

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

BREAKFAST BURRITO



25 MINUTES



1



CALS

498



PROTEIN

24



CARBS

38



FAT

29



FIBRE

3

BREAKFAST BURRITO

SERVES: 1

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 bacon rasher
1 egg
1/2 tbsp skim milk
Salt and cracked pepper
1 large tortilla (gluten free if required)
30g cheese, grated
30g cherry tomatoes, sliced
1/4 avocado, sliced
1 tsp sriracha

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5. Line a small baking tray with baking paper.
Lay bacon on the tray and cook for 10-15 minutes or until nice and crispy.
Whisk the egg, milk, salt and pepper together in a small bowl.
Bring a medium-sized fry pan to medium-high heat. Spray with a little olive oil spray.
Pour egg mix in, stirring gently and constantly, until just under done.
Transfer eggs on to the tortilla.
Next, add cooked bacon, cheese, tomatoes, avocado and sriracha.
Roll the burrito up very tightly, making sure the ends are enclosed.
Bring a fry pan to medium-high heat and spray it lightly with olive oil spray.
Place burrito in the pan (seam side down) and cook for about 3 minutes on each side or until nice and toasted.

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

PEANUT BUTTER BANANA BREAD GRANOLA



50 MINUTES



6



CALS

509



PROTEIN

14



CARBS

64



FAT

24



FIBRE

6

PEANUT BUTTER BANANA BREAD GRANOLA

SERVES: 6

TOTAL TIME: 50 MINUTES

INGREDIENTS

- 240g old-fashioned rolled oats
- 150g banana chips, lightly crushed
- 100g salted peanuts
- 40g quinoa (uncooked)
- 50g light brown sugar
- 1 tsp ground cinnamon
- 1 tsp sea salt
- 3 tbsp unsalted butter
- 85g creamy natural peanut butter
- 90g pure honey
- 1 medium ripe banana, finely mashed
- 2 tsp pure vanilla extract

INSTRUCTIONS

Begin by preheating your oven to 170°C/325°F/gas 3 and line two large rimmed baking sheets with parchment paper.

Mix the oats, banana chips, peanuts, quinoa, sugar, cinnamon, and salt together in a bowl.

Gently warm the butter, peanut butter, and honey in a small saucepan over medium-low heat, stirring often, until the butter and peanut butter are both melted. Remove from heat and add the banana and vanilla to the oat mixture and stir until combined.

Spread the granola onto your baking sheets. Bake, rotating the pans a couple of times, until golden brown.

Allow to cool then break the granola into pieces and store in an airtight container for up to 1 week.



AVOCADO AND HEIRLOOM TOMATO TOAST



25 MINUTES



1



CALS

475



PROTEIN

11



CARBS

48



FAT

28



FIBRE

7

AVOCADO AND HEIRLOOM TOMATO TOAST

SERVES: 1

TOTAL TIME: 25 MINUTES

INGREDIENTS

2-3 slices hearty, seeded bread
1 tbsp olive oil
½ a ripe avocado
2 small heirloom or heritage
tomatoes, thinly sliced
Handful fresh basil, chopped
Drizzle balsamic glaze
Sea salt
Freshly ground black pepper

INSTRUCTIONS

Coat each slice of bread with a drizzle of olive oil and toast.
Evenly divide the avocado between the pieces of toast and use the back
of a fork to mash the avocado.
Layer the sliced tomatoes on top of the avocado, add a sprinkle of fresh
basil, and drizzle with the balsamic glaze.
Garnish with sea salt and black pepper to taste.



VEGETARIAN BREAKFAST CASSEROLE



3 HOURS



6



CALS

323



PROTEIN

18



CARBS

11



FAT

23



FIBRE

1

VEGETARIAN BREAKFAST CASSEROLE

SERVES: 6

TOTAL TIME: 3 HOURS

INGREDIENTS

400g sausage substitute
6 eggs
1 tbsp onion, chopped
340ml milk, soy milk or rice milk
50-75g cheddar cheese,
shredded
4 slices wholegrain bread
1 tbsp cooking oil
Optional: Large handful of
spinach

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4.
Brown the sausage and onion in a little oil over a medium heat.
Line the bottom of a 9 x 9 pan with the sausage substitute. Cut one inch strips from the bread and lay them across the sausage to cover.
Beat the eggs and milk together in a bowl. If required, finely chop the spinach, add to the egg and pour evenly over the bread slices in the pan.
Finally, sprinkle with shredded cheese.
Ideally, cover and refrigerate overnight or for at least 2 hours.
Bake uncovered for 35-45 minutes until golden on top.
Cut in 6 squares and enjoy while it's hot!



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



MEXICAN BEEF BREAKFAST



20 MINUTES



4



CALS

182



PROTEIN

13



CARBS

10



FAT

10



FIBRE

3

MEXICAN BEEF BREAKFAST

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 tsp olive oil
240g beef mince
2 tsp onion powder
2 tsp garlic powder
2 tsp ground cumin
2 tsp smoked paprika
For the salsa:
140g cherry tomatoes, finely
diced
1/2 red onion, finely diced
1 avocado, chopped
4 tbsp fresh coriander, chopped
1 lemon, juiced
salt and pepper, to taste

INSTRUCTIONS

In a medium size bowl, add all the salsa ingredients, toss together and set aside.
Next, bring a medium pan to medium-high heat. Add the olive oil, followed by minced beef. Cook beef for 3-4 minutes or until browned, then add all the spices and mix through to combine. Cook for an additional 3-4 minutes or until beef is fully cooked.
Divide mixture onto four plates and top with salsa.

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

SPROUT SALAD



15 MINUTES



4



CALS

281



PROTEIN

12



CARBS

56



FAT

1



FIBRE

12

SPROUT SALAD

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 100g black rice
- 1kg Brussels sprouts, very thinly shredded
- 1 bunch fresh basil, leaves roughly chopped
- 2 stalks spring onion, thinly sliced
- 2 tbsp lemon, juiced
- 1/2 tbsp balsamic vinegar
- 1 tsp honey
- Salt and pepper, to season
- 60g raisins

INSTRUCTIONS

Cook rice according to packet instructions. Once cooked, allow allow the rice to cool.

Toss the cooled rice through the Brussels sprouts, basil and spring onion. In a small jar or bowl whisk together the lemon juice, balsamic vinegar, honey, salt and pepper.

Pour the dressing all over and sprinkle with raisins.

ENERGIZE

- N U T R I T I O N -

LIME AND CORIANDER BLACK BEANS



12 MINUTES



2



CALS

149



PROTEIN

6



CARBS

19



FAT

6



FIBRE

2

LIME AND CORIANDER BLACK BEANS

SERVES: 2

TOTAL TIME: 12 MINUTES

INGREDIENTS

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

INSTRUCTIONS

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

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

ROASTED POTATO SALAD WITH DIJON VINAIGRETTE



45 MINUTES



8



CALS

159



PROTEIN

3



CARBS

21



FAT

7



FIBRE

3

ROASTED POTATO SALAD WITH DIJON VINAIGRETTE

SERVES: 8

TOTAL TIME: 45 MINUTES

INGREDIENTS

910g Yukon potatoes, scrubbed
clean and cut into 5cm chunks
1 bell pepper, cut into 2.5cm
chunks
4 tbsp olive oil, divided
3/4 tsp kosher salt, divided
3/4 tsp freshly ground black
pepper, divided
1 1/2 tbsp apple cider vinegar
1 tsp Dijon mustard
1 tsp wholegrain mustard
Spring onion or parsley, to
garnish (optional)

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.

Combine potatoes, bell peppers, 2 tbsp oil, 1/2 tsp salt and 1/2 tsp black pepper in a large bowl and stir to coat. Evenly spread the vegetables across the tray and bake for 15 minutes, turn the potatoes and bake for another 15 minutes or until crispy.

Add remaining 2 tbsp oil, 1/4 tsp salt, 1/4 tsp pepper, apple cider vinegar and mustard in a small bowl, stirring well with a whisk.

When the potatoes come out of the oven, pour over the dressing and stir to combine (If you use a spatula to mix from the bottom of the pan up so it will help to avoid damage the crispy potatoes).

Serve in a large bowl with spring onions or parsley, to garnish.

ENERGIZE

- N U T R I T I O N -

QUICK VEGETABLE FRITTATA



25 MINUTES



4



CALS

142



PROTEIN

10



CARBS

3



FAT

10



FIBRE

1

QUICK VEGETABLE FRITTATA

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

4 large eggs
1/2 tsp salt
1 medium tomato, chopped
1/2 green bell pepper, chopped
1 tbsp fresh chives, finely
chopped (or 1 tsp dried chives)
60g cheddar cheese, shredded

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Spray a large frying pan with cooking spray and set aside.

In a bowl whisk the eggs and salt, then add in the chopped vegetables and chives, plus half the cheddar cheese. Whisk to combine. Pour into prepared frying pan and sprinkle remaining cheddar cheese on top. Bake for 15 minutes, then remove from oven and allow to cool for 5 minutes.

Slice and serve on four plates.

ENERGIZE

- N U T R I T I O N -

SESAME KALE



25 MINUTES



4



CALS

153



PROTEIN

6



CARBS

12



FAT

9



FIBRE

5

Sesame Kale

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 500g kale
- 1 tbsp olive oil
- 2 tsp sesame oil
- 2 tsp lemon, juiced
- 2 tbsp sesame seeds

INSTRUCTIONS

Preheat oven to 220°C/430°F/Gas 7. Line a baking tray with baking paper. Toss kale together with olive oil, sesame oil and lemon juice, then spread it across the baking tray. Sprinkle with sesame seeds, season with salt and pepper and cook for 20 minutes or until crispy.

ENERGIZE

- N U T R I T I O N -

CHICKEN ENCHILADA BOWLS



20 MINUTES



4



CALS

519



PROTEIN

29



CARBS

63



FAT

18



FIBRE

2

CHICKEN ENCHILADA BOWLS

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 tbsp olive oil
1 small onion, diced
1 clove garlic, minced
1 small courgette, diced
45g carrot, grated
1 large chicken breast, cubed
Salt and pepper to taste
½ tsp cumin
200g tin black beans, rinsed
and drained
170g red enchilada sauce
4 corn tortillas, sliced
100g cheddar cheese, grated
180g cooked rice, per person
for serving {optional}
Any desired toppings: avocado
sour cream, coriander, etc

INSTRUCTIONS

Heat the oil in heavy frying pan over a medium heat. Sauté the onion, garlic, courgette and grated carrot until they start to become tender. Stir in chicken and cook for 3 minutes or until cooked through. Stir in salt, pepper, cumin, black beans and enchilada sauce, ensuring everything is mixed well. Bring to a boil then reduce the heat to low until everything is warmed through and starting to thicken. Gently stir in pieces of corn tortillas and the cheddar cheese. Serve piping hot over cooked white rice with your choice of toppings.

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

POKE TUNA SALAD

 15 MINUTES  1

				
CALS	PROTEIN	CARBS	FAT	FIBRE
505	32	24	32	5

POKE TUNA SALAD

SERVES: 1

TOTAL TIME: 15 MINUTES

INGREDIENTS

- 1 tbsp vegetable oil
- 1 tbsp ponzu sauce
- ½ tsp prepared wasabi
- 100g sushi grade tuna diced in large chunks
- ¼ mango, diced in large chunks
- 50g store-bought seaweed salad
- ½ tsp black sesame seeds
- 225g spring lettuce mix
- ½ avocado, sliced
- ¼ tsp sea salt

INSTRUCTIONS

In a small bowl, whisk the vegetable oil, ponzu sauce and wasabi until well blended.

Add the tuna, mango and seaweed salad to a bowl and drizzle with 1 tbsp or so of the dressing. Sprinkle with the sesame seeds and stir to coat.

In a different bowl, add the lettuce and avocado and top with the tuna mixture. Drizzle with more dressing as desired and sprinkle with sea salt and more sesame seeds.

Serve immediately.

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

QUICK SUSHI BOWL



25 MINUTES



2



CALS

498



PROTEIN

27



CARBS

70



FAT

11



FIBRE

4

QUICK SUSHI BOWL

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

- 150g sushi rice
- Pinch sugar
- 1 tbsp rice vinegar
- 2 cooked salmon fillets
- 1 large carrot, cut into ribbons
- 4 tbsp pickled red cabbage
- Handful radishes, sliced
- Thumb-sized piece ginger, finely sliced
- ¼ cucumber, halved longways and sliced
- 1 tbsp soy sauce
- 1 tsp sesame seeds (optional)






INSTRUCTIONS

Cook the sushi rice making sure to follow the packet instructions. When cooked, sprinkle with the sugar, vinegar and mix. Set aside, covered for 5 minutes. Divide the rice evenly between two bowls and arrange the other ingredients on top. Serve drizzled with the soy sauce and if using, sprinkle over some sesame seeds.

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

CRUSTED HALIBUT AND GRAPE SALSA

 45 MINUTES  4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
260	39	17	4	3

CRUSTED HALIBUT AND GRAPE SALSA

SERVES: 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

260g red seedless grapes,
quartered
40g Vidalia or other sweet
onion, finely chopped
1 small jalapeño pepper, seeded
and finely chopped
2 tbsp fresh lemon juice
1 tbsp fresh mint leaves,
chopped
2 tsp olive oil
¼ tsp salt
¼ tsp freshly ground black
pepper
For the fish:
75g unsalted pistachios, shelled
1 tsp lemon zest, finely grated
¼ tsp salt
¼ tsp freshly ground black
pepper
1 tbsp olive oil
4 skinless halibut filets
2 tbsp fresh lemon juice

INSTRUCTIONS

To make the salsa, add the grapes, onion, jalapeño, lemon juice, mint, olive oil, salt and pepper in a bowl and toss to combine.
Preheating your oven to 190°C/375°F/gas 5.
Meanwhile, place the pistachios in a food processor and process until they form a fine crumb. In a shallow bowl, toss the ground nuts , lemon zest, salt and pepper to combine.
Gently press both sides of each filet into the pistachio mixture to coat. Heat the oil in a large, ovenproof, non-stick pan over a medium heat. Add the fish and cook on both sides until browned. Transfer the frying pan to the oven and bake until the fish flakes easily with a fork, around 3-4 minutes depending on the thickness of the fish.
Arrange the fish on a plate and drizzle with the lemon juice.
Serve with the salsa on top or as a side dish.



JERK CHICKEN BURGER



20 MINUTES



2



CALS

417



PROTEIN

38



CARBS

45



FAT

9



FIBRE

4

JERK CHICKEN BURGER

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

2 skinless chicken breasts
Few thyme sprigs, leaves
picked
1 tbsp olive oil
2 tsp jerk seasoning
1 lime, juiced
2 large bread rolls
½ small mango, stoned, peeled
and sliced
1 tomato, sliced
1 little gem lettuce heart,
shredded
2 tbsp mayonnaise and ketchup,
to serve (optional)

INSTRUCTIONS

Wrap the chicken breasts in between pieces of cling film and flatten by beating with a rolling pin. Then mix the thyme, oil, jerk seasoning and half the lime juice in a bowl. Allow the chicken to marinate in the mixture for 5 minutes.

Heat a griddle pan until hot and cook the chicken for 4-5 mins each side or until cooked through and slightly charred, then remove from the heat. Meanwhile, toast the buns for 1-2 mins.

Place the chicken on the buns and top with the mango, tomato and a handful of the lettuce.

Squeeze over the rest of the lime and top with mayo and ketchup, if required.

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

PRAWN AND CHORIZO SKEWERS



20 MINUTES
(PLUS 3 HOURS)



5



CALS

188



PROTEIN

29



CARBS

2



FAT

8



FIBRE

0

PRAWN AND CHORIZO SKEWERS

SERVES: 5

TOTAL TIME: 20 MINUTES (PLUS 3 HOURS)

INGREDIENTS

1 tsp garlic, minced
1/2 tsp red pepper flakes
1 tbsp lime juice
1 tbsp coriander, chopped
Salt and cracked pepper
10 large raw prawns
10 slices spicy chorizo
10 skewers

INSTRUCTIONS

In a medium-sized bowl, add garlic, red pepper flakes, lime juice, coriander, salt and cracked pepper.
Add the peeled and washed prawns to the bowl, cover and refrigerate for 2-3 hours.
Grab 10 skewers and slide just the tail on. Next, slide a piece of chorizo on, followed by the top of the prawn. (The chorizo should be in the middle of the prawn).
Bring the barbeque to high heat, lightly oil the the cooking plate and cook each skewer for 3 minutes each side.
Serve immediately.



TUNA ROLL UPS



5 MINUTES



2



CALS

419



PROTEIN

27



CARBS

44



FAT

15



FIBRE

4

TUNA ROLL UPS

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

2 wholemeal (or gluten-free if required) tortillas
4 tbsp cream cheese
60g spinach
1 small carrot, grated
1/4 cucumber, sliced lengthways
1 (125g) tin tuna in springwater, drained

INSTRUCTIONS

Lay out the two tortillas and spread cream cheese all over.
Next, layer the spinach, carrot, cucumber and tuna.
Roll the wraps up as tightly as you can to enclose the filling.
Slice each wrap into three.
These are great eaten straight away or wrapped in cling wrap and popped into your lunch box.

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

BEEF STUFFED BUTTERNUT



90 MINUTES



6



CALS

330



PROTEIN

18



CARBS

42



FAT

10



FIBRE

10

BEEF STUFFED BUTTERNUT

SERVES: 6

TOTAL TIME: 90 MINUTES

INGREDIENTS

1 butternut squash, halved lengthways
1 tsp olive oil
1/2 brown onion, diced
200g beef mince
200g kidney beans, drained and rinsed
200ml (tin) tomatoes, chopped
100g cheddar cheese, grated
2 tbsp coriander, leaves picked

INSTRUCTIONS

Start by preheating oven to 190°C/375°F/Gas 5. Line a baking tray with baking paper and set aside.
Use a spoon to scoop out all the squash seeds, then use a knife to make a criss-cross pattern across the soft side of the squash.
Add oil and onion to a fry pan and cook on high heat for 1-2 minutes.
Next, add the beef and cook for about 6 minutes, or until browned. Throw the kidney beans in for the last 3 minutes. Stir through the tinned tomato, remove from the heat and set aside.
Place squash on the baking tray and cook for 1 hour.
Remove from the oven, spoon the beef mixture into the cavity of the squash, top with cheese and cook for an additional half an hour.
Season with salt and pepper and garnish with coriander.

ENERGIZE

- N U T R I T I O N -

CHEESY CAULIFLOWER BAKE



25 MINUTES



4



CALS

420



PROTEIN

21



CARBS

57



FAT

12



FIBRE

8

CHEESY CAULIFLOWER BAKE

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

2 heads cauliflower, cut into
florets
200g three cheese pasta sauce
60g cheddar cheese, grated
3 rashers bacon, diced
1 tbsp chives

INSTRUCTIONS

Start by preheating oven to 200°C/430°F/Gas 6.
You'll need to slightly pre-cook the cauliflower. Bring a pot to high heat and boil the cauliflower for 2 minutes.
Transfer the drained cauliflower to a baking dish and cover with pasta sauce, followed by cheese and sprinkling of salt and cracked pepper. Place in the oven and cook for 15-20 minutes, or until the top starts to golden and the cheese is fully melted.
Meanwhile, bring a fry pan to high heat and cook the diced bacon for 3-4 minutes.
Once cooked, transfer bacon to some kitchen towel.
Top the cauliflower bake with bacon and chives. Serve immediately.

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

CHICKEN TIKKA CURRY



35 MINUTES



4



CALS

613



PROTEIN

36



CARBS

79



FAT

17



FIBRE

5

CHICKEN TIKKA CURRY

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

2 tsp olive oil
1 brown onion, chopped
200g sweet potato, peeled and cut into cubes
500g chicken mince
70g tikka curry paste
1 x (400g) tin tomatoes, chopped
125ml chicken stock
80g Tuscan kale
2 tbsp double cream
400g basmati rice, cooked
Coriander leaves, chopped, to serve

INSTRUCTIONS

Bring a large non-stick frying pan to medium-high heat. Add olive oil, onion and sweet potato. Cook for 6 minutes.

Add the chicken mince and cook for an additional 5 minutes, or until chicken is cooked.

Mix curry paste through. Add tomatoes and stock and bring to a boil. Once boiling reduce the heat to medium and partially cover.

Allow the curry to simmer for 15 minutes. With 5 minutes remaining, stir through the kale. With 1 minute remaining, stir through the cream, and then remove from heat.

Divide rice into 4 bowls, top with curry and sprinkle with coriander.

ENERGIZE

- N U T R I T I O N -

AUBERGINE AND LENTIL VINDALOO



55 MINUTES



2



CALS

244



PROTEIN

12



CARBS

40



FAT

4



FIBRE

12

AUBERGINE AND LENTIL VINDALOO

SERVES: 2

TOTAL TIME: 55 MINUTES

INGREDIENTS

1/4 dried red lentils, rinsed and drained
3 onions, finely sliced
1 tsp sunflower oil
4 large garlic cloves, whole
1 large aubergine or 2 small ones, diced
1 tsp cumin (seeds or ground)
½ tsp ground cinnamon
¼ tsp star anise, or ⅛ tsp fennel seeds
Ground black pepper
1–2 tsp chilli flakes
2 tbsp tomato purée
2 tbsp vinegar or lemon juice
30g spinach

INSTRUCTIONS

Firstly, thoroughly rinse and drain the lentils and place in a pan. Cover with water and bring to the boil. Reduce to a simmer for around 12 minutes until soft and swollen. Drain, rinse well and set aside.

Meanwhile, soften the onions in a large pan with a little oil over medium heat. After about 10 minutes, add the garlic cloves (peeled, but whole) and aubergine, stirring often. Cook for 15 minutes, adding more oil, if needed.

Add the cumin, cinnamon, star anise or fennel seeds, and pepper, as well as half of your chosen quantity of chilli, leaving half to garnish. Stir well to combine, then add 200ml water to the pan, and turn up the heat to medium-high.

Add the reserved lentils, tomato purée and vinegar, or lemon juice, and stir well. Bring to the boil, then reduce to a simmer and cover for around 30 minutes, stirring slowly every now and then.

If it still looks too watery, bring it back to the boil, then reduce the heat and cook a little more. Stir through the spinach a few minutes before serving, taste and add the extra chilli, if you like.

Divide into two bowls and serve hot with rice, if you desire.

ENERGIZE

- N U T R I T I O N -

MEDITERRANEAN SPICED TOFU KEBABS



55 MINUTES



4



CALS

263



PROTEIN

11



CARBS

12



FAT

19



FIBRE

1

MEDITERRANEAN SPICED TOFU KEBABS

SERVES: 4

TOTAL TIME: 55 MINUTES

INGREDIENTS

250ml coconut milk
3 tbsp lemon juice
2 tbsp tomato purée
3 garlic cloves, minced
2 tsp paprika
2 tsp ground cumin
½ tsp turmeric
¼ tsp cayenne pepper, or more to taste
¾ tsp salt, or to taste
¼ tsp black pepper
1 package (400g) extra firm tofu, drained, pressed and cut into 1-inch pieces
1 small courgette, cut into large chunks
1 medium red bell pepper, cut into large chunks
Fresh coriander, to garnish
Drizzle tahini, to garnish

INSTRUCTIONS

In a medium bowl stir together the coconut milk, lemon juice, tomato purée, garlic, paprika, cumin, turmeric, cayenne pepper, salt and pepper. Add the tofu, courgette and pepper and gently stir to coat. Allow to marinate at room temperature for at least 1 hour.

Arrange the tofu, courgette, and pepper pieces on skewers.

Next, we have two cooking options - grill or bake.

To grill: Lightly oil the grate and place the skewers on the grill. Grill on the barbecue over a medium flame until lightly charred and the vegetables are tender (about 10 minutes), brushing with excess marinade while grilling and turning halfway through.

To bake: Preheat the oven to 200°C/400°F/Gas 6 and line a baking sheet with parchment paper. Arrange the skewers on the baking sheet and bake until lightly browned in spots or until vegetables are tender (about 35 minutes) turning halfway through. Divide the skewers onto plates, sprinkle with coriander and a drizzle of tahini.

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

TURKEY IN BLACK BEAN SAUCE WITH NOODLES



30 MINUTES



1



CALS

402



PROTEIN

39



CARBS

48



FAT

4



FIBRE

6

TURKEY IN BLACK BEAN SAUCE WITH NOODLES

SERVES: 1

TOTAL TIME: 30 MINUTES

INGREDIENTS

Cooking oil spray
1 small onion
½ medium green pepper
½ medium red pepper
1 garlic clove
130g turkey breast
45g stir in black bean sauce
100g medium wholewheat
noodles

INSTRUCTIONS

Prepare and chop the onion and pepper, then peel and crush the garlic and cut the turkey into strips.
Spray a non-stick frying pan or wok with the oil, and fry the onion and garlic until softened.
Add the turkey and cook until starting to colour.
Now, add the red and green pepper and continue to fry until the turkey is cooked, before stirring in the black bean sauce and allowing to heat through.
Meanwhile cook the noodles according to the pack instructions
Finally add the cooked noodles to a bowl and serve topped with the turkey.

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

CHILLI-GLAZED PORK WITH SWEET POTATO HASH

 25 MINUTES  4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
366	35	33	10	5

CHILLI-GLAZED PORK WITH SWEET POTATO HASH

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 pork tenderloin
1 tbsp and 1 tsp olive oil
1 tsp chilli powder
Salt
Black pepper
2 tbsp pure maple syrup
2 medium sweet potatoes
2 large shallots, chopped
140g baby spinach, chopped
Hot sauce (optional)

INSTRUCTIONS

Heat your grill to medium.
Place the pork on a foil-lined rimmed baking sheet and rub with 1 tsp of the oil, the chili powder and ¼ tsp each of salt and pepper.
Grill for 8-10 minutes per side, turning and basting with the maple syrup twice, until cooked through and juices run clear. Set aside to rest for 5 minutes before slicing.
Meanwhile, grate the sweet potatoes.
Heat the remaining oil in a large non-stick pan over a medium-high heat.
Add the shallots and cook, stirring occasionally, until beginning to brown, then add the potatoes and cook, tossing occasionally, until tender.
Finally, add the spinach and cook, tossing until wilted.
Serve the pork and potatoes in bowls splashed with the hot sauce, if desired.

ENERGIE

- N U T R I T I O N -

MOUSSAKA BOWLS



15 MINUTES



4



CALS

241



PROTEIN

12



CARBS

26



FAT

7



FIBRE

14

MOUSSAKA BOWLS

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

2 aubergines, sliced into 1cm rounds

2 tsp olive oil

4 large ripe tomatoes, halved

1 handful flat-leaf parsley, roughly torn, to serve

For the lentil mince:

1 tbsp olive oil

1 onion, finely chopped

1 clove garlic, crushed

½ tsp ground cinnamon

½ tsp smoked paprika

½ tsp dried oregano

1 (400g) tin chopped tomatoes

1 (400g) tin green lentils, drained and rinsed

1 tsp Marmite

For the nutmeg yoghurt:

8 tbsp unsweetened soya yoghurt

Pinch nutmeg, freshly grated

Drizzle extra-virgin olive oil

INSTRUCTIONS

Heat a griddle pan until hot. Brush the aubergine slices with the olive oil and cook for 5-6 minutes on each side until soft and charred, then grill the tomatoes for 4 minutes on the cut side

For the lentil mince, heat the olive oil in a pan over a medium-high heat and cook the onion for 2-3 minutes until softened but not browned.

Add the garlic, cinnamon, paprika and oregano, and cook for a further 1 minute, stirring all the time. Pour in the chopped tomatoes, lentils, marmite and 50ml of water. Allow to simmer for 10 minutes.

Divide the lentil mince into bowls with the grilled aubergine and tomatoes.

Top with the soya yoghurt and sprinkle with the grated nutmeg and a drizzle of extra-virgin olive oil. Scatter with the flat-leaf parsley.

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

AVOCADO CHOCOLATE TRUFFLES



20 MINUTES



25



CALS

43



PROTEIN

1



CARBS

4



FAT

4



FIBRE

3

AVOCADO CHOCOLATE TRUFFLES

SERVES: 25

TOTAL TIME: 20 MINUTES

INGREDIENTS

100g ripe avocado, mashed
2 tbsp sugar free flavoured
maple syrup
170g sugar free dark chocolate
4 tbsp unsweetened cocoa
powder
½ tsp vanilla extract (optional)
2-3 drops stevia (optional add
to increase sweetness)

INSTRUCTIONS

Using a fork, mash the avocado into a smooth purée in a bowl.
Melt the chocolate gently over a bowl of hot water
Add the sugar free maple syrup, melted chocolate, unsweetened cocoa
powder vanilla (and stevia drops if you want to increase the sweetness)
to the avocado. Stir to combine. Cover and refrigerate for 30 minutes.
Slightly grease your hands with coconut oil and shape the truffles in
your palms. Roll each truffle into the coating of your choice such as
unsweetened cocoa powder or desiccated coconut and place them on a
plate covered with parchment paper. Store in the fridge for a further 30
minutes before eating,
This recipe makes about 25 truffles. Store well in the fridge up to 4 days,
in an airtight container.

ENERGIZE

- N U T R I T I O N -

BANANA BREAD



1 HOUR 15
MINUTES



9



CALS

458



PROTEIN

10



CARBS

55



FAT

24



FIBRE

7

BANANA BREAD

SERVES: 9

TOTAL TIME: 1 HOUR 15 MINUTES

INGREDIENTS

For the flax egg :

1 tbsp flaxseed

2½ tbsp water

3 medium ripe bananas

65g unsalted almond butter

3 tbsp avocado oil

115g coconut sugar

2-3 tbsp maple syrup

½ tsp sea salt

120ml unsweetened almond milk

1 tbsp baking powder

150g almond meal (ground from raw almonds)

125g gluten-free flour blend

105g gluten-free oats

65g raw walnuts, chopped

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4 and lining a loaf pan with parchment paper.

Mix the flax and water in a large mixing bowl and let rest for 5 minutes. Then add ripe, peeled banana and mash well with a fork until fairly smooth.

Add almond butter, avocado oil, coconut sugar, maple syrup, sea salt, and almond milk and whisk to combine. Then add the baking powder, almond meal, gluten-free flour blend, and gluten-free oats and stir well to combine. Finally add half of the walnuts and stir to combine.

Pour the mixture into the pan and smooth with a spoon. Top with remaining walnuts. Bake for 1 hour to 1 hour 15 minutes. When it's ready, the loaf should feel firm and be crackly and golden brown on top. A toothpick or knife should come out clean after being inserted into the centre.

Let rest for 10 minutes, carefully loosen sides with a knife or pull up on the parchment paper and transfer to a cooling rack. Let cool completely before cutting or it will tend to crumble and fall apart.

This will keep at room temperature for 4 or 5 days.

ENERGIZE

- N U T R I T I O N -

STRAWBERRY CHEESECAKE BITES



2 HOURS 30
MINUTES



24



CALS

112



PROTEIN

2



CARBS

7



FAT

9



FIBRE

0

STRAWBERRY CHEESECAKE BITES

SERVES: 24

TOTAL TIME: 2 HOURS 30 MINUTES

INGREDIENTS

For the crust (makes 24 mini cheesecakes):

125g pecans

6 Medjool dates

15g desiccated coconut

¼ tsp sea salt

For the filling:

125g raw cashews (soaked for 3 hours)

100g frozen strawberry slices

90g agave nectar

50g coconut oil (melted)

2 tbsp lemon juice

For the swirl/topping:

100g frozen strawberries,
melted

INSTRUCTIONS

Crust

Remove the pits from the Medjool dates and soak them in warm water for 10 minutes. Drain and place in a food processor along with the remaining ingredients. Process until the nuts are crumbled and the crust is sticking together.

Press about 1½ tsp of the mixture into the bottom of each mini muffin cup. Drain and rinse cashews in freshwater, add them to a high speed blender, with frozen strawberries, agave nectar, melted coconut oil, and lemon juice. Blend until smooth. Pour this mixture into a bowl and set aside.

Swirl/Topping

Allow the frozen strawberries to melt at room temperature until soft, then blend into a smooth purée.

Take a tbsp of the cashew filling and pour on top of the pressed crust.

Then take ½ tsp of strawberry purée and dollop on top of the cashew filling.

Take the end of a toothpick and swirl the two mixtures around

Freeze the cheesecakes for 1-2 hours until solid. Remove them from the mini muffin trays and allow to thaw for 10-15 minutes before enjoying.

ENERGIZE

- N U T R I T I O N -

VEGAN PEACH COBBLER

 1 HOUR

 8



CALS

297



PROTEIN

3



CARBS

56



FAT

8



FIBRE

2

VEGAN PEACH COBBLER

SERVES: 8

TOTAL TIME: 1 HOUR

INGREDIENTS

75g vegan butter

For the peach filling:

5 large ripe peaches, peeled
and sliced

150g sugar

1 tsp ground cinnamon

¼ tsp salt

For the batter:

125g all-purpose flour

175g granulated sugar

2 tsp baking powder

¼ tsp salt

240ml unflavoured and

unsweetened non-dairy milk

1 tsp vanilla extract

INSTRUCTIONS

Begin by preheating your oven to 180°C/350°F/gas 4. Butter a baking dish, and place the dish in the oven as it warms, to melt the butter.

To make the filling, stir the peaches, sugar, cinnamon and salt together in a medium saucepan and set it over medium heat, stirring occasionally, until the peaches begin to soften up and release their juices.

Remove the pot from the heat and set aside.

To make the batter, stir the flour, sugar, baking powder, and salt together in a large mixing bowl. In a separate bowl stir together the milk and vanilla. Then add the milk mixture to the flour mixture and stir until completely mixed.

Pour the batter into the warmed baking dish then spread the peach mixture over the batter.

Bake until the peach mixture is very bubbly and the batter is set and lightly browned in spots.

Remove the dish from the oven and allow to cool until just warm before serving.

Serve in bowl or on plates with a scoop of vanilla ice cream



CHOC CY MOUSSE



5 MINUTES (PLUS
30 FOR COOLING)



4



CALS

212



PROTEIN

8



CARBS

18



FAT

12



FIBRE

6

CHOCCY MOUSSE

SERVES: 4

**TOTAL TIME: 5 MINUTES (PLUS
30 FOR COOLING)**

INGREDIENTS

2 ripe avocados
2 tbsp cacao powder
1 tbsp chocolate protein powder
(vegan if required)
2 tbsp maple syrup
1 tbsp almond milk
Pinch sea salt
To serve:
Fresh mint leaves

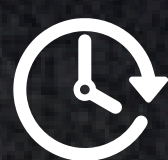
INSTRUCTIONS

Place all the ingredients in a food processor and blitz until smooth and creamy, scraping the sides as you need. Place in the fridge for 30 minutes.
Divide into 4 dessert bowls and serve with fresh mint.

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



BREAKFAST BURRITO



25 MINUTES



1



CALS

498



PROTEIN

24



CARBS

38



FAT

29



FIBRE

3



PEANUT BUTTER BANANA BREAD GRANOLA

 50 MINUTES

 6

				
CALS	PROTEIN	CARBS	FAT	FIBRE
509	14	64	24	6

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

AVOCADO AND HEIRLOOM TOMATO TOAST



25 MINUTES



1



CALS

475



PROTEIN

11



CARBS

48



FAT

28




FIBRE

7



VEGETARIAN BREAKFAST CASSEROLE

 3 HOURS

 6



CALS

323



PROTEIN

18



CARBS

11



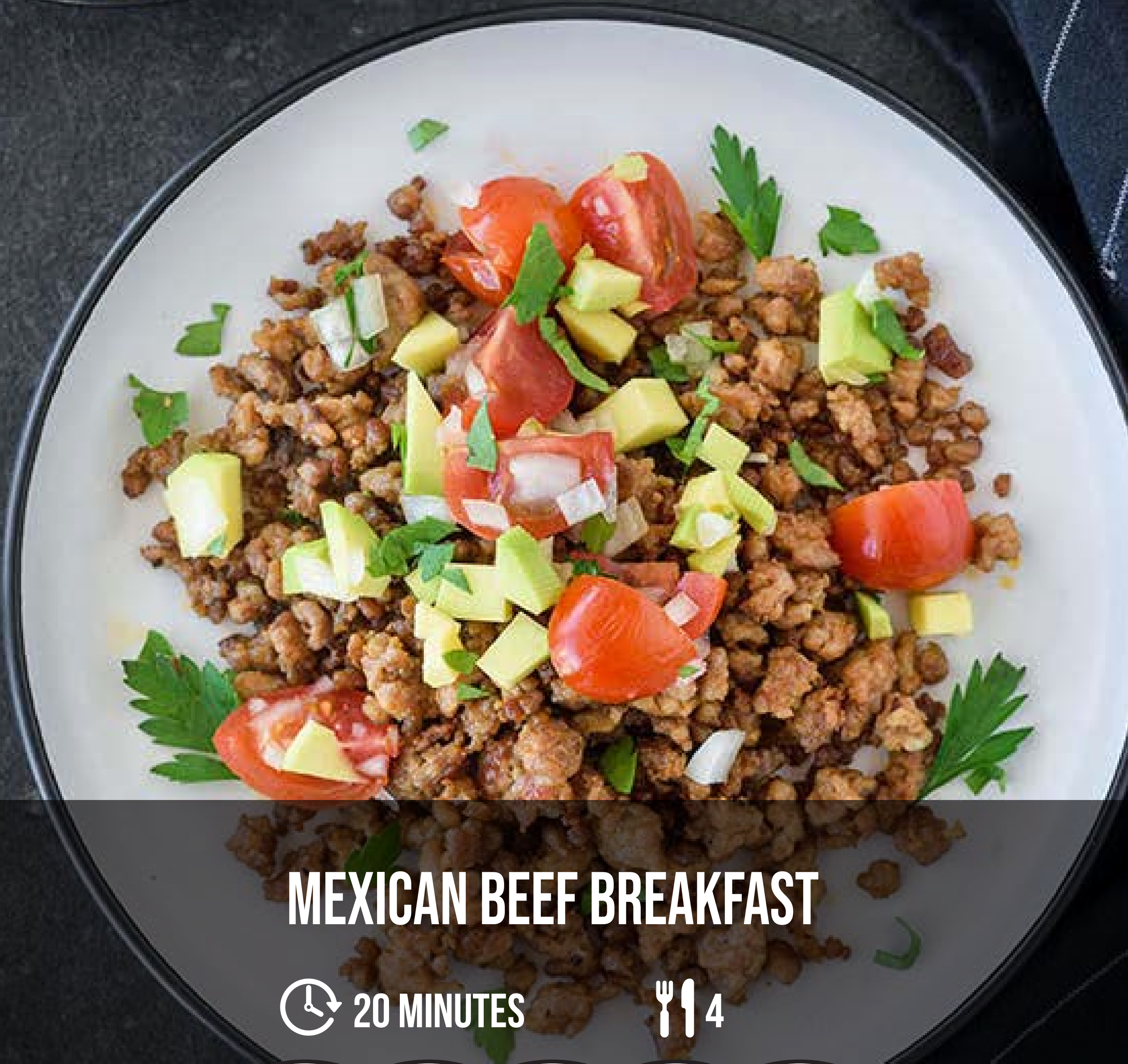
FAT

23



FIBRE






1



MEXICAN BEEF BREAKFAST

 20 MINUTES

 4






				
CALS	PROTEIN	CARBS	FAT	FIBRE
182	13	10	10	3



SPROUT SALAD

 15 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
281	12	56	1	12

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

LIME AND CORIANDER BLACK BEANS



12 MINUTES



2



CALS

149



PROTEIN

6



CARBS

19



FAT

6



FIBRE

2

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



ROASTED POTATO SALAD WITH DIJON VINAIGRETTE

 45 MINUTES

 8



CALS

159



PROTEIN

3



CARBS

21



FAT

7



FIBRE

3



QUICK VEGETABLE FRITTATA



25 MINUTES



4



CALS

142



PROTEIN

10



CARBS

3



FAT

10



FIBRE

1

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



SESAME KALE



25 MINUTES



4



CALS

153



PROTEIN

6



CARBS

12



FAT

9



FIBRE




5



CHICKEN ENCHILADA BOWLS

 20 MINUTES

 4



				
CALS	PROTEIN	CARBS	FAT	FIBRE
519	29	63	18	2



POKE TUNA SALAD

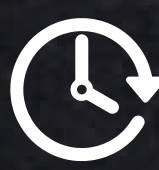
 15 MINUTES

 1





 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
505	32	24	32	5



QUICK SUSHI BOWL


 25 MINUTES

 2

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
498	27	70	11	4



CRUSTED HALIBUT AND GRAPE SALSA

 45 MINUTES

 4



CALS

260



PROTEIN

39



CARBS

17



FAT

4



FIBRE

3

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

JERK CHICKEN BURGER

 20 MINUTES

 2



CALS

417



PROTEIN

38



CARBS

45



FAT

9



FIBRE

4

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



PRAWN AND CHORIZO SKEWERS



20 MINUTES (PLUS
3 HOURS)



5



CALS

188



PROTEIN

29



CARBS

2



FAT

8



FIBRE

0

ENERGIZE

- N U T R I T I O N -



TUNA ROLL UPS

 5 MINUTES

 2



CALS

419



PROTEIN

27



CARBS

44



FAT

15



FIBRE

4



BEEF STUFFED BUTTERNUT

 90 MINUTES

 6



CALS

330



PROTEIN

18



CARBS

42



FAT


10



FIBRE

10

CHEESY CAULIFLOWER BAKE

 25 MINUTES

 4



CALS

420



PROTEIN

21



CARBS

57



FAT

12



FIBRE

8

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



CHICKEN TIKKA CURRY



35 MINUTES



4



CALS

613



PROTEIN

36



CARBS

79



FAT

17



FIBRE

5

AUBERGINE AND LENTIL VINDALOO



55 MINUTES



2



CALS

244



PROTEIN

12



CARBS

40



FAT

4



FIBRE

12

MEDITERRANEAN SPICED TOFU KEBABS

 55 MINUTES

 4



CALS

263



PROTEIN

11



CARBS

12



FAT

19



FIBRE

1



TURKEY IN BLACK BEAN SAUCE WITH NOODLES



30 MINUTES



1



CALS

402



PROTEIN

39



CARBS

48



FAT

4



FIBRE

6



CHILLI-GLAZED PORK WITH SWEET POTATO HASH

 25 MINUTES

 4



CALS

366



PROTEIN

35



CARBS

33



FAT

10



FIBRE

5



MOUSSAKA BOWLS



15 MINUTES



4



CALS

241



PROTEIN

12



CARBS

26



FAT

7



FIBRE

14

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



AVOCADO CHOCOLATE TRUFFLES



20 MINUTES



25



CALS

43



PROTEIN

1



CARBS

4



FAT

4



FIBRE

3



BANANA BREAD



1 HOUR 15 MINUTES



9



CALS

458



PROTEIN

10



CARBS

55



FAT

24



FIBRE

7



STRAWBERRY CHEESECAKE BITES



2 HOURS 30
MINUTES



24



CALS

112



PROTEIN

2



CARBS

7



FAT

9



FIBRE

0



VEGAN PEACH COBBLER



1 HOUR



8



CALS

297



PROTEIN

3



CARBS

56



FAT

8



FIBRE

2

ENERGIZE

- N U T R I T I O N -



CHOCCY MOUSSE



5 MINUTES (PLUS
30 FOR COOLING)



4



CALS

212



PROTEIN

8



CARBS

18



FAT

12



FIBRE

6