

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

CHERRY COCONUT OVERNIGHT OATS

 6 HOURS

 1



CALS

402



PROTEIN

20



CARBS

47



FAT

16



FIBRE

7

CHERRY COCONUT OVERNIGHT OATS

SERVES: 1

TOTAL TIME: 6 HOURS

INGREDIENTS

- 190 g low fat Greek yoghurt
- 25g rolled oats
- 80ml light coconut milk
- 12 fresh (or frozen and thawed) cherries, pitted
- 1 tbsp unsweetened shredded coconut
- 1 tsp honey
- ¼ tsp vanilla extract
- Pinch salt

INSTRUCTIONS

In a mason jar or resealable container, mix all the ingredients until well combined.
Cover and refrigerate at least 6 hours or overnight.
If the mixture is a little thick in the morning, add a little more milk.
Stir and serve cold.



KEY LIME PIE PROTEIN SHAKE



5 MINUTES



1

				
CALS	PROTEIN	CARBS	FAT	FIBRE
172	36	7	0	0

KEY LIME PIE PROTEIN SHAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

175g low-fat/fat free cottage
cheese
1 tbsp vanilla protein powder
1 lime, juiced
5-10 ice cubes
175ml water
3 packets stevia sweetener
Handful spinach
Optional:
½ tsp xanthan gum

INSTRUCTIONS

Add all the ingredients into a food processor and blend until the ‘milkshake’ reaches your desired consistency. If it is too thick simply add a splash more water and if it is too thin add a few more ice cubes to the mixture.

Alternatively, to give your shake a thick and luxurious texture add xanthan gum, which can be found in the gluten free section of most supermarkets.

Spinach is a healthy alternative to green food colouring and will give your ‘milkshake’ the green colour of a real key lime pie. Trust us, it just adds a little extra thickness and nutrients!

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

SPINACH PROTEIN PANCAKES



40 MINUTES



12



CALS

234



PROTEIN

17



CARBS

10



FAT

14



FIBRE

2

SPINACH PROTEIN PANCAKES

SERVES: 12

TOTAL TIME: 40 MINUTES

INGREDIENTS

284ml buttermilk
1 egg, beaten, plus 2 poached
eggs per person, to serve
(optional)
200g spinach
175g buckwheat flour
1 tsp gluten-free baking powder
Pinch of paprika
Rapeseed oil, for frying

INSTRUCTIONS

First, boil the kettle, and put the buttermilk and beaten egg in a food processor.
Put the spinach in a colander and pour over boiling water to wilt it. Squeeze out any excess water, add spinach to the processor and blitz to a smooth purée.
Next, put all the dry ingredients, plus 1 tsp of salt, in a bowl and gradually mix in the purée. If it's a little too thick, add 1 tbsp water to loosen it into the consistency of batter.
Heat a drizzle of oil in a large, non-stick pan over a medium heat and spoon in two or three ladlefuls of batter. Cook for 1-2 minutes or until bubbles appear, then flip over for 1 minute more or until cooked. Repeat until you have 12 pancakes.
Serve topped with poached eggs, if you like.

ENERGIZE

- N U T R I T I O N -

ASPARAGUS AND SOFT EGGS ON TOAST



20 MINUTES



4



CALS

348



PROTEIN

20



CARBS

22



FAT

20



FIBRE

2

ASPARAGUS AND SOFT EGGS ON TOAST

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

4 slices rustic country bread
455g asparagus, tough ends
trimmed
2 tbsp olive oil
Kosher salt and black pepper
8 large eggs
1 tsp vinegar
28g Parmesan

INSTRUCTIONS

Start by preheating the grill.

Place the bread and asparagus on a baking sheet, drizzle with the oil and season with 1/2 tsp each salt and pepper.

Grill until the bread is toasted, about 1 to 2 minutes per side and then place the bread on your four serving plates.

Continue grilling the asparagus, tossing once, for about 4 to 8 minutes more, or until tender.

At the same time, you'll need to poach your eggs.

Bring a pan of water, at least 5cm deep, to a bare simmer, add vinegar.

Crack your egg into a bowl and add them to the water, one by one.

While you're pouring your eggs in, stir the water gently to make a little whirlpool. Cook for 3-4 minutes or until the white has set. Remove from the water with a slotted spoon.

Serve toast with asparagus, eggs and parmesan cheese.



POACHED EGGS WITH MUSHROOMS AND TOMATOES



20 MINUTES



4



CALS

362



PROTEIN

22



CARBS

28



FAT

18



FIBRE

3

POACHED EGGS WITH MUSHROOMS AND TOMATOES

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 tsp white vinegar
1 tbsp plus 1 tsp olive oil
2 medium tomatoes, quartered
Kosher salt and black pepper
455g assorted mushrooms,
sliced
1 tbsp fresh thyme leaves
8 large eggs
4 slices country bread, toasted
28g parmesan, shaved
2 tbsp fresh chives, chopped

INSTRUCTIONS

First, you'll need to fill a large, deep frying pan with 7cm of water. Add the vinegar and bring to a simmer.

Meanwhile, heat 1 tsp of the oil in a large nonstick frying pan over medium-high heat. Add the tomatoes, season with $\frac{1}{4}$ tsp each salt and pepper, and cook until just tender, about 1 to 2 minutes per side. Remove tomatoes and set aside.

Add the remaining tbsp of oil to the frying pan and heat over medium-high heat. Add the mushrooms, thyme, $\frac{1}{2}$ tsp salt, and $\frac{1}{4}$ tsp pepper. Cook, tossing occasionally, for about 6 to 7 minutes or until golden brown and tender.

Meanwhile, you can poach your eggs, crack each one into a bowl and add them to the simmering water, one by one (four at a time). While you're pouring your eggs in, stir the water to make a gentle whirlpool. Cook for 3 to 4 minutes or until the white has set. Remove from the water with a slotted spoon.

Dividing evenly, top the bread with the tomatoes, mushrooms, eggs, Parmesan, and $\frac{1}{4}$ tsp each salt and pepper. Sprinkle with the chives.

ENERGIZE

- N U T R I T I O N -

PAN COOKED EGGS AND VEGETABLES



30 MINUTES



2



CALS

340



PROTEIN

17



CARBS

32



FAT

16



FIBRE

6

PAN COOKED EGGS AND VEGETABLES

SERVES: 2

TOTAL TIME: 30 MINUTES

INGREDIENTS

300g baby new potatoes,
halved
½ tbsp rapeseed oil
1 knob butter
1 courgette, cut into small
chunks
1 yellow pepper, cut into small
chunks
1 red pepper, cut into small
chunks
2 spring onions, finely sliced
1 garlic clove, crushed
1 sprig thyme, leaves picked
4 eggs
Toast (or gluten free bread) to
serve

INSTRUCTIONS

Start by bringing a large pot of water to boil. Cook the potatoes for 8 minutes, then drain.
Next, heat the oil and butter in a large non-stick frying pan and add the courgette, peppers, boiled potatoes and a little salt and pepper. Cook for 10 minutes, stirring from time to time, until everything begins to brown. Add the spring onions, garlic and thyme and cook for another 2 minutes. Make four spaces in the pan and crack in the eggs. Cover with foil or a lid and cook for about 4 minutes, or until the eggs are cooked (with the yolks soft for dipping into). Sprinkle with more thyme leaves and ground black pepper.
Serve on two plates with toast.



GERMAN RED CABBAGE

 1 HOUR

 10

				
CALS	PROTEIN	CARBS	FAT	FIBRE
61	1	12	1	2

GERMAN RED CABBAGE

SERVES: 10

TOTAL TIME: 1 HOUR

INGREDIENTS

1 tsp olive oil
1 white onion, finely sliced
1 apple, sliced
1 red cabbage, finely chopped
40g sugar
40ml white wine vinegar
Pinch salt
Pinch black pepper

INSTRUCTIONS

In a large pot, add the olive oil, onion and apple. Cook over a medium heat for 5 minutes, or until the onion has turned soft and the apple is beginning to caramelise. Stir in the remaining ingredients until they are well mixed before covering and stewing for around 1 hour, or until the cabbage is soft.

Remember to stir the mixture occasionally to prevent sticking.

Serve immediately as a great accompaniment to any dish or keep in the fridge and use in salads or as a healthy sandwich filling.



COLCANNON POTATOES



60 MINUTES



12



CALS

169



PROTEIN

4



CARBS

27



FAT

5



FIBRE

4

COLCANNON POTATOES

SERVES: 12

TOTAL TIME: 60 MINUTES

INGREDIENTS

1 white cabbage, finely chopped
2kg potatoes, peeled and quartered
½l milk
350g spring onions, finely chopped
Pinch salt
Pinch black pepper
60g butter
Handful fresh parsley, chopped
2 rashers bacon, grilled and finely chopped

INSTRUCTIONS

Begin by bringing a large saucepan of water to the boil and add the cabbage. Cover the pan and leave the cabbage to simmer for around 10 minutes, or until it has become tender. Once soft, drain the cabbage and set aside for the moment.

Bring the saucepan to a boil once more, add the potatoes and cook until they are soft, this should take around 20 minutes. Meanwhile, combine the milk, spring onions, salt and pepper in a smaller saucepan and gently heat through.

Once the potatoes are soft, drain them and place in a large bowl. Mash the potatoes until they reach your desired consistency before combining it with the milk mixture. By now the mashed potatoes should look fluffy and luxurious.

Finally, combine the cabbage with the mashed potatoes and top with a handful of parsley and the chopped crispy bacon.

ENERGIE

- N U T R I T I O N -

HUMMUS QUESADILLAS



15 MINUTES



1



CALS

481



PROTEIN

11



CARBS

35



FAT

34



FIBRE

8

HUMMUS QUESADILLAS

SERVES: 1

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 8 inch wholegrain vegan
tortilla (or gluten-free if
required)
80g hummus of choice
Handful raw spinach
10 cherry tomatoes, chopped
10 Kalamata olives, thinly sliced
½ tbsp olive oil, for brushing

INSTRUCTIONS

Spread a thick layer of hummus on one half your tortilla and top with the spinach, tomatoes and olives. Fold the blank half over to create a half-moon shape.

Repeat if you'd like to make more than one quesadilla, you can cook up to two at a time in the same pan.

Warm a medium pan over medium heat. Place the folded quesadilla(s) in the pan. Let the bottom sides warm up for a minute or two, then carefully flip them over.

Brush the warmed side lightly with olive oil and let them cook in the pan for another minute or two. Flip once again, brush the new top side lightly with olive oil, and cook until the bottom is lightly golden and crisp.

Carefully flip once more and cook until that side is lightly golden and crisp.

Transfer the quesadilla(s) to a cutting board and allow to rest for a couple of minutes. Then, using a sharp knife or pizza cutter, slice each quesadilla into three wedges.

Serve immediately.



WILTED KALE WITH TOASTED SHALLOTS



10 MINUTES



2



CALS

204



PROTEIN

25



CARBS

8



FAT

8



FIBRE

5

WILTED KALE WITH TOASTED SHALLOTS

SERVES: 2

TOTAL TIME: 10 MINUTES

INGREDIENTS

- 1 tbsp olive oil
- 2 shallots, thinly sliced
- 455g lacinato kale, stemmed and chopped
- ¼ tsp each kosher salt and freshly ground pepper

INSTRUCTIONS

Start by heating olive oil in a large frying pan over medium-high heat. Next, add shallots and sauté for 2 minutes or until golden brown. Add kale, cook for another 3 minutes or until wilted. Sprinkle with salt and pepper.



PEAR, BACON AND BRIE FLATBREAD



16 MINUTES



2



CALS

503



PROTEIN

29



CARBS

41



FAT

26



FIBRE

2

PEAR, BACON AND BRIE FLATBREAD

SERVES: 2

TOTAL TIME: 16 MINUTES

INGREDIENTS

2 prebaked flatbreads
50g mozzarella cheese
60g brie, very thinly sliced
½ a pear, thinly sliced
4 rashers of bacon, cooked and crumbled
For the garnish:
Spinach and Rocket salad
Balsamic glaze

INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5.
Place the flatbreads on a baking sheet and warm in the oven for 2 minutes.
Remove from the oven, sprinkle with both cheeses, the pear slices and crumbled bacon.
Return to the oven and bake for 3 to 4 more minutes, or until the cheeses are bubbling.
Remove from the oven, garnish with the salad, drizzle with balsamic glaze, cut into wedges and serve immediately.



ENERGIZE

- N U T R I T I O N -

PAD THAI



20 MINUTES



4



CALS

139



PROTEIN

14



CARBS

5



FAT

7



FIBRE

1

PAD THAI

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 tsp sesame oil
1 red chilli, diced
1 tbsp ginger, grated
1 clove garlic, crushed
2 sliced spring onions
1 egg, beaten and seasoned
1 mooli shredded
2 courgettes shredded or spiralised
50 g beansprouts
200 g cooked and peeled prawns
Juice of 1 lime
1 tbsp fish sauce
½ bunch coriander, chopped
2 tbsp roasted peanuts, chopped

INSTRUCTIONS

Heat 1 tsp of oil in a wok until smoking hot.
Stir fry the chilli, ginger and garlic until fragrant, then add the spring onions for 2 minutes. Scrape everything to one side and add the egg. Rapidly stir-fry, to get scrambled egg mixed with the spring onions and chilli.
Add the mooli and stir-fry for another 4 minutes, then add the beansprouts and the prawns.
Cook for another 2 minutes until the prawns have warmed though and the water has all but evaporated.
Flavour with the lime juice and fish sauce and transfer to four bowls. Scatter with the coriander and chopped peanuts and serve.

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

MOROCCAN CHICKPEA QUINOA SALAD



30 MINUTES



4



CALS

470



PROTEIN

16



CARBS

70



FAT

14



FIBRE

12

MOROCCAN CHICKPEA QUINOA SALAD

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

½ tbsp coconut oil
1 white onion, finely diced
1 tsp ground turmeric
½ tsp ground cumin
½ tsp ground cinnamon
½ tsp salt
½ tsp black pepper
260ml vegetable stock
130g quinoa
1 (400g) tin chickpeas, drained
and rinsed
100g dried cranberries
Handful parsley, chopped
70g flaked almonds, toasted

INSTRUCTIONS

Begin by heating the coconut oil in a large pot over a medium heat. Once the oil is hot, add the onion and gently fry until it is soft and translucent, this should take around 5 minutes. Add the turmeric, cinnamon, salt and pepper and roast the spices in the pan for around 2 minutes, or until smelling fragrant.

Next, add the vegetable stock and quinoa to the pot. Bring the mixture to a boil, cover and then reduce to a low heat. Cook the quinoa for 15 minutes, by which point it should have absorbed the stock and become fluffy.

Stir the chickpeas, cranberries and parsley into the quinoa until they are well combined. Season the quinoa to taste and sprinkle over toasted almonds for an added crunch before serving.

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

ITALIAN TURKEY AND PENNE

 35 MINUTES

 2



CALS

341



PROTEIN

39



CARBS

35



FAT

5



FIBRE

8

ITALIAN TURKEY AND PENNE

SERVES: 2

TOTAL TIME: 35 MINUTES

INGREDIENTS

1 tsp dried Italian seasoning,
crushed
¼ tsp smoked paprika
¼ tsp black pepper
⅛ tsp crushed red pepper
250g ground turkey breast
2 cloves garlic, crushed
1 white onion, diced
200ml water
60g multi-grain penne pasta
200g tomato sauce
¼ tsp sea salt
150g baby spinach
3 tbsp parmesan cheese

INSTRUCTIONS

Begin by combining the Italian seasoning, paprika, black pepper and crushed red pepper in a large bowl before adding the ground turkey and garlic. Use a large spoon or your hands to make sure the turkey is well coated in the spices.

Heat a large non-stick frying pan over a medium-high heat and add the onion. Cook for 5 minutes until it begins to soften and turn translucent. At this stage, add the ground turkey mixture and cook until it has begun to turn a golden brown. This should take around 8 minutes and it is best to use a large spoon to break up the meat as it cooks.

Once cooked, remove the turkey from the frying pan. In its place, add the water and bring to the boil over a high heat. Add the pasta to the water and cook until it is al-dente. Drain the pasta, reserving 50ml of cooking water, before returning the pasta and cooking water to the pan alongside the tomato sauce and turkey. Heat the dish thoroughly. Just before serving, throw in the spinach allowing it to wilt and generously scatter the parmesan cheese.

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, seeded
2 cloves garlic
4cm piece ginger, peeled
1 onion, chopped
Olive oil
1 tsp ground cumin
1 tsp ground coriander
1 tsp garam masala
½ tsp turmeric
4 cloves
4 skinless chicken breast, cut
into large chunks
150g red split lentils
1 x (400g) tin chopped tomatoes
260g fresh spinach
4 small rotis, warmed to serve

INSTRUCTIONS

Blend the chillies, garlic, ginger and onion into a paste.
Heat 1 tsp of olive oil in a large pan and gently fry the paste for 2 minutes, until fragrant.
Add the dry spices and cook for a further minute, before adding the chicken pieces, stirring to coat in the spices.
Cook for 5 minutes before adding the lentils and chopped tomatoes with along with 1½ tins of water.
Simmer slowly for 25 minutes, season to taste, add the spinach and stir until wilted.
Serve with warmed rotis.

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

CHICKEN FETA PASTA



35 MINUTES



6



CALS

399



PROTEIN

19



CARBS

56



FAT

11



FIBRE

6

CHICKEN FETA PASTA

SERVES: 6

TOTAL TIME: 35 MINUTES

INGREDIENTS

2 tbsp olive oil
680g boneless skinless chicken breasts, halved lengthways
1 tsp kosher salt, divided
1/4 tsp freshly ground black pepper
2 tins (400g) diced tomatoes with basil, garlic and oregano
500ml water
455g whole wheat (or gluten free) fettuccine pasta (or substitute another long, straight pasta, like spaghetti)
110g reduced-fat feta cheese, divided
Fresh basil, finely chopped (optional)

INSTRUCTIONS

Bring a large, deep pan to high heat and add olive oil, followed by the chicken breast halves. Sprinkle with 1/2 tsp each salt and black pepper. Cook the chicken on one side for 8 minutes, moving it around in the pan a little to prevent sticking, but not too much, so that a nice crust will form. Lower the heat as needed if the chicken seems to be cooking too quickly. Flip, sprinkle with the remaining 1/2 tsp salt, then cook for an additional 5 minutes, or until the chicken is cooked through. Add the diced tomatoes and water. Stir in the pasta and cook, uncovered, for 5 minutes. Cover and cook for an additional 10 minutes. Remove the lid, stir, then add 3/4 of the feta. Stir once more, then let cook uncovered for 5 additional minutes. Serve warm, sprinkled with the remaining feta cheese and fresh basil.



BEEF AND LEEK LASAGNE



1 - 2 HOURS



6



CALS

339



PROTEIN

29



CARBS

22



FAT

15



FIBRE

6

BEEF AND LEEK LASAGNE

SERVES: 6

TOTAL TIME: 1 - 2 HOURS

INGREDIENTS

2 leeks, trimmed to length of your lasagne dish
500g beef mince
1 white onion, diced
2 celery sticks, diced
2 carrots, peeled and diced
2 garlic cloves, crushed
150g chestnut mushrooms, roughly chopped
2 tbsp plain flour
150ml red wine
200ml beef stock
1 (400g) tin chopped tomatoes
2 tbsp tomato puree
1 tsp dried oregano
2 bay leaves
1 white onion, cut into wedges
500ml milk
2 tbsp corn flour
Pinch freshly grated nutmeg
20g parmesan cheese
20g cheddar cheese

INSTRUCTIONS

The leeks in this dish replace for lasagne sheets, begin by trimming them to the same length as the ovenproof dish you are using. Then cut leeks lengthwise through the core but no further – do not cut the leek completely in half. Open the leeks up like wings and remove the narrow leaves from the centre, finely slice them and put aside. Separate the larger leaves from the leeks and these are your ‘lasagne’ sheets.

Heat a large non-stick frying pan over a medium-high and add the beef, sliced leeks, onion, celery, carrots and garlic, dry fry for around 10 minutes until the beef and vegetables have begun to brown. Add the mushrooms and cook until they start to soften. The pan will look reasonably dry. Add the plain flour to the pan and mix through the beef mixture. Add the red wine and beef stock then let the alcohol cook off for a few minutes before adding the tinned tomatoes, tomato paste, oregano and 1 bay leaf. Season with black pepper and leave the pan to simmer for around 30 minutes until the sauce is thick.

Meanwhile, make the white sauce by adding the onion wedges, the remaining bay leaf, milk and corn flour to a pan and simmer over a low heat for around 5 minutes until the sauce thickens and becomes creamy. If the sauce becomes too thick simply add a splash of extra milk. Season with plenty of ground black pepper and a pinch of grated nutmeg.

In another pot, add boiling water and the leek ‘lasagne’ sheets. Bring back to the boil and cook for five minutes or until they are very tender, before draining in a colander. It is important that the leeks are soft as otherwise the lasagne will be hard to cut. Pre heat oven at 200C/400F/Gas Mark 6 Start layering the lasagne by spooning a layer of beef onto the bottom of the lasagne dish, topping this with the leek ‘lasagne’ sheet. Repeat this until all the leeks and mince are used up, you should have enough for around three layers. Pour over the white sauce and sprinkle the cheddar and parmesan over the top for a deliciously cheesy finish.

Bake the dish in the oven for around 30 minutes, by which point it should be golden on top and bubbling.



RED LENTIL CURRY



55 MINUTES



CALS

229



PROTEIN

10



CARBS

23



FAT

9



FIBRE

2

RED LENTIL CURRY

SERVES: 8

TOTAL TIME: 55 MINUTES

INGREDIENTS

2 tbsp coconut oil
2 medium yellow onions OR 1 red onion
400g fresh tomatoes, diced (if using canned, do not drain)
1 tsp sea salt
¼ tsp ground black pepper
3 garlic cloves, minced
1 tsp freshly minced ginger
2 tbsp garam masala
1 tsp curry powder
1 tbsp red curry paste
¼ tsp cumin
1 cup dry red lentils, rinsed
470ml water
400g tin coconut milk
1 small lime
Red pepper flakes
Chopped parsley

INSTRUCTIONS

Heat the coconut oil in a large pot on a medium heat. Add in the onions and tomatoes, sea salt and ground black pepper and stir together. Lower heat to medium and allow to cook down until juices of the tomatoes are naturally released and onions are soft and translucent.
Add all the other dry ingredients and stir to combine to ensure the lentils don't get stuck to the bottom.
Add the water and coconut milk and stir again to combine thoroughly. Bring to a boil, cover the pan slightly then reduce to medium-low so that the mixture continues to simmer for 35 minutes. Stir occasionally to ensure the lentils don't stick to the bottom.
Depending on the kind of lentils you're using, you can check around the 20 minute mark to see if your lentils have finished cooking.
Serve with your choice of sides and topped with the pepper flakes and parsley.



MEAT FREE MEATBALLS



1 HOUR 15
MINUTES



12



CALS

67



PROTEIN

3



CARBS

10



FAT

2



FIBRE

3

MEAT FREE MEATBALLS

SERVES: 12

TOTAL TIME: 1 HOUR 15 MINUTES

INGREDIENTS

185g cooked and cooled quinoa (ensure it's cooked and completely cooled before using)
1 (400g) tin black beans (rinsed, drained, dried)
2 tbsp water (or olive or avocado oil)
3 cloves garlic (minced)
75g diced shallot
¼ tsp sea salt (plus more to taste)
2½ tsp fresh oregano (or sub half the amount in dried)
½ tsp red pepper flake (reduce for less heat)
½ tsp fennel seeds (optional)
25g vegan parmesan cheese (plus more for serving)
2 tbsp tomato puree
3 tbsp chopped fresh basil or parsley plus more for serving
1-2 tbsp vegan Worcestershire sauce (optional)

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.
Add black beans to a parchment-lined baking sheet and bake for 15 minutes or until beans appear cracked and feel dry to the touch. Remove from the oven and then increase the oven to 190°C/375°F/gas 5.
Heat a large oven safe pan over medium heat. Add water (or oil), garlic, and shallot. Sauté for 2-3 minutes, or until slightly softened, stirring frequently. Remove from heat..
Add black beans to a processor along with garlic, shallot, sea salt, oregano, red pepper flakes, and fennel (optional) and pulse into a loose mix. Then add quinoa, parmesan, tomato paste, fresh basil or parsley, and Worcestershire sauce (optional). Pulse to combine until a rough dough forms
Taste and adjust flavour as needed, adding more salt, red pepper, herbs or Worcestershire sauce for more depth of flavour. If it's too tacky or wet, add more vegan parmesan cheese and pulse to combine
Use 1½ tbsp amounts and form into small balls with your hands.
Refrigerate for 15 minutes.
Heat an oven safe pan over medium heat. Sauté the meatballs for a few minutes, turning to form a crust on either side. Then transfer to the oven and bake for 20-30 minutes or until golden brown on the edges and slightly dry to the touch.
Serve with your favourite Italian sauce
Leftover meatballs keep for 4-5 days in the refrigerator or 1 month in the freezer.



PESTO BAKED CHICKEN



32 MINUTES



4



CALS

187



PROTEIN

28



CARBS

3



FAT

7



FIBRE

1

PESTO BAKED CHICKEN

SERVES: 4

TOTAL TIME: 32 MINUTES

INGREDIENTS

4 (around 455g) boneless,
skinless chicken breasts,
flattened
4 tsp basil pesto
30g mozzarella cheese,
shredded
4 Roma tomatoes, thinly sliced

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6.
Flatten chicken breasts (about 2.5cm thickness) and place in a casserole dish (sprayed with non-stick cooking spray).
Spread 1 tsp basil pesto sauce on each chicken breast and bake, uncovered, for about 15 minutes.
Remove chicken from oven, add thinly sliced tomato and 1 tbsp of mozzarella cheese to each.
Place back in oven for about 5 to 7 minutes (until cheese is melted).
Divide on to four plates and serve immediately.



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

CAJUN SHRIMP IN FOIL



35 MINUTES



4



CALS

308



PROTEIN

29



CARBS

21



FAT

12



FIBRE

3

CAJUN SHRIMP IN FOIL

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

1 tbsp Cajun or Creole seasoning
Salt and black pepper
450g cleaned, large shrimp
85g fully cooked turkey/chicken Andouille sausage, very thinly sliced
1 medium courgette, sliced into 1/4-inch thick rounds
1 large red bell pepper, seeded and cut into thin strips
260g corn kernels
5g fresh Italian parsley leaves, chopped
5g fresh basil leaves, chopped
60ml dry white wine, such as Pinot Grigio
2 tbsp olive oil

INSTRUCTIONS

In a medium bowl, combine the Cajun or Creole seasoning, salt and pepper. Add the shrimp and toss to coat.

Place 4 large pieces of heavy-duty aluminum foil on a flat surface.

Divide the sausage, courgette, bell peppers, and corn among the foil pieces, placing the vegetables in the center of each. Top each with shrimp (about 6), sprinkle each with 1 tbsp of the parsley and 1 tbsp of the basil.

Drizzle each with 1 tbsp of the wine and about 1/2 tbsp of the oil. Fold each piece of the foil to form a packet, sealing tightly and leaving a little room inside for air to circulate in the packet.

To cook, preheat the oven to 202°C/425°F/Gas 7. Arrange the packets on a baking sheet and cook for about 10 minutes, until the shrimp is cooked through and the vegetables are crisp.

Open the packets slowly, being careful of the hot steam. Transfer the shrimp, vegetables, and sauce that has accumulated to four individual bowls or rimmed plates.



ENERGIZE

- N U T R I T I O N -

SHEPHERD'S PIE



50 MINUTES



6



CALS

275



PROTEIN

22



CARBS

31



FAT

7



FIBRE

5

SHEPHERD'S PIE

SERVES: 6

TOTAL TIME: 50 MINUTES

INGREDIENTS

Mashed potatoes:

700g potatoes, peeled and diced

200ml chicken stock

2 tbsp sour cream

2 tsp paprika

Filling:

450g lean beef mince

1 tsp olive oil

1 white onion, finely diced

2 cloves garlic, crushed

1 celery stalk, chopped

225g mushrooms, chopped

2 tbsp flour

300g frozen mixed vegetables

250ml beef stock

2 tsp tomato purée

1 tsp Worcestershire sauce

Handful rosemary, chopped

Handful thyme, chopped

Pinch salt and pepper

INSTRUCTIONS

Begin by boiling the potatoes in a large pot of salted water until they are soft. Drain the potatoes and in the same pot mash them with the chicken stock, sour cream, paprika, salt and pepper. Once smooth, set aside.

Meanwhile, preheat your oven to 200°C/400°F/gas 6. In a large saucepan, brown the beef over a medium heat and break any of the larger pieces up as it cooks. When well cooked, set aside on a plate.

Add oil, onion, garlic, celery and mushrooms to the same pan, so that they absorb the flavour of the beef, and sauté until the vegetables are beginning to caramelise, this should take around 10 minutes.

Add the flour, frozen vegetables, beef stock, tomato purée, Worcestershire sauce, rosemary, thyme and cooked beef to the pan and mix thoroughly before simmering on a low heat for a further 10 minutes. Pour the mixture into a large ovenproof dish and top with the mashed potatoes. If you like, sprinkle over some paprika to add spice and colour to the dish and a pinch of salt and pepper. Bake in the oven for 25 minutes until the potatoes turn golden and then serve.

ENERGIZE

- N U T R I T I O N -

ARTICHOKE HEART PARMESAN BAKE



25 MINUTES



4



CALS

215



PROTEIN

22



CARBS

16



FAT

7



FIBRE

2

ARTICHOKE HEART PARMESAN BAKE

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

2 (425g) tins artichoke hearts,
drained and halved
1 lemon, juiced
1 tbsp butter
2 clove garlic, minced
2 tins (125g) tuna in spring
water
45g Italian style bread crumbs
3 tbsp flat leaf parsley, chopped
50g fresh grated Parmesan
Salt and cracked pepper

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6.
Drain the artichokes, then grab a baking dish and arrange them (cut side up). Drain the tuna and spoon it evenly through the artichokes.
In a medium frying pan, add the lemon juice, butter and garlic and cook until butter has melted. Add the bread crumbs and cook until lightly toasted, don't stop stirring.
Add the parsley, parmesan, salt and pepper and immediately remove from the heat. Pour evenly over the artichokes and tuna and place in the oven for 20 minutes.
Divide on to four plates and serve immediately.



ENERGIZE

- N U T R I T I O N -

CHICKEN MOLE



40 MINUTES



4



CALS

243



PROTEIN

24



CARBS

10



FAT

12



FIBRE

3

CHICKEN MOLE

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

2 red onions, 1 chopped, 1 sliced into rings
2 cloves garlic, crushed
1 tbsp olive oil
6 skinless chicken thighs, cut into strips
1 (400g) tin chopped tomatoes
500ml chicken stock
45g cacao powder
Pinch chilli powder
Small bunch coriander, stalks removed
500g cooked rice, to serve
Lime wedges, to serve

INSTRUCTIONS

In a pan cook the chopped onion and garlic in 1 tsp olive oil until softened.
Add the chicken and fry for a further 2 minutes, then stir in the tomatoes and stock before bringing to a simmer.
Add the cacao and chilli and cook for another 30 minutes, until thick and rich.
Stir in half the coriander and serve with fluffy rice, onion rings, lime wedges and a garnish of coriander.

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

GRILLED MACKEREL WITH SOY, LIME AND GINGER



25 MINUTES



2



CALS

582



PROTEIN

33



CARBS

61



FAT

25



FIBRE

1

GRILLED MACKEREL WITH SOY, LIME AND GINGER

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

300g mackerel
100g jasmine rice
4 spring onions, sliced
1 red pepper, deseeded and
diced
For the marinade:
1 tbsp low-sodium soy sauce
1 lime, juiced
2 cm piece fresh ginger, grated
1 garlic clove, crushed
2 tbsp honey

INSTRUCTIONS

To make the marinade, mix all the ingredients together and pour over the mackerel.
Cover and chill in the refrigerator for 30 mins.
Heat the grill and put the mackerel, skin-side up, on a baking sheet lined with foil.
Grill for 5 mins, then turn and baste with remaining marinade before grilling for a further 5 mins.
Cook the rice according to the packet instructions, then drain and toss with the spring onions and pepper.
Serve rice piping hot with the mackerel.

TIRAMISU

 25 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
339	10	41	16	1

TIRAMISU

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

3 egg whites
30g icing sugar
115g whipped low fat cream
cheese, softened at room
temperature
120ml strong espresso
120ml coffee liqueur
200g angel food cake or ready
made sponge cake
30g dark chocolate, finely
shaved
Espresso grounds or cocoa
powder (optional)

INSTRUCTIONS

Beat the egg whites until they form soft peaks then add the sugar and lightly fold it into the whites.
Place the cream cheese in a large bowl and slowly fold in half of the whipped whites. Once mixed, lightly fold in the remainder.
Combine the espresso and coffee liqueur, set aside and place a layer of cake in the bottom of 4 large wine glasses.
Spoon enough of the coffee mixture over the cake to soak thoroughly.
Divide the cream cheese mixture between the glasses, then top each with a good mound of dark chocolate shavings.
Garnish with a dusting of espresso grounds and/or cocoa powder if you like.

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

STRAWBERRY SORBET



5 MINUTES



4



CALS

56



PROTEIN

1



CARBS

13



FAT

0



FIBRE

2

STRAWBERRY SORBET

SERVES: 4

TOTAL TIME: 5 MINUTES

INGREDIENTS

300g frozen strawberries
1 tbsp maple syrup
180ml cold water

INSTRUCTIONS

Begin by adding the frozen strawberries and maple syrup to a food processor. Add half the water and blitz the mixture until it is smooth. If the mixture is not blitzing smooth then gradually add more water until it reaches the correct consistency.

You can serve the sorbet straight away or transfer it to a container and place in the freezer, either way it will be a deliciously refreshing dessert. If frozen, the sorbet will become very solid so we advise removing it from the freezer around 20 minutes before serving.

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

VEGAN PEANUT BUTTER BLOSSOMS



30 MINUTES



36



CALS

123



PROTEIN

2



CARBS

13



FAT

7



FIBRE

1

VEGAN PEANUT BUTTER BLOSSOMS

SERVES: 36

TOTAL TIME: 30 MINUTES

INGREDIENTS

3 tbsp water
1 tbsp ground flaxseed
158g organic granulated sugar,
divided
105g organic brown sugar
135g creamy natural peanut
butter
120g butter, softened
1 tsp vanilla extract
180g all-purpose flour
 $\frac{3}{4}$ tsp baking soda
 $\frac{1}{2}$ tsp baking powder
 $\frac{1}{2}$ tsp salt
For the ganache:
175g vegan chocolate chips
250ml coconut cream

INSTRUCTIONS

Preheat the oven to 190°C/375°F/Gas 5 and line a couple of baking trays with parchment paper.

Whisk the water and flaxseed together in a small bowl. Allow the mixture to sit for a few minutes to gel while you gather the rest of your ingredients.

Place 120g of sugar, brown sugar, peanut butter, butter, and vanilla into a large mixing bowl. Add the flax mixture, and beat everything together with an electric mixer on high-speed for about 1 minute, until creamy. Add the flour to the bowl, and sprinkle the baking powder, baking soda, and salt on top of the flour. Stir everything together until blended well.

Place the remaining sugar into a small bowl. Roll the dough into 2cm balls, then roll the balls in the sugar. Place them on the baking sheets, separated by about 5cm.

Bake for 10 minutes, remove the baking sheets from the oven, and transfer them to a cooling rack. When the cookies have cooled, melt the chocolate chips in a double boiler or by placing them into a bowl and microwaving in 30 second increments, stirring in between.

Stir the coconut cream into the melted chips. Allow the mixture to cool down a bit, to thicken.



PROTEIN RICE KRISPIE TREATS



40 MINUTES



14



CALS

145



PROTEIN

4



CARBS

21



FAT

5



FIBRE

1

PROTEIN RICE KRISPIE TREATS

SERVES: 14

TOTAL TIME: 40 MINUTES

INGREDIENTS

100g crispy rice cereal
55g protein powder
65g creamy almond butter
1 tbsp coconut oil
150g brown rice syrup
Optional: 2-3 tbsp chocolate
chips, for drizzling

INSTRUCTIONS

Start by preparing an 8×8 baking pan by spraying it with cooking spray. In a medium-sized bowl, combine the cereal and protein powder. Set aside.

In a small pan over medium-high heat, add almond butter, coconut oil, and brown rice syrup. Bring to a boil, stirring frequently to avoid burning, before removing from heat and allowing to cool slightly.

Pour nut and syrup mixture into the cereal mix. Stir until everything is fully combined and all the cereal is well coated.

Transfer to the prepared baking dish. Using the spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.

Place chocolate into a microwave safe bowl and microwave on high in 20 second intervals, mixing between each. When chocolate is fully melted, drizzle over the top of the packed cereal mixture using a spoon.

Place pan into fridge and allow to cool for 30 minutes before cutting into squares.

ENERGIZE

- N U T R I T I O N -

DARK CHOCOLATE CHERRY PROTEIN BITES



35 MINUTES



12



CALS

176



PROTEIN

4



CARBS

31



FAT

4



FIBRE

10

DARK CHOCOLATE CHERRY PROTEIN BITES

SERVES: 12

TOTAL TIME: 35 MINUTES

INGREDIENTS

175g pitted dates
2 tbsp nut butter of choice
225g dried sour cherries
1 scoop chocolate protein powder
50g rolled oats (gluten free if required)
45g dark chocolate chips

INSTRUCTIONS

Soak the dates in warm water for about 20 minutes before you begin. Once the dates have been soaked, drain the water. In a food processor, blend the dates and nut butter to create a paste. The dates might stick to the sides of the food processor, so just stop halfway through, scrape down the sides, and continue processing it. Add in the sour cherries, protein powder, and oats until blended thoroughly. In a bowl, mix together the dough and the chocolate chips. Roll the mixture into small balls. For best results, store in the refrigerator or freezer.

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



CHERRY COCONUT OVERNIGHT OATS



6 HOURS



1



CALS

402



PROTEIN

20



CARBS

47



FAT

16



FIBRE

7



ENERGIZE

- N U T R I T I O N -

KEY LIME PIE PROTEIN SHAKE

 5 MINUTES

 1

				
CALS	PROTEIN	CARBS	FAT	FIBRE
172	36	7	0	0



SPINACH PROTEIN PANCAKES

 40 MINUTES

 12

				
CALS	PROTEIN	CARBS	FAT	FIBRE
234	17	10	14	2



ASPARAGUS AND SOFT EGGS ON TOAST

 20 MINUTES

 4



CALS

348



PROTEIN

20



CARBS

22



FAT

20



FIBRE

2



POACHED EGGS WITH MUSHROOMS AND TOMATOES

 20 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
362	22	28	18	3

PAN COOKED EGGS AND VEGETABLES

 30 MINUTES

 2



CALS

340



PROTEIN

17



CARBS

32



FAT

16



FIBRE

6

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



GERMAN RED CABBAGE

 1 HOUR

 10

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
61	1	12	1	2

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

COLCANNON POTATOES



60 MINUTES



12



CALS

169



PROTEIN

4



CARBS

27



FAT

5



FIBRE

4



ENERGIZE

- N U T R I T I O N -

HUMMUS QUESADILLAS



15 MINUTES



1



CALS

481



PROTEIN

11



CARBS

35



FAT

34



FIBRE

8



WILTED KALE WITH TOASTED SHALLOTS



10 MINUTES



2



CALS

204



PROTEIN

25



CARBS

8



FAT

8



FIBRE

5

PEAR, BACON AND BRIE FLATBREAD



16 MINUTES



2



CALS

503



PROTEIN

29



CARBS

41



FAT

26



FIBRE

2

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

PAD THAI

 20 MINUTES

 4



CALS

139



PROTEIN

14



CARBS

5



FAT

7



FIBRE

1

ENERGIZE
- NUTRITION -



MOROCCAN CHICKPEA QUINOA SALAD



30 MINUTES



4



CALS

470



PROTEIN

16



CARBS

70



FAT

14



FIBRE

12



ITALIAN TURKEY AND PENNE

 35 MINUTES

 2



CALS

341



PROTEIN

39



CARBS

35



FAT

5



FIBRE

8



CHICKEN SAAG



45 MINUTES



4



CALS

330



PROTEIN

43



CARBS

28



FAT

4



FIBRE

6

CHICKEN FETA PASTA

 35 MINUTES

 6



CALS

399



PROTEIN

19



CARBS

56



FAT

11



FIBRE

6



BEEF AND LEEK LASAGNE

 1 - 2 HOURS

 6



CALS

339



PROTEIN

29



CARBS

22



FAT

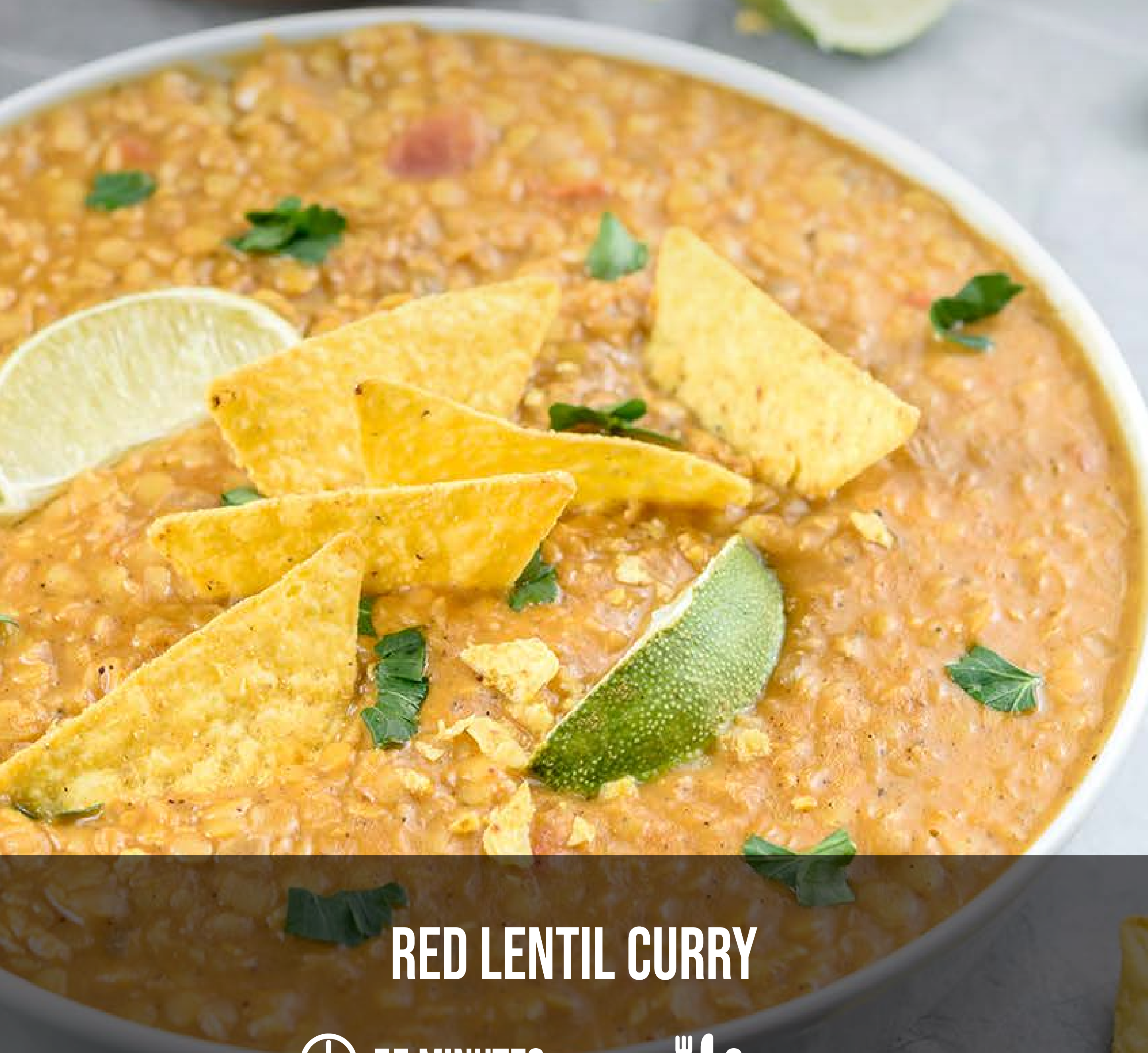
15



FIBRE

6

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



RED LENTIL CURRY



55 MINUTES



8



CALS

229



PROTEIN

10



CARBS

23



FAT

9



FIBRE

2

MEAT FREE MEATBALLS



1 HOUR 15 MINUTES



12



CALS

67



PROTEIN

3



CARBS

10



FAT

2



FIBRE

3



PESTO BAKED CHICKEN

 32 MINUTES

 4



CALS

187



PROTEIN

28



CARBS

3



FAT

7



FIBRE

1



CAJUN SHRIMP IN FOIL

 35 MINUTES

 4



CALS

308



PROTEIN

29



CARBS

21



FAT

12



FIBRE

3

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

SHEPHERD'S PIE



50 MINUTES



6



CALS

275



PROTEIN

22



CARBS

31



FAT

7



FIBRE

5



ARTICHOKE HEART PARMESAN BAKE

 25 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
215	22	16	7	2



CHICKEN MOLE



40 MINUTES



4



CALS

243



PROTEIN

24



CARBS

10



FAT

12



FIBRE

3

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

GRILLED MACKEREL WITH SOY, LIME AND GINGER



25 MINUTES



2



CALS

582



PROTEIN

33



CARBS

61



FAT

25



FIBRE

1

ENERGIZE

- N U T R I T I O N -



TIRAMISU



25 MINUTES



4



CALS

339



PROTEIN

10



CARBS

41



FAT

16



FIBRE

1



STRAWBERRY SORBET

 5 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
56	1	13	0	2



VEGAN PEANUT BUTTER BLOSSOMS



30 MINUTES



36



CALS

123



PROTEIN

2



CARBS

13



FAT

7



FIBRE

1



PROTEIN RICE KRISPIE TREATS

 40 MINUTES

 14

				
CALS	PROTEIN	CARBS	FAT	FIBRE
145	4	21	5	1



DARK CHOCOLATE CHERRY PROTEIN BITES

 35 MINUTES

 12

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
176	4	31	4	10