

ENERGIZE

- N U T R I T I O N -

PUMPKIN PIE OATS



30 MINUTES



3



CALS

472



PROTEIN

9



CARBS

69



FAT

19



FIBRE

8

PUMPKIN PIE OATS

SERVES: 3

TOTAL TIME: 30 MINUTES

INGREDIENTS

65g pecans
2 tsp coconut oil (melted)
1 tbsp coconut sugar
1 tbsp maple syrup
1 healthy pinch salt
1 healthy pinch ground cinnamon
Pumpkin Oats
470ml water (replace up to $\frac{3}{4}$ of the volume with unsweetened almond milk for creamier oats)
1 pinch sea salt
90g gluten-free steel-cut oats
 $\frac{1}{4}$ tsp ground cinnamon (plus more to taste)
 $\frac{1}{4}$ tsp pumpkin pie spice
2-3 tbsp maple syrup (or substitute coconut sugar plus more to taste)
60g pumpkin butter (plus more to taste and for topping)

INSTRUCTIONS

Preheat oven to 175°C/350°F/gas 4. Arrange pecans on a foil-lined baking sheet.

In the meantime, start your oats by bringing water or almond milk (almond milk will yield a creamier result) to a boil in a small saucepan. Once boiling, add a pinch of salt, then add oats. Mix thoroughly. Then turn heat to low and cover. Simmer for 15-20 minutes or until the water is absorbed and the oats are tender.

In the meantime, add pecans to preheated oven and toast for 5 minutes. While they're baking, add melted coconut oil, coconut sugar, maple syrup, salt, and cinnamon to a small mixing bowl and whisk vigorously to combine. Remove pecans from oven and add directly to the oil-spice mixture. Toss to coat, then add back to baking sheet. Bake for another 5-7 minutes or until deep golden brown and fragrant. Remove from oven and set aside to cool.

Once oats are finished cooking, remove from heat and add cinnamon, pumpkin pie spice, maple syrup (or coconut sugar), and pumpkin butter*. Stir to combine. Taste and adjust seasonings as needed.

Divide oats between serving bowls and top with coconut whipped cream (optional), additional pumpkin butter (optional), and maple cinnamon pecans. Ground cinnamon makes a colorful garnish.

Best when fresh. Store leftovers separated and covered in the refrigerator for 2-3 days. Reheat in the microwave or in a small saucepan over medium heat until warm, adding more water or almond milk if too dry.

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

SHAKSHUKA WITH FETA



15 MINUTES



1



CALS

325



PROTEIN

19



CARBS

15



FAT

21



FIBRE

2

SHAKSHUKA WITH FETA

SERVES: 1

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 eggs
30g feta cheese
½ tbsp butter
1 red pepper, deseeded and sliced
1 white onion, diced
120ml tomato sauce
1 tsp dried basil or a handful fresh basil leaves
1 tsp dried oregano or a handful fresh oregano leaves
1 tsp ground cumin
Pinch cayenne pepper
Pinch pepper

INSTRUCTIONS

Begin by melting the butter in a small frying pan over a medium heat and then add the sliced red pepper and finely diced onion. Gently cook for around 10 minutes, or until the vegetables have turned soft and golden, stirring often to prevent sticking.

While the vegetables are softening, measure out the spices and the tomato sauce. Once the vegetables are cooked add the sauce and all of the spices except the cayenne pepper. Lower the heat and gently simmer the sauce for around ten minutes.

The sauce should now be looking rich and delicious. At this point, crumble the feta cheese into the pan and make two small hollows in the surface of the sauce by using the back of a spoon. Crack the eggs into the hollows and sprinkle over the cayenne pepper.

Put a lid on the frying pan and let the eggs poach in the tomato sauce. This stage is important, so if you do not have a lid for your frying pan just use any lid that is larger than your pan. Check the eggs often and remove from the heat once the white has set and the yolk has turned golden yellow. Remember, the eggs will continue to cook in the sauce even once the heat has been turned off so if you want a runny yolk take the pan off the heat slightly earlier. When the eggs are cooked to your liking use a large spoon to serve in a bowl.

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

SLOW COOKED APPLE PIE OATMEAL



4-8 HOURS



5



CALS

189



PROTEIN

5



CARBS

31



FAT

5



FIBRE

5

SLOW COOKED APPLE PIE OATMEAL

SERVES: 5

TOTAL TIME: 4-8 HOURS

INGREDIENTS

100g steel-cut or Irish oats
400ml unsweetened almond milk
2 medium apples, chopped into 1cm cubes
1 tsp coconut oil
1 tsp ground cinnamon
¼ tsp ground or freshly grated nutmeg
2 tbsp maple syrup
Squeeze lemon juice

INSTRUCTIONS

Add all the ingredients to your slow cooker. Stir the mixture together until well combined and then cook it on a low heat for 8 hours or a high heat for 4 hours. By this point the oatmeal mixture will have thickened and will be the consistency of porridge.

Give the oatmeal a good stir and then finish with your favourite toppings. We recommend peanut butter and chopped apples but anything goes well with this breakfast classic including a little protein powder if you wish to increase the protein content.

The oatmeal can be kept in the fridge for up to one week. The dish can be reheated in the microwave or on the stove but keep in mind that the oats will continue to absorb liquid when in the fridge so we recommend adding a splash of almond milk to the mixture to loosen it up.

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

HUEVOS RANCHEROS



20 MINUTES



4



CALS

337



PROTEIN

17



CARBS

29



FAT

18



FIBRE

9

HUEVOS RANCHEROS

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

6-8 inch soft corn tortillas
½ tsp ground cumin
1 x (400g) tin black beans,
rinsed and drained
1 chipotle chili in adobo sauce,
diced or ½ tsp crushed red
pepper flakes
130g mild salsa
4 large eggs, fried
65g Monterey Jack cheese,
shredded
1 ripe avocado, sliced

INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7.
Place the tortillas on a baking sheet and put in the oven to warm for about 5 minutes. If you don't want crisp tortillas, just cover them in foil. Meanwhile, gently warm the cumin in a small, dry pan over medium heat until it smells aromatic, then add the beans and chipotle or red pepper. Mix well.
Remove the tortillas from the oven and arrange on a board or serving platter. Spoon some beans onto each, then top with some salsa, 1 fried egg, and some cheese.
Return to the oven and bake until the cheese has melted. Serve warm with the sliced avocado.



CHOC CHERRY OVERNIGHT OATS



5 HOURS 10
MINUTES



2



CALS

467



PROTEIN

17



CARBS

75



FAT

11



FIBRE

18

CHOC CHERRY OVERNIGHT OATS

SERVES: 2

TOTAL TIME: 5 HOURS 10 MINUTES

INGREDIENTS

375ml unsweetened, plain
almond milk or your favorite
non-dairy milk
90g rolled oats
3 tbsp raw cacao or cocoa
powder
2 tbsp maple syrup
1 tsp vanilla extract
230g cherries, pitted, plus a
few extra for serving (optional)
1 tbsp cacao nibs or dairy-free
chocolate chips for serving

INSTRUCTIONS

Place the almond milk, oats, cacao powder, maple syrup, and vanilla extract in a jar or container with a lid. Shake until everything is mixed together.

Place in your fridge for at least 5 hours.

Just before serving, fold in the pitted cherries.

Spoon into two bowls and top with the cacao nibs or chocolate chips and extra cherries, if using.



BAKED VEGAN SWEET POTATO FRIES



40 MINUTES



4



CALS

151



PROTEIN

2



CARBS

20



FAT

7



FIBRE

2

BAKED VEGAN SWEET POTATO FRIES

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

3 sweet potatoes
1 tbsp extra-virgin olive oil
1 tsp ground cumin
¼ tsp paprika
½ tsp sea salt
¼ tsp cayenne pepper
1 tbsp coconut oil

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.
While your oven heats, wash and peel the sweet potatoes before cutting them into lengthwise wedges.
In a large bowl, drizzle the sweet potatoes with olive oil and mix well to combine. Once the sweet potatoes are well coated, mix through the cumin, paprika, cayenne pepper and salt.
Brush a large baking tray with coconut oil and arrange the sweet potatoes evenly. Bake for around 30 minutes, or until they have turned golden brown and the spices smell aromatic. Remember to toss the sweet potatoes at least once while they bake to ensure even cooking.
Serve with your favourite condiments as a nutritious snack or as an accompaniment to any main dish.

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

OVEN BAKED HASH BROWNS



45 MINUTES



6



CALS

107



PROTEIN

5



CARBS

17



FAT

2



FIBRE

2

OVEN BAKED HASH BROWNS

SERVES: 6

TOTAL TIME: 45 MINUTES

INGREDIENTS

2 medium potatoes
1 medium onion
2 medium eggs
Pinch sea salt and black pepper
½ tsp garlic powder
For the topping:
Nigella seeds, poppy seeds
or sesame seeds, or chopped
garlic and fresh coriander
1 tbsp butter, melted, to serve

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.
Grate the potato and onion on the large side of a box grater. Put the grated potato and onion at the centre of a kitchen towel and squeeze out the excess liquid over the sink to avoid a mess.
Put the mixture into a bowl and add the egg, salt, pepper and garlic powder and combine.
Lightly grease a baking tray and get handfuls of the mixture and shape in to round patties.
Put them on the tray and gently flatten – the mixture should make 8 hash browns.
Bake for 15 minutes.
Flip them over, pat them down and then cook for a further 20 minutes until they are crispy.



PARMESAN ROASTED CAULIFLOWER



40 MINUTES



4



CALS

249



PROTEIN

14



CARBS

10



FAT

17



FIBRE

4

PARMESAN ROASTED CAULIFLOWER

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

1 cauliflower, cut into florets
1 white onion, sliced
A handful fresh thyme
4 garlic cloves, crushed
3 tbsp olive oil
60g Parmesan cheese, grated
Pinch salt and black pepper

INSTRUCTIONS

Begin by preheating your oven to 220°C /425°/gas7.
Meanwhile, toss the cauliflower, onion, thyme and garlic in a large bowl with a splash of olive oil. Once the vegetables and herbs are well coated, season with salt and pepper before placing them on a baking tray.
Roast the cauliflower for 40 minutes and toss occasionally to prevent burning. Once the cauliflower has started to turn golden brown, remove from the oven and top with the Parmesan cheese before returning to the heat for a further 10 minutes.
Remove from the oven once the cauliflower is fully golden and the cheese has melted. Enjoy as a healthy alternative to crisps or as a delicious side to a main dish.



PAN ROASTED MUSHROOMS



15 MINUTES



4



CALS

71



PROTEIN

3



CARBS

2



FAT

6



FIBRE

2

PAN ROASTED MUSHROOMS

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 1kg mixed mushrooms
- 1 tbsp olive oil
- Salt and black pepper, to taste
- 2 cloves garlic, minced
- 1 tbsp butter
- Small handful fresh parsley, chopped

INSTRUCTIONS

- Remove the stems from the mushrooms and wipe the caps with a damp paper towel.
- Chop the mushrooms into large, even-sized chunks.
- Warm the oil in a large heavy pan over medium-high heat.
- Fry the mushrooms in single layer batches seasoning each batch with salt and pepper.
- Cook until they begin to brown then stir in the garlic and butter.
- Cook for a further 3 minutes or so, then remove from the heat and add the parsley.
- Serve on thick slices of toasted wholemeal bread.

ENERGIZE

- N U T R I T I O N -

LIME AND CORIANDER BLACK BEANS



12 MINUTES



2



CALS

149



PROTEIN

6



CARBS

19



FAT

6



FIBRE

2

LIME AND CORIANDER BLACK BEANS

SERVES: 2

TOTAL TIME: 12 MINUTES

INGREDIENTS

- 125g unsalted tinned black beans
- 150g onion, minced
- 1 tbsp rapeseed oil
- 2 tbsp lime juice
- ¼ tsp salt
- ¼ tsp garlic powder
- 4 tsp coriander, chopped

INSTRUCTIONS

Rinse the beans and drain well.
Sauté onion in the oil over medium heat until soft and translucent.
Add the black beans, lime juice, salt, and garlic powder.
Top with the chopped coriander.



BLACK BEAN AND CORN QUESADILLAS



15 MINUTES



4



CALS

506



PROTEIN

22



CARBS

64



FAT

18



FIBRE

7

BLACK BEAN AND CORN QUESADILLAS

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

400g tin black beans, drained
and rinsed
130g sweetcorn
60g salsa
2 tsp taco seasoning
Handful fresh coriander,
chopped
130g cheddar cheese, grated
8 tortilla wraps

INSTRUCTIONS

In a medium bowl, combine the beans, sweet corn, salsa, taco seasoning and coriander.

Heat a large frying pan over a medium heat and place one tortilla in it. Layer the tortilla with the bean mixture and the cheese before placing a second tortilla on top. Press down on the tortillas firmly before leaving to cook. Once the bottom tortilla has turned golden brown flip the quesadilla and repeat, by which point the cheese filling should have melted.

To serve, cut the tortillas into quarters and enjoy with your favourite Mexican condiments such as sour cream, guacamole and hot sauce.



ENERGIZE

- N U T R I T I O N -

SHREDDED BEEF BRISKET BOWLS



15 MINUTES



4



CALS

504



PROTEIN

34



CARBS

57



FAT

17



FIBRE

2

SHREDDED BEEF BRISKET BOWLS

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

500g white rice, cooked
1 lime, juiced
300g shredded beef brisket,
warmed
200g cherry or grape tomatoes,
halved
200g low sodium black beans,
drained and rinsed
175g frozen corn kernels,
thawed
75g spring onion, chopped
1 large avocado, pitted and
diced
4 tbsp coriander leaves,
chopped

INSTRUCTIONS

Toss together the warm rice and fresh lime juice together in a large bowl, then divide evenly among four serving bowls.
Divide the remaining ingredients evenly into each bowl.
Garnish each bowl with a tbsp of chopped coriander leaves.

ENERGIZE

- N U T R I T I O N -

CHICKEN BURGERS WITH PEANUT SAUCE



25 MINUTES



4



CALS

339



PROTEIN

28



CARBS

33



FAT

11



FIBRE

3

CHICKEN BURGERS WITH PEANUT SAUCE

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

Sauce:

2 tbsp peanut butter
2 tsp soy sauce
1½ tsp dark sesame oil
1 tsp water
1 tsp rice vinegar
1 clove garlic, crushed

Burgers:

120g spring onions, chopped
1 tbsp chilli and garlic paste
2cm piece ginger, grated
Pinch salt
450g skinless chicken breasts,
chopped
4 sesame burger buns
120g alfalfa sprouts

INSTRUCTIONS

Begin preparing the sauce by combining all the ingredients and whisking until smooth and then setting to one side.

Meanwhile, preheat the grill to a high temperature. Start making the burgers by blending the onions, chilli and garlic paste, ginger, salt and chicken in a food processor until coarsely ground. Shape the mixture with your hands into 4 equal patties, which should be around 1cm thick.

Coat the patties with cooking spray and place them under the grill for 4 minutes on each side, or until they have turned golden and crispy. When the patties are nearly finished cooking, lightly toast the burger buns under the grill.

To serve, top the burgers with the alfalfa sprouts and a drizzle of peanut sauce.

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

CHICKEN TIKKA BURRITOS



30 MINUTES



4



CALS

396



PROTEIN

29



CARBS

52



FAT

8



FIBRE

3

CHICKEN TIKKA BURRITOS

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

4 tbsp low fat natural yoghurt
1 lemon, juiced
2cm piece ginger, finely
chopped
2 cloves garlic, crushed
1 green chilli, deseeded and
finely chopped
Small handful coriander,
chopped (keep the stalks and
leaves separate)
2 skinless chicken breasts,
chopped into 2cm pieces
1½ tsp smoked paprika
¾ tsp chilli powder
½ tsp garam masala
½ white onion, finely sliced
100g cherry tomatoes, sliced
250g pre-cooked pilau rice
4 roti

INSTRUCTIONS

Begin by making the marinade for the chicken. Blend half the yoghurt, the lemon juice, ginger, garlic, green chilli and coriander stalks in a food processor until smooth. In a large bowl, pour the yoghurt marinade over the chicken ensuring that it is fully covered. Leave the chicken to soak up the delicious flavours of the marinade for around 30 minutes before threading the chicken onto metal skewers. Make sure to leave gaps between each piece of chicken to ensure they cook fully and become slightly charred on the outside.

Heat the grill to a high temperature and place the skewers on a baking sheet to grill for around 5 minutes, or until cooked through and smelling fragrant.

While the chicken is grilling, mix the onion and cherry tomatoes together in a small bowl with lemon juice and a pinch of salt and pepper if it requires extra seasoning. In another small bowl, combine the coriander leaves, remaining yoghurt and another squeeze of lemon juice.

Once the chicken is cooked and the condiments prepared, heat the pilau rice according to packet instructions and divide the ingredients between the roti. Finish the dish by wrapping it up like a burrito and enjoy.

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

FILO FISH PIE



50 MINUTES



8



CALS

468



PROTEIN

33



CARBS

30



FAT

24



FIBRE

4

FILO FISH PIE

SERVES: 8

TOTAL TIME: 50 MINUTES

INGREDIENTS

1 white onion, finely sliced
1 bay leaf
600ml fish stock
100ml white wine
1kg mixed fish (we recommend using salmon, cod, haddock, scallops and prawns)
60g plain flour
90g butter, stened
200ml crème fraîche
1 tbsp tomato puree
1 lemon, zest only
Handful parsley, chopped
4 tomatoes, deseeded and quartered
250g filo pastry
Pinch salt and pepper

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.
In a saucepan over a medium heat, gently sauté the bay leaf and onion for around 5 minutes until the onion is soft and translucent and the bay leaf smells fragrant. Once the onion is tender, add the fish stock and wine to the pan and bring to the boil. Let the stock simmer for around 5 minutes before adding the larger pieces of fish, such as cod and salmon. Poach the larger pieces for a few minutes and then add the smaller fish, such as scallops and prawns. Once all the fish are in the pan, cover and let them poach for around 5 minutes until the prawns change colour. Remove from the heat and take the fish out of the pan with a slotted spoon and place in an ovenproof dish.
In a small bowl, combine the flour and butter into a roux. Reheat the poaching stock, remove the bay leaf and gradually add the roux into the stock, whisking regularly to ensure it stays smooth.
Once the sauce has thickened, add the crème fraîche, tomato puree, lemon zest, parsley and tomatoes and let it simmer for 2 minutes, or until it forms a creamy sauce, before pouring it into the ovenproof dish.
Brush the sheets of filo pastry with butter and place these on top of the ovenproof dish making sure to tuck in the edges. Bake the pie in the oven for around 25 minutes, or until the pastry is crispy and golden on top.



VIETNAMESE SESAME BEEF



30 MINUTES



4



CALS

296



PROTEIN

34



CARBS

4



FAT

16



FIBRE

1

VIETNAMESE SESAME BEEF

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

450g flank steak, chopped into
1 cm strips
2cm ginger, grated
2 cloves garlic, crushed
2 tbsp fish sauce
1 tbsp vegetable oil
¼ tsp black pepper
60g black and white sesame
seeds

INSTRUCTIONS

To make the marinade, combine the ginger, garlic, fish sauce, oil and black pepper in a large bowl. Add the strips of beef to the bowl and toss to coat before setting the beef aside to soak up the flavours for between 30 minutes and 1 hour.

After the beef has marinated, place the sesame seeds in a sealable bag, add the beef and gently shake the bag so that they become well coated. Meanwhile, heat a large non-stick frying pan over a medium-high heat. Once the pan is hot, add the beef in batches and flash fry on both sides until it is cooked.

Serve the sesame encrusted beef with a punchy chilli sauce for some added spice.

ENERGIZE

- N U T R I T I O N -

**VEGAN THAI
GREEN CURRY**



15 MINUTES



4



CALS

332



PROTEIN

6



CARBS

22



FAT

23



FIBRE

6

VEGAN THAI GREEN CURRY

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 tbsp sunflower oil
1 medium butternut squash
(about 800g), peeled and cut
into bite-sized cubes
3 tbsp light soy sauce
1 lime wedge, to serve
Handful coriander, roughly torn,
to serve
1 red chilli, deseeded and finely
sliced, to serve
1 spring onion, finely chopped,
to serve
500g cooked jasmine rice, to
serve
Green Curry Base:
1 lemongrass stalk, bruised
1 tbsp Thai green curry paste
2 (400ml) tins low-fat coconut
milk
Handful sugar snap peas,
halved
Handful asparagus spears,
tough ends removed
Handful green beans, trimmed
2 tbsp frozen or fresh edamame
beans

INSTRUCTIONS

Add 1 tbsps of sunflower oil in a wok and bring to a medium heat. Meanwhile, toss the butternut squash cubes into the soy sauce. Put the soy-coated butternut squash in the wok and cook for 10 minutes or until softened and browned, stirring frequently. For the green curry base, heat the remaining sunflower oil in a separate large frying pan. Add the lemongrass and Thai green curry paste, and fry over a high heat for 1 minute until the spices are fragrant and aromatic. Add the coconut milk, stir, then reduce the heat slightly and simmer for a further 8 minutes. Meanwhile cook the jasmine rice according to the packet instructions. Remove and discard the lemongrass stalk. Add the sugar snap peas, asparagus, green beans and edamame beans to the sauce and cook for 4-5 minutes or until the vegetables are cooked but still have some firmness. Ladle the curry into bowls and spoon in the softened soy-glazed butternut squash. Top each bowl with a squeeze of lime juice, and sprinkle with the coriander. For added depth of flavour and heat, top with a few slices of chilli and a scattering of chopped spring onion. Serve with bowls of steaming, fluffy jasmine rice.



CHICKPEA AND CORIANDER BURGERS



25 MINUTES



4



CALS

344



PROTEIN

15



CARBS

56



FAT

8



FIBRE

6

CHICKPEA AND CORIANDER BURGERS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 (400g) tin chickpeas, drained
1 lemon, zest and juice
1 tsp ground cumin
Small bunch coriander, chopped
1 egg
100g fresh breadcrumbs
1 medium red onion, ½ diced, ½ sliced
1 tbsp olive oil
4 small wholemeal buns
1 large tomato sliced,
½ cucumber, sliced
Chilli sauce, to serve

INSTRUCTIONS

Blend the chickpeas, lemon zest, lemon juice, cumin, half the coriander, the egg and some seasoning in a food processor. Scrape into a bowl and mix with 80 g of the breadcrumbs and the diced onions.
Form 4 burgers, press remaining breadcrumbs onto both sides and chill for at least 10 minutes.
Heat the oil in a frying pan over a medium heat and fry the burgers for 4 minutes on either side
To serve, slice each bun and fill with a slice of tomato, a burger, a few red onion slices, some cucumber slices, a dollop of chilli sauce and the remaining coriander.



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

TORTILLA VEGETABLE PIZZA



20 MINUTES



1



CALS

157



PROTEIN

7



CARBS

30



FAT

1



FIBRE

5

TORTILLA VEGETABLE PIZZA

SERVES: 1

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 low-fat tortilla wrap, gluten-free, if needed
Arrabiata sauce or plain tomato sauce, see recipe below or use a low-fat shop bought version
2 heaped tbsp nutritional yeast (optional)
Olive oil spray (optional)
¼ red onion, sliced
¼ courgette, diced
Mixture bell peppers, sliced
1 clove garlic, minced
Fresh basil, finely chopped
Quick Arrabiata sauce:
55g tinned tomatoes or passata
½ tsp dried chilli flakes
1 clove garlic
Fresh basil

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.
Prepare the quick Arrabiata sauce by blending the tomatoes, chilli flakes, garlic and basil together in a food processor until smooth.
Top the tortilla with 2-3 tbsp of the sauce and mix in with the nutritional yeast if desired.
Heat a frying pan over medium heat and lightly cook the onion, courgette, peppers and garlic until softened, in the low calorie olive oil spray.
Arrange the vegetables on top of the wrap and transfer to the oven using a spatula. Cook for 10-12 minutes on a rack or tray, rotating to ensure even cooking, until the edges are golden brown and crispy.
Serve hot or cold topped with some fresh basil. This will keep well covered in the fridge for 2 or 3 days.

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

SHEPHERDS PIE



1 HOUR



6



CALS

396



PROTEIN

18



CARBS

72



FAT

5



FIBRE

19

SHEPHERDS PIE

SERVES: 6

TOTAL TIME: 1 HOUR

INGREDIENTS

1 medium onion (diced)
2 cloves garlic (minced)
300g uncooked brown or green lentils (rinsed and drained)
250ml vegetable stock
2 tsp fresh thyme (or 1 tsp dried thyme per 2 tsp fresh)
300g frozen mixed veggies: peas, carrots, green beans, and corn
For the mashed potato:
1¼kg potatoes (thoroughly washed)
3-4 tbsp vegan butter
Salt and pepper (to taste)

INSTRUCTIONS

Begin by preheating your oven to 240°C/475°F/gas 9.
Place the potatoes in a large pot, halving any large ones, just about cover with water. Bring to a low boil, salt, cover and cook for 20-30 minutes or until tender. Drain, add back to the pot to evaporate any remaining water, then transfer to a mixing bowl and mash until smooth. Add desired amount of butter and season with salt and pepper to taste. Cover and set aside.
In a large saucepan over medium heat, sauté onions and garlic in 1 tbsp olive oil until lightly browned. Season with salt and pepper then add lentils, stock, thyme and stir. Bring to a low boil. Reduce heat to simmer and continue to cook until lentils are tender. During the last 10 minutes of cooking, add the frozen vegetables, stir, and cover.
Taste and adjust seasonings as needed. Then transfer to a greased baking dish and carefully top with mashed potatoes. Smooth down with a spoon or fork and season with pepper and a little sea salt. Bake for 10-15 minutes or until the potatoes are lightly browned on top.
Allow to cool slightly and thicken before serving.

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

CAULIFLOWER AND BUTTERNUT SQUASH CURRY



30 MINUTES



4



CALS

478



PROTEIN

26



CARBS

65



FAT

15



FIBRE

2

CAULIFLOWER AND BUTTERNUT SQUASH CURRY

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

½ tbsp rapeseed oil
1 medium onion, diced
½ tbsp fresh ginger, minced
250g butternut squash,
cut into cubes (carrots or
potatoes would both be perfect
substitutes for the squash,
just in case butternut is not in
season)
1 head cauliflower, cut into
florets
1 x (400g) tin chickpeas,
drained
1 jalapeño pepper, minced
1 tbsp yellow curry powder
1 x (400g) tin diced tomatoes
1 x (400g) tin light coconut milk
1 lime, juiced
Salt and black pepper to taste
Coriander, chopped

INSTRUCTIONS

Sauté the onion and ginger in oil over a medium heat for about 2 minutes, until the onion is soft and translucent.
Add the squash, cauliflower, chickpeas, jalapeño, and curry powder. Stir and cook for a further 2 minutes.
Stir in the tomatoes and coconut milk and turn the heat down to low. Simmer gently for 15 to 20 minutes, until the vegetables are tender, add the lime juice and season with salt and black pepper.
Serve garnished with the chopped coriander.



ROASTED CRANBERRY AND GOATS CHEESE FLATBREAD



35 MINUTES



4



CALS

372



PROTEIN

12



CARBS

56



FAT

12



FIBRE

4

ROASTED CRANBERRY AND GOATS CHEESE FLATBREAD

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

150g fresh cranberries
3 tbsp pure maple syrup
1 tbsp shallots, finely chopped
½ tsp dry thyme
¼ tsp salt
2 flatbreads
100g fresh goat cheese,
crumbled

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.
Mix the cranberries, maple syrup, shallot, thyme and salt in an 8 x 8 inch baking dish.
Roast, turning over a couple of times, until the cranberries burst and the mixture is bubbling with the edges starting to caramelise.
Remove from the oven and stir further until the cranberries are all broken down and the mixture is fairly thick. Set aside.
Arrange the flatbreads on a flat baking pan then spoon the cranberry mixture over the top of the breads dividing evenly.
Top with the goat cheese and bake directly on the oven rack until the cheese is softened and flatbread is crispy.
Serve hot.



ITALIAN MEATBALLS AND PASTA



25 MINUTES



3



CALS

490



PROTEIN

33



CARBS

67



FAT

11



FIBRE

4

ITALIAN MEATBALLS AND PASTA

SERVES: 3

TOTAL TIME: 25 MINUTES

INGREDIENTS

300g extra lean beef mince
1 tsp olive oil
2 small onions
80g celery
4 cloves garlic
1 x (400g) tin chopped tomatoes
20g sun dried tomato paste
8g soft brown sugar
Pinch dried oregano
225g fusilli

INSTRUCTIONS

Grind the lean beef mince with a pestle and mortar until it forms a paste like consistency.

Coat a non-stick fry-pan with olive oil, chop the onion and celery finely and fry gently until translucent.

Chop or mash 2 cloves of the garlic and add to the pan. Fry for another 2 mins, then take off the heat.

Blend the chopped tomatoes, tomato paste and sugar with a little water. Then add the onion/celery/garlic mix and blend further.

Add 1 finely chopped garlic clove and the oregano to the beef mince. Mix well and form into balls.

Fry the meatballs in olive oil on a medium to high heat, browning on all sides.

As soon as they have enough colour, add the sauce in the pan and turn the heat right down to a gently simmer.

Season with salt and pepper to taste.

Cook the pasta as per packet instruction and serve with the cooked meatballs and sauce.



CHIPOTLE BLACK BEAN BURGERS



25 MINUTES



4



CALS

217



PROTEIN

13



CARBS

32



FAT

5



FIBRE

1

CHIPOTLE BLACK BEAN BURGERS

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

2 x (400g) tins black beans,
drained and rinsed
½ medium onion, roughly
chopped
3 cloves garlic
Chipotle hot sauce to taste
2 tsp cumin
Pinch salt
1 tbsp cornstarch
Handful fresh coriander
1 tsp sriracha
40g rolled oats
2 tbsp olive oil

INSTRUCTIONS

Blend half the black beans, onion and garlic in a food processor until well combined. Then add the hot sauce, cumin, salt, corn-starch, coriander, and sriracha. Blend for a further 10 to 20 seconds.
Transfer to a large mixing bowl, stir in the oats and remaining black beans.
Heat the olive oil in a large pan over medium heat.
Form the bean mixture into patties and carefully transfer to the pan.
Cook for about 5-7 minutes until the bottom is browned and set.
Very carefully flip and cook for an additional 4-6 minutes until the opposite side is browned and set as well.
Serve immediately.



RAMEN NOODLES WITH CHILLI SALMON



20 MINUTES



2



CALS

383



PROTEIN

33



CARBS

23



FAT

18



FIBRE

1

RAMEN NOODLES WITH CHILLI SALMON

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 packet ramen or instant egg
noodles
750ml chicken or vegetable
stock
2 pieces skinless salmon fillet
1 red chilli, sliced
2 spring onions, sliced
Dash soy sauce
½ bunch coriander, chopped
1 lime or lemon, quartered

INSTRUCTIONS

Cook the noodles according to the instructions on the pack and divide between 2 deep bowls.

Bring the stock to a simmer in a deep frying pan, and gently lower in the salmon. Cook for 2 minutes then add the chilli and spring onions and a dash or two of soy sauce and cook for a further 3 minutes or until the salmon is firm to the touch.

Place a piece of the salmon into each bowl and then divide the broth between them.

Serve steaming hot, garnish with coriander and a quarter of lemon or lime.



ENERGIZE

- N U T R I T I O N -

RASPBERRY CHOCOLATE MOUSSE



20 MINUTES



8



CALS

126



PROTEIN

4



CARBS

14



FAT

6



FIBRE

1

RASPBERRY CHOCOLATE MOUSSE

SERVES: 8

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 tbsp raspberry liqueur
1 tbsp milk
¾ tsp gelatine
85g baking chocolate, roughly
chopped
4 eggs, separated
4 tbsp sugar
1 tsp vanilla extract
Pinch of salt

INSTRUCTIONS

Begin by whisking together the liqueur, milk and gelatine in a small bowl before leaving to set.

Meanwhile, create a bain-marie by placing a glass bowl atop a saucepan half filled with boiling water. Place the chocolate in the glass bowl and gently whisk until it has completely melted and there are no lumps.

Put the chocolate to one side and place another glass bowl atop the saucepan. In the bowl, combine the egg yolks, 3 tsps of sugar and a pinch of salt. Whisk constantly until the sugar dissolves and then add the gelatine mixture and melted chocolate. Continue to whisk until the gelatine dissolves before removing from the heat.

In a large bowl, beat the egg whites until they form stiff peaks. Once the eggs have reached this consistency, fold them into the chocolate mixture and then divide between 8 ramekins. Refrigerate the chocolate mousses for at least 2 hours before serving and garnish with fresh raspberries or whipped cream.

ENERGIZE

- N U T R I T I O N -

HEALTHY AVOCADO CHOCOLATE TRUFFLES



20 MINUTES



25



CALS

56



PROTEIN

1



CARBS

4



FAT

4



FIBRE

3

HEALTHY AVOCADO CHOCOLATE TRUFFLES

SERVES: 25

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 avocado, stoned, peeled and
mashed
2 tbsp maple syrup
170g dark chocolate, melted
4 tbsp unsweetened cocoa
powder
½ tsp vanilla extract
50g desiccated coconut

INSTRUCTIONS

Begin making this healthy sweet treat by combining the maple syrup, melted chocolate, cocoa powder and mashed avocado in a large bowl. Thoroughly mix so that it becomes a smooth paste before covering and placing in the fridge for around 30 minutes, or until the truffle mixture has hardened slightly.

Lightly grease your hands with coconut oil and shape the individual truffles with your hands. Once the truffles are round, roll them in the desiccated coconut and place them on parchment paper before returning them to the fridge for another 30 minutes.

Once the truffles have hardened, remove from the fridge and enjoy. Any leftover truffles can be kept in the fridge for up to four days in an airtight container.



PROTEIN COOKIE DOUGH



10 MINUTES



6



CALS

161



PROTEIN

10



CARBS

19



FAT

5



FIBRE

4

PROTEIN COOKIE DOUGH

SERVES: 6

TOTAL TIME: 10 MINUTES

INGREDIENTS

1 (400g) tin chickpeas, drained and rinsed
4 tbsp vanilla vegan protein powder
2 tbsp almond or cashew butter
1 tbsp coconut sugar
1 tsp vanilla extract
Pinch salt
2 tbsp dairy free chocolate chips

INSTRUCTIONS

Start by adding the chickpeas to a food processor and blending them until they form a smooth paste. Add the remaining ingredients with the exception of the chocolate chips to the food processor and blend until a ball of chickpea dough forms – this should only take a few minutes. Once the dough has formed, use a spoon to break it up before scattering in the chocolate chips. Pulse the food processor until the chocolate chips become well mixed through the dough before removing from the processor with a spatula. This cookie dough is perfect for making cookie dough balls for dipping and can be stored in the fridge for 4 days.

ENERGIZE

- N U T R I T I O N -

SALTED PISTACHIO BARK



10 MINUTES



12 PIECES



CALS

124



PROTEIN

2



CARBS

11



FAT

8



FIBRE

1

SALTED PISTACHIO BARK

SERVES: 12 PIECES

TOTAL TIME: 10 MINUTES

INGREDIENTS

340g chocolate chips
60g pistachios, shelled and
roughly chopped
1½ tsp salt

INSTRUCTIONS

Begin by placing the chocolate chips in a medium glass bowl. Meanwhile, quarter fill a medium saucepan with water and bring to the boil before placing the glass bowl of chocolate chips on top to create a bain-marie. Gently stir the chocolate chips until they become smooth and pourable. Place a piece of baking paper on a baking tray and pour the chocolate onto it until it is around 1cm thick.

Sprinkle over the salt and then the pistachios for some added crunch before placing the chocolate in the fridge for 1 hour.

Remove from the fridge once the chocolate has become brittle and break into uneven pieces to create the 'bark' effect.



CHOCOLATE FUDGE CAKE BARS



40 MINUTES



CALS

171



PROTEIN

11



CARBS

16



FAT

7



FIBRE

2

CHOCOLATE FUDGE CAKE BARS

SERVES: 8

TOTAL TIME: 40 MINUTES

INGREDIENTS

100g oat flour
2 scoops vanilla or unflavoured protein powder
115g granulated sweetener of choice
3 tbsp cocoa powder
½ tsp baking soda
¼ tsp sea salt
½ cup unsweetened apple sauce or tinned pumpkin
125g plain yoghurt
65g almond butter
4 large egg whites
60ml milk of choice
45g chocolate chips, to stir through and drizzle on top (optional)

INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3.
Line an 8 x 8 ovenproof glass baking dish with oil and set aside.
In a large mixing bowl, combine the dry ingredients and mix well.
In a small bowl, mix together the apple sauce, yoghurt, almond butter, egg whites and milk of choice well. Pour into the dry mixture and mix until fully incorporated.
Stir through chocolate chips/chunks and bake for 20-30 minutes, depending on your oven, and your desired texture (test using a toothpick or skewer).
Rotate the dish occasionally, to ensure the mixture is evenly cooked.
Remove from the oven and allow to cool completely, before topping with extra chocolate drizzle and slicing into bars.



PUMPKIN PIE OATS

 30 MINUTES

 3



CALS

472



PROTEIN

9



CARBS

69



FAT

19



FIBRE

8

SHAKSHUKA WITH FETA

 15 MINUTES

 1



CALS

325



PROTEIN

19



CARBS

15



FAT

21



FIBRE

2



SLOW COOKED APPLE PIE OATMEAL

 4-8 HOURS

 5



CALS

189



PROTEIN

5



CARBS

31



FAT

5



FIBRE

5



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



HUEVOS RANCHEROS

 20 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
337	17	29	18	9



CHOC CHERRY OVERNIGHT OATS



5 HOURS 10 MINUTES



2



CALS

467



PROTEIN

17



CARBS

75



FAT

11



FIBRE

18



BAKED VEGAN SWEET POTATO FRIES

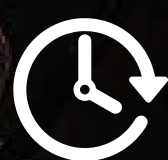
 40 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
151	2	20	7	2

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

OVEN BAKED HASH BROWNS



45 MINUTES



6



CALS

107



PROTEIN

5



CARBS

17



FAT

2



FIBRE

2



PARMESAN ROASTED CAULIFLOWER

 40 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
249	14	10	17	4

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



PAN ROASTED MUSHROOMS



15 MINUTES



4



CALS

71



PROTEIN

3



CARBS

2



FAT

6



FIBRE

2

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

LIME AND CORIANDER BLACK BEANS



12 MINUTES



2



CALS

149



PROTEIN

6



CARBS

19



FAT

6



FIBRE

2



BLACK BEAN AND CORN QUESADILLAS



15 MINUTES



4



CALS

506



PROTEIN

22



CARBS

64



FAT

18



FIBRE

7

SHREDDED BEEF BRISKET BOWLS

 15 MINUTES

 4



CALS

504



PROTEIN

34



CARBS

57



FAT

17



FIBRE

2



CHICKEN BURGERS WITH PEANUT SAUCE

 25 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
339	28	33	11	3

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

CHICKEN TIKKA BURRITOS

 30 MINUTES

 4



CALS

396



PROTEIN

29



CARBS

52



FAT

8



FIBRE

3



FILO FISH PIE

 50 MINUTES

 8



CALS

468



PROTEIN

33



CARBS

30



FAT

24



FIBRE

4

VIETNAMESE SESAME BEEF

 30 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
296	34	4	16	1



VEGAN THAI GREEN CURRY

 15 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
332	6	22	23	6

CHICKPEA AND CORIANDER BURGERS

 25 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
344	15	56	8	6



TORTILLA VEGETABLE PIZZA

 20 MINUTES

 1



CALS

157



PROTEIN

7



CARBS

30



FAT

1



FIBRE

5

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



SHEPHERDS PIE

 1 HOUR

 6

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
396	18	72	5	19



CAULIFLOWER AND BUTTERNUT SQUASH CURRY

 30 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
478	26	65	15	2



ROASTED CRANBERRY AND GOATS CHEESE FLATBREAD

 35 MINUTES

 4



CALS

372



PROTEIN

12



CARBS

56



FAT

12



FIBRE

4



ITALIAN MEATBALLS AND PASTA



25 MINUTES



3



CALS

490



PROTEIN

33



CARBS

67



FAT

11



FIBRE

4

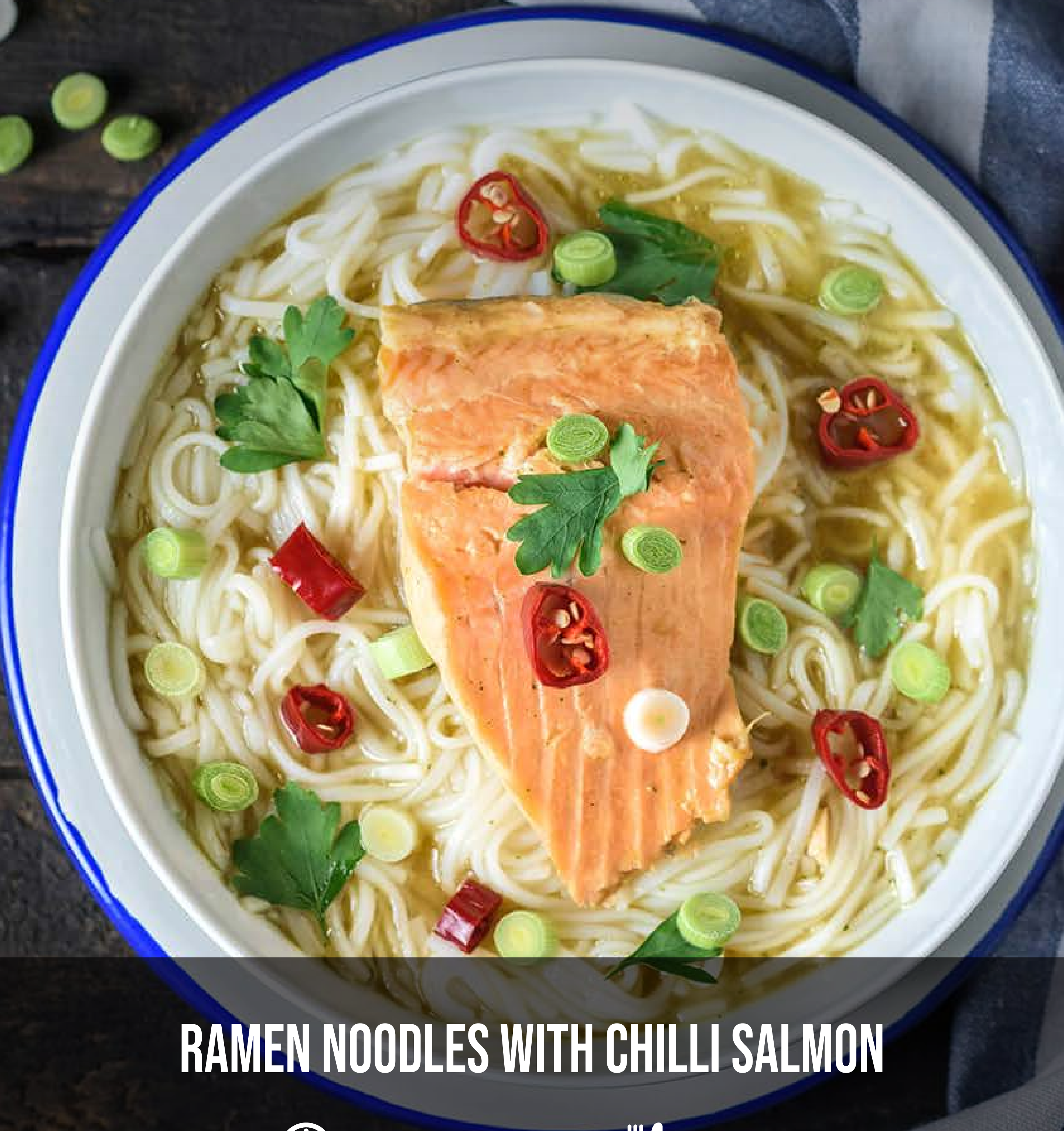


CHIPOTLE BLACK BEAN BURGERS

 25 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
217	13	32	5	1



RAMEN NOODLES WITH CHILLI SALMON

 20 MINUTES

 2



CALS

383



PROTEIN

33



CARBS

23



FAT

18



FIBRE

1



RASPBERRY CHOCOLATE MOUSSE

 20 MINUTES

 8



CALS

126



PROTEIN

4



CARBS

14



FAT

6



FIBRE

1



HEALTHY AVOCADO CHOCOLATE TRUFFLES



20 MINUTES



25



CALS

56



PROTEIN

1



CARBS

4



FAT

4

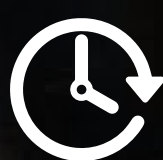


FIBRE

3



PROTEIN COOKIE DOUGH



10 MINUTES



6



CALS

161



PROTEIN

10



CARBS

19



FAT

5



FIBRE

4

ENERGIZE

- N U T R I T I O N -

SALTED PISTACHIO BARK



10 MINUTES



12 PIECES



CALS

124



PROTEIN

2



CARBS

11



FAT

8

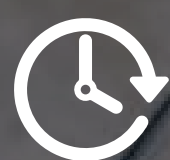


FIBRE

1



CHOCOLATE FUDGE CAKE BARS



40 MINUTES



8



CALS

171



PROTEIN

11



CARBS

16



FAT

7



FIBRE

2