

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

BANANA PROTEIN WAFFLES



10 MINUTES



4



CALS

456



PROTEIN

14



CARBS

63



FAT

8



FIBRE

10

BANANA PROTEIN WAFFLES

SERVES: 4

TOTAL TIME: 10 MINUTES

INGREDIENTS

100g oat flour
50g vanilla protein powder
55g coconut flour
1/2 tsp nutmeg
Pinch salt
295ml almond milk
300g mashed bananas
1 tsp vanilla extract
For serving:
4 tbsp Greek yoghurt
1 large banana
45g dark chocolate chips

INSTRUCTIONS

Start by preheating your waffle maker to medium. Add all the dry ingredients to a medium-sized mixing bowl and mix well. Next, add the milk, mashed bananas and vanilla extract. Mix until it turns to a batter consistency, just make sure you don't over mix it. Give the waffle iron a very thorough greasing with olive oil spray (you can also use butter). Spoon in the mixture and cook for 3-5 minutes or until nice and toasted. Divide waffles on to four plates and top with greek yoghurt, extra banana and dark chocolate chips.



BREAKFAST COOKIES



25 MINUTES



12



CALS

376



PROTEIN

7



CARBS

60



FAT

12



FIBRE

3

BREAKFAST COOKIES

SERVES: 12

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 ripe banana
125ml sunflower oil
165ml unrefined sugar or 78ml
agave
1 tsp vanilla
113g plain flour
½ tsp baking soda
¼ tsp salt
½ tsp cinnamon and nutmeg (to
your taste, optional)
180g rolled oats
60g mixed nuts
35g mixed seeds
70g dried fruit

INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/Gas 6.
Add your banana to a large mixing bowl and mash it really well with a fork. Add the oil and sugar and continue to mix well. Next, throw in the flour, baking soda and salt. Feel free to add ½ tsp cinnamon, nutmeg or any spices you desire. Mix these ingredients together until the mixture is quite moist
Now it's time to add the oats, nuts, dried fruit, seeds and protein chunks you have chosen to include. Mix really well with your hands to make sure it is all well distributed and stuck together.
Make small balls with the dough and place on an oiled baking tray. Flatten the balls with the palm of your hand, making sure there is a reasonable gap between each disc shape.
Bake for 10-15 minutes (depending on how browned you like your cookies). Remove from the oven and leave to cool on the baking tray. Once they have slightly hardened, twist and lift to remove them from the tray and place on a cooling tray for a further 10 minutes.

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

**PLUM AND
ALMOND OATS**



10 MINUTES PLUS
SOAKING OVERNIGHT



2



CALS

226



PROTEIN

9



CARBS

25



FAT

10



FIBRE

7

PLUM AND ALMOND OATS

SERVES: 2

**TOTAL TIME: 10 MINUTES PLUS SOAK-
ING OVERNIGHT**

INGREDIENTS

60g rolled oats (or gluten free
rolled oats)
1 tbsp chia seeds
300ml almond milk
Couple drops vanilla extract
Small pinch nutmeg, freshly
grated
3 plums, ripe, stoned and
chopped into chunky cubes
1 tbsp almonds, roughly
chopped
Drizzle honey or agave, to serve

INSTRUCTIONS

The night before, mix the oats, chia seeds, almond milk, vanilla extract and nutmeg together in a medium sized bowl. Stir through 2 of the cubed plums, cover and leave in the fridge overnight.
The next morning, give the oats a good stir, they should be creamy and soft.
Divide between 2 bowls and top with the remaining plum, some almonds and honey or agave to sweeten.



MANGO PASSION SMOOTHIE

 5 MINUTES

 2

				
CALS	PROTEIN	CARBS	FAT	FIBRE
277	22	36	5	5

MANGO PASSION SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

INGREDIENTS

- 400ml coconut milk
- 4 tbsp natural protein powder
- 120g fresh or frozen mango
diced
- 1 medium banana frozen
- 2 passionfruit, pulped
- Large handful of ice

INSTRUCTIONS

Add all ingredients to a blender and blitz until nice and smooth. To make it thicker, add extra ice or if you prefer your smoothie runny just add a little water.

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

BERRY CHERRY SMOOTHIE BOWL



5 MINUTES



1



CALS

252



PROTEIN

3



CARBS

51



FAT

4



FIBRE

7

BERRY CHERRY SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 5 MINUTES

INGREDIENTS

120ml water
1/2 tbsp acai powder
5 pitted cherries
50g frozen mixed berries
1 frozen banana (peeled)
5-10 ice cubes
1 tbsp desiccated coconut
1 tbsp dried goji berries

INSTRUCTIONS

Add all ingredients to your blender or vitamix and blitz until smooth. You may need to give your blender a shake half way through. The consistency is supposed to be thick, but if it's too thick, add a little more water. Transfer to 2 serving bowls and top with coconut and goji berries.

ENERGIZE

- N U T R I T I O N -

AUBERGINE AND COURGETTE HASH



30 MINUTES



4



CALS

252



PROTEIN

12



CARBS

6



FAT

20



FIBRE

2

AUBERGINE AND COURGETTE HASH

SERVES: 4

TOTAL TIME: 30 MINUTES

INGREDIENTS

2 tsp olive oil, divided, plus extra for drizzling
4 slices pancetta, cut into small pieces
1/2 red onion, sliced
1 large aubergine, cut into very small chunks
1 clove garlic, crushed
1 tsp cumin
1 tsp chili flakes
1 courgette, cut into very small chunks
Sea salt and black pepper to taste
4 eggs
150g feta cheese, crumbled

INSTRUCTIONS

Start by bringing a frying pan to medium heat and add 1 tsp of olive oil. Once the pan has heated up, add the pancetta and onion and cook for about three minutes.

Next, add the the aubergine, garlic, spices, salt and pepper and cook for 10 minutes, add a little drizzle of olive oil every couple of minutes and stir regularly to stop it from sticking.

Add the courgette and cook for another 10 minutes, continuing to stir. Meanwhile, add 1 tsp of olive oil to another pan, crack the eggs, place a lid on top and cook for 2 to 2 1/2 minutes. If you prefer the yolk hard, continue to cook for another 1 to 2 minutes.

Divide hash onto four plates, top with a fried egg and a crumble of feta.



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

HARISSA BEET AND CARROT SALAD



50 MINUTES



4



CALS

318



PROTEIN

14



CARBS

34



FAT

14



FIBRE

9

HARISSA BEET AND CARROT SALAD

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

2 tbsp Harissa
2 tbsp olive oil
450g beetroot, chopped into bite-size chunks
1 bunch baby carrots
1 tin (400g) chickpeas, drained and rinsed
200g cottage cheese
80g Greek yoghurt
Salt and pepper, to taste
3 tbsp raw pistachios
1 tbsp sesame seeds
1 lemon, juiced

INSTRUCTIONS

Preheat oven to 190°C/374°F/Gas 5. Line a large baking tray with baking paper and set aside.
Add harissa and water to a large bowl and whisk together.
Place beetroot, carrots and chickpeas in the bowl and toss to ensure they're well coated. Next, lay them evenly across the baking tray and cook for 20-25 minutes. (Use two trays if you find it's too crowded.)
Meanwhile, mix together the cottage cheese, Greek yoghurt, salt and pepper.
On a large serving plate spread the cheese and yoghurt mix over the plater. Layer the beetroot, carrot and chickpeas on top.
Finally, sprinkle with pistachios and sesame seeds, and drizzle with lemon.

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

COCONUT CASHEW BUTTER

 5 MINUTES

 10



CALS

238



PROTEIN

6



CARBS

13



FAT

18



FIBRE

0

COCONUT CASHEW BUTTER

SERVES: 10

TOTAL TIME: 5 MINUTES

INGREDIENTS

300g salted cashews
50g coconut flakes
2 tbsp maple syrup
2 tbsp coconut oil
sprinkle sea salt flakes for
serving, optional

INSTRUCTIONS

Add all ingredients to your food processor or blender and blend for a minute. Scrape down the sides so everything is touching the blades and blend for an additional minute.
Sprinkle with sea salt flakes.

ENERGIE

- N U T R I T I O N -

TABOULI



25 MINUTES



6



CALS

244



PROTEIN

9



CARBS

25



FAT

12



FIBRE

6

TABOULI

SERVES: 6

TOTAL TIME: 25 MINUTES

INGREDIENTS

200g quinoa (uncooked)
1 cucumber, sliced
200g cherry tomatoes, halved
3 spring onions, finely sliced
handful parsley, roughly
chopped
1 tbsp olive oil
1 lemon, juiced
30g pumpkin seeds
50g slivered almonds

INSTRUCTIONS

Cook the quinoa according to packet instructions.
In a large bowl, toss together the cucumber, cherry tomatoes, spring onions and parsley, along with the olive oil and lemon juice. Season well with salt and cracked pepper.
Lastly, toss through the pumpkin seeds and slivered almonds.

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

**ASPARAGUS AND
BRIE CROSTINI**



35 MINUTES



6



CALS

214



PROTEIN

7



CARBS

15



FAT

14



FIBRE

2

ASPARAGUS AND BRIE CROSTINI

SERVES: 6

TOTAL TIME: 35 MINUTES

INGREDIENTS

- 1 long baguette, sliced
- 60ml olive oil
- 1 bunch asparagus, cut in half lengthways and chopped in half
- 100g soft brie, sliced

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6. Line 2 baking trays with baking paper.

Toss the asparagus in 1 1/2 tbsp olive oil and lay on one of the baking trays. Place in the oven and cook for 15 minutes.

Brush both sides of the baguette slices with the remaining olive oil and lay on the other baking tray. Cook for 10 minutes or until golden.

Place the slices of brie on the baguette and top with asparagus. Season with salt and cracked pepper.

ENERGIZE

- N U T R I T I O N -

CHILLI CON CARNE



60 MINUTES



6



CALS

318



PROTEIN

30



CARBS

27



FAT

10



FIBRE

7

CHILLI CON CARNE

SERVES: 6

TOTAL TIME: 60 MINUTES

INGREDIENTS

1 tbsp olive oil
1 brown onion, diced
2 cloves garlic, minced
2 tsp ground paprika
2 tsp ground cumin
1 tsp garlic powder
1 tsp onion powder
1 tsp oregano
1/2 tsp cayenne pepper
400g lean beef mince
400g button mushrooms,
chopped
1 red bell pepper, chopped
1 x (400g) tin red kidney beans,
rinsed and drained
500ml passata
1 tsp coconut sugar
10g coriander, leaves picked

INSTRUCTIONS

Start by heating the oil in a large saucepan or wok. Add the onion and cook for 5 minutes or until translucent. Add the garlic and all the spices and cook for another 2 minutes.
Next, add the beef and cook for about 5 minutes, breaking up any larger chunks.
Add the mushrooms, bell pepper and kidney beans and cook for another 2-3 minutes.
Finally, stir through the passata and coconut sugar.
Bring to a boil, then reduce to a simmer and cook for 35-40 minutes or until sauce has thickened.
Serve with fresh coriander.

ENERGIZE

- N U T R I T I O N -

MANGO CHICKEN PATTIES

 20 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
299	33	8	15	1

MANGO CHICKEN PATTIES

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

1 1/2 tbsp, plus 2 tsp olive oil
75g onion, very finely diced
480g chicken mince
165g fresh mango, finely diced
1 tbsp fresh chives, minced
1/4 tsp red pepper flakes
3/4 tsp salt

INSTRUCTIONS

In a heavy frying pan, heat the 2 tsp of the olive oil over medium heat. Add onion and saute for 5 minutes until soft and tender. Next, scrape onion into a medium bowl and let cool for 5 minutes. Add chicken, mango, chives, red pepper flakes and salt. Using clean hands, mix everything together, making sure to get the mango distributed throughout. Using wet hands, form the chicken into 8 equal sized patties, pushing down to flatten a little bit and laying on baking paper. Heat the same frying pan over medium high heat and add remaining oil. Gently place patties in the pan, in batches if needed for about 3-4 minutes on each side, until golden brown on each side and cooked through.

ENERGIZE

- N U T R I T I O N -

HONEY SRIRACHA CHICKEN



27 MINUTES



2



CALS

242



PROTEIN

27



CARBS

29



FAT

2



FIBRE

1

HONEY SRIRACHA CHICKEN

SERVES: 2

TOTAL TIME: 27 MINUTES

INGREDIENTS

680g boneless, chicken breast,
skinless (2–3 large)
60ml tamari (or coconut aminos
or soy sauce)
60ml honey
1/2 tbsp sriracha
2 tsp minced garlic
1 tbsp cornstarch (optional)

INSTRUCTIONS

Prepare the sauce by whisking together tamari, honey, sriracha, and minced garlic.
Place chicken breasts on the bottom of a slow cooker and then pour sauce on top.
Set slow cooker to high heat and cook for 2 to 3 hours or set slow cooker to low heat and cook for 6 to 8 hours (recommended).
Once your chicken is easily shreddable, remove from slow cooker and use 2 forks to shred chicken breast.
Now, if you want to thicken the sauce, add 1.5 tbsp of cornstarch. Whisk until dissolved. Add shredded chicken back into sauce and stir.
Let sit for 10 minutes before serving.

ENERGIZE

- N U T R I T I O N -

TERIYAKI TOFU



20 MINUTES (PLUS
60 FOR MARINATING)



3



CALS

410



PROTEIN

24



CARBS

38



FAT

18



FIBRE

4

TERIYAKI TOFU

SERVES: 3

**TOTAL TIME: 20 MINUTES (PLUS 60
FOR MARINATING)**

INGREDIENTS

60ml tamari
2 tbsp coconut sugar
2 tbsp mirin
2 tsp sesame oil
450g firm tofu
450g bok choy
1 tbsp sesame seeds

INSTRUCTIONS

Start by mixing together the tamari, sugar, mirin and sesame oil. Place tofu in a large shallow dish and pour sauce all over. Flip the pieces of tofu a couple of times to make sure both sides are well coated. Place in the fridge for 60 minutes.

Meanwhile, bring a pot of water to boil and reduce to a simmer. Place bok choy in a steaming basket and steam for 5-6 minutes or until just tender. Heat the barbeque or grill plate and cook tofu for 5 minutes each side or until golden.

Divide bok choy between 3 bowls, top with tofu and sprinkle with sesame seeds.

ENERGIZE

- N U T R I T I O N -

CHICKEN SKEWERS



45 MINUTES



2



CALS

283



PROTEIN

39



CARBS

16



FAT

7



FIBRE

3

CHICKEN SKEWERS

SERVES: 2

TOTAL TIME: 45 MINUTES

INGREDIENTS

1 tbsp peanut butter
2 tbsp ketjap manis (or thick soy sauce)
1 tsp ginger, minced
1 tsp chilli flakes
250g chicken breast, cut into cubes
1 red onion, cut into thick slices
1 red bell pepper, cut into cubes

INSTRUCTIONS

In a medium-sized shallow dish, mix together the peanut butter, ketjap manis, ginger and chilli flakes. Add the chicken and toss to coat. Allow to marinate for 15 minutes.
Thread the chicken, red onion and bell pepper onto the skewers.
Heat a chargrill plate or heavy frying pan to medium-high heat and cook the skewers for 3-4 minutes each side or until fully cooked through.



PUMPKIN AND RICOTTA GNOCCHI



20 MINUTES



2



CALS

377



PROTEIN

12



CARBS

62



FAT

9



FIBRE

9

PUMPKIN AND RICOTTA GNOCCHI

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

250g peeled pumpkin, cut into
1-2cm cubes
1 tbsp, plus 1 tsp olive oil
200g gnocchi
1 garlic clove, crushed
1/2 bunch fresh sage
70g low-fat ricotta

INSTRUCTIONS

Start by preheating the oven to 190°C/375°F/Gas 5.
Toss pumpkin and 1 tsp olive oil in a bowl and place on a baking tray.
Roast for 15 minutes or until tinged golden.
Meanwhile, cook gnocchi according to packet instructions.
In a large saucepan, add the remaining 1 tbsp olive oil and garlic and
cook for 1 minute. Add the sage and cook for an additional 30 seconds to
1 minute. Remove from heat.
Drain pasta and toss through the pumpkin and olive oil sauce.
Divide into two bowls, top with ricotta and season with flaked salt and
cracked pepper.

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

SLOW ROASTED HALIBUT WITH GREMOLATA



45 MINUTES



4



CALS

286



PROTEIN

35



CARBS

14



FAT

10



FIBRE

4

SLOW ROASTED HALIBUT WITH GREMOLATA

SERVES: 4

TOTAL TIME: 45 MINUTES

INGREDIENTS

1 small bunch flat-leaf parsley
1 clove garlic
1 lemon
680g halibut filets
2 tbsp olive oil
600g cherry tomatoes

INSTRUCTIONS

First, preheat oven to 150°C/300°F/Gas 2.
Remove the parsley leaves from the stalk and finely chop the leaves and garlic. Squeeze the juice from the lemon over the top and stir to combine. Season with salt and pepper.
Place an ovenproof frying pan over medium-high heat. Season the halibut generously with salt and pepper. Add the oil to the hot pan and then add the halibut, skin-side up. Cook just long enough to sear the fish. Turn the fish so the skin-side is down, sprinkle the cherry tomatoes around the fish and transfer to the oven. Bake for about 20 to 30 minutes, or until the fish is cooked through and the tomatoes are starting to burst. Remove from the oven and spread the gremolata over the halibut. Divide on to four plates and serve immediately.



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

SALSA CHICKEN



40 MINUTES



5



CALS

208



PROTEIN

34



CARBS

9



FAT

4



FIBRE

1

SALSA CHICKEN

SERVES: 5

TOTAL TIME: 40 MINUTES

INGREDIENTS

4 skinless, boneless chicken
breasts
600g salsa

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5.
Arrange chicken on a baking pan and pour salsa generously on top.
Bake for 25-30 minutes, until chicken is no longer pink on the inside.
Let it cool for little bit, then shred it using forks and serve immediately.



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

THAI PEANUT BEEF



20 MINUTES



4



CALS

479



PROTEIN

44



CARBS

14



FAT

28



FIBRE

4

THAI PEANUT BEEF

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

2-3 tsp olive oil
680g beef, cut into thin strips
(suggestion: flank steak or stir fry beef strips)
For the sauce
125g creamy peanut butter
2 tsp soy sauce
1 tsp brown sugar
2 tsp Sriracha hot sauce
65g peanuts, chopped
(optional)
2 tbsp spring onion to garnish

INSTRUCTIONS

Start by thoroughly mixing together all sauce ingredients, excluding peanuts and set aside.
Next, add the oil to large pan or frying pan and heat over medium-high heat until hot. Add beef strips and cook for 8-10 minutes, stirring throughout to ensure even cooking.
When Beef has browned around the edges and cooked to your preference, add 1/2 of the sauce to the pan. Stir and cook 1-2 minutes longer.
Serve beef hot, topped with remaining sauce, chopped peanuts and sliced spring onions.



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



TUNA AND BUTTER BEAN SALAD



20 MINUTES



2



CALS

396



PROTEIN

36



CARBS

27



FAT

16



FIBRE

5

TUNA AND BUTTER BEAN SALAD

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

350g mangetout
20g basil leaves
2 tbsp avocado oil
1 tbsp red wine vinegar
4 large cos lettuce leaves
1 x (400g) tin butter beans,
drained and rinsed
150g tuna in springwater,
drained
2 hard boiled eggs

INSTRUCTIONS

Start by bringing a pot of salted water to boil. Add the mangetout and cook for 2-3 minutes or until just tender. Drain and rinse under cold water immediately.

Meanwhile, add the basil, avocado oil, vinegar, salt and cracked pepper to a blender and blitz until smooth.

Toss the tuna with the mangetout, white beans and lettuce. Pour the dressing all over.

Divide between two bowls and serve with boiled eggs.



EASY CHICKEN STIR-FRY



35 MINUTES



6



CALS

451



PROTEIN

36



CARBS

34



FAT

19



FIBRE

7

EASY CHICKEN STIR-FRY

SERVES: 6

TOTAL TIME: 35 MINUTES

INGREDIENTS

2 tbsp sesame oil (divided)
500g chicken breast, sliced into strips
2 long red chillies, diced
2 brown onions, diced
3 cloves garlic, minced
1 head broccoli, cut into florets
1 head cauliflower, cut into florets
2 red bell pepper, sliced
2 courgette, sliced
125ml tamari
60ml sesame oil
30ml rice wine vinegar
3 tbsp honey

INSTRUCTIONS

Add the sesame oil to a large wok and bring to medium-high heat. Add the chicken and cook for 8-10 minutes or until lightly browned and cooked through. Set aside and cover with aluminium foil to keep warm. In the same pan, add the chillies and onion and cook for 5 minutes or until onion is translucent.

Next, add the garlic, broccoli, cauliflower, bell pepper and courgette. Cook for 10 minutes or until tender.

Meanwhile, mix together the tamari, sesame oil, rice wine vinegar and honey.

Once the vegetables are cooked, toss through the cooked chicken and sauce. Heat through for 1-2 minutes.

Divide between six bowls and serve with rice or just on it's own.

ENERGIE

- N U T R I T I O N -

CREAMY CHICKEN PENNE



20 MINUTES



4



CALS

470



PROTEIN

34



CARBS

52



FAT

14



FIBRE

8

CREAMY CHICKEN PENNE

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

300g wholemeal (gluten free if required) pasta
1 tsp olive oil
1 brown onion
400g chicken breast, sliced
190g basil pesto
150g green peas
2 tbsp Greek yoghurt
Salt and cracked pepper
Fresh basil, to serve

INSTRUCTIONS

Start by cooking pasta according to packet instructions. Meanwhile, add the oil and onion to a fry pan and cook on medium-high heat for 2 minutes. Next, add the chicken and cook for 5 minutes, stirring continuously. Add the basil pesto and peas, reduce to low and simmer for 5 minutes. Stir through the Greek yoghurt and cook for 1 more minute. Divide into four bowls, season with salt and cracked pepper and top with fresh basil.

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

CRISPY FALAFELS



25 MINUTES
(PLUS 8 HOURS)



4



CALS

487



PROTEIN

6



CARBS

19



FAT

43



FIBRE

6

CRISPY FALAFELS

SERVES: 4

TOTAL TIME: 25 MINUTES (PLUS
8 HOURS)

INGREDIENTS

- 120g dried chickpeas (must be dried)
- 2 cloves garlic
- 25g coriander
- Sea salt and cracked pepper
- 1 tsp ground cumin
- 1 tsp ground cardamom
- 1/4 tsp baking powder
- 350ml vegetable oil, for frying

INSTRUCTIONS

Chickpeas will need to be soaked overnight. You can do this by placing them in a large bowl and fully covering them with cold water. Add chickpeas, garlic, coriander, salt, pepper, cumin, cardamon and baking powder to a food processor and blitz until very finely minced. Transfer to a bowl, cover and refrigerate for 20 minutes. Next, gently shape the mix into balls and set aside. Add oil to a fry pan and bring to a medium-high heat. Fry falafels for about four minutes, making sure both sides are submerged in the oil for 2 minutes. Transfer to kitchen towel before serving.

ENERGIZE

- N U T R I T I O N -

QUICK AND EASY CHICKEN QUESADILLA



10 MINUTES



1



CALS

452



PROTEIN

21



CARBS

56



FAT

16



FIBRE

5

QUICK AND EASY CHICKEN QUESADILLA

SERVES: 1

TOTAL TIME: 10 MINUTES

INGREDIENTS

1 gluten free tortilla (if required)
60ml tomato basil pasta sauce
60g cooked BBQ chicken
1 tbsp spring onion, diced
50g cheese, shredded

INSTRUCTIONS

Lay tortilla flat on the cutting board.
Spread tomato basil sauce over half the tortilla.
Top with chicken, spring onions and cheese.
Fold in half, place in a pan and heat over medium heat, flipping once,
until cheese is melted and tortilla is slightly toasted.



PUMPKIN MAC AND CHEESE



65 MINUTES



CALS

498



PROTEIN

17



CARBS

76



FAT

14



FIBRE

8

PUMPKIN MAC AND CHEESE

SERVES: 4

TOTAL TIME: 65 MINUTES

INGREDIENTS

1kg pumpkin
2 tbsp olive oil, divided
250g penne pasta, uncooked
(gluten-free if required)
1 brown onion, diced
1/2 tsp nutmeg
20g fresh sage, finely chopped
2 tbsp arrowroot flour
200ml almond milk
4 tbsp nutritional yeast
4 tbsp vegan parmesan cheese

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.

Toss pumpkin in 2 tbsp olive oil. Place in the oven and cook for 40-45 minutes or until soft.

Meanwhile, cook pasta according to packet instructions.

Heat the remaining olive oil in a medium-sized frying pan and cook onion for 5 minutes or until translucent. Stir through the nutmeg and sage for a minute then remove from the heat. Transfer cooked onion to a blender along with the arrowroot starch, almond milk, nutritional yeast and vegan parmesan. Blitz until well combined.

Transfer sauce to a deep frying pan and heat over a low-medium heat, whisking frequently for about 5 minutes or until the sauce is heated through and slightly thickened.

Stir through the cooked pasta and divide between 4 bowls. Top with fresh sage, salt and cracked pepper.

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

MOLTEN CHOC PROTEIN PUDDING



90 MINUTES



4



CALS

637



PROTEIN

16



CARBS

51



FAT

41



FIBRE

3

MOLTEN CHOC PROTEIN PUDDING

SERVES: 4

TOTAL TIME: 90 MINUTES

INGREDIENTS

185g butter
185g dark chocolate
4 eggs
150g coconut sugar
2 scoops chocolate protein
powder
100g self raising flour

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5.
Next, place the butter and chocolate in a small saucepan on low heat and continuously stir until melted.
Pour the melted chocolate into a bowl, add the eggs, sugar and flour and whisk well to combine.
Pour the mixture into six individual ramekins and place in a larger baking dish. Fill the dish with enough water so that it comes up to half the height of the ramekins.
Bake for 40-45 minutes.

ENERGIZE

- N U T R I T I O N -

STRAWBERRY CHEESECAKE BREAD



70 MINUTES



10



CALS

324



PROTEIN

6



CARBS

39



FAT

16



FIBRE

1

STRAWBERRY CHEESECAKE BREAD

SERVES: 10

TOTAL TIME: 70 MINUTES

INGREDIENTS

125g cream cheese
2 tbsp caster sugar
300g self-raising flour
1/2 tsp baking powder
200g strawberries, finely sliced
2 bananas, mashed (overly ripe)
2 eggs
125g butter, melted
2 tbsp honey
125ml milk

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5.
Grease a 10cm x 24cm loaf tin with a little butter and line with baking paper.
Next, beat together the cream cheese and caster sugar until smooth.
In a separate large bowl, mix together the self-raising flour and baking powder. Add the strawberries and gently toss to combine.
Whisk together the banana, eggs, butter, honey and milk and pour it into the bowl of dry ingredients. Very gently mix to combine (try not to overmix).
Pour half the mixture into the pan, followed by a layer of the cream cheese. Pour the remaining banana bread mixture on top.
Smooth the surface and top with an extra strawberry or banana slices.
Cook for 45-50 minutes. Allow to cool for 5 minutes before serving.



MANGO WAFFLE CUP



10 MINUTES



CALS

176



PROTEIN

4



CARBS

22



FAT

8



FIBRE

3

MANGO WAFFLE CUP

SERVES: 4

TOTAL TIME: 10 MINUTES

INGREDIENTS

1 mango, sliced
250g Greek yoghurt
8 mini waffles
125g raspberries
1 tbsp pistachios
2 tsp caster sugar

INSTRUCTIONS

Preheat a grilling pan over high heat and line with baking paper. Cook mango for 1-2 minutes on each side or until grill marks appear. To serve, start by adding a layer of Greek yoghurt. Next, in an alternating pattern add the mango slices, mini waffles and raspberries. Top with pistachios and a sprinkling of caster sugar.



RICOTTA CHEESECAKE



60 MINUTES (PLUS 3
HOURS FOR COOLING)



12



CALS

311



PROTEIN

9



CARBS

26



FAT

19



FIBRE

2

RICOTTA CHEESECAKE

SERVES: 12

**TOTAL TIME: 60 MINUTES (PLUS 3
HOURS FOR COOLING)**

INGREDIENTS

250g cream cheese, softened
200ml maple syrup
2 eggs
2 oranges, juiced
1 tbsp cornflour
1kg fresh ricotta
2 tsp vanilla essence
250g blueberries

INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/Gas 5.
Line a baking tray with baking paper.
Using an electric mixer, beat together the cream cheese and maple syrup on high for about 5 minutes.
Next, add the eggs, orange juice, cornflour, ricotta and vanilla essence.
Beat for another 4-5 minutes or until very smooth. Gently mix through the blueberries.
Place in the oven and cook for 40 minutes.
Cool for 4 hours in the fridge before serving.

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

OATMEAL PROTEIN COOKIES



40 MINUTES



15



CALS

185



PROTEIN

6



CARBS

20



FAT

9



FIBRE

3

OATMEAL PROTEIN COOKIES

SERVES: 15

TOTAL TIME: 40 MINUTES

INGREDIENTS

300g rolled oats (gluten-free if required)

30g protein powder (of your choice)

3/4 tsp baking soda

1/2 tsp salt

60g butter, softened

45g coconut sugar

1 large egg

1 tsp vanilla extract

125ml peanut butter

INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5. Line a baking tray with baking paper. Blend up 100g of the oats in a food processor or blender.

Combine the ground oats with the remaining whole oats, protein powder, baking soda, and salt. Stir to combine and set aside.

Next, using an electric beater, cream together the butter and coconut sugar. Add the egg, vanilla extract and peanut butter and mix to combine. Slowly pour the dry ingredients into the wet mix and stir until just combined.

Roll the cookie mixture into balls, place on the baking tray and flatten with the back of a fork.

Bake for 8-10 minutes or until the cookies turn golden.

BANANA PROTEIN WAFFLES



10 MINUTES



4



CALS

456



PROTEIN

14



CARBS

63



FAT

8



FIBRE

10



BREAKFAST COOKIES

 25 MINUTES

 12

				
CALS	PROTEIN	CARBS	FAT	FIBRE
376	7	60	12	3



ENERGIZE

- N U T R I T I O N -



PLUM AND ALMOND OATS



10 MINUTES PLUS
SOAKING OVERNIGHT



2



CALS

226



PROTEIN

9



CARBS

25



FAT

10



FIBRE

7

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



MANGO PASSION SMOOTHIE

 5 MINUTES

 2

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
277	22	36	5	5

ENERGIKE
- NUTRITION -

BERRY CHERRY SMOOTHIE BOWL

 5 MINUTES

 1



CALS

252



PROTEIN

3



CARBS

51



FAT

4



FIBRE

7



AUBERGINE AND COURGETTE HASH

 30 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
252	12	6	20	2



HARISSA BEET AND CARROT SALAD

 50 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
318	14	34	14	9

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



COCONUT CASHEW BUTTER

 5 MINUTES

 10



CALS

238



PROTEIN

6



CARBS

13



FAT

18



FIBRE

0

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

TABOULI



25 MINUTES



6



CALS

244



PROTEIN

9



CARBS

25



FAT

12



FIBRE

6



ASPARAGUS AND BRIE CROSTINI

 35 MINUTES

 6

				
CALS	PROTEIN	CARBS	FAT	FIBRE
214	7	15	14	2



CHILLI CON CARNE



60 MINUTES



6



CALS

318



PROTEIN

30



CARBS

27



FAT

10



FIBRE

7



MANGO CHICKEN PATTIES

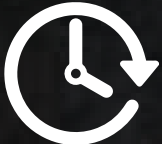
 20 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
299	33	8	15	1



HONEY SRIRACHA CHICKEN

 27 MINUTES

 2



CALS

242



PROTEIN

27



CARBS

29



FAT

2



FIBRE

1

ENERGIZE

- N U T R I T I O N -



TERIYAKI TOFU



20 MINUTES (PLUS 60
FOR MARINATING)



3



CALS

410



PROTEIN

24



CARBS

38



FAT

18



FIBRE

4



CHICKEN SKEWERS



45 MINUTES



2



CALS

283



PROTEIN

39



CARBS

16



FAT

7



FIBRE

3

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



PUMPKIN AND RICOTTA GNOCCHI

 20 MINUTES

 2



CALS

377



PROTEIN

12



CARBS

62



FAT

9



FIBRE

9



SLOW ROASTED HALIBUT WITH GREMOLATA



45 MINUTES



4



CALS

286



PROTEIN

35



CARBS

14



FAT

10



FIBRE

4



SALSA CHICKEN

 40 MINUTES

 5

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
208	34	9	4	1



THAI PEANUT BEEF



20 MINUTES



4



CALS

479



PROTEIN

44



CARBS

14



FAT

28

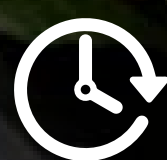


FIBRE

4

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

TUNA AND BUTTER BEAN SALAD



20 MINUTES



2



CALS

396



PROTEIN

36



CARBS

27



FAT

16



FIBRE

5



EASY CHICKEN STIR-FRY

 35 MINUTES

 6



CALS

451



PROTEIN

36



CARBS

34



FAT

19



FIBRE

7



CREAMY CHICKEN PENNE

 20 MINUTES

 4

				
CALS	PROTEIN	CARBS	FAT	FIBRE
470	34	52	14	8

CRISPY FALAFELS



25 MINUTES
(PLUS 8 HOURS)



4



CALS

487



PROTEIN

6



CARBS

19



FAT

43



FIBRE

6



QUICK AND EASY CHICKEN QUESADILLA

 10 MINUTES

 1

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
452	21	56	16	5

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

PUMPKIN MAC AND CHEESE

 65 MINUTES

 4



CALS

498



PROTEIN

17



CARBS

76



FAT

14



FIBRE

8



MOLTEN CHOC PROTEIN PUDDING

 90 MINUTES

 4



CALS

637



PROTEIN

16



CARBS

51



FAT

41



FIBRE

3



STRAWBERRY CHEESECAKE BREAD

 70 MINUTES

 10



CALS

324



PROTEIN

6



CARBS

39



FAT

16



FIBRE

1



MANGO WAFFLE CUP



10 MINUTES



4



CALS

176



PROTEIN

4



CARBS

22



FAT

8



FIBRE

3



RICOTTA CHEESECAKE



60 MINUTES (PLUS 3
HOURS FOR COOLING)



12



CALS

311



PROTEIN

9



CARBS

26



FAT

19



FIBRE

2



OATMEAL PROTEIN COOKIES

 40 MINUTES

 15

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
185	6	20	9	3