

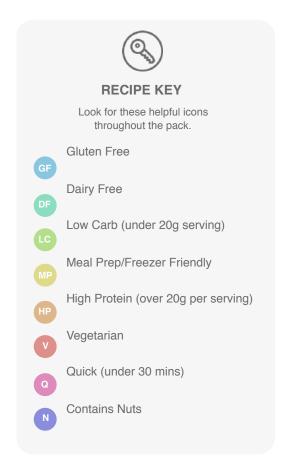
## NUTRITION PACK

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### WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Cottage Cheese Protein Pancakes	Avocado & Egg Paste with Toast	Salmon Spring Rolls	Avocado & Egg Paste with Toast	Salmon Spring Rolls	Tropical Smoothie with a serving of whey, plant protein or Greek yogurt	Cottage Cheese Protein Pancakes
LUNCH						
Detox Salad	Black Bean Hummus with Vegetables (carrots, cucumber, peppers, celery)	Leftover Chinese Pork Stir Fry with Pineapple	Detox Salad	Black Bean Hummus with Vegetables (carrots, cucumber, peppers, celery)	Leftover Tom Yum Soup with Shrimps	Tropical Smoothie with a serving of whey, plant protein or Greek yogurt
SNACK						
E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake	E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake	E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake	E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake	E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake	E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake	E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake
DINNER						
Leftover Chicken Thighs with Hoisin Rice	Chinese Pork Stir Fry with Pineapple	Smoked Aubergine Goulash served with brown rice	Leftover Smoked Aubergine Goulash served with brown rice	Tom Yum Soup with Shrimps	Meal Out – Enjoy!	Chicken Thighs with Hoisin Rice

### WEEKLY SHOPPING LIST

#### **FRUIT & VEGETABLES**

#### **MEAT, DAIRY & NON-DAIRY**

Fish & Seafood

#### **GRAINS, SEEDS & SPICES**

Grains

jasmine rice

opotato starch

almond meal

chai seeds

Spices

chili flakes

paprika

Other

○ rice paper

salt

o ground cumin

cayenne pepper

smoked paprika

Nuts & Seeds

mixed seeds & nuts

desiccated coconut

flour (regular or GF)

white rice

🔵 quinoa

#### **CANS, CONDIMENTS & MISC**

Oils

- olive oil
- coconut oil
- sesame oil
  - **Cans & Condiments**
- o pineapple
- O black beans
- chopped tomatoes
- chickpeas
- coconut milk
- o peanut butter
- 🔿 tahini
- rice vinegar
- fish sauce
- tom yum paste
- vegetable stock
- O chicken stock
- tomato puree
  - Sweeteners
- honey
- O maple syrup
- vanilla sugar
- coconut sugar Other
- small white wine
- coconut water
- natural cocoa powder

### Meats shitake mushrooms Dairv 1x red bell pepper Non-Dairy ○ 6x eggs 0.5 lb/225g sweet potato

1x mango 1x orange

① 1x banana

#### Herbs

Fresh

1x cucumber

① 1x red onion

① 1x white onion

3x zucchini

1x garlic

2x red chili

onions

O 2x avocado

3x passion fruit

O 3x lemon

1x lime

ginger

○ 2x bunches parsley

1x bunch coriander

#### Dried

packet dried cranberries

# ○ 7 oz. shrimps (200g) ○ 7 oz. salmon (200g) O 8 chicken thighs, skinless 14 oz. pork tenderloin (400g) ○ 1x pot cottage cheese

### **AVOCADO & EGG PASTE**

### **AVOCADO & EGG PASTE**



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 298 kcal 24g Fats 9g Carbs 11g Protein





#### WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

#### WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl.. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.



### COTTAGE CHEESE PROTEIN PANCAKES

### **COTTAGE CHEESE PROTEIN PANCAKES**



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 162 kcal 4g Fats 18g Carbs 12g Protein



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#### WHAT YOU NEED

- 1 heaped cup (250g) cottage cheese
- 3 eggs
- 1 tbsp. of vanilla sugar
- 1 tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

#### WHAT YOU NEED TO DO

Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture, gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another. 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.



### **DETOX SALAD**

### **DETOX SALAD**



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 315 kcal 24g Fats 19g Carbs 10g Protein

#### WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- <sup>1</sup>⁄<sub>4</sub> cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- 1/2 cucumber, cut into cubes
- 1/2 zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

#### WHAT YOU NEED TO DO

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.







### BLACK BEAN HUMMUS

### **BLACK BEAN HUMMUS**



Serves: 8 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 91 kcal 4g Fats 9g Carbs 4g Protein

#### WHAT YOU NEED

- 4 cups (250g) black beans, keep the water separately
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice
- 1/2 tsp. cumin
- 1/2 tsp. salt
- 1/4 tsp. cayenne pepper

#### WHAT YOU NEED TO DO

In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.







### TOM YUM SOUP WITH SHRIMPS

### TOM YUM SOUP WITH SHRIMPS



Serves: 4 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 106 kcal 5g Fats 4g Carbs 13g Protein





- 4 cups (1I) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant ½ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- <sup>3</sup>/<sub>4</sub> cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- · coriander, to garnish
- chili, to garnish

#### WHAT YOU NEED TO DO

Pour stock into a pot, add the tom yum paste and bring to a boil.

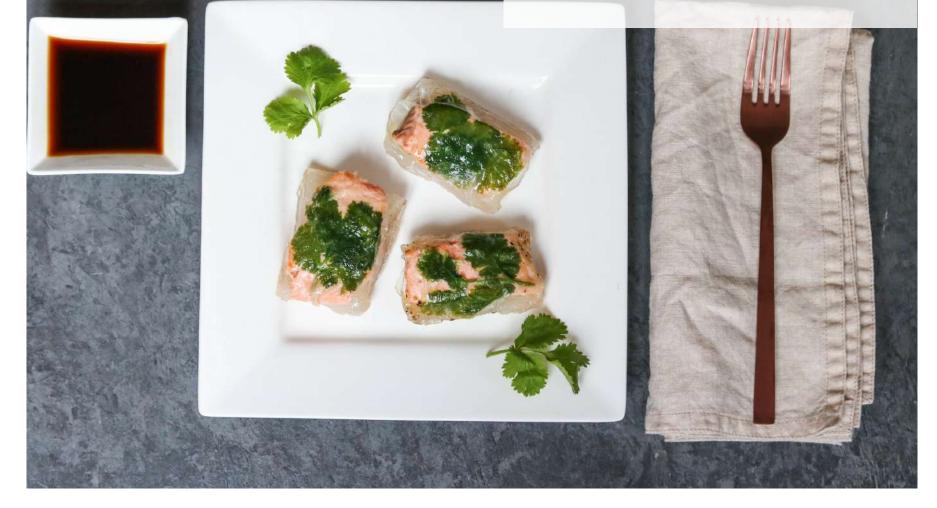
Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.

Next, add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.

Garnish with fresh coriander and chili to serve.



### SALMON SPRING ROLLS



### **SALMON SPRING ROLLS**



Serves: 4 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 154 kcal 10g Fats 4g Carbs 13g Protein





#### WHAT YOU NEED

- 4 sheets rice paper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1 tbsp. coconut oil
- soy sauce or tamari (GF), to serve

#### WHAT YOU NEED TO DO

Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.



### CHICKEN THIGHS WITH HOISIN RICE

### **CHICKEN THIGHS WITH HOISIN RICE**



Serves: 8 Prep: 5 mins Cook: 50 mins



Nutrition per serving: 336 kcal 15g Fats 16g Carbs 29g Protein





#### WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 heaped cups (500ml) chicken stock
- 4 tbsp. dried cranberries

#### For the sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter
- 1 tsp. of chili flakes
- 1 tsp. of honey
- 1 tsp. of sesame oil

#### WHAT YOU NEED TO DO

Heat the oven to 375F (190C). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.

Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.

Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an over-proof dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.



### SMOKED AUBERGINE GOULASH

### **SMOKED AUBERGINE GOULASH**



Serves: 4 Prep: 20-30 mins Cook: 35 mins



Nutrition per serving: 181 kcal 10g Fats 26g Carbs 5g Protein



- 2 eggplants
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

#### WHAT YOU NEED TO DO

Wash the aubergine and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20 - 30 minutes, until the eggplant collects water.

In a large pot heat 1 tbsp. of oil and fry the onion for 2 mins, then add the minced garlic and cook together for another 1-2 mins.

Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.

Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp of oil. Fry for approx. 10 minutes, in the meantime mix now and then.

During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).

Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.

Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.

At the end, add the chopped parsley and check the seasoning for salt.

Serve with rice or pasta.



### CHINESE PORK STIR-FRY WITH PINEAPPLE

### **CHINESE PORK STIR-FRY WITH PINEAPPLE**



Serves: 4 Prep: 20 mins Cook: 10 mins



Nutrition per serving: 303 kcal 11g Fats 22g Carbs 28g Protein



#### WHAT YOU NEED

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- 2/3 cup (135ml) pineapple chucks, in juice (keep the juice)
- 1 red bell pepper, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ chili pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

### For the sauce:

- 1/3 cup (180ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

### WHAT YOU NEED TO DO

Wash the meat, dry it, and cut them into the thinnest slices possible. Season with salt and pepper, and coat in potato flour.

Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and cut the onion into feathers. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.

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

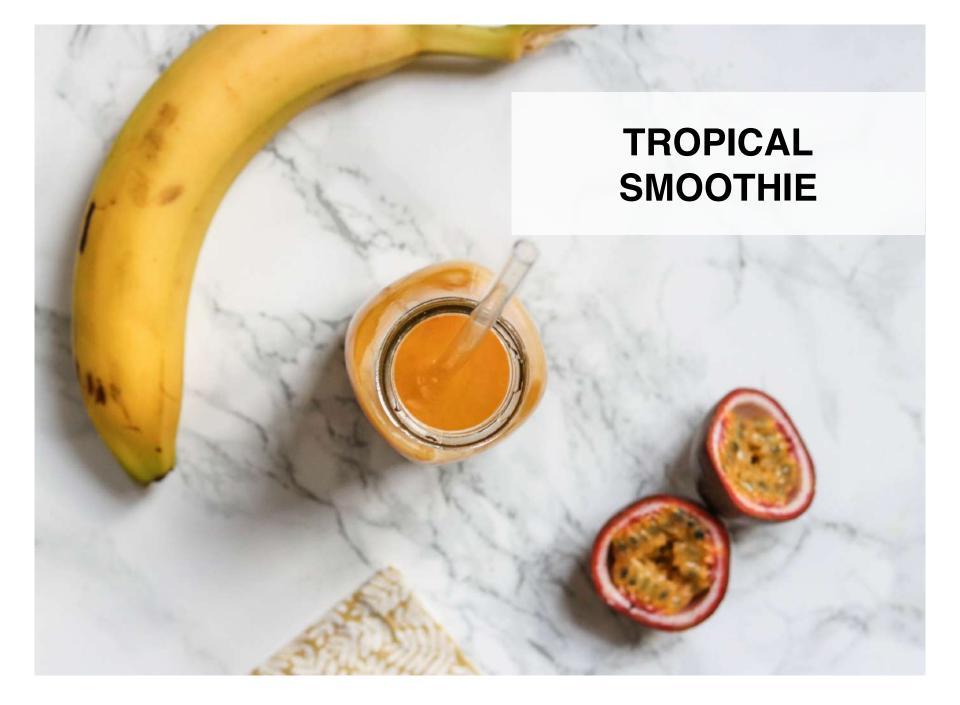
In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto the plate.

Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.

Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens, in the meantime mix now and then.

Sprinkle with chopped spring onions and serve with rice.





### **TROPICAL SMOOTHIE**



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 240 kcal 3g Fats 55g Carbs 4g Protein



- 3 passion fruits
- 1 banana, chopped
- 1 small mango, peeled, chopped
- 1-1/4 cup (300ml) coconut water
- 1 tbsp. chia seeds
- · ice cubes, to serve

#### WHAT YOU NEED TO DO

Scoop the pulp of the passion fruits into a high-speed blender, add the banana, mango, coconut water, and chia seeds. Purée until smooth and serve immediately, topped with ice cubes.







### FIT ALMOND ENERGY BALLS

### **FIT ALMOND ENERGY BALLS**



Makes: 6 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 178 kcal 14g Fats 8g Carbs 6g Protein





#### WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- 1/2 tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

#### WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.



### VEGAN ORANGE CHOCOLATE MOUSSE

### **VEGAN ORANGE CHOCOLATE MOUSSE**



Serves: 4 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 354 kcal 17g Fats 39g Carbs 13g Protein

#### WHAT YOU NEED

- 1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- 1/2 tsp. lemon juice

#### WHAT YOU NEED TO DO

Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.

Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 mins) – you should be able to invert the bowl, and the whipped brine should not move an inch.

Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.





