



November Recipe Pack

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

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Contents & Key

6	Protein Waffles	GF	Gluten Free
8	Whipped Feta & Beet Toast with Poached Egg	DF	Dairy Free
10	Smoked Salmon Breakfast Tacos	LC	Low Carb (20g- serve)
12	Zucchini Nests with Egg & Kale	MP	Meal Prep/Freezer Friendly
14	Tuna & Tomato Salad	HP	High Protein (20g+ per serve)
16	Roasted Maple-Dijon Chicken Legs	V	Vegetarian
18	Pistachio Crusted Salmon	Q	Quick (under 30 mins)
20	Beet Mashed Potatoes	N	Contains Nuts
22	Slow Cooker Pulled Chicken		
24	Slow Cooker Lamb Rogan Josh		
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28	Garlic Butter Oven Pork Chops		
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Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> berries 2 lemons 2 lime 1 orange red grapes red apples 1 banana <p>Vegetables</p> <ul style="list-style-type: none"> 5 tomatoes 2 white onions 3 red onions bunch green onions 2 bulbs garlic ginger root 2 packets cooked beetroot 1 lb. (450g) raw beetroot 1 lb. (450g) potatoes kale 2 zucchinis (courgette) 1 butternut squash 1 fennel bulb red chili green bell pepper brown button mushrooms green beans <p>Fresh Herbs</p> <ul style="list-style-type: none"> parsley cilantro (coriander) chives thyme <p>Dried Fruit</p> <ul style="list-style-type: none"> 20 medjool dates <p>Frozen Foods</p> <ul style="list-style-type: none"> blueberries 	<p>Meats</p> <ul style="list-style-type: none"> 2 packs bacon 16 chicken legs, bone-in 1.5 lbs. (700g) lamb neck filet 1 lb. (450g) lean ground beef 4 pork loin chops <p>Fish & Seafood</p> <ul style="list-style-type: none"> 2.8 lbs. (1.3kg) salmon filets smoked salmon <p>Cold</p> <ul style="list-style-type: none"> 19 eggs butter Greek yogurt natural yogurt almond milk, unsweetened goats cheese feta cheese ricotta cheese guacamole 	<p>Grains</p> <ul style="list-style-type: none"> cornstarch (corn flour) whole wheat flour rolled oats all-purpose flour <p>Nuts & Seeds</p> <ul style="list-style-type: none"> hazelnuts pistachios sesame seeds hemp seeds <p>Baking</p> <ul style="list-style-type: none"> baking powder baking soda vanilla extract <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> black pepper ground cinnamon cinnamon sticks paprika smoked paprika chili powder fennel seeds ground coriander ground cumin garam masala ground ginger ground nutmeg onion powder cardamom pods bay leaves dried parsley dried rosemary 	<p>Oils</p> <ul style="list-style-type: none"> olive oil coconut oil <p>Sweeteners</p> <ul style="list-style-type: none"> honey coconut sugar maple syrup brown sugar <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> kalamata olives dijon mustard 14 oz. (400g) can tuna beef stock cube beef broth 2 tomato sauce (passata) tomato paste (puree) tomato ketchup barbecue sauce chipotle paste breadcrumbs Worcestershire sauce <p>Misc/Other</p> <ul style="list-style-type: none"> sea salt vanilla protein powder plant-based vanilla protein powder wholemeal bread corn tortillas wholemeal burger buns toothpicks

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Smoked Salmon Breakfast Tacos	Beet Mashed Potatoes & Homemade Salisbury Steak	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Pistachio Crusted Salmon
Tue	Zucchini Nests with Egg & Kale	Beet Mashed Potatoes & Homemade Salisbury Steak	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Pistachio Crusted Salmon
Wed	Zucchini Nests with Egg & Kale	Tuna & Tomato Salad	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Garlic Butter Oven Pork Chops
Thu	Blueberry Beet Smoothie	Tuna & Tomato Salad	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Slow Cooker Lamb Rogan Josh
Fri	Whipped Feta & Beet Toast with Poached Egg	Leftover Slow Cooked Lamb Rogan Josh	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Slow Cooker Pulled Chicken
Sat	Whipped Feta & Beet Toast with Poached Egg	Roasted Maple-Dijon Chicken Legs	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Meal Out - Enjoy!
Sun	Protein Waffles	Roasted Maple-Dijon Chicken Legs	E.g. Blueberry Beet Smoothie, Protein Waffles, Bacon Wrapped Dates, Healthy Apple Crumble	Slow Cooker Pulled Chicken



Protein Waffles

Serves 4

2 eggs
1¼ cups (300ml) almond milk,
unsweetened
1 tsp. vanilla extract
1 cup (130g) whole wheat flour
½ cup (60g) plant-based vanilla
protein powder
½ tsp. baking powder
½ tsp. baking soda
2 tbsp. coconut oil, melted
1 cup (160g) berries to serve
4 tbsp. maple syrup or honey

What you need to do

Heat up the waffle maker.

In a large bowl, mix together the eggs, almond milk, and vanilla extract. Next, add in the flour, protein powder, baking powder, baking soda, and mix until well combined. Now, add in the melted coconut oil and mix again.

Pour a portion of the batter into your waffle maker, and cook according to the instructions of the waffle iron. Remove the waffles and set aside, then repeat the process to use up the remaining batter.

Serve the warm waffles with fresh berries and a drizzle of maple syrup or honey.

DF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	336	11	41	17	6

*Nutrition per serve

myfitnesspal



04548584



Whipped Feta & Beet Toast with Poached Egg

Serves 4

What you need to do

For the dukkah:

- ½ cup (65g) hazelnuts
- 2 tbsp. pistachios
- 2 tbsp. sesame seeds
- ¼ tsp. fennel seeds
- ½ tsp. ground coriander
- ½ tsp. ground cumin
- ¼ tsp. sea salt

For the toast:

- 1 cup (170g) feta cheese, crumbled
- 4 tbsp. natural yogurt
- ½ lemon, juiced
- 2 tbsp. water
- salt & pepper
- 1 tbsp. olive oil
- 9 oz. (250g) pack cooked beetroot, cut into wedges
- 4 eggs
- 4 slices bread, toasted
- 2 tbsp. dukkah
- 2 tbsp. parsley, chopped

To make the dukkah, start by toasting the hazelnuts and pistachios in a dry pan over a medium heat for 3-4 minutes. Add the sesame and fennel seeds, and toast for a further minute. Transfer everything to a food processor and add the remaining ingredients and pulse until well combined and chopped together.

To make the whipped feta, place the feta cheese, yogurt, lemon juice and cold water into a small food processor, season with salt and pepper and blitz until smooth.

Next, heat the olive oil in a pot over a medium/high heat. Add the beetroot and cook for 5 minutes on each side or until the beetroot is lightly caramelized.

Now poach the eggs using your preferred method.

Toast the bread, then spread with the whipped feta and top with the beetroot wedges. Place the poached eggs on top, sprinkle with the dukkah and fresh parsley and serve immediately.

V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	355	22	23	17	2

*Nutrition per serve

myfitnesspal



04615484



Smoked Salmon Breakfast Tacos

Serves 4 [2 tacos per serving]

8 corn tortillas
6 eggs
salt & pepper
2 tbsp. chives, sliced
1 tbsp. olive oil
½ red onion, diced
2 oz. (60g) smoked salmon, torn into smaller pieces
2 tbsp. feta cheese, cubed
1 lime, wedges

What you need to do

Warm the tortillas in a dry skillet over a medium heat. Remove from the skillet, cover with tin foil, and keep the tortillas warm until ready to serve.

In a small bowl, whisk the eggs, season to taste with salt and pepper and mix in the chives. Heat the olive oil in a pot over a medium heat and cook the onion for 2-3 minutes. Add in the eggs and cook, stirring often.

When eggs are still slightly runny, add the smoked salmon and cubed feta. Continue cooking until the eggs are no longer runny.

Divide the scrambled eggs evenly between the warm tortillas, then top with additional chives. Serve immediately with a wedge of lime.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	313	13	30	15	2

*Nutrition per serve

myfitnesspal



09219021



Zucchini Nests with Egg & Kale

Serves 4

What you need to do

3 cups (200g) kale, stems removed, leaves chopped
2 zucchini, peeled into ribbons
3.5 oz. (100g) bacon, sliced
½ cup (125g) ricotta cheese
6 eggs
⅓ cup (60g) feta cheese, crumbled
2 green onions, chopped
2 tbsp. thyme leaves
1 tbsp. olive oil

Preheat the oven to 360°F (180°C).

Spread the kale out on a baking tray. Wrap the zucchini ribbons into 6 nests and nestle them within the kale.

Place a layer of bacon within the zucchini nests, then divide the ricotta equally between each nest. Now break an egg into the center of each nest.

Finally, sprinkle each nest with the feta cheese, onion and thyme, then drizzle with the olive oil. Place the baking tray into the hot oven and bake for 15-20 minutes or until lightly golden and eggs are cooked to your liking.

Remove from the oven and serve immediately.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	386	27	12	27	0

*Nutrition per serve

myfitnesspal



03966471



Tuna & Tomato Salad

Serves 4

What you need to do

5 large tomatoes, chopped into chunks

1 white onion, sliced

14 oz. (400g) drained tuna, flakes

½ cup (80g) kalamata olives

2 tbsp. olive oil

1 tsp. paprika

salt & pepper

Place all the ingredients into a large serving bowl. Drizzle over the olive oil and season with salt, pepper and paprika and mix well.

Serve immediately.

GF	DF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	219	10	8	26	2

*Nutrition per serve

myfitnesspal



09568935



Roasted Maple-Dijon Chicken Legs

Serves 6

What you need to do

For the glaze:

- ¼ cup (60ml) olive oil
- 2 tbsp. honey
- 1 tbsp. dijon mustard
- 1 orange, zested
- 1 garlic, minced
- 1-inch fresh ginger, grated
- 1 tsp. paprika
- salt & pepper

For the roast:

- 6 chicken legs, bone-in
- salt & pepper
- 1 butternut squash, sliced
- 2 small bulb fennel, cored & sliced
- 2 cups (300g) red grapes

Heat the oven to 425°F (220°C).

Place all the glaze ingredients into a medium bowl, and whisk together until well combined. Set aside. Season the chicken legs with salt and pepper.

Arrange the squash, fennel and grapes on a baking tray, and toss with half of the glaze. Place the chicken legs on top of the vegetables and brush with the remaining glaze.

Place the tray in the preheated oven and bake for 20 minutes, removing the tray from the oven and rotating it. Now return the tray to the oven to cook for a further 15-20 minutes until the squash and fennel are golden brown, and chicken is cooked through.

Remove from the oven and serve immediately.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	503	30	37	24	6

*Nutrition per serve

myfitnesspal



04732615



Pistachio Crusted Salmon

Serves 6

2.8 lbs (1.3kg) salmon filet
1 tbsp. olive oil
2 garlic cloves minced
2 tbsp. honey
salt & pepper
½ cup (75g) pistachios
14 oz. (400g) green beans,
trimmed
1 lemon, wedges, to serve

What you need to do

Heat the oven to 375°F (190°C). Line a baking sheet with baking paper.

Rub the flesh of the salmon with olive oil. In a small bowl, mix the garlic and honey, and spread over the salmon. Season with salt and pepper.

Lay the salmon onto the baking tray, skin size down. Chop the pistachios and press them onto salmon. Finally place the green beans around the sides.

Place the baking sheet into the hot oven and bake for 15-20 minutes until the salmon flakes easily and is cooked through. Serve with lemon wedges.

GF	DF	LC	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	426	21	14	46	3

*Nutrition per serve

myfitnesspal



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Beet Mashed Potatoes

Serves 4

1 lb. (450g) beetroot, peeled & quartered
1 lb. (450g) potatoes, peeled & quartered
½ cup (120g) plain Greek yogurt
2 tbsp. butter
salt & pepper

What you need to do

Place the beetroot and potatoes in a large pot, cover with cold water and season with salt. Bring the water to a boil, then turn the heat down and simmer for 20 to 25 minutes, until both the potatoes and beets are tender.

Drain the vegetables and place into a food processor, blitz until mashed together and well combined.

Alternatively, mash the vegetables in the pot using a potato masher.

Stir in yogurt, butter, and season with salt and pepper. Serve immediately.

GF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	229	7	37	8	0

*Nutrition per serve

myfitnesspal



04950721



Slow Cooker Pulled Chicken

Serves 8

2 tbsp. olive oil
10 chicken thighs, boneless & skinless
2 red onions, sliced
2 garlic cloves, minced
2 tsp. paprika
½ cup (120ml) water
2 tbsp. chipotle paste
1 cup (240ml) tomato sauce
¼ cup (60ml) barbecue sauce
1 tbsp. brown sugar
salt & pepper
1 lime, juiced
8 wholemeal burger buns
8 tbsp. guacamole

What you need to do

Set the slow cooker to low.

Heat 1 tablespoon of the olive oil in a large skillet and brown the chicken on both sides before transferring to the slow cooker.

Add the remaining oil to the skillet and fry the onions for 5 minutes, until softened, then add in the garlic and paprika and cook for a further minute. Transfer the onion mixture into the slow cooker and add the water.

Now add the chipotle paste, tomato sauce, barbecue sauce, sugar and lime juice and season with salt and pepper. Stir everything together then cover the slow cooker and cook for 6 hours until the chicken is tender.

Using two forks, shred the chicken and mix through the sauce. Serve as a burger with toasted buns and guacamole.

Stovetop instructions:

Brown then chicken, then remove it from the skillet. Cook the onions and garlic then put the chicken back into the skillet, adding the remaining ingredients. Mix to combine, then cover the skillet with a lid and simmer gently for 1-1½ hrs until the chicken is really tender.

	DF	MP	HP					
Prep				Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins				485	15	51	39	7

*Nutrition per serve

myfitnesspal



08110794



Slow Cooker Lamb Rogan Josh

Serves 4

What you need to do

1.5 lb (680g) lamb neck filet
1 white onion, sliced
2 tbsp. olive oil

For the paste:

3 tbsp. tomato paste
3 garlic cloves, minced
1½ tsp. cumin
1½ tsp. garam masala
1 tsp. ground ginger
½ tsp. ground black pepper
2 tsp. paprika
1 tsp. smoked paprika
1 tsp. chili powder
1 tsp. salt
1 beef stock cube, crumbled
1 tbsp. olive oil

For the sauce:

1 cup (250g) natural yogurt
1 tbsp. cilantro, chopped
½ tsp. coconut sugar
1 red chili, seeds removed, finely
chopped
14 oz. (400g) tomato sauce
¼ cup (60ml) water
2 bay leaves
1 tbsp. cardamom pods
1 cinnamon stick

In a large bowl, mix together all the ingredients for the paste.

Prepare the lamb filet by removing any sinew and cutting into 1-1.5 inch (3-4cm) chunks. Add the lamb to the paste and stir to coat. Cover the bowl and set aside in the refrigerator to marinate for at least 30 minutes, or ideally overnight.

Heat a large skillet over a medium/high heat and sear the marinated lamb, along with the onions, until browned, then transfer to the slow cooker.

In another bowl, mix together the yogurt, cilantro, sugar and chopped chili and then gradually stir in the tomato sauce and water.

Pour the sauce over the lamb and onions, then add the bay leaves, cardamom pods and cinnamon stick and ensure they are submerged in the sauce. Cover with a lid and cook on low for 6 hours or high for 3½ hours.

When ready to serve, remove the bay leaves, cardamom pods and cinnamon stick.

GF	LC	MP	HP
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Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins - 24 hrs	6 hrs	342	22	10	27	2

*Nutrition per serve

myfitnesspal



08531995



Homemade Salisbury Steak

Serves 6

What you need to do

For the steaks:

- 1 lb. (450g) ground lean beef
- 1 green pepper, finely chopped
- ¼ cup (30g) bread crumbs
- 1 egg
- 2 tsp. tomato ketchup
- 1 tsp. dijon mustard
- ½ tsp. dried parsley
- ½ tsp. onion powder
- ¼ tsp. salt
- 1 tsp. olive oil

For the gravy:

- 2 tbsp. butter
- 2 tbsp. all purpose flour
- 1½ cups (350ml) beef broth
- 1 tsp. tomato ketchup
- 1 tsp. Worcestershire sauce
- ½ tsp. onion powder
- 3 cups (250g) brown button mushrooms, sliced

Place all the ingredients for the steaks (except for the olive oil) into a large bowl and mix well using your hands. Shape the mixture into 6 even sized patties.

Heat the olive oil in a large skillet, over a medium/high heat, and brown the steaks for 3-5 minutes on both sides. Remove from the pan and transfer to a plate.

Turn the heat to medium and melt the butter in the same skillet. Stir in the flour and cook gently until starting to brown. Pour in the beef broth and continue stirring until well combined.

Add in the ketchup, Worcestershire sauce and onion powder. Mix well, then add the mushrooms, bring to a boil, then reduce the heat and simmer for 5 minutes.

Finally add the patties back into the skillet, cover with a lid and cook for 15 minutes, until the patties are cooked through. Serve immediately.

GF LC MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins	302	22	9	17	1

*Nutrition per serve

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Garlic Butter Oven Pork Chops

Serves 4

4 pork loin chops
salt & pepper
4 tbsp. butter, melted
1 tbsp. dried rosemary
2 cloves garlic, minced
1 tbsp. olive oil

What you need to do

Preheat the oven to 375°F (190°C).

Season the pork chops generously with salt and pepper.

In a small bowl, mix together the melted butter, rosemary, and garlic. Set aside.

In an oven safe skillet, heat the olive oil over a medium/high heat. Now add the pork chops and sear until golden, roughly 4 minutes on each side.

Brush the pork chops generously with the garlic butter and place the skillet into the hot oven. Cook for 10-12 minutes, until the chops are cooked through. Serve immediately.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	464	30	0	47	0

*Nutrition per serve

myfitnesspal



01319767



Healthy Apple Crumble

Serves 10

What you need to do

For the crumble:

- 1½ cups (120g) rolled oats
- ½ cup (65g) whole wheat flour
- 2 tsp. ground cinnamon
- 4 tbsp. maple syrup
- 3 tbsp. coconut oil, melted

For the filling:

- 6 cups (710g) red apple, diced
- 2 tbsp. cornstarch
- 1½ tsp. ground cinnamon
- ⅛ tsp. ground nutmeg

Preheat the oven to 350°F (180°C). Grease an 8x8-inch pan with nonstick cooking spray.

To make the crumble, place the rolled oats, flour and ground cinnamon into a large bowl and mix together. Make a well in the center and pour in the maple syrup and melted coconut oil. Stir again until well combined.

To make the filling, toss the diced apples (no need to peel the apples) with the cornstarch, cinnamon, and nutmeg in a large bowl, ensuring the apples are completely coated.

Transfer the apples to the earlier prepared pan and gently press down with a spatula. Sprinkle over the crumble topping.

Place the pan into the hot oven and bake for 50-60 minutes or until the apples are tender.

Remove the pan from the oven and set on a wire rack and cool to room temperature. Now refrigerate the crumble for at least 3 hours to allow the apple juices to fully thicken, before serving.

DF	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	182	5	32	1	4

*Nutrition per serve

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Bacon-Wrapped Dates

Makes 20

20 medjool dates, pitted
4 oz. (115g) goat cheese
10 slices bacon, halved
20 toothpicks, soaked in water

What you need to do

Heat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Stuff each date with the goat's cheese and wrap with half a strip of bacon. Secure the end of the bacon with a toothpick.

Place the stuffed dates on their sides on the baking sheet, and bake in the oven for 15 minutes.

Keep an eye on the dates and remove from the oven as soon as the bacon is crispy, taking care not to burn the dates.

Serve warm or at room temperature.

GF	LC	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	136	6	18	3	0

*Nutrition per serve

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Blueberry Beet Smoothie

Serves 1

2 cooked beetroot
½ cup (75g) frozen blueberries
½ banana
½ cup (140g) Greek yogurt
1 cup (240ml) almond milk,
unsweetened
1 scoop (25g) vanilla protein
powder
1 tbsp. hemp seeds

What you need to do

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

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	217	5	24	21	2

*Nutrition per serve

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