



October Recipe Pack

Discover 15 easy, healthy and tasty recipes, including:
breakfast, lunch, dinner, treat and smoothies.

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
Fruits 4 oranges 1 lime 2 bananas Vegetables 2 heads of garlic fresh ginger 2 carrots 2 onions 3 red onions 2 bunch green onions 2 red bell peppers 1 green bell pepper red chili pepper jalapeño pepper 2 eggplants (aubergine) 1.5 lbs. (690g) pumpkin kale 1 lb. (450g) tomatoes 1 sweet potato Fresh Herbs parsley cilantro (coriander) Dried Fruit dried cranberries Frozen Foods 2 packs frozen corn frozen peas	Meats 3 lbs. (1.3kg) beef short rib 1 ½ lbs. (680g) chicken breast 1 lb. (450g) ground turkey 1 ½ lbs. (680g) top round steak 5 oz. (140g) cooked ham Fish & Seafood 18 oz. (520g) salmon filets (4 filets) Cold 20 eggs Greek yogurt almond milk coconut milk parmesan cheese goat's cheese feta cheese cheddar cheese butter	Grains coconut flour cornstarch (cornflour) almond flour all-purpose flour whole wheat flour long-grain white rice couscous rolled oats Nuts & Seeds sesame seeds pumpkin seeds chia seeds pecans Baking baking powder baking soda vanilla extract cocoa powder Dried Herbs & Spices black pepper pumpkin spice blend (if making your own spice blend add ground ginger, ground nutmeg & ground cloves to your list) ground cinnamon cinnamon sticks chili flakes chili powder star anise dried oregano smoked paprika	Oils olive oil vegetable oil coconut oil sesame oil Sweeteners honey coconut sugar maple syrup Bosed, Canned & Condiments applesauce (unsweetened apple puree) 3x 14 oz. (400g) canned pumpkin puree 2x 14 oz. (400g) canned chopped tomatoes tomato passata (sauce) tomato paste (puree) katjap manis tamari sauce sriracha sauce harissa paste rice wine vinegar balsamic vinegar dijon mustard beef broth 2x chicken broth chicken stock cube Misc/Other salt vanilla protein powder wooden skewers

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Chocolate Chia Pudding	Chinese Tomato & Egg Soup	E.g. Pumpkin Pie Smoothie, Pumpkin Bars, Orange Olive Oil Cake, Chocolate Chia Pudding	Easy Pumpkin Turkey Chili
Tue	Omelet Egg Bake	Chinese Tomato & Egg Soup	E.g. Pumpkin Pie Smoothie, Pumpkin Bars, Orange Olive Oil Cake, Chocolate Chia Pudding	Teriyaki Beef Skewers
Wed	Omelet Egg Bake	Mexican Corn Salad	E.g. Pumpkin Pie Smoothie, Pumpkin Bars, Orange Olive Oil Cake, Chocolate Chia Pudding	Slow Cooker Asian Braised Beef
Thu	Chocolate Chia Pudding	Leftover Slow Cooker Asian Braised Beef	E.g. Pumpkin Pie Smoothie, Pumpkin Bars, Orange Olive Oil Cake, Chocolate Chia Pudding	Harissa Roasted Salmon
Fri	Pumpkin Pancakes	Leftover Harissa Roasted Salmon	E.g. Pumpkin Pie Smoothie, Pumpkin Bars, Orange Olive Oil Cake, Chocolate Chia Pudding	One Pot Chicken & Rice
Sat	Pumpkin Pie Smoothie	Roasted Pumpkin & Pecan Salad	E.g. Pumpkin Pie Smoothie, Pumpkin Bars, Orange Olive Oil Cake, Chocolate Chia Pudding	Meal Out - Enjoy!
Sun	Sweet Potato Waffles	Roasted Pumpkin & Pecan Salad	E.g. Pumpkin Pie Smoothie, Pumpkin Bars, Orange Olive Oil Cake, Chocolate Chia Pudding	Easy Pumpkin Turkey Chili



Sweet Potato Waffles

Serves 4

What you need to do

¾ cup (200g) sweet potato,
mashed [approx. 1 medium
potato]
½ cup (80g) rolled oats
½ cup (60g) all-purpose flour
½ cup (60ml) almond milk,
unsweetened
2 eggs
1 tsp. baking powder
¾ tsp. ground cinnamon
¼ tsp. salt
zest of one orange
¼ cup (30g) pecans, chopped
4 tbsp. maple syrup, to serve

Preheat the waffle maker.

Place the mashed sweet potato, rolled oats, flour, milk, eggs, baking powder, cinnamon, salt and orange zest into a blender, and blend to form a waffle batter.

Pour a portion of the batter into the waffle maker and cook until the waffles are golden and cooked through, about 6-8 minutes. Repeat this process with the remaining batter, and serve with the pecans and a drizzle of maple syrup.

Store leftover waffles in an airtight container in the refrigerator for 3-4 days. Reheat the waffles in the oven or toaster.

DF	MP	V	N			
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15-30 mins	298	9	47	8	6

*Nutrition per serve

myfitnesspal



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Chocolate Chia Pudding

Serves 2

What you need to do

4 tbsp. cocoa powder,
unsweetened
2 tbsp. honey
½ tsp. vanilla extract
1 cup (240ml) cartoned
coconut milk
5 tbsp. chia seeds

Place cocoa powder, honey and vanilla extract in a bowl and mix until well combined. Add the coconut milk and mix again. Now add the chia seeds and whisk until combined.

Divide the mixture between 2 serving glasses, cover and refrigerate for at least 4 hours, or overnight. Store in an airtight container in the refrigerator for up to 5 days.

GF	DF	MP	V
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Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	4 hrs	290	14	37	7	12

*Nutrition per serve

myfitnesspal



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Pumpkin Pancakes

Serves 4

What you need to do

1 cup (135g) whole wheat flour
1 tbsp. baking powder
1½ tsp. pumpkin spice blend
¼ tsp. salt
1 cup (240ml) almond milk
⅓ cup (80g) pumpkin purée
1 egg
2 tbsp. honey
2 tbsp. butter, melted
½ tsp. vanilla extract
1 tbsp. coconut oil
4 tbsp. maple syrup
¼ cup (30g) pecans, chopped

In a bowl, combine the flour, baking powder, pumpkin pie spice blend and salt.

In a second bowl, combine the milk, pumpkin purée, egg, maple syrup, melted butter and vanilla extract. Fold the dry ingredients into the wet ingredients and stir until well combined.

Heat a nonstick skillet with some of the coconut oil, over a medium-low heat. Pour ⅓ cup of the batter into the skillet and cook for 2-3 minutes, until bubbles start to appear on the top. Flip the pancake over and cook for another 1-2 minutes until cooked through. Repeat this process with the remaining pancake batter.

Serve the pancakes warm with a drizzle of maple syrup and some chopped pecans.

NOTE: If you can't find pumpkin spice in your local store make your own at home using the quantities below:

Homemade pumpkin spice blend:

1 tsp. ground cinnamon
¼ tsp. ground nutmeg
¼ tsp. ground ginger
⅛ tsp. ground cloves

MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	307	12	47	6	5

*Nutrition per serve

myfitnesspal



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Omelet Egg Bake

Serves 6

What you need to do

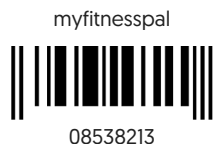
8 eggs
4 tbsp. Greek yogurt
salt & pepper, to taste
1 green bell pepper, diced
1 white onion, diced
5 oz. (140g) cooked ham,
diced
2 garlic cloves, minced
1 cup (115g) cheddar cheese,
shredded

Preheat the oven to 350°F (180°C) and grease a 9x13 inch casserole dish with cooking spray.

In a bowl, whisk the eggs with the Greek yogurt and season with salt and pepper.

Place the green pepper, white onion, ham and garlic into the casserole dish and pour the egg mixture over the vegetables and ham. Mix gently with a wooden spoon.

Place the casserole in the oven and bake for 30 minutes. Then remove, add the cheese and cook for a further 10 minutes, until the eggs are fully cooked and the cheese has melted.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	220	14	5	18	1

*Nutrition per serve



Mexican Corn Salad

Serves 4

What you need to do

2 tbsp. olive oil
1.2 lbs. (545g) frozen corn
kernels, thawed
6 green onions, sliced
4 tbsp. cilantro, chopped
¼ cup (40g) feta cheese,
crumbled
1 lime juiced
1 jalapeño pepper, seeded,
chopped
1 garlic clove, minced
½ tsp. salt
½ tsp. chili powder

Heat the oil in a large pot over a medium-high heat. Add the corn and cook, stirring often, until the corn becomes charred and starts to pop, around 5-6 minutes.

Transfer the corn into a large bowl, add the remaining ingredients and toss to mix. Serve immediately.

Store leftovers in an airtight container in the refrigerator for up to 3 days.

GF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	215	10	30	6	5

*Nutrition per serve

myfitnesspal



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Chinese Tomato & Egg Soup

Serves 4

What you need to do

2 tsp. vegetable oil
1 lb. (450g) tomatoes, diced
4 cups (960ml) chicken broth
1 cup (240ml) water
1 tbsp. tamari sauce
salt & pepper to taste
1 tsp. sesame oil
2 tbsp. cornstarch, whisked
with 2 tbsp. water
2 eggs, whisked
2 green onions, sliced

Heat the oil in a medium pot over a medium heat. Add the diced tomatoes and sauté for about 4 minutes, or until tomatoes have broken down.

Add the broth and water to the pot and bring to a simmer. Next add the tamari sauce, salt, pepper and sesame oil. Mix the cornstarch mixture into the pot and bring to a simmer for 1-2 minutes to thicken.

Make sure the broth is at a strong simmer, then add the whisked egg in a thin stream, while mixing the broth with chopsticks. Turn off heat straight away.

Ladle the soup into serving bowls and garnish with green onions to serve.

GF	DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	162	6	13	13	2

*Nutrition per serve

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Roasted Pumpkin & Pecan Salad

Serves 6

What you need to do

For the salad:

10 oz. (280g) kale, stems removed, leaves chopped
2 tbsp. olive oil
salt to taste
1.5 oz. (40g) goat cheese, crumbled
¼ cup (30g) dried cranberries

For the pumpkin:

1.5 lbs. (680g) pumpkin, cubed (approx. ½ pumpkin)
1½ tbsp. olive oil
salt & pepper to taste

For the pecans:

1 cup (125g) pecans
⅓ cup (40g) pumpkin seeds
2 tbsp. honey
⅛ tsp. salt

For the dressing:

1 tsp. dijon mustard
1 tbsp. honey
2 tbsp. balsamic vinegar
2 tbsp. olive oil
salt & pepper, to taste

Preheat the oven to 400°F (200°C). Line two baking sheets with baking paper.

Place the kale into a large bowl and massage the olive oil and salt into the leaves for 3-4 minutes, then set aside.

Place the pumpkin onto one of the baking sheets and drizzle with oil. Season with salt and pepper and toss until evenly coated. Place the baking sheet into the hot oven and roast for 20-25 minutes.

Place the pecans and pumpkin seeds in a medium bowl, drizzle with honey, season with salt, then toss until evenly coated and spread out evenly onto the second baking sheet. Roast in the hot oven for 8-10 minutes.

Make the dressing by adding all of the dressing ingredients together into a bowl or jar. Mix well to combine.

To make the salad, add the goat's cheese, cranberries, kale, toasted seeds and nuts, and pumpkin into a large salad bowl. Pour the dressing over the salad, toss to combine and serve immediately.

GF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins	278	20	23	6	4

*Nutrition per serve

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Teriyaki Beef Skewers

Serves 4

What you need to do

4 tbsp. coconut sugar
4 tbsp. tamari sauce
4 tbsp. rice wine vinegar
2 tbsp. vegetable oil
2 garlic cloves garlic, minced
1 tsp. fresh ginger, minced
salt & pepper to taste
1 ½ lbs. (680g) top round
steak, cut thin
2 green onions, sliced, to serve
4 tbsp. cilantro, to serve
1 red chili pepper, thinly sliced,
to serve
1 tsp. sesame seeds, to serve

In a large bowl, mix the coconut sugar, tamari sauce, rice wine vinegar, vegetable oil, garlic, ginger, salt and pepper. Add the steak to the bowl, and toss to coat in the marinade. Cover the bowl and place in the refrigerator to marinate for 2 hours.

If using wooden skewers, prepare them by soaking them in water for 20 minutes.

When ready to cook, preheat the broiler to medium-high. Thread the marinated beef onto the wooden skewers. Place the assembled skewers under the broiler and grill until the beef is fully cooked, approximately 3 minutes on each side.

Serve the skewers immediately topped with the green onions, cilantro, chili pepper, sesame seeds and any remaining teriyaki sauce.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	6 mins	405	22	14	39	2

*Nutrition per serve

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Harissa Roasted Salmon

Serves 4

What you need to do

2 eggplants, cubed
3 tbsp. olive oil, divided
salt & pepper to taste
8.5 oz. (240g) dried couscous
4 salmon filets (approx. weight
18 oz./520g)
2 tbsp. harissa paste
2 red bell peppers, cut into
chunks
2 cloves garlic, minced
2 cups (480ml) tomato passata
¾ cup (180ml) water
1 chicken stock cube

Preheat the oven to 400°F (200°C). Line 2 baking sheets with baking paper.

Place the eggplant on one of the baking sheets and drizzle with 2 tablespoons of olive oil, season with salt and pepper and toss to coat. Place the baking sheet into the hot oven and roast for 20-25 minutes until soft. Turn midway through the cook.

In the meantime, cook the couscous according to instructions on packaging.

Meanwhile, place the salmon filets on the second baking sheet, skin-side down. Season to taste with salt and pepper and spread 1 tablespoon of the harissa paste over the top of the salmon. Place the salmon into the hot oven and bake for 12-15 minutes, until cooked through.

Meanwhile, heat the remaining tablespoon of olive oil in a skillet over a medium-high heat and add the red bell pepper. Cook until softened, about 4-5 mins, then add the garlic and cook for a further 1 minute.

Add the tomato passata, water, stock cube and remaining 1 tablespoon of harissa paste to the skillet. Stir and bring to a simmer, then cook for 3-4 minutes until the sauce thickens slightly. Next, stir in the roasted eggplant and season to taste with salt and pepper.

To serve, divide the couscous between 4 plates and spoon on the roasted vegetable stew, before placing the baked salmon filets on top. Serve immediately.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	40 mins	615	20	73	38	14

*Nutrition per serve

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Easy Pumpkin Turkey Chili

Serves 4

What you need to do

2 tbsp. olive oil
3 cloves garlic, minced
1 red onion, diced
1 lb. (450g) ground turkey, lean
14 oz. (400g) pumpkin puree
2x 14 oz. (400g) cans chopped tomatoes
3 tbsp. tomato paste
1 tbsp. coconut sugar
½ cup (120ml) chicken stock
1 tbsp. Sriracha sauce
2 tbsp. chili powder
1 tsp. smoked paprika
salt & pepper to taste

Heat the olive oil in a large pot over a medium/high heat. Add the garlic and onion and sauté for 2-3 minutes until fragrant.

Add the ground turkey and cook for a further 5-6 until the turkey has browned. Add the remaining ingredients to the pot and mix until well combined. Cover the pot, bring to a boil, then lower the heat and simmer gently for 10 minutes.

Taste for seasoning and serve immediately.

GF	DF	LC	MP	HP		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	313	17	18	24	5

*Nutrition per serve

myfitnesspal



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One Pot Chicken & Rice

Serves 8

What you need to do

1 tbsp. olive oil
1 onion, chopped
1 garlic clove, minced
1 ½ lbs. (680g) chicken breast, cubed
1 tsp. dried oregano
salt & pepper, to taste
2 cups (420g) long-grain white rice, rinsed
2 carrots, diced
1 cup (170g) frozen corn
1 cup (140g) frozen peas
3 cups (720ml) chicken broth
2 tbsp. parmesan cheese, grated
4 tbsp. fresh parsley

Heat the olive oil in a large pot over a medium heat. Add the onion and garlic and cook for 3-4 minutes until fragrant.

Add the chicken, oregano, salt and pepper to the pot and cook until the chicken is cooked through, around 5-7 minutes.

Now add in the rice and mix to combine with the chicken, cooking for 1-2 minutes.

Next add the vegetables and chicken broth. Bring to a boil, then lower the heat to low. Cover the pot and simmer gently for 15 minutes, until the rice has cooked. Remove the pot from the heat and allow it to stand for a further 5 minutes.

Stir the parmesan cheese and parsley through the chicken and serve warm.

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



GF		HP				
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	330	5	47	25	3

*Nutrition per serve



Slow Cooker Asian Braised Beef

Serves 8

What you need to do

2 tbsp. olive oil
3 lbs. (1.3kg) beef short rib, cut into chunks
2 red onions, sliced
2 tbsp. fresh ginger, minced
4 cloves garlic, chopped
3 star anise
2 cinnamon sticks
1 tsp. chili flakes
2 oranges, zested & juiced
¾ cup (180ml) tamari sauce
1 ½ cups (360ml) beef broth
2 tbsp. ketjap manis

Preheat the oven to 320°F (160°C).

Add the olive oil to a large skillet and place over a medium/high heat. Add the beef short rib to the skillet and brown the ribs for 2-3 minutes on each side, then set aside on a plate. Do not overcrowd the skillet, instead work in batches until all the short ribs are browned.

Using the same skillet, add the onions and cook for 5 minutes to soften. Next add the ginger, garlic, spices, orange zest and juice, and simmer for 2–3 minutes until fragrant. Add the tamari sauce, beef broth and ketjap manis and bring to a boil.

Place the short rib in a deep-sided baking tray or dish, and pour over the sauce. Ensure the meat is completely submerged in the sauce before placing the tray into the hot oven. Braise the ribs in the oven for 5–6 hours, or until the beef is fall-apart tender.

Remove from the oven and allow to rest for 5-10 minutes before serving.

NOTE: This recipe really benefits from being made the day before and kept in the refrigerator overnight. This allows all the flavors to meld together and also makes it easier to skim off the excess fat. The wait will be worth it, just make sure to reheat the ribs and sauce thoroughly before serving.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
45 mins	6 hrs	323	16	7	37	1

*Nutrition per serve

myfitnesspal



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Pumpkin Pie Smoothie

Serves 2

2 cups (480ml) almond milk,
unsweetened
1 cup (250g) pumpkin puree
1 tsp. pumpkin spice blend
2 frozen bananas, chopped
½ cup (120g) Greek yogurt
2 tbsp. vanilla protein powder

What you need to do

Place all the ingredients in a high-speed blender, and blend until smooth. Divide between 2 glasses and serve immediately.



GF	MP	V	Q	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	245	5	41	14	8

*Nutrition per serve



Pumpkin Bars

Serves 12

What you need to do

1 ½ cups (180g) all-purpose flour
1 tsp. ground cinnamon
½ tsp. salt
½ tsp. baking soda
2 eggs, room temperature
1 cup (180g) coconut sugar
1 cup (250g) pumpkin puree
½ cup (120ml) olive oil
¾ cup (185g) applesauce, unsweetened

Preheat the oven to 350°F (180°C). Line a square baking pan with baking paper.

Mix the flour, cinnamon, salt and baking soda in a large bowl.

Beat the eggs, sugar, pumpkin puree, oil and applesauce in another large bowl. Fold the dry ingredients into wet ingredients and mix until just combined.

Pour the batter into the prepared baking pan, place into a hot oven and bake for 45-50 minutes or until a toothpick inserted in the center comes out clean.

Remove the pan from the oven, and set aside on a wire rack to cool completely before slicing into bars.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	50 mins	214	10	32	2	3

*Nutrition per serve

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Orange Olive Oil Cake

Serves 12

What you need to do

3 eggs
1/3 cup (80ml) olive oil
4 tbsp. coconut sugar
3 tbsp. honey
1 tsp. vanilla extract
2 tbsp. fresh orange zest
2 tbsp. fresh orange juice
1 1/2 cups (165g) almond flour
4 tbsp. cornstarch
2 tbsp. coconut flour
2 tsp. baking powder

First, preheat your oven to 325°F (160°C). Line a 9 inch cake pan with baking paper.

Whisk the eggs, olive oil, sugar, honey, vanilla extract, orange zest and orange juice together until smooth.

Next, add in the almond flour, cornstarch, coconut flour and baking powder. Mix until well combined.

Transfer the cake batter into the prepared cake pan, and place into the hot oven to bake for 30-35 minutes or until a toothpick inserted in the center comes out clean. If the cake is browning too quickly, cover it with aluminum foil.

Remove the pan from the oven and set aside on a wire rack to cool completely before slicing.

GF	DF	LC	MP	V	N		
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)	
8 mins	30 mins	183	14	10	5	2	

*Nutrition per serve

myfitnesspal



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