



# BREAKFAST SANDWICH



20 MINUTES



1



CALS

482



PROTEIN

25



CARBS

37



FAT

26



FIBRE

14

# BREAKFAST SANDWICH

**SERVES: 1**

**TOTAL TIME: 20 MINUTES**

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## INGREDIENTS

2 rashers bacon  
2 slices brown bread (gluten free if required)  
1/2 tomato, sliced  
1/2 avocado, sliced  
1 slice cheddar cheese  
2 tsp tomato sauce

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## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4.  
Line a baking tray with baking paper. Lay bacon on the tray and cook for 15-20 minutes or until crispy.  
Meanwhile, toast your bread and layer it with tomato, avocado, cheese and tomato sauce.  
Top with bacon and eat it while it's hot.



# BREAKFAST MEATBALLS



45 MINUTES



2



CALS

384



PROTEIN

16



CARBS

17



FAT

28



FIBRE

3

# BREAKFAST MEATBALLS

**SERVES: 2**

**TOTAL TIME: 45 MINUTES**

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## INGREDIENTS

200g sweet potato, peeled and  
chopped into small chunks  
1/2 brown onion, diced  
300g pork mince  
80g mushrooms, chopped  
1/2 tsp dried sage  
1/2 tsp dried rosemary  
Sea salt and cracked pepper

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## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 4. Line a baking tray with non-stick aluminium foil.

Start by placing sweet potato in a microwave safe bowl with 1-2cm water. Microwave the sweet potato in 1 minute increments until it's soft enough to mash.

Next, mix the sweet potato together with the pork, onion, mushrooms and fresh herbs. Season well with salt and cracked pepper.

Roll the mixture into 8 meatballs and cook for 12-13 minutes on each side or until cooked through. Lastly turn the oven to grill and cook for an additional 2 minutes to create a golden brown colour.





# ASPARAGUS AND RICOTTA OMELETTE



30 MINUTES



2



CALS

177



PROTEIN

16



CARBS

8



FAT

9



FIBRE

1

# ASPARAGUS AND RICOTTA OMELETTE

**SERVES: 2**

**TOTAL TIME: 30 MINUTES**

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## INGREDIENTS

6 egg whites  
2 tsp olive oil  
8 spears asparagus, thinly  
sliced  
1 tbsp green onion, thinly sliced  
60ml milk  
60g ricotta

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## INSTRUCTIONS

Start by preheating the grill.  
Heat the olive oil in a medium-large frying pan over medium heat. Add half the asparagus and spring onion and cook for 2-3 minutes.  
Meanwhile, whisk the egg and milk together and season with salt and pepper.  
Pour half the egg over the asparagus and green onions and cook for another 2-3 minutes.  
Top the omelette with ricotta and cook under the grill for 2 minutes.  
Remove from the pan and keep warm while you cook the next one.  
Season with salt and cracked pepper and serve immediately.



**ENERGIZE**

- N U T R I T I O N -

# CHERRY RIPE SMOOTHIE



5 MINUTES



1



CALS

407



PROTEIN

25



CARBS

34



FAT

19



FIBRE

4



# CHERRY RIPE SMOOTHIE

**SERVES: 1**

**TOTAL TIME: 5 MINUTES**

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## INGREDIENTS

250ml coconut milk  
1 scoop chocolate protein  
powder (vegan if required)  
140g cherries, pits removed  
1 tbsp of walnuts  
1 tbsp desiccated coconut  
1 tbsp cacao nibs

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## INSTRUCTIONS

Add all ingredients to the blender, except the cacao nibs, and blitz until smooth. Transfer to a tall glass and top with cacao nibs and a couple of extra cherries.



The background of the entire graphic is a close-up, slightly blurred photograph of a meal. In the foreground, a piece of golden-brown toast sits on a dark wooden cutting board. On the toast is a perfectly cooked soft-boiled egg with a runny yolk, and a few spears of roasted asparagus are tucked behind it. In the background, a plate with more asparagus and another piece of toast are visible but out of focus.

# ENERGIZE

- N U T R I T I O N -

## ASPARAGUS SOFT EGGS AND TOAST



20 MINUTES



4



CALS

348



PROTEIN

20



CARBS

22



FAT

20



FIBRE

2

# ASPARAGUS SOFT EGGS AND TOAST

**SERVES: 4**

**TOTAL TIME: 20 MINUTES**

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## INGREDIENTS

4 slices rustic country bread  
450g asparagus, tough ends trimmed  
2 tbsps olive oil  
Sea salt  
Black pepper  
8 large eggs  
25g parmesan cheese

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## INSTRUCTIONS

Heat your grill to medium and arrange the bread and asparagus on a baking sheet. Drizzle with the oil and season with salt and black pepper. Grill until the bread is toasted to your liking then transfer to serving plates. Continue to grill the asparagus, tossing once, until tender. Meanwhile, bring a large saucepan of water to a boil. Lower the eggs into the water, reduce the heat and gently simmer for 6 minutes. Remove from the pan, allow to cool under running water and peel. Divide the asparagus evenly among the slices of toast, sprinkle Parmesan and top with the eggs.



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

# TOMATO AND MELON SALAD



20 MINUTES



2



CALS

144



PROTEIN

4



CARBS

19



FAT

6



FIBRE

5

# TOMATO AND MELON SALAD

SERVES: 2

TOTAL TIME: 20 MINUTES

## INGREDIENTS

- ½ ripe green or orange-fleshed melon, cut into large chunks
- ¼ cucumber, peeled and chopped into chunks
- 3 vine tomatoes, chopped
- ½ bunch mint, roughly chopped
- ½ bunch coriander, roughly chopped
- 1 tbsp olive oil
- ¼ tsp mint sauce

## INSTRUCTIONS

Gently mix together the melon, cucumber, tomatoes, mint and coriander in a large bowl.  
Mix the olive oil with mint sauce and some salt and pepper, then pour over the other ingredients and stir again to coat everything really well.  
Serve chilled, with slices of warm toasted baguette. Enhance the baguettes by rubbing them with a slice of garlic before toasting.



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

# THAI ROASTED VEGETABLES



50 MINUTES



4



CALS

231



PROTEIN

5



CARBS

37



FAT

7



FIBRE

9

# THAI ROASTED VEGETABLES

**SERVES: 4**

**TOTAL TIME: 50 MINUTES**

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## INGREDIENTS

1 medium sweet potato, cut into cubes  
1 aubergine, cut into cubes  
500g pumpkin, cut into cubes  
2 tbsp red curry paste  
80ml coconut cream  
2 tsp olive oil  
To serve:  
3 tbsp fresh cilantro, leaves picked

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## INSTRUCTIONS

Preheat oven to 200°C/400°F/ Gas 6. Line a large baking tray with baking paper.  
Mix all the vegetables together in a large bowl, along with the curry paste and coconut cream.  
Lay vegetables across the tray (use two rather than crowd one tray).  
Drizzle with olive oil and cook for 35-40 minutes.  
Serve with fresh coriander.

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

# GRILLED TUNA SANDWICH



10 MINUTES



1



CALS

387



PROTEIN

23



CARBS

31



FAT

19



FIBRE

4

# GRILLED TUNA SANDWICH

**SERVES: 1**

**TOTAL TIME: 10 MINUTES**

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## INGREDIENTS

90g tuna in springwater,  
drained  
1 1/2 tbsp mayonnaise  
1 tbsp capers  
1 tsp Dijon mustard  
2 slices rye bread (gluten free if  
required)

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## INSTRUCTIONS

Mix the tuna, mayonnaise, capers and Dijon mustard together in a small bowl.  
Spread one slice of bread with tuna mix and top with the other slice.  
Place in the toasted sandwich maker and cook until golden and toasted.





# SAUTEED SPINACH AND EGGS



10 MINUTES



1



CALS

234



PROTEIN

15



CARBS

3



FAT

18



FIBRE

1

# SAUTEED SPINACH AND EGGS

**SERVES: 1**

**TOTAL TIME: 10 MINUTES**

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## INGREDIENTS

1/2 tbsp olive oil  
2 eggs  
2 big handfuls spinach  
1 tbsp parmesan cheese  
salt and cracked pepper

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## INSTRUCTIONS

Add the olive oil to a frying pan and bring it to high heat. Crack the eggs directly in the pan and cook for about 2 minutes or until the edges turn white. Place the lid on and cook for another 4-5 minutes. Remove from the pan and set aside under some aluminium foil. Add the spinach to the same pan and cook for 2-3 minutes or until wilted and cooked through. Transfer the eggs and spinach to your serving plate and sprinkle with parmesan cheese, salt and cracked pepper.



**ENERGIZE**

- N U T R I T I O N -

# SUNDRIED TOMATO CAULIFLOWER STEAKS



25 MINUTES



4



CALS

285



PROTEIN

9



CARBS

15



FAT

21



FIBRE

5

# SUNDRIED TOMATO CAULIFLOWER STEAKS

**SERVES: 4**

**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

1 large head cauliflower  
2 tbsp olive oil  
salt and black pepper  
70g sundried tomato pesto  
sauce  
100g mozzarella, shredded

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## INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6 and line a baking tray with baking paper.  
Trim the stalk of the cauliflower and any leaves. Cut the cauliflower lengthways down the middle.  
Brush well with olive oil on both sides and season with salt and cracked pepper.  
Cook for 10 minutes, flip and continue to cook for another 5 minutes.  
Remove from the oven, brush with pesto, top with mozzarella and cook for another 5 minutes or until cheese is melting.  
Serve hot.





# PROSCIUTTO WRAPPED HALLOUMI



20 MINUTES



6



CALS

185



PROTEIN

16



CARBS

1



FAT

13



FIBRE

0

# PROSCIUTTO WRAPPED HALLOUMI

**SERVES: 6**

**TOTAL TIME: 20 MINUTES**

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## INGREDIENTS

250g halloumi, cut into 6 slices  
6 slices prosciutto

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## INSTRUCTIONS

Wrap the 6 slices of halloumi in prosciutto and set aside seam side down. Bring a grill plate or heavy frying pan to medium-high heat and cook for 3-4 minutes each side.  
Serve hot.



**ENERGIZE**

- N U T R I T I O N -

# GREEN EGGS AND HAM



25 MINUTES



6



CALS

120



PROTEIN

11



CARBS

1



FAT

8



FIBRE

0

# GREEN EGGS AND HAM

**SERVES: 6**

**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

35g broccoli, finely chopped  
60g spinach, finely chopped  
60g feta, crumbled  
50g ham, finely chopped  
6 eggs  
salt and cracked pepper

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## INSTRUCTIONS

Preheat oven to 180C/350°F/gas 4. Lightly spray a 6-cup muffin tin with olive oil cooking spray.  
Divide broccoli, spinach, feta and ham evenly between six muffin cups.  
In a medium-sized bowl, whisk the egg.  
Pour the egg mix evenly into each cup and season with salt and pepper.  
Place in the oven and cook for 15 minutes or until eggs have set.  
Serve straight away or refrigerate in an airtight container for up to 4 days.



**ENERGIZE**

- N U T R I T I O N -

# NO NOODLE PAD THAI



30 MINUTES



2



CALS

208



PROTEIN

11



CARBS

14



FAT

12



FIBRE

3

# NO NOODLE PAD THAI

**SERVES: 2**

**TOTAL TIME: 30 MINUTES**

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## INGREDIENTS

100g mangetout, sliced  
lengthways  
1 Lebanese cucumber, sliced  
lengthways  
1 red bell pepper, sliced into  
matchsticks  
1 carrot, sliced into matchsticks  
15g fresh mint leaves  
15g fresh Thai basil leaves  
15g fresh coriander, leaves  
picked  
1 red chilli, sliced thinly  
lengthways  
For the sauce:  
2 tbsp lime juice  
2 tbsp fish sauce  
1 tbsp rice wine vinegar  
1/2 tbsp honey  
1 tsp sesame oil  
1/2 tsp garlic paste  
For the eggs:  
2 eggs  
2 tsp coconut oil

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## INSTRUCTIONS

Combine the vegetables, fresh herbs and chilli in a large bowl and toss to combine.  
Next add all the sauce ingredients to a jar, place the lid on and shake well for 2 minutes. Pour dressing over the salad and toss again to coat the vegetables.  
Crack the eggs into a small bowl and whisk. Add coconut oil to a medium-sized frying pan and pour half the egg into the pan, swirling the pan so you thinly coat it like a crêpe. Cook for a minute or until fully cooked.  
Remove from the pan and cook the remainder of the mixture.  
Next very tightly roll the eggs into cigars and finely chop them.  
Transfer salad to two bowls, adding any excess dressing and top with egg.



# SQUASH AND GOAT'S CHEESE FLATBREADS



45 MINUTES



2



CALS

506



PROTEIN

20



CARBS

48



FAT

26



FIBRE

9



# SQUASH AND GOAT'S CHEESE FLATBREADS

**SERVES: 2**

**TOTAL TIME: 45 MINUTES**

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## INGREDIENTS

300g butternut squash, peeled  
and cut into cubes  
1/2 tbsp olive oil  
1/2 tbsp sumac  
2 large flatbreads (gluten free if  
required)  
4 tbsp onion relish  
100g soft goat's cheese  
2 handfuls baby spinach

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## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5 and line a baking tray with baking paper.  
Toss the squash in olive oil and sumac, lay evenly on the baking tray and cook for 15 minutes or until just beginning to soften but not fully cooked yet.  
Next, spread onion relish all over the 2 flatbreads. Top with cooked squash and goat's cheese and cook for 20 minutes or until the cheese is melting.  
Once cooked, top with baby spinach and season with salt and cracked pepper.



**ENERGIZE**

- N U T R I T I O N -

# CRUNCHY PROSCIUTTO PASTA



25 MINUTES



4



CALS

459



PROTEIN

22



CARBS

41



FAT

23



FIBRE

2

# CRUNCHY PROSCIUTTO PASTA

**SERVES: 4**

**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

400g spaghetti (cooked) (gluten free if required)  
8 slices prosciutto  
2 cloves garlic  
250ml light cream  
2 tbsp lime juice  
15g parsley  
sea salt and cracked pepper

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## INSTRUCTIONS

Start by cooking pasta according to packet instructions.  
Heat oven to 200°C/400°F/Fas 6 and line a baking tray with baking paper.  
Lay prosciutto on the tray and cook for 10-15 minutes or until crispy.  
In a medium sized frying pan, add the garlic, cream and lime juice. Heat for 3-5 minutes on medium heat, stirring continuously. Add the pasta and stir to heat through.  
Finally, add the parsley and season with salt and cracked pepper.  
Divide into four bowls and serve immediately.

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

# CHILLI SALMON



25 MINUTES



4



CALS

448



PROTEIN

51



CARBS

7



FAT

24



FIBRE

1

# CHILLI SALMON

**SERVES: 4**

**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

4 x 200g salmon fillets  
1 tbsp olive oil  
2 tsp dried chilli flakes  
For the salad:  
2 large Lebanese cucumbers,  
halved and sliced  
15g fresh coriander, leaves  
picked  
For the dressing:  
30ml lime juice  
1/2 tbsp fish sauce  
1/2 tbsp rice wine vinegar  
1 tsp honey  
1 garlic clove, minced

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## INSTRUCTIONS

Bring a large frying pan to high heat and add olive oil. Next, place the salmon steaks in the pan and sprinkle with chilli flakes. Cook for 2-3 minutes each side, or until cooked to your liking. A little undercooked is recommended.

Meanwhile, make the dressing by adding all ingredients to a jar and shaking very well to combine.

Place cucumber and coriander in a bowl and toss with dressing.

Divide salad on 4 plates and place a pieces of chilli salmon on each.





# LEMONY FISH BURGERS



25 MINUTES



4



CALS

435



PROTEIN

27



CARBS

30



FAT

23



FIBRE

4

# LEMONY FISH BURGERS

**SERVES: 4**

**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

For the tartare sauce:

80g mayonnaise

2 tbsp pickles, finely chopped

1 spring onion, finely chopped

1 tbsp lemon juice

For the burgers:

4 white fish fillets

1 tbsp olive oil

zest 1 lemon, finely grated

1 tbsp dill, finely chopped

sea salt and cracked pepper

4 soft bread rolls (gluten-free if required)

4 butter lettuce leaves

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## INSTRUCTIONS

Add the mayonnaise, pickles, spring onion and lemon juice to a small dish and stir well to combine. Set aside.

Next, mix together the olive oil, lemon zest, dill, sea salt and cracked pepper in a shallow dish.

Submerge the fish fillets and turn to coat both sides.

Heat the barbeque or grill plate and cook fish for about 3 minutes each side or until cooked to your liking.

Slice buns in half, add a generous dollop of tartar sauce, a butter lettuce leaf and finally, the fish.

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

# BEEF WITH BOK CHOY



25 MINUTES (PLUS 30  
MINUTES FOR MARINATING)



4



CALS

301



PROTEIN

25



CARBS

3



FAT

21



FIBRE

1



# BEEF WITH BOK CHOY

**SERVES: 4**

**TOTAL TIME: 25 MINUTES (PLUS 30 MINUTES FOR MARINATING)**

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## INGREDIENTS

450g beef sirloin steak, sliced into bite-sized pieces

2 bunches bok choy

1 tbsp coconut oil

2 cloves garlic, minced

2cm piece ginger, finely chopped

For the marinade:

2 tbsp tamari

1 tbsp sesame oil

1 tbsp rice wine vinegar

salt and cracked pepper

1 tsp corn flour

1/4 tsp baking soda

For the sauce:

2 tbsp tamari

2 tsp Sambal Oelek

2 tsp sesame oil

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## INSTRUCTIONS

Start by mixing all the marinade ingredients together. Submerge the beef in the marinade and allow it to sit for 30 minutes.

Next, mix together the sauce ingredients and set aside.

Place the bok choy in a large fry pan, along with 3 tbsp of water. Put the lid on and bring the fry pan to medium heat. Cook for 3 minutes, drain and set aside.

Add the coconut oil to a large wok and bring to medium heat. Cook the garlic and ginger for 1-2 minutes, stirring continuously so it doesn't stick. Turn the heat up a little higher and add the beef.

Allow the beef to cook for 3-4 minutes before flipping and cooking the other side.

Pour the sauce all over the beef, add the bok choy and stir to heat through.

Serve immediately.

**ENERGIZE**

- N U T R I T I O N -

# GREEN SPAGHETTI



25 MINUTES



4



CALS

435



PROTEIN

16



CARBS

59



FAT

15



FIBRE

10

# GREEN SPAGHETTI

SERVES: 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

- 350g whole-wheat spaghetti (uncooked) (gluten-free if required)
- 250g asparagus, trimmed
- 1 large courgette, sliced and cut into quarters
- 1 bunch spring onions, trimmed
- 125g basil pesto (vegan if required)
- 1 lemon, juiced

## INSTRUCTIONS

Start by cooking pasta according to packet instructions. Drain and set aside.

In a large wok or frying pan add the asparagus, courgette and spring onions. Cook for 2 minutes.

Add the basil pesto and cook for another 3-4 minutes or until the vegetables are just tender.

Toss the spaghetti with vegetables, season with salt, pepper and squeeze the juice of the lemon all over.



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

# PASTA PRIMAVERA



25 MINUTES



4



CALS

425



PROTEIN

22



CARBS

67



FAT

7



FIBRE

5

# PASTA PRIMAVERA

SERVES: 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

- 350g Farfalle pasta (gluten-free if required)
- 200g asparagus, chopped
- 130g frozen green peas
- 175g Greek yoghurt
- 2 tbsp lemon juice
- 4 tbsp parmesan

## INSTRUCTIONS

Start by cooking pasta according to packet instructions. Drain and set aside.

Bring a separate pot of water to boil, add the asparagus and peas and simmer for 3-4 minutes.

Meanwhile, in small bowl, mix together the yoghurt, lemon juice and parmesan.

Toss the vegetables and sauce through the pasta.

Divide between 4 bowls and season with salt and cracked pepper.

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

# HOKKIEN NOODLES WITH BEEF



25 MINUTES



4



CALS

382



PROTEIN

28



CARBS

31



FAT

17



FIBRE

5



# HOKKIEN NOODLES WITH BEEF

**SERVES: 4**

**TOTAL TIME: 25 MINUTES**

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## INGREDIENTS

450g Hokkien noodles  
2 tbsp peanut oil  
350g beef strips  
2 cloves garlic, minced  
1 long red chilli, deseeded and sliced  
2 tbsp red curry paste  
1 courgette, cut into matchsticks  
1 red bell pepper, cut into matchsticks  
1 tbsp fish sauce  
1 tbsp lime juice  
125ml water

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## INSTRUCTIONS

Cook the noodles according to packet instructions. Drain and set aside. Heat 1 tbsp oil over high heat in a large frying pan. Cook the beef for 3-4 minutes. Remove from the pan and set aside. Add the remaining oil, garlic, chilli and curry paste and heat for 1 minute. Add the courgette and bell pepper and cook for 3-4 minutes. Return the beef to the pan, along with the fish sauce, lime juice and water. Cook for another 3 minutes. Toss the noodles through and heat for a further minute. Divide between 4 bowls.

**ENERGIZE**

- N U T R I T I O N -

# PUMPKIN PENNE



25 MINUTES



4



CALS

526



PROTEIN

16



CARBS

57



FAT

26



FIBRE

4

# PUMPKIN PENNE

SERVES: 4

TOTAL TIME: 25 MINUTES

## INGREDIENTS

300g penne (gluten-free if required)  
20g butter  
1 leek, diced  
250g pumpkin purée  
2 tbsp fresh sage  
200ml heavy cream  
50g parmesan, grated

## INSTRUCTIONS

Cook the penne according to packet instructions. Drain and set aside.  
In a large frying pan, add leek and cook for 3-4 minutes.  
Add the pumpkin puree, fresh sage, cream and parmesan. Simmer on low for 10 minutes  
Remove from the heat and toss penne through the sauce. Season with salt and cracked pepper and divide between 4 bowls.





**ENERGIZE**

- N U T R I T I O N -

# CHICKEN AND SWEETCORN SOUP



80 MINUTES



4



CALS

371



PROTEIN

55



CARBS

22



FAT

7



FIBRE

3

# CHICKEN AND SWEETCORN SOUP

**SERVES: 4**

**TOTAL TIME: 80 MINUTES**

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## INGREDIENTS

1kg chicken  
2 carrots, chopped  
2 sticks celery, chopped  
1 brown onion, chopped  
1 tsp peppercorns  
10g lemon thyme  
2 tsp sesame oil  
1/2 tsp ground ginger  
1L chicken stock  
1 x (400g) tin creamed corn  
2 tbsp corn flour  
2 tbsp soy sauce (tamari if gluten-free)  
2 egg whites

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## INSTRUCTIONS

Place the chicken in large pot filled with water, carrots, celery, thyme and peppercorns.  
Cover with water and bring to a boil. Place a lid on and cook for about 45 minutes or until the chicken is fully cooked. Remove the chicken from the pot and drain the water, keeping the vegetables in the pot.  
Once the chicken has cooled, shred using 2 forks and set aside.  
Add the sesame oil and ginger to the vegetables and pan fry for 1-2 minutes.  
Next, add the stock and creamed corn and once again bring to a boil.  
In a small bowl, mix together the corn flour and soy sauce. Add to the pot and simmer for about 10 minutes. Return the chicken to the pot and simmer for another 5 minutes.  
Beat the egg whites with a little cold water and once they start to foam add them to the pot. Stir to combine and remove from the heat.  
Divide between 4 bowls and serve with cracked pepper.

**ENERGIZE**

- N U T R I T I O N -

# MEDITERRANEAN BAKE



50 MINUTES



4



CALS

320



PROTEIN

16



CARBS

19



FAT

20



FIBRE

14



# MEDITERRANEAN BAKE

SERVES: 4

TOTAL TIME: 50 MINUTES

## INGREDIENTS

3 aubergines, thinly sliced  
2 large courgette, thinly sliced  
500g baby tomatoes  
60ml olive oil  
1 tsp dried basil  
2 cloves garlic, finely chopped  
100g feta  
Fresh parsley, leaves picked

## INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Lay the aubergine, courgette and tomatoes in an oven proof dish.  
In a small bowl, mix together the olive oil, basil and garlic. Pour over the vegetables.  
Place the vegetables in the oven and bake for 30-35 minutes. At the 15 minute mark, crumble the feta all over the vegetables.  
Top with fresh parsley and serve.

**ENERGIZE**

- N U T R I T I O N -

# LAMB CURRY



80 MINUTES



5



CALS

436



PROTEIN

52



CARBS

12



FAT

20



FIBRE

2

# LAMB CURRY

**SERVES: 5**

**TOTAL TIME: 80 MINUTES**

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## INGREDIENTS

2 tsp cumin seeds  
2 tsp coriander seeds  
6 cardamom pods  
1 tsp chili flakes  
1 tbsp ground turmeric  
1 tbsp garam masala  
1 brown onion, roughly chopped  
2 tsp fresh ginger, minced  
2 cloves garlic, minced  
1 tbsp coconut oil  
1kg lamb, cut into cubes  
200g tomatoes, chopped  
500g thick yoghurt  
100g spinach  
35g cashews

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## INSTRUCTIONS

In a small frying pan, dry fry the cumin seeds, coriander seeds, cardamom pods, chilli flakes, turmeric and garam masala for about 1 minute. Transfer spices, onion, ginger and garlic to a food processor and blitz until combined.

Next, heat the oil in deep frying pan. Add the spice mix and the lamb and cook for 3-4 minutes.

Add the tomatoes and yoghurt to the pan and stir to combine. Allow to simmer on a low heat for 1 hour or until lamb is tender.

Stir through the spinach and remove from the heat.

Divide between 5 bowls and top with chopped cashews.





# SWEET POPCORN



20 MINUTES



8



CALS

235



PROTEIN

1



CARBS

15



FAT

19



FIBRE

2

# SWEET POPCORN

SERVES: 8

TOTAL TIME: 20 MINUTES

## INGREDIENTS

- 2 tbsp olive oil
- 170g popcorn kernels
- 115g butter
- 3 tbsp maple syrup
- 1 tbsp salt
- 2 tsp ground cinnamon

## INSTRUCTIONS

Heat the oil in a very large saucepan or pot. Add the corn kernels, place the lid on and cook until you hear the popping noise stop. You'll need to regularly shake the pan to prevent burning.

Once the popcorn has finished popping, remove from the heat.

In a smaller saucepan, add the butter, maple syrup, salt and cinnamon and slowly melt.

Pour over the popcorn and stir to coat.

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

## CHOC MINT SLICE



90 MINUTES



20



CALS

197



PROTEIN

3



CARBS

8



FAT

17



FIBRE

1



# CHOC MINT SLICE

**SERVES: 20**

**TOTAL TIME: 90 MINUTES**

---

## INGREDIENTS

For the base:

150g almonds

25g cacao powder

6 medjool dates

2 tbsp coconut oil

For the middle:

300g desiccated coconut

2 tbsp boiling water

1 tbsp peppermint extract

100ml coconut oil

For the top:

100g dark chocolate chips  
(vegan if required)

1 tbsp coconut oil

---

## INSTRUCTIONS

Line a square baking pan with baking paper.

To make the base, place all ingredients in a food processor and blend until you have a coarse texture, similar to sand. Transfer the base to the baking pan, pushing the mixture down with your fingers. Place in the fridge for 15 minutes.

Rinse the food processor and make the middle layer by adding the desiccated coconut, boiling water and peppermint extract and pulse until combined. Add the coconut oil and continue to pulse until combined. Transfer the middle layer to the base and smooth out with the back of a spatula. Place back in the fridge for 30 minutes.

To make the top, add the chocolate and coconut oil to a small saucepan and heat on a very low heat. Pour the chocolate over the mint layer and place back in the fridge for another 20 minutes.

Slice into 18 serves and keep refrigerated in an airtight container.

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

# COOKIE DOUGH BALLS



15 MINUTES (PLUS 2  
HOURS REFRIGERATION)



10



CALS

90



PROTEIN

2



CARBS

7



FAT

6



FIBRE

8

# COOKIE DOUGH BALLS

**SERVES: 10**

**TOTAL TIME: 15 MINUTES (PLUS 2  
HOURS REFRIGERATION)**

---

## INGREDIENTS

90g oat flour  
60g cashew butter  
30g cashews  
60ml maple syrup  
25g choc chips

---

## INSTRUCTIONS

Add the oat flour, cashew butter, cashews and maple syrup to your food processor and blitz until combined.  
Gently stir through the choc chips.  
Roll the mixture into 10 bite-sized balls and place in the fridge for 2 hours.



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

# SWEET POTATO MUFFINS



55 MINUTES



12



CALS

117



PROTEIN

2



CARBS

25



FAT

1



FIBRE

1

# SWEET POTATO MUFFINS

SERVES: 12

TOTAL TIME: 55 MINUTES

## INGREDIENTS

- 350g sweet potato, cooked and mashed
- 175ml coconut milk (from a carton)
- 3 tbsp maple syrup
- 1/2 tsp vanilla essence
- 240g flour
- 2 tsp baking powder
- 1 tsp ground cinnamon
- 1/2 tsp nutmeg

## INSTRUCTIONS

- Start by preheating oven to 180°C/350°F/Gas 5. Add muffin liners to a 12 cup muffin tin.
- Place the cooked mashed sweet potato, coconut milk, maple syrup and vanilla essence in a blender and blitz until combined.
- In a large bowl, mix together the flour, baking powder, cinnamon and nutmeg.
- Transfer the wet ingredients to the dry ingredients and gently mix to combine.
- Place muffin mixture in the prepared muffin tray.
- Place in the oven and cook for 25-30 minutes.
- Allow to cool for 10 minutes before serving.

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

# MANGO PARFAIT



15 MINUTES (PLUS  
25 MINUTES  
REFRIGERATION)



2



CALS

503



PROTEIN

9



CARBS

38



FAT

35



FIBRE

9



# MANGO PARFAIT

SERVES: 2

TOTAL TIME: 15 MINUTES (PLUS 25 MINUTES REFRIGERATION)

## INGREDIENTS

- 2 mangoes
- 2 tbsp coconut oil
- 25g walnuts, chopped
- 50g ground pistachios
- 20g raspberries

## INSTRUCTIONS






Place the mango and coconut oil in a blender and blitz until smooth. Transfer a 1/4 of the mixture into 2 serving glasses. Next, add a layer of walnuts and then top with mango and continue until all mango and walnuts have been added. Sprinkle with ground pistachios and raspberries. Refrigerate for 25 minutes before serving.



**BREAKFAST SANDWICH**

 20 MINUTES

 1

				
CALS	PROTEIN	CARBS	FAT	FIBRE
482	25	37	26	14



# BREAKFAST MEATBALLS

 45 MINUTES

 2



CALS

384



PROTEIN

16



CARBS

17



FAT

28



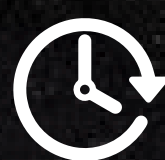
FIBRE

3





## ASPARAGUS AND RICOTTA OMELETTE



30 MINUTES



2



CALS

177



PROTEIN

16



CARBS

8



FAT

9




FIBRE

1

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



**CHERRY RIPE SMOOTHIE**

 **5 MINUTES**

 **1**



**CALS**

**407**



**PROTEIN**

**25**



**CARBS**

**34**



**FAT**

**19**



**FIBRE**

**4**



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

**ASPARAGUS SOFT EGGS AND TOAST**

 20 MINUTES

 4



CALS

348



PROTEIN

20



CARBS

22



FAT

20



FIBRE

2



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



## TOMATO AND MELON SALAD



20 MINUTES



2



CALS

144



PROTEIN

4



CARBS

19



FAT

6



FIBRE

5



# THAI ROASTED VEGETABLES

 50 MINUTES

 4



CALS

231



PROTEIN

5



CARBS

37



FAT

7



FIBRE

9



## GRILLED TUNA SANDWICH



10 MINUTES



1



CALS

387



PROTEIN

23



CARBS

31



FAT

19



FIBRE

4



# SAUTEED SPINACH AND EGGS

 10 MINUTES

 1



CALS

234



PROTEIN

15



CARBS

3



FAT

18



FIBRE

1



# SUNDRIED TOMATO CAULIFLOWER STEAKS

 25 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
285	9	15	21	5





## PROSCIUTTO WRAPPED HALLOUMI



20 MINUTES



6



CALS

185



PROTEIN

16



CARBS

1



FAT

13



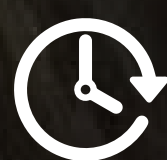
FIBRE

0





## GREEN EGGS AND HAM



25 MINUTES



6



CALS

120



PROTEIN

11



CARBS

1



FAT

8



FIBRE

0








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



**NO NOODLE PAD THAI**


 30 MINUTES

 2






 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
208	11	14	12	3



SQUASH AND GOAT’S CHEESE FLATBREADS

 45 MINUTES

 2

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
506	20	48	26	9





## CRUNCHY PROSCIUTTO PASTA



25 MINUTES



4



CALS

459



PROTEIN

22



CARBS

41



FAT

23



FIBRE

2

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



**CHILLI SALMON**

 25 MINUTES

 4



CALS

448



PROTEIN

51



CARBS

7



FAT

24



FIBRE

1



# ENERGIZE

- N U T R I T I O N -

## LEMONY FISH BURGERS

 25 MINUTES

 4



CALS

435



PROTEIN

27



CARBS

30



FAT

23



FIBRE

4



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



## BEEF WITH BOK CHOY



25 MINUTES (PLUS 30  
MINUTES FOR MARINATING)



4



CALS

301



PROTEIN

25



CARBS

3



FAT

21



FIBRE

1








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



**GREEN SPAGHETTI**

 25 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
435	16	59	15	10

**ENERGIZE**  
- NUTRITION -

**PASTA PRIMAVERA**



25 MINUTES



4



CALS

425



PROTEIN

22



CARBS

67



FAT

7



FIBRE

5



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

**HOKKIEN NOODLES WITH BEEF**



25 MINUTES



4



CALS

382



PROTEIN

28



CARBS

31



FAT

17



FIBRE

5



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



**PUMPKIN PENNE**

 25 MINUTES

 4



CALS

526



PROTEIN

16



CARBS

57



FAT

26



FIBRE

4



## CHICKEN AND SWEETCORN SOUP

 80 MINUTES

 4

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
371	55	22	7	3





## MEDITERRANEAN BAKE



50 MINUTES



4



CALS

320



PROTEIN

16



CARBS

19



FAT

20



FIBRE

14





## LAMB CURRY



80 MINUTES



5



CALS

436



PROTEIN

52



CARBS

12



FAT

20



FIBRE

2



# ENERGIZE

- N U T R I T I O N -



## SWEET POPCORN



20 MINUTES



8



CALS

235



PROTEIN

1



CARBS

15



FAT

19



FIBRE

2




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



**CHOC MINT SLICE**

 90 MINUTES

 20

 CALS	 PROTEIN	 CARBS	 FAT	 FIBRE
197	3	8	17	1



# COOKIE DOUGH BALLS



15 MINUTES (PLUS 2  
HOURS REFRIGERATION)



10



CALS

90



PROTEIN

2



CARBS

7



FAT

6




FIBRE

8





## SWEET POTATO MUFFINS

 55 MINUTES

 12



CALS

117



PROTEIN

2



CARBS

25



FAT

1



FIBRE

1

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



**MANGO PARFAIT**



15 MINUTES (PLUS 25  
MINUTES REFRIGERATION)



2



CALS

503



PROTEIN

9



CARBS

38



FAT

35



FIBRE

9