



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.

-  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

Superfood Breakfast with Fried Eggs

LUNCH

Salmon & Peach Salad

SNACK

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

DINNER

Quick Beef Chow Mein

TUESDAY

BREAKFAST

Avocado, Feta & Pomegranate Toast

LUNCH

Leftover Salmon & Peach Salad

SNACK

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

DINNER

Leftover Quick Beef Chow Mein

WEDNESDAY

BREAKFAST

Avocado, Feta & Pomegranate Toast

LUNCH

Mexican Soup with Chicken

SNACK

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

DINNER

Quick Vegetable Curry

THURSDAY

BREAKFAST

Banana Protein Pancakes

LUNCH

Cucumber, Avocado & Chicken salad

SNACK

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

DINNER

Leftover Quick Vegetable Curry

FRIDAY

BREAKFAST

Raw Beet Smoothie + 1 scoop vanilla protein powder

LUNCH

Mexican Soup with Chicken

SNACK

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

DINNER

Coconut Rice with Prawns

SATURDAY

BREAKFAST

Banana Protein Pancakes

LUNCH

Cucumber, Avocado & Chicken salad

SNACK

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

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Superfood Breakfast with Fried Eggs

LUNCH

Raw Beet Smoothie + 1 scoop vanilla protein powder

SNACK

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

DINNER

Leftover Coconut Rice with Prawns

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- 1x broccoli
- garlic
- 4x onion
- ginger
- 1x leek
- 2x lemon
- 2x lime
- 1x tomato
- 1x chili pepper
- spring onions
- 1x cucumber
- 1x eggplant
- 4x bananas
- 3x apple
- 3x beetroot
- 2x orange
- 1x zucchini
- 1x mango
- 5 oz. (140g) mushrooms
- 3x red bell pepper
- 2x avocado
- 1x pomegranate
- 1x cob corn
- bag of salad leaves
- 1x peach
- cherry tomatoes
- 1x iceberg lettuce

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- 2x salmon fillets
- 8 oz. (230g) prawns

Meats

- 1.3 lbs. (600g) chicken breast
- 7 oz. (200g) beef tenderloin

Dairy

- feta cheese
- cottage cheese

Non-Dairy

- 6x eggs
- coconut milk
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GRAINS, SEEDS & SPICES

Grains

- whole-meal bread
- oats
- wheat flour
- corn-starch
- white rice
- jasmin rice
- ground flax seeds

Spices

- turmeric
- chili flakes/powder
- paprika
- oregano
- cinnamon
- curry powder

Nuts & Seeds

- pumpkin seeds
- walnuts
- hazelnuts

Dried

- cranberries

Herbs

- mint
- coriander
- basil
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- coconut oil
- olive oil
- sesame oil

Cans & Condiments

- apple cider vinegar
- tamari/soy sauce
- balsamic vinegar
- sweetcorn
- tomato passata
- mustard
- 2x coconut milk
- natural peanut butter
- pineapple

Sweeteners

- maple syrup
- honey
- agave syrup

Other

- baking powder
- dark chocolate chips
- chicken stock
- vegetable stock
- egg noodles
- cocoa powder
- vanilla extract
- dark chocolate chips
- frozen berries



**SUPERFOOD BREAKFAST
WITH FRIED EGG**

SUPERFOOD BREAKFAST WITH FRIED EGG



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:

- 1/2 tsp. ground turmeric
- 1/2 tsp. chili flakes
- 1/2 tsp. paprika
- 1/2 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



AVOCADO, FETA & POMEGRANATE TOAST



Serves: 2
Prep: 5 mins
Cook: 0 mins



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



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WHAT YOU NEED

- 2 slices wholemeal bread
- 1 avocado
- ¼ cup (50g) feta cheese, crumbled
- ¼ 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.



A close-up photograph of a stack of banana protein pancakes on a white plate. The pancakes are golden-brown with a slightly charred top. They are topped with sliced banana and chocolate chips. A silver fork is holding a piece of the stack on the left side. The background is a plain white surface.

BANANA PROTEIN PANCAKES

BANANA PROTEIN PANCAKES



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



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



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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 medium-high 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.



A top-down view of a white ceramic bowl filled with a colorful salad. The salad includes pieces of grilled salmon with charred skin, sliced peaches, yellow corn cobs, cherry tomatoes, and fresh basil leaves. The bowl is set on a light-colored wooden surface. In the top left corner, there is a small glass bowl containing more cherry tomatoes. In the bottom right corner, another bowl with similar salad ingredients is partially visible.

SALMON & PEACH SALAD

SALMON & PEACH SALAD



Serves: 2
Prep: 30 mins
Cook: 15 mins



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



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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**

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 the soup still has a chunky texture.

Serve with chopped coriander and freshly ground black pepper.



A top-down view of a white ceramic bowl with blue floral patterns, filled with a salad. The salad consists of sliced cucumbers, chunks of avocado, and pieces of grilled chicken with a charred skin. A creamy white dressing is drizzled over the ingredients, and fresh basil leaves are scattered on top. The bowl sits on a light-colored, textured placemat. In the bottom right corner, a wooden salad server is visible.

**CUCUMBER, AVOCADO
& CHICKEN SALAD**

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
- ¼ 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**

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, quartered
- 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**

COCONUT RICE WITH PRAWNS



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



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



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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

QUICK BEEF CHOW MEIN



Serves: 4
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



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

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



RAW BEET SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



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



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WHAT YOU NEED

- 1 small apple, cored
- 1 raw red beet washed, peeled, chopped
- ½ cup (50g) berries, frozen
- ¼ cup (55g) pineapple, cubed
- ½ 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.

