

Tropical chia breakfast

1.75 fl oz. unsweetened coconut milk
½ cup Greek yogurt (use dairy free if preferred)

2 Tbsps. chia seeds

1-2 tsps. fresh lime juice (optional)

1 heaping Tbsp. vanilla flavor whey or rice protein powder (or use

1 tsp. maple syrup)

for the toppings:

10 blueberries

a sprinkle of fresh kiwi, chopped

a sprig of fresh mint (optional)

Place the ingredients into a sealable container. Stir well until smooth.

Cover and refrigerate for 1 hour.

Stir well. If the mixture is too thick, add a splash of long life coconut milk or almond milk.

Transfer to a serving bowl or dessert glass.

Add the toppings and serve.

Cover any leftovers and refrigerate for up to 24 hours.

SERVES 1



PER SERVING:

310 Calories

20g Carbs

26g Protein

14g Fat



SCAN TO MYFITNESSPAL

Chicken & lentil salad

5.25 oz. chicken breast
2 tsp. olive oil
 $\frac{3}{4}$ tsp. dried mixed herbs
3.5 oz. canned lentils, rinsed and drained
a handful of mangetout or sugar snap peas
a handful of mixed lettuce leaves
5 fresh mint leaves
for the dressing:
juice of $\frac{1}{2}$ a lemon
2 tsp. extra virgin olive oil
a pinch of sea salt and ground black pepper

SERVES 1

Place the chicken breast between two pieces of baking paper. Using a rolling pin, bash to around $\frac{3}{4}$ inch thickness.

Transfer to a bowl and top with the oil and mixed herbs. Stir well to coat.

Place a frying pan or griddle over a medium flame. Add the chicken and fry for 5-6 minutes on each side or until cooked through. Rest on a plate for 5 minutes, then slice.

Mix the dressing ingredients in a large bowl. Add the lentils, mangetout, salad leaves and fresh mint. Gently mix together.

Serve the salad topped with the chicken.

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



PER SERVING:

433 Calories

18g Carbs

43g Protein

21g Fat



SCAN TO MYFITNESSPAL

Beef shawarma

12.25 oz. fillet steaks
2 tsps. olive oil or butter

for the spice rub:

½ tsp. ground cumin
½ tsp. ground cilantro
½ tsp. paprika
¼ tsp. ground turmeric
¼ tsp. cayenne pepper
¼ tsp. ground cinnamon
¼ tsp. garlic powder
a pinch of sea salt and ground black pepper

SERVES 2

Place the spice rub ingredients in a bowl and stir well. Pour the mixture onto a plate. Add the steaks and turn to coat in the spices.

Melt the oil/butter in a heavy-based pan or skillet over a medium heat. Add the steak and cook for the following times:

Rare – 2-4 minutes each side.

Medium – 3-6 minutes each side.

Well done – 7-8 minutes each side.

Slice the steaks and serve.

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

Serving suggestion:

Serve with rice, salad and mixed pickles.



PER SERVING:
(Serving suggestions not included)
285 Calories
1g Carbs
32g Protein
17g Fat

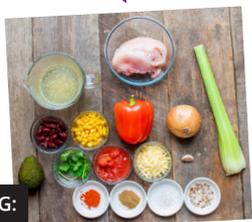


SCAN TO MYFITNESSPAL

Enchilada soup

7 oz. fresh chicken breast
1½ Tbsps. olive oil
1 tsp. sea salt
½ a small yellow onion, chopped
¾ cup celery, chopped
½ a red bell-pepper, chopped
2 garlic cloves, crushed
½ tsp. dried chili flakes
½ Tbsp. paprika
½ Tbsp. ground cumin
7 cups vegetable stock (made with one organic stock cube)
14 oz. canned tomatoes
1 oz. canned kidney beans, rinsed and drained
1½ oz. canned sweetcorn, rinsed and drained
½ a medium-sized avocado, sliced
1 Tbsp. fresh cilantro, chopped
1 Tbsp. mozzarella cheese, grated

SERVES 2



PER SERVING:
416 Calories
26g Carbs
33g Protein
20g Fat

Preheat oven to 180°C/350°F. Place the chicken onto a foil-lined baking sheet. Drizzle 1 Tbsp. olive oil over the chicken and season with ½ tsp. sea salt.

Bake for 15-20 minutes, or until golden. Rest for 5 minutes then shred with a fork.

In a large saucepan, heat the remaining oil over a medium flame. Add the onion, celery, bell-pepper and garlic. Cook for 5 minutes, stirring occasionally.

Add the dried spices, remaining salt, stock and canned tomatoes. Bring to a boil then reduce heat and simmer for 15 minutes.

Add the kidney beans and sweetcorn. Stir well and simmer for 10 minutes.

Remove the saucepan from the heat and stir in the chicken. Serve topped with avocado, cilantro and cheese.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



SCAN TO MYFITNESSPAL

White fish tagine

1 Tbsp. olive oil
¾ cup yellow onion, chopped
2 garlic cloves, crushed
2 tsps. fresh ginger, chopped
½ tsp. dried red chili flakes
1 heaping tsp. ground cumin
1 heaping tsp. ground cilantro
2 heaping tsps. Lebanese 7 spice or dried mixed spice
juice of ½ a lemon
1½ Tbsps. tomato purée
3 cups cold water
1lb. 5 oz. cod fillets, diced
15 almonds, chopped
a small bunch of fresh cilantro, chopped

SERVES 3

Heat the oil in a tagine or large saucepan over a medium flame. Add the onion and fry for 4 minutes, stirring occasionally until soft.

Add the garlic and ginger and fry for 1 minute, stirring.

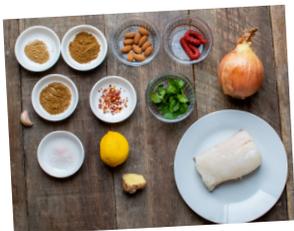
Add the chili flakes, cumin, cilantro, Lebanese 7 spice, lemon juice and tomato purée. Stir well and cook for 1 minute.

Add the water, bring to a boil and simmer for 10 minutes. Add a drop more water if the mixture is too thick.

Add the fish. Cover and simmer for 5 minutes.

Serve topped with almonds and garnished with cilantro.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
262 Calories
10g Carbs
33g Protein
10g Fat



SCAN TO MYFITNESSPAL

Teriyaki chicken

2 Tbsps. soy sauce or tamari
2 Tbsps. honey
2 garlic cloves, minced
½ tsp. sea salt
12.25 oz. chicken breast, diced
2 tsps. olive oil
½ cup yellow onion, chopped
1 Tbsp. cornflour or rice flour
1 Tbsp. malt vinegar
3.4 fl oz. cold water
1 tsp. sesame oil
1 tsp. sesame seeds

SERVES 2

Place the soy sauce, honey, garlic and salt in a large bowl and stir well. Add the chicken breast and stir. Cover and refrigerate for 15 minutes.

Heat the olive oil in a frying pan over a medium flame. Add the onion and fry for 5 minutes, stirring occasionally until soft.

Add the chicken and marinade. Cook for 5 minutes, stirring frequently. Remove the chicken from the pan and set aside.

Add the cornflour, vinegar and water to the pan. Increase the heat to medium/high and stir for 30 seconds.

Reduce heat to low. Add the cooked chicken and sesame oil. Stir well and heat through for 2 minutes. Serve garnished with sesame seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestion:

Serve with steamed rice and vegetables.



PER SERVING:
370 Calories
25g Carbs
45g Protein
10g Fat



SCAN TO MYFITNESSPAL