APRIL RECIPE PACK

Healthy cooking doesn't have to be difficult. These 12 recipes are packed with nutritional benefits and couldn't be easier to make!

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TABLE OF CONTENTS

1	AVOCADO, TAPENADE & EGG TOAST
2	ASIAN SCRAMBLED EGGS
3	GRILLED PUMPKIN, TOFU & BULGAR SALAD
4	TUNA SALAD LETTUCE WRAPS
5	TOFU CAESAR SUMMER ROLLS
6	SUPERFOOD TAHINI SALAD
7	CRISPY TOFU
8	SIMPLE CHICKEN CURRY WITH SAFRON RICE
9	CREAMY LEEK RISOTTO
10	QUARK WITH POMEGRANATE, COCONUT & DARK CHOCOLATE
 11	VEGAN LEMON & COCONUT CAKE
12	VERY GREEN SMOOTHIE



RECIPE KEY

Look for these helpful icons throughout the pack.

- GF Gluten Free
- DF Dairy Free
- Low Carb (under 20g serving)
- Meal Prep/Freezer Friendly
- HP High Protein (over 20g per serving)
- Vegetarian
- Quick (under 30 mins)
- N Contains Nuts



WEEKLY MEAL PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

BREAKFAST

Asian Style Scrambled Eggs **BREAKFAST**

Avocado, Tapenade & Eggs Toast **BREAKFAST**

Avocado, Tapenade & Eggs Toast **BREAKFAST**

Quark with Pomegranate, Coconut & Dark Chocolate **BREAKFAST**

Quark with Pomegranate, Coconut & Dark Chocolate **BREAKFAST**

Very Green Smoothie **BREAKFAST**

Asian Style Scrambled Eggs

LUNCH

Mixed leaf salad and fresh veg with Crispy Tofu and favorite dressing LUNCH

Tofu Caesar Summer Rolls **LUNCH**

Tofu Caesar Summer Rolls **LUNCH**

Superfood Tahini Salad LUNCH

Superfood Tahini Salad LUNCH

Tuna Salad Lettuce Wraps **LUNCH**

Tuna Salad Lettuce Wraps

SNACK

E.g. Quark with Pomegranate, Coconut & Dark Chocolate, Crispy Tofu, Lemon Cake SNACK

E.g. Quark with Pomegranate, Coconut & Dark Chocolate, Crispy Tofu, Lemon Cake **SNACK**

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DINNER

Simple Chicken Curry with Saffron Rice **DINNER**

Leftover Simple Chicken Curry with Saffron Rice **DINNER**

Grilled Pumpkin, Tofu & Bulgar Salad **DINNER**

Creamy Leek Risotto **DINNER**

Leftover Creamy Leek Risotto **DINNER**

Meal Out – Enjoy! DINNER

Grilled Pumpkin, Tofu & Bulgar Salad

WEEKLY SHOPPING LIST

FRUIT & VEGETABLES

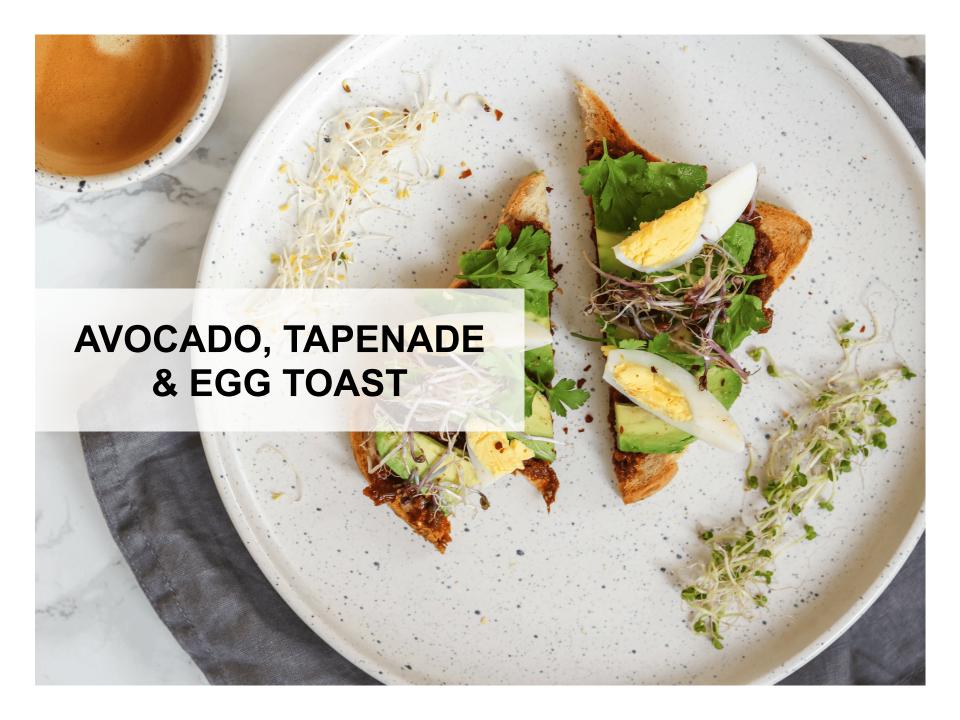
MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh	Meats	Grains
2x avocado	8x chicken thighs	Obulgar
microgreens	Dairy	orn starch
mixed Asian veg	O Parmesan	o basmati rice
o pumpkin	quark	orisotto rice
spinach	Non-Dairy	 all-purpose white flour
1x red onion	7x eggs	Nuts & Seeds
1x white onion	3x firm tofu	osesame seeds
1x ginger	o soy cream	○ walnuts
3x tomatoes	almond milk	shredded coconut
1x garlic		 desiccated coconut
2x granny smith apple		Spices
butter lettuce		sweet paprika
Romanian lettuce		o hot paprika
O baby kale		orosemary
2x carrots		O turmeric
bunch radishes		cayenne pepper
○ 7x lemons		saffron
2x leek		onion powder
1x pomegranate		Other
1x cucumber		Obread
1x Orange		orice paper
1x lime		O vegetable stock
Herbs		obaking powder
coriander		O baking soda
orosemary		
oparsley		
○ mint		

Oils
sesame oil
olive oil
coconut oil
Cans & Condiments
tapenade
soy sauce/tamari
balsamic glaze
tuna in oil
tomato puree
Caesar salad dressing
tahini
pineapple
Sweeteners
honey
coconut sugar
Other
Dark chocolate



AVOCADO, TAPENADE & EGG TOAST



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 386 kcal 26g Fats 25g Carbs 12g Protein





WHAT YOU NEED

- 2 eggs, boiled
- 1 ripe avocado
- · 2 slices favourite bread
- 2 tbsp. tapenade
- coriander leaves, to serve
- microgreens, to serve (optional)

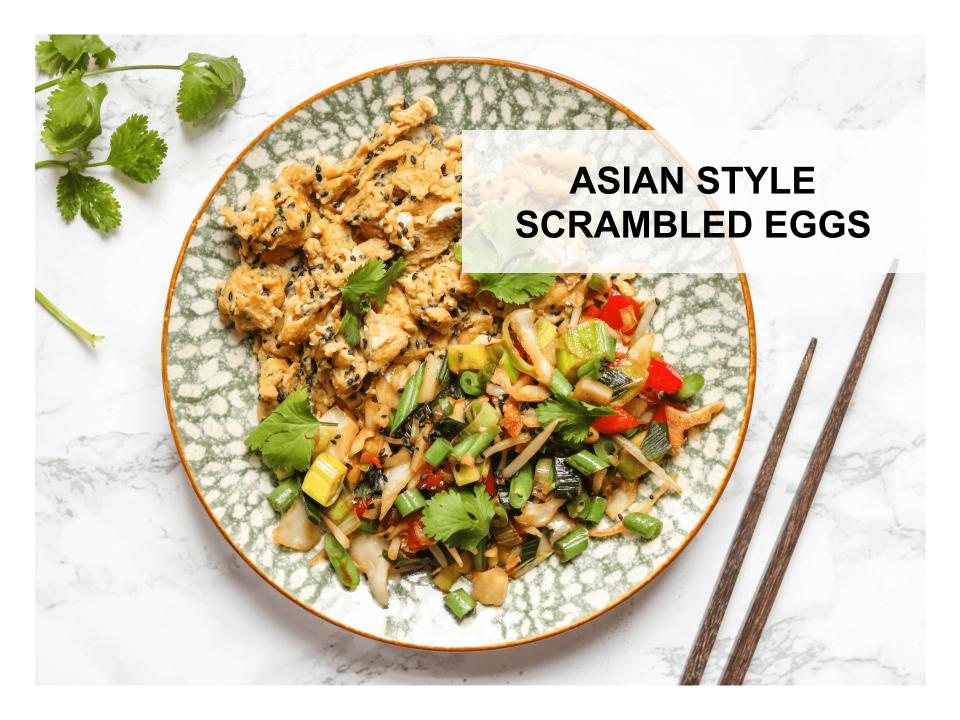
WHAT YOU NEED TO DO

Boil the egg for 7 mins. Toast the bread.

Remove the stone and flesh of the avocado and cut it into slices. Cut the eggs into quarters.

Spread the tapenade over the bread and top with the avocado and egg. Season with salt and pepper. Top with coriander and microgreens (optional).





ASIAN STYLE SCRAMBLED EGGS



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 206 kcal 11g Fats 6g Carbs 15g Protein





WHAT YOU NEED

- 3 eggs
- 2 egg whites
- 1 tbsp. soy sauce
- 2 tsp. sesame oil
- 1 1/4 cup (200g) mixed Asian vegetables
- 1 tsp. black sesame seeds
- coriander, to serve

WHAT YOU NEED TO DO

Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.

Heat 1 tsp. sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 mins until tender. Transfer onto a plate.

Add egg mixture to pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre.

Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.

Remove from heat and serve with the earlier prepared vegetables — top with fresh coriander and additional sesame seeds, to serve.





GRILLED PUMPKIN, TOFU & BULGAR SALAD



Serves: 2 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 360 kcal 22g Fats 38g Carbs 10g Protein





WHAT YOU NEED

- 2 ¼ cup (500g) pumpkin, cubed
- 1 tsp. sweet paprika
- 1 tsp. hot paprika
- 2 tsp. dried rosemary
- 1 tbsp. olive oil
- 1 tbsp. honey
- 1/3 cup (40g) walnuts, chopped
- 1/4 cup (55g) of bulgar wheat
- few handfuls spinach
- 2/3 cup (80g) tofu, drained
- 1 tbsp. balsamic glaze

WHAT YOU NEED TO DO

Heat the oven to 200C (400° F).

Season the pumpkin with salt and pepper, paprika powder and rosemary. Cover well with olive oil and honey.

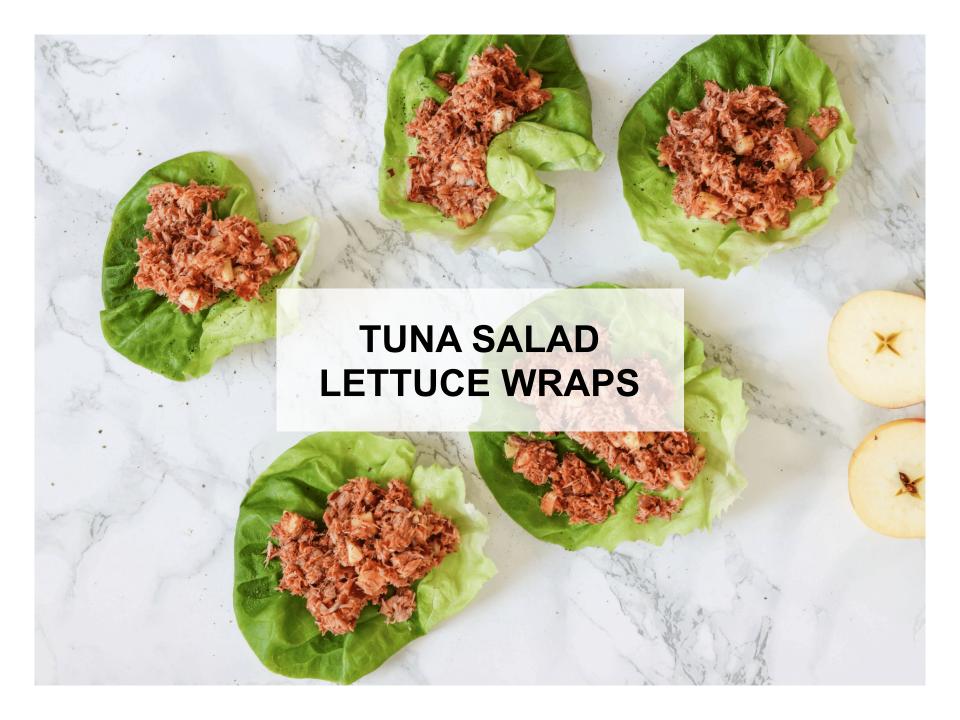
Put the pumpkin on a baking tray lined with paper. Bake in the oven for about 20 minutes, halfway through cooking time add the walnuts and drained tofu.

Place the bulgur into a small pot, and add 3/4 cup of water, season with salt and bring to boil. Simmer under cover for about 20 minutes until tender, and the liquid is absorbed.

Add the cooked bulgar to the roasted pumpkin on the baking tray and mix, collecting the whole flavour from the roasted pumpkin. Add the spinach and mix well.

Divide onto plates, season with freshly ground pepper and drizzle with balsamic glaze. This dish can be served warm or cold.





TUNA SALAD LETTUCE WRAPS



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 286 kcal 9g Fats 14g Carbs 38g Protein











WHAT YOU NEED

- 1 1/4cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- · 8 lettuce leaves

WHAT YOU NEED TO DO

Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.

Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.

Spread the tuna over the 8 lettuce leaves and serve as wraps.





TOFU CAESAR SUMMER ROLLS



Serves: 4 Prep: 15 mins Cook: 10 mins



Nutrition per serving: 191 kcal 10g Fats 8g Carbs 5g Protein









WHAT YOU NEED

- 5/8 cup (100g) firm tofu
- 1 tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- ½ avocado, sliced
- 2 tbsp. Parmesan, grated
- · Caesar salad dressing
- 4 rice paper wrappers

WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(**Pro tip:** dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)





SUPERFOOD TAHINI SALAD



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 190 kcal 10g Fats 19g Carbs 9g Protein





WHAT YOU NEED

For the salad:

- 2 cups (200g) baby kale
- 2 handfuls micro greens
- · 2 carrots, shredded
- 8 radishes, thinly sliced

For the dressing:

- ½ lemon, juice
- 2 tbsp. tahini
- 1 tsp. honey
- 2 tbsp. water
- salt
- 1 garlic clove, minced
- cayenne

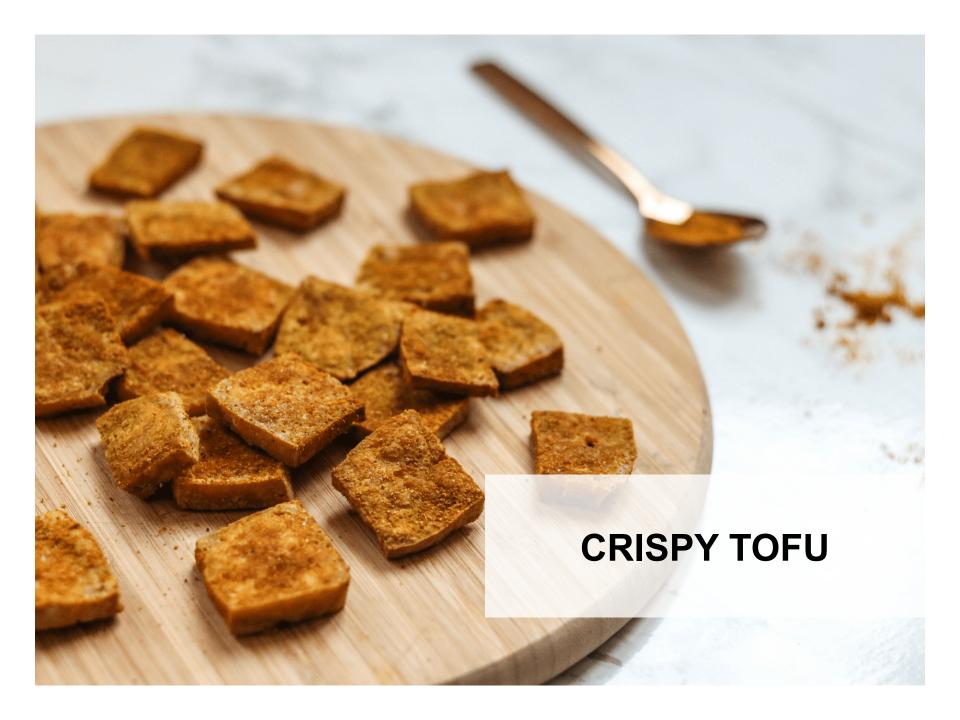
WHAT YOU NEED TO DO

Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.

For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.

Top with microgreens or your favourite seeds (optional).





CRISPY TOFU



Serves: 4 Prep: 15 mins Cook: 30 mins



Nutrition per serving: 151 kcal 10g Fats 4g Carbs 11g Protein





WHAT YOU NEED

- 2 3/4 cup (350g) firm tofu
- 1 tbsp. extra-virgin olive oil
- 1 tbsp. tamari
- 1 tsp. favourite seasoning
- 1 tbsp. corn-starch

WHAT YOU NEED TO DO

Preheat the oven to 200°C (400° F) and line a large baking tray with baking paper.

Drain the tofu and gently squeeze out the excess water. Wrap it around in a cloth and place something heavy over the top to further drain. Let rest for 10 mins.

Slice or cube the tofu into bite-size pieces and place in a bowl. Drizzle with the olive oil and tamari. Season with your favourite spices and toss to combine.

Sprinkle the starch over the tofu, and toss them again until evenly coated.

Transfer the tofu onto the earlier prepared baking sheet and arrange in one layer. Bake for 25-30 mins, turning halfway, until the tofu golden on the edges.

Use tofu in salads, or as a snack.





SIMPLE CHICKEN CURRY WITH SAFFRON RICE



Prep: 10-15 mins Cook: 30-45 mins



Nutrition per serving: 531 kcal 22g Fats 47g Carbs 36g Protein









WHAT YOU NEED

For the chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- · 1 large onion, diced
- · 1 tbsp. ginger, minced
- · 5 cloves garlic, minced
- ½ tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

For the rice:

- 1/4 cup (60ml) boiling water
- pinch saffron threads (roughly 1/8 tsp.)
- 1 cup (225g) basmati rice
- 1 tsp. coconut oil
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1 3/4 cup vegetable stock

WHAT YOU NEED TO DO

Season the thighs with salt and pepper.

Heat the oil in the pan, fry the thighs on both sides until golden brown. Remove from the pan and set aside.

In the same pan sauté the diced onion, garlic and ginger for 3-4 mins, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and 1/4 cup of water, season with salt and bring to a boil.

Place the chicken thighs in the simmering sauce, cover with a lid and cook for about 30-45 mins or until the meat is tender.

In the meantime cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.

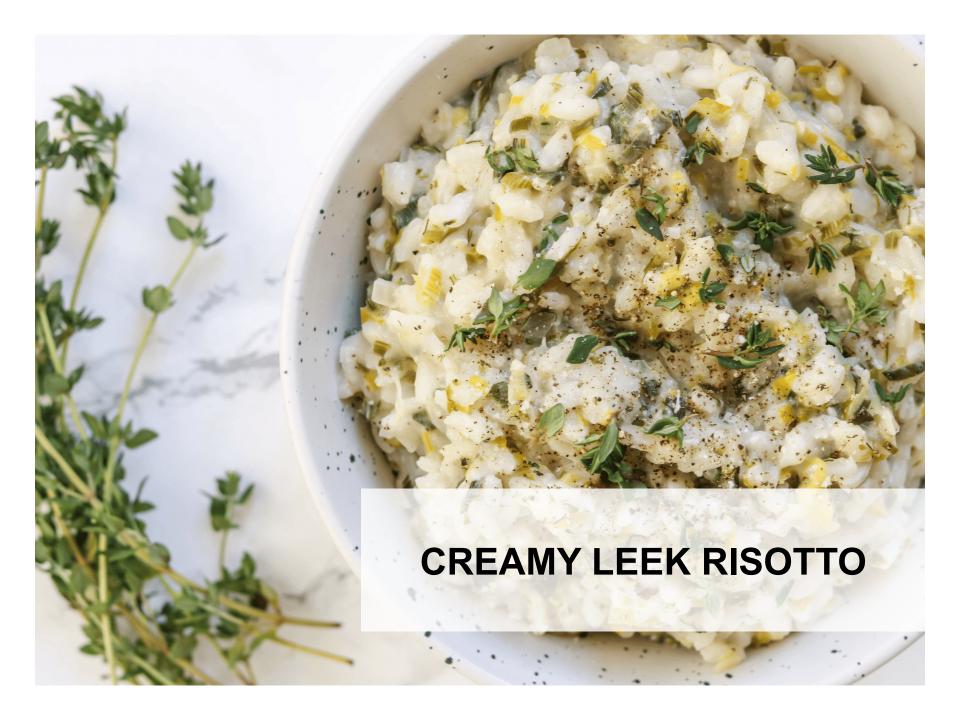
In a medium pot, combine saffron and the water with the rice and all other ingredients.

Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat and let sit for covered another 10 minutes before serving.

Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.





CREAMY LEEK RISOTTO



Serves: 4 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 438 kcal 7g Fats 81g Carbs 13g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 2 leeks, chopped and washed
- · 1 white onion, diced
- 1 ½ cup (350g) risotto rice
- 2 cups (500ml) vegetable stock
- 3 rosemary springs
- ½ cup (60g) parmesan, grated
- 3 tbsp. soy cream

WHAT YOU NEED TO DO

Heat the oil in a frying pan and sauté the leeks and onion for about 5 mins. Add in the rice and simmer for 1 minute.

Add about half of the stock and rosemary springs, gently stir. Bring to the boil and simmer until liquid has almost absorbed, only then add the remaining stock. Cook the risotto until al dente for about 25 minutes.

Remove the rosemary springs, and season the risotto with salt and pepper.

Add half of the Parmesan cheese and the soy crème to the risotto, plus some extra stock if desired to make it extra creamy. Mix well and serve with the remaining parmesan.







QUARK WITH POMEGRANATE, COCONUT & DARK CHOCOLATE



Serves: 4 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 128 kcal 9g Fats 6g Carbs 6g Protein

WHAT YOU NEED

- 5/8 cup (150g) quark
- ¼ cup (25g) walnuts, chopped
- ¼ cup (25g) dark chocolate (80%), chopped
- 2 tbsp. pomegranate seeds
- 1 tbsp. shredded coconut

WHAT YOU NEED TO DO

Divide the quark between bowls. Sprinkle with the chopped walnuts, chocolate, pomegranate seeds and coconut.

Serve straight away or store in the fridge until required.









VEGAN LEMON & COCONUT CAKE



Serves: 12 Prep: 30 mins Cook: 45 mins



serving: 207 kcal 11g Fats 24g Carbs 2g Protein





WHAT YOU NEED

Wet ingredients:

- 1 cup (240ml) almond milk, at room temp.
- 1/3 cup (80g) coconut oil
- 2/3 (125g) coconut sugar
- 2 tbsp. lemon juice

Dry ingredients:

- · zest of 4 lemons
- 1 cup (80g) desiccated coconut
- 1¾ cups (210g) all-purpose white flour, sifted
- 1 tsp. baking powder
- ¾ tsp. baking soda

WHAT YOU NEED TO DO

Heat the oven to 180°C (355° F).

Line a 1 kg / 2 lb tin with baking paper.

Whisk softened coconut oil and sugar together with an electric whisk. Add in the lemon zest, lemon juice and room temperature plant milk and mix well with a spatula. Next, add in the desiccated coconut.

In a small bowl, mix the flour with the baking powder and baking soda. Next, fold in the flour into the wet ingredients and mix well, then transfer the batter to the prepared baking tin.

Bake for about 45 minutes, until a toothpick comes out clean and the top is nicely browned. Allow to cool completely before serving.

Once cool you can sprinkle the cake with some icing sugar (optional).





VERY GREEN SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 154 kcal 2g Fats 31g Carbs 5g Protein









WHAT YOU NEED

- 2 cups baby spinach
- ½ cucumber
- 2 celery sticks
- handful parsley
- handful mint
- 1 apple
- 1/2 orange, juiced
- 1/4 lime, juiced
- 1/4 lemon, juiced
- 2 pineapple rings

WHAT YOU NEED TO DO

Place the ingredients in a blender (you can leave the skins on the apples and cucumber) and puree, adding water or ice as needed.

