



# December 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, Baking, Spices	Cans, Condiments, Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>1 avocado</li> <li>1 banana</li> <li>1 lime</li> <li>2 lemons</li> <li>1 orange</li> <li>1 mango</li> <li>1 papaya</li> <li>11.3 oz. (320g) plums</li> <li>strawberries</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>1 carrot</li> <li>2 onions</li> <li>1 red onion</li> <li>2 leeks</li> <li>2-3 packs green onions (spring onions)</li> <li>2 bulbs garlic</li> <li>fresh root ginger</li> <li>1 green bell pepper</li> <li>1 red bell pepper</li> <li>7 oz. (200g) asparagus</li> <li>7 oz. (200g) shiitake mushrooms</li> <li>1.5 lbs. (680g) zucchini (courgette)</li> <li>1 lb. (450g) baby bok choy</li> <li>4 oz. (120g) kale</li> <li>baby gem lettuce</li> </ul> <p><b>Fresh Herbs</b></p> <ul style="list-style-type: none"> <li>chives</li> <li>cilantro (coriander)</li> <li>dill</li> <li>thyme</li> </ul>	<p><b>Meats</b></p> <ul style="list-style-type: none"> <li>3 lbs. (1.4kg) boneless, skinless chicken thighs</li> <li>8.8 oz. (250g) cooked chicken breast</li> <li>1.5 lbs. (680g) chicken wings</li> <li>7 oz. (200g) bacon</li> <li>1 lb. 10 oz. (730g) ground pork</li> <li>2 lbs. (900g) lean 5% fat ground beef</li> <li>2 lbs. (900g) beef chuck roast</li> </ul> <p><b>Fish &amp; Seafood</b></p> <ul style="list-style-type: none"> <li>4x 6 oz. (170g) salmon filets</li> <li>4 oz. (120g) smoked salmon</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>10 eggs</li> <li>milk</li> <li>almond milk</li> <li>unsalted butter</li> <li>Greek yogurt</li> <li>plain yogurt</li> <li>cheddar cheese</li> <li>cottage cheese</li> <li>feta cheese</li> <li>Parmesan cheese</li> <li>cream cheese</li> <li>garlic &amp; herb cream cheese</li> <li>11.2 oz. (320g) pack shortcrust pastry</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>rolled oats</li> <li>oat flour</li> </ul> <p><b>Nuts &amp; Seeds</b></p> <ul style="list-style-type: none"> <li>flaked almonds</li> <li>shredded coconut (flaked)</li> <li>chia seeds</li> <li>sesame seeds</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>all purpose flour</li> <li>baking powder</li> <li>baking soda</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>white pepper</li> <li>ground cardamom</li> <li>ground coriander</li> <li>ground cumin</li> <li>chili powder</li> <li>curry powder</li> <li>garlic granules</li> <li>garlic powder</li> <li>onion powder</li> <li>smoked paprika</li> <li>steak spice</li> <li>ground allspice</li> <li>ground cinnamon</li> <li>ground cloves</li> <li>ground ginger</li> <li>ground nutmeg</li> <li>dried parsley</li> <li>dried mixed herbs</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>olive oil</li> <li>sesame 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>1x 14 oz. (400g) can kidney beans</li> <li>1x 7 oz. (200g) can black beans</li> <li>2x 14 oz. (400g) can diced/chopped tomatoes</li> <li>tomato paste (puree)</li> <li>mayonnaise</li> <li>sriracha sauce</li> <li>chili spice sauce (chili crisp)</li> <li>fish sauce</li> <li>tamari sauce</li> <li>tahini</li> <li>chicken broth (stock)</li> <li>rice vinegar</li> <li>white vinegar</li> <li>soba noodles</li> <li>elbow macaroni</li> <li>orzo pasta</li> <li>panko breadcrumbs</li> <li>capers</li> </ul> <p><b>Misc/Other</b></p> <ul style="list-style-type: none"> <li>sea salt</li> <li>corn tortillas</li> <li>vanilla protein powder</li> </ul>

# Contents & Key

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GF Gluten Free

DF Dairy Free

LC Low Carb (20g- serve)

MP Meal Prep/Freezer Friendly

HP High Protein (20g+ per serve)

V Vegetarian

Q Quick (under 30 mins)

N Contains Nuts

# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Bacon & Leek Quiche	Easy Ground Beef Casserole	E.g. Plum Yogurt Muffins, Papaya Bliss Smoothie, 4-Ingredient Smoked Salmon Party Dip, Roasted Strawberry & Cottage Cheese Bowl	Ginger & Honey Salmon en Papillote
Tue	Bacon & Leek Quiche	Grilled Chicken Shawarma with Creamy Yogurt Sauce	E.g. Plum Yogurt Muffins, Papaya Bliss Smoothie, 4-Ingredient Smoked Salmon Party Dip, Roasted Strawberry & Cottage Cheese Bowl	Ginger & Honey Salmon en Papillote
Wed	Spicy Veggie Huevos Rancheros	Grilled Chicken Shawarma with Creamy Yogurt Sauce	E.g. Plum Yogurt Muffins, Papaya Bliss Smoothie, 4-Ingredient Smoked Salmon Party Dip, Roasted Strawberry & Cottage Cheese Bowl	Italian Meatball Soup
Thu	Spicy Veggie Huevos Rancheros	Soba Noodles with Pork & Asparagus	E.g. Plum Yogurt Muffins, Papaya Bliss Smoothie, 4-Ingredient Smoked Salmon Party Dip, Roasted Strawberry & Cottage Cheese Bowl	Italian Meatball Soup
Fri	Roasted Strawberry & Cottage Cheese Bowl	Soba Noodles with Pork & Asparagus	E.g. Plum Yogurt Muffins, Papaya Bliss Smoothie, 4-Ingredient Smoked Salmon Party Dip, Roasted Strawberry & Cottage Cheese Bowl	Chinese Beef Zoodle Soup
Sat	High-Protein Gingerbread Pancakes	Curry Chicken Lettuce Cups	E.g. Plum Yogurt Muffins, Papaya Bliss Smoothie, 4-Ingredient Smoked Salmon Party Dip, Roasted Strawberry & Cottage Cheese Bowl	Meal Out - Enjoy!
Sun	Papaya Bliss Smoothie	Easy Ground Beef Casserole	E.g. Plum Yogurt Muffins, Papaya Bliss Smoothie, 4-Ingredient Smoked Salmon Party Dip, Roasted Strawberry & Cottage Cheese Bowl	Crispy Garlic Parmesan Wings



# Bacon & Leek Quiche

Serves 8

11.2 oz. (320g) pack shortcrust pastry

## **For the filling:**

7 oz. (200g) bacon, chopped  
2 leeks, white & tender green parts only, sliced  
1 tsp. thyme leaves, chopped  
salt & ground white pepper  
3.5 oz. (100g) cheddar cheese, shredded  
3 eggs  
4 fl oz. (120ml) milk  
3.9 oz. (110g) garlic & herb Philadelphia cream cheese, low fat  
4.2 oz. (120g) Greek yogurt  
chopped chives, to garnish

## What you need to do

Preheat the oven to 400°F [200°C].

Roll out and line a 10" (25cm) tart tin with the shortcrust pastry and pre-cook/blind bake the pastry case for 10-15 minutes according to instructions on the packaging.

In a large skillet, cook the bacon over medium/high heat for around 7 minutes, stirring regularly until the bacon browns and is crisp. Remove the bacon from the skillet and set aside.

Drain off the excess fat from the skillet and add the leeks and thyme, season with salt and pepper. Cook over medium heat for 5 minutes, stirring occasionally, until the leeks have softened but are not brown. Transfer the leeks to a bowl and set aside to cool.

Once cool, stir in the crispy bacon and cheddar cheese, and spread the mixture evenly across the base of the pastry case.

In a bowl, whisk the eggs with the milk, cream cheese and Greek yogurt, and season with salt and white pepper. Pour the egg mix over the bacon and leeks and place the quiche into the oven to bake for about 30 minutes until the center has set.

Once cooked, transfer the quiche to a wire rack and let it cool for 15 minutes, before slicing and serving.

MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	45 mins	384	27	22	12	1

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

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# Spicy Veggie Huevos Rancheros

Serves 2

1 tbsp. olive oil  
2 corn tortilla wraps  
2 eggs  
5.2 oz. (150g) black beans, canned, drained  
salt & black pepper  
juice of ½ lime  
½ ripe avocado, peeled & sliced  
1 oz. (30g) feta cheese, crumbled  
drizzle sriracha sauce

## What you need to do

Add the olive oil to a skillet and place over high heat. Add a corn tortilla to the skillet and cook for 1-2 minutes on each side until it becomes crispy at the edges. Transfer the tortilla to a plate and repeat the process with the second tortilla.

Crack the eggs into the same skillet and cook the eggs how you like them.

While the eggs are cooking, take the drained black beans and place in a bowl. Season with salt and pepper and add a squeeze of lime juice. Lightly mash the beans with a fork. Spread the mashed black beans equally over the crispy tortillas. Place the cooked eggs on top of the beans.

Top the tortillas with slices of ripe avocado and sprinkle over the crumbled feta cheese. To serve, drizzle some sriracha sauce for a spicy kick, and squeeze over a little more lime juice.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
3 mins	7 mins	478	27	42	20	14

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

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# Papaya Bliss Smoothie

Serves 2

What you need to do

1 banana, sliced, frozen  
5 oz. (140g) papaya, chopped,  
frozen  
12.7 fl oz. (375ml) almond milk,  
unsweetened  
4.2 oz. (120g) Greek yogurt  
1 oz. (30g) vanilla protein  
powder

Place all ingredients in a high-speed blender and blitz until some and creamy. Divide the smoothie equally between 2 glasses and serve immediately.

GF HP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	209	4	25	21	3

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

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# High-Protein Gingerbread Pancakes

Serves 2

3 large eggs  
7.9 oz. (225g) cottage cheese  
1 tbsp. honey  
1 tsp. vanilla extract  
2 oz. (60g) oat flour  
1 tsp. baking powder  
1 tsp. ground ginger  
½ tsp. ground nutmeg  
½ tsp. ground cinnamon  
¼ tsp. ground allspice  
¼ tsp. ground cloves  
pinch of salt  
1 tbsp. chia seeds  
1 tsp. olive oil, for greasing the skillet  
2 tbsp. Greek yogurt, for serving  
1 orange, segmented, for serving  
2 tsp. maple syrup, for serving

What you need to do

In a blender, combine the eggs, cottage cheese, honey, vanilla extract, oat flour, baking powder, the ground spices and salt. Blend until the mixture is well combined.

Pour the batter into a medium bowl and fold in the chia seeds.

Heat the olive oil in a large skillet over medium-high heat. Pour ¼ cup of the batter into the pan and cook for about 3 minutes, or until bubbles start to form on the surface, and the edges become golden brown. Flip the pancake and cook for an additional 3 minutes, or until cooked through and golden. Repeat this process with the remaining batter.

To serve, top the pancakes with Greek yogurt, orange segments and drizzle with maple syrup.

This recipe makes 8 pancakes, allowing 4 pancakes per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	25 mins	483	19	50	30	7

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

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02958460



# Grilled Chicken Shawarma with Creamy Yogurt Sauce

Serves 6

What you need to do

For the marinated chicken:

2 lbs. (900g) boneless skinless chicken thighs, fat removed  
6.3 oz. (180g) Greek yogurt  
3 cloves garlic, minced  
1 tbsp. coriander powder  
1 tbsp. cumin powder  
2 tsp. cardamom powder  
1 tbsp. chili powder  
1 tbsp. onion powder  
1 tbsp. smoked paprika  
2 tsp. sea salt  
2 tsp. black pepper  
1 tbsp. white vinegar  
2 tbsp. lemon juice  
4 tbsp. olive oil  
chopped chives, to garnish

**For the sauce:**

8.5 oz. (240g) plain yogurt  
2 tbsp. cilantro fresh, finely minced  
1 tbsp. dill fresh, finely minced  
2 cloves garlic, minced  
salt & pepper to taste

Place the chicken thighs on a cutting board, cover with plastic wrap, and gently tenderize them using a meat tenderizer.

In a large bowl, or a sealable plastic bag, combine the chicken thighs with the remaining marinade ingredients and mix well to combine. Ensure the chicken thighs are well coated with the marinade.

Cover the bowl or seal the bag, and place the chicken in the refrigerator for 3-5 hours to marinate. Or, for the best results, marinate the chicken overnight.

Preheat the grill to medium-high heat. Grill the marinated chicken thighs for about 8-10 minutes on each side, or until they are thoroughly cooked through and are nicely charred, but not burnt.

While the chicken is cooking, make the yogurt garlic sauce by combining all the sauce ingredients in a bowl.

Once the chicken has cooked, slice and serve with the creamy sauce alongside, garnish with chopped chives.



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	3-5 hrs or overnight	20 mins	294	16	3	33	1

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

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03937150





# Soba Noodles with Pork & Asparagus

Serves 6

What you need to do

3 tbsp. chili spice sauce (chili crisp)  
4 tbsp. tahini  
3 tbsp. tamari sauce  
3 tbsp. rice vinegar  
12 oz. (340g) dried soba noodles  
7 oz. (200g) asparagus, trimmed, cut into 2" pieces  
1 tbsp. olive oil  
1 lb. (450g) ground pork, lean 5% fat  
4 tbsp. green onions, thinly sliced  
2 tsp. sesame seeds, to serve

In a small bowl, whisk together the chili spice sauce, tahini, tamari and rice vinegar to make the sauce. Set aside.

Cook the soba noodles in a large pot of boiling water until they are almost cooked, approximately 2 minutes. Add the trimmed and cut asparagus pieces, and continue to cook for a further minute until the noodles are al dente and the asparagus is still crisp and slightly tender. Drain the noodles and asparagus, reserving 1 cup of the cooking liquid. Rinse them under cool running water and set them aside. Also set aside the pot for later use.

Heat the olive oil in a skillet over medium-high heat. Add the ground pork and sauté for around 8 minutes until fully cooked through. Pour in the chili sauce and stir, scraping up the browned bits from the pan, cooking for 1 more minute.

Transfer the pork mixture, cooked noodles and asparagus to the reserved pot. Add  $\frac{2}{3}$  cup of the reserved cooking liquid. Place over medium heat, and cook gently, stirring with a spoon and adding more cooking liquid if needed, until the noodles and meat are well coated, about 2 minutes.

Divide equally between 4 bowls and top with garnish of green onions and sesame seeds.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	518	26	46	25	3

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

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# Curry Chicken Lettuce Cups

Serves 4

1 oz. (30g) mayonnaise  
2 oz. (60g) Greek yogurt  
2 tsp. tomato paste  
2 green onions, sliced  
1 tbsp. curry powder  
juice of 1 lemon  
salt & black pepper  
14 oz. (400g) cooked chicken breast, sliced into 1-2cm pieces  
2 baby gem lettuce, leaves separated  
½ avocado, sliced  
¼ mango, sliced  
1 tbsp. chopped cilantro, to serve  
2 tbsp. flaked almonds, to serve

What you need to do

In a mixing bowl, combine the mayonnaise, Greek yogurt, tomato paste, green onions, curry powder, lemon juice, salt and pepper. Stir the ingredients together to create a smooth, creamy sauce.

Gently fold in the sliced chicken pieces until well coated in the sauce.

Take the largest lettuce leaves from a head of baby gem lettuce, to serve as "cups" for the chicken salad. Divide the chicken mixture equally among the lettuce cups.

Top each cup with a few slices of avocado and mango, and sprinkle over the chopped cilantro and flaked almonds.

GF LC MP HP Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	307	16	10	34	4

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

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# Easy Ground Beef Casserole

Serves 8

1 tsp. olive oil  
12 oz. (340g) elbow macaroni, uncooked  
1.3 lbs. (600g) lean 5% fat ground beef  
1 onion, chopped  
3 cloves garlic, chopped  
2x 14 oz. (400g) can diced tomatoes  
1x 14 oz. (400g) can kidney beans, rinsed & drained  
2 tbsp. tomato paste  
1 green bell pepper, diced  
1 tsp. chili powder  
1 tbsp. steak spice  
salt & pepper  
3.5 oz. (100g) cheddar cheese, shredded  
2 tbsp. chives, chopped

## What you need to do

Preheat the oven to 375°F (190°C). Grease a baking dish with olive oil.

Cook the macaroni according to the package instructions. Drain and set aside.

In a skillet, cook the lean ground beef and chopped onion over medium heat until the beef is no longer pink, which should take about 8-10 minutes. Break up the meat with a spoon as it cooks. Add the chopped garlic and cook for 1 minute, stirring a few times. Then drain off any excess liquid.

Next, add the diced tomatoes, kidney beans, tomato paste, bell pepper, chili powder, steak spice, and season with salt and pepper to taste. Stir the mixture and bring it to a boil, then reduce the heat to a simmer and cook gently for 10 minutes, stirring occasionally.

Add the cooked pasta to the mixture and stir until everything is well combined. Transfer the pasta and beef mixture into the greased baking dish and sprinkle over the cheddar cheese. Cover the baking dish with some kitchen foil and bake in the hot oven for 30 minutes. Then remove the foil and bake for an additional 10 minutes, or until the cheese is bubbly and golden.

Serve with a garnish of chopped chives.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	476	20	45	25	6

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

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07217540



# Crispy Garlic Parmesan Wings

Serves 6

What you need to do

Chicken Wings:

1.5 lbs. (680g) chicken wings  
1 tsp. olive oil  
½ tsp. salt  
½ tsp. black pepper  
½ tsp. smoked paprika  
½ tsp. garlic powder  
½ tsp. onion powder  
1 tbsp. baking powder  
chopped parsley, to garnish

**Garlic Parmesan sauce:**

4 tbsp. unsalted butter, melted  
8 tbsp. Parmesan cheese, shredded  
1 tsp. onion powder  
1 tsp. garlic powder  
1 tsp. dried parsley  
¼ tsp. black pepper

Remove the chicken wings from the refrigerator and pat dry. Rub the chicken wings with olive oil. Mix the remaining ingredients for the wings in a small bowl. Sprinkle the seasoning mixture over the wings and toss to coat.

Place the wings in a single layer in the air fryer basket. Cook the chicken wings at 400°F (200°C) in the air fryer for 12-15 minutes on each side.

While the wings are cooking, place all the sauce ingredients into a small bowl and stir to combine.

Once the wings have cooked, toss in the garlic Parmesan sauce and serve immediately.

**To oven cook:**

Preheat the oven to 400°F (200°C). Line two rimmed baking sheets with kitchen foil and fit them with wire racks.

Arrange the wings in a single layer on the wire racks, with space between each wing.

Bake the wings in the hot oven for around 40 minutes until cooked through, and the skin is golden and crispy.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	331	26	1	23	0

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

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# Chinese Beef Zoodle Soup

Serves 6

1.5 lbs. (680g) beef chuck roast,  
cut into 1½ inch cubes  
4.2 pts (2 ltr) water  
2 tbsp. fish sauce  
3 tbsp. tamari sauce  
1 tbsp. salt + ½ tsp, extra  
7 oz. (200g) shiitake  
mushrooms, sliced  
2 inch piece fresh ginger,  
peeled & sliced  
3 garlic cloves, smashed  
4 green onions, divided  
1 lb. (450g) baby bok choy cut  
lengthwise  
½ tsp. sesame oil  
1½ lbs. (680g) zucchini,  
spiralized  
sesame seeds, to garnish

## What you need to do

Place the beef chunks into the metal insert of the Instant Pot. Add the water, fish sauce, 2 tablespoons of tamari sauce, 1 tablespoon of salt, shiitake mushrooms, sliced ginger and garlic. Cut 2 of the green onions into 3 pieces and add them in.

Thinly slice the remaining 2 green onions and set them aside for garnish.

Lock the lid of the Instant Pot and set it to cook on high pressure for 35 minutes. When finished, allow the pressure to release naturally.

While the beef soup is cooking, bring a pot of water to a boil and add ½ teaspoon of salt. Add the baby bok choy and cook for 1-2 minutes or until it's tender-crisp. Remove the bok choy with a slotted spoon and set it aside.

When ready to serve the beef noodle soup, open the Instant Pot and discard the ginger, garlic, and green onions. Take out the shiitake mushrooms, cut off and discard the stems, and slice the mushrooms. Set them aside.

Use a slotted spoon to transfer the stewed beef to a bowl. Toss the meat with the remaining tablespoon of tamari sauce.

Add the sesame oil to the beef soup, taste the soup and adjust the seasoning if necessary.

Divide the spiralized zucchini between 6 soup bowls and ladle over the broth. Top each bowl with the seasoned beef, sliced shiitake mushrooms and the cooked bok choy. Scatter over the remaining sliced green onions and serve, topped with sesame seeds.

### To cook on stove top:

Simmer the beef and soup ingredients in a large covered pot for 2-3 hours, until the beef is fork tender.

Keep checking the soup to ensure not much of the liquid has evaporated and add more water as needed.

Once cooked, finish the soup as detailed above.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	1 hr	339	23	11	24	3

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

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# Ginger & Honey Salmon en Papillote

Serves 4

4 tbsp. tamari sauce  
4 cloves garlic, chopped  
1 tbsp. honey  
1 tsp. toasted sesame oil  
8 green onions  
1 red bell pepper, thinly sliced  
1 green bell pepper, thinly sliced  
1x 3" (8cm) piece fresh ginger, peeled & sliced into thin matchsticks  
¼ tsp. salt  
¼ tsp. black pepper  
4x 6 oz.(170g) salmon filets  
1 tbsp. sesame seeds

## What you need to do

Preheat the oven to 350°F [180°C].

Cut 4 x 12" (30cm) squares of parchment paper. Fold each square in half, then cut a heart shape out of each square, using as much parchment as possible.

In a microwave-safe bowl, whisk together the tamari sauce, garlic, honey and toasted sesame oil. Microwave this mixture on high for 30 seconds.

Chop 6 of the green onions into 2" (5cm) pieces. Place the green onion pieces, red and green bell peppers and ginger on one side of each parchment heart. Sprinkle them with salt and black pepper.

Place a salmon filet on each heart, on top of the vegetable mixture. Spoon 2 tablespoons of the tamari sauce mixture over each salmon filet and then sprinkle over the sesame seeds.

Fold the parchment hearts closed and crimp the edges to seal the packets. Place the packets on a baking sheet and bake the packets in the hot oven for 12-15 minutes, until they are slightly puffed and the salmon flakes easily with a fork. Open 1 package to check the salmon is cooked.

While the packets are baking, thinly slice the remaining green onions.

To serve, open the packets at the table and top each with the sliced green onions.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	35 mins	295	11	11	41	2

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

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# Italian Meatball Soup

Serves 2

1 tbsp. olive oil  
1 carrot, diced  
1 onion, diced  
2 cloves garlic, minced  
10 oz. (280g) ground pork,  
lean, 5% fat  
4 tbsp. panko breadcrumbs  
1 tsp. garlic granules, divided  
1 tsp. mixed dried herbs,  
divided  
½ tsp. cayenne pepper, divided  
1 tsp. salt, divided  
½ tsp. black pepper, divided  
4 oz. (120g) kale, chopped  
1.4 oz. (40g) orzo pasta  
25 fl oz. (750ml) chicken broth

What you need to do

Heat the olive oil in a large pot over medium heat. Add the carrot, onion and half the garlic and sauté for 8-10 minutes, stirring occasionally, until softened.

While the vegetables are cooking, place the pork, panko breadcrumbs, half the spices and salt in a medium bowl. Mix until evenly combined. Shape the mixture into 16 meatballs.

Stir the remaining spices into the pot with the vegetables. Continue to cook, stirring, until fragrant, around 30 seconds. Stir in the kale, chicken broth and remaining salt. Cover the pot, increase the heat to high, and bring the soup to a boil.

Once boiling, remove the lid and carefully stir in the orzo pasta and meatballs. Reduce the heat to medium/low, cover with a lid and cook for around 10 minutes, until the orzo is al dente and the meatballs are cooked through.

DF HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	533	32	30	33	6

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

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# Plum Yogurt Muffins

Serves 9

9.7 oz. (275g) all-purpose flour  
2 tsp. baking powder  
½ tsp. baking soda  
3.5 oz. (100g) coconut sugar  
2 eggs  
3.4 fl oz. (100ml) olive oil  
8.8 oz. (250g) Greek yogurt  
11.3 oz. (320g) plums, stone removed, chopped

## What you need to do

Preheat the oven to 350°F (180°C). Line a 12 hole muffin tray with paper liners or use a silicone muffin tray.

In a large bowl, sift the flour, baking powder and baking soda, then stir in the coconut sugar.

In a separate bowl, whisk together the eggs, olive oil and Greek yogurt until smooth.

Pour the yogurt mixture into the dry ingredients in the large bowl and slowly stir until just combined. Take care not to overmix, as this can result in dense muffins.

Gently fold in the chopped plums, with just a few turns. You can hold back a few plum pieces to place on top of the muffins.

Divide the muffin batter equally between the 12 cups and place in the hot oven to bake for 18-20 minutes, or until golden brown and cooked through.

Remove from the oven and place on a wire rack to cool a little.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	18 mins	289	12	42	6	5

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

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# Roasted Strawberry & Cottage Cheese Bowl

Serves 1

What you need to do

8 strawberries, quartered  
4 tbsp. rolled oats  
2 tbsp. unsweetened shredded coconut  
2 tsp. maple syrup  
pinch of ground cinnamon  
7 oz. (200g) cottage cheese

Preheat the oven to 350°F [180°C]. Line a baking sheet with baking paper.

In a small bowl, combine the strawberries, oats, shredded coconut, maple syrup and cinnamon. Toss together until well combined.

Spread the berry mixture evenly over the baking sheet and bake in the hot oven for 30 minutes, stirring once halfway through. Remove the sheet from the oven and place on a wire rack, allowing the roasted berries to cool for 5 minutes.

To serve, place the cottage cheese in a bowl and add the roasted berry mixture on top.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	425	17	44	27	7

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

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# 4-Ingredient Smoked Salmon Party Dip

Serves 4

What you need to do

4 oz. (120g) smoked salmon  
3 tbsp. cream cheese  
4 tbsp. red onion, finely chopped  
2 tbsp. fresh dill, chopped  
1 tbsp. capers, to garnish

Place all the ingredients into the bowl of a food processor. Pulse until the smoked salmon is finely chopped and everything is well combined. Take care not to over-process the mixture.

Transfer the dip into a small serving container and garnish with fresh dill and capers.

Serving suggestion: Serve with crackers, fresh vegetables and a hard-boiled egg for a delicious and nutritious snack option.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	70	5	1	6	0

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

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