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# Look. Learn. Cook!

• 100 healthy recipes •



INCLUDES  
Recipe  
Video  
Demos

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### **Medical Disclaimer**

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

While these recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

### **Image credits**

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# Welcome



## Welcome to the Look. Learn. Cook! Recipe Book.

**This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...**

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I. "You have read the information on the importance of nutrition and you have been using the recipe book I gave you?," I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "When the student is ready, the teacher will appear".

And you are ready! That's why you are reading this!

Below I have included the key nutritional principles for maintaining good health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see, this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that this recipe book will show you how quick, easy and tasty, this way of eating is.

## **Follow these principles and you will get results...**

- 1. Eating fewer calories than you burn (calorie deficit)**
- 2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)**
- 3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient) spinach, broccoli, avocados, tofu, tempeh, peas, beans, lentils, wholegrain bread, soya and almond milk**
- 4. Eat enough healthy fats from avocados, chia seeds, flax seeds, almonds, walnuts, coconut and olive oils (healthy fats are essential part of a balanced diet)**
- 5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)**
- 6. Limit processed foods, sugary foods or drinks (artificial sweeteners), fried food and preservatives**

**Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!**



# Get in touch

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# Let's get started...

**Below are a few hints and tips to help you along the way.  
Please spare a few minutes to read this before you get cooking.**

## **COOKING WITH FATS AND OILS**

Coconut oil, olive oil and ghee are suitable for baking and shallow frying/sautéing. These fats are less likely to oxidise when cooking at medium/high temperatures.

When oils oxidise, they become toxic, which can be damaging to your body.

Coconut oil is high in lauric acid, a fatty acid that is anti-fungal, anti-bacterial and anti-viral.

If you are following a dairy free diet, it is best to cook with coconut oil or olive oil.

When ghee is made, the milk solids are almost completely removed, therefore ghee is often suitable for people who are lactose intolerant.

For salads, use cold pressed extra virgin olive oils, sesame or peanut oils.

There are also a variety of fats and oils that should be avoided completely. All hydrogenated and partially hydrogenated oils are bad for you and can contribute to a range of serious health problems such as cancer, heart disease and immune dysfunction.



## **COCONUT FLOUR**

A gluten free alternative to normal flour. This is a versatile ingredient, which can be used in baking and cooking. Makes great pancakes!



## FORTIFIED VEGAN MILK

There are many dairy milk alternatives available such as almond milk, oat milk, cashew milk, rice milk and hemp milk.

Most brands fortify these milks with a variety of vitamins and minerals including calcium, vitamin B12, and vitamin D.

These milks are a versatile ingredient and can be used in baking, smoothies, breakfasts, tea and coffee, or enjoyed on its own.



## NUTRITIONAL YEAST

Nutritional yeast is a deactivated yeast which can be added to dishes to boost flavour and nutritional content. It has a cheesy, creamy flavour and works well in savoury dishes or sprinkled onto popcorn.

Nutritional yeast is a source of complete protein, providing all of the essential amino acids that the body cannot produce.

Because the yeast is deactivated, it is not like regular yeast which can contribute towards gut issues and candida.

Look for the fortified versions which have added iron and b vitamins.



## TOFU

Tofu is a source of protein, iron, calcium, manganese, selenium, phosphorous, magnesium, copper, zinc and vitamin B1. It contains all of the essential amino acids.

Tofu comes in two different forms, silken tofu or firm tofu. Silken tofu is the best option to use when the recipe requires a smooth consistency such as smoothies. Firm tofu is better for recipes that require the tofu to retain its shape and not break up too much during cooking.



## BEANS AND PULSES

Beans and pulses are a good source of protein, fibre, vitamins and minerals.

There are a wide variety of beans and pulses including:

- Kidney beans
- Borlotti beans
- Butter beans
- Chickpeas
- Haricot beans
- Red, green, yellow and brown lentils
- Cannellini beans
- Pinto beans



Beans and pulses absorb flavours well, provide a nice texture in recipes and are quite filling. Chickpeas work well in smoothies, sauces and baking.

## A LITTLE SWEETNESS

Sugar gets a lot of bad press these days due to the negative effects it can have on your health. For example, excessive consumption suppresses the immune system and reduces insulin sensitivity.

However, I believe it is important to consider the for and against, and not just react to what we see in the news. If you lead a healthy lifestyle, eat a balanced, varied diet, and enjoy moderate regular exercise, then there really shouldn't be cause for panic.

Within the huge category that sugar spans, are a range of good and bad food choices. If, for example, you cut out all fruit for the rest of your life (because fruit contains sugar), you might well miss out on some key nutrients. Plus you may feel deprived.

My advice to you is that it is your choice if you consume sugar and/or sugar alternatives. But what is probably more important is to consider that worrying about the matter could be equally bad or even worse for your health. Instead, why not try to look at sugar and sugar alternatives as a 'treat' rather than a necessity... something to really savour and enjoy every once in a while (without the guilt!).



## GREENS

Greens should be a component of every healthy diet due to the nutrient density they exhibit. A nutrient dense food is a food which contains a high amount of vitamins and/or minerals but does not contain a large number of Calories.

Greens such as kale, pak choy, spinach and spring greens are particularly good sources of vitamins K, A and C, in addition to manganese and folate.



## SHELLED HEMP SEED

Hemp seeds are the seeds of the cannabis sativa plant. Hemp seeds only contain trace amounts of the psychoactive compound THC and are therefore not going to produce any drug-like effects.

Hemp seed is actually very nutritious and contains essential fatty acids, protein, vitamin E, fibre and minerals.

## TAHINI

Tahini is a silky nutty paste made from sesame seeds. Sesame seeds contain copper, manganese, calcium, magnesium, phosphorus, iron, zinc, molybdenum, selenium and vitamin B1. Sesame seeds also contain two compounds; sesamin and sesamol, which are a type of fibre called lignans and have a potentially beneficial impact on cholesterol levels and liver health.



Tahini is also rich in essential fatty acids and contains some protein. It can be added to salad dressings, smoothies and sauces. It can also be used in snacks, such as energy balls.

# Creamy Snickers smoothie



- 80g frozen banana
  - 230ml unsweetened almond milk  
(or use milk of your choice)
  - 2 Medjool dates, pitted
  - 1 tsp cocoa powder
  - 2 tps peanut butter
  - 1 tsp chia seeds
  - 10g oats (use gluten free if preferred)
  - 25g vanilla flavour whey or rice protein powder
- for the topping:**  
a sprinkle of cocoa nibs

SERVES 1

PER SERVING:

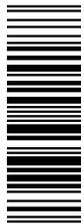
**363** Calories **39g** Carbs

**27g** Protein **11g** Fat

Place all of the ingredients in a blender and blend well until thick and creamy.

Serve topped with cocoa nibs.

Consume immediately.



SCAN TO MYFITNESSPAL

# Apple & ginger zinger



*a handful of fresh spinach leaves  
25g vanilla flavour whey or rice  
protein powder  
1 small apple, cored and halved  
180ml unsweetened almond milk  
6-8 ice cubes  
50g frozen banana  
10g fresh ginger, peeled*

SERVES 1

PER SERVING:

**199** Calories **21g** Carbs  
**22g** Protein **3g** Fat

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

Consume immediately.



# Cherry berry smoothie



200ml unsweetened almond milk  
70g fresh or frozen blackberries  
70g frozen sweet cherries  
25g vanilla flavour whey or rice protein powder  
1 tsp nut butter of your choice  
1 tsp ground cinnamon

SERVES 1

PER SERVING:

**247** Calories **22g** Carbs

**24g** Protein **7g** Fat

Place the ingredients in a blender jug and blend well until creamy.

Consume immediately.



SCAN TO MYFITNESSPAL

# Coconut chocolate smoothie



180ml long life coconut drink or unsweetened almond milk  
50ml tinned unsweetened coconut milk

25g fresh coconut (or use 5g unsweetened coconut flakes)  
20g chocolate or coconut flavour whey or rice protein powder  
50g frozen banana  
2 tsps cocoa powder  
1 tsp cocoa nibs

SERVES 1

PER SERVING:

**387** Calories **34g** Carbs  
**20g** Protein **19g** Fat

Place the ingredients in a blender jug and blend well until creamy.

Consume immediately.



# Passion fruit & lime smoothie



*200ml unsweetened almond milk*  
*the seeds of 2 passion fruit*  
*50g frozen banana*  
*30g vanilla flavour whey or rice protein powder*  
*the juice of ½-1 lime, to taste*  
*1 tsp chia seeds*  
*2 tsps desiccated coconut*

SERVES 1

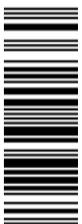
PER SERVING:

**269** Calories **20g** Carbs  
**27g** Protein **9g** Fat

Place the ingredients in a blender and blend well until creamy. Taste and add more lime juice if required.

For a thicker smoothie, allow to stand for several minutes before serving.

Consume immediately.



SCAN TO MYFITNESSPAL



# Peach mousse

*½ a sachet (6g) powdered gelatine*  
*100g fresh peach (or use tinned and drained)*

*150g quark (or use Greek yoghurt mixed with crème fraîche)*

*the juice of ½ a lemon*

*1 tsp vanilla extract*

*a small amount of stevia to taste (or use natural sweetener of your choice)*

**SERVES 1**

**PER SERVING:**

**193 Calories 22g Carbs**

**24g Protein 1g Fat**

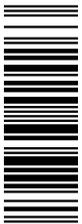
Place the gelatine in a jug. Add 20ml recently boiled water. Stir until dissolved. Leave to stand for 5 minutes.

Place the peach in a blender and blend until smooth.

Place the peach, quark, lemon juice, vanilla extract, stevia and dissolved gelatine in a bowl. Blend well using an electric hand mixer.

Pour the mixture into a serving dish. Refrigerate for one hour or until firm. Serve.

Cover any leftovers and refrigerate for up to 3 days.



# Carrot cake energy balls



*3 medium-sized carrots, peeled and ends removed*

*100g oats (use gluten free if preferred)*

*30g walnuts or almonds*

*30g sunflower seeds*

*30g vanilla flavour whey or rice protein powder*

*80g pitted Medjool or Deglet Nour dates*

*½ tsp ground ginger*

*1 tsp ground cinnamon*

*20g desiccated coconut, plus 20g extra for coating*

**MAKES 14 ENERGY BALLS**

**PER ENERGY BALL:**

**101 Calories 10g Carbs**

**4g Protein 5g Fat**

Place the carrots in a food processor and process until very finely chopped.

Add the remaining ingredients and process until the mixture binds together.

Form the mixture into 14 balls.

Sprinkle the desiccated coconut onto a plate. Roll the balls in the coconut, until well covered.

Freeze for one hour or until firm. Serve.

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



# Chewy citrus granola bars



- 1 tsp coconut oil, to grease tin
- 110g oats (use gluten free if preferred)
- 100g pitted Medjool dates, chopped
- 30g raisins
- 50g dried cranberries or cherries
- 30g pistachios or hazelnuts, chopped
- 30g honey or maple syrup
- 1 tbsp finely grated orange zest
- 15g pumpkin seeds
- 15g sunflower seeds
- 2 tbsps coconut oil, melted

MAKES 9 BARS

PER BAR:

**192** Calories **27g** Carbs

**3g** Protein **8g** Fat

Preheat oven to 160°C/325°F. Line the base of a 15x15cm baking tin with baking paper.

Place all of the ingredients in a large bowl and mix well. The mixture should hold together well. If it's crumbly, stir in 15g nut butter (or more if required).

Transfer the mixture into the baking tin. Spread evenly to cover the base, pressing down firmly into the tin.

Bake for 20 minutes, or until golden.

Leave to cool for 5 minutes in the tin, then cut into 9 bars.

Store any leftovers in an airtight container for up to 4 days.



SCAN TO MYFITNESSPAL



# Creamy 'soft serve' smoothie bowl



150g frozen tropical fruit mix  
(pineapple, papaya, mango)  
150ml chilled unsweetened almond  
or hazelnut milk

50g vanilla flavour whey or rice  
protein powder

### for the topping:

½ tsp chopped hazelnuts  
½ tsp dark chocolate, grated

### SERVES 1

#### PER SERVING:

**297** Calories **21g** Carbs  
**42g** Protein **5g** Fat

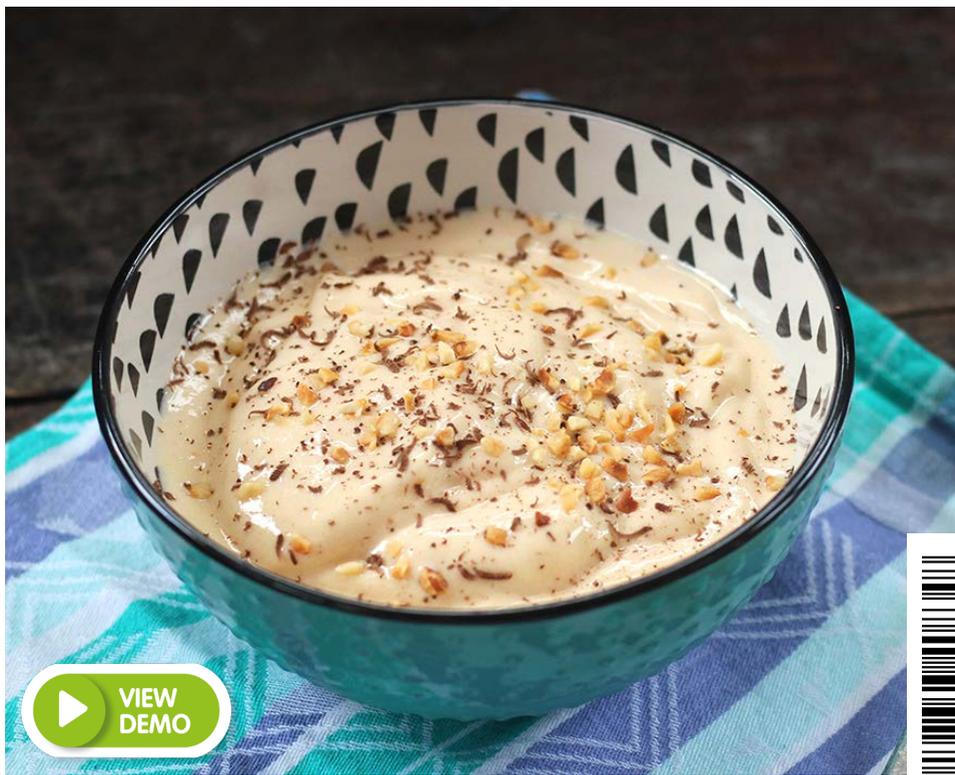
Place the frozen fruit, protein powder and milk in a blender jug.

Blend well until creamy.

Add more milk, if desired, and blend again until desired consistency has been achieved.

Add the toppings and serve.

Store any leftovers in an airtight container and freeze for up to 2 weeks.



SCAN TO MYFITNESSPAL

# Apple pie overnight oats

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SERVES 1

PER SERVING:

**551** Calories **72g** Carbs

**32g** Protein **15g** Fat

## **for the maple nut brittle:**

50g nuts, chopped (e.g. walnuts, pecans, cashews, almonds)

2 tbsps maple syrup

## **for the oats:**

60g oats (use gluten free if preferred)

25g vanilla flavour whey or rice

protein powder

170ml unsweetened almond milk

(or use milk of your choice)

100g cooked Bramley apple (or use unsweetened apple sauce)

## **for the toppings:**

2 tbsps cooked apple

a sprinkle of ground cinnamon

a sprinkle of ground flaxseed

Preheat oven to 180°C/350°F. Line an oven tray with baking paper.

Place the nuts and maple syrup in a bowl and mix well. Pour onto the tray and stir. Spread evenly a fine layer. Bake for 10 minutes, or until a light golden brown colour. Stir after 5 minutes of cooking time.

Allow to cool on the tray. Break up into pieces with a wooden spoon.

Place the oat ingredients in a sealable container. Stir well. Seal and refrigerate overnight.

Add more milk if the oats are too thick.

Transfer to a serving bowl. Add the ground cinnamon and stir lightly.

Top with the flaxseed, cooked apple and one third of the maple nut brittle. Serve.

Store the overnight oats in an airtight container and refrigerate for up to 24 hours. Store any leftover maple nut brittle in an airtight container and store for up to 1 week. You can double or triple the quantities to make a larger batch.

**Serving suggestions:** Use as toppings for protein yoghurt, smoothie bowls, ice cream or frozen yoghurt.



▶ VIEW  
DEMO



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# Avocado, pesto & egg breakfast

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SERVES 1

PER SERVING:

**288** Calories **7g** Carbs

**11g** Protein **24g** Fat

- 1 tsp coconut oil
- 1 egg
- a small handful of rocket leaves
- 5 cherry tomatoes, halved
- ½ a medium-sized avocado, sliced
- 1 tbsp fresh lemon juice
- a pinch of sea salt and ground black pepper
- 1 tsp green pesto

Heat the oil in a frying pan over a medium heat. Crack the egg into the pan and fry for 2-3 minutes, or until cooked to your liking.

Assemble the other ingredients on a plate. Top with the fried egg. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

# Chorizo omelette



- 1 tsp olive oil
- 2 small shallots, finely chopped
- 20g chorizo, finely chopped
- 2 eggs
- 1 egg white
- a small pinch of sea salt (optional - the chorizo will add plenty of flavour)
- a pinch of ground black pepper
- 20g Cheddar cheese, grated (use dairy free if preferred)

Heat half of the oil in a frying pan over a medium heat. Add the chorizo and shallots and fry for 5 minutes, stirring frequently. Transfer to a plate.

Whisk the eggs, egg white, salt and pepper in a jug.

When cool, wipe the base of the frying pan with kitchen roll, to remove any debris.

## SERVES 1

### PER SERVING:

**281** Calories **3g** Carbs  
**20g** Protein **21g** Fat

Place the frying pan back over a medium heat. Add the remaining oil and tilt the pan to spread the oil around.

Pour the eggs into the pan. Cook for 3-4 minutes undisturbed, until the centre of the omelette is quite firm.

Distribute the cooked shallots and chorizo over one half of the omelette. Top with the cheese.

Cook for 4 minutes undisturbed, or until the omelette is nearly cooked.

Carefully slide a spatula underneath the omelette and fold in half.

Turn off the heat and leave the omelette in the pan for 3-4 minutes, to continue cooking. Serve.

Consume immediately.



SCAN TO MYFITNESSPAL

# Crunchy passion fruit protein yoghurt

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SERVES 1

PER SERVING:

**349** Calories **33g** Carbs

**43g** Protein **5g** Fat

*50g oats (use gluten free if preferred)*  
*2 tsps ground cinnamon*  
*2 tbsps maple syrup*  
*200g Greek yoghurt (use dairy free if preferred)*  
*25g vanilla flavour whey or rice protein powder*  
*the seeds of 1 passion fruit*  
*a sprinkle of flaked almonds*  
*a sprinkle of chia seeds*

Preheat oven to 180°C/350°F. Pour the oats onto an oven tray lined with baking paper.

Add the cinnamon and maple syrup. Stir well to combine, then spread out to distribute evenly.

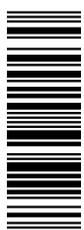
Bake for 15-20 minutes, or until golden. Stir after 10 minutes of cooking time.

Allow to cool on the tray.

Place the yoghurt and protein powder in a bowl and mix well to combine thoroughly.

Top with the passion fruit seeds, flaked almonds, chia seeds and one third of the oat topping. Serve.

Store any leftover oatly topping in an airtight container for up to 2 weeks. Store any leftover protein yoghurt in an airtight container and refrigerate for up to 24 hours.



SCAN TO MYFITNESSPAL

# Fragrant spiced chickpea hash



SERVES 2

PER SERVING:

**342** Calories **28g** Carbs

**17g** Protein **18g** Fat

*2 tsps coconut oil or ghee*  
*400g tinned chickpeas, drained*  
*1 tsp garam masala*  
*½ tsp hot chilli powder*  
*½ tsp ground cumin*  
*a pinch of ground black pepper*  
*a pinch of sea salt*  
*1 small red onion, finely chopped*  
*2 garlic cloves, finely chopped*  
*10g fresh ginger, peeled and finely chopped*  
*300g tinned chopped tomatoes*  
*2 tsps olive oil*  
*2 eggs*  
*a sprinkle of fresh coriander, chopped*

Heat the oil/ghee in a large frying pan over a medium heat. Add the chickpeas, garam masala, cumin, chilli powder, salt, and pepper. Fry for 3 minutes, stirring occasionally.

Add the onion and fry gently for 4 minutes, stirring occasionally. Add the garlic and ginger, and fry for 30 seconds, or until fragrant.

Add the tomatoes and olive oil. Stir well and reduce heat to low. Cover and simmer for 10 minutes.

Meanwhile, bring a small saucepan of water to a boil, then reduce the heat to medium/low. Using a slotted spoon, gently lower the eggs into the water, and simmer for 8 minutes. Remove the eggs from the water with a slotted spoon and immerse fully in cold water for 4 minutes. Peel the eggs and cut in half.

Divide the chickpea hash between two plates. Top with the eggs and garnish with coriander.

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



SCAN TO MYFITNESSPAL



# Mediterranean muffins



- 1 *tblsp* coconut oil, to grease tin
- 4 eggs
- 3 egg whites
- 80g courgette, finely chopped
- 50g mushrooms (any variety), finely chopped
- 120g cooked chicken breast, chopped
- 120g ripe tomatoes, chopped
- 30g pitted olives, sliced
- 1 *tblsp* fresh coriander, finely chopped
- a pinch of sea salt
- 1 *tsp* dried basil or Italian herbs
- a pinch of ground black pepper

**MAKES 8 MUFFINS**

**PER MUFFIN:**

**81** Calories   **1g** Carbs  
**8g** Protein   **5g** Fat

Preheat oven to 180° C/350 °F. Grease 8 muffin tin compartments with coconut oil.

Crack the eggs and whites into a large bowl. Beat with a fork.

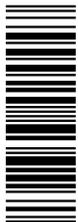
Add the remaining ingredients and stir well.

Pour the mixture into the muffin tin compartments.

Bake for 15-20 minutes, or until thoroughly cooked.

Allow to cool slightly then remove from the tin. Serve warm or cold.

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



SCAN TO MYFITNESSPAL

# Orange & cranberry granola



SERVES 5

PER SERVING:

**310** Calories **33g** Carbs

**4g** Protein **18g** Fat

*120g oats (use gluten free if preferred)*  
*¼ tsp ground cinnamon*  
*3 tbsps maple syrup*  
*the finely grated zest of 1 navel orange*  
*60g pecan halves*  
*40g coconut oil, melted*  
*50g dried cranberries*

Line a roasting tin with baking paper. Preheat oven to 140 °C/275 °F.

Mix all of the ingredients together, except for the dried cranberries.

Bake for 15 minutes. Gently shake the tin or mix the granola using a spoon.

Bake for a further 5-10 minutes, or until golden and crispy.

Check the pecans regularly during cooking time, to ensure they do not over brown. Remove them from the tin using tongs, if they are cooked before the rest of the granola.

Leave the granola to cool in the tin.

Stir in the cranberries. Serve.

**Serving suggestion:** Use as a yoghurt topping or enjoy with a splash of cold milk.

Store any leftovers in an airtight container for up to 2 weeks.



SCAN TO MYFITNESSPAL

# Smashed avocado & chickpeas on toast

YOUR  
LOGO  
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SERVES 1

PER SERVING:

**548** Calories **78g** Carbs

**23g** Protein **16g** Fat

*100g tinned chickpeas, rinsed,  
drained and roughly mashed*  
*1 heaped tbsp nutritional yeast*  
*½ tsp curry powder*  
*a small pinch of sea salt and ground  
black pepper*  
*1½ tps olive oil*  
*1 tbsp fresh coriander, finely  
chopped*  
*1 tbsp fresh lime juice*  
*70g ripe avocado, mashed*  
*2 slices sourdough or wholewheat  
bread, toasted*  
*a sprinkle of sunflower seeds*

Place the chickpeas in a bowl. Add the nutritional yeast and stir well.

Add the curry powder, salt, pepper, olive oil and half of the coriander and mix well.

Place the avocado in a bowl. Stir in the lime juice. Spread onto the toast.

Spoon half of the chickpea mixture over the toast.

Sprinkle the remaining coriander and the sunflower seeds over the top. Serve.

Store the leftover chickpea mixture in an airtight container and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

# Hawaiian yoghurt parfait



10g unsweetened coconut flakes  
50g fresh pineapple chunks, chopped plus 30g extra, to serve  
20g coconut cream (use the fat part from a tin of coconut milk)  
150g Greek yoghurt (use dairy free if preferred)  
30g vanilla or coconut flavour whey or rice protein powder  
**for the topping:**  
½ tsp chia seeds

## SERVES 1

### PER SERVING:

**472** Calories **24g** Carbs  
**40g** Protein **24g** Fat

Place a frying pan over a medium/low heat. Add the coconut flakes and toast gently for 2-3 minutes, stirring continuously until lightly browned. Remove pan from heat.

Place the remaining ingredients (except the toppings) in a blender and blend well until smooth.

Half fill a dessert glass with the yoghurt mixture. Add a layer of the extra pineapple and half of the toasted coconut. Top with the remaining yoghurt.

Sprinkle over the chia seeds and remaining toasted coconut. Serve.

Consume immediately.





# Easy Turkish kebabs

5 bamboo skewers, pre-soaked in cold water for 25 minutes

450g chicken breast, diced

5 wooden skewers

2 tsps olive oil

1 red bell-pepper, diced

1 yellow bell-pepper, diced

1 small red onion, cut into quarters

## for the marinade:

2 tbsps Greek yoghurt (use dairy free if preferred)

1 tsp chilli powder

1 heaped tsp ground coriander

a pinch of sea salt and ground black pepper

1 heaped tsp ground cumin

1 tsp ground turmeric

1 clove garlic, finely chopped

the juice of 1 lemon

MAKES 5 KEBABS

PER KEBAB

(Suggestions not included)

198 Calories 8g Carbs

28g Protein 6g Fat

Place the marinade ingredients into a large bowl and stir well. Add the chicken and stir to cover well. Refrigerate for 1 hour or more.

Prepare a medium grill. Line the grill tray with foil.

Thread pieces of chicken, bell-pepper, and onion onto each skewer. Repeat until all of the chicken has been used up.

Place the kebabs onto the tray. Brush the onions and peppers lightly with olive oil.

Grill for 20-25 minutes, turning occasionally, until the chicken is cooked.

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

**Serving suggestion:** Serve with a side salad and steamed rice.



SCAN TO MYFITNESSPAL

# Butternut squash & lentil soup



1kg butternut squash, peeled and deseeded and cut into cubes  
1 medium-sized carrot, chopped  
1 medium-sized white onion, chopped  
1½ tbsps butter or coconut oil, melted  
a good pinch of sea salt and ground black pepper  
a thumb-sized piece of fresh ginger, chopped  
1 red or green chilli pepper, chopped (optional)  
1 litre vegetable stock (made with one organic stick cube)  
350g cooked red lentils (150g uncooked weight)  
**to serve (optional):**  
1 heaped tsp (per person) crème fraîche  
a sprinkle of fresh chives, chopped

SERVES 4

PER SERVING:

**387** Calories **43g** Carbs

**11g** Protein **19g** Fat

Preheat oven to 200° C/400° F.

Place the squash into a large bowl. Add the onion and carrots. Add 1 tbsps oil/butter and salt and pepper and toss everything together until the vegetables are evenly coated. Transfer to a large roasting tin and spread out to form an even layer.

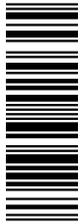
Roast for 35 minutes, or until tender.

Heat the remaining oil/butter in a large saucepan over a medium heat. Add the ginger and chilli (if using) and fry for one minute, stirring.

Add the stock and bring to a simmer, then add in the roasted vegetables, cooked lentils, salt and pepper. Stir well.

Remove the saucepan from the heat. Blend in batches, until smooth. Serve with crème fraîche, and chopped chives (if using).

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



SCAN TO MYFITNESSPAL

# Chicken noodle soup



- 2 *tsps olive oil*
- 1 *medium-sized white onion, chopped*
- 200g *carrot, chopped*
- 100g *celery stalks, chopped*
- 1 *garlic clove, chopped*
- 800g *chicken breast, diced*
- 1 *tsp dried Italian herbs*
- 1-2 *small sprigs fresh rosemary (or use 1 tsp dried)*
- ½ *tsp sea salt*
- 1 *tsp Tabasco or sriracha sauce*
- 900ml *chicken stock (made with one organic stock cube)*
- 400g *cooked wholewheat egg noodles (150g uncooked weight) – use gluten free if preferred*

SERVES 5

PER SERVING:

**342** Calories **29g** Carbs

**43g** Protein **6g** Fat

Heat the olive oil in a large saucepan over a medium flame. Add the onion, carrots and celery and fry for 5 minutes, stirring frequently until soft.

Add the garlic and fry for 2 minutes, stirring frequently.

Add the chicken, Italian seasoning, hot sauce, herbs and salt. Stir well and cook for 3 minutes, stirring occasionally.

Add the stock and stir. Bring to a boil then cover and simmer for 20 minutes.

Add the cooked noodles. Stir well and heat through for 1 minute. Serve.

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



SCAN TO MYFITNESSPAL

# Chickpea salad with a creamy tahini dressing

YOUR  
LOGO  
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1 tsp ghee or coconut oil  
1 tsp cumin seeds  
1 tsp paprika  
a pinch of sea salt and ground black pepper  
1 large red onion, sliced  
1 large carrot, cut into sticks  
1 large courgette, diced  
300g tinned chickpeas, drained  
the zest of  $\frac{1}{2}$  an unwaxed lemon, finely grated  
a small bunch of fresh parsley, chopped  
a small bunch of fresh mint leaves, chopped  
1 tbsp sunflower seeds  
**for the dressing:**  
1 heaped tbsp plain yoghurt (use dairy free if preferred)  
 $\frac{1}{2}$  a garlic clove, finely chopped  
1 tbsp fresh lemon juice  
2 tsps tahini

SERVES 2

PER SERVING:

**385** Calories **46g** Carbs

**21g** Protein **13g** Fat

Heat the ghee/oil in a large saucepan over a medium heat. Add the cumin seeds, paprika, salt, pepper, onion, carrot and courgette. Stir well and fry for 5 minutes, stirring frequently.

Add the chickpeas, stir well and cook for 3 minutes, stirring frequently.

Remove saucepan from the heat and add the lemon zest, mint and parsley. Stir well.

Place the yoghurt, tahini and garlic in a bowl and stir well until creamy. Stir in a drop of cold water if the mixture is too thick.

Transfer the vegetables into 2 serving bowls. Drizzle over the dressing, and top with the seeds.

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



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SCAN TO MYFITNESSPAL

# Prawn, lime & chilli salad bowl



70g fresh spinach or salad leaves  
1 tbsp fresh coriander, chopped  
5 cherry tomatoes, halved  
185g (60g uncooked weight) cooked white or wholegrain basmati rice, drained and cooled in cold running water

200g cooked, peeled prawns  
50g ripe avocado, sliced

## for the dressing:

1 tbsp olive oil  
the juice of 1 lime  
a small pinch of sea salt  
a small pinch of ground black pepper  
the zest of 1 lime, finely grated  
1 red chilli pepper, sliced

## SERVES 1

### PER SERVING:

**593** Calories **51g** Carbs  
**41g** Protein **25g** Fat

Place all of the dressing ingredients, except for the chilli pepper, in a bowl and mix well. Add the chilli pepper and stir.

Place the tomatoes, spinach/salad leaves, cooked rice and coriander in a large bowl.

Pour the dressing over the salad and stir well.

Transfer to a serving bowl and top with the prawns and avocado. Serve.

Store any leftovers in an airtight container and refrigerate for up to 1 day.



SCAN TO MYFITNESSPAL

# Mexican crustless quiche



SERVES 2

PER SERVING:

**319** Calories **10g** Carbs

**27g** Protein **19g** Fat

- 1 tsp ghee or coconut oil plus a little extra to grease tin*
- 30g red onion, finely chopped*
- 2 spring onions, chopped*
- 1 red chilli pepper, chopped*
- 60g cherry tomatoes, halved*
- 70g tinned red kidney beans, drained*
- 5 eggs plus 2 egg whites, whisked*
- ½ tsp ground cumin*
- ½ tsp chilli powder*
- a pinch of sea salt*
- a pinch of ground black pepper*
- ½ tsp ground coriander*
- 30g Cheddar cheese, grated (use dairy free cheese if preferred)*

Grease the sides and base of a 15x15cm baking tin with a small amount of ghee or coconut oil.

Preheat oven to 180°C/350°F.

Melt the remaining ghee/oil in a frying pan over a medium heat. Add the red onion and sauté for 2-3 minutes, stirring frequently.

Add the spring onions and sauté for 2-3 minutes, stirring occasionally.

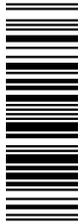
Add the red chilli pepper, cherry tomatoes and kidney beans. Stir well and cook for 2-3 minutes, stirring occasionally. Remove pan from heat.

Place the remaining ingredients in a jug or bowl. Add the cooked mixture from the frying pan and stir well.

Pour the mixture into the tin. Stir gently to distribute evenly.

Bake for around 25 minutes, or until the quiche is golden. Serve.

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



SCAN TO MYFITNESSPAL

# Tom-kha-kai soup



- 300ml recently boiled water
- a thumb-sized piece of galangal or ginger, finely sliced
- 2 lemongrass stalks, chopped
- 3-5 bird's eye chillis, finely chopped
- 250g chicken fillets, diced
- 125g chestnut or oyster mushrooms, sliced
- 4 small shallots, peeled and halved
- the juice of 1 lime
- 2 tbsps fish sauce (nam pla)
- 8 cherry tomatoes, halved
- 200ml coconut milk
- a pinch of ground black pepper
- a small bunch of fresh coriander, finely chopped
- 1 spring onion, finely sliced

## SERVES 2

### PER SERVING:

**384** Calories **17g** Carbs  
**43g** Protein **16g** Fat

Pour the water into a large saucepan. Place over a medium heat and simmer gently. Add the galangal, lemongrass and chillis. Simmer for 5 minutes.

Add the chicken, mushrooms and shallots and stir. Cook for 5 minutes.

Add the lime juice, fish sauce, tomatoes and coconut milk. Stir well and cook for 5 minutes.

Add the black pepper. Cook for 2 minutes. Taste and add more seasoning, if required.

Serve garnished with fresh coriander and spring onion.

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



# Chicken salad with coriander & lime dressing



## **for the dressing:**

25g Greek yoghurt (use dairy free if preferred)

the juice of ½ a lime

½ a garlic clove, minced

a small pinch of sea salt

a small pinch of ground black pepper

½ tbsp fresh coriander, finely chopped

2 tpsps extra virgin olive oil

## **for the salad:**

60g lettuce leaves of your choice

130g roast chicken breast, shredded

1 spring onion, chopped

60g ripe avocado, diced

## **to garnish:**

a sprinkle of fresh coriander, chopped

SERVES 1

PER SERVING:

**436** Calories **11g** Carbs

**44g** Protein **24g** Fat

Mix the dressing ingredients in a bowl.

Assemble the salad ingredients in a serving bowl.

Drizzle the dressing over the salad. Garnish with a sprinkle of fresh coriander. Serve.

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



SCAN TO MYFITNESSPAL

# Chicken, veggie & lemon stir fry



SERVES 3

PER SERVING:

**334** Calories **6g** Carbs

**55g** Protein **10g** Fat

*150ml chicken stock (made with one organic stock cube)*

*1 tbsp soy sauce or tamari*

*2 tps rice flour*

*2 tbsps cold water*

*2 tpsps coconut oil*

*50g button mushrooms, sliced*

*3 spring onions, sliced*

*80g asparagus spears, cut into 3 pieces*

*2 garlic cloves, finely chopped*

*1 tsp fresh ginger, finely chopped*

*500g chicken breast, diced*

*a pinch of ground black pepper*

*a pinch of sea salt*

*2 tbsps fresh lemon juice*

Mix the chicken stock and soy sauce in a jug.

Mix the rice flour and water in a small bowl.

Heat half of the oil in a wok or frying pan over a medium/high heat. Add the asparagus, mushrooms and spring onions and stir-fry for 3 minutes.

Add the garlic and ginger and stir-fry for 1 minute. Transfer the contents of the wok to a plate and set aside.

Add the remaining oil to the wok and place back over a medium heat. Add the chicken and season with salt and pepper. Stir-fry for 3-4 minutes on each side. Transfer the chicken to the plate with the cooked vegetables. Set aside.

Pour the stock into the wok. Simmer over a medium heat for 2 minutes. Add the lemon juice and rice flour. Stir well and simmer for 30 seconds.

Add the chicken and vegetables back into the wok. Stir and heat through. Serve.

Store any leftover chicken and sauce in an airtight container and refrigerate for up to 2 days.



SCAN TO MYFITNESSPAL

# Shredded chicken salad

YOUR  
LOGO  
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## for the dressing:

2 tps light soy sauce or tamari

2 tps sesame or olive oil

2 tps tahini

juice of  $\frac{1}{2}$  a lime

2 tps mirin

## for the salad:

100g red cabbage, finely sliced

1 small carrot, coarsely grated

1 small apple, coarsely grated

1 yellow or red bell-pepper, sliced

250g cooked chicken breast, shredded with a fork

5g flaked almonds

SERVES 2

PER SERVING:

407 Calories 29g Carbs

30g Protein 19g Fat

Mix the dressing ingredients in a bowl.

Mix the red cabbage, bell-pepper, chicken and apple in a bowl. Transfer to a serving bowl.

Add the remaining salad ingredients and drizzle some of the dressing over the top.

Serve.

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



VIEW  
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SCAN TO MYFITNESSPAL

# Beef teriyaki



SERVES 2

PER SERVING:

**388** Calories **31g** Carbs

**39g** Protein **12g** Fat

- 2 tsps coconut oil
- 250g broccoli, cut into florets
- 1 red or yellow bell-pepper, sliced
- 30g closed-cup mushrooms, sliced
- 500g sirloin steak, sliced
- a sprinkle of sesame seeds (optional)
- 5g fresh coriander, finely chopped

**for the sauce:**

- 35ml soy sauce or tamari
- 120ml cold water
- 1 tsp toasted sesame oil
- 2 tsps fresh ginger, finely chopped
- 2 tsps fresh garlic, finely chopped
- 1 tsp honey
- 1 tbsp rice flour or cornstarch mixed with 1 tbsp cold water

Place the soy sauce, water, garlic, ginger, honey and sesame oil in a saucepan over a medium heat. Stir well and simmer for 3 minutes.

Stir in the rice flour and simmer for 2 minutes, stirring well until thickened. Set aside.

Heat 1 tsp coconut oil in a wok over a medium/high heat. Add the broccoli and cook for 4 minutes, stirring frequently.

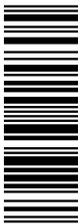
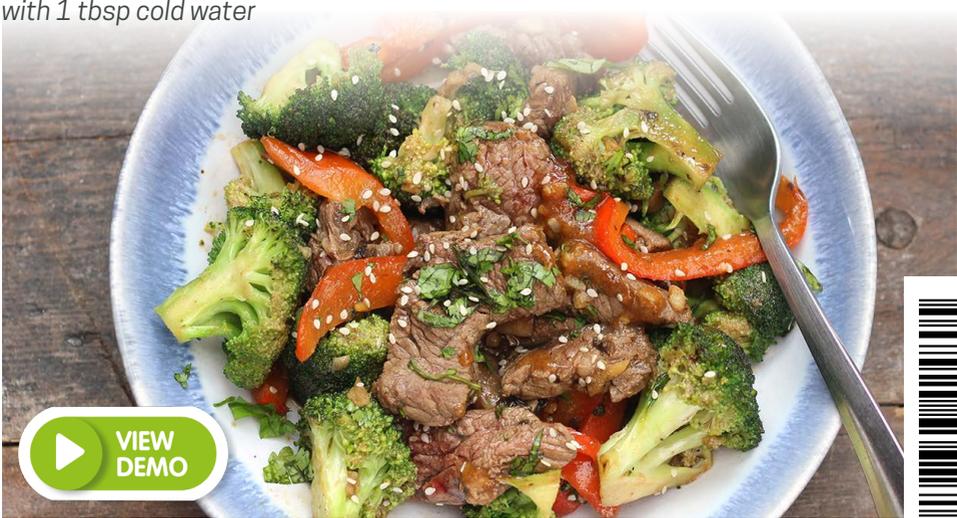
Season with salt and pepper, if desired. Add the bell-pepper and mushrooms. Stir fry for 3 minutes, then transfer the vegetables to a plate.

Heat the remaining oil in the wok over a high heat. Add the steak and cook for 2-3 minutes on each side, or until just cooked through.

Add the cooked vegetables back into the wok. Add the sauce, stir well and cook for 2-3 minutes over a medium heat.

Serve garnished with sesame seeds and coriander.

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



# Chicken, coconut & lentil stew



- 1 tbsp ghee or coconut oil
- 1 large red onion, finely chopped
- 4 cloves garlic, finely chopped
- 1 inch piece fresh ginger, chopped
- 2-4 green chilli peppers, chopped
- 1 tsp sea salt
- 1 heaped tsp ground cumin
- 1 tsp paprika
- 1 tsp ground turmeric
- 1 small cinnamon stick
- 650g fresh chicken breast, diced
- 400g tinned chopped tomatoes
- 200g dried red lentils, rinsed
- 500ml vegetable stock (made with one organic stock cube)
- 200ml tinned coconut milk
- 1 tbsp fresh lime juice
- a sprinkle of fresh coriander, chopped
- 2 tbsps plain yoghurt (use dairy free if preferred)

SERVES 4

PER SERVING:

**454** Calories **25g** Carbs

**48g** Protein **18g** Fat

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and fry for 5 minutes, stirring frequently.

Add the garlic, ginger and chillis. Stir well and fry for 2 minutes, stirring frequently.

Add the salt, cumin, paprika, turmeric and cinnamon stick. Stir well and fry for 1 minute.

Add the chicken, stir well and cook for 3 minutes. Add the tomatoes, stir well and cook for 5 minutes.

Add the lentils and stock, stir well and bring to a boil. Cover with a lid and simmer gently for 15 minutes, or until the lentils are tender. Add more stock during cooking time, if required.

Stir in the coconut milk and heat through for 1 minute. Stir in the lime juice.

Serve topped with fresh coriander yoghurt.

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



SCAN TO MYFITNESSPAL

# Moroccan roast chicken



- 1.8kg whole chicken
- 2 lemons, halved
- 1-2 garlic heads
- 40g butter, melted
- 2 garlic cloves, peeled and crushed
- 1 tsp smoked paprika
- 2 tsps Ras-el-hanout spice mix

SERVES 4

PER SERVING:

**534** Calories **6g** Carbs

**69g** Protein **26g** Fat

Preheat oven to 200°C/400°F. Place the chicken in a foil-lined roasting tray.

Place 4 lemon halves and garlic heads around the base of the chicken.

Mix the butter, crushed garlic and dried spices in a bowl. Stir well.

Spread the mixture over the chicken.

Roast the chicken for 1 hour 15 minutes, or until cooked through. Serve.

Cover any leftover chicken and refrigerate for up to 3 days.



# Pad Thai chicken



- 100g Pad Thai rice noodles (or use noodles of your choice)
  - 2 tsps olive oil
  - 150g carrot, sliced
  - 150g white onion, chopped
  - 1 red bell-pepper, sliced
  - 2 garlic cloves, chopped
  - a large handful of beansprouts
  - 500g chicken breast, cut into strips
  - 2 eggs
  - 1 spring onion, finely sliced
  - 20g salted or roasted peanuts, chopped
  - 3 lime wedges
- for the sauce:**
- 20g crunchy peanut butter
  - juice of 1 small lime
  - 2 tbsps fish sauce
  - ½ tbsp honey
  - 2 tbsps soy sauce or tamari
  - 1 tbsp rice wine vinegar

SERVES 3

PER SERVING:

**481** Calories **29g** Carbs  
**53g** Protein **17g** Fat

Cook the rice noodles according to packet instructions. Rinse in cold water and drain well.

Mix the sauce ingredients in a bowl.

Heat the the olive oil in a large wok or frying pan, over a medium/high flame. Add the bell-pepper, carrots and onion. Stir-fry for 5 minutes.

Add the garlic and stir-fry for 2 minutes.

Add the beansprouts and stir-fry for 2 minutes. Transfer to a plate and set aside.

Add the chicken and cook for 6-8 minutes, stirring frequently. Transfer to a plate.

Place the vegetables back into the wok. Add the eggs and stir over a medium heat until cooked. Transfer the mixture to a plate and set aside.

Add the sauce mixture to the wok and heat through for 1 minute, stirring. Add the cooked vegetables, chicken, noodles and sauce into the wok and stir well. Serve garnished with peanuts, spring onions and lime wedges.

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



SCAN TO MYFITNESSPAL

# Sweet & sour Chinese chicken stir fry



- 1 tsp coconut oil
- 2 garlic cloves, finely chopped
- 1 tsp fresh ginger, finely chopped
- 400g chicken breast, diced
- 3 spring onions, ends removed and diagonally sliced
- 1 medium-sized carrot, peeled and cut into matchsticks
- 80g (drained weight) tinned sliced water chestnuts
- 1½ tbsps soy sauce or tamari
- 1 tbsp tomato purée
- 1 tbsp apple cider vinegar
- 1½ tbsps rice wine vinegar
- a pinch of stevia or a dash of honey

SERVES 2

PER SERVING:

**304** Calories **10g** Carbs

**48g** Protein **8g** Fat

Heat the oil over a medium/high heat. Add the ginger and garlic and stir for 30 seconds.

Add the chicken and stir fry for 5 minutes.

Add the spring onions and stir fry for 1 minute.

Add the carrots and water chestnuts and stir fry for 2 minutes.

Add the remaining ingredients to the wok. Stir fry for 30 seconds. Taste and add more apple cider vinegar for extra sourness or stevia for extra sweetness. Serve.

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

**Serving suggestion:** Serve on a bed of steamed rice or noodles.



# Vegetarian bean & chickpea chilli

YOUR  
LOGO  
HERE

1 tsp ghee or coconut oil  
1 large white onion, finely sliced  
1 garlic clove, finely chopped  
1 tbsp tomato purée  
a large pinch of sea salt  
a pinch of ground black pepper  
1 tsp chilli powder  
1 tsp ground coriander  
1 tsp ground cumin  
400g tinned chopped tomatoes  
140ml vegetable stock (made with one organic stock cube)  
400g tinned chickpeas, drained  
400g tinned black-eyed beans, drained  
1 tbsp balsamic vinegar  
1 small handful fresh coriander, finely chopped  
3 tbsps sour cream (optional)  
40g Cheddar cheese, grated (use dairy free if preferred)

SERVES 3

PER SERVING:

**377** Calories **45g** Carbs

**20g** Protein **13g** Fat

Heat the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 6-8 minutes, stirring occasionally until caramelised.

Add the garlic and fry for 2 minutes, stirring frequently.

Add the tomato purée, salt, pepper, cumin, ground coriander and chilli powder. Stir well.

Add the tinned tomatoes and stock. Stir well.

Increase heat and bring to a gentle simmer. Add the beans and chickpeas, stir well and simmer gently for 20 minutes, stirring occasionally.

Add the balsamic vinegar and fresh coriander. Stir well and add more salt and pepper, if required. Leave to stand for 5 minutes. Serve topped with cheese and sour cream.

**Serving suggestion:** Serve on a bed of steamed rice with leafy green vegetables.

Store any leftover chilli in an airtight container and refrigerate for 4 days or freeze on same day.



SCAN TO MYFITNESSPAL

# Vietnamese chicken pho



1 litre chicken stock (made with 2 organic stock cubes)

1 inch piece of fresh ginger, peeled and roughly chopped

500g fresh chicken breast, sliced  
2 star anise

1 red bell-pepper, sliced

5 black peppercorns

2 tbsps light soy sauce or tamari

2 tbsps fish sauce (nam pla)

100g vermicelli rice noodles (or use gluten free noodles if preferred)

juice of 1 lime

## for the toppings:

1 red chilli pepper (per person), sliced  
a sprinkle fresh mint leaves, chopped  
a sprinkle fresh coriander leaves, chopped

10g carrot, spiralised

1 spring onion, sliced

SERVES 3

PER SERVING:

438 Calories 42g Carbs

54g Protein 6g Fat

Combine the stock, 600ml cold water, ginger, chicken, star anise, bell-pepper, peppercorns, soy sauce and fish sauce in a large saucepan.

Place over a medium/high heat until simmering gently. Reduce heat to medium/low, cover and simmer for 10 minutes.

Add the noodles, stir and cook for 3 minutes, or until tender.

Add the lime juice. Taste and add more seasoning if required.

Serve with the toppings.

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

