickpeas,
drained

8.9 oz. (255g) sweet potato,
mashed

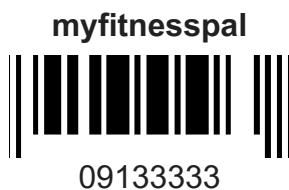
4 tbsp. tahini

½ tsp. smoked paprika

1 garlic clove, minced

Blend all the ingredients in a blender until smooth.

Serve as dip.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	192kcal	16g	5g	12g



Oatmeal Tahini Protein Balls

Serves 24

30 Minutes

6.3 oz. (180g) rolled oats

1 cup tahini

4 tbsp. honey

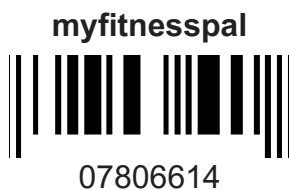
2 oz. (60g) vanilla protein powder

2 tbsp. mini chocolate chips

Mix all ingredients in a bowl.

Shape into balls.

Store in the fridge for up to 2 weeks or freeze for up to 3 months.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	118kcal	11g	5g	6g



Almond & Cranberry Balls

Makes 20

1 Hour 15 Minutes

10 medjool dates, pitted

3.1 oz. (90g) rolled oats

4 tbsp. dried cranberries

4 tbsp. almonds

4 tbsp. almond butter

Blend dates in a food processor until smooth. Add oats, cranberries, almonds, and almond butter, and pulse until mixed.

Roll the mixture into balls using slightly wet hands. Chill the balls in the fridge for 1 hour to set.

Store in an airtight container in the refrigerator for up to 2 weeks.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	63kcal	7g	2g	3g



Peanut & Cranberry Cookies

Serves 20

22 Minutes

9.8 oz. (280g) crunchy peanut butter

6.3 oz. (180g) coconut sugar

1 egg

1 tsp. baking powder

4 tbsp. dried cranberries

Preheat the oven to 360°F (180°C) and line two trays with parchment paper.

Mix peanut butter and coconut sugar in a bowl. Add the egg and baking powder, then beat until smooth. Stir in the dried cranberries.

Roll dough into balls, place on trays and flatten slightly. Bake for 10-12 minutes, swapping trays halfway through, until golden. Cool and store in an airtight container.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	127kcal	13g	3g	7g



Delicious Sweet Potato & Black Bean Brownies

Serves 12

1 Hour 5 Minutes

9 oz. (250g) sweet potato

1 x 14 oz. (400g) can black beans, drained

2 oz. (60g) walnuts

3.5 oz. (100g) coconut sugar

3.5 oz. (100g) dark chocolate, chopped

Peel, chop, and boil the sweet potatoes until soft, then set them aside to cool.

Preheat the oven to 360°F (180°C) and line an 11x7-inch (28x18 cm) baking tin with baking paper.

Blend the cooled sweet potatoes, black beans, walnuts, sugar, and chocolate in a food processor until smooth. Add 3 tbsp olive oil and blend again.

Transfer the batter to the baking tin and bake for 50 minutes.

Let it cool completely on a wire rack before cutting it into 12 squares. Store in an airtight container.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	190kcal	22g	3g	10g



Apple Bites

Serves 12

50 Minutes

8.8 oz. (250g) all-purpose flour

3 tsp. baking powder

6.3 oz. (180g) coconut sugar

1 egg

2 apples, peeled, cored, & cut into chunks

Preheat the oven to 360°F (180°C) and line an 8-inch (20cm) tin with parchment paper.

Mix flour, baking powder, and coconut sugar in a bowl. Add the egg and ½ cup melted coconut oil; stir to combine.

Fold in apple chunks.

Pour batter into the tin and bake for 35-40 minutes. Cool before removing.

Store in an airtight container.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	242kcal	36g	2g	10g



Easy Pumpkin Spiced Cake

Serves 8

1 Hour

3 eggs

5.2 oz. (150g) coconut sugar

8.1 oz. (230g) pumpkin puree

2 tsp. cinnamon

4.4 oz. (125g) self-rising flour

Preheat the oven to 375°F (190°C).

Beat eggs and coconut sugar in a bowl until fluffy and tripled in size, about 5 minutes.

Mix in pumpkin puree and cinnamon.

Fold in sifted self-rising flour gently.

Grease an 8-inch (20 cm) cake pan and pour in batter.

Bake for 50 minutes or until a toothpick comes out clean.

Cool, slice, and serve. Store in an airtight container.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	166kcal	34g	3g	2g



Citrusy Coconut Chia Pudding

Serves 4

6 Hours

2.4 oz. (70g) white chia seeds

Mix chia seeds, coconut milk, and 2 tablespoons of maple syrup in a bowl. Cover and chill for 6 hours or until thick.

14 fl. oz. (400ml) can light coconut milk

In another bowl, combine clementines, kiwis, and remaining maple syrup. Chill until the pudding is ready.

4 tbsp. maple syrup, divided

Serve the pudding in 4 bowls, topped with fruit. If storing, keep in the fridge for up to 5 days and add fruit before serving.

2 clementines, peeled, segmented, & chopped

2 kiwis, peeled & chopped



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	248kcal	31g	4g	12g



Blueberry Cottage Cheese Ice Cream

Serves 2

1 Hour

1 cup (145g) cottage cheese

1 banana

½ cup vanilla whey powder

4 tbsp. dried blueberries

¼ cup (75g) fresh blueberries

Blend cottage cheese, banana, and whey powder in a blender until smooth. Stir in dried blueberries.

Freeze for 45 minutes, then stir and freeze for another 45 minutes.

Stir again and serve with fresh blueberries.

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	252kcal	26g	28g	4g



Tropical Spiced Carrot Smoothie

Serves 4

10 Minutes

- 8 fl. oz. (240ml) carrot juice
 - 1 mango, peeled & chopped
 - 5.8 oz. (165g) pineapple, chopped
 - 1 tsp. grated ginger
 - 4 tbsp. coconut water
- Blend all the ingredients in a blender until smooth. Serve.



GF DF MP V Q

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	100kcal	24g	1g	0g