



NOVEMBER

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

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|--|----|-------------------------------|
| 1. Fruit & Nut Cluster Granola | GF | Gluten Free |
| 2. Hearty Mexican Breakfast Tacos | DF | Dairy Free |
| 3. Pesto Chicken Wraps | LC | Low Carb (<20g per serve) |
| 4. Chicken & Spinach Quiche | MP | Meal Prep/Freezer Friendly |
| 5. Lemon & Herb Salmon Pasta | HP | High Protein (>20g per serve) |
| 6. Spiced Kofte with Carrot & Yogurt Salad | V | Vegetarian |
| 7. White Bean Tuna Salad | Q | Quick (under 30 mins) |
| 8. Garlicky Shrimp & Broccoli Stir-Fry | N | Contains Nuts |
| 9. Foil Baked Chicken & Butter Beans | | |
| 10. Meal Prep Jerk Chicken & Pineapple Salsa | | |
| 11. Rendang-Spiced Beef & Cauliflower Rice | | |
| 12. Dijon & Turmeric Tuna Parcels | | |
| 13. Peanut Butter Banana Cottage Cheese Bark | | |
| 14. Salted Cinnamon Protein Bars | | |
| 15. Blueberry Cheesecake Protein Smoothie | | |

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Pesto Chicken Wraps	Lemon & Herb Salmon Pasta	Salted Cinnamon Protein Bars	Rendang-Spiced Beef & Cauliflower Rice
Tuesday	Chicken & Spinach Quiche	Lemon & Herb Salmon Pasta	Fruit & Nut Cluster Granola	Rendang-Spiced Beef & Cauliflower Rice
Wednesday	Chicken & Spinach Quiche	Spiced Kofte with Carrot & Yogurt Salad	Peanut Butter Banana Cottage Cheese Bark	Meal Prep Jerk Chicken & Pineapple Salsa
Thursday	Blueberry Cheesecake Protein Smoothie	Spiced Kofte with Carrot & Yogurt Salad	Peanut Butter Banana Cottage Cheese Bark	Meal Prep Jerk Chicken & Pineapple Salsa
Friday	Fruit & Nut Cluster Granola	Garlicky Shrimp & Broccoli Stir-Fry	Blueberry Cheesecake Protein Smoothie	Foil Baked Chicken & Butter Beans
Saturday	Fruit & Nut Cluster Granola	White Bean Tuna Salad	Salted Cinnamon Protein Bars	Meal Out - Enjoy!
Sunday	Pesto Chicken Wraps	White Bean Tuna Salad	Salted Cinnamon Protein Bars	Dijon & Turmeric Tuna Parcels

Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 1 avocado • 2 bananas • 4 lemons • 2 limes • pineapple • 1 onion • 2 red onions • 1 bunch green onions (spring onions) • 2 bulbs garlic • 2 carrots • 3 tomatoes • cherry tomatoes • 1 red chili • 1 red bell pepper • mushrooms • baby spinach • arugula (rocket) • kale • 1 head broccoli • 1 head of cauliflower • potatoes • basil • chives • cilantro (coriander) • dill • mint • parsley • thyme • dried apricots • dried dates • frozen blueberries 	<ul style="list-style-type: none"> • 1.8 lbs. (800g) 95% lean ground beef (beef mince) • 4 oz. (115g) shredded rotisserie chicken (or use leftover roast chicken) • 10 oz. (280g) cooked chicken breast • 2 lb. (900g) boneless, skinless chicken breasts • 1 lb. (450g) raw shrimp • 4.2 oz. (120g) hot smoked salmon • 1.2 lbs. (565g) tuna steak (cut into 4 steaks) • 11 eggs • milk • unsweetened vanilla flavored almond milk • Greek yogurt • butter • grated/shredded mozzarella cheese • cheddar cheese • cottage cheese • cream cheese • 11.3 oz. (320g) pack shortcrust pastry 	<ul style="list-style-type: none"> • rolled oats • white rice • almonds • peanuts • desiccated coconut • pumpkin seeds • sunflower seeds • dark chocolate chips • vanilla extract • ground coriander • ground cumin • ground turmeric • ground cinnamon • red pepper flakes • jerk seasoning • Italian seasoning • rendang powder (or use rendang paste) • dried thyme 	<ul style="list-style-type: none"> • coconut oil • honey • 1x 4.2 oz. (120g) can tuna in water or brine • 2x 14 oz. (400g) can black beans • 1x 14 oz. (400g) can cannellini beans • 1x 7 oz. (200g) can butter beans • 1x 2.6 oz. (75g) can artichoke hearts • 1x 14 oz. (400g) can light coconut milk • jar roasted red peppers • mayonnaise • Dijon mustard • basil pesto • balsamic vinegar • pasta shells • peanut butter • almond butter • flaky sea salt • vanilla protein powder • pack 8 small flour or corn tortillas • 2 large flour tortillas • granola (or use granola recipe from this pack)



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.





Fruit & Nut Cluster Granola

Serves 16

40 Minutes

- 8 tbsp. honey
- 2.6 oz. (75g) almonds
- 10.6 oz. (300g) rolled oats
- 1.4 oz. (40g) sunflower seeds
- 1.4 oz. (40g) pumpkin seeds
- 1 oz. (30g) desiccated coconut, unsweetened
- 1.8 oz. (50g) dates (pitted)
- 3.5 oz. (100g) dried apricots

Preheat the oven to 300°F (150°C). Warm the honey in a small saucepan over low heat until it becomes runny.

Roughly chop the almonds, then spread them over a large baking sheet along with the rolled oats, sunflower seeds, pumpkin seeds and desiccated coconut.

Drizzle the warm honey evenly over the oat mixture and stir until well combined. Place in the oven and bake for 20 minutes, stirring occasionally.

Meanwhile, pit and chop the dates and the dried apricots into small bite-sized pieces.

After 20 minutes add the chopped dried fruits to the baking sheet and stir to combine. Return to the oven for 10 minutes. Avoid stirring too much during this time so that the granola forms clusters.

Remove the granola from the oven and set aside to cool completely before breaking into chunks.

Storage: Store in an airtight jar or container, on the countertop, for up to 1 month.

Serving suggestion: Serve with yogurt and fresh or poached seasonal fruit (not included in nutritional breakdown).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	203kcal	30g	5g	7g



Hearty Mexican Breakfast Tacos

Serves 4

25 Minutes

3 ripe tomatoes, finely diced
2 roasted red peppers (from a jar), drained, finely diced
4 green onions, finely sliced
½-1 lime, juiced
14 oz. (400g) canned black beans
8 small flour or corn tortillas
1 tbsp. butter
8 large free-range eggs
coriander, chopped, to garnish

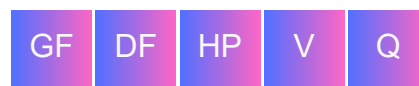
Place the tomatoes, roasted red peppers and green onions in a large bowl, squeeze over the juice from ½ a lime and drizzle over 1 tablespoon of extra virgin olive oil. Season with salt and pepper, then taste, adding more seasoning or lime juice if needed. Set aside.

Place 2 teaspoons of olive oil in a small pot over low-medium heat. Add the black beans, season with salt, and gently heat through, stirring occasionally.

Heat a dry skillet over medium heat. Toast each tortilla individually on both sides until slightly charred and warmed through. Once toasted, cover the tortillas with a clean tea towel or wrap them in foil, to keep warm.

In a separate frying pan, heat 4 teaspoons of olive oil with the butter over medium heat. Fry the eggs until the whites are set but the yolks remain soft and runny (cook longer for firmer yolks).

Place two tortillas on each plate. Top with a spoonful of warmed black beans, a generous portion of salsa, and top with fried eggs. Garnish with chopped coriander if desired.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	441kcal	41g	22g	21g



Pesto Chicken Wraps

Serves 2

15 Minutes

2 large flour tortillas

1 oz. (30g) grated mozzarella

2 tbsp. basil pesto

4 oz. (115g) cooked chicken breast

2.6 oz. (75g) canned artichoke hearts, chopped

1 avocado, pitted & sliced

2 tsp. Italian seasoning

1 oz. (30g) arugula (rocket)

In the center of each tortilla, layer mozzarella, basil pesto, shredded chicken, artichoke hearts and sliced avocado. Sprinkle with Italian seasoning and top with a handful of arugula.

Preheat a dry grill pan or skillet over medium high heat. Fold the sides of the tortilla inward and roll up like a burrito.

Grill the wraps for 4-6 minutes on each side or until golden brown and crispy. Serve warm.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	347kcal	19g	25g	19g



Chicken & Spinach Quiche

Serves 6

1 Hour 40 Minutes

11.3 oz. (320g) shortcrust pastry

7 large eggs, beaten

5 oz. (150ml) milk

10 oz. (280g) cooked chicken breast, diced

2.6 oz. (75g) baby spinach, chopped

1.2 oz. (35g) cheddar cheese, shredded

4 oz. (115g) mushrooms, sliced

½ tsp. dried thyme

Preheat the oven to 400°F (200°C). Prepare a round springform pan or dish and place on a baking sheet.

Press the dough firmly into the bottom and sides of the dish. Fold or crimp the edges of the dough as desired.

If necessary, precook the pastry according to instructions on packaging.

In a large mixing bowl, lightly beat the eggs with the milk. Add the diced chicken, spinach, cheese, mushrooms, 1 tsp. salt, 1/8 tsp. black pepper, and thyme. Stir to combine.

Once the crust is par-baked, remove from the oven and pour the egg mixture into the crust. Cover the exposed edges of the pie crust with foil to prevent over-browning.

Place the quiche dish (still on the baking sheet) on the middle oven rack and bake for 50-60 minutes, or until the eggs are set and a knife inserted in the center comes out clean.

Remove quiche from the oven and set aside to cool for 10-15 minutes before slicing and serving.

Serving suggestion: Pair with a crisp green salad.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	433kcal	24g	28g	25g



Lemon & Herb Salmon Pasta

Serves 2

15 Minutes

7 oz. (200g) pasta shells

2 tbsp. fresh parsley,
chopped

2 tbsp. fresh basil, chopped

2 tbsp. fresh chives,
chopped

2 tbsp. fresh dill, chopped

3.5 oz. (100g) Greek yogurt

juice of 2 lemons

2.1 oz. (60g) baby spinach

4.2 oz. (120g) hot-smoked
salmon, broken into large
pieces

Cook the pasta according to the package instructions until al dente. Drain and set aside.

Place the fresh herbs into a small bowl, along with Greek yogurt and lemon juice. Season with salt and black pepper to taste.

Toss the cooked pasta with the herby yogurt mixture until evenly coated. Gently fold in the baby spinach. Adjust seasoning with additional salt and pepper if needed.

Serve the pasta lukewarm, topped with the pieces of hot-smoked salmon.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	466kcal	78g	25g	6g



Spiced Kofte with Carrot & Yogurt Salad

Serves 4

20 Minutes

1 yellow onion, diced
2 garlic cloves, minced
2½ tbsp. fresh parsley, chopped
14 oz. (400g) 95% lean ground beef
2 tbsp. quick oats
1 tsp. ground coriander
1 tsp. ground cumin
2 carrots, peeled & grated
2 green onions, sliced
2.1 oz. (60g) Greek yogurt
2 tbsp. balsamic vinegar
parsley, chopped, to garnish

Place the onion, garlic, parsley, ground beef, oats, coriander and cumin in a large bowl and season with salt and pepper. Mix well to combine and, using your hands, shape the mixture into small, elongated patties (kofte).

Heat 1 tablespoon of olive oil in a skillet over medium-high heat. Sauté the kofte for 5 minutes, turning occasionally, until golden brown and crispy on all sides.

Mix the carrots, green onions, yogurt, balsamic vinegar, and 2 tbsp. olive oil in a bowl. Season with salt and pepper to taste, and set aside.

Once the kofte is cooked, serve alongside the carrot salad, garnished with chopped parsley.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	325kcal	11g	23g	21g



White Bean Tuna Salad

Serves 2

15 Minutes

½ red onion, thinly sliced

2½ tbsp. fresh parsley,
chopped

10.6 oz. (300g) canned
cannellini beans, drained

4.2 oz. (120g) canned tuna
(in water or brine), drained

7 oz. (200g) cherry
tomatoes, halved

Place the onion, parsley, cannellini beans, tuna and tomatoes in a large bowl. Drizzle with 2 tbsp. olive oil and 2 tbsp. white wine vinegar.

Season to taste with salt and pepper, and toss everything together until well combined. Refrigerate until ready to serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	351kcal	32g	22g	15g



Garlicky Shrimp & Broccoli Stir-Fry

Serves 4

20 Minutes

6 cloves garlic, sliced, divided

1 head broccoli, cut into small florets

½ red bell pepper, diced

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

2 tsp. lemon juice, plus extra to taste

Heat 1 tbsp. of olive oil in a large pot over medium heat. Add half of the sliced garlic and cook for 1 minute.

Add the broccoli, red bell pepper, and ¼ teaspoon each of salt and pepper. Cover and cook, stirring occasionally. If the pot becomes dry, add 1 tablespoon of water. Cook for 3-5 minutes, until the vegetables are tender. Transfer the vegetables to a bowl and keep warm.

Increase the heat to medium-high and add 1 tbsp. of olive oil to the pot. Add the remaining garlic and cook for 1 minute.

Add the shrimp and ¼ teaspoon each of salt and pepper. Cook for 3-5 minutes, stirring frequently, until the shrimp are just cooked through.

Return the broccoli mixture to the pot, stir in the lemon juice. Taste and adjust seasoning with additional salt, pepper, or lemon juice if needed. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	232kcal	13g	27g	8g



Foil Baked Chicken & Butter Beans

Serves 2

25 Minutes

7 oz. (200g) canned butter beans, drain retaining some juice

2.1 oz. (60g) baby spinach

2x boneless, skinless chicken breast (5.3 oz/150g each)

2 sprigs of fresh thyme

2 cloves garlic, finely sliced

1 red chili, finely sliced (deseed if preferred)

1 lemon, finely sliced

Preheat the oven to 430°F (220°C). Lay out two large sheets of thick tin foil, about 24" (60cm) in length.

On one half of each sheet of foil, pile half of the butter beans, along with some of the juice from the jar or can. Scatter half the spinach over the beans and season with sea salt and black pepper. Drizzle with ½ tablespoon of olive oil and 1 tbsp. red wine vinegar.

Score the chicken breast widthways at ½" (1cm) intervals, cutting about halfway through the meat. Season the chicken with salt and pepper, then place the chicken breast over the spinach. Pick the thyme leaves off the sprigs and sprinkle over the chicken.

Divide the garlic, chili and lemon over each chicken breast. Drizzle everything with 1½ tbsp. olive oil.

Fold the foil over the ingredients, and tightly roll the edges to seal the packets completely.

Carefully transfer the foil packets to a baking sheet and place on the middle shelf of the oven, and bake for 15 minutes, or until the chicken is cooked through.

Once done, remove from the oven and set the packets aside to steam for 5 minutes before opening.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	442kcal	27g	43g	18g



Meal Prep Jerk Chicken & Pineapple Salsa

Serves 4

55 Minutes

21.1 oz. (600g) cooked rice

For the pineapple black bean salsa:

10.9 oz. (310g) pineapple, diced

8.4 oz. (240g) canned black beans, rinsed

½ red onion, finely diced

0.5 oz. (15g) cilantro, chopped (coriander)

1 lime

1 pinch of crushed red pepper (optional)

For the jerk chicken:

1 tbsp. jerk seasoning

1.3 lbs. (600g) boneless, skinless chicken breasts

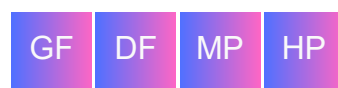
Place the pineapple, black beans, red onion and cilantro in a large bowl. Squeeze the juice of half a lime over the ingredients. Season with salt and red pepper flakes, and stir to combine. Set the remaining half of the lime aside to cut into wedges for serving.

Rub jerk seasoning evenly over both sides of the chicken breasts.

Heat 1 tbsp. of oil in a large skillet over medium heat. Cook the chicken for 7 minutes on each side, or until the chicken is browned and fully cooked. Slice the chicken into ½" (1cm) wide strips.

Serve 7 oz. (200g) of rice per plate, or meal prep container. Top each serving with 7 oz. (200g) of salsa, and add a few strips of jerk chicken. Add a wedge of lime to each serving.

Note: Optional ingredients are not included in the nutritional information.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	560kcal	77g	45g	8g



Rendang-Spiced Beef & Cauliflower Rice

Serves 4

49 Minutes

1.1 lbs. (500g) 95% lean ground beef

1 head of cauliflower

1 heaped tsp. rendang powder

½ oz. (15g) fresh mint, plus extra to garnish

14 oz. (400g) can light coconut milk

Heat 1 tbsp. of olive oil in a large pan over a high heat. Add the beef, stirring regularly and breaking it up, until cooked through.

Remove and discard the tough outer cauliflower leaves. Place the tender leaves in a food processor.

Halve the cauliflower, cutting one half into florets and adding to the beef.

Cut the second half into florets, and place into the food processor along with the stalk.

Stir the rendang powder into the beef and cauliflower, cooking for 10 minutes until crispy.

Meanwhile, add half of the mint, and seasoning to the food processor along with the cauliflower, and process to form cauliflower rice. Place the mixture into a bowl and microwave for 4-5 minutes.

Add the remaining mint to the beef, then pour in coconut milk and half a can of water. Simmer for 5 minutes. Taste and adjust seasoning with salt & pepper.

Serve the beef with the cauliflower rice on the side, garnished with mint leaves.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	359kcal	10g	28g	23g



Dijon & Turmeric Tuna Parcels

Serves 4

35 Minutes

4 tbsp. mayonnaise

1 tbsp. fresh parsley,
chopped

2 tsp. Dijon mustard

1 tsp. honey

½ tsp. ground turmeric

8 oz. (225g) potatoes,
sliced (about ¼"/ ¼ cm
thick)

5 oz. (140g) kale, chopped

1.2 lbs. (565g) tuna steak
(cut into 4 steaks roughly
1 ½"/ 2 ½ cm thick)

Preheat the oven to 450°F (230°C). Cut 4 large sheets of parchment paper (16x12" /40x30 cm each).

Combine mayonnaise, parsley, Dijon mustard, honey and turmeric in a small bowl.

Fold each parchment sheet in half, then open. Divide the potato slices evenly among the sheets. Season the potatoes with ¼ teaspoon of salt and ⅛ teaspoon of black pepper.

Add an equal amount of kale to each parcel, then place a piece of tuna on top. Season the tuna with ¼ teaspoon of salt and black pepper. Brush the tuna with the mayonnaise mixture.

Fold the parchment over and tightly seal the edges with small folds. Arrange the packets on a baking sheet.

Bake for 10-15 minutes, until the tuna is cooked through. Carefully open one packet to check done (take care with steam). Set the packets aside to rest for 3 minutes.

To serve, cut an X in the top of each packet and gently fold to open. Transfer to a plate or serve straight from the parcel.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	308kcal	13g	37g	12g



Peanut Butter Banana Cottage Cheese Bark

Serves 8

2 Hours 5 Minutes

2 bananas, sliced
1 lb. (450g) cottage cheese
3 tbsp. peanut butter, divided
2 tbsp. honey
1 tsp. vanilla extract
3 tbsp. chocolate chips, melted
3 tbsp. granola
2 tbsp. peanuts, chopped
flaky sea salt (optional)

Line a rimmed baking sheet with parchment paper or a silicone liner. Arrange the banana slices in a rectangle (approx. 35 slices, 5x7 layout).

Place the cottage cheese, 2 tablespoons of peanut butter, honey and vanilla extract into a blender, or food processor, and blend until smooth.

Pour the mixture over the bananas and spread it into an even layer. Drizzle the remaining tablespoon of peanut butter on top.

Melt the chocolate chips in the microwave, stirring every 30 seconds until smooth (about 60-90 seconds in total). Drizzle the chocolate in a zigzag pattern over the bark.

Sprinkle over the granola, chopped peanuts, and a small pinch of flaky sea salt (optional).

Place into the freezer for at least 2 hours, or until fully frozen. Break the bark into pieces by hand or cut into chunks with a knife.

Storage: Store in a freezer-safe container or Ziploc bag for up to 3 months.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	193kcal	19g	9g	9g



Salted Cinnamon Protein Bars

Serves 8

1 Hour 10 Minutes

1.4 oz. (40g) vanilla whey protein powder

1 tsp. cinnamon

3.5 oz. (100g) rolled oats

2 tbsp. coconut oil, melted

4.2 oz. (120g) natural almond butter

2.6 oz. (75g) honey

flaky sea salt

In a food processor fitted with a steel S blade, add the protein powder, cinnamon, and rolled oats. Blend for 1 minute until the oats are powdery and fine.

Add the melted coconut oil, almond butter, honey, and vanilla extract to the food processor. Blend for another 30 seconds until the mixture is well combined.

Fold some of the mixture in your hand; it should form a ball and not crumble. If the mixture is crumbly, add 1 tbsp. water and process again.

Line a 9 x 5 inch loaf pan with parchment paper, and press the protein bar mixture into the pan. Sprinkle with flaky sea salt, then chill for 2 hours.

Remove the bars from the loaf pan and cut them into 8 squares.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	220kcal	19g	9g	12g



Blueberry Cheesecake Protein Smoothie

Serves 2

5 Minutes

7.9 oz. (225g) frozen blueberries

8 oz. (240ml) unsweetened vanilla almond milk

4 oz. (115g) Greek Yogurt

1 oz. (30g) vanilla protein powder

2 tbsp. cream cheese

To serve (optional):
2 tbsp. Greek yogurt

4 lotus biscuits

blueberries

Place all the ingredients into a high-speed blender and blend until smooth. Divide equally between 2 glasses and serve.

Optional: Top with more yogurt, blueberries and lotus biscuits before serving (not included in nutritional breakdown).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	227kcal	21g	20g	7g