



February Recipe Pack

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

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Contents & Key

6	Black Bean, Avocado & Tuna Toast	GF	Gluten Free
8	Tahini Bread	DF	Dairy Free
10	Spinach & Sweet Potato Tortilla	LC	Low Carb (20g- serve)
12	Potato Bacon Roses	MP	Meal Prep/Freezer Friendly
14	Bream Papillote with Tomatoes & Olives	HP	High Protein (20g+ per serve)
16	Spicy Cilantro Yogurt Sauce	V	Vegetarian
18	High Protein Southwest Chicken Salad	Q	Quick (under 30 mins)
20	Bulgogi Beef Lettuce Wraps	N	Contains Nuts
22	Tikka Masala Skewers		
24	Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki		
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34	Teriyaki Bacon Rice Balls		

Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> 2 avocados 2 lemons 2 limes <p>Vegetables</p> <ul style="list-style-type: none"> cherry tomatoes 5 tomatoes 2 jalapeño pepper 1 red chili 3 cucumbers baby spinach head romaine lettuce head leafy lettuce 1.7 lbs. (800g) sweet potatoes 4 white potatoes 2 onions 3 red onions 4 shallots bunch green onions 2 bulbs of garlic root ginger carrot 4 zucchinis (courgette) 7 oz. (200g) green beans cooked beet (beetroot) <p>Frozen Herbs</p> <ul style="list-style-type: none"> cilantro (coriander) parsley thyme dill basil <p>Dried Fruit</p> <ul style="list-style-type: none"> raisins <p>Frozen Foods</p> <ul style="list-style-type: none"> cherries 	<p>Meats</p> <ul style="list-style-type: none"> 28 strips smoked bacon pack shredded grilled chicken breast 2 lbs. (900g) flank steak 2 lbs. (900g) skinless/boneless chicken thighs 1.8 lbs. (850g) lean ground turkey (turkey mince) 2 lbs. (900g) lean ground beef (5% fat) (beef mince) <p>Fish & Seafood</p> <ul style="list-style-type: none"> 4 bream filets (6 oz./170g each) <p>Cold</p> <ul style="list-style-type: none"> 16 eggs unsalted butter feta cheese parmesan cheese Greek yogurt pomegranate juice 	<p>Grains</p> <ul style="list-style-type: none"> Jasmine rice brown rice sushi rice wholemeal spelt flour <p>Nuts & Seeds</p> <ul style="list-style-type: none"> sesame seeds walnuts almond meal <p>Baking</p> <ul style="list-style-type: none"> vanilla extract baking soda (bicarbonate of soda) baking powder <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> black pepper ground cinnamon garlic powder ground cumin taco seasoning dried oregano dried thyme dried rosemary red pepper flakes (chili flakes) 	<p>Oils</p> <ul style="list-style-type: none"> olive oil sesame oil <p>Sweeteners</p> <ul style="list-style-type: none"> coconut sugar maple syrup <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> 1x 3.8 oz. (110g) can tuna in water 1x 14 oz. (400g) can black beans can sweetcorn capers kalamata olives tahini white wine vinegar rice vinegar tamari mirin sake gochujang (Korean chili paste) tikka masala curry paste vermicelli noodles panko breadcrumbs <p>Misc/Other</p> <ul style="list-style-type: none"> sea salt sliced whole grain bread 4 pitas (pitta bread) vanilla whey protein powder

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Black Bean, Avocado & Tuna Toast	High Protein Southwest Chicken Salad	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Tikka Masala Skewers
Tue	Black Bean, Avocado & Tuna Toast	High Protein Southwest Chicken Salad	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Turkey Taco Meal Prep Bowls
Wed	Spinach & Sweet Potato Tortilla	Leftover Turkey Taco Meal Prep Bowls	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Ground Turkey with Chili & Basil
Thu	Spinach & Sweet Potato Tortilla	Bulgogi Beef Lettuce Wraps	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Ground Turkey with Chili & Basil
Fri	Workout Recovery Smoothie	Bulgogi Beef Lettuce Wraps	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki
Sat	Potato Bacon Roses	Bream Papillote with Tomatoes & Olives	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Meal Out - Enjoy!
Sun	Potato Bacon Roses	Bream Papillote with Tomatoes & Olives	E.g. Workout Recovery Smoothie, Teriyaki Bacon Rice Balls, Olive Oil Cookies, Tahini Bread	Tikka Masala Skewers



Black Bean, Avocado & Tuna Toast

Serves 2

½ avocado

3.8 oz. (110g) can tuna chunks
in water

½ cup (85g) black beans,
canned, drained

4 tbsp. cilantro, chopped

½ cup (75g) cherry tomatoes,
halved

½ lemon, juiced

salt & black pepper, to taste

2 slices whole grain bread

2 tbsp. feta cheese, crumbled

What you need to do

Place the avocado into a bowl and mash with a fork. Add in the tuna, black beans, cilantro, tomatoes and lemon juice. Season with salt and pepper, then mix to combine.

Toast the bread and top each slice with the tuna salad. Garnish with feta cheese and some extra cilantro.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	409	18	40	28	15

*Nutrition per serve

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Tahini Bread

Serves 13

4 eggs

1 tsp. baking soda

1 cup (240g) tahini

1 tsp. sesame seeds

What you need to do

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

Place the eggs, baking soda and tahini in a bowl and mix with a hand mixer until well combined.

Pour the batter into the bread tin and sprinkle over the sesame seeds. Place the tin into the hot oven to bake for 30 minutes.

Once baked, remove the tin from the oven and place on a wire rack to cool completely before slicing and serving.

GF	DF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	133	12	4	5	2

*Nutrition per serve

myfitnesspal



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Spinach & Sweet Potato Tortilla

Serves 8

10.5 oz. (300g) baby spinach

6 tbsp. olive oil

2 onions, thinly sliced

1.7 lbs. (800g) sweet potatoes,
peeled, sliced

2 cloves garlic, chopped

salt & pepper

8 eggs

What you need to do

Place the spinach into a large colander and pour over a kettle of boiling water to wilt the spinach.

Drain the spinach and let it cool before squeezing out any excess water. Set aside.

Heat 2 tablespoons of olive oil over a medium heat in a 10 inch (25cm) non-stick skillet with a lid. Add the onions and cook for 15 minutes until soft. Add another 2 tablespoons of olive oil to the skillet and add the sweet potatoes and garlic to the onions, season well with salt and pepper, cover and cook over a medium-low heat for 15 minutes until the potatoes are tender. Stir occasionally to avoid the potatoes from sticking.

Meanwhile, whisk the eggs together in a large bowl. Then fold in the potato and onion from the pan, mix together. Separate the spinach a little, and add to the bowl. Mix gently, taking care not to break up the potato.

Add the final 2 tablespoons of olive oil to the skillet and pour in the sweet potato and egg mixture. Cover with a lid and cook over a low/medium heat for 20 minutes until the base and sides are golden brown and the center has mostly set. Run a palette knife around the sides to stop it from sticking.

To turn the tortilla out, place a plate face down onto the rim of the skillet and flip it over. Now gently slide the tortilla back into the pan and cook for a further 5-10 minutes on the second side, until just set and golden all over. Allow to rest for 5 minutes, then serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	60 mins	283	16	24	11	4

*Nutrition per serve

myfitnesspal



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Potato Bacon Roses

Serves 6

4 potatoes, halved
2 tbsp. olive oil
1 tsp. garlic powder
1 tsp. dried thyme
1 tsp. dried rosemary
½ tsp. black pepper
1 tsp. salt
12 strips smoked bacon
fresh thyme, to serve
2 tbsp. grated Parmesan
cheese

What you need to do

Preheat the oven to 400°F (200°C). Prepare a muffin tin, greased with a little oil.

Using a mandolin, thinly slice the potatoes into a large bowl.

Add the olive oil, garlic powder, thyme, rosemary, black pepper and salt to the sliced potatoes and toss until evenly coated.

On a cutting board, lay out two pieces of bacon overlapping each other vertically. Line the bacon with the sliced potatoes, making sure each potato is overlapping.

Gently roll up the bacon, creating a potato rose, and place in the greased muffin tin. Repeat with the remaining bacon and potatoes.

Place the muffin tray into the hot oven and bake for 20 minutes, then cover with tin foil and bake for an additional 30 minutes. After this time, top the roses with the fresh thyme and Parmesan cheese, and bake for an additional 5 minutes uncovered. Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	55 mins	379	26	25	11	3

*Nutrition per serve

myfitnesspal



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Bream Papillote with Tomatoes & Olives

Serves 4

4 bream filets (6 oz./170g each)

salt & pepper to taste
1 tbsp. olive oil
2 cloves garlic, sliced
1/8 tsp. red pepper flakes
1 cup (150g) cherry tomatoes, halved
2 tbsp. capers, drained
8 pitted kalamata olives, quartered
4 tsp. unsalted butter
8 thyme sprigs

What you need to do

Preheat the oven to 430°F (220°C).

Fold four pieces of parchment in half, make them big enough to fit the fish and seal. Place one fish filet onto each of the pieces of parchment, next to the crease on each piece of paper. Season the fish with salt and pepper.

Pour the olive oil into a small pot and place over a medium heat. Add the sliced garlic and red pepper flakes and sauté for 1 minute. Remove the pot from the heat and stir in the tomatoes, capers and olives.

Divide the mixture equally over the top of each fish. Top each filet with 2 teaspoons of water, 1 teaspoon of butter and 2 sprigs of fresh thyme.

Fold the parchment paper over the fish and make small, tight, overlapping folds along the outside edge to seal the packet.

Place each packet onto a baking sheet and place into the hot oven to bake for 15 minutes.

Transfer the packets to 4 plates, slit the top of each packet with a knife and gently open letting the steam out. Serve immediately.

GF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	218	14	3	20	1

*Nutrition per serve

myfitnesspal



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Spicy Cilantro Yogurt Sauce

Serves 4

- 1 cup (16g) cilantro
- ½ cup (140g) Greek yogurt
- ½ tbsp. olive oil
- 1 tbsp. lime juice
- 1 tsp. coconut sugar
- 1 clove garlic
- 1 jalapeño pepper
- salt & pepper, to taste

What you need to do

Place all the ingredients into a high-speed blender or food processor, and blitz until well combined.

Pour the sauce into a jar with a tight fitting lid and store in the refrigerator.

Use as a sauce or dressing for the High Protein Southwest Chicken Salad and the Chicken Tikka Masala Skewers recipes which you will find in this recipe pack.

GF LC MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	54	3	5	3	2

*Nutrition per serve

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High Protein Southwest Chicken Salad

Serves 2

What you need to do

For the dressing:

2 servings of spicy cilantro yogurt sauce (see recipe in this pack)

For the salad:

2 tomatoes, diced
½ cucumber, diced
4 tbsp. sweetcorn, drained
½ jalapeño pepper, sliced
1 cup (140g) shredded grilled chicken breast
½ avocado, sliced
8 tbsp. black beans, drained
2 cups (150g) romaine lettuce, chopped

Layer the ingredients into a 16-ounce (500ml) mason jar in the following order: spicy cilantro yogurt sauce, tomatoes, cucumber, sweetcorn, jalapeño, chicken breast, avocado, black beans, romaine lettuce.

Store in the refrigerator for 2-3 days. When ready to serve, tip all the ingredients into a bowl, stir to combine and enjoy.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	343	13	30	31	11

*Nutrition per serve

myfitnesspal



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Bulgogi Beef Lettuce Wraps

Serves 8

2 lbs. (900g) flank steak
½ cup (120ml) tamari
5 tbsp. coconut sugar
6 green onions, sliced
4 tbsp. minced garlic
4 tbsp. sesame seeds
4 tbsp. toasted sesame oil
1 tsp. black pepper
1 head green leafy lettuce
2 cups (320g) cooked jasmine rice
1 cucumber, cut into matchsticks
1 carrot, cut into matchsticks
1 red onion, thinly sliced
4 tbsp. gochujang (Korean chili paste)

What you need to do

Slice the steak into thin strips. You can slightly freeze it first to make it easier to cut.

In a small mixing bowl, add the tamari, coconut sugar, green onions, minced garlic, sesame seeds, toasted sesame oil and black pepper. Mix well to combine.

Place the sliced beef in a container and pour over the marinade, mix to combine and cover with a lid. Place into the refrigerator for at least 1 hour, but ideally overnight to intensify the flavor.

When ready to cook, heat a large skillet over a medium/high heat and cook the beef, along with the marinade, for 6-7 minutes, until cooked through.

To assemble the wraps, lay out a leaf of lettuce, top with the cooked rice, beef, cucumber, carrot, and red onion. Drizzle over the gochujang chili sauce and serve.



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	1 hr (ideally overnight)	10 mins	323	12	26	28	2

*Nutrition per serve

myfitnesspal



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Tikka Masala Skewers

Serves 6

2 tbsp. tikka masala curry paste

1½ cups (430g) Greek yogurt salt & pepper
2 lbs. (900g) skinless/boneless chicken thighs, cut into pieces
1 cup (15g) cilantro
2 tsp. coconut sugar
1½ inch (4cm) ginger, finely chopped
2 garlic cloves, chopped
¼ cup (60ml) + 2 tbsp. olive oil juice of 1 lime, divided
1 cucumber, sliced
4 servings of spicy cilantro yogurt sauce (see recipe in this pack)
2 tbsp. cilantro, chopped to serve

What you need to do

If using wooden skewers, soak them in water for 30 minutes.

Combine the tikka masala paste with 1 cup (285g) of yogurt and season with salt and pepper. Coat the chicken in the marinade, then cover and refrigerate for 15 minutes.

Place the cilantro, coconut sugar, ginger, garlic, ¼ cup of olive oil and ½ the lime juice in a food processor and blitz until smooth. Stir in remaining ½ cup (145g) of yogurt, season with salt and pepper and set aside.

In the meanwhile, toss the cucumber with the remaining lime juice, season with salt and pepper and set aside.

Heat the 2 tablespoons of olive oil in a non-stick skillet over a medium/high heat. Thread the chicken onto the skewers, place into the hot skillet and cook for 8-10 minutes, turning every few minutes until cooked through on both sides.

Serve the skewers with spicy cilantro yogurt sauce and cucumber salad, and garnish with freshly chopped cilantro.



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	15 mins	10 mins	390	21	13	39	3

*Nutrition per serve

myfitnesspal



09432929



Air-Fryer Greek Meatballs with Tomato Salad & Tzatziki

Serves 6

What you need to do

For the meatballs:

- 2 lbs. (900g) lean ground beef (5% fat)
- 1 onion, grated
- 3 cloves garlic, minced
- 2 tsp. salt
- 1 tsp ground pepper
- 2 tsp. ground cumin
- 1 tsp. ground cinnamon
- 2 tsp. dried oregano
- ½ cup (8g) parsley, minced
- 2 eggs
- 1 cup (60g) panko breadcrumbs

Tomato salad:

- 4 tomatoes, chopped
- 1 tsp. salt
- ½ red onion, thinly sliced
- 4 tbsp. white wine vinegar
- 2 tsp. coconut sugar
- 2 tbsp. fresh dill, chopped

Tzatziki sauce:

- 1 cucumber, grated
- 1 tsp. salt
- 1 cup (285g) Greek yogurt
- 2 tbsp. lemon juice
- 3 tbsp. fresh dill, chopped

To serve:

- 4 pitas, toasted

Preheat the airfryer to 375°F (190°C).

In a large bowl, combine all the ingredients for the meatballs, mix together using your hands. Roll the beef mixture into even-sized balls the size of a walnut. Working in batches, cook the meatballs in the airfryer basket in a single layer for 8-10 minutes, or until cooked through.

In the meantime, add the tomatoes to a large bowl with the salt and stir through the remaining ingredients. Refrigerate until ready to serve.

For the tzatziki sauce, place the grated cucumber into a medium bowl with the salt. Set aside for 2 minutes, then drain off any excess water. Mix in the remaining ingredients, then cover and refrigerate until ready to serve.

When the meatballs have finished cooking, assemble the plates. Divide the meatballs equally and serve with a portion of the tomato salad, tzatziki and toasted pita bread.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20-30 mins	562	19	53	45	5

*Nutrition per serve

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09751004



Ground Turkey with Chili & Basil

Serves 4

What you need to do

**7 oz. (200g) dried vermicelli
noodles**

2 tsp olive oil
14 oz. (400g) lean ground
turkey
2 garlic cloves, minced
4 shallots, sliced
1 tbsp. ginger, grated
1 red chili, sliced
7 oz. (200g) green beans,
trimmed
4 zucchinis, cut into strips
2 tbsp. tamari
1 tbsp. coconut sugar
½ cup (8g) basil leaves

Cook the noodles according to instructions on the packaging.

Meanwhile, heat 1 teaspoon of olive oil in a large skillet and cook the turkey for 2-3 minutes. Add the garlic, shallots, ginger and chili, stir-frying for a further 2 minutes, or until the turkey is cooked through. Remove the mixture from the skillet and set aside.

Heat the remaining teaspoon of olive oil in the skillet and stir-fry the green beans and zucchinis for 5 minutes until slightly golden.

Add the turkey mixture back into the skillet, along with the tamari and coconut sugar, stir to combine and heat through. Now stir through the basil leaves and serve with the rice noodles.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	437	12	57	24	5

*Nutrition per serve

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Turkey Taco Meal Prep Bowls

Serves 4

What you need to do

Turkey:

- 1 tbsp. olive oil
- 1 lb. (450g) lean ground turkey
- 2 tbsp. taco seasoning
- ½ cup (120ml) water

For the salsa:

- 2 cups (300g) cherry tomatoes, halved
- 1 red onion, diced
- ½ lime, juiced
- salt & pepper to taste

Other:

- 1 cup (140g) sweetcorn kernels, drained
- 1 avocado, quartered
- 2 cups (400g) cooked brown rice

Heat the olive oil in a large skillet and over a medium heat, add the ground turkey and cook for about 10 minutes. Season the turkey with the taco seasoning and add the water. Stir to combine and simmer for a couple of minutes, until the sauce has thickened. Remove from the heat and set aside.

Combine all salsa ingredients in a bowl and set aside.

Assemble the bowls by dividing the ground turkey, sweetcorn, avocado, cooked rice and tomato salsa, equally between 4 storage boxes with tight fitting lids. Seal the boxes and store in the refrigerator for up to 4 days. Enjoy cold, or heat in the microwave.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	50 mins	439	22	39	27	6

*Nutrition per serve

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Olive Oil Cookies

Serves 12

What you need to do

½ cup (120ml) olive oil
2 tsp. vanilla extract
2 eggs
4 tbsp. coconut sugar
2 tbsp. maple syrup
2 cups (220g) wholemeal spelt flour
½ cup (60g) almond meal
1 tsp. baking powder
½ cup (100g) raisins
½ cup (55g) walnuts, chopped

Preheat the oven to 340°F (170°C). Prepare a baking sheet lined with baking paper.

Combine the olive oil, vanilla extract, eggs, coconut sugar and maple syrup in a bowl. Add the spelt flour, almond meal, and baking powder. Mix until well combined. Now work the raisins and walnuts into the cookie dough.

Divide the dough into 12 even-sized balls and place on the baking sheet. Flatten the balls with your hands to form cookie shapes.

Place the baking sheet into the hot oven to bake for 20-25 minutes until golden.

Remove from the oven and place the cookies onto a wire cooling rack to cool before enjoying.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	265	16	27	6	4

*Nutrition per serve

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Workout Recovery Smoothie

Serves 1

¾ cup ice

¼ cup (35g) cherries, frozen or fresh

¼ cup (60ml) pomegranate juice

1 scoop (25g) vanilla whey protein powder

1 tbsp. walnuts, chopped

1 beet, cooked

What you need to do

Place all the ingredients into a blender and blitz until smooth and creamy. Pour into a glass and serve immediately.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	229	5	22	25	3

*Nutrition per serve

myfitnesspal



04653426



Teriyaki Bacon Rice Balls

Serves 8

2 cups (320g) cooked & cooled sushi rice

1 tbsp. rice vinegar
16 strips bacon
1 tbsp. sesame seeds, toasted
2 tbsp. green onions, sliced

For the teriyaki sauce:

¼ cup (60ml) tamari
¼ cup (60ml) mirin
¼ cup (60ml) sake

What you need to do

Preheat the broiler (grill) to 400°F (200°C). Line a baking sheet with baking paper.

Place the cooked and cooled sushi rice into a bowl and drizzle over the rice vinegar, stirring to combine. Form the seasoned rice into 8 even-sized balls.

Wrap each rice ball with 2 rashers of bacon and place onto the baking sheet. Place the baking sheet under the broiler and broil for about 20 to 25 minutes until lightly browned.

In the meantime, place all the ingredients for the teriyaki sauce into a small pot over a medium/high heat. Boil the sauce until it has reduced by half.

Take the rice balls out of the oven and brush generously with the teriyaki sauce. Do this a further 3 or more times during the cook, to allow the bacon and rice to absorb all the sauce.

Put the rice balls back in the broiler and cook for another five minutes for the sauce to caramelize.

To serve, sprinkle over the toasted sesame seeds and green onions. Great as a snack.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	317	22	18	10	1

*Nutrition per serve

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