



DECEMBER 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	CRESTLESS CHICKEN QUICHE
2	OVERNIGHT COCONUT OATS
3	AVOCADO & MUSHROOM TOAST
4	BLACK BEAN SOUP
5	MINI EGGPLANT PIZZA
6	GRILLED CHILLI & LIME CHICKEN
7	SLOW COOKER TERIYAKI CHICKEN
8	QUICK CHILI CON CARNE
9	ROASTED SALMON TRAY
10	CRANBERRY & BANANA BREAD
11	GLUTEN-FREE BERRY CRUMBLE
12	TAHINI & DARK CHOCOLATE PROTEIN BALLS



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

Crustless
Chicken Quiche

LUNCH

Avocado &
Mushroom Toast

SNACK

E.g. Cranberry &
Banana Bread,
Gluten-Free Berry
Crumble, Tahini &
Dark Chocolate
Protein Balls

DINNER

Grilled Chilli &
Lime Chicken
served with
favorite sides
(rice, salad,
vegetables)

TUESDAY

BREAKFAST

Leftover
Crustless
Chicken Quiche

LUNCH

Leftover Grilled
Chilli & Lime
Chicken served
with favorite
sides (rice, salad,
vegetables)

SNACK

E.g. Cranberry &
Banana Bread,
Gluten-Free Berry
Crumble, Tahini &
Dark Chocolate
Protein Balls

DINNER

Slow Cooker
Teriyaki Chicken

WEDNESDAY

BREAKFAST

Overnight
Coconut Oats

LUNCH

Black Bean Soup

SNACK

E.g. Cranberry &
Banana Bread,
Gluten-Free Berry
Crumble, Tahini &
Dark Chocolate
Protein Balls

DINNER

Leftover Slow
Cooker Teriyaki
Chicken

THURSDAY

BREAKFAST

Cranberry &
Banana Bread

LUNCH

Leftover Black
Bean Soup

SNACK

E.g. Cranberry &
Banana Bread,
Gluten-Free Berry
Crumble, Tahini &
Dark Chocolate
Protein Balls

DINNER

Roasted Salmon
Tray

FRIDAY

BREAKFAST

Avocado &
Mushroom Toast

LUNCH

Leftover Roasted
Salmon Tray

SNACK

E.g. Cranberry &
Banana Bread,
Gluten-Free Berry
Crumble, Tahini &
Dark Chocolate
Protein Balls

DINNER

Quick Chilli con
Carne

SATURDAY

BREAKFAST

Overnight
Coconut Oats

LUNCH

Mini Eggplant
Pizza

SNACK

E.g. Cranberry &
Banana Bread,
Gluten-Free Berry
Crumble, Tahini &
Dark Chocolate
Protein Balls

DINNER

Meal Out -
Enjoy!

SUNDAY

BREAKFAST

Cranberry &
Banana Bread

LUNCH

Leftover Mini
Eggplant Pizza

SNACK

E.g. Cranberry &
Banana Bread,
Gluten-Free Berry
Crumble, Tahini &
Dark Chocolate
Protein Balls

DINNER

Leftover Quick
Chilli con Carne

WEEKLY SHOPPING LIST



FRUIT & VEGETABLES

Fresh

- 1x zucchini
- 2x bell pepper
- shitake mushrooms
- 2x avocado
- 5x white onions
- 4x red onions
- 10x carrots
- 1x garlic
- 1x lime
- 1x lemon
- 1x eggplant
- spinach
- 3x bananas
- blackberries

Dried

- cranberries

Herbs

- coriander
- parsley
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEAT, DAIRY & NON-DAIRY

Fish & Seafood

- 1 lb. (520g) salmon fillets

Meats

- roast chicken slices
- 1.5 lbs. (700g) chicken breast
- 10.5 oz. (300g) lean ground beef, 5% fat

Dairy

- parmesan
- mozzarella

Non-Dairy

- 8x eggs
- oat milk
- almond milk
- coconut yoghurt
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

GRAINS, SEEDS & SPICES

Grains

- gluten-free oats
- brown rice
- oat flour
- 2x almond meal
- corn-starch

Spices

- garlic powder
- onion powder
- chilli flakes
- ground cumin
- cayenne pepper
- dried basil
- fennel seed
- dried oregano
- bay leaf
- cinnamon
- Mexican spices

Nuts & Seeds

- sesame seeds
- chia seeds
- baking soda
- vanilla essence

- _____
- _____
- _____
- _____

CANS, CONDIMENTS & MISC

Oils

- coconut oil
- olive oil

Cans & Condiments

- tamari
- 2x cans black beans
- 1x can kidney beans
- 1x can cannellini beans
- 2x cans chopped tomatoes
- tomato puree
- apple cider vinegar
- chipotle chilli paste
- ketchup
- sambal oelek (chilli garlic sauce)

Tahini

Sweeteners

- maple syrup
- honey
- coconut sugar

Other

- desiccated coconut
- vanilla protein powder
- wholemeal bread
- vegetable stock
- dark chocolate chips
- _____
- _____
- _____
- _____



CRESTLESS CHICKEN QUICHE

CRESTLESS CHICKEN QUICHE



Serves: 2
Prep: 15 mins
Cook: 45 mins



Nutrition per
serving:
350 kcal
17g Fats
13g Carbs
36g Protein



WHAT YOU NEED

- 1 tsp. coconut oil
- 1 small zucchini, sliced
- 1 bell pepper, chopped
- 3 eggs
- 3 egg whites
- ¾ cup (180ml) oat milk
- 1 tsp. garlic powder
- 4.5 oz. (125g) roast chicken slices
- ¼ cup (25g) parmesan, grated

WHAT YOU NEED TO DO

Heat the oil in a pan over medium-high heat. Add the sliced zucchini and chopped peppers, season with salt and pepper. Cook for 6-7 minutes or until tender. Transfer into a bowl and allow to cool as you prepare the egg mixture.

Preheat oven to 350°F (180°C). Grease a 9-inch pie or square tin and set aside.

In a large bowl, whisk the eggs, egg whites, milk, garlic powder, salt, and pepper until combined. Arrange the veggies into the prepared pan and top with the chicken slices. Then pour the egg mixture on top, and sprinkle with grated parmesan cheese.

Bake for 45 minutes or until filling is set and no longer jiggles. Store tightly covered in the refrigerator for up to 4 days.

Serve with a side salad or veggies.



OVERNIGHT COCONUT OATS

OVERNIGHT COCONUT OATS



Serves: 4
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
322 kcal
17g Fats
33g Carbs
12g Protein



WHAT YOU NEED

- 1 ½ cups (150g) oats, gluten-free
- ½ cup (45g) desiccated coconut
- 1 scoop (25g) vanilla protein
- 1 tsp. vanilla essence
- 7/8 cup (200g) coconut yoghurt
- 1 ½ cup (350ml) almond milk, unsweetened
- 2 tbsp. maple syrup

WHAT YOU NEED TO DO

Add the oats and desiccated coconut to a large bowl and mix well. Then mix in the vanilla essence.

Whisk together the coconut yoghurt, almond milk and maple syrup.

Combine the wet and dry ingredients and transfer serving containers. Refrigerate overnight or for a minimum of 3 hours.

Store in the fridge for up to 3 days, add more milk before serving, if necessary.

Serve with your favourite berries.

AVOCADO & MUSHROOM TOAST



AVOCADO & MUSHROOM TOAST



Serves: 2
Prep: 10 mins
Cook: 7 mins



Nutrition per serving:
404 kcal
13g Fats
36g Carbs
11g Protein



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WHAT YOU NEED

- 1 tbsp. olive oil
- 2 cloves garlic, minced
- 2 2/3 cups (200g) shitake mushrooms, sliced
- 2 tbsp. tamari
- 1 avocado
- 4 slices medium wholemeal bread, toasted
- chilli flakes, to taste
- 1 tsp. sesame seeds

WHAT YOU NEED TO DO

Heat the oil to a pan on medium heat. Add the garlic and cook for about 2 minutes until aromatic.

Add in the mushrooms to the pan and drizzle over the tamari. Season with salt and pepper and cook for 3-5 minutes, often stirring, until the mushrooms are starting to brown.

In the meantime, toast the bread.

Mash the avocado flesh on to the toast, season with salt and pepper, and top with the mushrooms.

Sprinkle with chilli flakes and sesame seeds to serve.

BLACK BEAN SOUP



BLACK BEAN SOUP



Serves: 6
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
393 kcal
19g Fats
42g Carbs
12g Protein



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WHAT YOU NEED

- 1 tbsp. olive oil
- 1 large onion, chopped
- 4 carrots, chopped
- 4 cloves garlic, finely chopped
- 2 (14 oz./400g) cans black beans, drained
- 1 tbsp. ground cumin
- 1 tbsp. paprika
- 1 tsp. cayenne pepper
- 1 tsp. dried basil
- 2 tsp. dried oregano
- 1 bay leaf
- pinch cinnamon
- 8 cups (1.8L) vegetable stock
- 2 avocados, cubed
- Coriander, chopped
- Lime wedges, to serve

WHAT YOU NEED TO DO

In a large pot, heat oil over medium heat.

Add the chopped onion, carrots and garlic. Season with salt and cook, often stirring, until onion is translucent and starting to brown, about 10 minutes.

Add all the other ingredients to the pot, stir well and bring to a boil. Reduce the medium and simmer for about 20 mins.

Remove the bay leaf. Then using a hand blender, blitz the soup to your desired texture, either fully creamy or leave some pieces of the beans in the soup for texture.

Taste the soup and season with salt and pepper, if desired. Spoon soup into bowls, top with avocado, coriander and serve with lime wedges.



MINI EGGPLANT PIZZA

MINI EGGPLANT PIZZA



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
367 kcal
18g Fats
39g Carbs
15g Protein



GF

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WHAT YOU NEED

- 1 large eggplant
- 1 tbsp. olive oil + ½ tbsp.
- 1 cup (240ml) tomato puree
- 2 cloves garlic, minced
- 1 small onion, sliced
- 2-3 handfuls spinach
- ¾ cup (75g) shredded mozzarella cheese
- 1-2 tsp. oregano

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

Slice the eggplant lengthwise, about 1/4-1/3 inches thick. Rub 1 tbsp. olive oil on each side of the eggplant slices and place it on a baking tray lined with baking paper – season with salt and pepper.

Place in the oven for about 10 minutes.

Meanwhile, grab a pan, and heat the remaining ½ tbsp. olive oil. Add in the garlic and onion, and sauté for about 3-4 minutes, until soft – season with salt and pepper.

Next, add in the tomato puree and spinach and cook for another 1-2 minutes until the spinach has wilted.

Remove the eggplant slices from the oven, and top each with the tomato sauce mixture.

Sprinkle with grated cheese and oregano. Place in the oven for another 5 minutes, or until the cheese has melted. Serve immediately.



**GRILLED CHILLI &
LIME CHICKEN**

GRILLED CHILLI & LIME CHICKEN



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
522 kcal
42g Fats
0g Carbs
35g Protein



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WHAT YOU NEED

- 1.7 lb (800g) chicken drumsticks and/or legs
- green onion, chopped, to serve
- lime wedges, to serve

Marinade:

- 2 tbsp. olive oil
- 1 tbsp. apple cider vinegar
- 1 tsp. garlic powder
- 2 tsp. paprika
- 1 tsp. onion powder
- ½ tsp. chipotle chilli pepper
- 2 tbsp. lime juice

WHAT YOU NEED TO DO

Combine all the marinade ingredients a small bowl and cover the chicken either in a container or Ziploc bag. Seal the bag/container, place in a fridge to marinate for a minimum of 1 hour.

Preheat oven to 375F (190C). Line baking tray/dish with baking paper.

Arrange the chicken on the baking paper, and brush any leftover marinade over the tops.

Bake, uncovered, for approximately 30-45 minutes or until cooked through. To serve garnish with chopped green onions and lime wedges.

NOTE:

Baking time will vary depending on how large/meaty each drumstick and leg are.

A top-down view of a white ceramic plate with a speckled pattern. The plate contains a serving of white rice on the left, a portion of shredded teriyaki chicken in the center, and a few florets of steamed broccoli on the right. The chicken is coated in a dark, glossy sauce and topped with black sesame seeds. A pair of wooden chopsticks is visible on the right side of the plate.

**SLOW COOKER
TERIYAKI CHICKEN**

SLOW COOKER TERIYAKI CHICKEN



Serves: 4
Prep: 10 mins
Cook: 2 hr



Nutrition per serving:
322 kcal
7g Fats
22g Carbs
45g Protein



GF

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WHAT YOU NEED

- 1½ lbs. (700g) chicken breast
- 2 tsp. corn-starch + 3 tbsp. water
- 1 tbsp. sesame seeds, to garnish

For the Sauce:

- ¼ cup (60ml) + 1 tbsp. tamari
- ¼ cup (60ml) honey
- 1 large onion, diced
- 2 tbsp. ketchup
- 1 tbsp. olive oil
- 1 tsp. chilli garlic sauce (Sambal Oelek)

WHAT YOU NEED TO DO

Mix the sauce ingredients in a small bowl. Add the chicken breasts to slow cooker and cover with the sauce. Cook chicken on high for 2 hours or low for 3-4 hours.

Once cooked transfer chicken onto a cutting board and leave to cool.

Mix the corn-starch with water until it dissolves and pour into the slow cooker, stirring well.

Turn slow cooker to high and cook uncovered until the sauce thickens, for about 10 minutes.

In the meantime, shred the chicken using two forks, then, add back into the slow cooker and mix with the sauce. Sprinkle with sesame seeds to serve.

SERVING SUGGESTION:

White rice and broccoli.



QUICK CHILI CON CARNE

QUICK CHILI CON CARNE



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
430 kcal
6g Fats
62g Carbs
28g Protein



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WHAT YOU NEED

- 10.5 oz. (300g) lean ground beef, 5%
- 4 tbsp. Mexican spices
- 2 onions, chopped
- 1 red pepper, chopped
- 1 can (14oz./400g) kidney beans, drained
- 2 cans (2x 14oz./400g) canned chopped tomatoes
- 1.5 lb. (680g) brown rice, cooked
- coriander, chopped, to serve

WHAT YOU NEED TO DO

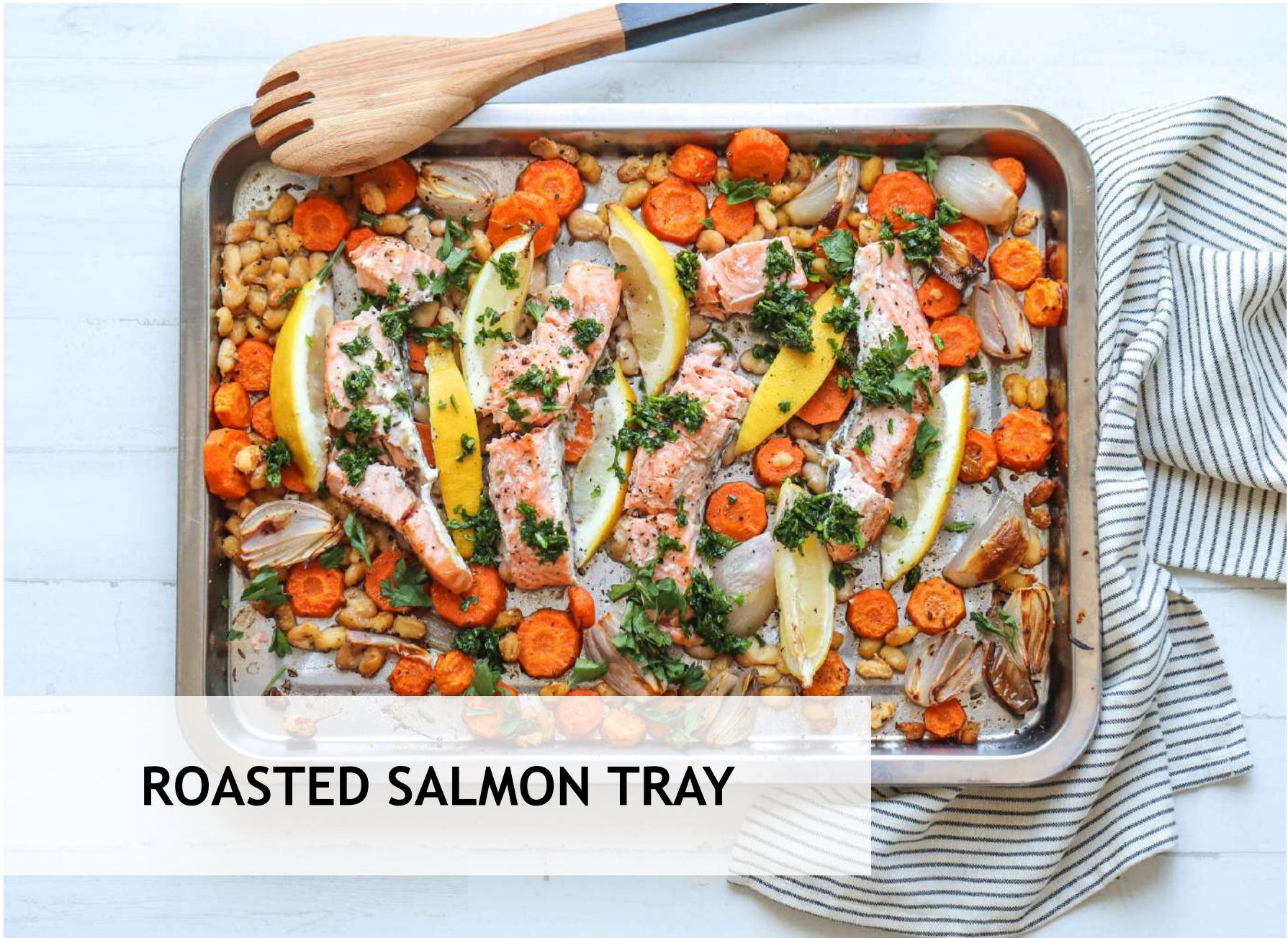
Heat a non-stick pan on medium-high heat and fry the minced meat seasoned with the Mexican spices for about 5 minutes, season with salt and pepper, to taste.

Add the chopped onions and pepper and cook for another 5 minutes over medium heat.

Next, add the beans and chopped tomatoes, bring to the boil and simmer for 5 minutes. Season with salt and pepper, if desired.

Serve alongside a portion of brown rice and, sprinkle with chopped coriander.





ROASTED SALMON TRAY

ROASTED SALMON TRAY



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
481 kcal
23g Fats
28g Carbs
39g Protein



WHAT YOU NEED

- 1 lb. (450g) carrots
- 4 red onions
- 1 can (1oz./400g) cannellini beans, drained
- 2 tbsp. olive oil
- 1 tbsp. fennel seed
- 4 salmon fillets (4.5oz./130g each)
- 1 lemon
- bunch parsley

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Peel the carrots and cut into ¼ inch slices. Cut each onion into 8 wedges. Drain the beans and rinse under cold running water.

Mix the onion, carrots and beans with ¼ of the oil (1/2 tbsp.), fennel seeds, salt and pepper. Spread over a baking tray lined with baking paper and roast for approx. 30 minutes.

In the meantime, season the salmon salt and pepper. Slice the lemon into wedges. Cut the parsley roughly and keep ⅓ aside for the garnish.

Put the parsley with the rest of the oil in blender or food processor and blitz – season with salt and pepper.

Take the baking tray out of the oven after 15 minutes, stir and place the salmon with lemon wedges in the middle of the vegetables – roast for the remaining 15 minutes.

Once cooked take the baking tray out of the oven and break up the salmon into pieces. To serve drizzle with the parsley oil and the juice from the roasted lemon wedges.



**CRANBERRY &
BANANA BREAD**

CRANBERRY & BANANA BREAD



Serves: 12
Prep: 10 mins
Cook: 65 mins



Nutrition per
serving:
202 kcal
9g Fats
29g Carbs
5g Protein



WHAT YOU NEED

- 1 ¼ cup (160g) oat flour
- ¾ cup (65g) almond meal
- 1 tsp. baking soda
- ¼ tsp. sea salt
- 2 tbsp. coconut oil, melted
- 1/3 cup (70g) coconut sugar
- 2 tbsp. maple syrup
- 3 ripe bananas, mashed
- 2 eggs
- 1 tsp. vanilla extract
- 1/3 cup (40g) dried cranberries, chopped
- 1/3 cup (60g) dark chocolate chips

WHAT YOU NEED TO DO

Preheat oven to 350F (180C).

Line an 8x5-inch loaf tin with baking paper. In a large bowl, combine flours, baking soda and salt.

In a food processor or blender combine coconut oil, coconut sugar and maple syrup. Add in the mashed bananas, eggs and vanilla until well blended.

Next fold in the flour and blitz again, until blended. Gently stir in cranberries and chocolate chips.

Pour batter into the loaf pan and bake for 60 to 65 minutes, until an inserted toothpick comes out clean. Let the bread cool in the pan for 15 minutes, before removing it out onto a wire rack to cool completely.



**GLUTEN-FREE
BERRY CRUMBLE**

GLUTEN-FREE BERRY CRUMBLE



Serves: 16
Prep: 15 mins
Cook: 24 mins



Nutrition per
serving:
206 kcal
15g Fats
11g Carbs
6g Protein



WHAT YOU NEED

For the Base:

- 3 cups (300g) almond meal
- 1 cup (100g) gluten-free oats
- ½ tsp. cinnamon
- 1/3 cup (80ml) coconut oil, melted
- 1/3 cup (80ml) maple syrup
- 1 tsp. vanilla essence

For the Filling:

- 2 cups (225g) blackberries
- 1 tbsp. maple syrup
- 1 tbsp. chia seeds

WHAT YOU NEED TO DO

Preheat the oven to 360F (180C). Line an 8-inch baking tin with baking paper.

In a large bowl, mix all of the crumble ingredients. Press about ¾ of the mixture into the base of the baking tin. Bake for 12 minutes until nice and golden.

In the meantime, make the blackberry filling by blending all of the ingredients in a high-speed blender until smooth.

Next, pour the mixture into a small pot and let it simmer gently on low heat for about 10 minutes, until thickened.

Spread the blackberry mixture over the base, and sprinkle with the remaining crumble.

Bake for another 12 minutes until top is golden. Then take it out and let it cool completely on a wire rack before slicing into bars.



**TAHINI & DARK
CHOCOLATE PROTEIN BALLS**

TAHINI & DARK CHOCOLATE PROTEIN BALLS



Makes: 24 balls
Prep: 15 mins
Cook: 0 mins



Nutrition per serving:
129 kcal
8g Fats
11g Carbs
5g Protein



WHAT YOU NEED

- 2 cups (190g) rolled oats
- 1 cup (300g) tahini
- 1/4 cup (60ml) honey
- 2 scoops (50g) vanilla protein powder
- 1 oz. (30g) dark chocolate chips

WHAT YOU NEED TO DO

Place oats, tahini, honey, protein powder and chocolate chips in a large bowl and stir to combine.

Getting the mixture to combine takes some time and effort and may seem too thick at first, but it will come together as you continue mixing. At some point, it is better to use your hands.

Once combined, form them into balls using the amount of a tablespoon.

Store in a covered container in the fridge.