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# 30 DAY SHRED MEAL PLAN & RECIPES

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THE LEAN BODY PROJECT

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# MEAL PLAN

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> (Ideally 30-60 min after waking e.g. 7-8am)	Omelette Wraps	Sweet corn Fritters with Avocado	Breakfast Smoothie Bowl	Fiery Gluten Free Overnight Oats	Spinach Shakshuka	Avocado Scrambled Eggs	Salmon Tatar
<b>LUNCH</b> (Ideally 3-4 hours after meal 1 e.g. 12-1pm)	Red Kidney Bean & Mackerel Salad	Leftover Meaty Ratatouille	Salmon & Quinoa Salad	Leftover Chunky Beef Soup	Grilled Veg Salad with Tuna	Gluten Free Pizza Wraps	Bacon, Mushroom & Spinach Casserole (2 servings)
<b>SNACK OPTIONS</b> (Ideally between lunch and dinner e.g. 4pm)	Antioxidant Protein Smoothie (recipe included)	Carotene Boost Smoothie (recipe included)	Vanilla & Coffee Protein Smoothie (recipe included)	Raw Veg (e.g carrots, peppers, celery, cucumber) and 2 tablespoons of Hummus	35g Protein made with water or plant based milk with a handful of nuts (almonds, cashews, walnuts)	35g Protein Shake made with water or plant based milk with 2 Boiled Eggs	35g Protein Protein Shake made with water or plant based milk with an apple and 2 tablespoons of almond or peanut butter
<b>WORKOUT NUTRITION</b> (If applicable)	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder	During: Workout drink with 500ml of water  Post: Ripe banana with serving of protein powder
<b>DINNER</b> (Ideally 3-4 hours after meal 3 e.g. 7-8pm or 60-120 min post workout)	Meaty Ratatouille  (use leftovers for lunch tomorrow)	Salmon Tray Bake  (Use any extra Salmon pieces for lunch tomorrow)	Chunky Beef Soup  (use leftovers for lunch tomorrow)	Jerk Chicken & Cauliflower Rice	Chicken in Creamy Mushroom Sauce	Pepper Steak	Sweet & Sour Pork

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## RECIPE KEY

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<b>GF</b> Gluten Free	High Protein (over 30g per serving)	<b>HP</b>
<b>DF</b> Dairy Free	Vegetarian	<b>V</b>
<b>LC</b> Low Carb (under 20g per serving)	Quick (under 30 minutes)	<b>Q</b>

# OMELETTE WRAPS



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 10 mins**



**Nutrition per serving:**  
**237 kcals**      **15g Fats**  
**3g Carbs**      **20g Protein**



## WHAT YOU NEED:

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- ¼ cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 3.5 oz. (100g) smoked salmon, chopped

## WHAT YOU NEED TO DO:

Place the cottage cheese, watercress and lemon peel in a high bowl and puree with the hand blender (or food processor) until smooth paste forms .

Beat the eggs with the milk and herbs in a separate bowl.

Heat 1 tsp of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 minutes until the egg solidifies, then turn around. Bake the other side for ½ minute.

Remove the omelette from the pan and set aside. Fry the other omelettes with the rest of the oil.

To serve, spread the cottage cheese paste over the omelettes and top with smoked salmon. Roll up the omelette as a wrap and cut in half.

GF DF LC Q

# SWEETCORN FRITTERS



**Makes: 8**  
**Prep: 10 mins**  
**Cook: 15-20 mins**



**Nutrition per fritter:**  
**97 kcals**      **3g Fats**  
**15g Carbs**    **3g Protein**



## WHAT YOU NEED:

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1 lemon, zest
- 1 cup (120g) buckwheat flour
- 3/4 cup (185ml) cold water
- 4 tsp. coconut oil

## WHAT YOU NEED TO DO:

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).

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# TROPICAL BREAKFAST SMOOTHIE BOWL



**Serves: 2**  
**Prep: 10 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**345 kcals**      **8g Fats**  
**69g Carbs**     **5g Protein**



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## WHAT YOU NEED:

- 2 bananas, frozen slices
- 4.4 oz. (125g) mango, frozen cubes
- 2/3 cup (160ml) coconut water
- 1/3 cup (80ml) coconut milk
- handful blueberries, topping
- 1 kiwi, peeled and sliced, topping
- 2 tbsp. coconut chips, topping
- 2 tbsp. granola, topping

## WHAT YOU NEED TO DO:

Place the bananas, mango, coconut water and coconut milk in a blender or food processor and blend until smooth.

Divide the smoothie over 2 bowls and top with the kiwi, blueberries, coconut chips and granola. Serve imminently

NOTE: Add in a scoop of protein powder to increase your protein intake

# FIERY GLUTEN-FREE OVERNIGHT OATS



**Serves: 1**  
**Prep: 5 mins**  
**Chill: overnight**



**Nutrition per serving:**  
**355 kcals**      **9g Fats**  
**32g Carbs**      **34g Protein**



## WHAT YOU NEED:

- 1/2 cup (45g) gluten-free oats
- 1 scoop vanilla whey
- 1/2 tbsp. natural cocoa powder, unsweetened
- 1 tsp. chia seeds
- 1/2 tsp. ginger, grated
- 1 cup (250ml) unsweetened almond milk

## WHAT YOU NEED TO DO:

Place all the ingredients in a jar/container and mix well.

Leave to soak in the fridge for at least 8 hours, or overnight.

To serve, sprinkle with dark chocolate or top with berries.

# SPINACH SHAKSHUKA



**Serves: 2**  
**Prep: 10 mins**  
**Cook: 15 mins**



**Nutrition per serving:**  
**321 kcals**      **22g Fats**  
**19g Carbs**     **24g Protein**



## WHAT YOU NEED:

- 1 tbsp coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 10.5 oz. (300g) mushrooms, sliced
- 16 oz. (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

## WHAT YOU NEED TO DO:

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt & pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.

Dress in fresh parsley and serve.



# AVOCADO SCRAMBLED EGGS



**Serves: 1**  
**Prep: 5 mins**  
**Cook: 5 mins**



**Nutrition per serving:**  
**270 kcals**      **14g Fats**  
**5g Carbs**      **19g Protein**



## WHAT YOU NEED:

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. black sesame seeds, to serve

## WHAT YOU NEED TO DO:

Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On dry, non-stick pan fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.

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# SALMON TATAR WITH AVOCADO AND MANGO



**Serves: 1**  
**Prep: 10 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**282 kcals**      **17g Fats**  
**9g Carbs**      **26g Protein**



## WHAT YOU NEED:

- 3.5 oz. (100g) salmon filet, cut in cubes
- ¼ avocado, cut in cubes
- 1 oz. (30g) mango, cut in cubes
- 1 tbsp. lime juice
- 1/3 tsp. honey
- chili pepper, to taste
- handful coriander, chopped

## WHAT YOU NEED TO DO:

Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.

Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.

Set aside to chill in the fridge for at least 10 mins, then serve with toast (not included in nutrition info).

## RED KINDEY BEAN & MACKEREL SALAD



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**422 kcals**    **27g Fats**  
**27g Carbs**    **20g Protein**



### WHAT YOU NEED:

- 1 garlic clove, crushed
- 1/2 lemon, juiced
- 2 tbsp. olive oil
- ½ cucumber, sliced
- 8 radishes, sliced
- handful parsley, chopped
- 8.5 oz. (240g) chickpeas, drained
- 8.5 oz. (240g) kidney beans, drained
- 3 oz. (85g) rocket
- 5.2 oz (150g) smoked mackerel
- 1.7 oz (50g) pecans, chopped

### WHAT YOU NEED TO DO:

Make the dressing by mixing the crushed garlic, lemon juice, and olive oil. Season to taste with salt and pepper.

In a bowl toss the cucumber, radish, parsley, chickpeas, kidney beans and rocket and drizzle with the dressing. Divide the salad into portions.

Break the mackerel into pieces and place on top of the salad. Sprinkle with pecans and serve with additional lemon slices.

# GRILLED VEGETABLE SALAD WITH TUNA



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 10 mins**



**Nutrition per serving:**  
**320 kcals**     **24g Fats**  
**13g Carbs**     **12g Protein**



## WHAT YOU NEED:

- 1 lemon
- 5.6 oz. (160g) tuna pieces in sunflower oil
- 0.5 oz. (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 12.3 oz. (350g) asparagus
- 1.8 oz. (50g) pistachio nuts, peeled and chopped

## WHAT YOU NEED TO DO:

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.

Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.

Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade, mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.

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# WARM SALMON & QUINOA SALAD



**Serves: 4**  
**Prep: 5 mins**  
**Cook: 20 mins**



**Nutrition per serving:**  
**325 kcals**      **26g Fats**  
**17g Carbs**      **28g Protein**



## WHAT YOU NEED:

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets (100g each)
- 1 tsp. spices for salmon
- 7 oz. (200g) sugar snaps
- 1 litre of boiling water
- 8 oz. (250g) of cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

## WHAT YOU NEED TO DO:

Preheat the oven to 400F (200C).

In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.

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# GLUTEN-FREE PIZZA WRAPS



**Serves: 2**  
**Prep: 10 mins**  
**Cook: 10 mins**



**Nutrition per serving:**  
**349 kcals**     **18g Fats**  
**22g Carbs**     **26g Protein**



## WHAT YOU NEED:

- 2 gluten free wraps
- 4 tbsp. tomato paste
- 3 oz. (80g) tuna, canned, drained
- 2 tbsp. capers
- 2 handfuls rocket
- 2 slices Parma ham, halved
- 10 black olives, chopped
- 2.1 oz. (60g) cheese, grated

## WHAT YOU NEED TO DO:

Preheat the oven to 400F(200C).

Spread the tomato paste over the wraps and place them on a baking tray covered with parchment paper.

Pizza 1: Spread half the cheese, the tuna, and capers over the tomato paste. Once cooked garnish with rocket.

Pizza 2: Spread the remaining cheese and the olives over the tomato paste. Once cooked layer with Parma ham.

Bake the pizzas in the oven for about 7-10 mins until the cheese has melted.

Finish garnishing before serving.

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# BACON, MUSHROOM & SPINACH CASSEROLE



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 35-45 mins**



**Nutrition per serving:**  
**192 kcals**      **11g Fats**  
**4g Carbs**      **20g Protein**



## WHAT YOU NEED:

- 1/2 tbsp. olive oil
- 5.2 oz (150g) bacon, chopped
- 7 oz. (200g) mushrooms, sliced
- 3.5 oz. (100g) baby spinach
- 6 eggs
- 1 cup (250ml) plant milk
- 1 tsp. onion powder

## WHAT YOU NEED TO DO:

Preheat the oven to 400°F (200°C).

Heat the olive oil in a large pan. Fry the bacon and mushrooms over medium-high heat until golden brown. Add the spinach towards the end and cook until wilted. Season with salt and pepper to taste.

Transfer the cooked bacon and veg to a greased baking dish.

In a bowl whisk the eggs, combine with the milk and onion powder. Season with salt and pepper.

Pour eggs over the bacon and mushrooms. Bake in the oven for 35-45 minutes or until set in the middle. Cover the casserole with tin foil if the top gets too brown, to prevent burning.

# MEATY RATATOUILLE



**Serves: 6**  
**Prep: 15 mins**  
**Cook: 1 hour**



**Nutrition per serving:**  
**219 kcals**      **7g Fats**  
**19g Carbs**      **21g Protein**



## WHAT YOU NEED:

- 1.1 lb (500g) lean ground beef
- 2 red onions, chopped into wedges
- 4 garlic cloves, sliced
- 1 aubergine, chopped
- 1 courgette, chopped
- 3 bell peppers, chopped
- 5 tomatoes, chopped
- bunch of basil, stalk and leaves separated, chopped
- 1 tbsp. olive oil
- dried thyme, to taste
- 14 oz. (400g) tin chopped tomatoes
- 2tbsp. tomato paste
- 1 tbsp. balsamic vinegar
- ½ a lemon, zest

## WHAT YOU NEED TO DO:

Heat a dry nonstick pan over high heat and cook the beef until browned. Transfer to a dish and set aside.

Heat half the oil in a large saucepan over medium heat, add the aubergines, courgettes and peppers. Cook for 5 mins, then also transfer into a dish and set aside.

Add the remaining oil to the pan, and cook the onion, garlic, basil stalks and thyme for about 10 mins.

Next, add in the cooked veg and beef alongside the chopped tomatoes, tomato paste, and vinegar. Season with salt and pepper and mix well. Simmer the veg covered, over low heat for 35 minutes.

Lastly, add in the basil leaves, lemon zest and season with salt and pepper to taste. Mix well and serve.

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# SALMON TRAY BAKE



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 45 mins**



**Nutrition per serving:**  
**538 kcals**      **23g Fats**  
**45g Carbs**      **39g Protein**



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## WHAT YOU NEED:

- 1.8 lbs. (800g) baby potatoes, washed
- 2 tbsp. olive oil
- 7 oz. (200g) tender steam broccoli or green beans
- 3 small red onions, cut into wedges
- 9 oz. (250g) cherry tomatoes
- 2 rosemary springs
- 2 tbsp. balsamic vinegar
- 4 salmon fillets

## WHAT YOU NEED TO DO:

Pre-heat oven to 360F (180C).

Please the potatoes in a large baking tray and rub them in the olive oil. Season with salt and pepper, then bake for 10 mins.

Next, add the onion and rosemary, drizzle with balsamic vinegar. Bake for another 10 mins.

Season the salmon fillets with salt & pepper and add them to the tray bake alongside the broccoli. Bake for another 15 mins.

Once salmon is cooked through, divide everything between 4 plates and serve.

# CHUNKY BEEF SOUP



**Serves: 6**  
**Prep: 5 mins**  
**Cook: 50 mins**



**Nutrition per serving:**  
**221 kcals**      **9g Fats**  
**15g Carbs**     **20g Protein**



## WHAT YOU NEED:

- 1.1 lb (500g) 90% lean ground beef
- 1-1/2 tsp. salt
- 1 onion, diced
- 2 celery sticks, chopped
- 2 medium carrots, peeled, chopped
- 2 cans (28oz/800g) chopped tomatoes
- ½ green cabbage, chopped
- 4 cups beef stock
- 2 bay leaves

## WHAT YOU NEED TO DO:

Heat a large pot on medium and stir-fry the beef until browned, around 5-7 mins. Season with salt.

Next add the onion, celery, and carrots and sauté for another 5 minutes.

Add the chopped tomatoes, cabbage, beef stock and bay leaves, cover and simmer for 30-40 mins, until vegetables are soft.

Remove bay leaves before serving.

# JERK CHICKEN WITH CAULIFLOWER RICE



**Serves: 4**  
**Prep: 15 mins**  
**Cook: 15 mins**



**Nutrition per serving:**  
**397 kcals**     **24g Fats**  
**15g Carbs**     **33g Protein**



## WHAT YOU NEED:

### *For Marinade:*

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1/2 tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

### *Chicken & rice:*

- 1.1 lbs (500g) chicken breast
- 14oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1 onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zested and juiced
- handful coriander, to garnish
- lime wedges, to serve

## WHAT YOU NEED TO DO:

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in marinade, leave to marinade for 15 mins or overnight.

Heat the 1 tbsp. coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next add in the garlic and cauliflower rice, cook for 2 minutes and add in coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.

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# CHICKEN IN CREAMY MUSHROOM SAUCE



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 25 mins**



**Nutrition per serving:**  
**286 kcals**    **21g Fats**  
**5g Carbs**    **21g Protein**



## WHAT YOU NEED:

- 1 tbsp. coconut oil
- 4 boneless skinless chicken thighs (around 100g)
- 1 medium white onion, chopped
- 3 garlic cloves, finely chopped
- 8 oz. (250g) mushrooms, sliced
- 1 tsp. dried oregano
- 1 tsp. dried rosemary
- ½ cup (100ml) chicken stock
- 1 cup (200ml) canned coconut milk
- 1 tbsp. fresh parsley, chopped

## WHAT YOU NEED TO DO:

Heat the coconut oil in a large pan.

Season the chicken thighs with salt and pepper, then sear the chicken thighs until browned (about 5 mins each side). Once browned transfer onto a plate and cover with tin foil.

To the same pan, add the onion and garlic and sauté for 5 mins. Next add in the mushrooms and cook for another 3 mins.

Add in the spices and season with salt and pepper to taste, return the chicken to the pan.

Pour in the chicken stock and mix well. Next add in the coconut milk, reduce the heat and leave to simmer for 15 mins.

Taste for seasoning, sprinkle fresh parsley and serve.

# PEPPER STEAK



**Serves: 4**  
**Prep: 5 mins**  
**Cook: 10 mins**



**Nutrition per serving:**  
**187 kcals**      **6g Fats**  
**12g Carbs**      **22g Protein**



## WHAT YOU NEED:

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- 1/2 tsp. black pepper
- crushed red pepper flakes, to taste

## WHAT YOU NEED TO DO:

Slice the beef into thin slices. Place in a bowl and add 4 tsp of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next stir the meat, cooking another 2 minutes and transfer on to a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Return beef to the pan, add the earlier prepared sauce and red pepper flakes (optional). Stir fry about 30-60 seconds on medium heat until slightly thickened.

Serves with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.

# SWEET AND SOUR PORK



**Serves: 4**  
**Prep: 10 mins**  
**Cook: 15 mins**



**Nutrition per serving:**  
**446 kcals**     **16g Fats**  
**52g Carbs**     **22g Protein**



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## WHAT YOU NEED:

- 7 oz. (200g) basmati rice
- 10.5 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 7 oz. (200g) sugar snaps
- 8 oz. (250g) cherry tomatoes
- 8 oz. (250g) pineapple, canned or fresh

## WHAT YOU NEED TO DO:

Cook the rice according to instructions on the packaging.

In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.

Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir-fry 2 min, then lower the heat and add in the sugar snaps. Stir-fry for another 4 minutes on low heat.

Next, add in tomatoes and pineapple and stir-fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.

Once rice is cooked divide everything onto 4 plates and serve.

## NOTE:

- this dish is also very tasty with chicken breast or chicken thighs

# ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



**Serves: 1**  
**Prep: 5 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**197 kcals**      **4g Fats**  
**14g Carbs**      **26g Protein**

## WHAT YOU NEED:

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

## WHAT YOU NEED TO DO:

Blend all the ingredients in a high-speed blender until smooth and serve.

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# CAROTENE BOOST SMOOTHIE



**Serves: 2**  
**Prep: 5 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**194 kcals**      **8g Fats**  
**23g Carbs**      **6g Protein**



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## WHAT YOU NEED:

- 2 medium carrots
- ½ orange
- 1 peach
- 7 oz. (200g) natural yogurt
- 6.5oz. (200ml) water
- 2 tbsp. goji berries

## WHAT YOU NEED TO DO:

Wash, peel and roughly chop the fruit and veg, then place them in a high-speed blender alongside the yogurt, water, and goji berries.

Blend until smooth and serve straight away.

### NOTE:

- Add a scoop of vanilla or unflavoured protein powder for a protein boost



# VANILLA & COFFEE PROTEIN SMOOTHIE



**Serves: 2**  
**Prep: 10 mins**  
**Cook: 0 mins**



**Nutrition per serving:**  
**174 kcals**      **6g Fats**  
**4g Carbs**      **26g Protein**



## WHAT YOU NEED:

- 1/4 cup (60ml) espresso
- 1 2/3 cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds
- handful ice

## WHAT YOU NEED TO DO:

Please all in gradients in a high-speed blender and mix until smooth. Serve cold in a glass.

