

# HIGH PROTEIN, LOW CARB RECIPE PACK

Discover the collection of simple highprotein recipes, including breakfast, lunch, dinner, treats and smoothie options.

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### **RECIPE KEY**







### WEEKLY MEAL PLANNER EXAMPLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Spanish Zucchini Tortilla	BREAKFAST Omelet Wraps	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Omelet Wraps	BREAKFAST Egg & Turkey Stuffed Peppers	BREAKFAST Cinnamon Roll Protein Smoothie	BREAKFAST Spanish Zucchini Tortilla
LUNCH Chicken Orange & Walnut Salad	LUNCH Leftovers: Turkey broccoli Stir fry	LUNCH Leftovers: Baked Salmon With Rice and Tomatoes	LUNCH Leftovers: Moroccan Cod & Quinoa Salad	LUNCH Leftovers: Slow Cooker Chicken Fajitas	LUNCH Egg. Bacon & Avocado Bowl	LUNCH Tuna & Quinoa Toss Salad
SNACK Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK Cinnamon Roll Protein Smoothie, Protein Fruit Bowls	SNACK A handful of raw nuts and berries	SNACK A handful of raw nuts and berries	SNACK Blueberry Protein Smoothie	SNACK Blueberry Protein Smoothie	SNACK One Almond Energy Ball
DINNER Turkey Broccoli stir-fry	DINNER Baked Salmon Tray with Rice & tomatoes	DINNER Moroccan Cod & Quinoa Salad	<b>DINNER</b> Slow Cooker Chicken Fajitas	DINNER Jerk Chicken with Cauliflower Rice	DINNER Meal Out - Enjoy!	DINNER Braised Chuck roast with Peppers & Kale

**ACTIVE REMEDY** 

### SPANISH ZUCCHINI EGG TORTILLA



### SPANISH ZUCCHINI EGG TORTILLA



Serves: 2 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 377 kcal 22g Fats 22g Carbs 25g Protein



#### WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

#### WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the onion over mediumhigh heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla, using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.











### **SHAKSHUKA**



Serves: 2 Prep: 5 mins Cook: 25 mins



Nutrition per serving: 426 kcal 29g Fats 21g Carbs 23g Protein



#### WHAT YOU NEED

- 6 eggs
- 4 medium tomatoes
- 2 red bell peppers cut into  $\frac{1}{2}$  inch cubes
- 1 small chopped jalapeno pepper
- 2 garlic cloves
- $\frac{1}{2}$  tsp. cumin
- <sup>1</sup>/<sub>2</sub> tsp. smoked paprika
- 2 tbsp. olive oil
- 1 tbsp. tomato paste

#### WHAT YOU NEED TO DO

In a large frying pan heat the olive oil with the cumin and smoked paprika.

Add the peppers and the jalapeno and stir over medium heat for 5 minutes.

Add the tomato paste and stir for a minute. Add the garlic and stir for another minute.

Add the tomatoes and stir over high heat for 2 minutes until a sauce is formed.

Season with salt and pepper, cover the pan and simmer for about 20min. The sauce should be thick.

Create small wells in the sauce with a spoon and gently pure an egg into each well keeping the yoks whole.

Season the eggs with a little salt and pepper, cover the pan and cook over low heat for about 5min.

The egg whites should be cooked and the yolks a little runny.





### AVOCADO & EGG PASTE



### **AVOCADO & EGG PASTE**



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 298 kcal 24g Fats 9g Carbs 11g Protein



#### WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

#### WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic and add to the eggs.

Half the avocado and cut the flesh into cubes. Place the avocado and coriander in the bowl. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.





# SMOKED SALMON, FETA OMELET

### SMOKED SALMON, FATA OMELET



Serves: 2 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 326 Cal 22g Fats 6g Carbs 27g Protein

#### WHAT YOU NEED

- 1 tsp. coconut oil ٠
- 6 large eggs
- 5 tbsp. (70ml) milk, or almond milk.
- 2 oz. (60g) smoked salmon, cut into pieces
- <sup>1</sup>/<sub>4</sub> cup (30g) feta cheese, cubed
- 4-5 cherry tomatoes, halved
- dill, to serve

PRO TIP: The length of time in the oven will depend on the size of pan and thickness of the egg mixture.

#### WHAT YOU NEED TO DO

In a bowl, whisk eggs with the milk, salt and pepper. Add salmon and cubed cheese, mix everything well.

Heat the oven to 350F (180C). Heat the oil in a pan (diameter of approx. 24 cm) over medium heat, and pour in the egg mixture, rearrange the toppings if necessary. Top with the halved cherry tomatoes (cut end up).

Cover the pan with a lid and cook until the mass is set for about 5 minutes. Then place in the oven (without cover), and cook for another 6-10 minutes, until the mass sets.

To serve sprinkle with fresh dill and season with freshly ground black pepper.





### HIGH PROTEIN BLUEBERRY PANCAKES



### HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 257 kcal 5g Fats 18g Carbs 36g Protein



#### WHAT YOU NEED

- 4 eggs
- 2 scoop (25g) whey powder
- 1 banana, mashed
- almond milk, if needed
- 1/2 cup (25g) fresh or frozen blueberries
- 1 tsp. coconut oil

### WHAT YOU NEED TO DO

Whisk together the eggs and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.





### EGGS FRIED ON TOMATOES WITH TUNA

### EGGS FRIED ON TOMATOES WITH TUNA



Serves: 2 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 307 kcal 15g Fats 8g Carbs 32g Protein





#### WHAT YOU NEED

- 2 large tomato
- 2 tsp. olive oil
- 4 eggs
- 6 oz. (80g) tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

#### WHAT YOU NEED TO DO

Chop the tomatoes into cubes.

Heat the oil in a small frying pan, add the chopped tomatoes and fry over a high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

• Replace tuna with feta or Gorgonzola cheese



### SUMMER SMOOTHIE PROTEIN BOWL

### SUMMER SMOOTHIE PROTEIN BOWL



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 292 kcal 5g Fats 36g Carbs 28g Protein

#### WHAT YOU NEED

- 2 medium peaches, chopped, frozen
- 1 cup blueberries
- <sup>3</sup>/<sub>4</sub> cup (190g) natural yogurt
- ½ cup (125ml) coconut water
- 2 scoop (50g) vanilla protein powder

### **Optional Toppings:**

- Fresh berries
- Goji berries
- Walnuts
- Chia seeds

#### WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 2 bowls, add your favourite toppings and serve straight away.

### NOTE:

Toppings are not included in macronutrient information, or shopping list.





### TURMERIC POACHED EGG



### **TURMERIC POACHED EGG**



Serves: 2 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 321 kcal 23g Fats 8g Carbs 21g Protein



#### WHAT YOU NEED

- 2 tsp. pine nuts
- 2 cups of fresh spinach
- 1 cup of tomatoes halved
- 1 tbsp. olive oil ٠
- 1 tbsp. white wine vinegar
- 1 tsp ground turmeric
- 6 medium-sized eggs

#### WHAT YOU NEED TO DO

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir-fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 min, repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.





### SMOKED MACKEREL & EGG PASTE

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### SMOKED MACKEREL & EGG PASTE



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 377 cal 22g Fats 9g Carbs 36g Protein

### WHAT YOU NEED

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1 small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. natural yogurt (or more mayo)
- bunch of chives, chopped

#### WHAT YOU NEED TO DO

Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.

Clean the fish from bone and skin, then chop the meat and add to the bowl.

Finely chop the onion and gherkins, and also add to the bowl.

Season with salt and freshly ground pepper, mix with the mayonnaise, yogurt and chopped chives.





### SPINACH SHAKSHUKA



### SPINACH SHAKSHUKA



Serves: 2 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 386 kcal 25g Fats 19g Carbs 24g Protein



#### WHAT YOU NEED

- 1 tbsp. olive oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 6 eggs
- handful parsley, chopped

#### WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt & pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.

Dress in fresh parsley and serve.





### HERBY BREAKFAST SAUSAGES





### HERBY BREAKFAST SAUSAGES



Serves 2 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 224 kcal 12g Fats 8g Carbs 28g Protein



#### WHAT YOU NEED

- 9 oz. (250g) ground pork
- salt & pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

#### WHAT YOU NEED TO DO

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.





### CHICKEN, ORANGE AND PECAN SALAD





### CHICKEN, ORANGE AND PECAN SALAD



Serves: 2 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 681 kcal 44g Fats 37g Carbs 41g Protein



#### WHAT YOU NEED

### For the Dressing:

- 1 tsp. of honey
- 2 tbsp. mustard
- 3 tbsp. olive oil
- 2 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

### For the Salad:

- 12oz chicken breast
- 2 cups chopped rocket
- 2 cups chopped Romain lettuce
- 1 orange cut to cubes
- 1/3 pomegranate fruit, seeds ٠
- <sup>1</sup>/<sub>4</sub> cup (30g) pecans, roasted

#### WHAT YOU NEED TO DO

Peel orange and, cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.

Mix the ingredients of the dressing in a cup, season with salt and pepper.

Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan – grill for 4 minutes on both sides.

Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled slightly slice into pieces.

Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.





## WALDORF CHICKEN SALAD

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### WALDORF CHICKEN SALAD



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 583 kcal 34g Fats 31g Carbs 40g Protein

#### WHAT YOU NEED

- 10 oz (300g) chicken, cooked, shredded or chopped
- 4 celery stalks, chopped
- 2 apple, peeled, deseeded, chopped
- 1/4 cup (40g) raisins
- 1/2 cup (30g) walnuts, chopped
- ½ cup tbsp. natural low fat yogurt
- 2 tbsp. lemon juice
- 5 oz. (90g) mixed salad leaves

#### WHAT YOU NEED TO DO

Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.

Divide the salad leaves between bowls and top with the filling. Served with freshly ground black pepper.

VEGGIE OPTION: Instead of chicken add tofu.





### TUNA & QUINOA TOSS SALAD

### **TUNA & QUINOA TOSS SALAD**



Serves: 2 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 399 kcal 11g Fats 41g Carbs 37g Protein



#### WHAT YOU NEED

#### For the Dressing:

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard ٠
- salt & pepper, to taste

#### For the Salad:

- 1 cup (185g) cooked guinoa
- 1/4 cup (50g)pre-cooked chickpeas, rinsed and drained
- 1/2 cucumber, chopped
- 1 tbsp. crumbled feta cheese ٠
- 10 cherry tomatoes, halved ٠
- 2 cans tuna (7 oz./200g drained)

#### WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine the dressing ingredients in a small bowl. Combine quinoa and the remaining ingredients in a bowl.

Drizzle with the earlier made dressing and toss gently to coat.





# EGG, BACON & AVOCADO BOWL

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### EGG, BACON & AVOCADO BOWL



Serves: 2 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 378 kcal 32g Fats 14g Carbs 23g Protein

#### WHAT YOU NEED

- 4 bacon medallions
- 4 hardboiled eggs, chopped
- 1 large avocado, chopped
- 2 tbsp. red onion, finely chopped
- 2 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

#### WHAT YOU NEED TO DO

Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.

Combine the bacon eggs, avocado, onion and bell pepper in a bowl.

Season with salt and pepper to serve.





### GRILLED VEGETABLE SALAD WITH TUNA
# **GRILLED VEGETABLE SALAD WITH TUNA**



Serves: 2 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 543 kcal 37g Fats 26g Carbs 33g Protein



#### WHAT YOU NEED

- 1 lemon
- 3 tbsp. olive oil
- 1.5 (300) tuna pieces in water
- 1/2 cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2 <sup>3</sup>/<sub>4</sub> cups (350g) asparagus
- <sup>1</sup>/<sub>2</sub> cup (50g) pistachio nuts, peeled and chopped

#### WHAT YOU NEED TO DO

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna.

Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and olive oil. Add in the garlic and blend until smooth. Season with pepper and salt.

Cut the zucchinis into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade, mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.





# MISO SALMON WITH ZUCCHINI NOODLES

# MISO SALMON WITH ZUCCHINI NOODLES



Serves: 2 Prep: 20 mins Cook: 15 mins



Nutrition per serving: 614 kcal 38g Fats 27g Carbs 40g Protein



#### WHAT YOU NEED

#### For the Salmon:

- 2 salmon fillets, 7 oz. (190g) each
- 2 tbsp. miso paste
- 1 tsp. honey ٠
- <sup>1</sup>/<sub>4</sub> cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

### For the Noodles:

- 14 oz. (400g) zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 2 tbsp. soy sauce
- juice of 1 lime

#### WHAT YOU NEED TO DO

Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 mins.

In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate until serving.

Preheat oven to 350F (180C).

Place the salmon in an oven proof dish and pour some of the marinade over it. Bake for 12 mins and then turn the broiler on for about 2-3 mins to brown the top. Check often to avoid burning.

Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.





# **MOROCCAN COD & QUINOA SALAD**





# **MOROCCAN COD & QUINOA SALAD**



Serves: 2 Prep: 5 + 30 mins Cook: 15-25 mins



Nutrition per serving: 732 kcal 48 Fats 38g Carbs 42g Protein



- 12 oz. (340g) cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- <sup>1</sup>/<sub>2</sub> tsp. turmeric
- ½ tsp. paprika
- <sup>1</sup>/<sub>2</sub> tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- 1/2 cup of cooked quinoa
- 1 tomato, chopped
- 1/4 onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

#### WHAT YOU NEED TO DO

Drizzle the cod fillets with lemon juice. Then season with salt & pepper, rub with the garlic, and the rest of the spices, coat with 1 tbsp. of oil. Leave for half an hour to marinade, if you have time.

#### Cook the quinoa:

Put the quinoa in a pot, add 1.5 cup water and bring to a boil. Lower to minimum heat, cover the pot and cook for 12 min. Keep the pot covered for 10 min before use.

Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt & pepper, mix and set aside.

Heat the pan, and fry the cod for about 3-4 minutes each side, until cooked throughout, then remove from the pan.

Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the earlier prepared tomato salad. Serve with lemon wedges.





### TURKEY & BROCCOLI STIR FRY





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# TURKEY &. BROCCOLI STIR FRY



Serves: 2 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 494 kcal 16g Fats 56g Carbs 42g Protein



- 3.5 oz. (100g) black rice noodles
- 7 oz. (200g) turkey fillet, chopped
- 1 broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

#### WHAT YOU NEED TO DO

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 mins).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the earlier cooked noodles and heat it for a 2 - 3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.





### CHICKEN THIGHS WITH HOISIN RICE

# CHICKEN THIGHS WITH HOISIN RICE



Serves: 6 Prep: 5 mins Cook: 50 mins



Nutrition per serving: 436 kcal 20 Fats 21g Carbs 38g Protein



#### WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 heaped cups (500ml) chicken stock
- 4 tbsp. dried cranberries

### For the Sauce:

- 3 tbsp. soy sauce
- 2 tbsp. of rice vinegar
- 1 tbsp. of peanut butter ٠
- 1 tsp. of chili flakes •
- 1 tsp. of honey ٠
- 1 tsp. of sesame oil

#### WHAT YOU NEED TO DO

Heat the oven to 375F (190C). Heat the oil in a large pan.

Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.

Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.

Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.

Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.

Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.

Transfer the rice into an over-proof dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.

Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.





# SLOW COOKER CHICKEN FAJITAS





# **SLOW COOKER CHICKEN FAJITAS**



Serves: 6 Prep: 10 mins Cook: 3-4hrs



Nutrition per serving: 238 kcal 23g Fats 16g Carbs 37g Protein



#### WHAT YOU NEED

- 2 lb (900g) boneless skinless chicken thighs
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup chopped tomatoes

#### WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in in the slow-cooked, mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

### Suggested serving (not included in nutrition info) :

• tortillas, cream, guacamole, coriander





# CUCUMBER, AVOCADO & CHICKEN SALAD





### CUCUMBER, AVOCADO & CHICKEN SALAD



Serves: 2 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 608 kcal 40g Fats 24g Carbs 42g Protein



#### WHAT YOU NEED

### For the Salad:

- <sup>1</sup>/<sub>2</sub> head Romain lettuce, shredded
- a dozen basil leaves, torn
- 1 avocado
- 2 tsp. lemon juice ٠
- <sup>1</sup>/<sub>2</sub> cucumber, peeled
- 1/4 cup (25g) walnuts

### For the Chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey ٠

### For the Sauce:

- 3 tbsp. Yoghurt
- 1 tbsp. mayo ٠
- 1 garlic clove, minced

#### WHAT YOU NEED TO DO

Place the Romain lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.

Prepare the garlic sauce by mixing all the sauce ingredients – season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour over the garlic sauce, and serve.





# **CAJUN BEEF & VEG RICE**





**ACTIVE REMEDY** 

# CAJUN BEEF & VEG RICE



Serves: 3 Prep: 10 mins Cook: 25 mins



Nutrition per serving: 579 kcal 27g Fats 42g Carbs 40g Protein



#### WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1.5 cups cooked rice

#### WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef, season with salt and pepper and cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and heat for about 3-4 minutes.

Sprinkle with the green parts of the spring onion and serve.





### LAAP - THAI PORK SALAD





# LAAP - THAI PORK SALAD



Serves: 4 Prep: 5 mins Cook: 15 mins



Nutrition per serving: 550 kcal 39 Fats 5g Carbs 45g Protein



#### WHAT YOU NEED

- 1.5-pound ground pork
- 2 tbsp. coconut oil
- $\frac{1}{2}$  tsp. ground cumin
- 1 cup loosely chopped cilantro
- 1 cup loosely chopped mint leaves
- 4 stalks green onion, chopped
- 1 small red onion sliced
- 1 1/2 tbsp. ginger, grated
- a pinch of chilli flakes
- 3 sliced cucumbers
- 2 tbsp. fish sauce
- 1 lime juice

#### WHAT YOU NEED TO DO

Put the meat in a bowl and salt it with about half tbsp. salt.

In a large heavy pan heat the oil and add the ground cumin and ginger. Let the cumin dissolve in the oil. Don't worry if the ginger is lightly browned but make sure not to burn it.

Add the meat to the hot oil and sauté it until most of the liquids from the meat are evaporated.

put the meat in a mixing bowl and add the rest of the ingredients.

*Mix well.* Adjust the saltiness if needed with more fish sauce or salt.

Serve with slices of cucumber.





# HOMEMADE QUINOA CHICKEN NUGGETS



# HOMEMADE QUINOA CHICKEN NUGGETS



Serves: 4 Prep: 25 mins Cook: 20 mins



Nutrition per serving: 224 kcal 6g Fats 10g Carbs 33g Protein



#### WHAT YOU NEED

- 1 lbs. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked guinoa
- 1 egg, beaten
- <sup>1</sup>/<sub>4</sub> cup (30g) cup parmesan, grated
- 1 tbsp. dried herbs, of choice

#### WHAT YOU NEED TO DO

Set oven to 350F (180C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 mins, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.

Increase the oven temperature to 390F (200C).

Chop the chicken into chunks. Whisk the egg in a bowl together with the parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken first in the egg, then coat with the quinoa.

Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.





# SIMPLE CHICKEN CURRY WITH SAFFRON RICE





# SIMPLE CHICKEN CURRY WITH SAFFRON RICE



Serves: 4 Prep: 10-15 mins Cook: 30-45 mins



Nutrition per serving: 690 kcal 29g Fats 47g Carbs 47g Protein



### WHAT YOU NEED

### For the Chicken:

- 12 skinless chicken thighs fillets
- 2 tbsp coconut oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 6 cloves garlic, minced
- 1/2 tsp. black pepper
- 3 large tomatoes, chopped
- 1 ½ tsp. turmeric

### For the Rice:

- 1/4 cup (60ml) boiling water
- pinch saffron threads (roughly 1/8 tsp.)
- 1 cup (225g) basmati rice
- 1 tsp. coconut oil
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1 3/4 cup vegetable stock

#### WHAT YOU NEED TO DO

Season the thighs with salt and pepper.

Heat the oil in the pan, fry the thighs on both sides until golden brown. Remove from the pan and set aside.

In the same pan sauté the diced onion, garlic and ginger for 3-4 mins, often stirring – season with pepper and turmeric. Then add chopped tomatoes, and 1/4 cup of water, season with salt and bring to a boil.

Place the chicken thighs in the simmering sauce, cover with a lid and cook for about 30-45 mins or until the meat is tender.

In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.

In a medium pot, combine saffron and the water with the rice and all other ingredients.

Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat and let sit for covered another 10 minutes before serving.

Serve 2 chicken thighs along with sauce and a serving of saffron rice.

*Tip*: rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.





### BAKED SALMON TRAY WITH RICE & TOMATOES

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# **BAKED SALMON TRAY WITH RICE & TOMATOES**



Serves: 4 Prep: 5 mins Cook: 30 mins



Nutrition per serving: 476 kcal 19g Fats 44g Carbs 31g Protein



#### WHAT YOU NEED

- 14 oz. (400g) salmon fillet, skin removed
- 1 tsp. honey
- 2 tbsp. soy sauce
- 2 tbsp. olive oil
- 4 slices of lemon + 2 tbsp. of juice
- 7/8 cup (200g) jasmine rice
- 1 cup (150g) cherry tomatoes
- handful basil leaves
- 4 tbsp. natural yoghurt, 0% fat

### Spices:

- 2 tsp. paprika
- 1/2 tsp. curry
- 1 tsp. oregano
- pinch of chilli flakes

#### WHAT YOU NEED TO DO

Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. olive oil and 2 tbsp. of lemon juice, mix everything and cover the salmon.

Preheat oven to 400F (200C).

Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.

Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chilli flakes.

Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.

Serve with a dollop of natural yoghurt.





# COD WITH CREAMY ZOODLES

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# **COD WITH CREAMY ZOODLES**



Serves: 2 Prep: 10 mins Cook: 20 mins



Nutrition per serving: 336 kcal 16g Fats 13g Carbs 43g Protein



### WHAT YOU NEED

#### For the Fish:

- 14 oz. (420g) cod fillets
- 1 tsp paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- 1/4 cup (60ml) vegetable stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

### For the Zucchini:

- 2 medium zucchinis
- 1 tsp. coconut oil
- 1 clove garlic, minced
- 4 sundried tomatoes

#### WHAT YOU NEED TO DO

#### For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together, pour into the pan with the cod and bring to the boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

#### For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3 - 4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.





# JERK CHICKEN WITH CAULIFLOWER RICE





# JERK CHICKEN WITH CAULIFLOWER RICE



Serves: 4 Prep: 15 mins Cook: 15 mins



Nutrition per serving: 397 kcal 24g Fats 15g Carbs 33g Protein



### WHAT YOU NEED

### For the Marinade:

- 1 tsp. dried thyme leaves
- 1 tsp. ground allspice
- 2 tbsp. brown sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper •
- 2 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1/2 tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

### For the Chicken & Rice:

- 1 lbs (450g) chicken breast
- 14oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1 onion, diced
- 3 garlic cloves, minced ٠
- 1 cup (250ml) canned light coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- lime wedges, to serve

#### WHAT YOU NEED TO DO

*Combine all marinade ingredients in a bowl or container.* Add chicken breasts and turn to coat in marinade, leave to marinade for 15 mins or overnight.

Heat the 1 tbsp. coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next add in the garlic and cauliflower rice, cook for 2 minutes and add in coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.





# SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE



### SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE



Serves: 4 Prep: 10 + 1 h Cook: 15 mins



Nutrition per serving: 507 kcal 19g Fats 40g Carbs 45g Protein



#### WHAT YOU NEED

- 4 salmon fillets (5 oz. / 150g each)
- 5 oz. (150g) green beans, frozen
- 1 cup (150g) sweetcorn
- 2 tbsp. sesame seeds
- 1 tbsp. sesame oil

#### For the Sauce:

- 8 tbsp. soy sauce
- 3 tbsp. maple syrup
- 1 tbsp. lime juice
- 4 tbsp. grated ginger
- 2 garlic cloves, grated

#### WHAT YOU NEED TO DO

Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.

Cut the skin off the salmon then rinse, dry and marinate in the earlier prepared sauce for 1 hour.

In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before the end of cooking, then drain. Next add the sweetcorn and mix well.

Preheat the oven to 450F (230C). Place the salmon into an oven proof dish leaving the marinade aside. Bake for 8-10 minutes and 3 minutes before the end of baking sprinkle with sesame seeds.

Transfer the marinade into a small saucepan and heat until it thickens, then mix in the sesame oil, take off the heat and set aside.

To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.





# **GRILLED LEMON CHICKEN SALAD**

# **GRILLED LEMON CHICKEN SALAD**



Serves: 4 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 242 kcal 8g Fats 2g Carbs 38g Protein



#### WHAT YOU NEED

- 2 lemons
  - 1 1/2 tbsp. oregano
- 11/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

#### WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.





# TOM YUM SOUP WITH FISH AND SHRIMPS





# TOM YUM SOUP WITH SHRIMPS



Serves: 4 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 106 kcal 6g Fats 4g Carbs 30g Protein



### WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 1.5-pound white fish like cod or sole.
- 2 tbsp. (30g) Tom yum paste
- scant ½ cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- <sup>3</sup>/<sub>4</sub> cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- chili, to garnish

### WHAT YOU NEED TO DO

Pour stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.

Next, add the shrimps and fish, and cook for about 5 minute on low heat. Season with fish sauce and lime juice.

Garnish with fresh coriander and chili to serve.





# **PEPPER STEAK**





# **PEPPER STEAK**



Prep: 5 mins Cook: 10 mins



Nutrition per serving: 374 kcal 12g Fats 24g Carbs 44g Protein





- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour (optional)
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- 1/2 tsp. black pepper
- crushed red pepper flakes, to taste

### WHAT YOU NEED TO DO

Slice the beef into thin slices. Place in a bowl and add 4 tsp of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next stir the meat, cooking another 2 minutes and transfer on to a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Return beef to the pan, add the earlier prepared sauce and red pepper flakes (optional). Stir fry about 30-60 seconds on medium heat until slightly thickened.

Serves with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.







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### QUICK & EASY MEATBALLS



Serves: 4 Prep: 15 mins Cook: 20 mins



Nutrition per serving: 309 kcal 14g Fats 9g Carbs 36g Protein

### WHAT YOU NEED

- 1 lb. (500g) lean ground beef
- 1 small onion, finely diced2 garlic cloves, minced
- 2 gartic cloves, minice
- 1 red pepper, diced
- 1 egg
- 1/2 cup (30g) buckwheat flour
- 1/4 cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

#### WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands.

Once everything is well combined, form 12 meatballs the size of a golf ball (use a  $\frac{1}{4}$  cup for measuring).

Wrap each meatball in a slice of bacon and place on a baking sheet.

Bake for 20 mins. For the last 4-5 mins set the oven to grill/broil to crisp the outside.





### LAMB MEATBALLS IN DILL YOGURT





### LAMB MEATBALLS IN DILL YOGURT



Serves: 3 Prep: 10 mins Cook: 10 mins

Nutrition per serving: 490 kcal 28g Fats 5g Carbs 52g Protein



#### WHAT YOU NEED

1 pound ground lamb 2 medium zucchinis, thickly grated 1/2 chopped onion 1/2 tbsp. ground cumin 1/2 tbsp. dried thyme 1/2 tbsp. chopped dill 3-4 sage leaves – chopped 2 garlic cloves – thinly sliced Salt and fresh ground pepper 1 egg 1 cup chicken broth

3-4 tsp goat or lamb yogurt.

#### WHAT YOU NEED TO DO

In a bowl put the meat, zucchinis, onion, thyme, cumin, egg, salt and pepper. knead everything with your hand until you achieve a homogenized mix that is a bit sticky.

For each ball-patty, take about 2tbs from the mix in your hands and create a ball. Then flatten it a little and put aside.

In a large non-stick pan, put 4 tbsp. olive oil and heat it on medium for 1 min.

Gently, lay the patties in the hot oil and flip them over after 3-4 minutes until golden-brown on both sides. Then put the patties aside on a paper towel.

Put the rest of the olive oil in a pan together with the sage and garlic and gently sauté for 2min. Make sure to to burn the garlic.

Add the broth salt and pepper and simmer for 5 min.

Add the patties to the pan and cook for 15 min on low heat.

*Turn off the heat and immediately add the yogurt and dill and mix so the the sauce coats the patties.* 





### PETRALE FISH WITH MASHED SWEET POTATO





## PETRALE FISH WITH MASHED SWEET POTATO



Serves: 2 Prep: 15 mins Cook: 25 mins



Nutrition per serving: 530 kcal 25g Fats 34g Carbs 43g Protein



#### WHAT YOU NEED

- 1 pound petrale or any other white fish
- 2 tbsp. coconut oil
- 2 tbsp. chopped green onion
- 3 tbsp. soy sauce
- 2 medium sweet potatoes
- 1 tbsp. butter
- 1/2 cup almond milk

#### WHAT YOU NEED TO DO

Start with the mashed sweet potatoes:

Peel the sweet potatoes and cut into 2inch pieces.

Steam or boil the potatoes until soft. Transfer to a pot and mash. While on low heat, mix in the butter, salt and almond milk. Mix together until the almond milk has dried but the mash is soft and silky.

The fish:

Preheat oven to 400F.

Put the fish fillets on a tray and season with salt and fresh ground pepper.

Distribute the soy souse, coconut oil and chopped green onions evenly on the fish fillets.

Bake for 8-12 minutes depending on the thickness of fish fillets.





### **BRAISED CHUCKROAST** WITH PEPPERS AND KALE





### **BRAISED BEEF ROAST WITH PEPPERS AND KALE**



Serves: 4 Prep: 10 mins Cook: 1 hr.



Nutrition per serving: 532 kcal 29g Fats 19g Carbs 52g Protein



#### WHAT YOU NEED

- 2 pounds beef chuck roast cut into 2-inch cubes.
- 4 tbs olive oil or ghee.
- 1 cup white wine
- 2 big red peppers chopped into small cubes.
- 1 bunch Dinosaur kale cut into 1inch cubes
- 1 big onion, chopped.
- 3 garlic cloves, crushed
- 3 medium tomatoes diced.
- 1 tbsp. tomato paste.
- 1 tsp. smoked paprika
- 1 tsp. cumin
- Salt and fresh ground black pepper

#### WHAT YOU NEED TO DO

- Pre-heat the oven for 275F.
- Liberally season the meat with salt and pepper.
- In a large cast iron pot, heat the oil or ghee. Brown the chuck cubes from all sides on medium heat. It takes 6-8 minutes to brown the meat well from all sides. Put the meat aside
- In the same pot add 1tbs oil and sauté the peppers and onions for 4 minutes on medium heat.
- Add the garlic and sauté for another minute.
- Add the wine and use it to scrape all the flavor-containing bits that are left from the browning process. Reduce the liquids in half.
- Add the tomatoes and tomato paste. Stir everything gently until you get something that starts to look like a sauce.
- Add in the kale and stir.
- Add the spices, salt, and fresh ground pepper.
- Cook for 2-3 minutes on medium heat.
- Put the meat back in the pot. You want the meat to be about half covered with liquids, so add some water if needed. Cover and put in the oven for 3-4 hours.





## PROTEIN FRUIT BOWL



## **PROTEIN FRUIT BOWLS**



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 250 kcal 4g Fats 30g Carbs 25g Protein

### WHAT YOU NEED

### For the Mango Bowl:

- 7 oz. (200g) natural quark
- <sup>1</sup>/<sub>4</sub> mango, chopped ٠
- 1 tbsp. granola

### For the Strawberry Bowl:

- 7 oz. (200g) natural quark
- 5 strawberries, halved
- 1/2 banana, sliced
- 1 tbsp. coconut chips

#### WHAT YOU NEED TO DO

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.







### MATCHA CHAI PUDDING



### MATCHA CHAI PUDDING



Serves: 2 Prep: overnight Cook: 0 mins



Nutrition per serving: 275 kcal 9g Fats 19g Carbs 23g Protein

### WHAT YOU NEED

- <sup>1</sup>/<sub>4</sub> cup (30g) chia seeds
- 1 <sup>1</sup>/<sub>2</sub> cup almond milk
- 2 tsp. maple syrup
- 2 scoops whey protein or plant protein.
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

#### WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix and place in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.







### GREEN **PROTEIN SMOOTHIE**



**ACTIVE REMEDY** 

### **GREEN PROTEIN SMOOTHIE**



Serves: 1 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 350 kcal 12g Fats 34g Carbs 29g Protein

### WHAT YOU NEED

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- 2/3 cup (150ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

#### WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smooth.

Serve immediately.

### NOTE:

You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yoghurt (in that case reduce the amount of liquid).





## VANILLA & COFFEE PROTEIN SMOOTHIE



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## VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 174 kcal 6g Fats 4g Carbs 26g Protein



- 1/4 cup (60ml) espresso
- 1 2/3 cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds
- handful ice

#### WHAT YOU NEED TO DO

Please add ingredients in a high-speed blender and mix until smooth. Serve cold in a glass.







### ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE





# ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



Serves: 1 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 197 kcal 4g Fats 14g Carbs 26g Protein

### WHAT YOU NEED

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

#### WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.









### **CINNAMON ROLL PROTEIN SMOOTHIE**





# **CINNAMON ROLL PROTEIN SMOOTHIE**



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 162 kcal 3g Fats 15g Carbs 22g Protein



#### WHAT YOU NEED

- 1 banana
- 2 scoop (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk ٠
- 1 cup of ice cubes

### WHAT YOU NEED TO DO

Place all ingredients into a blender and pulse until smooth. Serve.





## ALMOND **ENERGY BALLS**





### ALMOND ENERGY BALLS



Makes: 6 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 178 kcal 14g Fats 8g Carbs 6g Protein

### WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

#### WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.





## PEANUT BUTTER PROTEIN FLUFF

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## PEANUT BUTTER PROTEIN BOWL



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 244 kcal 20g Fats 9g Carbs 9g Protein

#### WHAT YOU NEED

- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

#### WHAT YOU NEED TO DO

Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.

Transfer the mix into a bowl and top with your favourite toppings to serve.





