

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

# COOKIE DOUGH OVERNIGHT OATS



5 MINUTES



2



CALS

333



PROTEIN

22



CARBS

50



FAT

5



FIBRE

5

# COOKIE DOUGH OVERNIGHT OATS

**SERVES: 2**

**TOTAL TIME: 5 MINUTES**

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## INGREDIENTS

130g fat free natural Greek  
yoghurt  
180ml unsweetened almond  
milk  
45g old fashioned oats  
30g protein powder (or, if you  
prefer, add an additional 30g  
oats)  
2½ tbsp maple syrup  
1 tsp chocolate chips  
½ tsp vanilla extract  
½ tsp ground cinnamon  
¼ tsp ground nutmeg  
⅛ tsp salt

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## INSTRUCTIONS

In a medium bowl, combine Greek yoghurt and almond milk. Once well mixed, add the rest of the ingredients to the bowl and stir until combined. Divide the mixture between 2 small mason jars or bowls. Cover with cling film and place in the fridge overnight so that the oats can become soft and absorb the flavour of the mixture. These oats can be served cold straight out the fridge or microwaved for 1 minute to be served warm.



# KALE, POACHED EGG AND SMOKED SALMON TOAST



10 MINUTES



1



CALS

265



PROTEIN

19



CARBS

18



FAT

13



FIBRE

2

# KALE, POACHED EGG AND SMOKED SALMON TOAST

**SERVES: 1**

**TOTAL TIME: 10 MINUTES**

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## INGREDIENTS

1 egg  
1 slice dark rye or farmhouse  
bread  
30g curly kale  
½ tsp olive oil  
30g smoked salmon  
¼ red chilli, finely sliced

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## INSTRUCTIONS

Begin by poaching the egg in boiling water for around 3 minutes for a perfect runny yolk or 4 minutes if you prefer a harder yolk. Once poached to your liking, remove from the water with a slotted spoon and place on kitchen paper to soak up any excess water. Meanwhile, toast the bread. Wilt the kale by placing it in a colander and pouring boiling water over it. Drizzle the toast with olive oil and then top with the kale, smoked salmon and poached egg. To add some heat to the dish, scatter over some finely sliced red chilli and serve.



# CAULIFLOWER EGG CUPS



35 MINUTES



12



CALS

98



PROTEIN

8



CARBS

1



FAT

6



FIBRE

0

# CAULIFLOWER EGG CUPS

**SERVES: 12**

**TOTAL TIME: 35 MINUTES**

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## INGREDIENTS

1 head cauliflower, stalk and leaves removed, cut into florets  
1 extra large egg, whisked  
50g cheddar cheese, (or Mozzarella)  
25g grated Parmesan cheese  
½ tsp salt and pepper  
½ tsp garlic powder, (or 1 tsp onion powder)  
12 small-medium sized eggs  
Chilli Flakes  
Parsley

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## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.  
Lightly spray a 12-cup muffin tin with cooking oil spray or alternatively you can line them with paper liners.  
Pulse the cauliflower in a blender in two batches for about 30-50 seconds until a fine “rice” type texture is formed - it’s ok if there are a few bigger pieces in there. (Be careful not to over process or the cauliflower will form a raw purée.)  
Measure out 480 g of the cauliflower rice into a microwave safe bowl and heat for about eight minutes or until soft (alternatively, lightly steam over a pot of boiling water or in a vegetable steamer until soft). Remove and allow to cool for a good five minutes before handling.  
Using paper towels, an old tea towel or a cheesecloth, squeeze out as much liquid as you can until hardly any liquid is produced (It’s less messy if you wrap the cauliflower in the towel or cloth and squeeze it into a ball over the sink).  
Transfer back into your bowl (make sure there’s no liquid in it), and add the whisked egg, cheeses, salt and garlic powder.  
Divide the mixture into each muffin cup and firmly press them with your fingertips to create a “nest” or cup.  
Bake for about 15-20 minutes or until the cheese has melted, the cups are golden and the edges are browned.  
Remove from the oven, break the eggs into each cup, season with salt and pepper, return to the oven and bake for a further 10-15 minutes, or until the whites are set and the yolks are cooked to your liking.  
Allow them to cool for five minutes before handling them, or they may fall apart. Lightly slide a knife around the sides of each cup, then using a fork, gently lift one side first (to make sure they’re not sticking to the bottom) and lift out of the pan.  
Garnish with red chilli flakes and parsley if desired



# OPEN FACED BREAKFAST SANDWICH



23 MINUTES



CALS

194



PROTEIN

11



CARBS

15



FAT

9



FIBRE

2

# OPEN FACED BREAKFAST SANDWICH

**SERVES: 3**

**TOTAL TIME: 23 MINUTES**

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## INGREDIENTS

½ tbsp olive oil  
½ clove garlic, minced  
25g sun-dried tomatoes (not  
packed in oil), chopped  
3 large eggs  
25g low-fat feta cheese  
Coarse rock salt and freshly  
ground black pepper  
3 slices wholegrain bread,  
toasted  
Fresh chopped parsley  
(optional)

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## INSTRUCTIONS

In a large non-stick pan, heat the oil over medium low heat.  
Add the garlic and sun-dried tomatoes and cook stirring for 1-3 minutes  
or until the garlic is fragrant and translucent.  
Crack the eggs evenly around the pan and sprinkle with feta, salt, and  
pepper.  
Cover and cook undisturbed until the eggs are cooked to your liking.  
Jiggling the pan slightly will allow you to check the yolks - runny yolks  
will move, fully cooked yolks will be firm.  
Transfer each egg along with some of the tomato and garlic, to a piece of  
toast and sprinkle with parsley if desired.

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# CAPRESE FRITTATA



20 MINUTES



4



CALS

212



PROTEIN

18



CARBS

4



FAT

16



FIBRE

3

# CAPRESE FRITTATA

**SERVES: 4**

**TOTAL TIME: 20 MINUTES**

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## INGREDIENTS

1 tsp olive oil  
250g baby plum tomatoes  
2 tsp minced garlic (or 2 large  
cloves garlic, minced)  
110g fresh basil leaves, stems  
removed, finely sliced or  
shredded  
Salt to season (optional)  
8 large eggs  
60ml unsweetened almond milk  
(or skim/low fat milk)  
100g baby spinach leaves  
125g fresh mozzarella cheese,  
slice thinly into rounds  
2 tbsp grated mozzarella  
cheese (optional)  
Balsamic glaze

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## INSTRUCTIONS

Preheat your oven or grill to a medium heat.  
Slice the tomatoes in half horizontally.  
Next, heat the oil in an 8 inch non stick pan over medium-high heat. Once  
hot, add the garlic, stirring while it cooks for about one minute or until  
fragrant. Add the tomato slices and basil.  
Continue cooking until the tomatoes are slightly blistered and soft.  
While the tomatoes are frying, whisk the eggs, milk and a pinch of salt  
together in a bowl until well combined. When the tomatoes are ready,  
transfer HALF of the tomato mixture onto a warmed plate. Cover it and  
set aside.  
Pour the egg mixture into the remaining tomatoes in the pan, stirring the  
mixture for a few seconds to combine the flavours. Reduce heat to low-  
medium and add in the spinach leaves.  
Arrange the mozzarella slices evenly over top, pressing them down  
slightly into the egg, and cook until the eggs are almost set (the centre  
should be slightly runny). This should take around eight minutes.  
Sprinkle the extra cheese (if using) over the top and transfer pan into the  
preheated oven.  
Grill until the top is golden, puffed up and cooked through. The edges  
and the bottom of the frittata should appear a light golden brown.  
To serve, warm the remaining tomatoes and basil mixture, and spoon  
over the top.  
Drizzle with the balsamic glaze.

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# SWEET POTATO HASH



40 MINUTES



8



CALS

164



PROTEIN

2



CARBS

39



FAT

0



FIBRE

2

# SWEET POTATO HASH

**SERVES: 8**

**TOTAL TIME: 40 MINUTES**

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## INGREDIENTS

500g sweet potatoes  
500g Maris Piper potatoes  
2 red onions  
Olive oil  
½ bunch fresh thyme  
1 fresh red chilli (optional)

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## INSTRUCTIONS

Wash and peel potatoes, and chop into 2 cm chunks. Parboil in a large pan of boiling salted water for 5 minutes, then drain and allow to dry. Peel and finely slice the onions and fry in 1 tbsp of oil in a large frying pan over a medium heat for 5 minutes, stirring regularly. Add thyme leaves, season with black pepper then add all the potatoes and cook for a further 15 to 20 minutes, or until golden and crispy. Press down occasionally and turn regularly . Deseed and finely slice the chilli (if using) and scatter over the hash, then serve while piping hot.

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## GREENS WITH CRISPY ONIONS



45 MINUTES



8



CALS

99



PROTEIN

2



CARBS

7



FAT

7



FIBRE

3

# GREENS WITH CRISPY ONIONS

**SERVES: 8**

**TOTAL TIME: 45 MINUTES**

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## INGREDIENTS

1kg dandelion greens, chard  
and kale, stemmed and roughly  
chopped  
2 tbsps extra-virgin olive oil  
2 white onions, 1 sliced and 1  
finely diced  
2 cloves garlic, crushed  
1 lemon, juiced  
Bunch of fresh coriander  
Pinch sea salt

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## INSTRUCTIONS

Bring a large pot of water to the boil. Add the greens to the water in batches and cook each batch until tender - this should only take around 3 minutes per batch. Once cooked, transfer the greens to a colander and allow them to drain and cool. When cool enough to handle, wrap the greens in a clean dish towel or muslin cloth and squeeze until dry. This stage is crucial as leafy greens hold a surprising amount of water and it is important to get as much out as possible.

Meanwhile, add the olive oil and sliced onion to a frying pan on a medium heat and sauté for around ten minutes until the onions become caramelised and crispy. Remove the crispy onions from the pan and add the diced onion and garlic. Cook until the onion turns translucent and the garlic smells amazing.

Once the diced onion and garlic are cooked, add the greens and the coriander stems and stir together over a low heat. Once the mixture is well-combined and smelling fragrant remove from the heat. Before serving, scatter with coriander leaves and a pinch of sea salt and squeeze over the lemon juice to add some freshness to the dish.



# GRILLED SWEET POTATO WEDGES

 35 MINUTES

 6 SERVING SIZE:  
4 WEDGES



CALS

135



PROTEIN

2



CARBS

16



FAT

7



FIBRE

3

# GRILLED SWEET POTATO WEDGES

**SERVES: 6 SERVING SIZE: 4 WEDGES**

**TOTAL TIME: 35 MINUTES**

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## INGREDIENTS

4 sweet potatoes, washed and  
left unpeeled  
1 tsp salt  
1 lime, juice and zest  
¼ tsp cayenne pepper  
3 tbsp vegetable oil  
Handful fresh coriander,  
chopped

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## INSTRUCTIONS

Bring a large saucepan of water to boil and add the whole sweet potatoes. Cook for around 25 minutes, or until the potatoes are tender, and then drain. Leave the potatoes to cool.  
Meanwhile, mix the salt, lime zest and cayenne pepper together in a bowl. Once well combined, set aside. Pre heat an oven grill to high.  
By now the potatoes should be cool enough to handle. Cut them into 6 wedges per potato, as anything smaller will burn under the grill. Brush the wedges with vegetable oil and place under the grill.  
Grill the sweet potato wedges on both sides for around 5 minutes each, making sure that both sides have turned a delicious golden brown colour. Once the wedges are looking crispy, remove them from the grill. To serve, coat the wedges in the spice mixture, squeeze over the lime juice and scatter fresh coriander on top.

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## MEXICAN RICE

 50 MINUTES

 4



CALS

234



PROTEIN

6



CARBS

48



FAT

2



FIBRE

5

# MEXICAN RICE

**SERVES: 4**

**TOTAL TIME: 50 MINUTES**

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## INGREDIENTS

1 tbsp olive oil  
1 sweet onion, finely diced  
2 cloves garlic, crushed  
120g long grain brown rice  
1 tsp ground cumin  
½ tsp black pepper  
½ tsp salt  
Small handful fresh coriander,  
chopped  
1 (400g) tin chopped tomatoes  
1 green chilli, finely sliced  
½l vegetable stock

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## INSTRUCTIONS

Begin by heating the olive oil in a large frying pan and adding the onion. Over a medium heat sauté the onion until it becomes soft and translucent, this should take around 5 minutes. Once the onion is tender, add the garlic and fry for a further minute.  
Add the remaining ingredients to the pan before covering and reducing the heat. Leave the mixture to simmer for around 45 minutes, or until the rice has soaked up most of the liquid and is tender. If the rice absorbs too much of the liquid simply add a splash of water to the pan.  
Remove from the heat and allow the rice to rest for 10 minutes before serving.



# GREEK CHICKPEAS



35 MINUTES



2



CALS

421



PROTEIN

19



CARBS

65



FAT

12



FIBRE

8

# GREEK CHICKPEAS

**SERVES: 2**

**TOTAL TIME: 35 MINUTES**

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## INGREDIENTS

2 tbsp olive oil  
3 small shallots, finely diced  
2 large garlic cloves, finely diced  
¼ tsp smoked paprika  
½ tsp sweet paprika  
½ tsp cinnamon (or cumin)  
½ tsp salt  
½ tsp sugar  
Black pepper, to taste  
1 (400g) tin peeled plum tomatoes or 2 large tomatoes (skinned)  
1 (400g) tin cooked chickpeas  
4 slices crusty bread (gluten-free if required), toasted  
Fresh parsley and/or dill, to garnish (optional)  
4 Kalamata olives, to garnish (optional)

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## INSTRUCTIONS

In a pan, heat the olive oil on medium. Gently fry the shallots, stirring frequently, until soft and nearly translucent. Add garlic and fry until shallots are completely translucent and garlic is soft.  
Add all the spices to the pan, stir and fry gently for 1-2 minutes stirring the continuously.  
Squash tinned tomatoes or chop them roughly before adding to the pan along with a couple of tbsps of water. Simmer on low-medium heat until the sauce has thickened.  
Add chickpeas, stir through and let them warm in the sauce. Season with salt, sugar and black pepper.  
Serve on toasted bread with a sprinkle of fresh herbs and a few black olives.






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**COD PROVENCAL**

 25 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
245	23	9	13	5

# COD PROVENCAL

**SERVES: 4**

**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

260g cherry tomatoes,  
quartered  
1 garlic clove, crushed  
½ tsp ground fennel seeds  
½ tsp ground black pepper  
2 tbsp extra-virgin olive oil  
Pinch salt  
1 fennel bulb, trimmed with  
leaves reserved  
½ lemon, juiced  
1 leek, thinly sliced  
450g cod, cut into 3cm pieces  
Handful fresh thyme  
1 tbsp butter  
4 tsp aniseed liqueur

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## INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.  
In a large bowl, toss together the tomatoes, garlic, fennel seed, black pepper, olive oil and salt until well combined before setting aside.  
To prepare the fennel bulb, remove the tough outer layer and finely slice the remaining bulb using a mandolin or sharp knife. Add the fennel bulb to a bowl with the leek and lemon juice before mixing well.  
Place the fish on a large sheet of kitchen foil and cover with the tomatoes and fennel bulb mixtures. Top with butter, thyme and a splash of aniseed liqueur. Create a parcel by placing another sheet of foil on top and scrunch the edges of both sheets together.  
Bake the fish parcels for 10 to 15 minutes, or until the fish flakes easily and smells delicious. Scatter over the reserved fennel leaves and serve immediately.



# EGG AND PARMENTIER POTATOES

 1 HOUR 10  
MINUTES  4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
222	11	22	10	2

# EGG AND PARMENTIER POTATOES

**SERVES: 4**

**TOTAL TIME: 1 HOUR 10 MINUTES**

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## INGREDIENTS

500g potatoes, peeled and  
diced  
2 shallots, quartered  
1 tbsp olive oil  
2 tsp dried oregano  
200g button mushrooms, sliced  
4 eggs

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## INSTRUCTIONS

Begin by preheating your oven to 200°C /400°F/gas 6.  
In a large roasting tin, coat the potatoes and shallots in olive oil and sprinkle over the dried oregano. Bake for 45 minutes, or until the potatoes have softened and turned golden brown, before adding the mushrooms. Roast for a further 15 minutes, until the vegetables have started to caramelise.  
Using a spoon, make four hollows in the vegetables and crack an egg into each hollow. Return to the oven for 4 minutes for a perfectly cooked egg with a runny yolk. If you prefer a harder yolk, just keep the dish in the oven for a few minutes longer.

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# MUSHROOM BOLOGNESE



1 HOUR 16  
MINUTES



6



CALS

350



PROTEIN

14



CARBS

60



FAT

6



FIBRE

9

# MUSHROOM BOLOGNESE

**SERVES: 6**

**TOTAL TIME: 1 HOUR 16 MINUTES**

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## INGREDIENTS

30g dried porcini mushrooms  
2 tbsp olive oil  
500g chestnut mushrooms,  
finely diced  
2 white onions, diced  
4 garlic cloves, crushed  
2 carrots, grated  
2 celery stalks, diced  
Handful of thyme leaves,  
chopped  
1 tsp celery salt  
1 star anise  
2 tbsp tomato purée  
2 x (400g) tins chopped  
tomatoes  
Handful basil, chopped  
400g tagliatelle

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## INSTRUCTIONS

Begin by soaking the porcini mushrooms in a bowl of boiling water and setting them aside to rehydrate.

In a large frying pan, heat the olive oil and gently sauté the chestnut mushrooms. The mushrooms will release a lot of liquid so keep cooking until the liquid has evaporated and the mushrooms are soft and golden brown.

Remove the mushrooms from the pan and add the carrots, onion, garlic and celery. Sauté the vegetables for around 10 minutes, or until they have softened, before adding the herbs, celery salt, star anise and tomato purée.

Drain the porcini mushrooms and add them to the pan, along with some of the reserved soaking liquid and the chestnut mushrooms. Combine the ingredients in the pan before adding the chopped tomatoes. Cook the sauce for 30 minutes, by which point it will look luxurious and glossy. Meanwhile, cook the pasta until al dente before draining and mixing through the mushroom sauce. To serve, top with fresh basil leaves and enjoy.

**ENERGIZE**  
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# CASHEW CHICKEN STIR FRY



20 MINUTES



6



CALS

260



PROTEIN

21



CARBS

17



FAT

12



FIBRE

3

# CASHEW CHICKEN STIR FRY

**SERVES: 6**

**TOTAL TIME: 20 MINUTES**

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## INGREDIENTS

1 tbsp olive oil  
450g skinless chicken breasts,  
chopped into  
2cm pieces  
3 cloves garlic, crushed  
200g broccoli  
1 red bell pepper, deseeded and  
sliced  
100g sugar snap peas  
50g carrots, sliced  
30g unsalted cashew nuts  
4 spring onions, finely sliced  
For the sauce:  
4 tbsp tamarind  
3 tbsp peanut butter  
2 tbsp honey  
1 tsp sesame oil  
1 tbsp ginger paste  
2 tbsp water

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## INSTRUCTIONS

Begin by making the sauce. Whisk together all sauce ingredients. If the sauce is too thick, simply add a splash more water to the mixture. Once it reaches your desired consistency set the sauce aside.

In a large wok, heat the oil and add the chicken breasts. Season them with salt and pepper and sauté them for around 5 minutes, or until they are beginning to brown. Add the garlic to the wok and fry for 30 seconds making sure that it does not burn.

Add the vegetables into the wok and mix them through the chicken. Cook for around 5 minutes, or until the vegetables have softened slightly but are still crunchy and fresh. By this point the chicken will be cooked through and you can remove the wok from the heat.

Before serving, mix through the sauce and throw in a handful of cashews and spring onions for some added texture.



# TERIYAKI FISH WITH PAK CHOI



45 MINUTES



CALS

407



PROTEIN

48



CARBS

38



FAT

7



FIBRE

3

# TERIYAKI FISH WITH PAK CHOI

**SERVES: 4**

**TOTAL TIME: 45 MINUTES**

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## INGREDIENTS

100ml dark soy sauce  
100ml mirin  
1 tbsp honey  
2cm piece ginger, finely  
chopped  
500g whiting fillets  
1 tbsp groundnut oil  
250g egg noodles  
250g pak choi, sliced  
3 spring onions, sliced  
1 tbsp sesame oil

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## INSTRUCTIONS

Begin making the marinade by whisking together the soy sauce, mirin, honey and ginger in a shallow bowl. Submerge the fillets of fish in the marinade and place in the fridge for around 30 minutes.

While the fish is absorbing all the delicious flavours of the marinade, preheat the oven to 200°C/400°F/gas 6. Once the fish has marinated, fry both sides of the fillets in groundnut oil for 3 minutes in a large frying pan before placing in a roasting tin. Pour over the leftover marinade and bake the fish in the oven for 10 minutes, by which point it will smell fantastic. While the fish is in the oven, bring a large pot of water to a boil and add the noodles. Place a colander over the pot and steam the pak choi and spring onions in it, which should take around 5 minutes.

Drain the noodles and return them to the pan along with the pak choi, spring onions and sesame oil before mixing well.

To serve, create a bed of pak choi, spring onions and noodles and place the fish on top before pouring over any remaining marinade.



# COURGETTE TUNA CAKES



15 MINUTES



CALS

280



PROTEIN

34



CARBS

14



FAT

11



FIBRE

4

# COURGETTE TUNA CAKES

**SERVES: 2**

**TOTAL TIME: 15 MINUTES**

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## INGREDIENTS

½ medium courgette  
Cooking spray  
1 (100g) tin tuna, drained  
2 tbsp oats  
2 tbsp shredded cheese  
1 large egg  
¼ tsp garlic salt  
¼ tsp dill  
¼ tsp onion powder  
Fresh ground pepper  
For the Lemon Yogurt Sauce:  
2 tbsp Greek yoghurt  
1 tsp lemon juice  
¼ tsp dill  
¼ tsp garlic salt

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## INSTRUCTIONS

Grate 100g of courgette.  
Place the grated courgette in a tea towel or cloth, gather the edges and squeeze as much liquid as possible from the grated vegetable. It's best to do this over the sink to avoid mess.  
In a mixing bowl, add the squeezed courgette and all the other cake ingredients and mix well.  
Spray a medium sized pan with non stick spray and heat to medium low. Using a spoon, scoop up half of the mixture and add to one side of the frying pan. Use your spoon to form a round flat cake, about ½ inch thick. Then do the same with the rest of the mixture on the other side of the pan.  
Let it cook for about 5-6 minutes or until the underside is a crispy golden brown.  
Flip and cook the other side.  
While the cakes are cooking, you can mix up your lemon dill yoghurt sauce. Simply mix the yoghurt, lemon juice, dill, and garlic salt in a small bowl and set it aside.  
When the cakes are ready, place them on a plate and top with a dollop of the refreshing yoghurt sauce

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# QUICK FISH CURRY



15 MINUTES



4



CALS

201



PROTEIN

30



CARBS

9



FAT

5



FIBRE

2

# QUICK FISH CURRY

SERVES: 4

TOTAL TIME: 15 MINUTES

## INGREDIENTS

- 1 tbsp vegetable oil
- 1 white onion, diced
- 1 garlic clove, crushed
- 2 tbsp Madras curry paste
- 1 x (400g) tinned tomatoes
- 200ml vegetable stock
- 600g white fish fillets, skinned and cut into large pieces
- Handful fresh coriander, chopped

## INSTRUCTIONS

To make this simple but delicious curry, begin by gently sautéing the onion and garlic for around 5 minutes, or until the onion is soft and the garlic smells aromatic. Stir in the curry paste and let it roast in the pan for 3 minutes to release the flavours of the spices before adding the tomatoes and the stock. Bring the sauce to a simmer and add the fish. Cook gently for around 10 minutes, by which point the fish will be soft and flaky. Serve immediately topped with a handful of fresh coriander.

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# PEA, CHILLI AND MINT RISOTTO



50 MINUTES



2



CALS

714



PROTEIN

39



CARBS

108



FAT

14



FIBRE

16

# PEA, CHILLI AND MINT RISOTTO

**SERVES: 2**

**TOTAL TIME: 50 MINUTES**

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## INGREDIENTS

1 tbsp vegetable oil  
1 white onion, diced  
3 garlic cloves, crushed  
200g risotto rice  
1l chicken or vegetable stock  
300g frozen peas  
25g an Italian hard cheese,  
such as parmesan or pecorino  
The juice and zest 1 lemon  
2 slices stale bread  
2 red chillies, deseeded and  
sliced  
Small handful mint, chopped

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## INSTRUCTIONS

Begin by heating oil in a large pan over a low heat. Add the onion and garlic and cook gently for five minutes so that they soften without colouring. Turn up the heat and stir in the rice. Let it fry for a few minutes and then begin to add the stock.

Add the stock a ladle at a time, allowing each ladle to be absorbed by the rice before adding another. The stock should all be absorbed after around 20 minutes and the rice should be al-dente. Remember to continually stir the risotto to prevent sticking and to give it a creamy texture.

Meanwhile, place the peas in a colander and pour over boiling water to defrost them. Tip the peas into a bowl and roughly mash them with a potato masher.

Once the rice has absorbed all the stock, remove it from the heat and stir in the mashed peas, cheese and lemon juice and season well. Heat some oil in a frying pan and crumble in the stale bread, the chilli and lemon zest and fry until the bread has turned a golden brown.

To serve the risotto, sprinkle over the bread, chilli and lemon to give it a crunchy zing and scatter over the mint for some added freshness.



**ENERGIZE**

- N U T R I T I O N -

## SLOW-COOKER ARROZ CON POLLO



6 HOURS AND  
30 MIN



8



CALS

306



PROTEIN

29



CARBS

34



FAT

6



FIBRE

5

# SLOW-COOKER ARROZ CON POLLO

**SERVES: 8**

**TOTAL TIME: 6 HOURS AND 30 MIN**

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## INGREDIENTS

3 large bell peppers, deseeded and sliced  
1 white onion, diced  
3 cloves garlic, crushed  
1 (400g) tin passata  
1 (400g) tin chopped tomatoes  
350ml chicken stock  
2 tbsp chilli powder  
1 tbsp paprika  
Pinch sea salt  
½ tsp ground pepper  
½ tsp ground cumin  
½ tsp saffron or ¼ tsp ground turmeric  
800g skinless chicken thighs  
250g instant brown rice  
125g peas  
Handful green olives, stoned and chopped  
Handful coriander, chopped

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## INSTRUCTIONS

Combine the bell peppers, onion, garlic, passata, chopped tomatoes, stock, spices, salt and pepper in a large slow cooker. Once the mixture is well mixed, place the chicken in the slow cooker and make sure it is completely submerged so that it can marinate in the spices. Put a lid on the slow cooker and let it simmer on a low heat for 5½ hours. Once the time is up, stir in the rice and peas and adjust the seasoning if necessary. Cook until the rice is tender and most of the liquid has been absorbed, this should take around 30 minutes. Using two forks, shred the chicken in the slow cooker - it should be so soft it just falls off the bone. To serve, scatter over some roughly chopped green olives and coriander leaves.

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

# SAUSAGE RATATOUILLE



45 MINUTES



6



CALS

263



PROTEIN

11



CARBS

12



FAT

19



FIBRE

2

# SAUSAGE RATATOUILLE

**SERVES: 6**

**TOTAL TIME: 45 MINUTES**

---

## INGREDIENTS

12 good quality sausages  
2 red onions, cut into wedges  
2 garlic cloves, crushed  
200g courgette, sliced  
1 aubergine, sliced  
2 bell peppers, deseeded and sliced  
Few sprigs fresh rosemary  
2 tbsp extra-virgin olive oil  
200g cherry tomatoes

---

## INSTRUCTIONS

Begin by preheating the oven to 200°C/400°F/gas 6.  
Place the sausages into a large roasting tray and cook them in the oven for 5 minutes. Once they have browned slightly, remove from the oven and place the vegetables in the tray. Sprinkle over the rosemary and drizzle with olive oil, making sure all the vegetables are evenly covered. Roast the vegetables and sausages in the oven for 25 minutes. After this, turn the sausages and vegetables and cook for a further 5 minutes to ensure they are well cooked before removing from the oven. By this point, the vegetables should look deliciously charred and the sausages should have turned golden brown.



# AUBERGINE AND CHICKPEA CURRY



1 HOUR 15  
MINUTES



4



CALS

218



PROTEIN

8



CARBS

42



FAT

2



FIBRE

11

# AUBERGINE AND CHICKPEA CURRY

**SERVES: 4**

**TOTAL TIME: 1 HOUR 15 MINUTES**

---

## INGREDIENTS

1 aubergine  
1 white onion, finely diced  
½ red bell pepper, deseeded and sliced  
1¼ tsp cumin seeds  
1¼ tsp ground coriander  
½ tsp ground turmeric  
1 (400g) tin chopped tomatoes  
2 tsp ginger paste  
½ tsp cayenne pepper  
1 (400g) tin chickpeas  
60ml water  
handful coriander, chopped  
¼ tsp garam masala

---

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

With a fork, prick the aubergine several times and place on a baking sheet. Place the whole aubergine in the oven for around 50 minutes, by which point it should be soft all the way through. Remove the aubergine from the oven and once it is cool enough to handle peel off the skin and roughly chop the flesh.

Heat a large frying pan and sauté the onion until it turns soft and has begun to caramelise before adding the bell pepper. Cook the pepper for a few minutes before adding all the spices except garam masala to the pan and allowing them to gently roast. Once the spices smell aromatic, stir in the tomatoes and ginger.

Add the aubergine flesh to the mixture and cook over a medium-high heat until the larger pieces begin to break down, this should take around 10 minutes. Then, toss the chickpeas into the pan along with their liquid, turn the heat to low and leave to simmer for 30 minutes.

Before serving, stir in fresh coriander and garam masala to heighten the curry's already delicious flavours.

**ENERGIZE**

- N U T R I T I O N -

**ROASTED CHICKPEA  
WRAP**



45 MINUTES



4



CALS

458



PROTEIN

18



CARBS

47



FAT

22



FIBRE

14

# ROASTED CHICKPEA WRAP

**SERVES: 4**

**TOTAL TIME: 45 MINUTES**

---

## INGREDIENTS

2 (400g) tins chickpeas, drained and rinsed  
2 tsp extra virgin olive oil  
2 tsp ground cumin  
2 tsp smoked paprika  
1 lime, juiced  
2 avocados, stoned, peeled and roughly chopped  
Handful coriander, chopped  
8 corn tortillas  
1 iceberg lettuce, shredded  
150g natural yoghurt  
500g jarred roasted red peppers, chopped

---

## INSTRUCTIONS

Begin by preheating your oven to 220°C/430°F/gas 7.  
In a large bowl, toss the chickpeas with the olive oil, cumin and paprika until they are well coated. Spread the spiced chickpeas on a large baking tray and roast in the oven for around 20 minutes, or until they have started to turn crunchy. Remember to give the chickpeas a toss after around 10 minutes to make sure they roast evenly.  
In a small bowl, squeeze the lime over the chopped avocado, scatter over the coriander and set aside until serving. Warm the tortillas in a frying pan over a high heat before layering them with the avocado, lettuce, yoghurt, peppers and crunchy chickpeas.

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

# CHICKEN SAAG



45 MINUTES



4



CALS

330



PROTEIN

43



CARBS

28



FAT

4



FIBRE

6

# CHICKEN SAAG

**SERVES: 4**

**TOTAL TIME: 45 MINUTES**

---

## INGREDIENTS

2 red chillies, chopped and seeded  
2 cloves garlic  
1 4cm piece ginger  
1 medium onion, chopped  
1 tsp olive oil  
1 tsp ground cumin  
1 tsp ground coriander  
1 tsp garam masala  
½ tsp turmeric powder  
4 cloves  
4 skinless chicken breast fillets diced  
150g red split lentils  
1 (400g) tin chopped tomatoes  
260g spinach  
4 small, ready made rotis, warmed to serve

---

## INSTRUCTIONS

Put the chillies, garlic, ginger and onion in a blender and blend to a paste. Heat 1 tsp of oil in a large pan and fry the paste for 2 minutes, until fragrant and aromatic.  
Add the spices and cook for a further minute.  
Add the chicken pieces and thoroughly coat them in the spices.  
Cook for 5 minutes before adding the lentils and chopped tomatoes, along with 1½ tins of water. Simmer for 25 minutes, season, then add in the spinach and stir until wilted.  
Enjoy this tasty dish with our simple naan bread recipe.

A top-down view of a Moroccan Chicken Frying Pan dish. The dish is served on a light pink plate, featuring a large, golden-brown, flaky piece of chicken or flatbread on the left, topped with a rich, dark brown sauce. The sauce is studded with sliced, roasted red peppers and finely chopped green herbs. To the right of the chicken, there are several slices of fresh green cucumber. The background is a rustic, light blue wooden surface. In the top left corner, a grey plate shows a close-up of the chicken and sauce. In the bottom left corner, a small black bowl contains a mix of green and purple almonds. Two cinnamon sticks and some dried rose petals are scattered on the wooden surface in the upper right.

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

# MOROCCAN CHICKEN FRYING PAN



30 MINUTES



2



CALS

427



PROTEIN

44



CARBS

40



FAT

12



FIBRE

9

# MOROCCAN CHICKEN FRYING PAN

**SERVES: 2**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

220g chicken breast  
Salt and pepper  
½ tbsp extra-virgin olive oil  
650g cauliflower, cut into bite-sized pieces  
115g carrot sliced  
75g sweet onion, roughly chopped  
1 ½ tsp fresh ginger, minced  
1 ½ tsp ground cumin  
1 tsp cinnamon  
¼ tsp paprika  
⅛ tsp ground allspice  
180ml orange juice (not from concentrate)  
100g crushed tomatoes  
2 medjool dates, sliced  
25g coriander, minced plus additional for garnish  
2 tbsp roasted pistachios, roughly chopped  
½ small cucumber, thinly sliced

## INSTRUCTIONS

Using a meat mallet (or a rolling pin) pound out the chicken breasts until they are flat and an even thickness. Sprinkle with salt and pepper. Heat the olive oil in a large pan on a medium/high heat, then cook the chicken breast until golden brown, on both sides then transfer to a plate. Turn the heat down to medium and add the cauliflower, carrot, onion, ginger, cumin, cinnamon, paprika, and allspice to the pan. Cook, stirring frequently, until the vegetables just begin to soften and the spices are fragrant. Stir in the orange juice, crushed tomatoes and sliced dates. Turn the heat up to high and bring to a boil and cook for a further 2 minutes. Reduce the heat to medium and simmer, stirring frequently for about 5 minutes until the sauce begins to reduce and thicken. Season to taste with salt and pepper. Return the chicken to the pan, nestling it into the vegetables and spooning some sauce over the top. Cover and reduce the heat to medium/low. Cook for a further 10 minutes ensuring the chicken is cooked through. Stir in the coriander and divide the chicken between two plates. Top each dish with the chopped pistachios and place the sliced cucumbers on the side. Garnish with extra coriander, if desired, and enjoy!



# RED CURRY CHICKEN THIGHS



2 HOURS AND  
45 MINUTES



4



CALS

418



PROTEIN

36



CARBS

19



FAT

22



FIBRE

4

# RED CURRY CHICKEN THIGHS

**SERVES: 4**

**TOTAL TIME: 2 HOURS AND 45 MINUTES**

---

## INGREDIENTS

60g Thai red curry paste  
60ml canola oil  
1 lime, juiced  
1 tbsp sambal oelek (Thai ground fresh chilli paste)  
3 garlic cloves, crushed  
8 boneless and skinless chicken thighs  
12 small bell peppers, deseeded and sliced  
8 Fresno chillies (or any other variety chilli)  
2 shallots, halved

---

## INSTRUCTIONS

In a large bowl, mix together the Thai red curry paste (reserve some for the vegetables), canola oil, lime juice, sambal oelek and garlic. Once the mixture is well combined place half of it in a large sealable bag with the chicken. Seal the bag and massage the mixture into the chicken. Keep the marinating chicken in the fridge for between 2 and 24 hours - this will give the chicken plenty of time to absorb the flavours of the marinade.

Preheat the grill to 230°C/450°F/gas 8.

Coat the bell peppers, Fresno chillies and shallots with cooking spray and place under the grill. Let them cook uncovered until the skin of the peppers and chillies have charred and bubbled, this should take around 8 minutes. If needed, turn the vegetables occasionally to prevent burning. Remove from the oven and mix the peppers, chillies and shallots in a large bowl with the reserved curry paste and mix well until all the vegetables are coated.

Remove the chicken from the marinade, discarding the remaining marinade. Grill the chicken in the oven uncovered for around 6 minutes per side, or until it is slightly charred like the vegetables. To serve, arrange the vegetables and chicken on a platter and enjoy.



# POACHED PEARS

 25 MINUTES

 2



CALS

195



PROTEIN

5



CARBS

28



FAT

7



FIBRE

2

# POACHED PEARS

**SERVES: 2**

**TOTAL TIME: 25 MINUTES**

---

## INGREDIENTS

2 pears, peeled, quartered and cored  
1 lemon, juiced  
pinch lemon zest  
50g sugar  
250ml water  
2 cinnamon sticks, broken to release their flavour  
(alternatively use 2 tsp ground cinnamon)  
200g natural yoghurt  
2 tbsp flaked almonds, toasted

---

## INSTRUCTIONS

Begin by heating the water, sugar, lemon zest and juice and cinnamon sticks in a saucepan over a medium heat. Keep stirring the mixture until the sugar dissolves and it forms a syrup.  
Once the mixture begins to boil, add the pears. Reduce the heat to a medium-low and let it simmer for 5 minutes, or until the pears are turning tender and have absorbed the flavour of the syrup.  
Remove the pan from the heat and allow it to cool for around 10 minutes. Meanwhile, toast the almonds in a dry frying pan.  
To serve, remove the pears from the syrup and divide among the serving dishes. Top them with a drizzle of the syrup, a dollop of yoghurt and the flaked almonds, which will add a nutty crunch.



# PEANUT BUTTER BROWNIES



30 MINUTES



16



CALS

265



PROTEIN

7



CARBS

18



FAT

19



FIBRE

2

# PEANUT BUTTER BROWNIES

**SERVES: 16**

**TOTAL TIME: 30 MINUTES**

## INGREDIENTS

For the peanut butter swirl:

125g creamy natural peanut butter

40g icing sugar

1 tbsp coconut oil, melted

½ tsp pure vanilla extract

Pinch salt

For the brownies:

100g semisweet chocolate chips

50g refined coconut oil

80ml unsweetened almond milk

(or your favourite non-dairy milk), at room temperature

1 tsp pure vanilla extract

1 tbsp cornstarch

80g granulated sugar

75g plus 2 tbsp all-purpose flour

3 tbsp cocoa powder

½ tsp baking powder

⅛ tsp salt

## INSTRUCTIONS

Peanut Butter swirl:

Stir together all the ingredients in a large mixing bowl until smooth then set aside.

Brownies:

Preheat your oven to 180°C/350°F/gas 4. Line an 8-inch square metal pan with tin foil, then coat the foil with non-stick cooking spray.

In a large metal bowl set over a saucepan of simmering water, melt the chocolate with the coconut oil, stirring with a rubber spatula, until combined and smooth. Remove from the heat.

In a separate mixing bowl, whisk together the milk, vanilla, and cornstarch, add the chocolate mixture and whisk again to combine. Add the sugar and mix well.

Sift in the flour, cocoa, baking powder, and salt and fold until combined (a few lumps are okay). Pour the batter into the baking pan and spread out evenly.

Drop spoonfuls of the peanut butter swirl mixture onto the brownie batter in the pan, then use a butter knife to swirl it in. Bake until a toothpick or skewer inserted in the centre comes out mostly clean (around 18 to 20 minutes)

When cool enough to handle, lift the foil out of the pan, slice the brownies, and enjoy

**ENERGIZE**

- N U T R I T I O N -

**BLACK BEAN BROWNIES**



40 MINUTES



12



CALS

193



PROTEIN

7



CARBS

30



FAT

5



FIBRE

3

# BLACK BEAN BROWNIES

**SERVES: 12**

**TOTAL TIME: 40 MINUTES**

---

## INGREDIENTS

400g tin of black beans,  
drained and rinsed  
2 tbsp cocoa powder  
65g of rolled oats  
A pinch of salt  
3 tbsps of maple syrup  
2 tbsps of sugar  
1 tbsp of vegetable oil  
2 tsp of vanilla extract  
½ tsp of baking powder  
65 g of chocolate chips  
230 g of cream cheese  
5 tbsps of powdered sugar  
1 lemon, zested

---

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4. Meanwhile, combine the black beans, cocoa powder, oats, salt, maple syrup, sugar, oil, vanilla and baking powder in a food processor. Blend the mixture until it is velvety smooth, which will take around 5 minutes. Add the chocolate chips to the food processor and roughly combine before pouring the brownie mixture into a non-stick cake tin. Bake the brownies for 25 minutes, by which point they will be crisp on the outside and gooey in the middle. While the brownies cook, start making the icing by microwaving the cream cheese until soft. Combine the cheese with powdered sugar and lemon zest to make a tangy topping for the brownies. Once the brownies are cooked, remove from the oven and leave to cool for 30 minutes before spreading on the icing.



# BANANA NUT BREAD



1 HOUR AND  
10 MINUTES



2 LOAVES (26  
SLICES)



CALS

124



PROTEIN

2



CARBS

20



FAT

4



FIBRE

1

# BANANA NUT BREAD

**SERVES: 2 LOAVES (26 SLICES)**

**TOTAL TIME: 1 HOUR AND 10 MINUTES**

---

## INGREDIENTS

7 ripe bananas, mashed  
120ml apple sauce  
380g all purpose flour  
1½ tsp baking soda  
½ tsp salt  
4 tbsp butter, softened  
180g light brown sugar  
4 large eggs whites  
1 tsp vanilla extract  
85g walnuts, chopped

---

## INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and greasing two loaf tins with baking spray.

In a medium sized bowl, combine the flour, baking soda and salt and then set aside.

In a large bowl, cream the butter and sugar. The most efficient way to do this is with an electric mixer but if you do not have one the back of a wooden spoon works well. After the butter and sugar have formed a fluffy mixture, add the egg whites, applesauce and vanilla extract. Whisk this at a medium speed until it has formed thick and glossy mixture. Again, if you do not have an electric whisk stir them together using a wooden spoon. Gradually add the flour mixture to the larger bowl and blend at a low speed until it has all combined. After the flour has been mixed in, add the mashed bananas and blend at a low speed until it has formed a smooth batter. Finally, fold the chopped walnuts into the batter.

Pour the batter into the loaf tins and bake in the middle shelf of the oven for 50 minutes, or until a knife inserted into the centre of the loaf comes out clean.

Remove from the oven and let the loaf cool for 20 minutes. The bread will be easier to slice at room temperature.



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

# COCONUT BOUNTY BARS



10 MINUTES



14



CALS

108



PROTEIN

1



CARBS

8



FAT

8



FIBRE

1

# COCONUT BOUNTY BARS

**SERVES: 14**

**TOTAL TIME: 10 MINUTES**

---

## INGREDIENTS

130g desiccated coconut  
3½ tbsp maple syrup  
2 tbsp coconut oil  
½ tsp vanilla extract  
Pinch salt  
85g chocolate chips  
1 tsp vegetable oil

---

## INSTRUCTIONS

Start by blending the desiccated coconut, maple syrup, coconut oil, vanilla and salt in a food processor until it forms a smooth and firm mixture.

Remove the coconut mixture from the food processor and form it into chocolate bar shaped patties with your hands and then freeze until firm. While the patties are firming up, melt the chocolate chips in a small pan. Adding vegetable oil to the chocolate will make the sauce much smoother.

Once the chocolate has melted, dip the patties into the sauce and then return them to the freezer until the chocolate has solidified.





Once the chocolate has become firm, serve as a delicious snack. Any leftovers are best kept in the fridge.



# COOKIE DOUGH OVERNIGHT OATS

 5 MINUTES

 2



 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
333	22	50	5	5



# KALE, POACHED EGG AND SMOKED SALMON TOAST

 10 MINUTES

 1

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
265	19	18	13	2

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

**CAULIFLOWER EGG CUPS**

 35 MINUTES

 12



CALS

98



PROTEIN

8



CARBS

1



FAT

6



FIBRE

0



## OPEN FACED BREAKFAST SANDWICH

 23 MINUTES

 3



CALS

194



PROTEIN

11



CARBS

15



FAT

9



FIBRE

2

## CAPRESE FRITTATA

 20 MINUTES

 4



CALS

212



PROTEIN

18



CARBS

4



FAT

16



FIBRE

3



## SWEET POTATO HASH

 40 MINUTES

 8



CALS

164



PROTEIN

2



CARBS

39



FAT

0



FIBRE

2

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

**GREENS WITH CRISPY ONIONS**

 45 MINUTES

 8



CALS

99



PROTEIN

2



CARBS

7



FAT

7



FIBRE

3

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



## GRILLED SWEET POTATO WEDGES



35 MINUTES



6 SERVING SIZE: 4 WEDGES



CALS

135



PROTEIN

2



CARBS

16



FAT

7



FIBRE

3

# ENERGIZE

- N U T R I T I O N -



## MEXICAN RICE



50 MINUTES



4



CALS

234



PROTEIN

6



CARBS

48



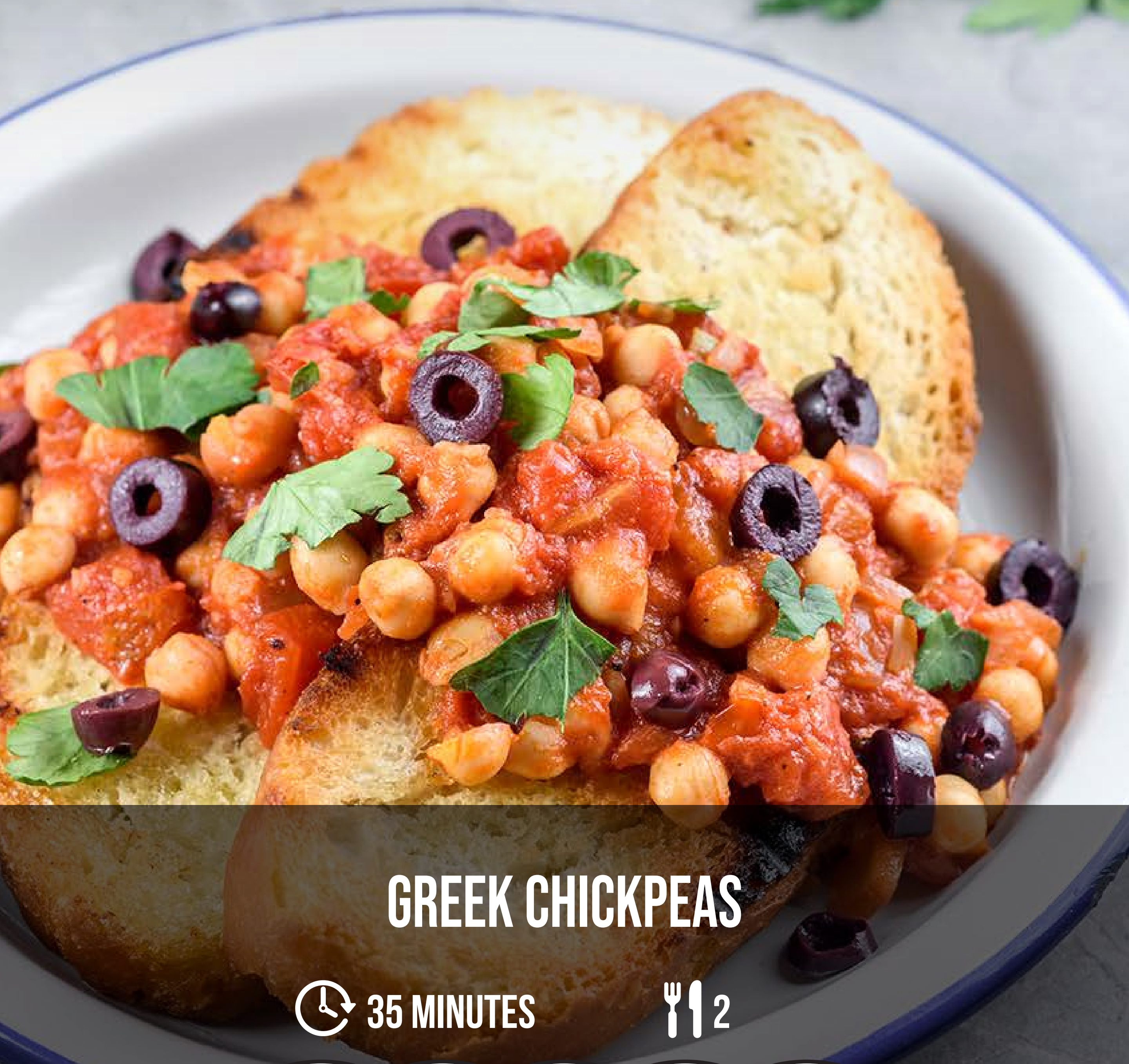
FAT

2



FIBRE

5



## GREEK CHICKPEAS

 35 MINUTES

 2



CALS

421



PROTEIN

19



CARBS

65



FAT

12




FIBRE






8

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

**COD PROVENCAL**

 25 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
245	23	9	13	5



## EGG AND PARMENTIER POTATOES

 1 HOUR 10 MINUTES  4



CALS

222



PROTEIN

11



CARBS

22



FAT

10



FIBRE

2

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



**MUSHROOM BOLOGNESE**

 1 HOUR 16 MINUTES  6



CALS

350



PROTEIN

14



CARBS

60



FAT

6



FIBRE

9

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

## CASHEW CHICKEN STIR FRY

 20 MINUTES

 6



CALS

260



PROTEIN

21



CARBS

17



FAT

12



FIBRE

3

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



**TERIYAKI FISH WITH PAK CHOI**



45 MINUTES



4



CALS

407



PROTEIN

48



CARBS

38



FAT

7



FIBRE

3



## COURGETTE TUNA CAKES



15 MINUTES



2



CALS

280



PROTEIN

34



CARBS

14



FAT

11



FIBRE

4

## QUICK FISH CURRY



15 MINUTES



4



CALS

201



PROTEIN

30



CARBS

9



FAT

5



FIBRE

2

## PEA, CHILLI AND MINT RISOTTO

 50 MINUTES

 2



CALS

714



PROTEIN

39



CARBS

108



FAT

14



FIBRE

16

## SLOW-COOKER ARROZ CON POLLO



6 HOURS AND 30 MIN



8



CALS

306



PROTEIN

29



CARBS

34



FAT

6



FIBRE

5

## SAUSAGE RATATOUILLE



45 MINUTES



6



CALS

263



PROTEIN

11



CARBS

12



FAT

19



FIBRE

2



# AUBERGINE AND CHICKPEA CURRY

 1 HOUR 15 MINUTES  4


 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
218	8	42	2	11



ROASTED CHICKPEA WRAP

 45 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
458	18	47	22	14

# ENERGIZE

- N U T R I T I O N -



## CHICKEN SAAG



45 MINUTES



4



CALS

330



PROTEIN

43



CARBS

28



FAT

4



FIBRE

6

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

**MOROCCAN CHICKEN FRYING PAN**



30 MINUTES



2



CALS

427



PROTEIN

44



CARBS

40



FAT

12



FIBRE

9



# RED CURRY CHICKEN THIGHS



2 HOURS AND 45  
MINUTES



4



CALS

418



PROTEIN

36



CARBS

19



FAT

22



FIBRE






4



POACHED PEARS

 25 MINUTES

 2






 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
195	5	28	7	2



## PEANUT BUTTER BROWNIES

 30 MINUTES

 16

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
265	7	18	19	2



## BLACK BEAN BROWNIES

 40 MINUTES

 12

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
193	7	30	5	3



# BANANA NUT BREAD



1 HOUR AND 10 MINUTES



2 LOAVES (26 SLICES)



CALS

124



PROTEIN

2



CARBS

20



FAT

4

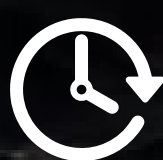


FIBRE

1



## COCONUT BOUNTY BARS



10 MINUTES



14



CALS

108



PROTEIN

1



CARBS

8



FAT

8



FIBRE

1