



# September Recipe Pack

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

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# Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, <b>Baking, Spices</b>	Cans, Condiments, Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>1 banana</li> <li>10 lemons</li> <li>blueberries</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>5 onions</li> <li>2 red onions</li> <li>3 shallots</li> <li>2 bunches green onions (spring onion)</li> <li>2-3 bulbs garlic</li> <li>root ginger</li> <li>3 cucumbers</li> <li>cherry tomatoes</li> <li>baby spinach</li> <li>2 red bell peppers</li> <li>1 green bell pepper</li> <li>1 jalapeño</li> <li>2 carrots</li> <li>2 celeries</li> <li>7 oz. (200g) green beans</li> <li>14 x large white mushrooms</li> <li>cauliflower</li> </ul> <p><b>Fresh Herbs</b></p> <ul style="list-style-type: none"> <li>dill</li> <li>cilantro (coriander)</li> <li>mint</li> <li>parsley</li> <li>thyme</li> </ul> <p><b>Dried Fruit</b></p> <ul style="list-style-type: none"> <li>medjool dates</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>strawberries</li> </ul>	<p><b>Meats</b></p> <ul style="list-style-type: none"> <li>1.3 lbs. (600g) chicken breast</li> <li>2 lbs. (900g) skinless, boneless chicken thighs</li> <li>1.8 lbs. (800g) skin on, bone in chicken legs</li> <li>7 oz. (200g) rump beef steak</li> <li>1 lb. (450g) ground lamb (lamb mince)</li> </ul> <p><b>Fish &amp; Seafood</b></p> <ul style="list-style-type: none"> <li>4x 6 oz. (170g) salmon filets</li> <li>4x 6 oz. (170g) cod filets</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>butter</li> <li>milk</li> <li>unsweetened almond milk</li> <li>natural yogurt</li> <li>Greek yogurt</li> <li>1 egg</li> <li>cheddar cheese</li> <li>cottage cheese</li> <li>cream cheese</li> <li>feta cheese</li> <li>goat cheese</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>couscous</li> <li>white basmati rice</li> </ul> <p><b>Nuts &amp; Seeds</b></p> <ul style="list-style-type: none"> <li>pistachios</li> <li>walnuts</li> <li>hemp seeds</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>all purpose flour</li> <li>baking powder</li> <li>vanilla extract</li> </ul> <p><b>Dried Herbs &amp; Spices</b></p> <ul style="list-style-type: none"> <li>black pepper</li> <li>cayenne pepper</li> <li>garam masala</li> <li>paprika</li> <li>red pepper flakes (chilli flakes)</li> <li>dried mixed herbs</li> <li>dried oregano</li> <li>dried thyme</li> <li>bayleaves</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>olive oil</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>coconut sugar</li> <li>honey</li> <li>maple syrup</li> </ul> <p><b>Boxed, Canned &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>3.5 oz. (100g) can sweetcorn (or use frozen sweetcorn)</li> <li>3.5 oz. (100g) can chickpeas</li> <li>sun-dried tomatoes</li> <li>basil pesto, vegan</li> <li>garlic paste</li> <li>harissa paste</li> <li>dijon mustard</li> <li>apple cider vinegar</li> <li>white wine vinegar</li> <li>rice wine vinegar</li> <li>mirin</li> <li>tamari sauce</li> <li>soba noodles</li> <li>chicken bouillon cube</li> <li>chicken broth (stock)</li> </ul> <p><b>Misc/Other</b></p> <ul style="list-style-type: none"> <li>sea salt</li> <li>4 pita bread</li> <li>vanilla protein powder</li> </ul>

# Contents & Key

6	Cheesy Chicken Muffins	GF	Gluten Free
8	Strawberry Cottage Cheese Smoothie	DF	Dairy Free
10	Bacon Stuffed Mushrooms	LC	Low Carb (20g- serve)
12	Whipped Pesto Cream Cheese Spread	MP	Meal Prep/Freezer Friendly
14	Beef Soba Noodle Bowl with Green Beans	HP	High Protein (20g+ per serve)
16	Cilantro & Mint Chutney	V	Vegetarian
18	Tandoori Bowl	Q	Quick (under 30 mins)
20	Instant Pot Chicken Soup	N	Contains Nuts
22	Mediterranean Salmon with Greek Salad & Couscous		
24	Smashed Pita Burger with Tzatziki		
26	Poulet Yassa (Senegalese Chicken)		
28	One-Pan Green Rice & Fish		
30	Vanilla Protein Pudding		
32	Goat Cheese Stuffed Dates with Pistachios & Walnuts		
34	Blueberry Protein Popsicles		



# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Cheesy Chicken Muffins	Mediterranean Salmon with Greek Salad & Couscous	E.g. Vanilla Protein Pudding, Goat Cheese Stuffed Dates with Pistachios & Walnuts, Blueberry Protein Popsicles	Smashed Pita Burger with Tzatziki
Tue	Cheesy Chicken Muffins	Beef Soba Noodle Bowl with Green Beans	E.g. Vanilla Protein Pudding, Goat Cheese Stuffed Dates with Pistachios & Walnuts, Blueberry Protein Popsicles	Smashed Pita Burger with Tzatziki
Wed	Strawberry Cottage Cheese Smoothie	Beef Soba Noodle Bowl with Green Beans	E.g. Vanilla Protein Pudding, Goat Cheese Stuffed Dates with Pistachios & Walnuts, Blueberry Protein Popsicles	Poulet Yassa (Senegalese Chicken)
Thu	Whipped Pesto Cream Cheese Spread	Tandoori Bowl	E.g. Vanilla Protein Pudding, Goat Cheese Stuffed Dates with Pistachios & Walnuts, Blueberry Protein Popsicles	Poulet Yassa (Senegalese Chicken)
Fri	Bacon Stuffed Mushrooms	Tandoori Bowl	E.g. Vanilla Protein Pudding, Goat Cheese Stuffed Dates with Pistachios & Walnuts, Blueberry Protein Popsicles	One-Pan Green Rice & Fish
Sat	Bacon Stuffed Mushrooms	Instant Pot Chicken Soup	E.g. Vanilla Protein Pudding, Goat Cheese Stuffed Dates with Pistachios & Walnuts, Blueberry Protein Popsicles	Meal Out - Enjoy!
Sun	Strawberry Cottage Cheese Smoothie	Instant Pot Chicken Soup	E.g. Vanilla Protein Pudding, Goat Cheese Stuffed Dates with Pistachios & Walnuts, Blueberry Protein Popsicles	One-Pan Green Rice & Fish





# Cheesy Chicken Muffins

Serves 6 (Makes 12)

What you need to do

1 tbsp. butter  
10.6 oz. (300g) chicken breast,  
cut into 1cm cubes  
½ tsp. dried mixed herbs  
1 tsp. garlic paste  
½ tsp. salt  
1 tsp. black pepper  
8.8 oz. (250g) all-purpose flour  
1½ tsp. baking powder  
8.4 fl oz. (250ml) milk  
1.8 oz. (50g) natural yogurt  
1 egg  
7 oz. (200g) cheddar cheese,  
grated  
2 tbsp. red pepper, diced  
2 tbsp. green pepper, diced  
2 tbsp. green onion, finely  
chopped  
3.5 oz. (100g) sweetcorn,  
drained

Preheat the oven to 360°F (180°C). Line a 12 muffin tin with muffin cups or use a silicone muffin tray.

Melt the butter in a small pot over low-medium heat, add the chicken, mixed herbs, garlic paste, salt and pepper, and stir to combine. Cover with a lid and cook for 15 minutes, until the chicken is cooked through.

Mix the flour with the baking powder in a large bowl. Whisk the milk with the yogurt and egg in a separate bowl, then fold the wet ingredients into the dry ingredients.

Add the cooked chicken, cheese, red and green peppers, green onion and sweetcorn and mix well.

Pour the batter equally into each of the muffin cups and bake in the oven for 30 minutes until golden, and a toothpick inserted into the center of the muffin comes out clean.

Remove the tray from the oven and set aside to cool for 10 minutes, then transfer the muffins to a cooling rack. Serve warm.

Store leftover muffins in an airtight container in the refrigerator for 4-5 days.

Makes 12 muffins, allowing 2 per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	45 mins	422	17	41	25	7

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Strawberry Cottage Cheese Smoothie

Serves 2

What you need to do

8 fl oz. (240ml) almond milk,  
unsweetened  
7 oz. (200g) frozen  
strawberries  
4.2 oz. (120g) cottage cheese  
1 tbsp. honey  
¼ tsp. vanilla extract

Place all the ingredients into a high speed blender and blitz until smooth. Divide between 2 glasses and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	138	4	19	8	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Bacon Stuffed Mushrooms

Makes 14

What you need to do

14 large white mushrooms  
1 tbsp. olive oil + 1 tbsp. for brushing  
½ tsp. salt plus + extra for sprinkling on mushroom caps  
black pepper, to taste  
7 slices bacon, diced  
3 shallots, diced  
4 cloves of garlic, thinly sliced  
3 tbsp. walnuts, chopped  
3 tbsp. sun-dried tomatoes, chopped  
3 tbsp. parsley, chopped

**For the parsley-lemon dressing:**

4 tbsp. parsley, chopped  
1 clove of garlic, diced  
zest of half a lemon  
½ tbsp. white wine vinegar  
2 fl oz. (60ml) olive oil  
salt & pepper, to taste

Preheat the oven to 175°C (350°F).

Place all the dressing ingredients in a food processor and blend until smooth. Set aside.

Separate the mushroom cups from the stems and set the stems aside. Brush the mushroom caps on both sides with olive oil, sprinkle the insides with a little salt and pepper, and place them bottom up in a baking dish. Wipe the mushroom stems to remove any dirt and dice them finely.

Place a tablespoon of olive oil into a medium-sized pot over medium heat, add the bacon pieces and sauté for 3-4 minutes. Then add the shallots and continue to sauté until fragrant. Now add the sliced garlic and mushroom stems, and sauté until browned. Remove the pot from the heat and stir in the remaining ingredients.

Fill each mushroom cap with the bacon stuffing mixture and place into the oven to bake for 15-20 minutes, or until the mushrooms have browned.

Remove from the oven, drizzle the dressing over each mushroom and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	91	8	2	3	1

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Whipped Pesto Cream Cheese Spread

Serves 12

What you need to do

6 oz. (170g) low fat cream cheese, room temperature  
2 tbsp. vegan basil pesto  
1/8 tsp. salt

Place the cream cheese in a large bowl, and using a hand mixer, whip the cheese for 2-3 minutes until light and fluffy. Add the pesto and salt, and whip again to combine.

Cover the bowl with a lid and refrigerate until ready to use as a spread or dip.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
7 mins	0 min	32	3	1	1	0

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Beef Soba Noodle Bowl with Green Beans

Serves 2

What you need to do

For the dressing:

- 1½ tbsp. tamari sauce
- 2½ tbsp. olive oil
- 3 tbsp. rice wine vinegar
- 1 tbsp. mirin
- 2 tsp. coconut sugar
- 2 tsp. ginger, minced
- 1 clove garlic, minced

**For the beef/noodles:**

- 7 oz. (200g) rump beef steak, fat trimmed
- 1 tsp. olive oil
- 5.2 oz. (150g) soba noodles
- 7 oz. (200g) green beans, trimmed
- 1 green onion, finely sliced

Remove the beef from the refrigerator 30 minutes prior to cooking, to allow the meat to come to room temperature.

Combine all dressing ingredients in a jar, and shake to combine. Set aside.

Heat the olive oil in a skillet over high heat, and cook the steak to your liking. Then transfer to a plate and loosely cover with foil. Allow the steak to rest for 5 minutes, then cut into slices against the grain.

Meanwhile, cook the soba noodles according to packet instructions. For the last 1 minute of cooking, add the green beans. Drain the noodles and beans and rinse under cold water.

To serve, divide the noodles and beans between 2 bowls, top with the sliced beef. Drizzle with the dressing and garnish with green onion.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	705	33	69	33	4

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Cilantro & Mint Chutney

Serves 10

4.4 oz. (125g) natural yogurt  
3 tbsp. fresh lemon juice  
0.5 oz. (15g) cilantro  
0.5 oz. (15g) mint leaves  
1 jalapeño, sliced  
2 tsp. root ginger, sliced  
1 garlic clove  
½ tsp. salt  
½ tsp. coconut sugar

What you need to do

Place all the ingredients into a blender or food processor and blitz until smooth.

Place in an airtight container and store in the refrigerator for up to 4 days.

Serve with the Tandoori Bowl (see recipe in this pack).



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	21	1	2	1	1

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\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.







# Tandoori Bowl

Serves 2

½ head cauliflower, cut into florets  
3.5 oz. (100g) chickpeas, drained  
10.6 oz. (300g) boneless, skinless, chicken breast  
1 red onion, sliced in wedges  
2 tbsp. olive oil  
¾ tsp. salt  
½ tsp. black pepper  
2 tbsp. garam masala spice  
8.5 oz. (240g) cooked white basmati rice  
2 servings, Cilantro & Mint Chutney

## What you need to do

Preheat the oven to 425°F [220°C]. Line a baking sheet with baking paper.

Place the cauliflower, chickpeas, chicken and onion on the baking sheet and drizzle with olive oil. Season with salt, pepper and garam masala spice, and stir to combine.

Place the baking sheet in the oven and cook for 25 minutes, removing halfway through to give the ingredients a quick mix.

Serve over rice with the Cilantro and Mint Chutney (see recipe in this pack).



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	653	21	71	47	13

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Instant Pot Chicken Soup

Serves 8

## What you need to do

2 tbsp. butter, unsalted  
1 onion, chopped  
2 carrots, chopped  
2 stalks celery, chopped  
1 tsp. salt  
1 tsp. black pepper  
1 tsp. dried thyme  
1 tsp. dried oregano  
1 tbsp. fresh parsley chopped  
1 chicken bouillon cube  
2 pt. (950ml) chicken broth  
2 lbs. (900g) chicken thighs, skinless, boneless  
2 pt. (950ml) water  
3.5 oz. (100g) white basmati rice  
lemon, wedges, to serve  
2 tbsp. parsley, chopped  
2 tbsp. green onions, sliced

Turn your Instant Pot to the sauté. Add the butter, onion, carrots and celery and sauté for 3 minutes until translucent. Season with salt and pepper, add the thyme, oregano, parsley, and chicken cube and stir.

Now add in the chicken broth, chicken thighs, water and rice. Close the lid and set the Instant Pot to high pressure for 7 minutes.

Once the Instant Pot cycle is complete, allow it to naturally release which should take about 10 minutes. Carefully unlock and remove the lid from the Instant Pot.

Remove the chicken and shred with two forks, then add back to the pot and mix together.

Serve the soup with lemon wedges, and a garnish of parsley and green onions.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	230	8	14	24	1

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Mediterranean Salmon with Greek Salad & Couscous

Serves 4

What you need to do

For the Greek salad:

- 1 cucumber, peeled, sliced
- ¼ tsp. salt
- 5.3 oz. (150g) cherry tomatoes halved
- ½ red onion, thinly sliced
- 1 tbsp. apple cider vinegar
- 1 tsp. lemon juice
- 2 tbsp. Greek yogurt
- ⅛ tsp. black pepper

**For the couscous:**

- 10 fl oz. (300ml) water
- 6 oz. (170g) couscous

**For the salmon:**

- 4x 6 oz. (170g) salmon filets
- salt, to taste
- pepper, to taste
- 1 medium lemon, sliced
- 1 tbsp. parsley, chopped

Place the sliced cucumbers into a medium-sized bowl, sprinkle with salt and mix to combine. Set aside for 10 minutes, then drain off the excess liquid. Add the cherry tomatoes, red onion, apple cider vinegar, lemon juice, Greek yogurt and pepper; mix well and set aside.

To make the couscous, pour the water into a small pot, bring to the boil and add the couscous. Stir the couscous then cover the pot with a lid, remove it from heat and set aside for at least 5 minutes to allow the couscous to fully absorb the liquid. Then fluff the couscous with a fork and set aside.

Set the broiler (grill) to high. Line a baking sheet with baking paper.

Place the salmon filets onto the baking sheet, season with salt and pepper, then place a lemon slice on top of each filet. Place the sheet under the broiler and cook for 8-14 minutes or until the salmon is cooked through and flakey.

To serve, divide the couscous and salad equally between 4 plates. Place a salmon filet on top of the couscous, garnish with parsley and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	10 mins	410	9	38	45	3

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Smashed Pita Burger with Tzatziki

Serves 4

What you need to do

For the tzatziki:

½ cucumber, grated  
6.7 oz. (190g) Greek yogurt  
juice from 1 lemon  
1 clove garlic, minced  
2 tbsp. fresh dill, chopped  
2 tbsp. fresh mint, chopped  
1 tbsp. olive oil  
1 tsp. salt

**For the burger:**

1 lb. (450g) ground lamb  
½ red onion, grated  
3 cloves garlic, minced  
2 tbsp. fresh mint  
½ tsp. dried oregano  
½ tsp. paprika  
1 tsp. salt  
½ tsp. black pepper  
4x pita bread

**Toppings:**

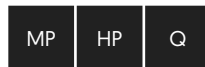
1 cucumber, chopped, garnish  
5.3 oz. (150g) cherry tomatoes  
4 tbsp. feta cheese, crumbled  
fresh dill, chopped  
fresh mint, chopped

To make the tzatziki, grate the cucumber using the large holes of a box grater. Place the cucumber onto some kitchen towel, and squeeze out any excess liquid from the cucumber. In a medium bowl, combine the grated cucumber, yogurt, lemon juice, garlic, dill, mint, olive oil and salt. Refrigerate until ready to serve.

Place the ground lamb into a large bowl, adding the onion, garlic, mint, oregano, paprika, salt and black pepper. Mix until fully combined, then roll into 4 even-sized balls.

Heat a flat top grill, or cast iron skillet, over medium-high heat. Place the balls of meat on the hot surface then, using a heavy pan or burger press, smash the pita bread down on top of the burger until it's as flat as you can make it. Cook for 4-5 minutes until the meat is cooked through, then flip over and cook for a further minute.

Remove from the skillet and serve the burger with tzatziki and other toppings.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	569	32	42	30	5

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\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.







# Poulet Yassa (Senegalese Chicken)

Serves 4

What you need to do

For the chicken:

1.8 lbs. (800g) chicken legs, bone in & skin on  
1 tsp. sea salt  
1 tbsp. olive oil

**For the marinade:**

1 onion, chopped  
4 garlic cloves, peeled  
handful of fresh parsley  
1 tsp. cayenne pepper  
zest & juice of 1 lemon  
2 tsp. dijon mustard

**For the sauce:**

2 tbsp. olive oil  
3 onions, sliced  
1 red bell pepper, sliced  
2 garlic cloves, minced  
juice 2 lemons  
2 tbsp. dijon mustard  
10 fl oz. (300ml) chicken broth  
6 sprigs fresh thyme  
1 bay leaf  
1 tsp. red pepper flakes  
½ tsp. sea salt  
½ tsp. black pepper

**To serve:**

2 tbsp. fresh parsley, chopped

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Make a few diagonal slashes across the chicken skin, season with the salt and massage it into the chicken, then place the chicken in a large bowl.

Place the marinade ingredients in a food processor, blitz to combine, then add to the chicken, and massage thoroughly. Cover and refrigerate for at least 2 hours, or overnight.

Remove the chicken from the refrigerator 30 minutes before cooking to allow the meat to come to room temperature. Set the oven to broil.

Take the chicken out of the marinade, and set the marinade aside for later. Drizzle the chicken with a tablespoon of olive oil, and arrange on a baking sheet in a single layer, skin-side up. Grill the chicken on each side for 10 minutes, until browned, then set aside to rest.

Meanwhile, make the sauce. Heat the olive oil in a large pot and add the onions along with the leftover marinade. Cover the pot and cook over a medium heat for 10 minutes, stirring occasionally. After 10 minutes, remove the lid and continue cooking for another 15–20 minutes, until the onions begin to caramelize. Add a splash of water, if needed, to prevent burning.

Now add the bell pepper to the onions and cook for 5 minutes, then stir in the garlic cooking for a further 2-3 minutes. Pour in the lemon juice and add the dijon mustard, chicken broth, thyme, bay leaf, red pepper flakes, salt and pepper, and bring to a simmer.

Place the chicken, skin-side up, in the sauce. Cover and simmer for 20 minutes, or until the sauce has reduced and the chicken is cooked through.

Garnish with freshly chopped parsley and serve.



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	2 hrs or overnight	90 mins	504	37	7	34	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.







# One-Pan Green Rice & Fish

Serves 4

What you need to do

8 green onions  
2 cloves of garlic  
1 oz. (30g) fresh cilantro  
3.5 oz. (100g) baby spinach  
1.3 pt. (600ml) water  
10.6 oz. (300g) basmati rice  
4x 6 oz. (170g) cod fish filets, skinless  
salt & black pepper, to taste  
1 tbsp. olive oil  
4 tbsp. natural yogurt  
2 tsp. harissa paste

**Optional:**

½ tsp. red pepper flakes  
1 lemon, wedges  
1 tbsp. cilantro, chopped

Place green onions, garlic, cilantro, spinach and water in a blender or food processor, and blitz until smooth.

Place the rice in a large skillet and pour over the green sauce, mix and cook on a high heat for 5 minutes.

Stir well, then carefully place the cod filets on top. Season to taste with salt and pepper and drizzle with olive oil. Cover the skillet with a lid, reduce the heat to low and cook for 12-15 minutes, or until the rice and the fish has cooked.

Serve the rice and fish with a spoon of yogurt and harissa on top. Then garnish with red pepper flakes, cilantro and lemon wedges.

GF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	405	5	63	27	3

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Vanilla Protein Pudding

Serves 2

What you need to do

8.8 oz. (250g) Greek yogurt  
1 oz. (30g) vanilla protein powder  
2 tsp. vanilla extract  
1 tsp. maple syrup  
2 tbsp. blueberries  
1 banana, sliced  
2 tsp. hemp seeds

Place the Greek yogurt, protein powder, vanilla extract and maple syrup into a bowl and stir to combine.

To serve, divide the mixture equally between 2 bowls or glasses, and top with the blueberries, sliced banana and hemp seeds.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	241	4	25	25	2

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Goat Cheese Stuffed Dates with Pistachios & Walnuts

Serves 15

What you need to do

15 medjool dates, pitted halved  
3.5 oz. (100g) goat cheese, soft  
4 tbsp. walnuts  
2 tbsp. pistachios  
1 tsp. honey, to serve  
1 tbsp. fresh thyme, stems removed

Smear a small amount of goat cheese into each date half. Place the walnuts and pistachios into the goat cheese, allowing 1-2 nuts per date, depending on the size.

Serve the dates on a platter or board, drizzle with honey and scatter over fresh thyme leaves.

GF LC MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	0 min	103	3	19	2	0

\*Nutrition per serve. \*\*Zero-rounded macro values contribute to overall nutrition.

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# Blueberry Protein Popsicles

## Serves 4

1.1 lbs. (500g) Greek yogurt  
1 oz. (30g) vanilla protein powder  
1 tbsp. honey  
5.2 oz. (100g) blueberries

## What you need to do

Place the yogurt, protein powder and honey into a bowl and mix to combine.

In a blender or food processor, puree the blueberries, then mix the puree in with the yogurt.

Pour the mixture into popsicle molds, insert sticks and place into the freezer until set.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	156	3	15	18	1

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