

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

PEANUT BUTTER OVERNIGHT OATS



5 MINUTES



4



CALS

303



PROTEIN

10



CARBS

41



FAT

11



FIBRE

9

PEANUT BUTTER OVERNIGHT OATS

SERVES: 4

TOTAL TIME: 5 MINUTES

INGREDIENTS

Peanut butter layer:

80g quick cooking oats

300ml unsweetened vanilla
almond milk

2 tsp chia seeds

1 tbsp honey (or any kind of
sweetener such as agave or
maple syrup)

2 tsp ground flax seed

2 tbsp all-natural peanut butter

Pinch of salt

Chocolate layer:

80g quick cooking oats

120ml unsweetened vanilla
almond milk

2 tsp chia seeds

1 tbsp maple syrup (or any kind
of sweetener such as honey or
agave)

2 tsp ground flax seed

3 tbsp cocoa powder

Pinch of salt

Optional toppings:

All natural peanut butter

Mini chocolate chips

INSTRUCTIONS

For the peanut butter layer, place all ingredients into a glass Tupperware and mix. Store in refrigerator for at least 2 hours or overnight for better results.

For the chocolate layer, place all ingredients into a glass Tupperware and mix. As above, place in refrigerator for at least 2 hours or overnight.

For the Peanut Butter Overnight Oats, layer up the peanut butter and chocolate overnight oat mixtures in a large jar.

Top with all natural peanut butter and a few chocolate chips if desired.



CHOCOLATE BANANA PANCAKES



20 MINUTES



3



CALS

313



PROTEIN

10



CARBS

58



FAT

5



FIBRE

7

CHOCOLATE BANANA PANCAKES

SERVES: 3

TOTAL TIME: 20 MINUTES

INGREDIENTS

120g ripe banana
120ml non-dairy milk
2 tbsp maple syrup
1 tbsp apple cider vinegar
1 tsp baking soda
20g cacao powder
185g quinoa flour
2 tbsp mini chocolate chips

INSTRUCTIONS

In a blender, combine the banana, milk, vinegar, and maple syrup, then add the dry ingredients and blend on low until combined. You may find you need to stop and stir as necessary.

Over a medium heat, warm a non-stick pan and spray lightly with cooking oil. Drop about $\frac{1}{4}$ cup of batter into the pan and then spread into a circle. Cook for 2-3 minutes until you can easily slide a spatula underneath. Flip and cook for 2-3 minutes on the second side. Remove from the pan. Repeat until all the batter is used. This recipe should yield around 6 medium sized pancakes

Serve with your favourite pancake toppings.



MEXICAN BREAKFAST BURRITOS



50 MINUTES



5



CALS

202



PROTEIN

6



CARBS

32



FAT

6



FIBRE

7

MEXICAN BREAKFAST BURRITOS

SERVES: 5

TOTAL TIME: 50 MINUTES

INGREDIENTS

280g chopped red potatoes
about ¼ inch size pieces
240g chopped bell pepper
strips about 2" long
½ tsp salt
170g cooked chickpeas
135g corn
240g salsa
1 tsp ground cumin
⅛ -¼ tsp ground chipotle chilli
pepper spice (optional)
For the avocado cumin cream:
1 large avocado
½ tsp ground cumin
2 tbsp salsa
½ tbsp water or lime juice
¼ tsp fine sea salt
Large Tortillas/Wraps of your
choice
Optional garnish: fresh chopped
jalapenos

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6 and line a baking tray with parchment paper.
Spread the potatoes evenly and season lightly with salt and pepper. Bake for 20 minutes until softened and starting to brown, checking with a fork to ensure they are tender.
After the potatoes have been cooking for around 10 minutes, add the peppers to a large pan with 60ml of water. Cook over a medium heat for 5-8 minutes until tender and most of the water has evaporated.
Next add the chickpeas, corn, salsa, cumin and chipotle chilli pepper (if using). Stir well to coat everything and cook for a further 5-10 minutes until everything is heated through and the sauce has thickened.
When the potatoes are done, stir them into the veggie mixture and remove the pan from the heat.
Prepare the avocado cumin cream by processing all the ingredients together in a blender.
Add the cooked vegetable mixture to your tortillas or wrap of choice and drizzle the avocado cream inside and on top. For an optional garnish, sprinkle with chopped jalapenos.
*Nutrition does not include tortillas

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

VEGAN POWER WAFFLES



25 MINUTES



2



CALS

578



PROTEIN

15



CARBS

62



FAT

30



FIBRE

6

VEGAN POWER WAFFLES

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

500ml water
90g oats
31g millet
28g flax meal
65g cup whole pecans or
walnuts (or a mixture of both)
½ tsp salt
¼ apple

INSTRUCTIONS

Blend all ingredients in a high speed blender until smooth.
Bring your waffle iron to high heat. If you are going for a completely oil-free waffle (and you don't have a brand new non-stick waffle iron), sprinkle a few sesame seeds on the lower portion of the iron before pouring the batter.
Cook waffles according to your waffle iron's instructions, but it should take about 8-10 minutes. Remember, with all the oats and flax in there, you'll need to cook it a little bit longer to prevent "goopiness".
Divide waffles onto two plates and serve hot.



ENERGIZE

- N U T R I T I O N -

SAVOURY OATMEAL



20 MINUTES



1



CALS

409



PROTEIN

24



CARBS

45



FAT

15



FIBRE

5

SAVOURY OATMEAL

SERVES: 1

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 tsp olive oil
1 spring onion, thinly sliced,
greens and whites separated
½ bell pepper, cored and
chopped
1 clove garlic, minced
Salt and pepper
40g rolled oats
240ml semi skimmed milk
1 large egg
½ tsp white vinegar
30g Parmesan cheese, grated

INSTRUCTIONS

Gently fry the onion whites, bell pepper, and garlic. Season and continue to cook until soft.
Add oats and milk, bring to a boil, then reduce to a simmer and cook until mixture starts to thicken but is still slightly wet, about 5 minutes should do. Then stir in parmesan and onion greens.
Keep the oatmeal warm by covering the pot and turn the heat down to low.
Poach the egg in swirling, simmering water for 3 minutes. Use a slotted spoon to remove from the pan and drain off excess water.
Serve the oatmeal in a bowl immediately, topped with the poached egg.

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

BAKED SWEET POTATO FRIES



40 MINUTES



4



CALS

78



PROTEIN

1



CARBS

11



FAT

4



FIBRE

3

BAKED SWEET POTATO FRIES

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

- 3 large sweet potatoes
- 1 tbsp extra virgin olive oil
- 1 tsp cumin
- ¼ tsp paprika
- ½ tsp sea salt
- Dash cayenne pepper (optional)
- Coconut or vegetable oil cooking spray

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Wash and peel the sweet potatoes, cut into lengthwise wedges or sticks. Place in a large bowl and drizzle them with the extra virgin olive oil, tossing to coat. Combine the cumin, paprika, and sea salt in a small bowl and mix them together. Sprinkle the mixture onto the cut sweet potatoes ensure they are thoroughly coated with both oil and spices. Bake in the oven for about 30 minutes, or until done. Toss once or twice, turning the pan as needed, to make sure the fries bake evenly.



ASIAN SLAW WITH SESAME AND GINGER DRESSING



15 MINUTES



8



CALS

49



PROTEIN

1



CARBS

9



FAT

1



FIBRE

2

ASIAN SLAW WITH SESAME AND GINGER DRESSING

SERVES: 8

TOTAL TIME: 15 MINUTES

INGREDIENTS

2½ tbsp rice vinegar
2 tbsp soy sauce
1½ tbsp maple syrup
1 tsp toasted sesame oil
1 tsp sriracha (optional)
1 tbsp fresh ginger, grated
1 garlic clove, minced
1kg cabbage (red, green or a mix), shredded
2-3 medium carrots, shredded
1 medium red bell pepper, sliced into thin strips
2 spring onions, chopped
Handful fresh coriander, chopped
1 tsp toasted sesame seeds

INSTRUCTIONS

To create the dressing, mix the rice vinegar, soy sauce, maple syrup, sesame oil, sriracha, ginger and garlic together in a small bowl. Place the cabbage, carrots, bell pepper, spring onions and coriander into a large mixing bowl and combine. Pour the dressing over the vegetables and mix well to ensure everything is evenly coated. Taste and adjust any seasonings to your liking. Sprinkle with the toasted sesame seeds and serve immediately.



MASHED ROOT VEGETABLES



40 MINUTES



4



CALS

174



PROTEIN

3



CARBS

27



FAT

6



FIBRE

7

MASHED ROOT VEGETABLES

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

400g turnip, peeled and
chopped into 2cm chunks
300g carrots, peeled and
chopped into 2cm chunks
300g parsnips, peeled and
chopped into 2cm chunks
1 white onion, sliced
2 tbsp butter
50ml milk
½ tsp salt
¼ tsp black pepper

INSTRUCTIONS

In a large pot add the turnip, carrot, parsnip and onion and add enough water to cover. Over a medium-high heat, bring the pot to the boil then put a lid on it and let it simmer for around 30 minutes, or until all the vegetables are soft enough to mash, and then drain.
Return the vegetables to the pot before adding the butter, milk, salt and pepper. Begin mashing the vegetables using a potato masher. You want the vegetables to retain some of their texture so make sure you do not mash them completely smooth.



EGG AND AVOCADO FLATBREAD



20 MINUTES



2



CALS

519



PROTEIN

16



CARBS

44



FAT

32



FIBRE

3

EGG AND AVOCADO FLATBREAD

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 flatbread or naan
1 tbsp olive oil
1 pinch salt
1 ripe avocado, peeled and seed removed
1 tsp red pepper flakes
8 cherry tomatoes, sliced
2 eggs, fried over easy
Salt and pepper to taste

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.
Place flatbread on a flat baking sheet, drizzle on some olive oil and sprinkle with salt.
Bake until the bread begins to toast.
Meanwhile, roughly mash the avocado with the red pepper flakes.
Once the flatbread is warmed, spread with the mashed avocado almost to the edges.
Top with sliced tomatoes and fried eggs. Sprinkle with salt and fresh ground black pepper to taste, if desired.
Serve warm.



ROASTED NEW POTATO SALAD WITH LENTILS

 1 HOUR

 4



CALS

371



PROTEIN

10



CARBS

46



FAT

17



FIBRE

5

ROASTED NEW POTATO SALAD WITH LENTILS

SERVES: 4

TOTAL TIME: 1 HOUR

INGREDIENTS

- 1kg new potatoes
- 1 tbsp avocado oil
- 1 tsp sea salt
- 150g cooked lentils
- 450g fresh spinach
- For the herb dressing:
- 50ml extra virgin olive oil
- 10g dill, finely chopped
- 10g chives, finely chopped
- 2 tbsp white wine vinegar
- 1 tsp Dijon mustard
- ½ tsp maple syrup
- ½ tsp sea salt
- ½ tsp black pepper

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.
Scrub the potatoes and cut any larger ones so that they're all roughly the same size (about the size of a golf ball). Coat with the avocado oil and salt and roast on baking tray lined with parchment paper.
Roast for 50-60 minutes, or until golden.
To make the dressing, add the dill and herbs to a small bowl or jar, then add the remaining ingredients and stir to combine.
Place the hot potatoes in a large bowl with the lentils and spinach. Pour over the dressing and stir until the potatoes are fully coated and the spinach is wilted.
Serve either warm or cold.

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

CAJUN GRILLED CHICKEN



25 MINUTES



2



CALS

492



PROTEIN

48



CARBS

30



FAT

20



FIBRE

12

CAJUN GRILLED CHICKEN

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 tsp rapeseed oil
½ tsp dried oregano
½ tsp dried thyme
1 tsp smoked paprika
½ tsp cayenne pepper
1 garlic clove, crushed
4 skinless and boneless chicken breasts
Cannellini bean salad:
200g tin of cannellini beans
2 tomatoes, diced
85g tinned sweetcorn
2 spring onions, finely sliced
25g sundried tomatoes, roughly chopped
1 lime, juice and zest
Handful coriander, chopped
Guacamole:
1 avocado, peeled and stoned
¼ red chilli, deseeded and finely diced
½ tbsp olive oil
1 lime, juiced
Handful coriander, chopped

INSTRUCTIONS

Mix together the rapeseed oil, herbs, spices and garlic in a sealable bag. Place the chicken breasts in the bag so that they are covered in the oil and herb mixture. Tenderise the marinating chicken by bashing it with a rolling pin, this will help it absorb the flavours, and then leave it to one side to marinate for at least 15 minutes.

In a large bowl, mix together all the ingredients for the bean salad. Make sure the ingredients are well combined and then set it aside for the time being.

For the guacamole, scoop out the flesh from the avocado and put it in a medium bowl and mash it with the back of a spoon until it reaches your desired consistency. Add the remainder of the ingredients for the guacamole and mix well. If you prefer your guacamole smooth, mash the avocado with the olive oil and lime juice before adding the other ingredients.

Once the chicken has marinated for 15 minutes, heat the grill. Place the chicken on a baking tray and grill for around 5 minutes, or until the top side is golden brown. Turn the chicken and grill for a further 5 minutes. After this, check if the breast have cooked through and remove from the heat. Serve each Cajun chicken breast with a side of Cannellini bean salad and a dollop of guacamole.



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

15 MINUTE CHILLI



20 MINUTES



2



CALS

333



PROTEIN

13



CARBS

36



FAT

12



FIBRE

15

15 MINUTE CHILLI

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

½ small onion, finely chopped
1 large garlic clove, crushed
1 knob butter
½ tsp ground cumin
½ tsp paprika (sweet or smoked depending on preference)
Pinch chilli flakes or chilli powder
1 (400g) tin chopped tomatoes, drained and juice reserved
1 (400g) tin kidney beans, drained and rinsed
½ vegetable stock cube
2 squares dark chocolate
Sour cream, to serve (optional)
Coriander, to serve (optional)

INSTRUCTIONS

Put the onion, garlic, butter and spices in a microwaveable container, stir, then heat in the microwave on high for 30-40 seconds.
Allow to stand for 1 min, then add the chopped tomatoes, beans, stock cube and chocolate.
Cover with microwavable cling film and pierce 3 times.
Place some kitchen paper on your microwave turntable, put the container on top and cook for 2 mins on high.
Stir well and leave to stand for a further minute. If your chilli starts to dry out, add some of the reserved tomato juice, but bear in mind that it won't reduce as much in the microwave as it would on the hob.
Cover and cook on medium for a further 2 minutes.
Give it a good stir and allow to stand for 1 minute before serving topped with sour cream and coriander or your favourite Mexican topping if desired



- N U T R I T I O N -

CURRIED CHICKEN BOWLS



2 HOURS AND
30 MINUTES



4



CALS

274



PROTEIN

24



CARBS

28



FAT

7



FIBRE

4

CURRIED CHICKEN BOWLS

SERVES: 4

TOTAL TIME: 2 HOURS AND 30 MINUTES

INGREDIENTS

190g low-fat plain yoghurt
50g grated onion
2 tbsp mild curry powder
1½ tbsp lemon juice
1 tbsp extra-virgin olive oil
½ tsp salt
¼ tsp cayenne pepper (optional)
650g boneless, skinless chicken breast, cut into 1-2cm pieces
250g cooked brown rice
250g cooked quinoa
5g fresh coriander, chopped
25g thinly sliced spring onions

INSTRUCTIONS

Stir the yoghurt, onion, curry powder, lemon juice, half the oil, salt and cayenne, if using, together in a medium bowl.

Add the chicken and toss to coat evenly. Cover and marinate in the refrigerator for at least 2 hours or preferably overnight.

Preheat your oven to 200C/400F/Gas Mark 6.

Line a baking tray with tin foil then create a high wedge barrier to halve the tray.

Place the curried chicken, in a single layer in an ovenproof dish.

Roast for 15 to 18 minute or until the chicken is cooked through

Whilst the chicken is roasting cook the rice and quinoa before adding to the bowls with the chicken, coriander and spring onions.



ENERGIKE
- N U T R I T I O N -

BBQ VEGETABLE KEBABS



40 MINUTES



4



CALS

362



PROTEIN

21



CARBS

23



FAT

22



FIBRE

4

BBQ VEGETABLE KEBABS

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

125g smooth, unsalted peanut butter
120ml hot water
2 tbsp reduced sodium tamari, or soy sauce
2 tbsp mirin (Japanese cooking wine)
2 tsp sesame oil
¼ tsp red pepper flakes
2 cloves garlic, minced
400g extra firm tofu, cubed
1 red bell pepper, cut into 2.5cm chunks
1 small courgette, cut into 2.5cm chunks
1 medium onion, quartered and cut into chunks
220g mushrooms, quartered (or halved if small)

INSTRUCTIONS

Soak 10 bamboo skewers in water for 20-30 minutes.
Combine the peanut butter, hot water, tamari, mirin, sesame oil, red pepper flakes and garlic in a large bowl and stir until the peanut butter is mixed in.
Add the tofu to the sauce, stir to coat and marinate for 20 minutes.
Remove the tofu from the sauce, then thread it, along with the vegetables onto the skewers.
Under a hot grill or BBQ, cook the skewers for 7-10 minutes, turning several times and brushing liberally with the peanut sauce.
Serve hot, drizzled with any of the remaining sauce..

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

COCONUT CHICKPEA CURRY

 45 MINUTES

 5



CALS

225



PROTEIN

7



CARBS

28



FAT

9



FIBRE

3

COCONUT CHICKPEA CURRY

SERVES: 5

TOTAL TIME: 45 MINUTES

INGREDIENTS

2 tbsp coconut oil
2 medium yellow onions or 1
large red onion, sliced
400g fresh tomatoes, diced
(if using tinned, drain the
tomatoes)
Sea salt and ground black
pepper, to taste
1 (400g) tin chickpeas, drained
3 garlic cloves, minced
1½ tbsp garam masala
1 tsp curry powder
¼ tsp cumin
1 (400ml) can coconut milk
2 tsp coconut flour
1 small lime

INSTRUCTIONS

In a large pan over medium high heat, add the coconut oil. Add in the onions and tomatoes. Season with salt and pepper and stir. Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are softened and almost translucent. Add chickpeas, garlic, garam masala, curry powder and cumin. Stir to again to mix well. Add in the coconut milk and stir again. Add in the coconut flour to thicken.

Bring to a boil, and then reduce to medium-low so that the mixture continues to simmer for a further 10 to 12 minutes.

Taste and season with salt and pepper if required.

Remove from the heat and squeeze a lime lightly over the top stirring to combine.

Allow to cool slightly and then serve.

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

THAI GREEN CURRY



15 MINUTES



4



CALS

332



PROTEIN

6



CARBS

22



FAT

23



FIBRE

6

THAI GREEN CURRY

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 tbsp sunflower oil
800g butternut squash, peeled
and cut into bite-sized cubes
3 tbsp light soy sauce
Lime wedges to serve
Handful coriander, to serve
1 red chilli, deseeded and sliced
1 spring onion, finely chopped,
to serve
Jasmine rice, to serve
For the green curry base:
1 stalk lemongrass, bruised
2 tbsp Thai green curry paste
2 x (400ml) tins low-fat coconut
milk
Handful sugar snap peas
Handful asparagus spears,
tough ends removed
Handful green beans, trimmed
2 tbsp frozen or fresh edamame
beans

INSTRUCTIONS

Heat 1 tbsp of sunflower oil in a wok. Toss the butternut squash cubes into the soy sauce. Put the soy-coated butternut squash in the wok and cook over a medium heat for 10 minutes or until softened and browned, stirring often

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.

Add the coconut milk, then reduce the heat slightly and simmer for around 8 minutes.

Remove the lemongrass stalk and discard. Add sugar snap peas, asparagus, green beans and edamame beans into the sauce and cook for a further 4 to 5 minutes or until the vegetables are al dente

Divide the curry into bowls and add the squash. Top each bowl with a squeeze of lime, sprinkle of coriander, slices of chilli and spring onion. Serve with bowls of steaming, fluffy jasmine rice.

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

POLENTA WITH MUSHROOMS AND SPINACH



15 MINUTES



2



CALS

491



PROTEIN

17



CARBS

28



FAT

35



FIBRE

5

POLENTA WITH MUSHROOMS AND SPINACH

SERVES: 2

TOTAL TIME: 15 MINUTES

INGREDIENTS

150g polenta
200ml full-fat coconut milk
300ml vegetable broth
2-3 tbsp nutritional yeast flakes
or vegan parmesan cheese
(optional)
For the mushroom spinach
topping:
1 tbsp olive oil or coconut oil
1 onion, sliced
200g mushroom, sliced
2 cloves garlic, minced
1-2 tbsp soy sauce
450g spinach, roughly chopped
salt and black pepper, to taste
2-3 tbsp pine nuts

INSTRUCTIONS

In a pot, bring the coconut milk and vegetable broth to a boil. Stir in polenta with a whisk. Reduce to a low simmer and continue to whisk for 1-2 minutes to avoid the polenta becoming lumpy. Cover and allow to simmer for a further 10 minutes (refer to packet instructions), stirring occasionally.

Once the polenta is creamy and smooth, remove from the heat and stir in the nutritional yeast or vegan parmesan if desired

Mushroom Spinach Topping:

Heat the oil in a pan. Add mushrooms and onions and fry for about 3 minutes on high heat or until the mushrooms turn golden-brown. Add minced garlic and cook for a further 30 seconds. Add soy sauce and spinach and cook until spinach is wilted. Season with salt and pepper to taste and add a splash of fresh lime juice, if desired.

Toast pine nuts in a small pan without oil until lightly browned.

Serve the polenta topped with mushrooms, spinach and the toasted pine nuts.



SWEETCORN AND SWEET POTATO BURGERS



1 HOUR 10
MINUTES



10



CALS

252



PROTEIN

5



CARBS

54



FAT

2



FIBRE

6

SWEETCORN AND SWEET POTATO BURGERS

SERVES: 10

TOTAL TIME: 1 HOUR 10 MINUTES

INGREDIENTS

6 large sweet potatoes
2 tsp oil
2 red onions, finely chopped
2 red chillies, finely chopped
(deseeded if you like)
1 tbsp ground cumin
1 tbsp ground coriander
340g tinned sweetcorn, drained
Small bunch coriander, chopped
200g polenta
Buns, salsa, onion and salad
leaves, to serve

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6. Pierce the potato skins and bake for 45 mins until really soft. Set aside to cool. Meanwhile, heat the oil in a small pan, add the onions and chillies, and cook for 8-10 mins until soft. Leave to cool. Peel the potatoes and add the flesh to a bowl with the chilli and onions and mash together with the spices until smooth. Using your hands, mix in the sweetcorn, coriander, half the polenta and some of the seasoning. Shape the mixture into 10 burgers. Carefully dip each one into the remaining polenta and dust off any excess. Place burgers on oiled baking trays and allow chill for at least 30 mins. Cook the burgers in a lightly-oiled non-stick frying pan for 10 mins each side until nicely browned. Alternatively, heat your oven to 220°C/425°F/gas 7 and cook on oiled baking trays for 15 mins. Serve in buns with a dollop of salsa, some onion and salad leaves.

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

SOUTHWESTERN CHICKEN SALAD



20 MINUTES



4



CALS

445



PROTEIN

32



CARBS

39



FAT

20



FIBRE

11

SOUTHWESTERN CHICKEN SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

Marinade/Dressing:

4 skinless, boneless chicken
thigh fillets
2 tbsps olive oil
70ml lime juice, freshly
squeezed
4 tbsp fresh coriander (or flat-
leaf parsley), chopped
2 cloves garlic, crushed
1 tsp brown sugar
½ -¾ tsp red chilli flakes (adjust
to your preference of spice)
½ tsp ground cumin
1 tsp salt
65g plain Greek yoghurt or sour
cream

Salad:

300g romaine or cos lettuce
leaves, washed and dried
200g cherry tomatoes, halved
1 ripe avocado, sliced
60g black beans , washed and
rinsed
60g corn, washed and rinsed

INSTRUCTIONS

Whisk marinade ingredients except the Greek yoghurt together to combine.

Pour half the marinade into a shallow dish and marinate the chicken fillets for two hours.

Refrigerate the reserved untouched marinade to use as the dressing. Heat about one tsp of oil in a grill pan or frying pan over a medium-high heat and grill chicken fillets on each side until golden, crispy and cooked through. Do not overcrowd the pan or the chicken will release too much water and just boil. Once cooked, set aside and allow to rest.

Slice the chicken into strips and prepare a salad of leaves, tomatoes, avocado slices, black beans, corn and layer the chicken on top.

Prepare the dressing by mixing the remaining marinade with the Greek yoghurt. Mix well to combine and drizzle over the chicken.

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

BUTTER BEAN AND CHORIZO STEW



15 MINUTES



4



CALS

491



PROTEIN

23



CARBS

24



FAT

32



FIBRE

8

BUTTER BEAN AND CHORIZO STEW

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

200g cooking chorizo
2 x (400g) tins chopped tomatoes
2 x (400g) tins butter beans, drained
1 jar fresh pesto

INSTRUCTIONS

Heat a large saucepan over a medium heat. Slice the chorizo and fry in the pan with some oil. Allow to fry gently until it begins to turn dark brown.

Add the tomatoes and butter beans, bring to a boil, reduce the heat and simmer for 10 minutes.

Gently stir in the pesto and season lightly. Ladle into four bowls. Serve hot with a warm crusty baguette.



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

STEAK BULGOGI BOWLS



25 MINUTES



2



CALS

420



PROTEIN

32



CARBS

42



FAT

12



FIBRE

7

STEAK BULGOGI BOWLS

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 1 rump steak trimmed of any visible fat
- 1 tbsp gochujang (Korean red pepper paste)
- 250g pouch steamed brown basmati rice
- Olive oil
- 1 carrot, shredded
- 1 red pepper, thinly sliced
- 2 spring onions, thinly sliced
- 1 sheet nori, cut into strips
- 1 tbsp sesame seeds
- For the Dressing
 - 1 tsp gochujang
 - 1 tbsp soy sauce
 - 1 tbsp rice wine vinegar
 - 1 tsp sesame oil
 - ½ garlic clove, crushed
 - 1 tsp ginger, grated

INSTRUCTIONS

- Rub the steak with the gochujang and a good pinch of black pepper. Set aside to marinate for 30 minutes at room temperature.
- Heat the rice according to the pack instructions.
- Put a little oil in a frying pan over a medium heat. Season the steak with salt and add to the pan, cooking for 2-3 minutes on each side or until cooked to your liking. Allow to rest on a plate for 2 minutes, then slice diagonally thinly.
- Whisk all the dressing ingredients together, adding the resting juices from the steak.
- Toss the rice in about ¾ of the dressing and divide between bowls.
- Arrange the veggies, nori and sliced steak in little piles and finish with a sprinkling of sesame seeds and then drizzle over the remaining dressing.

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

CHICKEN KATSU CURRY

 40

 4



CALS

319



PROTEIN

34



CARBS

36



FAT

5



FIBRE

0

CHICKEN KATSU CURRY

SERVES: 4

TOTAL TIME: 40

INGREDIENTS

4 skinless chicken breasts
1 large egg, beaten
8 tbsp finely crushed cornflakes
or panko crumbs
2 garlic cloves, crushed
1-2 tbsp Korma paste
1 tbsp soy sauce
4 tbsp ketchup
2 tbsp honey
2 tbsp cornflour

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.
Dip the chicken in the egg, then coat evenly in the cornflakes or crumbs.
Arrange the chicken spaced out on a non-stick baking tray and cook for 15-20 mins or until cooked through.
Add the remaining ingredients in a pan with 500ml of water and heat, stirring constantly until boiling and starting to thicken.
Cover the pan, reduce to a simmer and cook for a further 5 minutes.
Divide the sauce between 4 plates, slice the chicken breasts and arrange on top of the sauce.
Serve with fluffy Jasmine rice, garnished with soya beans and finely sliced red chilli.

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

SOUVLAKI BEEF KEBABS



17 MINUTES



4



CALS

287



PROTEIN

28



CARBS

8



FAT

16



FIBRE

5

SOUVLAKI BEEF KEBABS

SERVES: 4

TOTAL TIME: 17 MINUTES

INGREDIENTS

4 x 200g beef kebab skewers
2 tbsp olive oil
2 tbsp red wine vinegar
2 tbsp lemon juice
3 cloves garlic, minced
1 tbsp dried oregano
1 tbsp dried mint
2 tsp salt
½ tsp chili flakes

INSTRUCTIONS

Arrange the skewered beef in a large baking dish in a single layer.
Whisk together the remaining ingredients and drizzle over the kebabs.
Marinate for 30 minutes or preferably overnight, turning once.
Preheat your grill on high.
Grill for 8-12 minutes, rotating once halfway through.
Let rest for 8 minutes before serving.



GREEK SALMON PITA SANDWICH



5 MINUTES



2



CALS

514



PROTEIN

44



CARBS

32



FAT

24



FIBRE

3

GREEK SALMON PITA SANDWICH

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

280g poached salmon
2 tbsp fat free Greek yoghurt
50g cucumber, chopped
40g red onion, finely chopped
10 cherry tomatoes, halved
2 tbsp feta cheese
1 tsp fresh dill, chopped
2 leaves lettuce
1 pitta bread pocket, cut in half

INSTRUCTIONS

In a bowl, gently combine the salmon, yoghurt, cucumber, red onion, tomatoes, feta cheese and dill.
Stuff generous amounts of the mixture with a crisp lettuce leaf into pita pockets and serve.

ENERGIZE

- N U T R I T I O N -

VEGGIE BURGER



30 MINUTES



8



CALS

161



PROTEIN

8



CARBS

24



FAT

5



FIBRE

4

VEGGIE BURGER

SERVES: 8

TOTAL TIME: 30 MINUTES

INGREDIENTS

1 (400g) tin chickpeas, drained
and mashed
8 fresh basil leaves, chopped
25g oat bran
25g quick cooking oats
225g brown rice, cooked
1 (400g) package firm tofu
5 tbsp Korean barbeque sauce
½ tsp salt
½ tsp black pepper, ground
¾ tsp garlic powder
¾ tsp dried sage
2 tsp vegetable oil

INSTRUCTIONS

In a large bowl, stir together the mashed chickpeas and basil.
Mix in the oat bran, quick oats, and rice - at this stage, the mixture should seem a little dry.
In a separate bowl, mash the tofu with your hands, trying to squeeze out as much of the water as possible.
Drain off the water, and repeat the process until there is hardly any water being produced (a little is fine).
Pour the barbeque sauce over the tofu, and stir to coat thoroughly.
Stir the tofu into the chick peas and oats. Season with salt, pepper, garlic powder, and sage; mix until well blended.
Heat the oil in a large heavy pan over medium-high heat.
Form patties out of the bean mixture, and fry them in hot oil for about 5 minutes per side until golden and appetising.
Serve as you would burgers with your favourite toppings.



CINNAMON ROLL MUG CAKE

 2 MINUTES

 1

				
CALS	PROTEIN	CARBS	FAT	FIBRE
312	32	10	12	0

CINNAMON ROLL MUG CAKE

SERVES: 1

TOTAL TIME: 2 MINUTES

INGREDIENTS

- 1 scoop vanilla protein powder
- ½ tsp baking powder
- 1 tbsp coconut flour
- 180g egg whites
- 60ml unsweetened almond milk
- 1 tsp cinnamon
- ¼ tsp vanilla extract
- 1 tbsp raw honey or stevia, to taste
- For the glaze:
 - 1 tbsp coconut butter and pinch cinnamon

INSTRUCTIONS

Spray a microwavable mug with a little cooking spray. Stir the protein powder, baking powder, coconut flour, cinnamon, sweetener of choice together until well combined. Add egg whites, almond milk, and vanilla extract. Add more almond milk if needed (a thick batter is the desired consistency). Microwave for 60 seconds, or until the centre is cooked (microwave times will vary depending on microwave). Make the glaze by melting coconut butter with a pinch of cinnamon and drizzle over the top of the cakes. Serve immediately.



CHERRY VEGAN CHEESECAKE

 3 HOURS

 8



CALS

427



PROTEIN

7



CARBS

39



FAT

27



FIBRE

5

CHERRY VEGAN CHEESECAKE

SERVES: 8

TOTAL TIME: 3 HOURS

INGREDIENTS

For the crust:

100g raw pecans

175g pitted dates

Pinch sea salt

For the vegan cheesecake
filling:

225g raw cashews

80ml lemon juice, freshly
squeezed

80ml coconut oil, melted and
cooled

160ml full fat coconut milk,
chilled

80ml pure maple syrup

For the sweet cherry topping:

900g frozen sweet cherries,
pitted

80ml water

2 tbsp pure maple syrup

1 tbsp lemon juice

2 tsp arrowroot starch

½ tsp lemon zest

INSTRUCTIONS

Cover the cashews with boiling water, soak for one hour.

In a food processor, add the pecans, sea salt, and dates. Process until a small ball forms and then continue until the mixture resembles a loose dough. Set aside.

Line a loaf tin with parchment paper. Carefully pack down the mixture using your fingers. This will serve as the crust.

Drain cashews and add them into a blender, followed by the lemon juice, coconut oil, chilled coconut milk (just use solid milk from the top and leave the clear liquid), and maple syrup. Blend together until smooth and creamy.

Pour the filling over the pecan crust and pop into the freezer for 2 to 3 hours to set.

When you're ready, remove from the freezer to thaw slightly then pull up the parchment paper to remove.

Meanwhile, combine the cherries, water, maple syrup, and lemon juice in a pan over medium-high, and stir for about 12 to 15 minutes. Add the arrowroot and whisk until smooth. Cook until thick and bubbly, allow to cool to room temperature, then serve over the cheesecake.



FRENCH TOAST ROLL UPS



30 MINUTES



7



CALS

250



PROTEIN

10



CARBS

43



FAT

4



FIBRE

0

FRENCH TOAST ROLL UPS

SERVES: 7

TOTAL TIME: 30 MINUTES

INGREDIENTS

7 Flatbreads

Butter to grease

Toothpicks (optional)

For the French toast batter:

5 eggs

2 tbsp semi-skimmed milk

55g granulated sugar

1 tsp vanilla extract

½ tsp cinnamon

To serve:

Powdered sugar

Your favourite syrup

INSTRUCTIONS

Whisk together all the batter ingredients and set aside.

Grease a large non-stick pan and place over medium heat.

Dip one flatbread in the batter, let excess drip off and cook until golden on both sides.

Transfer to a plate and repeat with the remaining breads.

Roll up the flatbreads, slice and stick with a toothpick if desired.

Eat warm with dipping syrup or fill with any of your favourite toppings – Nutella, peanut butter, coconut, fruit etc.

Dust with powdered sugar before serving.



SNICKERDOODLE PROTEIN BITES



10 MINUTES



28



CALS

65



PROTEIN

3



CARBS

8



FAT

3



FIBRE

1

SNICKERDOODLE PROTEIN BITES

SERVES: 28

TOTAL TIME: 10 MINUTES

INGREDIENTS

115g peanut flour or oat flour
75g vanilla protein
90g caramel chips or chopped
caramel candy bits
1 tbsp cinnamon
¼ tsp sea salt
¼ tsp butter extract (optional)
¼ tsp vanilla extract.
175g honey or maple syrup
125g nut butter of choice

INSTRUCTIONS

Mix all the dry ingredients together in a large bowl.
Next add the nut butter, extracts and the honey.
Combine well (it's easiest to just use your hands) and roll into bite size balls. Increase the amount of honey and nut butter if they end up being too dry to roll. It largely depends on type of protein you use.
You can then roll them in the extra protein or cinnamon powder after you roll to coat.
Freeze or keep in refrigerator to maintain freshness.

ENERGIZE

- N U T R I T I O N -

DARK CHOCOLATE PEANUT BUTTER CUPS



45 MINUTES



9



CALS

221



PROTEIN

7



CARBS

19



FAT

13



FIBRE

6

DARK CHOCOLATE PEANUT BUTTER CUPS

SERVES: 9

TOTAL TIME: 45 MINUTES

INGREDIENTS

170g dark chocolate (60-70%
cocoa), chopped
125g natural peanut butter,
3 tbsp coconut oil

INSTRUCTIONS

Melt the chocolate in a large bowl placed over, but not touching, a pot of boiling water. Add the chocolate and 2 tbsp of the coconut oil and allow both to melt completely, while stirring occasionally. When melted, turn off the heat, but leave the bowl on the pot to keep warm.

In a small bowl, combine the peanut butter with the remaining tbsp of coconut oil.

Line a muffin tin with cupcake liners then pour enough of the melted chocolate mixture to cover the bottom of each liner and set them in the freezer for about 5 minutes.

Once set, add a small scoop of the peanut butter mixture into the centre of the cup and gently flatten with your thumb or the back of a spoon then pour enough melted chocolate over the peanut butter to cover the top. Pop back into the freezer for about 25-30 minutes to completely set.

If you're not going to devour these right away, make sure to remove the peanut butter cups from the freezer about 30 minutes before serving and place them into the fridge to thaw and soften enough to eat.



PEANUT BUTTER OVERNIGHT OATS

 5 MINUTES

 4



CALS

303



PROTEIN

10



CARBS

41



FAT

11



FIBRE

9



CHOCOLATE BANANA PANCAKES

 20 MINUTES

 3

				
CALS	PROTEIN	CARBS	FAT	FIBRE
313	10	58	5	7

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

MEXICAN BREAKFAST BURRITOS



50 MINUTES



5



CALS

202



PROTEIN

6



CARBS

32



FAT

6



FIBRE

7

ENERGIZE

- N U T R I T I O N -

VEGAN POWER WAFFLES

 25 MINUTES

 2



CALS

578



PROTEIN

15



CARBS

62



FAT

30



FIBRE

6

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

SAVOURY OATMEAL

 20 MINUTES

 1



CALS

409



PROTEIN

24



CARBS

45



FAT

15



FIBRE

5

BAKED SWEET POTATO FRIES

 40 MINUTES

 4



CALS

78



PROTEIN

1



CARBS

11



FAT

4



FIBRE

3

ASIAN SLAW WITH SESAME AND GINGER DRESSING



15 MINUTES



8



CALS

49



PROTEIN

1



CARBS

9



FAT

1



FIBRE

2



MASHED ROOT VEGETABLES

 40 MINUTES

 4



CALS

174



PROTEIN

3



CARBS

27



FAT

6



FIBRE

7

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

EGG AND AVOCADO FLATBREAD

 20 MINUTES

 2



CALS

519



PROTEIN

16



CARBS

44



FAT

32



FIBRE

3



ROASTED NEW POTATO SALAD WITH LENTILS

 1 HOUR

 4



CALS

371



PROTEIN

10



CARBS

46



FAT

17

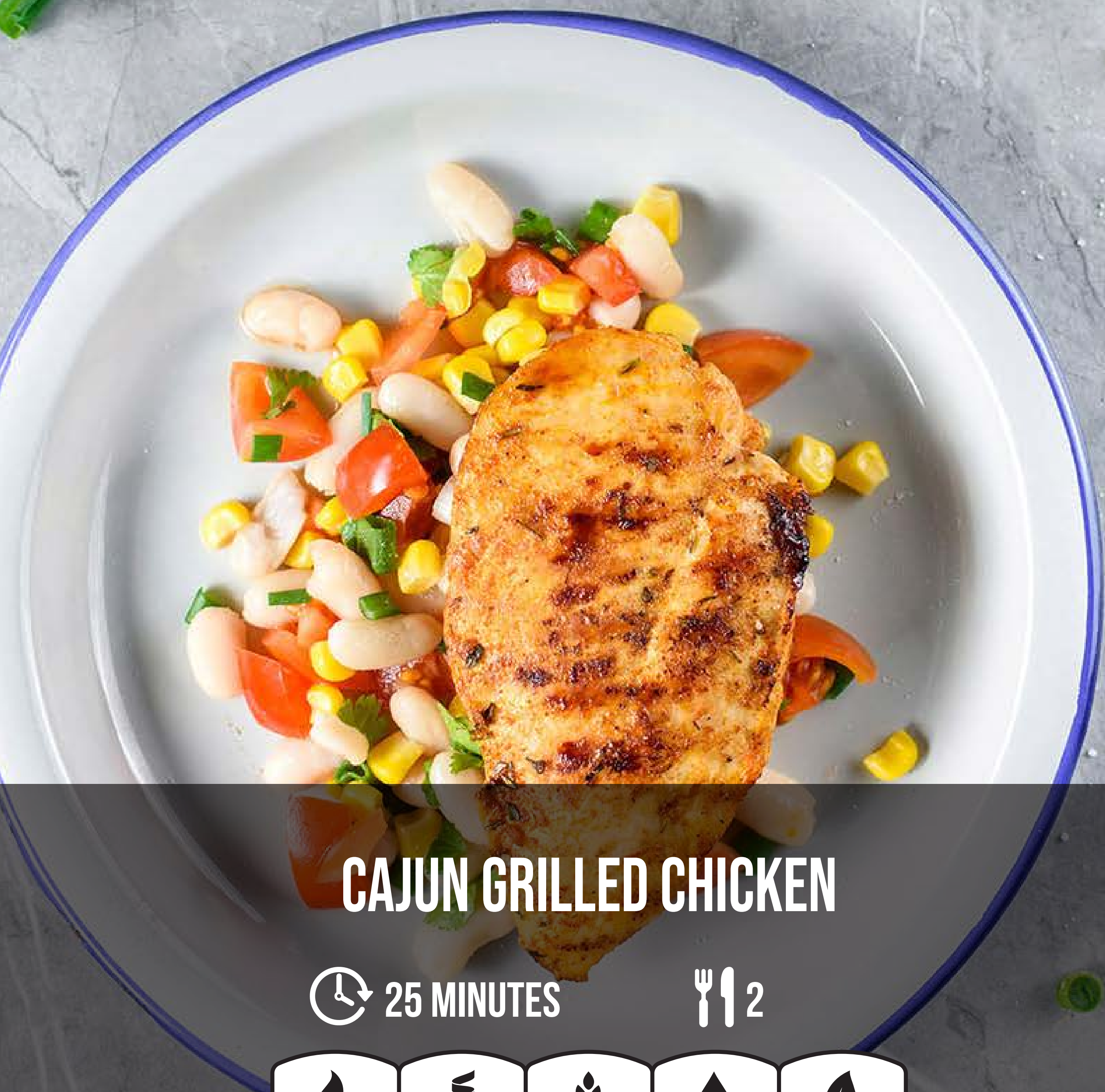


FIBRE

5

ENERGIZE

- N U T R I T I O N -



CAJUN GRILLED CHICKEN

 25 MINUTES

 2



CALS

492



PROTEIN

48



CARBS

30



FAT

20



FIBRE

12

15 MINUTE CHILLI

 20 MINUTES

 2



CALS

333



PROTEIN

13



CARBS

36



FAT

12



FIBRE

15



CURRIED CHICKEN BOWLS



2 HOURS AND
30 MINUTES



4



CALS

274



PROTEIN

24



CARBS

28



FAT

7



FIBRE

4

BBQ VEGETABLE KEBABS

 40 MINUTES

 4



CALS

362



PROTEIN

21



CARBS

23



FAT

22



FIBRE

4

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

COCONUT CHICKPEA CURRY

 45 MINUTES

 5



CALS

225



PROTEIN

7



CARBS

28



FAT

9



FIBRE

3

THAI GREEN CURRY



15 MINUTES



4



CALS

332



PROTEIN

6



CARBS

22



FAT

23

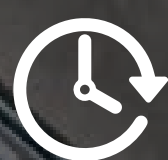


FIBRE

6



POLENTA WITH MUSHROOMS AND SPINACH



15 MINUTES



2



CALS

491



PROTEIN

17



CARBS

28



FAT

35



FIBRE

5

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



SWEETCORN AND SWEET POTATO BURGERS

 1 HOUR 10 MINUTES  10

				
CALS	PROTEIN	CARBS	FAT	FIBRE
252	5	54	2	6

SOUTHWESTERN CHICKEN SALAD



20 MINUTES



4



CALS

445



PROTEIN

32



CARBS

39



FAT

20



FIBRE

11



BUTTER BEAN AND CHORIZO STEW

 15 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
491	23	24	32	8

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



STEAK BULGOGI BOWLS



25 MINUTES



2



CALS

420



PROTEIN

32



CARBS

42



FAT

12



FIBRE

7

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



CHICKEN KATSU CURRY

 40

 4



CALS

319



PROTEIN

34



CARBS

36



FAT

5



FIBRE

0

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



SOUVLAKI BEEF KEBABS



17 MINUTES



4



CALS

287



PROTEIN

28



CARBS

8



FAT

16



FIBRE

5

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

GREEK SALMON PITA SANDWICH

 5 MINUTES

 2



CALS

514



PROTEIN

44



CARBS

32



FAT

24



FIBRE

3

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



VEGGIE BURGER

 30 MINUTES

 8



CALS

161



PROTEIN

8



CARBS

24



FAT

5



FIBRE

4



CINNAMON ROLL MUG CAKE

 2 MINUTES

 1

				
CALS	PROTEIN	CARBS	FAT	FIBRE
312	32	10	12	0



CHERRY VEGAN CHEESECAKE

 3 HOURS  8

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
427	7	39	27	5

FRENCH TOAST ROLL UPS

 30 MINUTES

 7



CALS

250



PROTEIN

10



CARBS

43



FAT

4

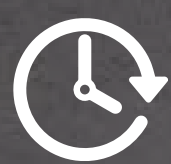


FIBRE

0



SNICKERDOODLE PROTEIN BITES



10 MINUTES



28



CALS

65



PROTEIN

3



CARBS

8



FAT

3



FIBRE

1



DARK CHOCOLATE PEANUT BUTTER CUPS

 45 MINUTES

 9

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
221	7	19	13	6