



AUGUST RECIPE PACK

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

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TABLE OF CONTENTS

1	TROPICAL GLUTEN FREE GRANOLA
2	SMOKED MACKEREL & EGG PASTE
3	EGGS FRIED ON TOMATOES WITH TUNA
4	ROASTED ROOT VEG SALAD WITH FETA
5	LOW CARB TURKEY SALAD
6	SESAME & GINGER BEEF WITH ZUCCHINI NOODLES
7	CHICKEN & MANGO STIR FRY
8	SALMON TERIYAKI WITH GREEN BEANS AND SWEETCORN RICE
9	CHICKPEA & TAHINI STUFFED AUBERGINE
10	CHOCOLATE CHIA PUDDING
11	LOW CARB BANANA & STRAWBERRY CAKE
12	PEANUT BUTTER & JELLY SMOOTHIE



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

Tropical Granola with Greek yoghurt and fresh berries

LUNCH

Roasted Root Veg Salad with Feta

SNACK

E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake

DINNER

Chicken & Mango Sir Fry

TUESDAY

BREAKFAST

Smoked Mackerel & Egg Paste

LUNCH

Roasted Root Veg Salad with Feta

SNACK

E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake

DINNER

Leftover Chicken & Mango Sir Fry

WEDNESDAY

BREAKFAST

Tropical Granola with Greek yoghurt and fresh berries

LUNCH

Low Carb Turkey Salad

SNACK

E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake

DINNER

Salmon Teriyaki with Green Beans & Sweetcorn Rice

THURSDAY

BREAKFAST

Smoked Mackerel & Egg Paste

LUNCH

Low Carb Turkey Salad

SNACK

E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake

DINNER

Leftover Salmon Teriyaki with Green Beans & Sweetcorn Rice

FRIDAY

BREAKFAST

Peanut Butter & Jelly Smoothie

LUNCH

Sesame & Ginger Beef with Zucchini Noodles

SNACK

E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake

DINNER

Chickpea & Tahini Stuffed Aubergine

SATURDAY

BREAKFAST

Chocolate Chia Pudding

LUNCH

Sesame & Ginger Beef with Zucchini Noodles

SNACK

E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Eggs Fried on Tomatoes with Tuna

LUNCH

Peanut Butter & Jelly Smoothie

SNACK

E.g. Chocolate Chai Pudding, PB& J Smoothie, Banana & Strawberry Cake

DINNER

Leftover Chickpea & Tahini Stuffed Aubergine

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- pineapple
- 5x medjool dates
- 1x orange
- 2x onion
- 1x red onion
- 1x chili pepper
- 1x tomato
- 3x carrots
- 2x parsnips
- 1 lb. (450g) pumpkin
- rocket
- 1x small white cabbage
- 1x small red cabbage
- 2x red bell pepper
- radishes
- bean sprouts
- green onions
- large ginger
- 1x lime
- garlic
- 2x zucchinis
- 1x mango
- frozen green beans
- 2x aubergine
- frozen raspberries
- 5x bananas
- strawberries

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- smoked mackerel
- 4x salmon fillets (5oz. / 150g each)

Meats

- 1 lb. (450g) turkey breast
- 1 lb. (450g) ground lean beef
- 1 lb. (450g) chicken breast

Dairy

- natural yoghurt
- feta
- Greek yoghurt

Non-Dairy

- 7x eggs
- coconut milk
- almond milk
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GRAINS, SEEDS & SPICES

Grains

- buckwheat flour
- brown rice
- wheat flour

Spices

- ground cinnamon
- oregano
- chili flakes
- turmeric
- oregano
- ground cumin
- hot paprika
- paprika
- cinnamon

Herbs

- chives
- parsley
- coriander

Nuts & Seeds

- 430g almonds
- 150g cashews
- coconut flakes
- sunflower seeds
- pumpkin seeds
- sesame seeds
- chia seeds
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- coconut oil
- olive oil
- sesame oil

Cans & Condiments

- pickled gherkins
- mayonnaise light
- tune in brine
- soy sauce (reduced sodium)
- rice wine vinegar
- sweetcorn
- chickpeas
- tahini
- peanut butter

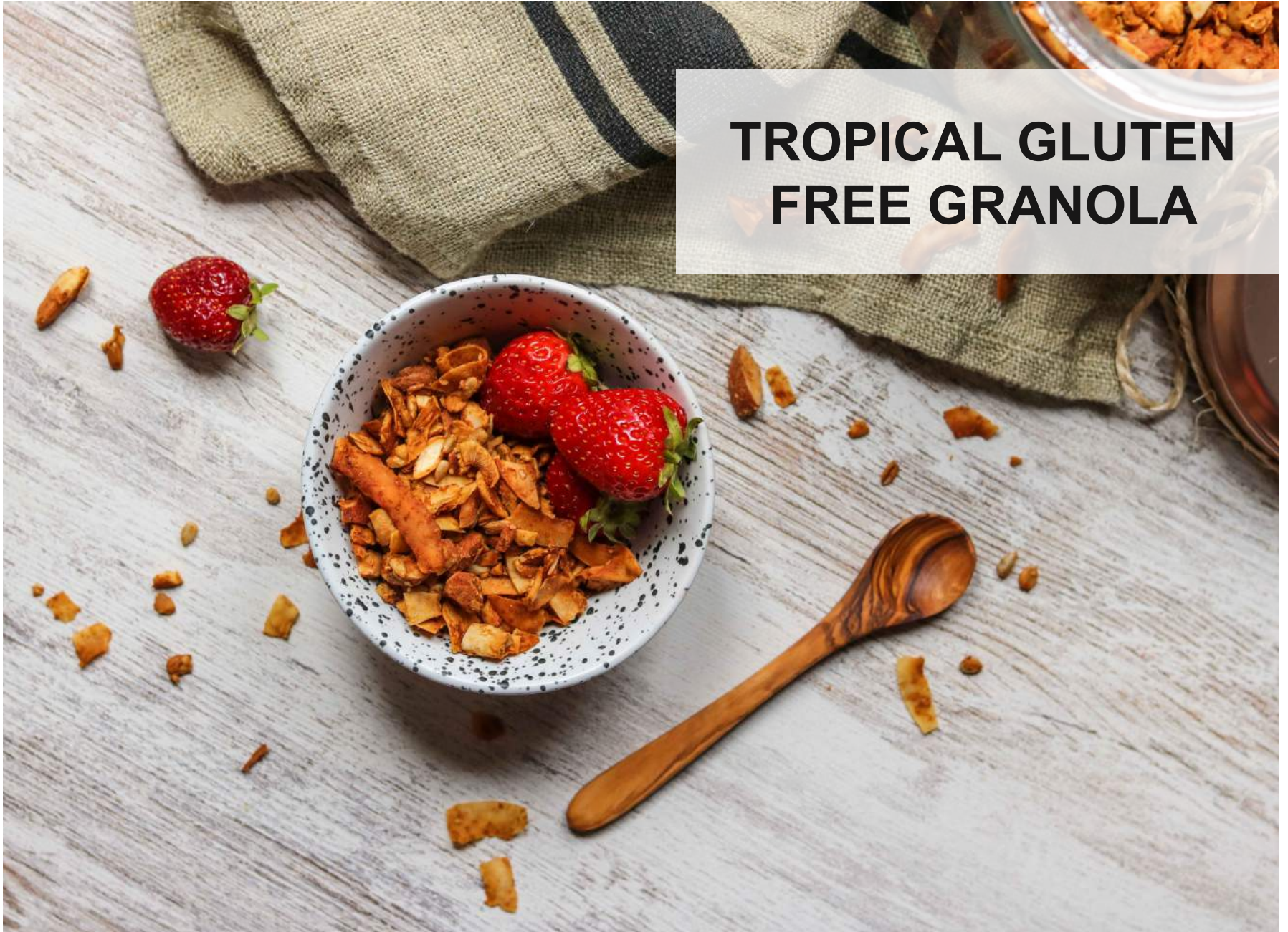
Sweeteners

- xylitol
- honey
- maple syrup

Other

- vanilla protein powder
- vanilla extract
- baking powder
- espresso powder
- cocoa powder
- _____
- _____
- _____
- _____

TROPICAL GLUTEN FREE GRANOLA



TROPICAL GLUTEN FREE GRANOLA



Makes: 7 cups
Prep: 20 mins
Cook: 2 hrs



Nutrition per serving:
173 kcal
14g Fats
10g Carbs
4g Protein



WHAT YOU NEED

- 1 cup (165g) pineapple, cubed
- 5 Medjool dates, pitted and roughly chopped
- Orange, 2 tbsp. juice
- 1 tbsp. vanilla extract
- 1 tsp. ground cinnamon
- ¼ cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups (90g) unsweetened coconut flakes
- ½ cup (70g) sunflower seeds
- ½ tsp. salt

Note:

Nutrition information is given per serving size of ¼ cup – 28 grams.

WHAT YOU NEED TO DO

Pre-heat oven to 250F (120C) and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next add in the coconut oil and blend again. Set aside until required.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

Divide the wet granola between the two earlier prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 2 hours. Give the granola a mix every 20 mins and rotate the trays after 60 mins of baking.

In the last 30 mins keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola will keep for a couple of weeks.





**SMOKED MACKEREL &
EGG PASTE**

SMOKED MACKEREL & EGG PASTE



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
268 kcal
23g Fats
5g Carbs
18g Protein



WHAT YOU NEED

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise, light
- 2 tbsp. natural yogurt (or more mayo)
- bunch of chives, chopped

WHAT YOU NEED TO DO

Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.

Clean the fish from bone and skin, then chop the meat and add to the bowl.

Finely chop the onion and gherkins, and also add to the bowl.

Season with salt and freshly ground pepper, mix with the mayonnaise, yogurt and chopped chives.

Serve with bread, fresh veggies, or on it's own.





**EGGS FRIED ON
TOMATOES WITH TUNA**

EGGS FRIED ON TOMATOES WITH TUNA



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
307 kcal
15g Fats
8g Carbs
32g Protein



WHAT YOU NEED

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 80g tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

WHAT YOU NEED TO DO

Peel the tomato and chop into cubes.

Heat the oil in a small frying pan, add the chopped tomato and fry over a high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- Replace tuna with feta or Gorgonzola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option



A top-down view of a white ceramic bowl with blue polka dots, filled with a vibrant salad. The salad consists of fresh green arugula, roasted orange and yellow root vegetables, crumbled white feta cheese, and small dark seeds. The bowl sits on a piece of light-colored burlap fabric with dark stripes. To the right of the bowl are two wooden utensils: a large wooden spoon and a wooden fork. The entire scene is set on a light-colored wooden surface with some scattered seeds.

**ROASTED ROOT VEG
SALAD WITH FETA**

ROASTED ROOT VEG SALAD WITH FETA



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
197 kcal
11g Fats
21g Carbs
6g Protein



WHAT YOU NEED

- 2 medium carrots, peeled
- 2 medium parsnips, peeled
- 1 lb. (450g) pumpkin, peeled
- 2 tbsp. olive oil
- 4 oz. (120g) rocket
- 2 oz. (50g) feta
- ¼ cup (30g) pumpkin seeds

WHAT YOU NEED TO DO

Pre-heat the oven to 400F (200C).

Wash and peel the carrots and parsnips. Cut them into small strips. Peel and cube the pumpkin.

Place all the vegetables into a roasting tray, and grease evenly with 1 tbsp. of olive oil. Season with salt and pepper, and roast in the oven for 20-30 mins (depending on the thickness of the vegetables).

Once cooked add the roasted vegetables and rocket to a large bowl and drizzle with the remaining 1 tbsp. of olive oil.

Sprinkle with crumbled feta cheese and pumpkin seeds, and season with salt and pepper to serve.

Protein Boost Tip:

- Serve with grilled chicken breast or thighs



A top-down view of a white ceramic bowl filled with a colorful low-carb turkey salad. The salad contains shredded turkey, sliced cherry tomatoes, shredded purple cabbage, green onions, and fresh green herbs. The bowl is set on a light-colored wooden surface. A semi-transparent white text box is overlaid on the right side of the bowl.

LOW CARB TURKEY SALAD

LOW CARB TURKEY SALAD



Serves: 5
Prep: 25 mins
Cook: 0 mins



Nutrition per
serving:
348 kcal
18g Fats
15g Carbs
32g Protein



WHAT YOU NEED

For the salad:

- 1lb. (450g) cooked turkey breast sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- 1/3 cup (30g) almonds, chopped

For the dressing:

- 1/4 cup (60 ml) tahini
- 1/4 cup (60 ml) water
- 1/4 cup (60 ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.

Place all salad ingredients in a large bowl and mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.





**SESAME & GINGER BEEF
WITH ZUCCHINI NOODLES**

SESAME & GINGER BEEF WITH ZUCCHINI NOODLES



Serves: 4
Prep: 5 mins
Cook: 12 mins



Nutrition per serving:
242 kcal
12g Fats
10g Carbs
25g Protein



GF

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Q

WHAT YOU NEED

- 1/4 cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Spiralize the zucchini and heat slightly with the beef (if eating straight away), or divide zucchini and beef into containers and then heat in the microwave or pan when needed.



A top-down view of a white ceramic bowl with a decorative pattern of yellow and red spots. The bowl is filled with a stir-fry dish. On the left side, there is a portion of white, fluffy rice. The rest of the bowl is filled with stir-fried chicken strips, sliced mango, and red bell peppers. The entire dish is garnished with fresh green dill. The bowl is placed on a light-colored wooden surface. To the right of the bowl, a silver fork and a brown cloth napkin are visible.

**CHICKEN & MANGO
STIR FRY**

CHICKEN & MANGO STIR FRY



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
308 kcal
9g Fats
31g Carbs
29g Protein



WHAT YOU NEED

- 1 lb. (450g) chicken breasts, cut into strips
- 1 tbsp. buckwheat flour
- 1 mango, peeled
- 1 red bell pepper, sliced
- 1 red onion, chopped
- 2 cloves garlic, minced
- 1 small chili pepper, deseeded and chopped
- 2 tbsp. ginger, grated
- 2 tbsp. coconut oil

For the sauce:

- 3 tbsp. of rice vinegar
- 3 tbsp. of water
- 5 tbsp. of soy sauce
- 2 tbsp. honey

WHAT YOU NEED TO DO

Cut the chicken into thin strips and season with salt and pepper, then coat in the flour.

Peel the mango and cut the flesh into strips. Cut the peppers into strips, peel the onion and cut into half rings.

Half the chili pepper lengthwise, remove the seeds, then finely chop. Peel and grate the ginger.

Prepare the sauce by mixing all the sauce ingredients in a bowl.

In a wok or large pan heat 1 tbsp. of coconut oil, and stir fry the vegetables (peppers, onions, chili pepper, garlic and ginger) over high heat for about 3 minutes. Add the mango and mix, cooking for another 2 minutes, then remove everything and set aside.

Add a second tbsp. of oil to the pan and fry the chicken for about 3 minutes, stirring often.

Place the mango and vegetables back to the pan and mix well, then add the sauce. Cook on high heat for about 2 minutes until the sauce thickens, in the meantime mix often.

Serve with rice (not included in nutrition information per serving).



A close-up photograph of a white ceramic plate with a speckled pattern. The plate features a piece of salmon teriyaki, which is glazed and topped with black sesame seeds. The salmon is served over a bed of rice mixed with green beans and sweetcorn. The dish is garnished with sliced green onions. The plate is set on a light-colored wooden surface.

SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE

SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE



Serves: 4
Prep: 10 + 1 h
Cook: 15 mins



Nutrition per
serving:
507 kcal
19g Fats
40g Carbs
45g Protein



WHAT YOU NEED

- 4 salmon fillets (5 oz. / 150g each)
- 5 oz. (150g) green beans, frozen
- 1 cup (150g) sweetcorn
- 3.5 oz (100g) brown rice
- 2 tbsp. sesame seeds
- 1 tbsp. sesame oil

For the Sauce:

- 8 tbsp. soy sauce
- 3 tbsp. maple syrup
- 1 tbsp. lime juice
- 4 tbsp. grated ginger
- 2 garlic cloves, grated

WHAT YOU NEED TO DO

Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.

Cut the skin off the salmon then rinse, dry and marinate in the earlier prepared sauce for 1 hour.

In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before the end of cooking, then drain. Next add the sweetcorn and mix well.

Preheat the oven to 450F (230C). Place the salmon into an oven proof dish leaving the marinade aside. Bake for 8-10 minutes and 3 minutes before the end of baking sprinkle with sesame seeds.

Transfer the marinade into a small saucepan and heat until it thickens, then mix in the sesame oil, take off the heat and set aside.

To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.



A top-down view of two stuffed aubergines on a white ceramic plate with a speckled pattern. The aubergines are cut lengthwise and filled with a vibrant yellow chickpea and tahini mixture, garnished with fresh green herbs. The plate is set on a light-colored, woven placemat. A semi-transparent white text box is centered over the image.

**CHICKPEA & TAHINI
STUFFED AUBERGINE**

CHICKPEA & TAHINI STUFFED AUBERGINE



Serves: 4
Prep: 5 mins
Cook: 40 mins



Nutrition per serving:
360 kcal
14g Fats
50g Carbs
14g Protein



WHAT YOU NEED

- 2 large aubergines
- 2 tbsp. olive oil
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 2 tbsp. chopped parsley, plus more to garnish
- 1 cup (200g) chickpeas, drained
- 2 tbsp. tahini
- juice of ½ lime
- salt, pepper, oil

Spices:

- 1 tsp. turmeric
- 1 tsp. oregano
- 1 tsp. cumin
- 1 tbsp. coriander, fresh, chopped
- 1/3 tsp. hot paprika
- 1/3 tsp. sweet paprika

WHAT YOU NEED TO DO

Heat the oven to 400F (200C).

Cut the aubergines in half lengthwise, place them on a baking tray lined with baking paper, and bake in the oven for about 25 - 30 minutes. Once baked remove the flesh with a spoon, leaving about ¼ inch (1/2 cm) of the edges of the aubergine. Chop the aubergine flesh and set aside.

Heat a pan with 2 tbsp. of olive oil, add the chopped onion and finely chopped garlic, fry for 2-3 minutes. Then add the chopped flesh, and season with salt and pepper. Continue cooking for another 5 minutes stirring often.

Next add the spices, and fry for another 2-3 minutes, adding water as needed to avoid burning.

Add the chopped parsley and take off the heat. Finally add the chickpeas, tahini and lime juice, mix, and season with salt and pepper to taste.

Transfer the stuffing into the halved cooked aubergines and serve with fresh chopped parsley.



A glass jar with an orange lid and a metal clasp is filled with a thick, brown chocolate chia pudding. The top of the pudding is garnished with several fresh raspberries. The jar sits on a piece of light-colored burlap fabric with dark stripes. A silver spoon lies on the fabric to the right of the jar. In the background, another jar of the same pudding is visible, and several raspberries are scattered on a light-colored wooden surface.

**CHOCOLATE
CHIA PUDDING**

CHOCOLATE CHIA PUDDING



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
cookie:
307 kcal
16g Fats
34g Carbs
14g Protein



WHAT YOU NEED

- 1 cup (170g) chia seeds
- 3 cups (700ml) coconut milk
- 1 scoop (25g) vanilla protein powder (optional)
- 1 tsp. vanilla extract
- 1/2 tsp. cinnamon
- 1/4 tsp. espresso powder
- 2 tbsp. cocoa powder
- 2 tbsp. xylitol
- 1 cup (125g) raspberries, frozen

WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender or food processor until most chia seeds are broken down and the pudding is thick and creamy.

Portion out into jars or small bowls and top with frozen raspberries.

Store in airtight containers for up to 4 days. Serve cold.

Note:

If not using protein powder add additional 2 tbsp of xylitol





**LOW CARB BANANA
& STRAWBERRY CAKE**

LOW CARB BANANA & STRAWBERRY CAKE



Serves: 16
Prep: 10 mins
Cook: 60 mins



Nutrition per
serving:
104 kcal
5g Fats
16g Carbs
2g Protein



WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ¼ cup (60ml) coconut oil
- 2 tbsp. xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

WHAT YOU NEED TO DO

Pre-heat oven to 180C.

Peel the bananas and place them in a food processor or high-speed blender. Blitz until smooth.

Add in the egg, oil and xylitol, then mix again. Next add in the flours and baking powder, and blitz until a smooth batter form.

Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 mins, until the cake is golden brown and cooked through.





**PEANUT BUTTER &
JELLY SMOOTHIE**

PEANUT BUTTER & JELLY SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
263 kcal
11g Fats
38g Carbs
6g Protein



WHAT YOU NEED

- 1 small banana
- 1 tbsp. peanut butter
- $\frac{3}{4}$ cup (100g) frozen raspberries
- $\frac{7}{8}$ cup (200ml) almond milk, unsweetened

WHAT YOU NEED TO DO

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

Protein Boost Tip:

- Add a scoop of vanilla whey or plant based protein
- Or add 2-4 tbsp. of Greek yogurt

