



FEBRUARY

# Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



# Contents & Key

- |                                       |    |                               |
|---------------------------------------|----|-------------------------------|
| 1. Potato & Salmon Hash               | GF | Gluten Free                   |
| 2. Feta Egg Bake                      | DF | Dairy Free                    |
| 3. Broccoli & Cheese Quiche           | LC | Low Carb (<20g per serve)     |
| 4. Dragon Fruit Power Smoothie        | MP | Meal Prep/Freezer Friendly    |
| 5. Spiced Mediterranean Fish Soup     | HP | High Protein (>20g per serve) |
| 6. Low-Carb Shrimp Fajita Meal Prep   | V  | Vegetarian                    |
| 7. Tuna Steak Niçoise Salad           | Q  | Quick (under 30 mins)         |
| 8. Broccoli Mac & Cheese              | N  | Contains Nuts                 |
| 9. Ground Turkey Tacos                |    |                               |
| 10. Cowboy Pie                        |    |                               |
| 11. Slow Cooker Beef Bourguignon      |    |                               |
| 12. Protein Boost Mashed Potatoes     |    |                               |
| 13. Green Cilantro-Lime Chicken Salad |    |                               |
| 14. Superfood Oatmeal Protein Cookies |    |                               |
| 15. Cottage Cheese Banana Bread       |    |                               |

# Sample Weekly Meal Planner

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Monday</b>	Potato & Salmon Hash	Green Cilantro-Lime Chicken Salad	Dragon Fruit Power Smoothie	Cowboy Pie
<b>Tuesday</b>	Potato & Salmon Hash	Cowboy Pie	Superfood Oatmeal Protein Cookies	Low-Carb Shrimp Fajita Meal Prep
<b>Wednesday</b>	Feta Egg Bake	Low-Carb Shrimp Fajita Meal Prep	Superfood Oatmeal Protein Cookies	Broccoli Mac & Cheese
<b>Thursday</b>	Feta Egg Bake	Tuna Steak Niçoise Salad	Cottage Cheese Banana Bread	Broccoli Mac & Cheese
<b>Friday</b>	Broccoli & Cheese Quiche	Tuna Steak Niçoise Salad	Cottage Cheese Banana Bread	Ground Turkey Tacos
<b>Saturday</b>	Broccoli & Cheese Quiche	Ground Turkey Tacos	Dragon Fruit Power Smoothie	Meal Out - Enjoy!
<b>Sunday</b>	Dragon Fruit Power Smoothie	Spiced Mediterranean Fish Soup	Cottage Cheese Banana Bread	Slow Cooker Beef Bourguignon

# Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> <li>• 5 lemons</li> <li>• 1 lime</li> <li>• 5 bananas</li> <li>• 8 oz. (225g) dragon fruit</li> <li>• 2 avocados</li> <li>• 28 oz. (800g) Maris Piper potatoes</li> <li>• 3.3 lbs. (1.5kg) white potatoes</li> <li>• 10.5 oz. (300g) baby/mini potatoes</li> <li>• 21.5 oz. (610g) broccoli</li> <li>• bunch of green onions</li> <li>• 33.5 oz. (950g) carrots</li> <li>• 1 cucumber</li> <li>• 5 bell peppers (3 red, 1 yellow, 1 green)</li> <li>• 2 red onions</li> <li>• 3 yellow onions</li> <li>• 7 oz. (200g) green beans</li> <li>• 1 head lettuce</li> <li>• 5.3 oz. (150g) cherry tomatoes</li> <li>• small cauliflower</li> <li>• 24 oz. (680g) cauliflower rice</li> <li>• parsley</li> <li>• fresh cilantro (coriander)</li> <li>• dill</li> <li>• thyme sprigs</li> <li>• basil</li> <li>• chives</li> </ul>	<ul style="list-style-type: none"> <li>• 17 large eggs</li> <li>• 14.7 oz. (418g) canned wild pink salmon</li> <li>• 10 oz. (280g) tuna steaks</li> <li>• 1 lb. (450g) chicken breast</li> <li>• 12 oz. (340g) chicken sausages</li> <li>• 1.3 lbs. (600g) lean ground turkey</li> <li>• 1.3 lbs. (600g) stewing beef</li> <li>• 1.5 lbs. (680g) sea bass filet</li> <li>• 1 lb. (450g) raw shrimp</li> <li>• 1.4 lbs. (630g) cottage cheese</li> <li>• 8 oz. (225g) feta cheese</li> <li>• 8 oz. (240g) cheddar cheese</li> <li>• 8 oz. (240g) Gruyere cheese</li> <li>• vanilla protein powder</li> <li>• reduced-fat cow's milk</li> <li>• Greek yogurt</li> <li>• unsweetened almond milk</li> </ul>	<ul style="list-style-type: none"> <li>• elbow macaroni</li> <li>• pumpkin seeds</li> <li>• walnuts</li> <li>• chia seeds</li> <li>• all-purpose flour</li> <li>• oat flour</li> <li>• baking powder</li> <li>• baking soda</li> <li>• vanilla extract</li> <li>• smoked paprika</li> <li>• ground cumin</li> <li>• ground coriander</li> <li>• turmeric</li> <li>• paprika</li> <li>• red pepper flakes</li> <li>• dried oregano</li> <li>• ground cinnamon</li> <li>• fajita seasoning</li> <li>• chili powder</li> <li>• onion powder</li> <li>• garlic powder</li> </ul>	<ul style="list-style-type: none"> <li>• honey</li> <li>• maple syrup</li> <li>• 28 oz. (800g) canned whole tomatoes</li> <li>• 14 oz. (400g) canned chopped tomatoes</li> <li>• 4 oz. (120g) tomato sauce (passata)</li> <li>• 12.5 fl oz. (370ml) vegetable stock</li> <li>• 8.5 fl oz. (250ml) beef stock</li> <li>• 14 oz. (400g) canned white beans</li> <li>• Dijon mustard</li> <li>• tomato salsa</li> <li>• capers</li> <li>• balsamic vinegar</li> <li>• butter</li> <li>• 11.2 oz. (320g) pie crust</li> <li>• mini corn tortillas</li> </ul>



## Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





# Potato & Salmon Hash

Serves 4

35 Minutes

28 oz. (800g) Maris Piper potatoes, diced

3.5 oz. (100g) green onions, sliced diagonally

1 lemon, zested & cut into wedges

14.7 oz. (418g) canned wild pink salmon, drained

2 tbsp. capers, drained

0.5 oz. (15g) fresh dill, roughly chopped

Heat 1 tbsp. olive oil in a large non-stick frying pan over medium heat. Add the diced potatoes, cover with a lid, and cook for 10 minutes, stirring occasionally. Add 3.5 fl oz. (100ml) water, cover, and cook for another 5 minutes until the potatoes are tender.

Stir in the green onions and lemon zest. Season with salt and black pepper, and cook for 5 minutes.

Add the salmon, breaking it into flakes, and cook for 3 minutes until heated through.

Sprinkle with capers and dill. Serve with lemon wedges.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	366kcal	37g	32g	10g



# Feta Egg Bake

Serves 6

30 Minutes

8 oz. (225g) feta cheese block

12 large eggs

handful of fresh basil, for garnish

Preheat the oven to 400°F (200°C). Grease an 8×11-inch (20×28cm) baking dish with 1 tbsp. olive oil.

Place the feta in the center of the dish. Crack the eggs around the feta, then drizzle with 1 tbsp. olive oil. Season with salt and black pepper.

Bake for 18-22 minutes, until the feta melts and the egg whites set.

Use a fork to scramble the feta and eggs together. Serve garnished with fresh basil.

**Serving Suggestion:** Serve with pitas or wraps.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	278kcal	2g	18g	22g



# Broccoli & Cheese Quiche

Serves 6

1 Hour 30 Minutes

11.2 oz. (320g) pie crust

2 garlic cloves, minced

4 large eggs

8 fl oz. (240ml) reduced fat  
cow's milk

4 oz. (120g) shredded  
sharp cheddar cheese

14 oz. (400g) broccoli  
florets, chopped

½ tsp. oregano

Preheat the oven to 375°F (190°C). Press the pie crust into a 9.5-inch (24cm) pie pan, crimp the edges, and prick the base with a fork. Freeze for 20 minutes.

Line the crust with parchment paper and fill with weights. Bake for 12 minutes. Remove the weights and parchment, and bake for another 10 minutes until the edges are lightly golden.

In a large bowl, whisk together the eggs, milk, cheddar cheese, garlic, oregano, ½ tsp. salt, and ½ tsp. black pepper. Stir in the chopped broccoli.

Pour the mixture into the partially baked crust. Bake for 37-42 minutes until the filling is set and the crust is golden.

Let cool slightly before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	412kcal	35g	14g	24g



# Dragon Fruit Power Smoothie

Serves 2

5 Minutes

8 oz. (225g) dragon fruit

2 bananas, frozen

1.5 oz. (45g) cauliflower florets, frozen

1 oz. (30g) vanilla protein powder

4 fl oz. (120ml) unsweetened almond milk

Combine all ingredients in a high-speed blender.

Adjust thickness by adding more milk if needed. Serve immediately or refrigerate for up to 24 hours.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	245kcal	44g	15g	1g



# Spiced Mediterranean Fish Soup

1½ tsp. ground coriander

1 tsp. ground cumin

¾ tsp. turmeric

½ tsp. paprika

¼ tsp. red pepper flakes

1.5 lbs. (680g) sea bass filet, cut into 1.5-inch (4cm) pieces

1 red onion, chopped

1 red bell pepper, chopped

2 celery sticks, chopped

4 garlic cloves, minced

28 oz. (800g) canned whole tomatoes

12.5 fl oz. (370ml) vegetable stock

1.4 oz. (40g) fresh parsley, chopped

1.4 oz. (40g) fresh cilantro, chopped

3 green onions, chopped

1 lemon, juiced

**Serves 4**

**35 Minutes**

Combine coriander, cumin, turmeric, paprika, and pepper flakes in a small bowl. Season fish pieces with salt, black pepper, and 2 tsp. of the spice blend.

Heat 3 tbsp. olive oil in a large pot over medium-high heat. Sauté the onion, bell pepper, celery, and garlic for 5 minutes until softened. Add a pinch of salt, black pepper, and the remaining spice blend.

Stir in the tomatoes and stock. Bring to a boil, then lower the heat to medium-low and simmer, partially covered, for 20 minutes.

Add the fish pieces and cook for 4-5 minutes until just done. Avoid overcooking as the fish will continue to cook in the hot broth.

Stir in the parsley, cilantro, green onions, and lemon juice. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	326kcal	15g	35g	14g



# Low-Carb Shrimp Fajita Meal Prep

Serves 4

35 Minutes

1 lb. (450g) raw shrimp, deveined & shelled

2 tbsp. fajita seasoning

1 tsp. garlic, minced

1 red bell pepper, sliced

1 yellow bell pepper, sliced

1 green bell pepper, sliced

1 medium onion, sliced

24 oz. (680g) cauliflower rice, for serving

In a large bowl, toss the shrimp with half of the fajita seasoning. Set aside for 15 minutes.

Heat 1 tbsp. olive oil in a large skillet over medium-high heat. Add garlic and cook for 30 seconds. Add shrimp and cook for 4-5 minutes until pink and cooked through. Remove from the skillet and set aside.

In the same skillet, add 1 tbsp. olive oil and stir-fry the onions and bell peppers with the remaining fajita seasoning. Cook for 5-7 minutes, or until the veggies reach your desired tenderness.

Divide the cooked shrimp, veggies, and cauliflower rice among 4 meal prep containers. Serve immediately or refrigerate for up to 4 days.

**Serving Suggestion:** Avocado slices with fresh lemon wedges sprinkled with cilantro leaves.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	224kcal	19g	28g	4g



# Tuna Steak Niçoise Salad

Serves 2

35 Minutes

10.5 oz. (300g) baby potatoes, halved

4 garlic cloves, unpeeled

7 oz. (200g) green beans, trimmed

10 oz. (283g) tuna steak

2 tbsp. capers

5.3 oz. (150g) cherry tomatoes, halved

1.6 oz. (45g) pitted Kalamata olives

Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.

Toss the potatoes with 1 tbsp. olive oil, salt, and black pepper. Place on the baking sheet with unpeeled garlic cloves. Roast for 20-25 minutes, or until the potatoes are golden and the garlic is soft.

While the potatoes cook, bring a pot of water to a boil. Add the green beans and blanch for 2-3 minutes until tender-crisp. Transfer to a bowl of ice water to stop the cooking process. Set aside.

Brush the tuna steaks with 1 tbsp. olive oil and season with salt and black pepper. Heat a skillet over high heat, then sear the tuna for 2 minutes on each side or until cooked to your liking.

For the dressing, squeeze the roasted garlic from its skin and whisk it with 2 tbsp. olive oil and 1 tbsp. white wine vinegar.

Arrange the roasted potatoes, green beans, cherry tomatoes, and Kalamata olives on a serving plate. Top with the seared tuna and drizzle with the garlic dressing.

Serve immediately, dividing the salad evenly between plates.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	419kcal	40g	40g	11g



# Broccoli Mac & Cheese

Serves 6

25 Minutes

8 oz. (225g) elbow macaroni

Cook macaroni in salted boiling water until al dente. Steam broccoli in the same pot for the last 1-2 minutes. Drain.

11.9 oz. (340g) broccoli florets

In a saucepan, melt butter over medium heat. Whisk in flour to make a roux and cook for 2 minutes.

2 tbsp. butter

Gradually whisk in milk, add Dijon mustard, and season with salt and pepper. Simmer until thickened, about 5-7 minutes.

2 tbsp. all-purpose flour

Stir in cheeses until melted, then mix with macaroni and broccoli. Serve immediately.

16 fl oz. (475ml) reduced-fat cow's milk

1 tsp. Dijon mustard

4 oz. (120g) shredded cheddar cheese

4 oz. (120g) shredded Gruyere cheese



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	407kcal	39g	20g	19g



# Ground Turkey Tacos

Serves 6

25 Minutes

1.3 lbs. (600g) lean ground turkey (minced)

4 oz. (120g) tomato sauce

1 tsp. chili powder

½ tsp. ground coriander

½ tsp. garlic powder

½ tsp. onion powder

¼ tsp. dried oregano

12 mini corn tortillas, heated

### ***For the toppings:***

6 tsp. Greek yogurt

6 tsp. tomato salsa

3 tbsp. red onion, sliced

1 avocado, sliced

handful fresh cilantro, chopped

Heat 1 tbsp. olive oil in a medium skillet over medium-high heat. Add the ground turkey and cook for 6-8 minutes, breaking it into smaller pieces as it cooks.

Stir in the tomato sauce, chili powder, coriander, garlic powder, onion powder, oregano, and ½ tsp. salt. Cook for 1-2 minutes to blend the flavors.

Remove the skillet from the heat. Spoon the seasoned turkey into tortillas and add toppings. Serve immediately.

**Note:** 2 tacos per serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	385kcal	35g	23g	17g



# Cowboy Pie

Serves 4

1 Hour

12 oz. (340g) chicken sausages

1 onion, chopped

1 tbsp. BBQ seasoning

1 tsp. garlic granules

½ tsp. smoked paprika

14 oz. (400g) canned chopped tomatoes

7 oz. (200ml) chicken stock

2 carrots, peeled & sliced

14 oz. (400g) white beans, drained & rinsed

4 servings of Protein Boost Mashed Potatoes (see recipe from this pack)

1.5 oz. (40g) cheddar, grated

Preheat the oven to 350°F (180°C). Brown sausages in a greased frying pan for 5 minutes. Remove and set aside.

In the same pan, sauté onion for 5 minutes. Add BBQ seasoning, garlic, and smoked paprika. Stir, then add tomatoes, 1 tbsp. balsamic vinegar and chicken stock.

Slice sausages into quarters and return to the pan with carrots. Simmer for 20 minutes until sausages and carrots are cooked. Stir in mixed beans.

Transfer the sausage mixture to a baking dish. Top with 4 servings of Protein Boost Mashed Potatoes and sprinkle with cheddar. Bake for 20-25 minutes until golden.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	553kcal	76g	33g	13g



# Slow Cooker Beef Bourguignon

Serves 4

8 Hours 25 Minutes

1.3 lbs. (600g) casserole steak, cut into large chunks (stewing beef)

1 large onion, peeled & chopped

6 slices streaky bacon, roughly chopped

2 garlic cloves, minced

11.5 oz. (325g) carrots, peeled & chopped

10.5 fl oz. (300ml) red wine

8.5 fl oz. (250ml) beef stock

2 sprigs thyme

Heat ½ tbsp. olive oil in a frying pan over medium-high heat. Season the steak with salt and pepper, and brown for 6-8 minutes. Transfer to a slow cooker.

In the same pan, heat another ½ tbsp. olive oil. Sauté onion and bacon for 4 minutes. Add garlic and carrots, cooking for 3-4 minutes.

Deglaze the pan with red wine, stirring to scrape up any browned bits. Stir in the stock.

Pour the mixture over the beef in the slow cooker. Add thyme sprigs. Cover and cook on low for 8 hours, until the beef is very tender.

**Serving Suggestion:** Serve hot with 4 servings of Protein Boost Mashed Potatoes (see recipe from this pack) and 16.9 oz. (480g) cooked asparagus.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	434kcal	10g	40g	26g



# Protein Boost Mashed Potatoes

Serves 6

30 Minutes

3.3 lbs. (1.5kg) potatoes, peeled & cubed

2 tbsp. butter

7.9 oz. (225g) cottage cheese

2 garlic cloves, minced

2 fl oz. (60ml) reduced-fat cows milk

fresh chives, for garnish

Boil potatoes in salted water until fork-tender, about 15-20 minutes. Drain.

Blend cottage cheese in a food processor until smooth.

Mash the potatoes with butter, cottage cheese, milk, garlic, salt, and black pepper until smooth or to your preferred texture.

Garnish with chives and serve immediately.

**Note:** Use with Cowboy Pie and Slow Cooker Beef Bourguignon recipes from this pack.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	278kcal	46g	10g	6g



# Green Cilantro-Lime Chicken Salad

Serves 4

15 Minutes

1 head lettuce, chopped

1 cucumber, sliced

1 avocado, sliced

0.3 oz. (8g) fresh cilantro,  
torn

1 lb. (450g) chicken breast

## ***For the cilantro yogurt dressing:***

4.2 oz. (120g) Greek yogurt,  
2% fat

0.3 oz. (8g) fresh cilantro,  
chopped

1 lime, juiced

¼ tsp. cumin

Blend all dressing ingredients with an additional 4 tbsp. olive oil and a pinch of salt in a blender or small food processor until smooth and creamy. Refrigerate until ready to use.

Season chicken with salt and black pepper. Heat 1 tbsp. of olive oil in a pan and grill the chicken for 4 minutes per side or until cooked through. Slice into strips.

Combine lettuce, cucumber, avocado, and cilantro in a large salad bowl. Divide between serving bowls and add grilled chicken on top.

Drizzle with the cilantro yogurt dressing, toss, and serve.

**Note:** The grilling time for chicken may vary depending on the size of the chicken breast. Aim for an internal temperature of 165°F (74°C).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	408kcal	9g	30g	28g



# Superfood Oatmeal Protein Cookies

Makes 12

27 Minutes

6 oz. (180g) mashed banana (about 2 large bananas)

4 oz. (120g) peanut butter

2 eggs

2 tbsp. honey

2 tbsp. chia seeds

1½ tsp. vanilla extract

½ tsp. ground cinnamon

1 tsp. baking soda

3 oz. (90g) oat flour

2 oz. (60g) pumpkin seeds

1 oz. (30g) unsweetened dried cranberries

1 oz. (30g) raisins

Whisk mashed banana and peanut butter in a large bowl until smooth. Stir in eggs, honey, chia seeds, vanilla extract, and cinnamon.

Sprinkle baking soda and oat flour over the mixture. Fold to combine. Stir in pumpkin seeds, cranberries, and raisins.

Chill the dough overnight.

Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper. Scoop 4 tbsp. portions of dough onto the sheet, flattening slightly.

Bake for 12-14 minutes until set and golden. Cool on the pan for 10 minutes, then transfer to a wire rack to finish cooling.

**Note:** 1 serving = 1 cookie.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	198kcal	20g	7g	10g



# Cottage Cheese Banana Loaf

Serves 12

40 Minutes

- 7 oz. (200g) bananas
- 6.3 oz. (180g) cottage cheese
- 1 egg
- 2.7 fl oz. (80ml) maple syrup
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 7 oz. (200g) oat flour
- 2 tsp. baking powder
- 1 banana, sliced, for garnish
- 1 oz. (30g) walnuts, for garnish

Preheat the oven to 350°F (180°C). Line a 20 cm (8-inch) loaf pan with parchment paper or grease it with oil.

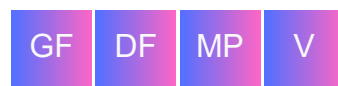
In a large bowl, mash the bananas until smooth. Add the cottage cheese, egg, maple syrup, ground cinnamon, vanilla extract, and a pinch of salt. Mix thoroughly until well combined.

Gradually stir in the oat flour, and baking powder. Mix until a smooth batter forms.

Adjust the batter consistency if needed: add a little more flour if it is too liquid, or a splash of milk if it is too dry. This will depend on the size of the bananas used.

Pour the batter into the prepared loaf pan and spread it evenly. Garnish with sliced banana and walnuts. Bake in the preheated oven for approximately 30 minutes, or until a toothpick inserted into the center comes out clean.

Allow the banana bread to cool in the pan for 10 minutes, then transfer it to a wire rack to cool completely before slicing.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	139kcal	24g	4g	3g