

Nutty mango & spinach smoothie

RESULTS

FITNESS

60g fresh or frozen mango chunks
30g fresh spinach leaves
180ml unsweetened almond milk
30g vanilla flavour whey or rice protein powder
1 tsp nut butter
2 tps desiccated coconut
15g oats (use gluten free if preferred)
3-6 ice cubes

Place all of the ingredients in a blender and blend until smooth. Serve.

Consume immediately.

SERVES 1



PER SERVING:
302 Calories
24g Carbs
29g Protein
10g Fat



SCAN TO MYFITNESSPAL

Blackberry & apple flapjacks

RESULTS

FITNESS

130g cooking apple, peeled and sliced
2 tbsps olive oil or melted butter
1 tbsp honey or maple syrup
½ tsp ground cinnamon
2 tbsps desiccated coconut
100g oats (use gluten free if preferred)
60g blackberries

MAKES 6 FLAPJACKS

Bring a small saucepan of water to the boil. Add the apple slices and reduce heat to simmer gently. Cook for 3-4 minutes, until soft. Drain well in a fine sieve and allow to cool.

Preheat oven to 180°C/350°F. Line the base of a medium-sized loaf tin with baking paper.

Place the apple in a large bowl and mash with a fork. Add the oil, honey, cinnamon, coconut, oats and stir well to combine. Add the blackberries and stir gently.

Transfer the mixture to the tin and bake for 25-30 minutes, or until golden.

Allow to cool in the tin. Cut into 6 bars.

Store any leftovers in an airtight container for up to 4 days or freeze on same day.



PER FLAPJACK:
144 Calories
16g Carbs
2g Protein
8g Fat



SCAN TO MYFITNESSPAL

Strawberry & coconut porridge

RESULTS

FITNESS

80g oats (use gluten free if preferred)
150ml oat milk or unsweetened almond milk
80g fresh strawberries, sliced
150ml boiling water
2 tbsps maple syrup or honey
2 tbsps desiccated coconut

SERVES 2

Place the oats, milk, strawberries and water in a large saucepan.

Stir well and place over a medium/high heat. Bring the mixture to a boil.

Reduce heat and simmer for 7-10 minutes, stirring occasionally, until thickened. Add a splash more milk if required, to achieve desired consistency and stir well.

Stir in the maple syrup.

Transfer the porridge to two serving bowls and sprinkle over the desiccated coconut. Serve.

Consume immediately.



PER SERVING:
291 Calories
50g Carbs
7g Protein
7g Fat



Stuffed cabbage

RESULTS

FITNESS

300g cabbage leaves
a small handful of fresh coriander,
finely chopped

for the sauce:

2 tps olive oil
3 garlic cloves, minced
40g tinned chopped tomatoes
1 tbsp dried mixed herbs
¼ tsp sea salt

1 tbsp onion powder

for the meat filling:

300g lean beef mince
2 tps garlic powder
1 tsp sea salt
1 tsp paprika
½ tsp cayenne pepper
1 egg, beaten

SERVES 3

Heat the oil in a saucepan over a medium flame. Add the garlic and fry gently until fragrant. Add the remaining sauce ingredients and a splash of cold water. Bring to a boil, then reduce heat and simmer for 20 minutes. Remove the sauce from the heat.

Using a stick blender, blend the sauce until smooth.

Place the meat filling ingredients in a large bowl and mix well to combine. Using a stick blender, gently blend the mixture, pulsing several times. Roll the mixture into balls, around 3 inches diameter. Set aside.

Preheat oven to 200°C/400°F.

Place the cabbage leaves in a large bowl. Cover in recently boiled water. Allow to stand for 3 minutes, to soften. Remove from the bowl using tongs and place them in a colander to cool. Place a spoonful of meat mixture onto the centre of a leaf and fold into a parcel. Repeat with the remaining meat and leaves. Place each parcel into a ceramic baking dish. Spoon the sauce over the cabbage parcels.

Cover the dish with foil and bake for 20 minutes. Remove the foil and bake for 10 minutes. Serve garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

PER SERVING:
310 Calories
18g Carbs
37g Protein
10g Fat



Herby baked salmon

RESULTS

FITNESS

2 tps butter, melted
2 garlic cloves, minced
1 tsp honey
juice of ½ lemon
½ tsp paprika
1 tbsp fresh parsley, finely chopped
⅛ tsp sea salt
⅛ tsp ground black pepper
2 x 150g fresh salmon fillets

SERVES 2

Preheat oven to 200°C/400°F.

In a bowl combine the butter, garlic, honey, lemon, paprika, parsley, salt and black pepper.

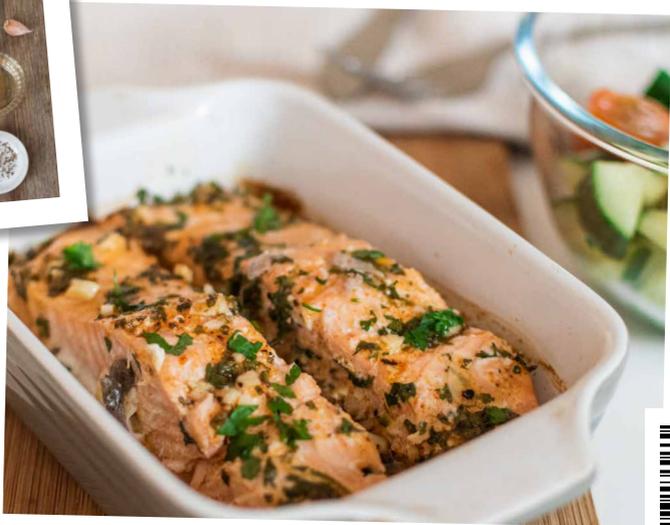
Arrange the salmon on a foil-lined baking tray. Spoon the mixture over the top of the salmon.

Bake for 15 minutes, or until the salmon is a pale pink colour throughout. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve with steamed rice and vegetables of your choice or with a big leafy salad.



PER SERVING:
370 Calories
6g Carbs
28g Protein
26g Fat

