

MAY 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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RECIPE KEY

Look for these helpful icons throughout the pack.

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



WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Egg, Broccoli & Ham Muffins

LUNCH

Kale & Tofu Salad with Peanut Butter Dressing

SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

DINNER

Cod with Creamy Zoodles

TUESDAY

BREAKFAST

Overnight Vanilla Yogurt Oats

LUNCH

Kale & Tofu Salad with Peanut Butter Dressing

SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

DINNER

One Pot Turkey Chili with Rice

WEDNESDAY

BREAKFAST

Pina Colada Protein Smoothie

LUNCH

Tuna & Broccoli Salad with Honey Vinaigrette

SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

DINNER

Leftover One Pot Turkey Chili with Rice

THURSDAY

BREAKFAST

Overnight Vanilla Yogurt Oats

LUNCH

Tuna & Broccoli Salad with Honey Vinaigrette

SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

DINNER

Chickpea, Sweet Potato & Spinach Curry

FRIDAY

BREAKFAST

Pina Colada Protein Smoothie

LUNCH

Grilled Chicken & Pineapple Salad

SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

DINNER

Leftover Chickpea, Sweet Potato & Spinach Curry

SATURDAY

BREAKFAST

Goats Cheese & Avocado On Toast

LUNCH

Leftover Chickpea, Sweet Potato & Spinach Curry

SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Egg, Broccoli & Ham Muffins

LUNCH

Grilled Chicken & Pineapple Salad

SNACK

E.g. Pina Colada Smoothie, Vanilla & Coconut Balls, Strawberry Chia Pudding

DINNER

Cod with Creamy Zoodles

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- 1x broccoli
- 1x garlic
- pack strawberries
- 1x kiwi
- 1x avocado
- 2x lime
- 1x lemon
- kale
- purple cabbage
- 2x red bell pepper
- 2x carrots
- salad leaves
- radishes
- 3x onion
- 1x ginger
- 1x chili pepper
- 1x sweet potato
- spinach
- 1x banana

Herbs

- mint
- chives

Frozen

- strawberries
- _____
- _____

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- 10 oz. (300g) cod fillet

Meats

- sliced ham
- 7 oz. (200g) chicken breast
- 10 oz. (300g) minced turkey

Dairy

- 60g grated cheese
- goats cheese
- parmesan
- single cream

Non-Dairy

- 5x eggs
- 2x large soy vanilla yogurt
- 14 oz. (400g) natural tofu
- coconut milk

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GRAINS, SEEDS & SPICES

Grains

- rolled oats
- white rice
- buckwheat flour

Spices

- chili flakes
- sweet pepper
- hot pepper
- turmeric
- oregano
- cumin

Nuts & Seeds

- sesame seeds
- chia seeds
- desiccated coconut

Other

- bread
- vegetable broth
- vanilla extract
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- olive oil
- coconut oil

Cans & Condiments

- peanut butter
- rice vinegar
- soy sauce
- 1x can tuna
- pineapple rings
- tabasco
- 14 oz. (400g) chickpeas
- coconut milk

- chopped tomatoes
- red kidney beans

- sweet corn

Sweeteners

- honey
- maple syrup

Other

- vanilla whey
- _____
- _____
- _____
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- _____
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- _____
- _____



**EGG BROCCOLI &
HAM MUFFINS**

EGG BROCCOLI & HAM MUFFINS



Makes: 6
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
102 kcal
6g Fats
4g Carbs
10g Protein



WHAT YOU NEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch of chilli flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt & pepper, and chilli flakes if using.

Grease a 6-mould muffin tray with oil or butter, and fill the moulds with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the moulds and bake in the oven for 10-15 mins, or until eggs have set.

Vegetarian option: replace the ham with feta cheese, Goats cheese or your favourite vegetables.



THE LEAN BODY PROJECT
IT'S EASY WHEN YOU KNOW HOW

OVERNIGHT VANILLA YOGURT OATS



OVERNIGHT VANILLA YOGURT OATS



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
249 kcal
5g Fats
41g Carbs
9g Protein



WHAT YOU NEED

- 1 ½ cup (350ml) vanilla yoghurt, soy or normal
- 5 tbsp. (30g) rolled oats
- 1 tbsp. honey
- 2-4 strawberries, sliced
- 1 kiwi, sliced

WHAT YOU NEED TO DO

In the evening mix the yoghurt and rolled oats, then refrigerate overnight in a jar.

In the morning add the honey and mix well. Transfer into serving bowls and serve topped with fresh strawberries and kiwi.



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**GOATS CHEESE &
AVOCADO ON TOAST**

GOATS CHEESE & AVOCADO ON TOAST



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
370 kcal
22g Fats
35g Carbs
11g Protein



WHAT YOU NEED

- 4 small slices bread
- 1 ripe avocado
- ¼ cup (30g) goats' cheese
- 1 tbsp. black sesame seed
- ½ lime, juice
- hot chili pepper or flakes, to serve

WHAT YOU NEED TO DO

Toast the bread. In the meantime, smash the avocado with a fork and then divide among the bread slices.

Top with crumbled goat cheese. Season with salt and pepper, then drizzle with lime juice and sprinkle with sesame seeds, and chilli to taste.





**KALE & TOFU SALAD WITH
PEANUT BUTTER DRESSING**

KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
119 kcal
6g Fats
13g Carbs
5g Protein



WHAT YOU NEED

For the salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1 cup (100g) purple cabbage, shredded
- 1 red bell pepper, chopped
- 2/3 cup (30g) carrot, grated
- 1 tbsp. coconut oil

For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chilli flakes
- 1-2 tbsp. water

WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 mins each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

Tip: *If you prefer a meat version of this salad then it will go perfectly with a grilled chicken breast instead of the tofu.*





**TUNA & BROCCOLI SALAD
WITH HONEY VINAIGRETTE**

TUNA & BROCCOLI SALAD WITH HONEY VINAIGRETTE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
328 kcal
14g Fats
26g Carbs
21g Protein



HP Q



WHAT YOU NEED

For the salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- ½ cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

WHAT YOU NEED TO DO

Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.

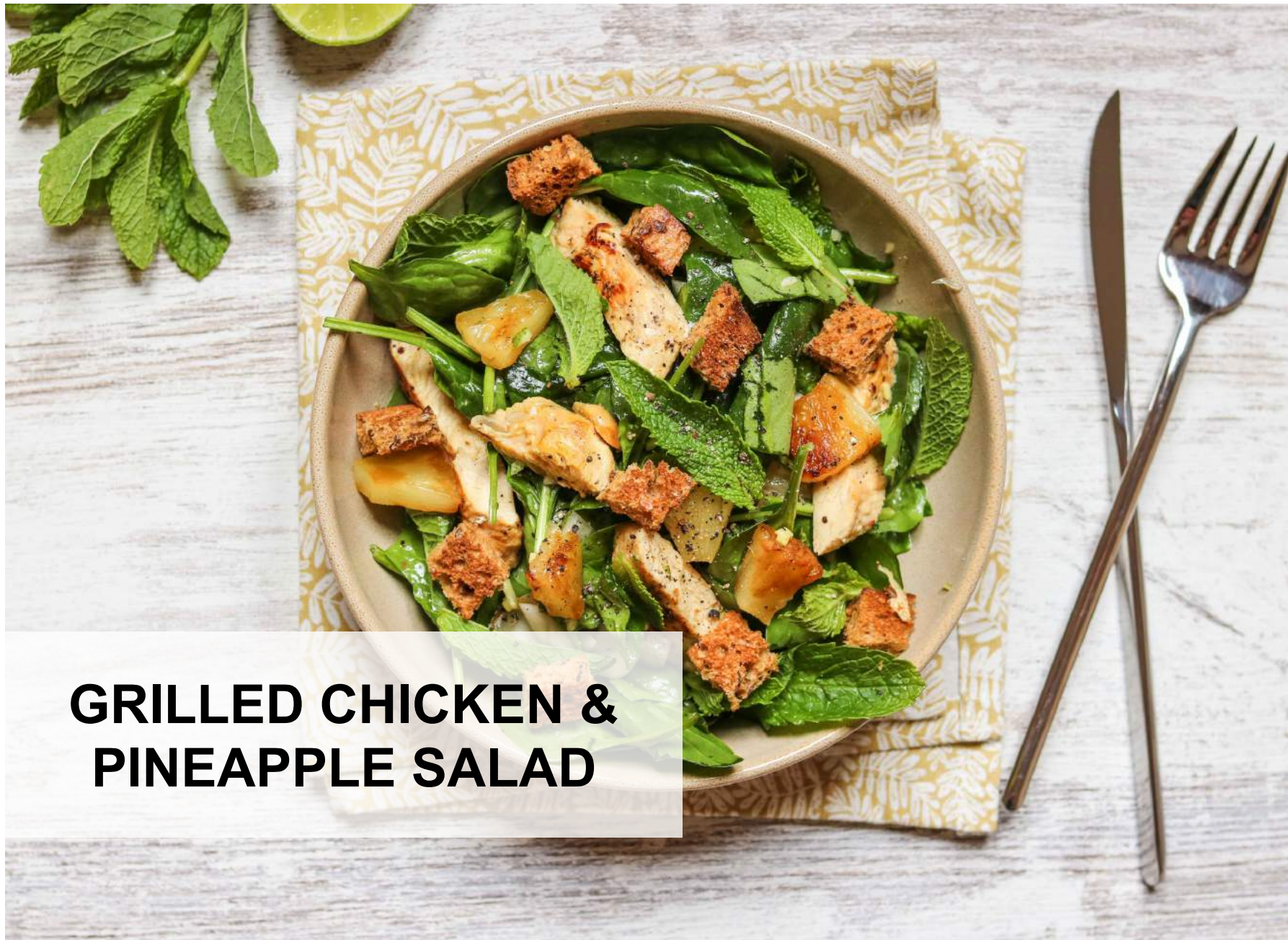
Toast the bread and cut into cubes, then add to the salad.

Place the broccoli in a pot of boiling water and cook for approx. 5 minutes, then strain and add to the salad.

In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve.



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**GRILLED CHICKEN &
PINEAPPLE SALAD**

GRILLED CHICKEN & PINEAPPLE SALAD



Serves: 2
Prep: 10 mins
Cook: 13 mins



Nutrition per
serving:
356 kcal
16g Fats
34g Carbs
27g Protein



WHAT YOU NEED

For the salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

For the dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

WHAT YOU NEED TO DO

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Vegetarian option: *replace the grilled chicken with fried or baked tofu or feta cheese.*



THE LEAN BODY PROJECT
IT'S EASY WHEN YOU KNOW HOW

A top-down view of a white ceramic bowl filled with a dish of cod fish and zucchini noodles. The cod is cooked and has a golden-brown, slightly charred crust. The zucchini noodles are spiralized and mixed with a creamy, orange-colored sauce. The dish is garnished with finely chopped green onions and small pieces of red cherry tomatoes. A silver fork is placed on the left side of the bowl, partially submerged in the food. The bowl sits on a grey, textured placemat with tassels at the bottom right corner.

**COD WITH
CREAMY ZOODLES**

COD WITH CREAMY ZOODLES



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
271 kcal
11g Fats
13g Carbs
33g Protein



WHAT YOU NEED

For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp sweet pepper
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. hot pepper
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the zucchini:

- 2 medium zucchinis
- 1 tsp. oil
- 1 clove garlic, minced
- 4 sundried tomatoes

WHAT YOU NEED TO DO

For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together, pour into the pan with the cod and bring to the boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3 - 4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.



CHICKPEA, SWEET POTATO & SPINACH CURRY



CHICKPEA, SWEET POTATO & SPINACH CURRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
328 kcal
16g Fats
38g Carbs
11g Protein



WHAT YOU NEED

- 1 tbsp. oil
- 1 medium onion, chopped
- 1 inch (3cm) ginger, grated
- 2 cloves garlic, minced
- 1/2 chilli pepper, chopped
- 1 medium sweet potato, peeled, chopped
- 1/2 tsp of hot pepper
- 1/2 tsp sweet pepper
- 1/2 tsp turmeric
- 14 oz. (400g) can chickpeas
- 2/3 cup (150ml) vegetable broth
- 1 cup (250ml) coconut milk, canned
- 3 cups (100g) spinach, chopped

WHAT YOU NEED TO DO

Heat the oil in a frying pan, add the chopped ginger, garlic and chilli pepper. Fry often stirring for about 3 minutes.

Add the peeled and chopped sweet potato, season with salt and fry for another 2 minutes, then add the spices and mix well.

Next, add the chickpeas along with the brine, broth and coconut milk. Mix everything and bring to a boil.

Cook for about 15 minutes without covering, stirring every now and again, until the sweet potatoes are soft.

Finally, add the spinach, mix and take off the heat, and wait until it is wilted. Serve with rice.



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**ONE POT TURKEY
CHILI WITH RICE**

ONE POT TURKEY CHILI WITH RICE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
295 kcal
9g Fats
21g Carbs
31g Protein



GF

MP

HP



WHAT YOU NEED

- 10 oz. (300g) minced turkey fillet
- 1/2 cup (115g) rice
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 1 tbsp. oil
- 1/2 can chopped tomatoes
- 1 red bell pepper, chopped
- 1 cup (250ml) vegetable broth
- 1/3 cup (60g) red kidney beans, drained
- 1/3 cup (85g) sweet corn, drained
- 1/3 cup (30g) grated cheese (optional)

Spices:

- 1 tsp dried oregano
- 1 tsp cumin,
- 1 tsp sweet pepper,
- 1/2 tsp hot pepper,
- 1/2 tsp salt,
- 1/3 tsp ground pepper

WHAT YOU NEED TO DO

Heat the oil in a large pan, add the onion and garlic, cooking for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.

Add spices, mix, then add the dry rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to the boil. Simmer covered on low heat for about 17-20 minutes.

Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then serve.

Dairy free option: *cheese in this recipe is optional, so if you prefer a dairy free meal, just skip the cheese or replace with a vegan version.*



THE LEAN BODY PROJECT
IT'S EASY WHEN YOU KNOW HOW



**STRAWBERRY PROTEIN
CHIA PUDDING**

STRAWBERRY PROTEIN CHIA PUDDING



Serves: 2
Prep: 0 mins
Cook: 10 mins



Nutrition per
serving:
243 kcal
16g Fats
22g Carbs
7g Protein



GF

MP

Q



WHAT YOU NEED

- ½ cup (100g) frozen strawberries
- scant 1/2 cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant 1/3 cup (50g) chia seeds

WHAT YOU NEED TO DO

Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.

Add the chia seeds and mix well. Leave to thicken in the fridge for 10 mins, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.

Pro tip: *if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.*



THE LEAN BODY PROJECT
IT'S EASY WHEN YOU KNOW HOW

A close-up photograph of several round, white truffles coated in shredded coconut, resting on a piece of brown parchment paper. The truffles are arranged in a cluster, with one in the foreground being the most prominent. The background is softly blurred, showing more truffles. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the title text.

**VANILLA & COCONUT
TRUFFLES**

VANILLA & COCONUT TRUFFLES



Makes: 10
Prep: 10 mins
Chill: 60 mins



Nutrition per
serving:
222 kcal
21g Fats
6g Carbs
1g Protein



WHAT YOU NEED

- 2 cups (200g) desiccated coconut + 3 tbsp.
- ¼ cup (60ml) coconut milk, canned
- ¼ cup (50g) coconut oil
- ½ tsp vanilla extract
- 3 tbsp. maple syrup

WHAT YOU NEED TO DO

Slightly heat the oils and coconut milk in a pot over low heat. Add the 200g desiccated coconut, vanilla extract and maple syrup, then mix well. Transfer into a container and chill in the fridge for 1 hour.

Once the batter is firm, form around 10 balls and roll them in the extra coconut, eat straight away or store in the fridge until necessary.

Pro tip: add more milk if the batter is too dry and does not want to roll into balls.



THE LEAN BODY PROJECT
IT'S EASY WHEN YOU KNOW HOW

A top-down view of a glass filled with a thick, yellowish smoothie. The smoothie is garnished with several white, flake-like pieces of coconut, a cluster of small, dark chia seeds, and a single slice of banana on the right side. The glass is set against a background of a white, textured fabric with a repeating geometric pattern.

**PINA COLADA
PROTEIN SMOOTHIE**

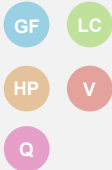
PINA COLADA PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
182 kcal
1g Fats
20g Carbs
23g Protein



WHAT YOU NEED

- ½ banana
- 1 cup (165g) pineapple chunks, canned or fresh
- 1 ¼ cup (300ml) coconut milk
- 2 scoops (50g) vanilla whey
- handful ice cubes

WHAT YOU NEED TO DO

Combine all ingredients in a blender. Blend until smooth around 1 minute. Serve immediately.



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IT'S EASY WHEN YOU KNOW HOW