



BLACKBERRY YOGHURT BREAKFAST MUFFINS



35 MINUTES



12



CALS

281



PROTEIN

10



CARBS

22



FAT

17



FIBRE

3

BLACKBERRY YOGHURT BREAKFAST MUFFINS

SERVES: 12

TOTAL TIME: 35 MINUTES

INGREDIENTS

150g almond meal
200g all-purpose flour
2 tsp baking powder
50g rolled oats
60g shredded coconut
390g Greek yoghurt
4 medium eggs
4 tbsp coconut oil, melted
4 tsp vanilla extract
350g blackberries, chopped

INSTRUCTIONS

Preheat oven to 180C/350F/Gas Mark 4 and oil a 12 cup muffin tray with butter or olive oil spray.

In a medium sized bowl, mix together all the dry ingredients.

In another bowl, add the Greek yoghurt, eggs, melted coconut oil and vanilla extract and whisk to combine.

Gently pour the wet mixture over the dry mixture and stir to combine (be careful not to over mix it).

Finally, stir through the chopped blackberries.

Spoon mixture evenly into the 12 cups and bake for 25 minutes or until slightly toasted.

Remove from the oven and let the muffins sit for 5-10 minutes before transferring to a serving platter or wire rack.



ENERGIZE

- N U T R I T I O N -

BERRY BOWL



10 MINUTES



2



CALS

506



PROTEIN

37



CARBS

49



FAT

18



FIBRE

16

BERRY BOWL

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

300g frozen mixed berries
2 frozen banana
250ml almond milk
2 scoops vanilla protein powder
(vegan if required)
2 tbsp ground flax
1 tbsp black chia seeds
2 tbsp almonds, chopped

INSTRUCTIONS

Reserve a handful of berries for serving.
Add the remaining berries, banana, almond milk, protein powder and ground flax to the blender and blitz until smooth.
Transfer to two serving bowls, top with reserved berries, chia seeds and almonds.



ENERGIZE
- N U T R I T I O N -

BLUEBERRY HEMP PEAR PORRIDGE



10 MINUTES



1



CALS

479



PROTEIN

17



CARBS

78



FAT

11



FIBRE

13

BLUEBERRY HEMP PEAR PORRIDGE

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

250ml almond milk
45g porridge oats
50g blueberries
½ medium pear, sliced
½ tbsp hemp seeds

INSTRUCTIONS

Add the almond milk and porridge oats to a saucepan, bring to the boil and simmer for 5 minutes.
Add the porridge to a bowl, garnish with the remaining ingredients and serve hot.



VEGAN BREAKFAST TACOS



40 MINUTES



4



CALS

378



PROTEIN

19



CARBS

42



FAT

16



FIBRE

2

VEGAN BREAKFAST TACOS

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 tbsp olive oil
1 large garlic clove, finely
chopped
2 small spring onions, sliced
10 cherry tomatoes, halved
350g silken (firm) tofu
1 tsp turmeric powder
Black salt (kala namak), to taste
125g cooked black beans
1 avocado, sliced
Sambal oelek, to serve
4 soft tortillas, to serve

INSTRUCTIONS

Fry the chopped garlic and spring onions in 1 tbsp olive oil over low-medium heat, stirring frequently, until both soften.
Place the tomato halves cut side down on the pan and fry them in the same oil gently until they soften.
Make some room and add a block of silken tofu breaking it into small pieces with a fork.
Sprinkle with turmeric and black salt, stir and fry for another two minutes, just to warm through.
Taste and adjust the seasoning.
Pile black beans and tofu scramble onto warm tacos, decorate with avocado slices, black pepper, spring onion and chilli paste.
Consume immediately.



GINGERBREAD OVERNIGHT OATS



5 MINUTES
(PLUS 8+ HOURS)



1



CALS

334



PROTEIN

19



CARBS

51



FAT

6



FIBRE

4

GINGERBREAD OVERNIGHT OATS

SERVES: 1

**TOTAL TIME: 5 MINUTES (PLUS
8+ HOURS)**

INGREDIENTS

25g quinoa flakes
15g vanilla protein powder
1/2 tsp ground ginger
1/2 tsp ground cinnamon
95ml milk
2 tsp maple syrup
To serve:
1/2 large banana, sliced
1/2 tbsp pecans, chopped

INSTRUCTIONS

In a bowl or jar, mix together all ingredients (except the banana and pecans).
Cover the bowl with cling wrap, or fasten the lid on the jar and place in the fridge overnight.
Serve with sliced banana and pecans.

ENERGIZE
- N U T R I T I O N -

ASPARAGUS AND GOAT'S CHEESE TARTLETS



35 MINUTES



12



CALS

232



PROTEIN

7



CARBS

24



FAT

12



FIBRE

0

ASPARAGUS AND GOAT'S CHEESE TARTLETS

SERVES: 12

TOTAL TIME: 35 MINUTES

INGREDIENTS

3 sheets puff pastry, thawed
220g tinned asparagus, drained
220g soft goat's cheese
1 tbsp chives
120ml cream
1 egg

INSTRUCTIONS

Preheat oven to 190°C/374°F/Gas 5. Grease a 12 cup muffin pan with cooking oil spray.
Next, cut out 24 rounds of puff pastry using a 6.5cm cutter and line the pan holes.
Place asparagus and crumbled goat's cheese evenly in each hole.
In a small bowl, mix together the chives, egg and cream and pour the liquid into each hole. Cook for 20-25 minutes or until the tops start to turn golden.
These can be eaten hot or cold, or you can freeze them.

ENERGIZE

- N U T R I T I O N -

CURRIED EGG SALAD



15 MINUTES



2



CALS

305



PROTEIN

20



CARBS

9



FAT

21



FIBRE

6

CURRIED EGG SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

4 eggs
1.5 tbsp mayonnaise
1 tsp curry powder
2 dill pickles, diced
1 tbsp of dill chopped
Salt and pepper
4 iceberg lettuce
leaves, shredded

INSTRUCTIONS

Place eggs in a large saucepan and cover with tap water. Bring water to boil. Once the water is boiling, cook the eggs for 6-7 minutes. You want them to be hard boiled.

Meanwhile, mix the mayonnaise, curry powder, pickles, dill, salt and pepper together in a medium size bowl.

Once the eggs are cooked, shell them and chop them into chunks. Add the eggs to the dressing and toss really well to combine.

Place 2 lettuce leaves on each plate and divide egg mix evenly between.



ENERGIZE

- N U T R I T I O N -

CRISPY ROSEMARY POTATOES



40 MINUTES



4



CALS

160



PROTEIN

3



CARBS

28



FAT

4



FIBRE

3

CRISPY ROSEMARY POTATOES

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

680g red potatoes, cut into 2cm
chunks
1 tbsp olive oil
1 tbsp fresh rosemary, chopped
Salt and black pepper to taste

INSTRUCTIONS

Preheat oven to 220°C/425°F/Gas 7.
Toss the potatoes with the oil, rosemary, a generous amount of salt and
pepper and spread out evenly on a baking sheet.
Roast until brown and crispy on the outside and tender inside, about 30
minutes.
Enjoy whilst hot.

ENERGIZE
- N U T R I T I O N -

RED PEPPER DIP



40 MINUTES



6



CALS

147



PROTEIN

3



CARBS

9



FAT

11



FIBRE

3

RED PEPPER DIP

SERVES: 6

TOTAL TIME: 40 MINUTES

INGREDIENTS

3 red peppers
1 tsp olive oil
75g walnuts
1 tbsp tahini
1 tbsp pomegranate molasses
1/2 tbsp lemon, juiced
Sea salt and cracked pepper
Fresh mint leaves
Serve with vegetable sticks or
crackers

INSTRUCTIONS

Start by preheating the oven to 220°C/425°F/Gas 7. Line a baking tray with baking paper, place the pepper halves on top, brush with olive oil and bake for 30 minutes.
Meanwhile place the walnuts in a food processor (keeping a handful aside for garnish) and blend until you have fine crumbs. Set aside.
Once the peppers are cooked, add them to the food processor and blend until smooth.
Add the pepper purée and walnuts to a medium-sized bowl and season with salt and pepper. Stir in the tahini and pomegranate molasses, a dash of olive oil and a splash of water, if you find it's a little thick.
Arrange in a serving bowl and garnish with fresh mint and remaining walnuts.

ENERGIZE
- N U T R I T I O N -

BEETROOT CAPRESE



15 MINUTES



4



CALS

100



PROTEIN

3



CARBS

13



FAT

4



FIBRE

3

BEETROOT CAPRESE

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 tins (500g) beetroot slices
2, 200g fresh mozzarella balls
1 packet fresh basil, leaves
picked
2 tsp olive oil
Sea salt and cracked pepper

INSTRUCTIONS

Start by draining the beetroot and laying it on a large serving plate. Next, break the mozzarella into chunks and sprinkle on top, followed by the basil leaves. Lastly, drizzle with olive oil and sea salt and cracked pepper.

ENERGIZE
- N U T R I T I O N -

SALMON AND SOYA BEAN SALAD



25 MINUTES



2



CALS

630



PROTEIN

49



CARBS

41



FAT

30



FIBRE

14

SALMON AND SOYA BEAN SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 large egg
200g frozen soya beans,
defrosted
1 lemon, zest and juice
2 tbsp flax seed oil
250g puy lentils
Small bunch spring onions,
sliced
2 salmon fillets, pre- poached,
skin removed

INSTRUCTIONS

Add the egg to a saucepan, cover with cold water and bring to the boil. Cook for 6 - 8 mins (8 for hard boiled), add the soya beans to a microwaveable bowl and microwave on full for 1 minute (alternatively, boil in salted boiling water for 1 minute), run under cold water to cool then peel the egg and cut into wedges.

Mix the lemon juice and zest with the oil, season, then stir through the soya beans, lentils and spring onions.

Divide between two, flake the salmon and add on top of the lentils with the egg.

Serve with seeded brown bread, if you like.

ENERGIZE
- N U T R I T I O N -

TURKEY WITH TABBOULEH AND TAHINI DRESSING



35 MINUTES



4



CALS

407



PROTEIN

46



CARBS

31



FAT

11



FIBRE

1

TURKEY WITH TABBOULEH AND TAHINI DRESSING

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

200g quinoa
½ cucumber, cut into 1cm
chunks
175g cherry tomato, halved
3 spring onions, finely sliced
Handful parsley, roughly
chopped
Handful coriander, roughly
chopped
1 tbsp olive oil, plus 1 tsp
1 lemon, juiced
4 turkey steaks
For the tahini dressing
1½ tbsp (gluten free) tahini
paste
1½ tbsp low-fat yoghurt
½ lemon, juiced
½ garlic clove, crushed
½ tsp clear honey

INSTRUCTIONS

To begin, tip the quinoa into a saucepan and pour over 600ml water. Cover with a lid and bring to the boil. Once boiling, turn down and simmer until the water has evaporated, about 20 minutes. Take off the lid and leave to cool while you prepare the turkey and salad.

Add the cucumber, tomatoes, spring onions and herbs into a large mixing bowl. Pour over 1 tbsp olive oil and lemon juice, season well and mix everything together.

Heat a griddle pan and, when smoking hot, rub the turkey steaks with 1 tsp olive oil. Cook for about 5 minutes on each side, depending on thickness.

Meanwhile, stir together all the dressing ingredients along with 3 tbsp water.

Toss the quinoa together with the salad and arrange on 4 plates. Cut the turkey into thick slices, pile on top of the quinoa and drizzle over the dressing.

ENERGIE
- N U T R I T I O N -

CHICKEN À LA KING



6 HOURS
10 MINUTES



6



CALS

167



PROTEIN

19



CARBS

16



FAT

3



FIBRE

3

CHICKEN À LA KING

SERVES: 6

TOTAL TIME: 6 HOURS 10 MINUTES

INGREDIENTS

1 tin (400g) reduced-fat
reduced-sodium condensed
cream of chicken soup,
undiluted
3 tbsp all-purpose flour
1/4 tsp pepper
Dash cayenne pepper
450g boneless skinless chicken
breasts, cubed
1 celery stalk, chopped
90g green pepper, chopped
75g onion, chopped
1 package (280g) frozen peas,
thawed
2 tbsp pimientos, diced and
drained
Hot cooked rice

INSTRUCTIONS

In a 2.8L slow cooker, combine the soup, flour, pepper and cayenne, mix until smooth. Stir in chicken, celery, green pepper and onion. Cover and cook on low for 7-8 hours or until meat is no longer pink. Add the peas and pimientos and cook for an additional 30 minutes longer or until heated through. Serve with rice.

ENERGIZE

- N U T R I T I O N -

SALT AND PEPPER CHICKEN



25 MINUTES



2



CALS

390



PROTEIN

25



CARBS

14



FAT

26



FIBRE

0

SALT AND PEPPER CHICKEN

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

35g plain flour
2 tsp sea salt flakes
2 tsp Chinese five spice
1 tsp black pepper
2 x 200g chicken breasts, sliced into strips
3 tbsp vegetable oil
3 cloves garlic, diced
2 sprigs spring onion, diced
2 long red chilli, diced

INSTRUCTIONS

Add the flour, sea salt flakes, Chinese five spice and black pepper to a large bowl and toss to combine.

Submerge the chicken slices in the flour mix and ensure all pieces are well coated.

Next, add the oil to a large frying pan. Bring the pan to high heat and once the oil is sizzling, add the chicken and cook, flipping regularly for about 7 minutes.

Add the garlic, spring onion and chillies. Cook for another 5 minutes or until chicken is cooked through and golden.

Once cooked, place chicken on some paper towel to absorb the excess juice, then serve hot.

Optional: serve with white rice.

ENERGIZE
- N U T R I T I O N -

THAI RED CURRY



30 MINUTES



4



CALS

340



PROTEIN

7



CARBS

42



FAT

16



FIBRE

8

THAI RED CURRY

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

2 tbsp vegetable oil
1 tin (400ml) reduced-fat coconut milk
150ml reduced-salt vegetable stock
1 tbsp palm sugar (or regular sugar)
2 tbsp agave syrup
4 tbsp soy sauce
2 peppers (1 red, 1 green),
deseeded and cut into 2cm chunks
1 red chilli, sliced
200g mushrooms, sliced
160g baby plum tomatoes
60g baby corn, halved
50g mangetout, trimmed
½ x (425g) tin lychees, drained
(optional)
coriander leaves, to garnish
For the Thai red curry paste:
1 tsp cumin seeds
2 tbsp coriander seeds
2cm fresh ginger, peeled and
roughly chopped
5 shallots, peeled and roughly
chopped
5 garlic cloves
2 lemongrass stalks, trimmed and
roughly chopped
3 red chillies, chopped
1 red bird's eye chilli, chopped
(optional)
1 tsp black peppercorns
½ roasted red pepper from a jar,
sliced
2 tbsp tomato purée
3 kaffir lime leaves
Juice ½ lime
10g fresh coriander leaves. to
garnish

INSTRUCTIONS

Start by making the curry paste.

Toast the cumin and coriander seeds in a pan for 2 minutes. Put the toasted seeds into a liquidiser or blender with the ginger, shallots, garlic and lemongrass. Add the chillies, bird's eye chilli, if using, peppercorns, roasted red pepper, tomato purée, lime leaves and lime juice. Add the coriander and a splash of water, then whiz until really smooth, adding up to 50ml water to loosen the paste, if necessary.

Spoon 1/3 (100g) of the paste into a bowl and freeze the rest in two 100g batches to use another time.

To make the curry, heat the oil in a pan over a high heat. Add the 100g curry paste and fry for 2 minutes until it deepens in colour. Pour in the coconut milk and stock and stir to mix well. Add the sugar, agave syrup, soy sauce, peppers, chilli, mushrooms, tomatoes, baby corn and mangetout. Add the lychees, if using, and bring to the boil. Simmer for 7–10 minutes until the vegetables are cooked through.

Taste the curry and add more black pepper if required.

To serve, spoon into 4 bowls and garnish with the coriander leaves.

ENERGIZE
- N U T R I T I O N -

VEGAN SPAGHETTI AND MEATBALLS



40 MINUTES



4



CALS

326



PROTEIN

19



CARBS

58



FAT

2



FIBRE

8

VEGAN SPAGHETTI AND MEATBALLS

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 packet Red Lentil Spaghetti

Marinara sauce, to taste

For the meatballs:

1 tin (400g) kidney beans,
drained and rinsed

6 tbsp gluten-free quick oats

1 tbsp onion powder

1 tbsp garlic powder

1 tbsp oregano

1 tbsp chili powder

1 tbsp tamari

2 tbsp mustard

3 tbsp marinara sauce (or
tomato sauce)

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.

Line baking tray with baking paper (or spray with nonstick cooking spray), and set aside.

Add kidney beans to large bowl and mash until no whole-bean pieces remain. Add all remaining meatball ingredients, and stir to combine.

Scoop out about 1 tbsp of the mixture, and use your hands to form meatball shapes (kind of like flattened balls).

Place on the baking sheet and bake for 20 to 22 minutes, until outside is slightly crispy.

While meatballs are baking, prepare pasta according to packet instructions.

When pasta has 5 minutes left, place marinara sauce in small saucepan, and warm on medium heat, stirring occasionally to prevent sticking.

When pasta is finished, strain pasta, add marinara, top with meatballs and divide into 4 bowls.

ENERGIZE

- N U T R I T I O N -

BAKED LEMON PEPPER WINGS



50 MINUTES



8



CALS

281



PROTEIN

23



CARBS

0



FAT

21



FIBRE

0

BAKED LEMON PEPPER WINGS

SERVES: 8

TOTAL TIME: 50 MINUTES

INGREDIENTS

- 1.3kg chicken wings
- 2 tbsp butter, melted
- 4 tsp seasoned salt
- 2 tsp lemon pepper
- 1 tsp cayenne pepper
- 1 tsp paprika
- 1 tsp black pepper

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6. Line two rimmed baking sheets with foil and fit the baking sheets with wire racks. Place chicken wings in a large bowl and toss with butter and all spices. Lay the chicken wings on the wire racks. (make sure they're spread out and not touching). Cook for 40-45 minutes or until crispy. Place on a serving platter and serve immediately.



KALE MUSHROOM AND CASHEW STIR FRY



25 MINUTES



10



CALS

237



PROTEIN

13



CARBS

16



FAT

14



FIBRE

10

KALE MUSHROOM AND CASHEW STIR FRY

SERVES: 10

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 tsp sesame oil
300g button mushrooms, sliced
25g fresh ginger, grated
1-2 mild red chillies, deseeded
and finely sliced
400g kale, shredded
350g frozen peas
75g unsalted cashews
2 tsp Chinese five spice
2 tbsp reduced salt soy sauce

INSTRUCTIONS

Heat the sesame oil on medium-high in a wok or large non-stick frying pan.
Add the mushrooms, ginger and chilli and cook until it begins to brown.
Add the kale and peas and cook for a further 2 to 3 minutes to heat through.
Add the cashews and cook for 2 minutes more.
Stir in the five spice and soy sauce, then serve piping hot with fluffy Jasmine rice.

ENERGIZE
- N U T R I T I O N -

MUSHROOM COUSCOUS



25 MINUTES



4



CALS

386



PROTEIN

15



CARBS

77



FAT

2



FIBRE

3

MUSHROOM COUSCOUS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

300g pearl couscous
60ml olive oil
600g mushrooms, sliced
1 brown onion, diced
3 tbsp maple syrup
3 tbsp soy sauce (tamari if
gluten free)
2.5 tbsp rice wine vinegar

INSTRUCTIONS

Bring a large pot of water to boil and cook pearl couscous according to packet instructions.
In a separate pot, add 1 tbsp of the olive oil, mushrooms and onion. Cook on medium-high heat for 3-4 minutes.
In a small bowl or jar, mix together the maple syrup, soy and rice wine vinegar. Pour over the mushrooms and reduce the heat to low-medium. Cook for 1 minute.
Add the pearl couscous and cook, stirring constantly on low heat for 3-4 minutes.
Divide into four bowls and serve immediately.

ENERGIE
- N U T R I T I O N -

VIETNAMESE SALAD



30 MINUTES



2



CALS

416



PROTEIN

28



CARBS

58



FAT

8



FIBRE

6

VIETNAMESE SALAD

SERVES: 2

TOTAL TIME: 30 MINUTES

INGREDIENTS

100g rice vermicelli noodles
1 tsp coconut oil
1 stalk lemongrass, finely
chopped
1 small shallot, diced
200g beef mince
1 tbsp lime juice
2 tsp tamari (or soy sauce)
1 tsp rice malt syrup
1 tsp mirin
6 iceberg lettuce leaves, thinly
shredded
1/2 Lebanese cucumber, sliced
1/2 tbsp peanuts, roughly
chopped
2 tbsp fresh mint, leaves picked
1 small red chilli, very finely
chopped

INSTRUCTIONS

Start by cooking noodles according to packet instructions. Meanwhile, heat oil in a large wok over medium-high heat. Add lemongrass and shallot and cook for 2 minutes. Next, add beef and cook for for 6-8 minutes, or until cooked through. Add lime, tamari, rice malt syrup and mirin. Cook for an additional minute then remove from heat. Transfer cooked noodles, lettuce and cucumber to a bowl and toss to combine. Top with mince, peanuts, mint, fresh chilli and a wedge of lime, if you have any left over.

ENERGI**E**
- N U T R I T I O N -

FENNEL AND WHITE FISH RISONI SALAD



40 MINUTES



4



CALS

392



PROTEIN

35



CARBS

48



FAT

7



FIBRE

6

FENNEL AND WHITE FISH RISONI SALAD

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

200g risoni or orzo
600g white fish (4 pieces)
1 lemon, sliced
1 tbsp olive oil
1 red onion, thinly sliced
1 small fennel, thinly sliced
85g white beans, rinsed and drained
2 tbsp oregano, chopped
1 tbsp white wine vinegar
Sea salt and fresh pepper, to taste

INSTRUCTIONS

Start by cooking the risoni according to packet instructions.
Preheat oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper.
Lay the fish fillets on the baking tray with slices of lemon on each.
Cook for about 30 minutes or until the fish is easily pulled apart with a fork.
Meanwhile, heat the oil in a large fry pan. Add the onion and fennel and cook for about 3 minutes or until onion is soft.
Add the beans, followed by the oregano and white wine vinegar.
Season with salt and cracked pepper and cook on low-medium heat for about 6 minutes or until the beans have softened.
Finally, toss through the cooked risoni.
Transfer the risoni to four plates, and top with a piece of fish.

ENERGIZE

- N U T R I T I O N -

VIETNAMESE BEEF ROLL



20 MINUTES
(PLUS 8 HOURS)



2



CALS

366



PROTEIN

18



CARBS

41



FAT

14



FIBRE

6

VIETNAMESE BEEF ROLL

SERVES: 2

**TOTAL TIME: 20 MINUTES (PLUS
8 HOURS)**

INGREDIENTS

1 carrot, shredded
1/2 lebanese cucumber, cut into
matchsticks
1/2 red onion, thinly sliced
80ml Vietnamese dressing
100g rump steak, trimmed
25g coriander, leaves picked
2 long wholemeal soft rolls,
cut lengthways (not all the
way through) (gluten-free if
required)
2 tsp kewpie mayonnaise
2 tsp sriracha

INSTRUCTIONS

Place carrot, cucumber and onion in a small bowl and cover with vietnamese dressing.
Place in the fridge for 2 hours, or ideally overnight to allow the vegetables to absorb the dressing.
Heat a lightly oiled, barbecue grill plate over a high heat. Add beef. Cook, for 3 minutes on each side, or until cooked to your liking.
Remove from the heat and loosely cover with tin foil for five minutes before slicing the steak into thin slices.
Drain the marinating vegetables and divide between the rolls.
Finally, layer with beef, coriander, mayonnaise and sriracha.

ENERGIZE
- N U T R I T I O N -

AVOCADO ZOODLE PASTA



15 MINUTES



4



CALS

408



PROTEIN

11



CARBS

26



FAT

30



FIBRE

12

AVOCADO ZOODLE PASTA

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

3 courgettes, spiralised

180g rocket

1 x (400g) tin chickpeas,
drained and rinsed

1 avocado, sliced

60g green olives, sliced

2 tbsp pine nuts

Chilli flakes, optional

For the sauce:

1 avocado

1/2 tbsp apple cider vinegar

1 1/2 tbsp olive oil

2 1/2 tbsp mayonnaise

Sea salt and cracked pepper

INSTRUCTIONS

Bring a large pot of salted water to boil. Once boiling add the spiralised courgette and cook for 2-3 minutes. Drain and set aside.

Add all the sauce ingredients to a blender and blitz until smooth.

In a large bowl, toss the rocket, chickpeas and sauce all together. Gently mix through the courgette noodles. Transfer to 4 bowls.

Top each bowl with sliced avocado, olives, pine nuts and a sprinkling of chilli flakes.

ENERGIZE
- N U T R I T I O N -

ROAST POTATO AND PRAWN SALAD



60 MINUTES



5



CALS

317



PROTEIN

36



CARBS

25



FAT

6



FIBRE

3

ROAST POTATO AND PRAWN SALAD

SERVES: 5

TOTAL TIME: 60 MINUTES

INGREDIENTS

600g baby new potatoes, cut into halves or quarters

200g green beans

600g cooked prawns

For the dressing:

300ml Greek yoghurt

1 tbsp lemon, juiced

2 tbsp red onion, diced

2 tbsp dill, chopped

2 tbsp mint, chopped

2 tsp olive oil

2 tsp Dijon mustard

INSTRUCTIONS

Peel potatoes and place in a pan of cold water, bring to the boil and cook for 10 minutes or until just tender. Add the beans for the remaining 3-4 minutes. Drain, set aside and allow to cool for 30-40 minutes.

Meanwhile, you can prepare the dressing by mixing all ingredients together in a medium sized bowl.

Add everything to a large bowl, season with a little salt and pepper and toss well to combine.

Divide on five plates and garnish with parsley, optional.

ENERGIZE

- N U T R I T I O N -

CHARGRILLED VEG AND BLACK RICE



20 MINUTES



4



CALS

293



PROTEIN

8



CARBS

52



FAT

7



FIBRE

6

CHARGRILLED VEG AND BLACK RICE

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 red onions, cut into chunks
2 red bell peppers, cut into
chunks
2 courgettes, cut into chunks
1 1/2 tbsp olive oil
225g black rice (uncooked)
2 cloves garlic, minced
430ml water
1 vegetable stock cube

INSTRUCTIONS

Preheat oven to to 200 /395 /Gas 6. Line a baking tray with baking paper.

Toss onion, peppers and courgettes in olive oil, season with salt and pepper and lay evenly on the baking tray.

Meanwhile, heat olive oil in a saucepan over medium heat, then add black rice and garlic. Cook for 6-7 minutes stirring constantly. Add water and vegetable stock, and bring to a boil before reducing to a low heat. Cover, and simmer for about 25-30 minutes or until water is absorbed. Divide rice into 4 bowls, top with vegetables and serve immediately.



CHILLED SUMMER PUDDING



6 HOURS 20
MINUTE



CALS

175



PROTEIN

4



CARBS

40



FAT

1



FIBRE

7

CHILLED SUMMER PUDDING

SERVES: 8

TOTAL TIME: 6 HOURS 20 MINUTE

INGREDIENTS

300g strawberries
250g blackberries
100g redcurrants
500g raspberries
175g golden caster sugar
7 thin slices white bread

INSTRUCTIONS

Wash and dry the fruit keeping the strawberries separate. Gently heat sugar and 3 tbsps of water in a large pan until the sugar dissolves, then bring to a boil for 1 minute before adding in the fruit (except the strawberries).

Cook for 3 minutes over a low heat, stirring occasionally until softened. Sieve the fruit and juice into a bowl and while it's straining, line a pudding basin with cling film, allowing the edges to overhang by about 15cm.

Remove the crusts from the bread. Cut 4 slices of bread in half then cut 2 slices into 4 triangles each and leave the final piece whole.

Dip the whole piece of bread into the fruit juice to coat then place into the bottom of the basin. Dip the rectangular pieces and press around the basin's sides so that they fit together neatly, just trim the last piece to fit. Add the strawberries to the fruit, stir and add to the pudding bowl, dip the last of the bread in the juice and make a lid, trimming to fit - keep leftover juice for later.

Bring cling film up and loosely seal. Put a side plate on top and weight down. Chill for 6 hours or overnight.

Remove onto the plate by simply tipping the bowl upside down until you feel it loosen. Paint any gaps of dry bread with the remaining juice.

ENERGIZE

- N U T R I T I O N -

BLUEBERRY YOGHURT BARK



45 MINUTES



1



CALS

202



PROTEIN

13



CARBS

18



FAT

9



FIBRE

2

BLUEBERRY YOGHURT BARK

SERVES: 1

TOTAL TIME: 45 MINUTES

INGREDIENTS

125g plain low-fat Greek
yoghurt
1 tsp honey
¼ tsp vanilla extract
25 g blueberries (fresh or
frozen)
1 tbsp unsweetened shredded
coconut
5 almonds, roughly chopped

INSTRUCTIONS

Line a shallow, freezer safe airtight container with parchment or greaseproof paper.
In a small bowl, gently combine the yoghurt, honey, and vanilla extract.
Pour into the container in a thin, even layer and top with blueberries, coconut, and almonds.
Cover and freeze until solid.
Break into odd sized pieces.
Keep in the freezer until ready to enjoy.



MATCHA ICE CREAM



5 MINUTES
(PLUS 8 HOURS)



CALS

313



PROTEIN

4



CARBS

18



FAT

25



FIBRE

1

MATCHA ICE CREAM

SERVES: 6

TOTAL TIME: 5 MINUTES (PLUS 8 HOURS)

INGREDIENTS

- 150ml condensed milk
- 300ml double cream
- 2 tbsp Matcha green tea powder
- 1 tsp honey

INSTRUCTIONS

Pour the condensed milk into a bowl, and stir to loosen.
Add the cream and whisk until it begins to thicken.
Next, whisk in the green tea powder until you have a whipped green cream.
Pour into your airtight container and freeze overnight.
Take the ice cream out of the freezer to soften for 5 minutes before serving.

ENERGIZE

- N U T R I T I O N -

RED PLUM TART



45 MINUTES



16



CALS

260



PROTEIN

6



CARBS

32



FAT

12



FIBRE

2

RED PLUM TART

SERVES: 16

TOTAL TIME: 45 MINUTES

INGREDIENTS

525g plums, deseeded and sliced
1 tbsp molasses
3 tbsp honey
For the crust:
1 tbsp cornstarch
450g cashews
10 large medjool dates
85g honey

INSTRUCTIONS

Preheat oven to 180C/350°F/Gas 4.
You'll need a tart pan with a removable bottom. Wrap a piece of parchment around the removable bottom and set it back in the ring. It might bunch a little but just make sure it doesn't pull the bottom up.
Blend all crust ingredients in a food processor until combined. Press it into the pan with your fingers. Work it around the pan until you have even coverage, and the dough should go a little up the sides of the pan.
Mix the filing ingredients in a medium-sized bowl and then pour into the crust.
Bake for approximately 45 minutes or until everything is cooked through and the crust is a little toasted.



DARK CHOC DATE SLICE



35 MINUTES



16



CALS

136



PROTEIN

1



CARBS

15



FAT

8



FIBRE

1

DARK CHOC DATE SLICE

SERVES: 16

TOTAL TIME: 35 MINUTES

INGREDIENTS

150g Digestives, crumbled
25g butter
2 tbsp maple syrup
180g dates, pitted
1 tbsp almond butter
1 tbsp coconut oil
150ml cream
1 tsp salt flakes

INSTRUCTIONS

First, line the base and sides of a square pan with baking paper. Add biscuits, butter and 1 tbsp maple syrup in a food processor and blend until smooth. Line the base of the pan with the mixture and place in the fridge to chill.

Meanwhile, process the dates, almond butter, oil, remaining maple syrup and 60ml boiling water.

Pour this mixture on top of the biscuit base and freeze for 30 minutes.

Next, place chocolate and cream in a heat proof bowl over a saucepan and very slowly melt, stirring continuously.

Finally, pour chocolate mixture over the date layer and spread to smooth. Sprinkle with sea salt and freeze for another 3 hours.

Use a hot knife to cut the the slice into 20 pieces and keep in the freezer until serving.



BLACKBERRY YOGHURT BREAKFAST MUFFINS



35 MINUTES



12



CALS

281



PROTEIN

10



CARBS

22



FAT

17



FIBRE

3

ENERGIZE

- N U T R I T I O N -



BERRY BOWL



10 MINUTES



2



CALS

506



PROTEIN

37



CARBS

49



FAT

18



FIBRE

16



BLUEBERRY HEMP PEAR PORRIDGE



10 MINUTES



1



CALS

479



PROTEIN

17



CARBS

78



FAT

11



FIBRE

13

VEGAN BREAKFAST TACOS

 40 MINUTES

 4



CALS

378



PROTEIN

19



CARBS

42



FAT

16

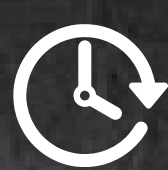


FIBRE

2



GINGERBREAD OVERNIGHT OATS



5 MINUTES (PLUS
8+ HOURS)



1



CALS

334



PROTEIN

19



CARBS

51



FAT

6



FIBRE

4



ASPARAGUS AND GOAT'S CHEESE TARTLETS



35 MINUTES



12



CALS

232



PROTEIN

7



CARBS

24



FAT

12



FIBRE

0

ENERGIZE
- N U T R I T I O N -



CURRIED EGG SALAD



15 MINUTES



2



CALS

305



PROTEIN

20



CARBS

9



FAT

21



FIBRE

6



CRISPY ROSEMARY POTATOES



40 MINUTES



4



CALS

160



PROTEIN

3



CARBS

28



FAT

4



FIBRE

3

ENERGIZE
- N U T R I T I O N -

RED PEPPER DIP

 40 MINUTES

 6



CALS

147



PROTEIN

3



CARBS

9



FAT

11



FIBRE

3



BEETROOT CAPRESE



15 MINUTES



4



CALS

100



PROTEIN

3



CARBS

13



FAT

4



FIBRE

3

SALMON AND SOYA BEAN SALAD



25 MINUTES



2



CALS

630



PROTEIN

49



CARBS

41



FAT

30



FIBRE

14



TURKEY WITH TABBOULEH AND TAHINI DRESSING

 35 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
407	46	31	11	1

ENERGIZE

- N U T R I T I O N -



CHICKEN À LA KING



6 HOURS 10
MINUTES



6



CALS

167



PROTEIN

19



CARBS

16



FAT

3



FIBRE

3



SALT AND PEPPER CHICKEN

 25 MINUTES

 2



CALS

390



PROTEIN

25



CARBS

14



FAT

26



FIBRE

0



THAI RED CURRY

 30 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
340	7	42	16	8



VEGAN SPAGHETTI AND MEATBALLS



40 MINUTES



4



CALS

326



PROTEIN

19



CARBS

58



FAT

2



FIBRE

8



BAKED LEMON PEPPER WINGS



50 MINUTES



8



CALS

281



PROTEIN

23



CARBS

0



FAT

21



FIBRE

0

ENERGIZE
- N U T R I T I O N -

KALE MUSHROOM AND CASHEW STIR FRY

 25 MINUTES

 10

				
CALS	PROTEIN	CARBS	FAT	FIBRE
237	13	16	14	10



MUSHROOM COUSCOUS

 25 MINUTES

 4

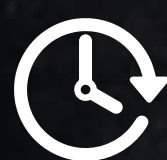
				
CALS	PROTEIN	CARBS	FAT	FIBRE
386	15	77	2	3

ENERGIZE

- N U T R I T I O N -



VIETNAMESE SALAD



30 MINUTES



2



CALS

416



PROTEIN

28



CARBS

58



FAT

8



FIBRE

6



FENNEL AND WHITE FISH RISONI SALAD



40 MINUTES



4



CALS

392



PROTEIN

35



CARBS

48



FAT

7



FIBRE

6



VIETNAMESE BEEF ROLL



20 MINUTES
(PLUS 8 HOURS)



2



CALS

366



PROTEIN

18



CARBS

41



FAT

14



FIBRE

6

ENERGIZE
- N U T R I T I O N -

AVOCADO ZOODLE PASTA

 15 MINUTES

 4



CALS

408



PROTEIN

11



CARBS

26



FAT

30



FIBRE

12

ROAST POTATO AND PRAWN SALAD

 60 MINUTES

 5



CALS

317



PROTEIN

36



CARBS

25



FAT

6



FIBRE

3



CHARGRILLED VEG AND BLACK RICE



20 MINUTES



4



CALS

293



PROTEIN

8



CARBS

52



FAT

7



FIBRE

6

ENERGIZE
- N U T R I T I O N -



CHILLED SUMMER PUDDING

 6 HOURS 20 MINUTE  8

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
175	4	40	1	7

BLUEBERRY YOGHURT BARK



45 MINUTES



1



CALS

202



PROTEIN

13



CARBS

18



FAT

9



FIBRE

2

ENERGIZE

- N U T R I T I O N -

MATCHA ICE CREAM



5 MINUTES (PLUS
8 HOURS)



6



CALS

313



PROTEIN

4



CARBS

18



FAT

25



FIBRE

1

ENERGIZE

- N U T R I T I O N -



RED PLUM TART



45 MINUTES



16



CALS

260



PROTEIN

6



CARBS

32



FAT

12



FIBRE

2

ENERGIZE
- N U T R I T I O N -

DARK CHOC DATE SLICE

 35 MINUTES

 16



CALS

136



PROTEIN

1



CARBS

15



FAT

8



FIBRE

1