

OCTOBER 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.

- 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

Superfood Breakfast with Fried Eggs **BREAKFAST**

Avocado, Feta & Pomegranate Toast **BREAKFAST**

Avocado, Feta & Pomegranate Toast **BREAKFAST**

Banana Protein Pancakes **BREAKFAST**

Raw Beet Smoothie + 1 scoop vanilla protein powder **BREAKFAST**

Banana Protein Pancakes **BREAKFAST**

Superfood Breakfast with Fried Eggs

LUNCH

Salmon & Peach Salad LUNCH

Leftover Salmon & Peach Salad **LUNCH**

Mexican Soup with Chicken

LUNCH

Cucumber, Avocado & Chicken salad **LUNCH**

Mexican Soup with Chicken

LUNCH

Cucumber, Avocado & Chicken salad **LUNCH**

Raw Beet Smoothie + 1 scoop vanilla protein powder

SNACK

E.g. Raw Beet Smoothie, Healthy Ferrero Rocher, Banana Chocolate bites **SNACK**

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DINNER

Quick Beef Chow Mein **DINNER**

Leftover Quick Beef Chow Mein **DINNER**

Quick Vegetable Curry **DINNER**

Leftover Quick Vegetable Curry **DINNER**

Coconut Rice with Prawns

DINNER

Meal Out – Enjoy! DINNER

Leftover Coconut Rice with Prawns

WEEKLY SHOPPING LIST

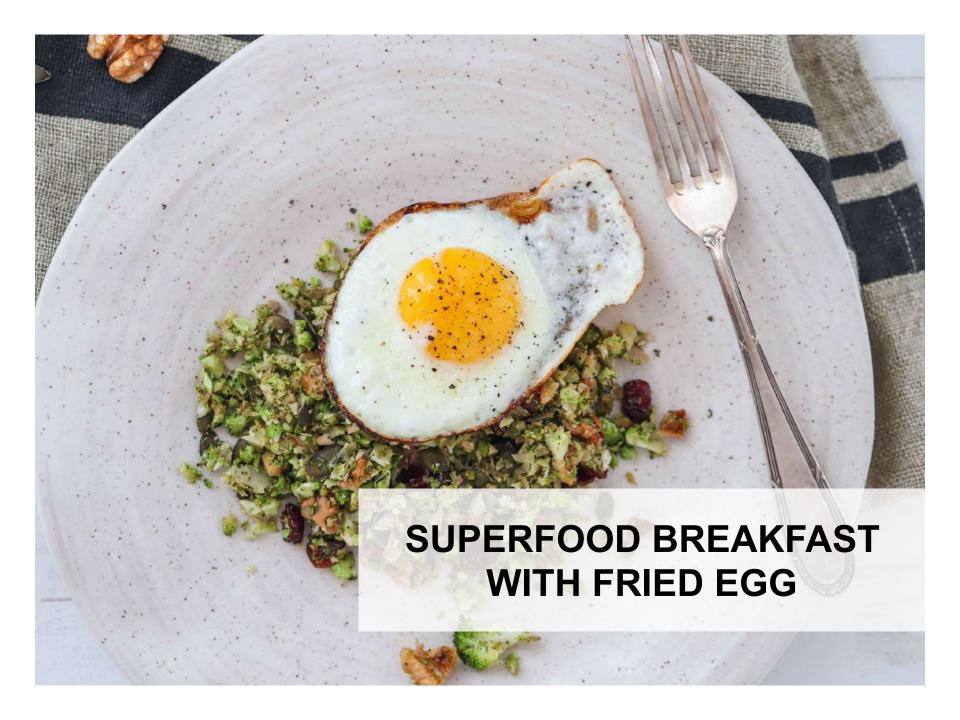
FRUIT & VEGETABLES

MEAT, DAIRY & NON-DAIRY

GRAINS, SEEDS & SPICES

CANS, CONDIMENTS & MISC

Fresh	Fish & Seafood	Grains	Oils
1x broccoli	2x salmon fillets	O whole-meal bread	ococonut oil
○ garlic	8 oz. (230g) prawns	O oats	O olive oil
○ 4x onion	Meats	○ wheat flour	osesame oil
○ ginger	1.3 lbs. (600g) chicken breast	○ corn-starch	Cans & Condiments
○ 1x leek	7 oz. (200g) beef tenderloin	O white rice	apple cider vinegar
○ 2x lemon	Dairy	○ jasmin rice	○ tamari/soy sauce
○ 2x lime	feta cheese	○ ground flax seeds	O balsamic vinegar
1x tomato	cottage cheese	Spices	○ sweetcorn
1x chili pepper	Non-Dairy	○ turmeric	otomato passata
spring onions	6x eggs	○ chili flakes/powder	○ mustard
1x cucumber	coconut milk	O paprika	2x coconut milk
1x eggplant		O oregano	O natural peanut butter
○ 4x bananas		○ cinnamon	○ pineapple
○ 3x apple		ocurry powder	Sweeteners
○ 3x beetroot		Nuts & Seeds	○ maple syrup
○ 2x orange		O pumpkin seeds	○ honey
1x zucchini		○ walnuts	○ agave syrup
○ 1x mango		○ hazelnuts	Other
5 oz. (140g) mushrooms		Dried	○ baking powder
3x red bell pepper		○ cranberries	O dark chocolate chips
2x avocado		Herbs	ochicken stock
1v nomegranate		○ mint	vegetable stock
1x coh corn		○ coriander	egg noodles
bag of salad leaves		O basil	○ cocoa powder
1x peach			vanilla extract
Cherry tomatoes			odark chocolate chips
1x iceberg lettuce			O frozen berries



SUPERFOOD BREAKFAST WITH FRIED



Serves: 2 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 397 kcal 26g Fats 27g Carbs 18g Protein









WHAT YOU NEED

- 2 cups (300g) broccoli
- 2 tbsp. coconut oil
- 1 garlic clove, minced
- 1/4 onion, chopped
- 2 tbsp. (20g) pumpkin seeds
- 1 tbsp. (20g) dried cranberry
- lemon juice
- 4 eggs

Spices:

- ½ tsp. ground turmeric
- ½ tsp. chili flakes
- ½ tsp. paprika
- ½ tsp. oregano

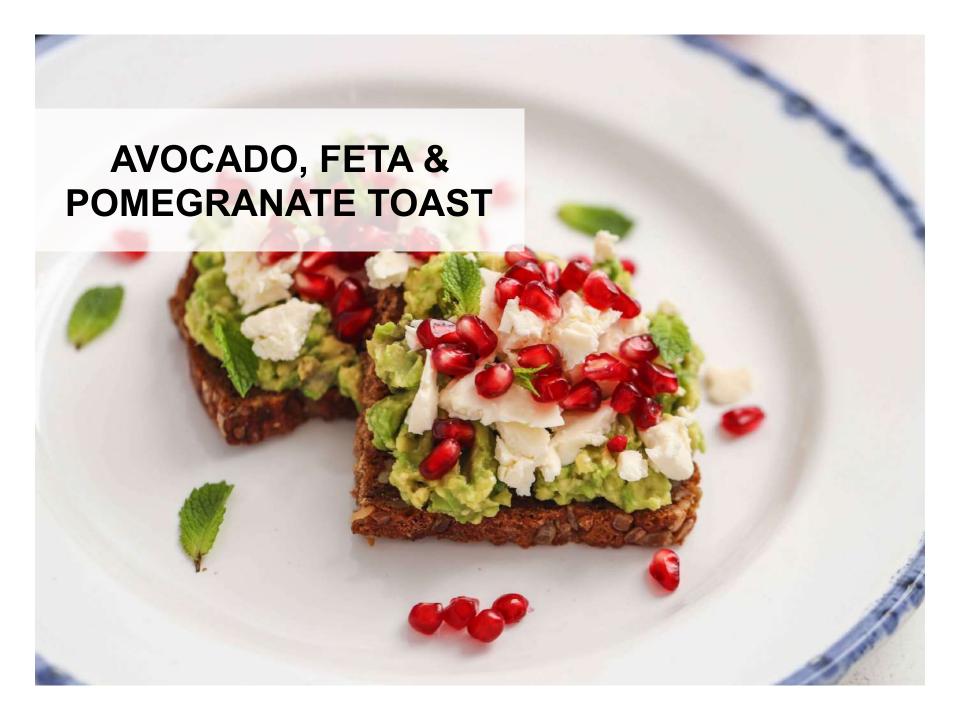
WHAT YOU NEED TO DO

Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make broccoli rice.

Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes. until browned.

Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If you need, add a little water to avoid burring. At the end of cooking drizzle with lemon juice.

In a separate frying pan heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.



AVOCADO, FETA & POMEGRANATE TOAST



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 322 kcal 21g Fats 27g Carbs 9g Protein









WHAT YOU NEED

- 2 slices wholemeal bread
- 1 avocado
- ¼ cup (50g) feta cheese, crumbled
- 1/4 pomegranate, seeds
- mint leaves, to garnish

WHAT YOU NEED TO DO

Toast the bread to your liking. Remove the avocado flesh and mash it up with a fork, season with salt & pepper.

Divide the avocado between the 2 slices of toasted bread. Crumble the feta cheese on top and sprinkle with pomegranate seeds. Garnish with mint leaves and serve.





BANANA PROTEIN PANCAKES



Makes: 6 Prep: 5 mins Cook: 10-15 mins



Nutrition per 3 pancakes: 424 kcal 18g Fats 52g Carbs 12g Protein





WHAT YOU NEED

- 1 cup (90g) oats
- 1 ripe banana
- 1/2 cup (115g) cottage cheese
- 1/4 cup egg whites (1-2 eggs)
- 4 tbsp. coconut milk, from a carton
- 1/2 tsp. cinnamon
- 1/2 tsp. baking powder
- 1/4 cup (45g) dark chocolate chips (70%)

WHAT YOU NEED TO DO

Place all ingredients except the chocolate chips into a blender and blitz until smooth. Next, stir in the chocolate chips.

Fry the pancakes on a dry non-stick pan, over mediumhigh heat for 2-3 mins each side.

The batter will allow to make around 6 small pancakes. To serve, top with your favourite toppings.

NOTE:

Nutrition information is per 3 small pancakes. Toppings are not included in nutritional information.





SALMON & PEACH SALAD



Serves: 2 Prep: 30 mins Cook: 15 mins



Nutrition per serving: 416 kcal 25g Fats 21g Carbs 33g Protein











WHAT YOU NEED

For the marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- 1/2 tsp. ground pepper

For the salad:

- 2 salmon filets (5 oz./140g each)
- · 1 cob corn, cooked
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

WHAT YOU NEED TO DO

Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.

In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.

Next, preheat the oven to 400F (200c) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.

Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.

To serve, drizzle with balsamic vinegar and season with salt and pepper.



MEXICAN SOUP WITH CHICKEN



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 189 kcal 5g Fats 13g Carbs 21g Protein





WHAT YOU NEED

- 2 chicken breasts (around 10 oz./300g)
- · 2 tbsp. wheat flour
- 1 tsp. turmeric
- 1/2 tsp. chili powder
- 5 ¼ cup (1.25 l) chicken stock
- 1 tbsp. olive oil
- 1 onion, chopped
- 1/2 chili pepper, chopped
- · 2 garlic cloves, chopped
- 2/3 cup (165g) tinned sweetcorn, drained
- 1 tomato, chopped
- ½ cup (120ml) tomato passata
- · Coriander, to serve

WHAT YOU NEED TO DO

Cut the chicken breast into small pieces. Season with salt, and coat in a mixture of flour, turmeric and chili powder. Set aside.

Bring the chicken stock to the boil and then leave to simmer, covered, on the lowest heat.

Heat the oil in a large pan, add the chopped onion, chili pepper and garlic. Fry on medium heat for about 4 minutes until soft.

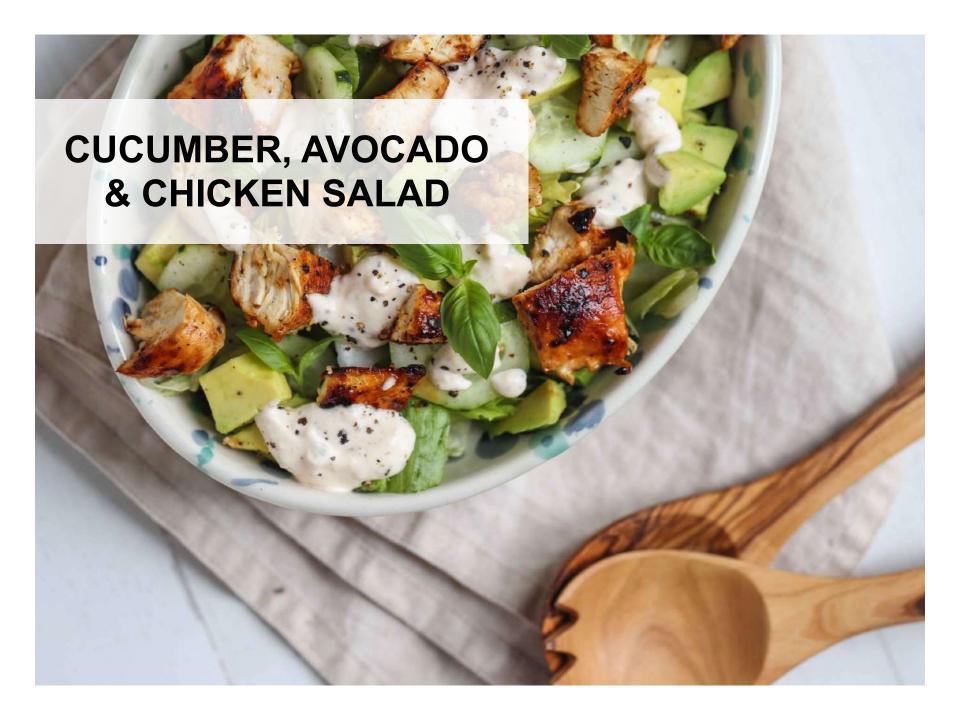
Next, increase the heat, add chicken and fry for about 1-2 minutes. Add the sweetcorn, chopped tomato and passata, cook together for another minute.

Transfer the contents of the pan to the hot stock and bring everything to a boil over high heat. Simmer for another 2 minutes.

Using a hand blender blitz the soup a few times, but not too much so that he soup still has a chunky texture.

Serve with chopped coriander and freshly ground black pepper.





CUCUMBER, AVOCADO & CHICKEN SALAD



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 304 kcal 20g Fats 12g Carbs 21g Protein









WHAT YOU NEED

For the salad:

- ½ head iceberg lettuce, shredded
- a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice
- ½ cucumber, peeled
- 1/4 cup (25g) walnuts

For the chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey

For the sauce:

- 3 tbsp. Yoghurt
- 1 tbsp. mayo
- 1 garlic clove, minced

WHAT YOU NEED TO DO

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

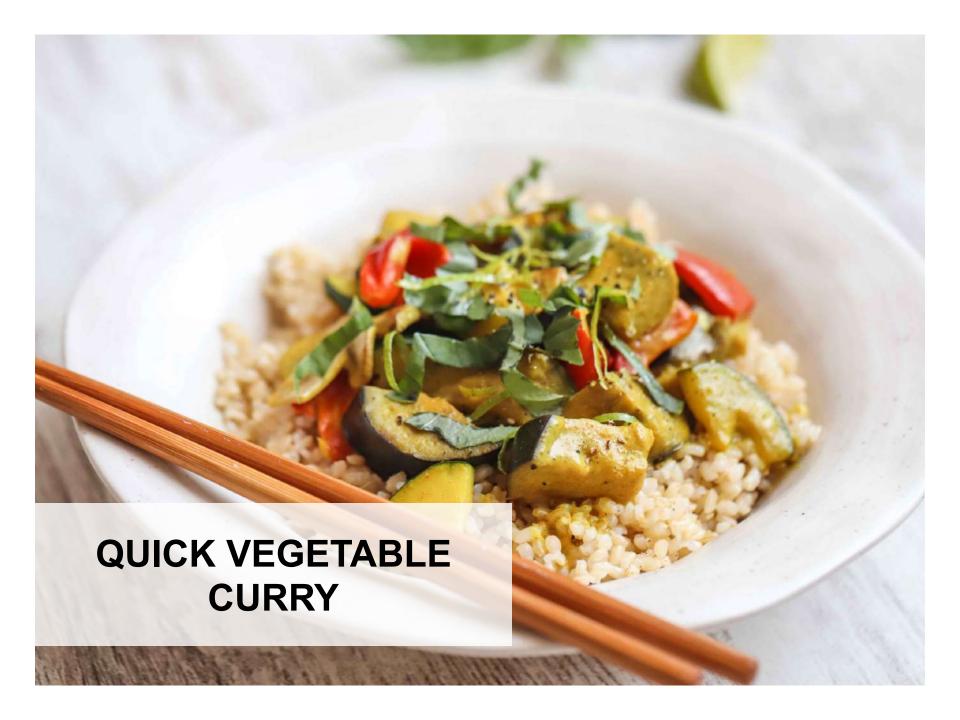
In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.





QUICK VEGETABLE CURRY



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 376 kcal 17g Fats 51g Carbs 7g Protein











WHAT YOU NEED

- 1 tbsp. olive oil
- 1 red onion, chopped into wedges
- 1 tbsp. peeled and finely chopped ginger
- 2 cloves garlic, finely chopped
- 2 tbsp. curry powder
- ½ cup (120ml) vegetable stock
- 1 tbsp. corn-starch
- 1 ½ cups (350ml) canned coconut milk, full-fat
- 1 eggplant, chopped
- 1 zucchini, sliced
- 1 1/2 cups (115g) mushrooms, guartered
- 1 red bell pepper, chopped
- 1/2 tsp. lime zest
- 1 tbsp. lime juice
- 1/4 cup (5g) fresh basil, chopped
- 3 cups (480g) cooked white rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium-high heat. Add the onion, ginger, and garlic and cook, for 4 minutes or until soft. Stir in the curry powder and cook for another minute.

Prepare the vegetable stock and mix it well with the corn-starch. Add the vegetable stock mixture to the pan along with the coconut milk and chopped vegetables. Season with salt & pepper and mix well.

Simmer for 10-15 minutes or until vegetables are tender. Stir in the lime zest and lime juice just before serving.

Spoon rice onto plates and top with vegetable curry, garnish with fresh basil to serve.





COCONUT RICE WITH PRAWNS



Serves: 4 Prep: 10 mins Cook: 35-45 mins



Nutrition per serving: 335 kcal 15g Fats 33g Carbs 17g Protein





WHAT YOU NEED

- 1 tbsp. coconut oil
- 8 oz. (230g) prawns, defrosted
- · 1 medium onion, diced
- 1 tbsp. fresh ginger, minced
- 1 tbsp. lime zest
- 4 oz. (110g) jasmine rice, uncooked
- 1 ¼ cup (300ml) coconut milk, canned
- 190ml water
- 1 bell pepper, diced
- ½ mango, peeled, chopped

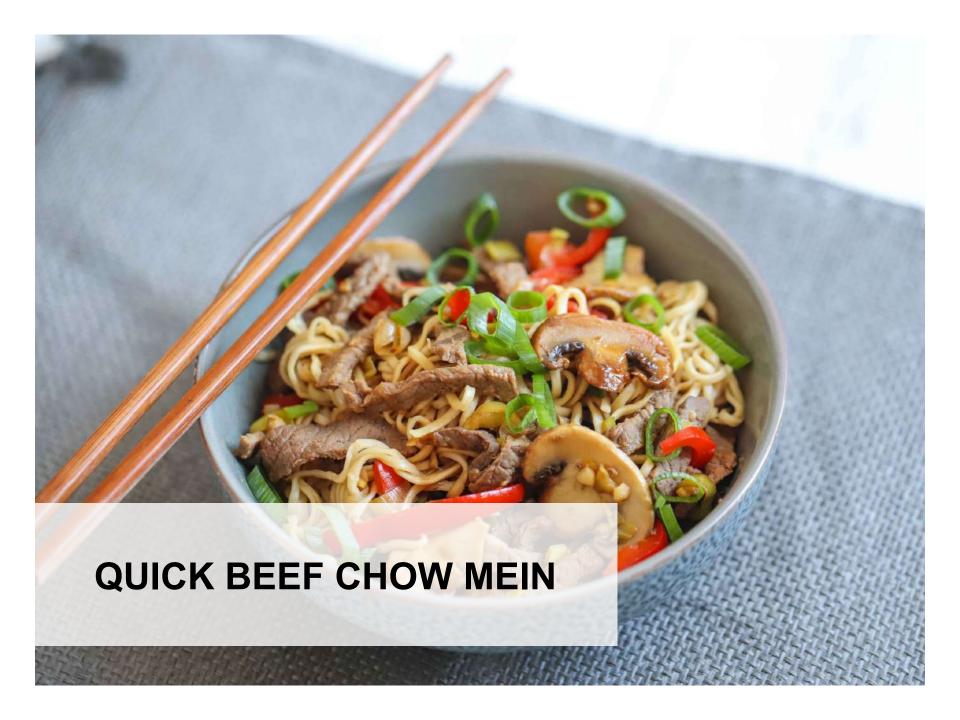
WHAT YOU NEED TO DO

Heat the coconut oil in a non-stick pan over high heat. Add in the prawns and season with salt & pepper. Once the prawns are pink, remove them from the pan and place it back on the heat.

Reduce heat to medium, then add the onion and ginger. Statue for about 3 minutes until slightly browned.

Add the jasmine rice and stir well cooking for about 2 minutes. Next, pour in coconut milk and water. Bring to boil and lower the heat to simmer, cook the rice covered until the liquid has been absorbed (about 25 – 35 minutes).

Once the rice is cook, remove from the heat and stir in earlier cooked prawns, diced bell pepper and chopped mango. Mix well and serve.



QUICK BEEF CHOW MEIN



Prep: 10 mins Cook: 10 mins



Nutrition per serving: 325 kcal 10g Fats 33g Carbs 28g Protein









WHAT YOU NEED

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- 1/2 leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- · 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onion, chopped

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on the packaging. Cut the beef into thin strips.

Heat the sesame oil in a wok or large frying pan. Add the garlic and ginger and fry for about a minute, add the beef and cook for another 2 minutes. Next add the leek, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes garnish with chopped spring onion.



HEALTHY FERRERO ROCHER



Makes: 12 Prep: 10 mins Cook: 0 mins



Nutrition per 1 ferrero rocher: 91 kcal 8g Fats 6g Carbs 2g Protein







WHAT YOU NEED

- 1 cup (135g) + 12 hazelnuts
- 2 tbsp. cocoa powder
- 2 tbsp. agave syrup
- 1 tsp. vanilla extract
- · pinch of sea salt
- 2 tbsp. dark chocolate chunks

WHAT YOU NEED TO DO

Add 1 cup hazelnuts into a food processor and blitz until chopped into tiny pieces.

Next add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.

Roll the mixture into bite-size balls and insert one hazelnut into the centre of each ball.

Serve straight away or store in the fridge for later.





BANANA CHOCOLATE BITES



Makes: 30 Prep: 15 mins Chill: 75 mins



Nutrition per 2 bites: 99 kcal 6g Fats 12g Carbs 2g Protein





WHAT YOU NEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- 1/2 cup (90g) dark chocolate chips
- 2 tsp. coconut oil

WHAT YOU NEED TO DO

Peel and slice the bananas. Line a tray or chopping board with baking paper.

Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.

Place the bananas on earlier prepared baking paper and store in the freezer for about 1 hour.

Next, melt the chocolate chips and coconut oil in the microwave or using the water bath method.

Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.

Place the chocolate covered sandwiches back on the baking pepper platter, and into the freezer for another 15-20 mins.

Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.

The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.





RAW BEET SMOOTHIE



Serves: 1 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 243 kcal 4g Fats 54g Carbs 4g Protein









WHAT YOU NEED

- 1 small apple, cored
- 1 raw red beet washed, peeled, chopped
- ½ cup (50g) berries, frozen
- ¼ cup (55g) pineapple, cubed
- 1/2 orange peeled
- ½ cup ice
- ½ cup (120ml) water
- 1 tbsp. flax seeds, ground

WHAT YOU NEED TO DO

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

