ENERGISE

-NUTRITION-

YOGURT GRANOLA BOWL

5 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
451	8	19	38	8

YOGURT GRANOLA BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

115g coconut yoghurt
30g vanilla maple keto granola
8 raspberries
2 strawberries, halved
50g fresh blueberries
1 teaspoon chia seeds
1 teaspoon hemp hearts
fresh mint, optional as garnish

INSTRUCTIONS

Add the coconut yoghurt to a bowl and arrange the other ingredients over the top. Enjoy straight away.

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-NUTRITION-

OVERNIGHT ESPRESSO OATS

5 MINUTES (PLUS 8 HOURS REFRIGERATION)

1

CALS	PROTEIN	CARBS	FAT	FIBRE
415	38	41	11	6

OVERNIGHT ESPRESSO OATS

SERVES: 1

TOTAL TIME: 5 MINUTES (PLUS 8 HOURS REFRIGERATION)

INGREDIENTS

45g oats (gluten-free if required)
1 tsp honey
125g coconut yoghurt
60ml espresso
1 scoop chocolate protein powder (vegan if required)
1/2 tbsp cacao nibs

INSTRUCTIONS

Add the oats to a bowl or jar along with the honey, coconut yoghurt, espresso and protein powder.
Mix to combine, cover and place in the fridge overnight.
Before serving, top with cacao nibs.

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-NUTRITION-

ALMOND BUTTER PANCAKES

20 MINUTES

3

CALS	PROTEIN	CARBS	FAT	FIBRE
375	11	31	23	6

ALMOND BUTTER PANCAKES

SERVES: 3

TOTAL TIME: 20 MINUTES

INGREDIENTS

150g whole wheat flour
1 tsp baking powder
pinch of sea salt
300ml almond milk
100g almond butter
1 tbsp honey
2 tbsp coconut oil

INSTRUCTIONS

Start by mixing together the flour, baking powder and salt.
Whisk together the almond milk, almond butter and honey. Pour the wet mixture into the dry mixture and whisk to combine.
Bring a large frying pan to medium heat and melt coconut oil.
Pour the mixture into the frying pan and cook for about four minutes or until you see bubbles appearing. Flip and cook for another minute on the other side.
Keep cooked pancakes warm while you prepare the rest.
Serve with a little maple syrup, optional.

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-NUTRITION-

VANILLA BUCKWHEAT PORRIDGE WITH STRAWBERRIES

20 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
416	8	42	24	8

VANILLA BUCKWHEAT PORRIDGE WITH STRAWBERRIES

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

170g raw buckwheat groats
350ml cups water
350ml cups almond milk
1/2 teaspoon vanilla extract
1 teaspoon ground cinnamon
1 teaspoon orange zest
2 teaspoons maple syrup
150g quartered strawberries
2 tablespoons orange juice, fresh
2 tablespoons ground flax seeds

INSTRUCTIONS

Rinse the buckwheat using a fine-mesh strainer. Add the buckwheat to a medium saucepan along with water, 3/4 of the almond milk, vanilla extract and ground cinnamon. Bring the mixture to a boil, then decrease the heat to simmer. Cover and cook for 12 minutes.
Turn of the heat and stir the orange zest and maple syrup.
Cover the buckwheat to steam in the pot for an additional 5 minutes.
While the buckwheat continues to cook, combine the strawberries with the remaining orange zest and orange juice.
Uncover the buckwheat, and stir in rest of almond milk and the ground flax seeds. Divided the porridge into bowls, and top each with strawberries.

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-NUTRITION-

EGG CUPS WITH COURGETTE

40 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
322	24	7	22	2

EGG CUPS WITH COURGETTE

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

2 courgette, peeled into strips
60g ham, chopped
100g cherry tomatoes, quartered
8 eggs, beaten
140g Greek yoghurt
1 teaspoon salt and pepper
1/2 teaspoon thyme
100g shredded cheddar cheese
cooking spray, for pan

INSTRUCTIONS

Preheat oven to 200°C/400°F/gas 6 and grease a muffin tin with cooking spray.
Line the inside and bottom of the muffin tin with courgette strips, to form a crust. Add chopped ham and quartered cherry tomatoes inside each crust.
In a medium bowl whisk together eggs, Greek yoghurt, thyme and salt and freshly ground black pepper. Pour egg mixture over ham and tomatoes, then top with shredded cheddar cheese.
Bake in the oven until eggs are set and cheese melted, about 20-30 minutes.
Serve with a crispy salad.

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-NUTRITION-

BEETROOT HUMMUS

75 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
124	6	16	4	4

BEETROOT HUMMUS

SERVES: 4

TOTAL TIME: 75 MINUTES

INGREDIENTS

2 large beetroots
1 x (400g) tin chickpeas, drained and rinsed
1 clove garlic
1 tbsp tahini
60ml lemon juice
salt and cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6 and line a baking tray with baking paper. Cook beetroot for 50-60 minutes or until soft.
Add the cooked beetroot and all the other ingredients to a food processor and blitz until smooth. If the consistency is too thick, add 1-2 tbsp of water.
Serve with Turkish bread.

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-NUTRITION-

BEEF SKEWERS WITH SALSA VERDE

20 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
398	27	5	30	1

BEEF SKEWERS WITH SALSA VERDE

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

For the salsa verde:
25g parsley
25g basil
1 1/2 cloves garlic
80ml olive oil
1/2 lime, juiced
salt and cracked pepper
For the skewers:
2 tsp olive oil
500g flank steak, sliced into 10 thin strips
1 tsp dried parsley

INSTRUCTIONS

Add the parsley, basil and garlic to a food processor, and blitz until the leaves are chopped into small, fine pieces.
Add the olive oil and lime juice while the motor is still running. Season with salt and cracked pepper and blitz one last time. Set aside.
Toss the steak in olive oil and dried parsley and thread pieces onto individual skewers.
Bring a grill plate or heavy frying pan to medium high heat and cook the skewers for 2-3 minutes each side or until cooked to your liking.
Drizzle salsa verde all over the skewers and serve hot.

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-NUTRITION-

SALMON BITES

25 MINUTES

6

CALS	PROTEIN	CARBS	FAT	FIBRE
390	19	38	18	3

SALMON BITES

SERVES: 6

TOTAL TIME: 25 MINUTES

INGREDIENTS

350g salmon steaks (cooked), cut into bite-sized chunks
60g all-purpose flour
1 tsp ground coriander
1 tsp salt
2 eggs, whisked
150g bread crumbs
100g almonds, chopped
80ml sweet chilli sauce

INSTRUCTIONS

Preheat the oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.
Start by preparing three medium sized bowls. Add flour, ground coriander and salt to the first and toss to combine. In the second bowl, crack the eggs and whisk well. In the third bowl, add the breadcrumbs and almonds.
Submerge the salmon pieces in the flour, dip them in the egg mix, and finally roll them in the bread crumb/almond mix.
Lay the salmon bites on the baking tray and cook for 10-12 minutes or until golden.
Serve with sweet chilli sauce.

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-NUTRITION-

CAESAR SALAD

15 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
242	8	12	18	1

CAESAR SALAD

SERVES: 1

TOTAL TIME: 15 MINUTES

INGREDIENTS

Caesar dressing
1 clove garlic
22g parmesan cheese, finely grated
2 tablespoons lemon juice
60g mayonnaise
140g Greek yoghurt
1 tablespoon olive oil
1 1/2 teaspoon Dijon mustard
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper
For the Caesar salad
Homemade croutons
3 romaine hearts, leaves (or 1 large head romaine)
22g Parmesan cheese, grated

INSTRUCTIONS

For the croutons, cut the bread into small cubes. Bake in preheated oven 200°C/400°F/gas 6 for 10 minutes.
While the croutons bake, make the dressing. Grate the garlic, or finely mince. Grate the parmesan cheese, and juice the lemon. Whisk together all the ingredients in a bowl.
Chop the romaine lettuce. Top each salad with parmesan cheese, croutons and dressing.

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-NUTRITION-

PRAWN FAJITAS

25 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
173	24	8	5	2

PRAWN FAJITAS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 tablespoon vegetable oil
50g sliced red or yellow bell peppers
1 onion, sliced
2 teaspoons chilli powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 teaspoon smoked paprika
2 tablespoons chopped coriander
1 pound large prawns, peeled
Lime wedges for serving
Flour tortillas and fajita toppings of your choice
Salt and pepper to taste

INSTRUCTIONS

Heat the oil in a large pan over high heat. Add the peppers and onion to the pan and cook, stirring occasionally, until vegetables are tender and charred on the edges. Season the vegetables with salt and pepper.
In a small bowl, mix together the chilli powder, garlic powder, smoked paprika, salt and pepper.
Add prawns to the pan with vegetables and sprinkle the seasoning all over the prawns and vegetables. Stir to combine. Cook for 5 minutes, or until prawns are pink.
Sprinkle the coriander over the top and serve.
Garnish with lime wedges and flour tortillas and toppings on the side.

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-NUTRITION-

BEEF MACARONI

30 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
565	34	51	25	2

BEEF MACARONI

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

200g macaroni (uncooked)
2 tsp tbsp olive oil
1 brown onion, diced
1 clove garlic, minced
400g beef mince
150g peas
150g tinned corn
50g butter
35g gluten free flour
400ml skim milk
150g cheese

INSTRUCTIONS

Start by cooking the macaroni according to packet instructions.
Next, heat the oil and cook the onion for five minutes. Add the garlic and beef and cook for 7-10 minutes or until fully cooked. Add the peas and corn and cook for an additional 2 minutes.
In a separate pan, melt the butter on low heat before adding the flour. Slowly pour in the milk, stirring constantly for about five minutes or until bubbling slightly. Add the cheese and stir for another 3 minutes.
Transfer the cheese mix to the beef and stir through.
Finally, stir through the macaroni and season with salt and pepper.
Divide into four bowls and serve hot.

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-NUTRITION-

SALMON NIÇOISE

45 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
558	28	35	34	6

SALMON NIÇOISE

SERVES: 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

4 eggs, boiled and quartered
600g baby potatoes
300g green beans, chopped
3 tomatoes, chopped
65g kalamata olives, halved
1 tbsp capers
For the salmon:
300g Atlantic Salmon
1 tsp olive oil
For the dressing:
60ml olive oil
3 tbsp lemon juice
1 tbsp Dijon mustard
salt and cracked pepper
For the garnish:
15g fresh dill

INSTRUCTIONS

In a medium-sized saucepan, boil the eggs. Once cooked, place in a bowl of cold water and run them under running cold water while you peel them. Set aside.
Place the potatoes in a medium-sized pot, cover with cold water and add salt. Bring to a boil, then reduce to a low-medium heat and cook for about 20 minutes or until tender.
When the potatoes have about 3 minutes cook time remaining, add the beans. Cook for 3 minutes then drain potatoes and beans, run under cold water and set aside.
Preheat the oven to 150°C/300°F/gas 2. Line a baking tray with baking paper.
Place the salmon fillets on the tray, brush with olive oil and season with salt and cracked pepper. Cook for 15-17 minutes.
Meanwhile, make the dressing by adding all ingredients to a small jar and shake very well to combine.
In a large serving bowl, toss together the potatoes, beans, kalamata olives and capers.
Place the quarters of eggs, and broken up chunks of salmon evenly throughout.
Drizzle dressing all over and garnish with fresh dill.

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-NUTRITION-

VIETNAMESE CURRY

50 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
536	8	72	24	14

VIETNAMESE CURRY

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

1kg sweet potato, cut into cubes
1 tbsp olive oil
1 stalk lemongrass, finely chopped
2 cloves garlic, minced
1 tsp ginger paste
3 tbsp yellow curry paste
1 brown onion, diced
2 carrots, chopped
1 head broccoli, chopped
400ml coconut milk
2 tbsp cornflour
2 tbsp fried onion
15g coriander, leaves picked

INSTRUCTIONS

Preheat oven to 180°C/350°F/gas 4. Line a baking tray with baking paper.
Toss sweet potato in olive oil, lay on the tray and cook for 25-30 minutes or until tender.
Meanwhile, add the remaining olive oil to a large wok and sauté lemongrass, garlic, ginger paste, curry paste and onion for 2-3 minutes.
Add the carrot and broccoli and cook for 5 minutes or until tender.
Add the coconut milk and stir through the cooked sweet potato.
Mix the corn flour with 60ml of water, add to the curry and simmer on low heat for 5 minutes, stirring continuously.
Divide between 4 bowls and garnish with fried onions and fresh coriander.

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-NUTRITION-

BEETROOT PUMPKIN SALAD WITH CARROT GINGER DRESSING

1H

6-4

CALS	PROTEIN	CARBS	FAT	FIBRE
363	8	31	23	5

BEETROOT PUMPKIN SALAD WITH CARROT GINGER DRESSING

SERVES: 6-4

TOTAL TIME: 1H

INGREDIENTS

1 small pumpkin
olive oil
4 beetroots
1 teaspoon cumin
170g cooked quinoa
20g rocket, chopped
Dressing
50g chopped carrots
25g peeled and chopped ginger
1 garlic clove, sliced
2 small shallots, sliced
1 tablespoon soy sauce
1 tablespoon sesame oil
1 tablespoon honey
1 teaspoon Dijon mustard
2 tablespoons rice vinegar
2-3 tablespoons water

INSTRUCTIONS

Preheat the oven to 180°C/350°F/gas 4.
Slice the pumpkin in half. Using a spoon, scoop out the seeds and pulp. Spread the pumpkin seeds on a parchment lined baking sheet and remove any excess pulp. Drizzle with oil and cumin and season with salt and pepper. Toss to combine. Bake until seeds begin to brown, about 20-25 minutes.
Slice the pumpkin into small wedges and place on a parchment lined baking sheet. Brush the wedges with a oil and season with salt and pepper. Peel and slice the beetroots into square chunks or thin wedges. Place sliced beetroots on a separate parchment lined baking sheet, brush with oil, and season with salt and pepper.
Remove seeds from oven, and set aside to cool. Place the pumpkin and the beetroots in the oven and bake until tender, 40-45 minutes.
Meanwhile, make the dressing. Place carrots in a food processor and pulse until shredded. Add ginger, garlic, shallots, soy sauce, sesame oil, mustard, honey and vinegar. Pulse until combined and slowly add in oil until dressing is fully emulsified. Add water to thin dressing to desired consistency.
Remove pumpkin and beets from oven and let cool.
Pour dressing over quinoa and rocket, and stir to combine. Top with the beetroots, pumpkin seeds, and a couple of wedges of the sliced pumpkin. Drizzle additional dressing on top and serve.

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-NUTRITION-

BROWN LENTIL RICE SALAD

25 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
377	11	72	5	9

BROWN LENTIL RICE SALAD

SERVES: 1

TOTAL TIME: 25 MINUTES

INGREDIENTS

190g brown lentils
3 tablespoons fresh lemon juice
2 teaspoons extra virgin olive oil
1 teaspoon grated lemon zest
1/2 teaspoon smoked paprika
1/4 teaspoon salt
1/4 teaspoon cayenne pepper
300g cooked brown rice
2 carrots, shredded
2 sticks celery, chopped
1 small red onion, chopped
30g chopped fresh parsley leaves

INSTRUCTIONS

Bring 950ml to a boil in a large saucepan. Add the lentils and reduce to a simmer. Cook for 15 minutes, or just until tender. Drain well and cool.
Meanwhile, whisk together the lemon juice, oil, zest, paprika, salt, and cayenne in a large bowl. Add the rice, carrots, celery, tomatoes, onion, parsley and cooled lentils. Stir to combine.
Serve and enjoy.

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-NUTRITION-

GRILLED SALMON WITH TRIPLE CITRUS GLAZE

30 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
391	43	21	15	1

GRILLED SALMON WITH TRIPLE CITRUS GLAZE

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

180ml fresh orange juice
60ml fresh lemon juice
60ml fresh lime juice
60ml chicken stock
1 garlic clove, minced
2 tablespoons orange marmalade
2 tablespoons soy sauce
1 tablespoon vinegar
1 tablespoon light brown sugar
1 tablespoon butter
salt and pepper
extra-virgin olive oil, for brushing
4 (170g) salmon fillets
200g cooked rice

INSTRUCTIONS

Bring all of the ingredients except the salmon, oil and rice to a boil in a medium-sized saucepan over medium heat, stirring to melt. Reduce the heat, and let the glaze reduce into a syrup, about 15-20 minutes. Add salt and ground black pepper, to taste.
Heat a grill to medium-high heat. Brush both sides of the fillets with olive oil, then season with salt and pepper. Grill the salmon 4 minutes, brushing with the glaze, flip and cook 4 minutes more.
Transfer the salmon to serving plates and enjoy with rice.

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-NUTRITION-

GRILLED CHICKEN BITES WITH RANCH DRESSING

20 MINUTES (PLUS 1-8 HOURS FOR MARINATING)

4

CALS	PROTEIN	CARBS	FAT	FIBRE
250	32	8	10	0

GRILLED CHICKEN BITES WITH RANCH DRESSING

SERVES: 4

TOTAL TIME: 20 MINUTES (PLUS 1-8 HOURS FOR MARINATING)

INGREDIENTS

800g chicken breast, cut into large bite-sized pieces
2 tbsp olive oil
60ml balsamic vinegar
2 tbsp honey
2 cloves garlic, minced
salt and cracked pepper
For the ranch dressing
2 red chillies, diced
125ml buttermilk
120g sour cream
1 tbsp lemon juice
Cracked pepper

INSTRUCTIONS

Mix together the olive oil, balsamic vinegar, honey, garlic, salt and cracked pepper.
Submerge the chicken in the marinade, cover and place in the fridge for at least 1 hour, or you can leave it overnight.
Heat a barbeque or char-grill plate over high heat and cook the chicken for 3-4 minutes each side or until fully cooked through.
Make the dressing by mixing together the chillies, buttermilk, sour cream, lemon juice and cracked pepper.
Transfer chicken to a serving platter and serve with ranch dressing.

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-NUTRITION-

SLOW COOKER APRICOT CHICKEN

6 HOURS AND 30 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
462	18	48	22	1

SLOW COOKER APRICOT CHICKEN

SERVES: 4

TOTAL TIME: 6 HOURS AND 30 MINUTES

INGREDIENTS

1 tbsp olive oil
600g chicken thigh fillets
1 onion, diced
2 tsp garlic, minced
400ml apricot nectar
1/2 tbsp balsamic vinegar
1 tsp parsley
1 tsp thyme
400g tinned apricot halves, drained

INSTRUCTIONS

Bring a large frying pan to high heat, add the oil and brown the chicken for about 3-4 minutes.
Transfer to a 5.5L slow cooker.
Add onion to the same pan and cook for about 5 minutes or until translucent.
Add the garlic, apricot nectar, balsamic vinegar, parsley and thyme.
Pour the mixture into the slow cooker, cover and cook on low for 6 hours.
Add the apricot halves for the last 30 minutes.
Optionally, serve with brown rice or couscous.

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-NUTRITION-

PARMESAN CRUSTED VEAL CUTLETS

35 MINUTES

2

CALS	PROTEIN	CARBS	FAT	FIBRE
483	36	60	11	0

PARMESAN CRUSTED VEAL CUTLETS

SERVES: 2

TOTAL TIME: 35 MINUTES

INGREDIENTS

For the salad:
1 small head radicchio, leaves chopped
2 tbsp fresh parsley, chopped
For the dressing:
1/2 tbsp olive oil
2 tsp white wine vinegar
1/4 teaspoon Dijon mustard
For the cutlets:
120g bread crumbs (gluten free if required)
3 tbsp parmesan cheese, finely grated
1/2 tbsp lemon zest
1 egg
1 tbsp Dijon mustard
4 x (70g) veal cutlets, pounded

INSTRUCTIONS

Add the salad ingredients to a medium-sized bowl and toss to combine.
Add the dressing ingredients to a jar and shake very well to combine.
Pour the dressing over the salad and set aside.
Next, mix the bread crumbs, parmesan cheese and lemon zest together in a medium sized bowl.
In a separate bowl, whisk together the egg and dijon.
Dip the veal cutlets in the egg, followed by the breadcrumb mix.
Next, add the olive oil to large frying pan and bring it to medium-high heat. Place the cutlets in the pan and cook for about 3 minutes each side.
Serve immediately alongside radicchio salad.

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-NUTRITION-

LAMB AND SWEET POTATO BAKE

65 MINUTES

3

CALS	PROTEIN	CARBS	FAT	FIBRE
551	25	25	39	4

LAMB AND SWEET POTATO BAKE

SERVES: 3

TOTAL TIME: 65 MINUTES

INGREDIENTS

1 tbsp olive oil, divided
1 medium sweet potato, cut into cubes
2 cloves garlic, minced
1/2 tbsp fresh thyme
300g lamb mince
125ml vegetable stock
1 red bell pepper, cut into chunks
1 tbsp pine nuts
100g feta, cut into cubes

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6.
Add 2 tsp olive oil and sweet potato to a saucepan and cook for about 10 minutes or until the sweet potato begins to softened. Set aside.
Add the remaining olive oil and onion to the same pan and cook for about five minutes or until onion is translucent.
Add the garlic and thyme and cook for another 1-2 minutes. Next, add the lamb and cook for for about 7-8 minutes.
Add the stock, bell pepper, pine nuts and cooked sweet potato to the pan and cook for another 5-10 minutes.
Pour the mixture into an ovenproof casserole dish.
Toss the feta in the remaining olive oil and place on top of the lamb.
Cook for 20-25 minutes.

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-NUTRITION-

BUTTERNUT SQUASH NOODLES

25 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
462	9	12	42	3

BUTTERNUT SQUASH NOODLES

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

450g butternut squash noodles
2 tbsp extra-virgin olive oil
kosher salt
freshly ground black pepper
pinch crushed red pepper flakes
180g pine nuts
30g parsley
60g vegan parmesan

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper. Place the noodles on the baking tray and toss with olive oil, salt and cracked pepper. Cook for 10 minutes or until tender.
Meanwhile, add the pine nuts to a medium-sized frying pan and dry roast for 4-5 minutes, shaking and moving the pan constantly.
Once the squash noodles are cooked, serve with pine nuts, parsley and vegan parmesan.

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-NUTRITION-

CHICKPEA SAN CHOY BOW

25 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
363	16	23	23	8

CHICKPEA SAN CHOY BOW

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

2 tbsp coconut oil
4 spring onions, finely sliced
3 cloves garlic, minced
2 tbsp fresh ginger, grated
37g cashews, finely chopped
37g almonds, chopped
375g mushrooms, chopped
2 x (400g) tin chickpeas, drained and rinsed
175ml tamari
2 tsp sesame oil
1 long red chilli, sliced
8 leaves romaine lettuce
10g coriander, leaves picked

INSTRUCTIONS

In a large frying pan, heat the coconut oil. Add the spring onions, garlic, ginger, cashews and almonds. Cook for about 3 minutes.
Add the mushrooms and cook for another 5 minutes.
Next, add the chickpeas and mash them up a little bit with a wooden spoon.
Add the tamari, sesame oil and chilli and heat through for another 3 minutes.
Spoon the mixture into the individual lettuce leaves and garnish with coriander.

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-NUTRITION-

ONE POT VEGGIE SAUSAGE STEW

40 MINUTES

6

CALS	PROTEIN	CARBS	FAT	FIBRE
364	34	30	12	7

ONE POT VEGGIE SAUSAGE STEW

SERVES: 6

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 tbsp olive oil
8 vegetarian sausages
1 onion, sliced
2 garlic cloves, minced
½ tsp ground cumin
1/2 tsp dried parsley
1 x (400g) tin chopped tomatoes
1 x (400g) tin kidney beans, drained and rinsed
1 x (400g) tin chickpeas, drained and rinsed
1 x (400g) tin sweet corn, drained

INSTRUCTIONS

Start by heating the oil in a large frying pan over medium heat. Add the sausages and cook for 5 minutes, rotating regularly to make sure all sides are cooked. Remove from the pan and set aside.
Add the onion to the same pan and cook for 5 minutes or until soft. Stir through the garlic, cumin and parsley.
Next, add the tomatoes, kidney beans, chickpeas, corn and 250ml boiling water. Bring to a boil before reducing the heat and simmering for 10 minutes.
Place the sausages back in the pan, cover with a lid and cook for another 10 minutes.
Serve immediately.

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-NUTRITION-

CRISPY KALE AND PRAWNS

30 MINUTES

3

CALS	PROTEIN	CARBS	FAT	FIBRE
351	49	23	7	5

CRISPY KALE AND PRAWNS

SERVES: 3

TOTAL TIME: 30 MINUTES

INGREDIENTS

2 cloves garlic, thinly sliced
3 tbsp olive oil
2 tbsp lemon, juiced
salt and cracked pepper
2 bunches kale, stemmed and leaves torn
250g cherry tomatoes
1 tbsp red curry paste
2 tsp fish sauce
2 tsp ginger, grated
1 tsp olive oil
500g shrimp, teeled and tails removed

INSTRUCTIONS

Start by preheating oven to 175 /350 /Gas 4. Line a baking tray with baking paper.
In a large bowl, mix together the garlic, olive oil, lemon juice, salt and cracked pepper.
Transfer kale to the bowl and massage the juices into it for 1-2 minutes.
Lay the kale on the baking tray, along with the cherry tomatoes and place another sheet of baking paper on top. Cook for 20-25 minutes or until kale is crunchy and tomatoes are nice and juicy.
Meanwhile, mix together the curry paste, fish sauce and ginger. Rub the paste into the prawns on both sides.
Bring a large frying pan to medium heat and cook prawns for 3-4 minutes, making sure you flip them and cook both sides.
Transfer kale to a large serving platter and spread prawns out on top.

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-NUTRITION-

VEGAN STUFFED MUSHROOMS

30 MINUTES

2

CALS	PROTEIN	CARBS	FAT	FIBRE
423	21	60	11	13

VEGAN STUFFED MUSHROOMS

SERVES: 2

TOTAL TIME: 30 MINUTES

INGREDIENTS

3 large mushrooms
2 tsp avocado oil
1 brown onion, diced
1 clove garlic, minced
120g baby spinach, chopped
200g cherry tomatoes, diced
125g bread crumbs
1/2 tbsp basil
1/2 tbsp oregano
1/2 tbsp onion powder
Salt and cracked pepper
3 tbsp vegan parmesan

INSTRUCTIONS

Preheat oven to 165 /325 /Gas 3. Line a baking tray with baking paper. Cut the stems from the mushrooms and place on the tray and brush with a tsp of oil. Cook mushrooms for 10 minutes.
Meanwhile, add the remaining tsp of oil to a frying pan along with onion, garlic and spinach. Cook for 3 minutes before adding the tomatoes and cooking for another 2 minutes.
Remove from the heat and stir in breadcrumbs and herbs.
Spoon the mixture into the mushrooms, top with vegan cheese, then place them back in the oven to cook for another 10-15 minutes or until the cheese has melted.

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ENERGISE

-NUTRITION-

STICKY DATE PUDDING

90 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
227	6	44	3	2

STICKY DATE PUDDING

SERVES: 4

TOTAL TIME: 90 MINUTES

INGREDIENTS

150g pitted dates
120ml honey
2 tsp vanilla extract
2 eggs
75g self-raising flour
1/2 tsp salt

INSTRUCTIONS

Start by preheating the oven to 180 /350 /Gas 4.
Grease your ramekins with a little butter or olive oil cooking spray.
Place the dates and 150ml water in a pan and simmer for 5 minutes.
Transfer the dates and water to a food processor or high speed blender, add the honey and vanilla extract and blend until smooth.
Next, seperate the egg yolks from the egg whites, keeping both.
Pour the date mixture into a large bowl and mix in the egg yolks, followed by the flour and salt.
In a separate bowl, whisk the egg whites until still, then fold into the rest of the ingredients.
Pour the mixture into the ramekins and place a little piece of foil tightly on top of each.
Transfer the ramekins to an ovenproof dish and fill the dish with water, halfway up the height of the ramekins.
Cook for 45-55 minutes, or until a skewer comes out dry.

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-NUTRITION-

PROTEIN BROWNIE BITES

20 MINUTES

6

CALS	PROTEIN	CARBS	FAT	FIBRE
217	10	15	13	2

PROTEIN BROWNIE BITES

SERVES: 6

TOTAL TIME: 20 MINUTES

INGREDIENTS

250g mashed banana
125g nut butter
1 scoop chocolate protein powder (vegan if required)
1 tbsp cacao
1 tbsp maple syrup

INSTRUCTIONS

Preheat the oven to 180 /350 /Gas 4.
Line a mini muffin tray with with mini muffin liners and lightly spray with olive oil cooking spray.
Next, blend all ingredients in a food processor or blender.
Pour the brownie mixture into the muffin tins and place in the oven for 13 minutes or until a skewer comes out clean.
Keep in the refrigerator or freezer.

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-NUTRITION-

MATCHA BALLS

10 MINUTES

12

CALS	PROTEIN	CARBS	FAT	FIBRE
159	3	21	7	4

MATCHA BALLS

SERVES: 12

TOTAL TIME: 10 MINUTES

INGREDIENTS

160g almonds
20g desiccated coconut
1/2 tbsp vanilla extract
2 tbsp matcha
sea salt flakes
350g pitted dates

INSTRUCTIONS

Place the almonds, coconut, vanilla, matcha and salt flakes in a blender and blitz until roughly chopped.
Next, add the dates and blend until combined.
Roll the mixture into 12 balls and place in the refrigerator for 30 minutes before serving.

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-NUTRITION-

COCO PUFFS

5 MINUTES (PLUS 1 HOUR FOR COOLING)

12

CALS	PROTEIN	CARBS	FAT	FIBRE
171	2	7	15	1

COCO PUFFS

SERVES: 12

TOTAL TIME: 5 MINUTES (PLUS 1 HOUR FOR COOLING)

INGREDIENTS

150ml coconut oil, melted
35g cocoa powder
75ml honey
50g desiccated coconut
100g whole grain puffed rice

INSTRUCTIONS

Start by melting the coconut oil in a large mixing bowl. Add the cocoa powder and mix to combine.
Next, whisk in the honey and desiccated coconut.
Finally, gently mix through the puffed rice.
Spoon the mixture into cupcake cups and refrigerate for one hour.

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-NUTRITION-

PEANUT BUTTER MUG CAKE

5 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
504	15	57	24	3

PEANUT BUTTER MUG CAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

35g self-raising flour
60ml almond milk
2 tbsp runny peanut butter
1 tbsp coconut sugar
1 tbsp white chocolate chips

INSTRUCTIONS

Place all the ingredients (except the white choc chips) in a large microwave safe mug. Gently mix in the chocolate chips and also sprinkle some on top.
Microwave for 1 minute 30 seconds or until cooked through.

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-NUTRITION-

YOGURT GRANOLA BOWL

5 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
451	8	19	38	8

ENERGISE

-NUTRITION-

OVERNIGHT ESPRESSO OATS

5 MINUTES (PLUS 8 HOURS REFRIGERATION)

1

CALS	PROTEIN	CARBS	FAT	FIBRE
415	38	41	11	6

ENERGISE

-NUTRITION-

ALMOND BUTTER PANCAKES

20 MINUTES

3

CALS	PROTEIN	CARBS	FAT	FIBRE
375	11	31	23	6

ENERGISE

-NUTRITION-

VANILLA BUCKWHEAT PORRIDGE WITH STRAWBERRIES

20 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
416	8	42	24	8

ENERGISE

-NUTRITION-

EGG CUPS WITH COURGETTE

40 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
322	24	7	22	2

ENERGISE

-NUTRITION-

BEETROOT HUMMUS

75 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
124	6	16	4	4

ENERGISE

-NUTRITION-

BEEF SKEWERS WITH SALSA VERDE

20 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
398	27	5	30	1

ENERGISE

-NUTRITION-

SALMON BITES

25 MINUTES

6

CALS	PROTEIN	CARBS	FAT	FIBRE
390	19	38	18	3

ENERGISE

-NUTRITION-

CAESAR SALAD

15 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
242	8	12	18	1

ENERGISE

-NUTRITION-

PRAWN FAJITAS

25 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
173	24	8	5	2

ENERGISE

-NUTRITION-

BEEF MACARONI

30 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
565	34	51	25	2

ENERGISE

-NUTRITION-

SALMON NIÇOISE

45 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
558	28	35	34	6

ENERGISE

-NUTRITION-

VIETNAMESE CURRY

50 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
536	8	72	24	14

ENERGISE

-NUTRITION-

BEETROOT PUMPKIN SALAD WITH CARROT GINGER DRESSING

1H

6-4

CALS	PROTEIN	CARBS	FAT	FIBRE
363	8	31	23	5

ENERGISE

-NUTRITION-

BROWN LENTIL RICE SALAD

25 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
377	11	72	5	9

ENERGISE

-NUTRITION-

GRILLED SALMON WITH TRIPLE CITRUS GLAZE

30 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
391	43	21	15	1

ENERGISE

-NUTRITION-

GRILLED CHICKEN BITES WITH RANCH DRESSING

20 MINUTES (PLUS 1-8 HOURS FOR MARINATING)

4

CALS	PROTEIN	CARBS	FAT	FIBRE
250	32	8	10	0

ENERGISE

-NUTRITION-

SLOW COOKER APRICOT CHICKEN

6 HOURS AND 30 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
462	18	48	22	1

ENERGISE

-NUTRITION-

PARMESAN CRUSTED VEAL CUTLETS

35 MINUTES

2

CALS	PROTEIN	CARBS	FAT	FIBRE
483	36	60	11	0

ENERGISE

-NUTRITION-

LAMB AND SWEET POTATO BAKE

65 MINUTES

3

CALS	PROTEIN	CARBS	FAT	FIBRE
551	25	25	39	4

ENERGISE

-NUTRITION-

BUTTERNUT SQUASH NOODLES

25 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
462	9	12	42	3

ENERGISE

-NUTRITION-

CHICKPEA SAN CHOY BOW

25 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
363	16	23	23	8

ENERGISE

-NUTRITION-

ONE POT VEGGIE SAUSAGE STEW

40 MINUTES

6

CALS	PROTEIN	CARBS	FAT	FIBRE
364	34	30	12	7

ENERGISE

-NUTRITION-

CRISPY KALE AND PRAWNS

30 MINUTES

3

CALS	PROTEIN	CARBS	FAT	FIBRE
351	49	23	7	5

ENERGISE

-NUTRITION-

VEGAN STUFFED MUSHROOMS

30 MINUTES

2

CALS	PROTEIN	CARBS	FAT	FIBRE
423	21	60	11	13

ENERGISE

-NUTRITION-

STICKY DATE PUDDING

90 MINUTES

4

CALS	PROTEIN	CARBS	FAT	FIBRE
227	6	44	3	2

ENERGISE

-NUTRITION-

PROTEIN BROWNIE BITES

20 MINUTES

6

CALS	PROTEIN	CARBS	FAT	FIBRE
217	10	15	13	2

ENERGISE

-NUTRITION-

MATCHA BALLS

10 MINUTES

12

CALS	PROTEIN	CARBS	FAT	FIBRE
159	3	21	7	4

ENERGISE

-NUTRITION-

COCO PUFFS

5 MINUTES (PLUS 1 HOUR FOR COOLING)

12

CALS	PROTEIN	CARBS	FAT	FIBRE
171	2	7	15	1

ENERGISE

-NUTRITION-

PEANUT BUTTER MUG CAKE

5 MINUTES

1

CALS	PROTEIN	CARBS	FAT	FIBRE
504	15	57	24	3