



June Recipe Pack

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

activecentres.org



Contents & Key

- 6** Eggplant & Onion Spanish Tortilla
- 8** Breakfast Egg & Mushroom Salad
- 10** Tomato & Egg Breakfast Pizza
- 12** Sweet Potato Protein Pancakes
- 14** Honey Lime Salmon with Mango Salsa
- 16** Chicken Lettuce Wraps
- 18** Pesto White Fish En Papillote
- 20** Creamy Chicken & Potato Soup (Slow-Cooker)
- 22** Slow Cooker Pot Roast
- 24** Cod Fish Cakes with Mint Peas
- 26** Chicken Tikka Alfredo
- 28** Baked Feta Pasta
- 30** Honey Pear Muffins
- 32** Whey Protein Chocolate Cakes
- 34** Pear Protein Smoothie

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 2 lemons 1 lime 3 pears 1 banana 1 mango Vegetables 1 red bell pepper 1 jalapeño pepper 2 serrano peppers 1 large tomato cherry tomatoes 2 eggplants (aubergine) 8 onions 1 red onion bunch green onions (spring onions) 2 shallots 11 oz. (320g) leeks 2-3 bulbs of garlic root ginger 5 carrots celery 1 lb. (450g) white button mushrooms 7 oz. (200g) kale 1 large lettuce 1 large sweet potato 2 ½ lbs. (1kg 130g) baby potatoes 2 lbs. (900g) potatoes Fresh Herbs cilantro (coriander) basil chives parsley tarragon rosemary thyme bay leaves Frozen green peas | Meats 1 lb. (450g) ground chicken (minced chicken) 1½ lbs. (680g) chicken breast 1½ lbs. (680g) boneless skinless chicken thighs 3½ lbs. (1.6kg) beef chuck roast pack slices ham Fish & Seafood 4x 6 oz. (170g) salmon filets 2x 6 oz. (170g) white fish filets (e.g. cod) 1 lb. 2 oz. (560g) cod filet Cold 21x eggs 8.1 fl. oz. (240ml) carton egg white (or roughly 8 large eggs) whole milk oat cream almond milk Greek yogurt butter ghee cheddar cheese cream cheese feta cheese | Grains white basmati rice wholemeal flour all purpose flour (plain flour) cornstarch (cornflour) rolled oats Nuts & Seeds ground almonds ground flaxseed pecan nuts walnuts Baking vanilla extract baking powder baking soda cocoa powder chocolate chips Dried Herbs & Spices black pepper cayenne pepper red pepper flakes garam masala curry powder ground cumin ground coriander ground ginger ground cinnamon ground cardamom ground nutmeg dried oregano | Oils olive oil coconut oil sesame oil, toasted cooking spray Sweeteners honey maple syrup coconut sugar Boxed, Canned & Condiments jar gerkin canned peas jar capers anchovies peanut butter Dijon mustard mustard powder mayonnaise rice wine vinegar tamari sauce hoisin sauce sriracha sauce chicken broth (stock) chicken bouillon cubes (stock cubes) beef broth (stock) tomato paste (puree) pesto spaghetti pasta of choice Misc/Other sea salt red wine chocolate protein powder vanilla protein powder |

Sample Weekly Meal Planner

| | Breakfast | Lunch | Snack | Dinner |
|------------|-----------------------------------|------------------------------------|---|-------------------------------|
| Mon | Eggplant & Onion Spanish Tortilla | Baked Feta Pasta | E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes | Slow Cooker Pot Roast |
| Tue | Eggplant & Onion Spanish Tortilla | Baked Feta Pasta | E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes | Slow Cooker Pot Roast |
| Wed | Breakfast Egg & Mushroom Salad | Honey Lime Salmon with Mango Salsa | E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes | Creamy Chicken & Potato Soup |
| Thu | Breakfast Egg & Mushroom Salad | Creamy Chicken & Potato Soup | E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes | Cod Fish Cakes with Mint Peas |
| Fri | Tomato & Egg Breakfast Pizza | Chicken Lettuce Wraps | E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes | Cod Fish Cakes with Mint Peas |
| Sat | Sweet Potato Protein Pancakes | Chicken Lettuce Wraps | E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes | Meal Out - Enjoy! |
| Sun | Pear Protein Smoothie | Pesto White Fish Papillote | E.g. Honey Pear Muffins, Whey Protein Chocolate Cookies, Pear Protein Smoothie, Sweet Potato Protein Pancakes | Chicken Tikka Alfredo |



Eggplant & Onion Spanish Tortilla

Serves 2

2 tbsp. olive oil
2 onions, chopped
2 eggplants, cut into cubes
salt & pepper, to taste
5 eggs

What you need to do

Heat the olive oil in a medium pot over a medium-high heat. Add the onions and eggplants and cook for 20 minutes, until softened, and season with salt and pepper.

Whisk the eggs in a bowl with a little salt and pepper. Pour the eggs over the vegetables and continue cooking until the eggs start to set along the sides.

Now flip the tortilla over, use a plate to help, and continue cooking the second side until the tortilla is set. Serve immediately.

| | | | | |
|----|----|----|----|---|
| GF | DF | MP | HP | V |
|----|----|----|----|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 30 mins | 482 | 27 | 44 | 22 | 19 |



*Nutrition per serve



Breakfast Egg & Mushroom Salad

Serves 4

What you need to do

1 lb. (450g) white button mushrooms
2 tbsp. lemon juice
2 tbsp. parsley, chopped
1 onion, diced
2 gherkins, diced
1 tbsp. chives, chopped
6 oz. (170g) peas, drained
6 tbsp. mayonnaise
4 tbsp. Greek yogurt
1 tsp. Dijon mustard
8 eggs, hard boiled, chopped
salt & pepper

Place the mushrooms in a pot and cover with water. Bring to a boil and simmer for 5 minutes, then drain the mushrooms and chop them up.

Place the mushrooms into a bowl and drizzle over the lemon juice. Add in the remaining ingredients, season with salt and pepper, stir to combine and serve.

| | | | | |
|----|----|----|---|---|
| GF | LC | MP | V | Q |
|----|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|--------|------|---------|----------|------------|----------|
| 15 mins | 5 mins | 337 | 26 | 9 | 18 | 2 |

*Nutrition per serve

myfitnesspal



06004057



Tomato & Egg Breakfast Pizza

Serves 2

4 eggs
salt & pepper
½ red onion, chopped
1 tbsp. olive oil
1 large tomato, sliced
1 tbsp. dried oregano
¼ cup ham, chopped
¼ cup shredded cheddar cheese

What you need to do

Whisk the eggs in a bowl, season with salt and pepper, and stir through the red onion.

Heat the olive oil in a non-stick skillet over a medium heat. Place a layer of tomatoes in the bottom of the skillet and cook for 2-3 minutes.

Pour the eggs over the tomatoes, sprinkle with half the oregano and cook for 2-3 minutes.

Now scatter over the ham and cheese and add the remaining oregano. Cook for a further 2-3 minutes until the eggs are set. Slice and serve immediately.

| | | | | |
|----|----|----|----|---|
| GF | LC | MP | HP | Q |
|----|----|----|----|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 10 mins | 308 | 23 | 5 | 21 | 1 |

myfitnesspal



04965275

*Nutrition per serve



Sweet Potato Protein Pancakes

Serves 2 (2 large pancakes per serving)

Sweet potato protein pancakes:

- 1 large sweet potato, cooked & mashed
- 7.9 oz. (225g) egg whites
- 1 oz. (30g) vanilla protein powder
- 1.2 oz. (35g) ground flaxseed
- 2 tsp. baking powder
- ½ tsp. pure vanilla extract
- ⅛ tsp. sea salt
- ⅛ tsp. ground cinnamon
- 1 tbsp. coconut oil, for cooking

To serve:

- 2 tbsp. chopped pecans, for garnish
- 2 tbsp. maple syrup, for serving

What you need to do

In a blender, add all the ingredients for the pancakes, except for the coconut oil, and blitz until smooth.

Add the coconut oil to a non-stick skillet and place over a medium-high heat. Pour ¼ of the pancake batter into the hot skillet and cook the pancake for 2-4 minutes, until bubbles start to appear in the center of the pancake. Flip the pancake over and cook for a further 2-3 minutes, or until golden-brown and cooked through.

Repeat the process with the remaining batter to make 2 large pancakes.

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



| | | | | | | |
|----|----|----|----|---|---|---|
| GF | DF | MP | HP | V | Q | N |
|----|----|----|----|---|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 10 mins | 390 | 16 | 34 | 28 | 6 |

*Nutrition per serve



Honey Lime Salmon with Mango Salsa

Serves 4

4x 6 oz. (170g) salmon filets
2 tsp. olive oil
salt & pepper
2 tbsp. butter
2 tbsp. honey

Mango salsa:

1 mango, diced
1 red bell pepper, diced
½ red onion, diced
handful of cilantro, finely
chopped
juice of 1 lime
¼ tsp. salt, or to taste

What you need to do

Make the mango salsa by combining all the ingredients together in a bowl, then mix well and set aside.

Rub salmon with olive oil and season with salt and pepper.

Melt the butter in a large non-stick skillet over a medium heat, then stir in honey.

Place the salmon filets in the skillet and cook for 5-6 minutes. Flip the salmon over and cook a further 8 minutes until the salmon is caramelized on the outside, and cooked through.

Top the salmon filets with the mango salsa and serve immediately.

| | | |
|----|----|----|
| GF | MP | HP |
|----|----|----|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 15 mins | 444 | 24 | 24 | 35 | 2 |

*Nutrition per serve

myfitnesspal



09546531



Chicken Lettuce Wraps

Serves 4

3 tbsp. hoisin sauce
2 tbsp. tamari sauce
2 tbsp. rice wine vinegar
1 tbsp. sriracha sauce
1 tsp. toasted sesame oil
1 tbsp. olive oil
1 medium onion, diced
2 cloves garlic, minced
1 tbsp. freshly grated ginger
1 lb. (450g) ground chicken
2 green onions, thinly sliced
salt & pepper
1 large lettuce (leaves separated), for serving
6.5 oz. (185g) cooked white rice, for serving

What you need to do

Place the hoisin sauce, tamari, rice wine vinegar, sriracha sauce, and sesame oil in a small bowl, whisk together and set aside.

In a large skillet, over a medium-high heat, heat olive oil. Add the onions and cook for 5 minutes until soft, then stir through the garlic and ginger and cook for a further minute, until fragrant. Now add the ground chicken and cook the meat until it becomes opaque and is mostly cooked through, breaking up the meat with a wooden spoon.

Pour the sauce over the chicken and cook for a further 1-2 minutes, allowing the sauce to reduce slightly and ensuring the chicken is cooked through. Turn off the heat and add in the green onions, and season with salt and pepper.

Spoon the cooked white rice and chicken mixture into the center of the lettuce leaves. Serve immediately.

| GF | DF | LC | MP | HP |
|----|----|----|----|----|
|----|----|----|----|----|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 40 mins | 255 | 14 | 11 | 22 | 2 |

*Nutrition per serve

myfitnesspal



08188812



Pesto White Fish En Papillote

Serves 2

2x 6 oz. (170g) white fish filets
of choice (e.g. cod)
1 tbsp. olive oil
salt to taste
½ onion, sliced
2 tbsp. pesto
8 cherry tomatoes, halved
2 slices lemon

What you need to do

Preheat the oven to 385°F (200°C). Prepare 2 large pieces of parchment paper, big enough to hold the fish and fold over.

Rub the fish filets with olive oil, and season with salt.

Layer the sliced onion in the center of each piece of parchment paper, then place the fish filets on top. Brush the fish with pesto and then top with the cherry tomatoes, finally topping with the sliced lemon.

Fold the parchment paper over the filet and pinch the edges to seal the parcel tight.

Place the parcels on a baking sheet, in the oven, and bake for 15 minutes.

Once ready, remove from the oven and allow to cool slightly. Open the parchment paper carefully to release the hot steam, taking care not to burn yourself.

| GF | LC | MP | HP | Q | N |
|----|----|----|----|---|---|
|----|----|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 15 mins | 190 | 7 | 8 | 21 | 2 |

*Nutrition per serve

myfitnesspal



06717155



Creamy Chicken & Potato Soup (Slow-Cooker)

Serves 6

What you need to do

1½ lbs. (680g) boneless,
skinless chicken breasts
salt & pepper
1 lb. (450g) baby potatoes,
quartered
8 oz. (225g) cream cheese
1 yellow onion, chopped
1 carrot, chopped
1 jalapeño, finely chopped
4 cloves garlic, finely chopped
1 bunch thyme
32 fl oz. (960ml) chicken broth
8.1 fl oz. (240ml) whole milk
1 chicken bouillon cube
2 tsp. curry powder
1 tsp. dried oregano
7 oz. (200g) kale, stems
removed, chopped

Season the chicken with salt and pepper and place in the bottom of the slow cooker. Add the potatoes, cream cheese, onion, carrot, jalapeño, garlic, and thyme and stir to combine. Now add in the chicken broth, milk, bouillon cube, curry powder, oregano and season with a little more salt and pepper.

Cover the slow cooker with the lid and cook on LOW for 6 hours.

Transfer the cooked chicken to a plate and shred the chicken using 2 forks. Return chicken to the slow cooker and add in the kale. Stir until well combined and continue to cook on low for around 10 minutes until the kale has wilted.

Check the soup for seasoning and add a little more salt and pepper if required, and serve.

GF MP HP

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|-------|------|---------|----------|------------|----------|
| 20 mins | 6 hrs | 367 | 16 | 22 | 33 | 4 |

*Nutrition per serve

myfitnesspal



06040341



Slow Cooker Pot Roast

Serves 8

What you need to do

2 tbsp. olive oil
3½ lbs. (1.6kg) beef chuck roast
2 tsp. salt
1 tsp. freshly ground black pepper
4 cloves garlic, thinly sliced
1 yellow onion, cut into large chunks
4 carrots, peeled and cut into 1-inch pieces
3 stalks celery, cut into 1-inch pieces
1½ lbs. (680g) baby potatoes, quartered
2 sprigs fresh rosemary
2 sprigs fresh thyme
2 bay leaves
24.3 fl oz. (720ml) beef broth
8.1 fl oz. (240ml) red wine

Heat the olive oil in a large skillet over a medium-high heat. Season both sides of the beef chuck roast with salt and pepper, place into the hot skillet and sear for 4-5 minutes, browning each side of the roasting joint. Transfer the roast to the bowl of the slow cooker.

Add the garlic, onion, carrots, celery, potatoes, rosemary, thyme, and bay leaves to the slow cooker. Pour over the beef broth and red wine, cover with a lid and cook on LOW for 8 hours or on HIGH for 6 hours.

Once cooked, remove the sprigs of rosemary, thyme, and the bay leaves. Then remove the roast and shred the meat using 2 forks.

Mix the cornstarch and water together in a small bowl and stir to combine. Add the mixture to the slow cooker and stir everything together until the gravy starts to thicken.

Serve the meat and vegetables on a platter pouring over some of the gravy.

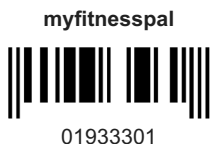
For gravy:

2 tbsp. cornstarch
3 tbsp. water

| GF | DF | MP | HP |
|----|----|----|----|
|----|----|----|----|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|------------------|------|---------|----------|------------|----------|
| 10 mins | 8 hrs 10 mins | 410 | 26 | 22 | 23 | 3 |

*Nutrition per serve





Cod Fish Cakes with Mint Peas

Serves 4

What you need to do

2 lbs. (900g) potatoes, peeled
& cut into medium chunks
2 tsp. mustard powder
4 anchovies, finely chopped
5 green onions, finely sliced
2 tsp. capers
1½ tbsp. tarragon, chopped
1 lb. 2 oz. (560g) skinless cod,
cut into cubes
8 tsp. wholemeal flour
2 eggs
3 oz. (90g) ground almonds

For the vegetables:

11 oz. (320g) frozen peas
11 oz. (320g) leeks, halved &
finely sliced
2 tbsp. finely chopped mint

Heat the oven to 360°F (180°C). Prepare a baking sheet lined with baking paper.

Bring a pan of water to the boil and cook the potatoes for 15-20 minutes until tender. Drain well, then return to the pan and mash with the mustard, anchovies, green onions, capers and tarragon until well combined. Now stir through the raw cod.

Shape the mixture into 8 even-sized fishcakes, then coat lightly in the flour.

Beat the eggs in a shallow bowl and coat the fishcakes in the egg mixture. Now coat each of the fishcakes with ½ tablespoon of the ground almonds, and place on the baking sheet.

Place the fishcakes into the hot oven to bake for 20 minutes until golden brown, turning each fishcake over halfway through.

Meanwhile, place the peas and leeks in a pot and cover with boiling water. Cook on medium-high for 10 minutes, then drain and stir through the mint.

This recipe serves 2 fishcakes per portion.

| DF | MP | HP | N |
|----|----|----|---|
|----|----|----|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 20 mins | 20 mins | 519 | 11 | 65 | 30 | 11 |

*Nutrition per serve

myfitnesspal



01379860



Chicken Tikka Alfredo

Serves 6

What you need to do

For the chicken:

1½ lbs. (680g) boneless skinless chicken thighs
5 oz. (140g) Greek yogurt
3 cloves garlic, minced
1 tbsp. ginger, minced
1½ tsp. garam masala
½ tsp. ground cumin
½ tsp. ground coriander
½ tsp. salt
¼ tsp. cayenne pepper
cooking spray

For the sauce & pasta:

3 tbsp. ghee
1 large yellow onion, finely chopped
5 cloves garlic, minced
2 tbsp. fresh ginger, minced
1-2 serrano peppers, seeded, deveined, & minced
2 tbsp. garam masala
1½ tsp. ground cumin
1½ tsp. ground coriander
1 tsp. ground cardamom
6 oz. (170g) tomato paste
14 fl oz. (420ml) water
2 tsp. honey
8.5 oz. (240g) oat cream
salt
1 lb. (450g) spaghetti
fresh cilantro, for garnish

Place the chicken thighs into a large bowl. Add the Greek yogurt, garlic, ginger, and spices, and stir until the chicken is completely coated. Cover the bowl with a lid and transfer to the refrigerator to marinate for at least 30 minutes, or up to 2 hours.

In a large, heavy-bottomed pot, melt the ghee over a medium-high heat. Add the onions, garlic, ginger, and serrano peppers and cook for 8-10 minutes, stirring occasionally, until the vegetables are soft and beginning to brown on the edges.

Reduce the heat to medium and stir in spices, cooking for 2-3 minutes until very fragrant. Stir in tomato paste and cook until dark red, a further 2-3 minutes.

Whisk in the water, ensuring there are no clumps, then add honey. Take the pot off heat and stir in cream. Use an immersion blender, or carefully pour the sauce into a traditional blender, and blend the sauce until smooth. Return the sauce to the pot.

Position an oven rack 5-6" from the broiler and heat the broiler. Line a baking sheet with foil and grease with cooking spray.

Transfer the pieces of marinated chicken to the baking sheet, ensuring some yogurt remains on the chicken. Broil the chicken, flipping once halfway through, until cooked through and charred, 18-20 minutes. Transfer the chicken to a cutting board and let it cool a little, before roughly chopping and adding to the sauce.

Meanwhile, cook the spaghetti to al dente according to package directions. Drain and set aside.

Bring the sauce to a gentle simmer, add the cooked chicken and pasta. Toss everything together and continue cooking for 2-3 minutes until everything is warmed through.

Garnish the pasta with cilantro before serving.

MP HP

| Prep | Marinate | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|-----------------|---------|------|---------|----------|------------|----------|
| 20 mins | 30 mins - 2 hrs | 35 mins | 571 | 17 | 67 | 32 | 4 |

*Nutrition per serve

myfitnesspal



08406378



Baked Feta Pasta

Serves 4

What you need to do

10.6 oz. (300g) cherry tomatoes
2 shallots, sliced
2 cloves garlic, smashed
2 tbsp. olive oil, divided
salt
pinch crushed red pepper flakes
8 oz. (225g) feta cheese
3 sprigs fresh thyme
10 oz. (280g) pasta of choice
zest of 1 lemon
4 tbsp. fresh basil, for garnish

Preheat the oven to 400°F (200°C).

In a large ovenproof skillet or medium baking dish, add the tomatoes, shallots, garlic, and 1 tablespoon of olive oil. Season with salt and red pepper flakes and toss to combine.

Place the feta cheese into the center and drizzle with the remaining 1 tablespoon of olive oil. Scatter the thyme sprigs over the tomatoes.

Place the dish into the oven to bake for 40-45 minutes, until the tomatoes start to burst and the feta cheese is golden on top.

Meanwhile, cook the pasta to al dente, according to package directions.

Add the cooked pasta and lemon zest to the feta cheese and tomatoes and stir until combined. Garnish with basil and serve immediately.



| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|---------|------|---------|----------|------------|----------|
| 5 mins | 45 mins | 435 | 20 | 48 | 12 | 3 |

*Nutrition per serve

myfitnesspal



02545103



Honey Pear Muffins

Makes 12

1.6 oz. (45g) wholemeal flour
4.2 oz. (120g) all-purpose flour
1 scoop vanilla protein powder
1 tsp. baking powder
1 tsp. baking soda
½ tsp. salt
¼ tsp. ground ginger
⅛ tsp. ground nutmeg
1 tsp. ground cinnamon
large egg
6 oz. (170g) honey
5.4 fl oz. (160ml) almond milk,
unsweetened
2.7 oz. (80ml) olive oil
1½ tsp. vanilla extract
6.3 oz. (180g) finely diced
pears
1 oz. (30g) rolled oats
2 oz. (60g) finely chopped
walnuts

What you need to do

Preheat the oven to 350°F (190°C). Line a muffin tin with paper cups or lightly spray with cooking spray.

In a large bowl, whisk together the flours, protein powder, baking powder, baking soda, salt, ginger, nutmeg and cinnamon until just combined.

In a separate mixing bowl, whisk together the egg, honey, milk, olive oil and vanilla extract until just combined.

Add the wet ingredients to the dry ingredients and stir to combine. Now gently fold in the chopped pears, rolled oats and walnuts. Do not overmix the batter, only stir until just combined.

Spoon the mixture into the muffin cups, filling them ¾ of the way up the cup.

Place into the hot oven to bake for 18-20 minutes, until the tops are golden brown, and a toothpick inserted into the center of the muffin comes out clean.

Remove from the oven and the muffins onto a wire rack to cool completely.

| DF | MP | V | N |
|----|----|---|---|
|----|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 20 mins | 248 | 10 | 36 | 5 | 5 |

myfitnesspal



01098952

*Nutrition per serve



Whey Protein Chocolate Cookies

Makes 12

What you need to do

Dry Ingredients:

6.3 oz. (180g) all-purpose flour
4 tbsp. chocolate protein powder
2 tbsp. cocoa powder
2 tbsp. ground flaxseed
½ tsp. baking soda
¼ tsp. baking powder
pinch of salt
3 oz. (85g) chocolate chips

Wet Ingredients:

1 large egg, room temperature
4 fl oz. (120ml) olive oil
3.9 oz. (110g) coconut sugar
3 tbsp. peanut butter
1 tsp. vanilla extract

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

Add the flour, protein powder, cocoa powder, ground flaxseed, baking soda, baking powder and salt into a large bowl, mix to combine and set aside.

Whisk the eggs together in a separate large bowl, then add the olive oil and whisk for 30 seconds. Now add the coconut sugar, peanut butter, and vanilla extract and whisk for a further 30 seconds.

Add ½ cup of the flour mixture to the wet ingredients and fold through until well combined. Now add the remaining flour and chocolate chips and fold the mixture to form a cookie dough.

Divide the cookie dough to make 12 even-sized cookies. Place the cookies onto the baking sheet and place into the hot oven to bake for 15 minutes.

Remove from the oven, and set the cookies onto a wire rack to cool a little before serving.

| | | |
|----|---|---|
| MP | V | N |
|----|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|---------|---------|------|---------|----------|------------|----------|
| 15 mins | 15 mins | 217 | 12 | 24 | 5 | 4 |

*Nutrition per serve

myfitnesspal



03758843



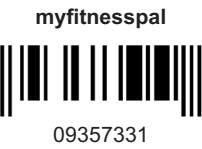
Pear Protein Smoothie

Serves 1

- 1 pear peeled, cored, & chopped
- 1 banana, frozen
- 1 tbsp. ground ginger
- 8.1 fl oz. (240ml) almond milk, unsweetened
- 1 scoop vanilla protein powder
- ¼ tsp. ground cinnamon

What you need to do

Place all the ingredients into a high-speed blender and blitz until smooth. Garnish with a little extra ground cinnamon and serve immediately.



| | | | | |
|----|----|---|---|---|
| GF | HP | V | Q | N |
|----|----|---|---|---|

| Prep | Cook | Kcal | Fats(g) | Carbs(g) | Protein(g) | Fibre(g) |
|--------|--------|------|---------|----------|------------|----------|
| 5 mins | 5 mins | 329 | 3 | 56 | 25 | 10 |

*Nutrition per serve