



JULY RECIPE PACK

Discover 12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

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RECIPE KEY

Look for these helpful icons throughout the file.

-  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

Fluffy Berry Pancakes

LUNCH

Waldorf Salad with Chicken

SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

DINNER

Chakalaka Style Risotto
Optional: side of grilled meat

TUESDAY

BREAKFAST

Smoked Salmon, Feta & Asparagus Omelet

LUNCH

Waldorf Salad with Chicken

SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

DINNER

Leftover Chakalaka Style Risotto
Optional: side of grilled meat

WEDNESDAY

BREAKFAST

Leftover Smoked Salmon, Feta & Asparagus Omelet

LUNCH

Veggie 'Throw Together' Salad

SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

DINNER

Easy Prawn Curry Stir-Fry

THURSDAY

BREAKFAST

Green Glow Protein Smoothie

LUNCH

Veggie 'Throw Together' Salad

SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

DINNER

Leftover Easy Prawn Curry Stir-Fry

FRIDAY

BREAKFAST

Summer Protein Smoothie Bowl

LUNCH

Crushed Cucumber Salad with Hot Smoked Salmon

SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

DINNER

Beef & Green Beans Pasta with Soy Sauce

SATURDAY

BREAKFAST

Summer Protein Smoothie Bowl

LUNCH

Crushed Cucumber Salad with Hot Smoked Salmon

SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Fluffy Berry Pancakes

LUNCH

Green Glow Protein Smoothie

SNACK

E.g. Green Glow Protein Smoothie, Superfood Chocolate bark, Oat Cookies

DINNER

Leftover Beef & Green Beans Pasta with Soy Sauce

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- raspberries
- blueberries
- 2x bunch asparagus
- cherry tomatoes
- 2x peaches
- 1x banana
- celery stalks
- 1x apple
- 1x lemon
- 1x lime
- mixed salad leaves
- spinach
- kale
- rocket
- 1x sweet potato
- 2x red bell pepper
- 1x cucumber
- garlic
- spring onion
- 1x zucchini
- 1x onion
- ginger
- 2x carrot
- 1x banana

Frozen

- green beans
- _____

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- smoked salmon
- 2x hot smoked salmon fillet
- 9 oz. (250g) prawns

Meats

- 4 oz. (100g) chicken, cooked
- 10 oz. (400g) beef steak

Dairy

- cottage cheese
- milk
- feta
- natural yogurt

Non-Dairy

- 6x eggs
- coconut milk

Herbs

- coriander
- dill
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GRAINS, SEEDS & SPICES

Grains

- wheat flour
- whole-grain flour
- whole-wheat pasta
- rice noodles
- risotto rice
- instant oats

Spices

- turmeric
- thyme
- curry powder
- chili flakes
- cinnamon

Nuts & Seeds

- walnuts
- black sesame seeds
- mixed nuts

Dried

- raisins
- goji berries
- coconut chips

Other

- baking powder
- 2x dark chocolate
- vanilla extract
- _____
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- coconut oil
- olive oil
- sesame oil

Cans & Condiments

- mayonnaise
- chickpeas
- mustard
- tahini
- fish sauce
- rice wine vinegar
- soy sauce
- beef stock
- vegetable stock
- green curry paste
- light coconut milk
- chopped tomatoes
- sweetcorn
- almond butter

Sweeteners

- coconut sugar
- honey
- maple syrup

Other

- Coconut water
- Vanilla protein powder
- _____
- _____

FLUFFY BERRY PANCAKES



FLUFFY BERRY PANCAKES



Makes: 8
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
170 kcal
7g Fats
22g Carbs
6g Protein



WHAT YOU NEED

- 1 cup (200g) cottage cheese
- 2 eggs
- 2 tbsp. coconut sugar
- 2 tbsp. coconut oil, melted
- 1/3 cup (80ml) coconut milk, carton
- 1 1/3 cup (160g) wheat flour
- 2 tsp. baking powder
- around 24 raspberries
- around 32 blueberries

WHAT YOU NEED TO DO

Place the cottage cheese in a bowl and crush it with a fork. Add the eggs, sugar and whisk well, then pour in the oil and milk and mix again.

Mix in the flour and baking powder until smooth mass forms.

Heat a dry non-stick pan on medium heat, and place 2 tablespoons of the dough per one pancake onto the pan. Level the surface and arrange a few berries over the top. Fry for about 2.5 minutes over medium heat until grown slightly and browned.

Flip over and cook for another 2-2.5 minutes until browned on the other side. Serve hot or cold.



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IT'S EASY WHEN YOU KNOW HOW



**SMOKED SALMON, FETA
& ASPARAGUS OMELET**

SMOKED SALMON, FETA & ASPARAGUS OMELET



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
302 kcal
21g Fats
6g Carbs
20g Protein



WHAT YOU NEED

- 4 oz. (125g) asparagus
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk, plant or dairy
- 2 oz. (60g) smoked salmon, cut into pieces
- ¼ cup (30g) feta cheese (or brie, camembert), cubed
- 4-5 cherry tomatoes, halved
- dill, to serve

PRO TIP:

The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

WHAT YOU NEED TO DO

Wash the asparagus, break off the hard ends the discard (they will break themselves in the right place). Cut the softer stalks diagonally to about 1/2 cm pieces.

Boil in lightly salted water for about 2 minutes, then strain and set aside.

In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese, mix everything well.

Heat the oven to 350F (180C). Heat the oil in a pan (diameter of approx. 24 cm) over medium heat, and pour in the egg mixture, rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).

Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.

To serve sprinkle with fresh dill and season with freshly ground black pepper.



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**SUMMER SMOOTHIE
PROTEIN BOWL**

SUMMER SMOOTHIE PROTEIN BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
252 kcal
5g Fats
36g Carbs
18g Protein



WHAT YOU NEED

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- $\frac{3}{4}$ cup (190g) natural yoghurt
- $\frac{1}{2}$ cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

Optional toppings:

- Fresh berries
- Goji berries
- Walnuts
- Chia seeds
- Muesli

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 2 bowls, add your favourite toppings and serve straight away.

NOTE:

Toppings are not included in macronutrient information.



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

A top-down view of a light-colored ceramic bowl filled with a Waldorf chicken salad. The salad consists of cubed cooked chicken, sliced celery, diced apples, and a variety of green and red leafy lettuce. A semi-transparent white rectangular box is centered over the middle of the bowl, containing the text "WALDORF CHICKEN SALAD" in bold, black, uppercase letters. In the upper left corner, the tips of wooden chopsticks are visible on a dark grey fabric surface.

**WALDORF
CHICKEN SALAD**

WALDORF CHICKEN SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
354 kcal
16g Fats
33g Carbs
20g Protein



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WHAT YOU NEED

- 100g chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- 1/4 cup (40g) raisins
- 1/4 cup (30g) walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 3 oz. (90g) mixed salad leaves

WHAT YOU NEED TO DO

Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.

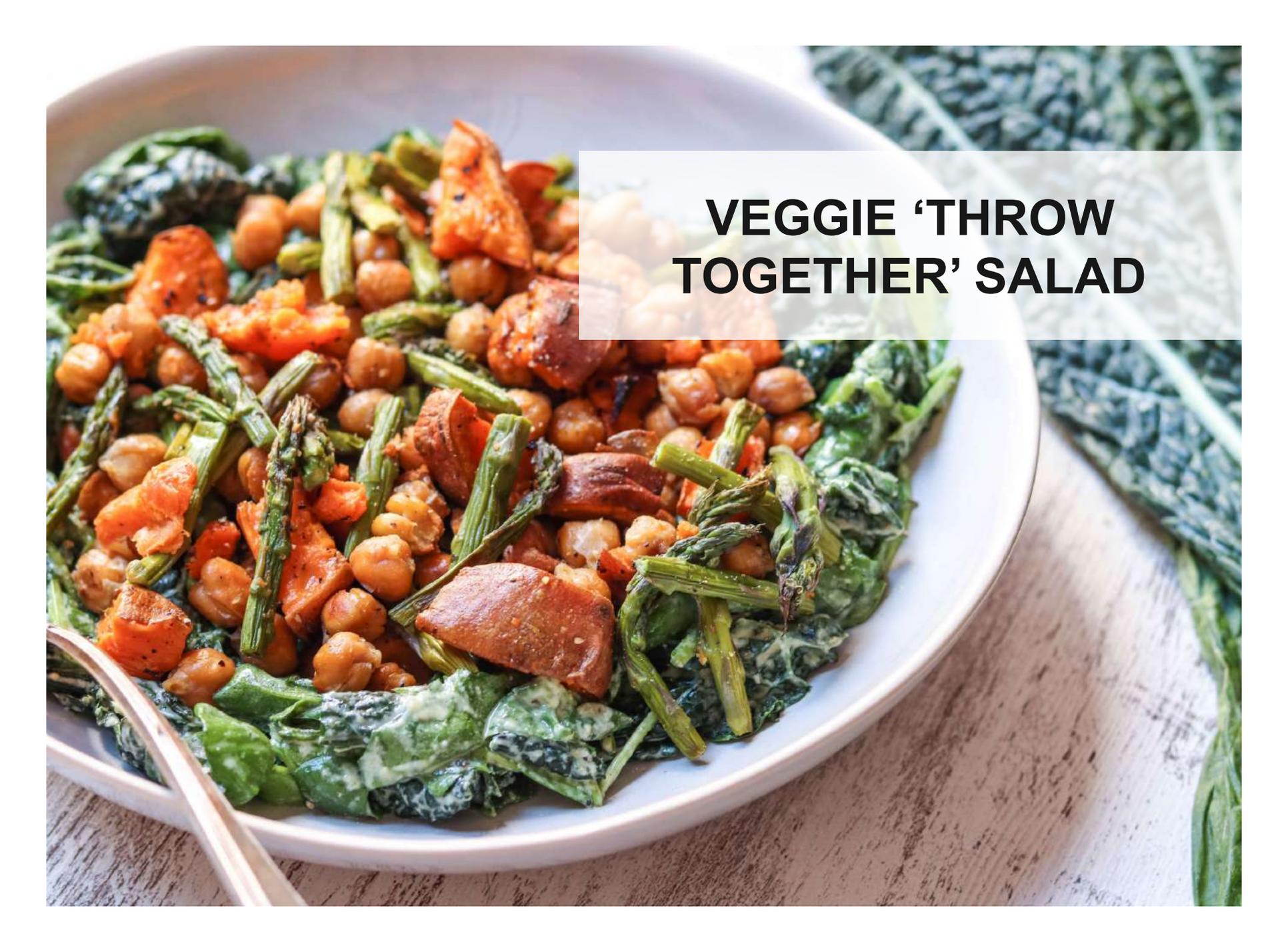
Divide the salad leaves between bowls and top with the filling. Served with freshly ground black pepper.

VEGGIE OPTION:

Instead of chicken add tofu.



THE LEAN BODY PROJECT
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A top-down view of a white ceramic bowl filled with a colorful vegetable salad. The salad consists of chickpeas, pieces of cooked salmon, asparagus spears, and wilted spinach leaves. A wooden fork is visible in the bottom left corner. The bowl sits on a light-colored wooden surface. A semi-transparent white text box is overlaid on the right side of the bowl.

**VEGGIE 'THROW
TOGETHER' SALAD**

VEGGIE 'THROW TOGETHER' SALAD



Serves: 3
Prep: 10 mins
Cook: 30 mins



Nutrition per serving:
343 kcal
15g Fats
40g Carbs
13g Protein



WHAT YOU NEED

For the salad:

- 1 medium sweet potato
- 5/8 cup (120g) chickpeas, drained
- 1 tbsp. olive oil
- 9 oz. (250g) asparagus
- 1 cup (30g) spinach
- 1 cup (30g) kale
- 1 cup (30g) rocket

For the dressing:

- 1 tsp. mustard
- 1 tbsp. tahini
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tsp. honey

WHAT YOU NEED TO DO

Preheat oven to 375F (190C).

Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. olive oil and season with salt and pepper. Roast for 30 mins. Add the asparagus in the last 10 mins of roasting.

In the meantime, prepare the dressing by mixing all the dressing.

Place spinach, kale and rocket in a bowl and rub the dressing into the leaves.

Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas and asparagus. Serve hot or cold.

PROTEIN BOST:

For additional protein, serve this salad alongside grilled chicken.



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**CRUSHED CUCUMBER
SALAD WITH SALMON**

CRUSHED CUCUMBER SALAD WITH SALMON



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
323 kcal
23g Fats
10g Carbs
23g Protein



WHAT YOU NEED

For the salad:

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

For the dressing:

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

WHAT YOU NEED TO DO

Roughly chop the red pepper and place in a bowl. Using a meat mallet or rolling pin smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.

Mix all dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.

To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.

NOTE:

Use as much or as little coriander as you like.



THE LEAN BODY PROJECT
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**BEEF & GREEN BEANS
PASTA IN SOY SAUCE**

BEEF & GREEN BEANS PASTA IN SOY SAUCE



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
491 kcal
12g Fats
53g Carbs
44g Protein



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WHAT YOU NEED

- 4 oz. (120g) whole-wheat pasta
- 10 oz. (300g) beef steak
- 4 spring onions
- 2 cloves garlic
- 1 tbsp. coconut oil
- 2 tbsp. soy sauce
- 1/3 cup (80ml) beef stock
- 100g green beans, frozen

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging. Cut the beef into thin slices.

Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.

Heat the oil in a large pan over medium-high heat and cook on the beef for about 3 minutes, then transfer onto a plate and drizzle with soy sauce.

Add the garlic and spring onion to the same pan and cook for about 3 minutes, until spring onions start to soften.

Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 minutes, then add the cooked pasta, stir now and then for about 2 minutes.



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

A close-up photograph of a blue ceramic bowl filled with a vibrant yellow curry stir-fry. The dish features white noodles, succulent orange prawns, and fresh green vegetables like zucchini and bell peppers, all topped with finely chopped green herbs. The bowl is set against a blurred background of a light-colored wooden surface and a bunch of fresh green herbs to the right.

**EASY PRAWN
CURRY STIR-FRY**

EASY PRAWN CURRY STIR-FRY



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
269 kcal
9g Fats
35g Carbs
13g Protein



WHAT YOU NEED

- 5 oz. (150g) rice noodles
- 1 tbsp. coconut oil
- 1 medium zucchini
- 1 tbsp. green curry paste
- 9 oz. (250g) prawns
- 1 tsp. turmeric
- 1 cup (250ml) light coconut milk, canned
- fresh coriander, to serve

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on packaging.

Cut the zucchini into bite-size pieces. Thaw the prawns if frozen.

Heat the oil in a large pan and fry the zucchini for about 5 minutes, then add the curry paste and prawns. Fry over high heat for about 2 minutes, then add the turmeric and mix well.

Pour in the coconut milk and bring to a boil. Cook for approx. 2 more minutes. Add the cooked noodles, mix and heat for a while. Serve with fresh coriander.



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



**CHAKALAKA
STYLE RISOTTO**

CHAKALAKA STYLE RISOTTO



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
264 kcal
8g Fats
42g Carbs
5g Protein



WHAT YOU NEED

- 2 tbsp. coconut oil
- 1 large onion, chopped
- 2 cloves garlic, sliced
- 2/3 cup (150g) risotto rice
- 1 tsp. dried thyme
- 1 tbsp. curry powder
- 2 tbsp. fresh ginger, grated
- ½ tsp. chilli flakes
- 1 ¼ cup (300ml) vegetable stock
- 1 carrot, grated
- 1 red pepper, chopped
- 1 can chopped tomatoes
- 1 cup (175g) sweetcorn

WHAT YOU NEED TO DO

Heat the oil in a large deep pan and sauté the onions and garlic for 3-4 minutes until soft.

Add the risotto rice, thyme and curry powder and stir fry briefly. Next add the grated ginger and chilli, season with salt and pepper, to taste.

Pour in the hot stock, bring to a boil then reduce the heat and simmer under cover for approx. 20 minutes, checking periodically. If the liquid is absorbed before the end of cooking, add some more water.

Next add the grated carrot, red pepper, chopped tomatoes and sweetcorn, mix well, cover and cook for another 5 minutes, stirring constantly.

FUN FACT:

Chakalaka is a South African vegetable relish that may have originated in the townships of Johannesburg when Mozambican mine workers coming off shift cooked tinned produce with chili to produce a spicy relish.



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

EASY OAT & CARROT COOKIES



EASY OAT & CARROT COOKIES



Makes: 8
Prep: 15 mins
Cook: 15 mins



Nutrition per
cookie:
181 kcal
7g Fats
26g Carbs
3g Protein



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WHAT YOU NEED

- 1 medium carrot, grated
- 1 cup (100g) instant oats
- 2/3 cup (100g) whole-grain flour
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- 3 tbsp. coconut oil, melted
- 1 egg
- 1 tsp. vanilla extract
- 5 tbsp. (75ml) maple syrup

WHAT YOU NEED TO DO

Preheat oven to 340F (170C). Mix the oats, flour, baking powder and cinnamon in a bowl.

In a separate bowl whisk together, the egg melted and cooled oil, vanilla extract and maple syrup. Fold in the dry ingredients and mix well.

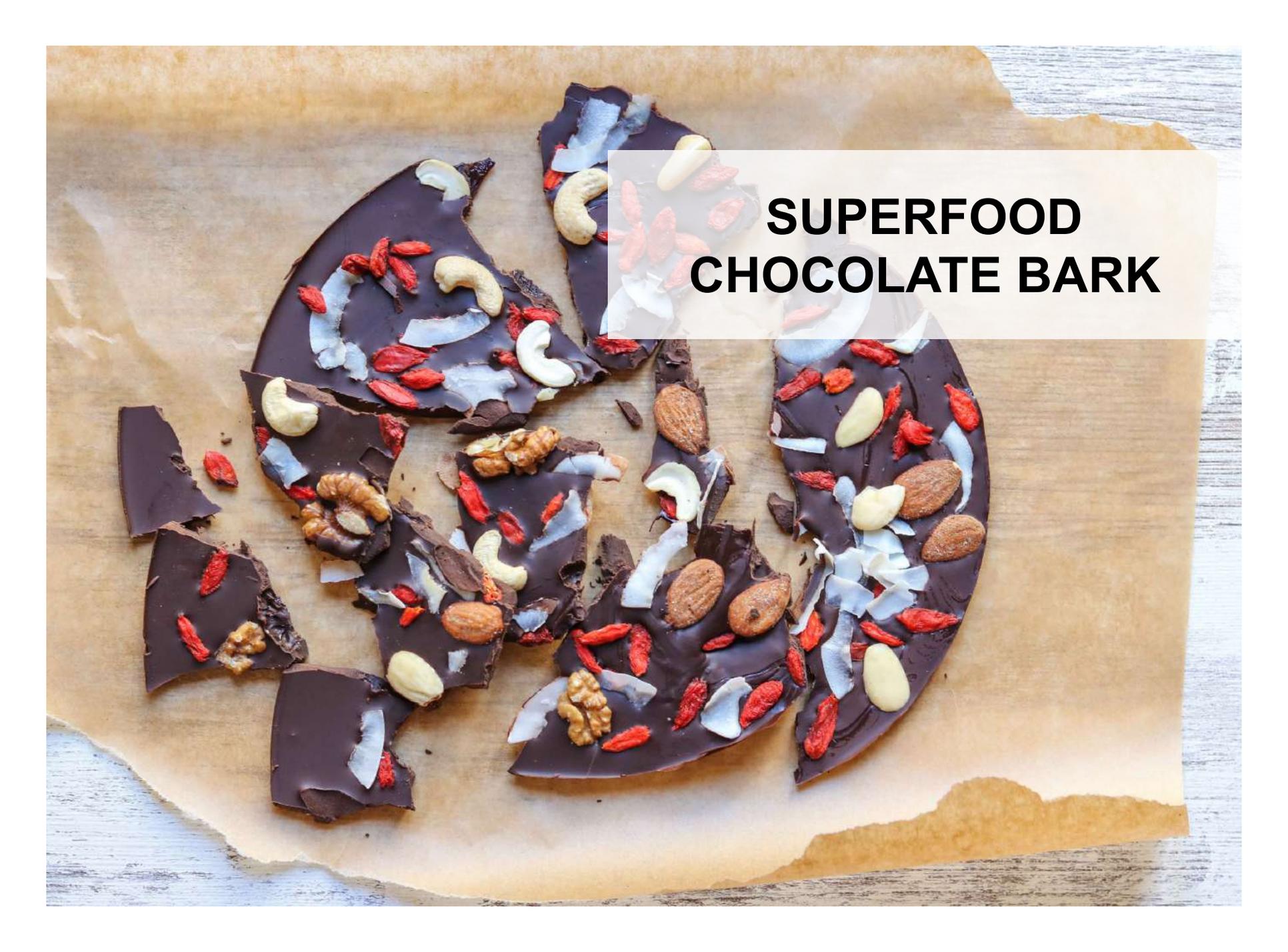
Add in the finely grated carrot and mix again.

Spoon the mixture (1 heaped tbsp. per cookie) onto a baking tray lined with paper and shape into rounds, leaving space between each cookie as they will spread slightly while cooking.

Place in the preheated oven and bake for 12-15 minutes until slightly browned. Remove from the oven and allow to cool completely before serving.



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

A photograph of a chocolate bark with various superfood toppings, including almonds, walnuts, cashews, goji berries, and coconut flakes, broken into pieces on a piece of parchment paper. The bark is dark brown and the toppings are scattered across its surface. The parchment paper is light brown and has a deckled edge. The background is a light-colored wooden surface.

SUPERFOOD CHOCOLATE BARK

SUPERFOOD CHOCOLATE BARK



Serves: 16
Prep: 5 mins
Chill: 30 mins



Nutrition per
serving:
91 kcal
9g Fats
6g Carbs
2g Protein



WHAT YOU NEED

- 7 oz. (200g) dark chocolate, min. 74%
- 2 tbsp. goji berries
- ¼ cup (35g) mixed nuts
- ¼ cup (15g) coconut chips

WHAT YOU NEED TO DO

Place chopped chocolate in the top of a double boiler or a heatproof bowl set over a saucepan of simmering water; cook, occasionally stirring, until melted, 2 to 3 minutes.

Alternatively, place chopped chocolate in a microwave-safe bowl; microwave in 30-second intervals, stirring between each until melted.

Transfer the melted chocolate into a tin lined with baking paper or a silicon tray with minimum dimensions of 10 inches. The larger the tray, the thinner the bark.

Top the chocolate with the berries, coconut and nuts, then place in the fridge to cool for 30 minutes. Using a sharp knife, cut the bark into 16 pieces. Store in an airtight container for up to 1 week.



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



**GREEN GLOW
PROTEIN SMOOTHIE**

GREEN GLOW PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
350 kcal
12g Fats
34g Carbs
29g Protein



WHAT YOU NEED

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- 2/3 cup (150ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smooth.

Serve immediately.

NOTE:

The protein powder is optional, but adds a boost of protein. You can use whey or any plant based protein powder. You can also replace the protein powder with a few tablespoons of Greek yoghurt (in that case reduce the amount of liquid).