



# January 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>2 oranges</li> <li>3 lemons</li> <li>5 limes</li> <li>2 avocados</li> <li>1 banana</li> <li>1 pomegranate (or 3.5oz./100g fresh or frozen pomegranate seeds)</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>2 onions</li> <li>1 red onion</li> <li>2 shallot</li> <li>bunch green onions (spring onions)</li> <li>bulb of garlic</li> <li>root ginger</li> <li>1 green chili</li> <li>1 jalapeño</li> <li>2 cucumbers</li> <li>8 carrots</li> <li>2 stalks celery</li> <li>2 red peppers</li> <li>7 zucchinis (courgette)</li> <li>3.5 oz. (100g) mushrooms</li> <li>purple cabbage</li> <li>white cabbage</li> <li>pack kale</li> <li>pack spinach</li> <li>pack arugula (rocket)</li> <li>head romaine lettuce</li> <li>1 lb. (450g) baby bok choy</li> <li>pack cooked beets (beetroot)</li> </ul> <p><b>Fresh Herbs</b></p> <ul style="list-style-type: none"> <li>basil</li> <li>cilantro (coriander)</li> <li>mint</li> <li>parsley</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>pineapple</li> </ul>	<p><b>Meats</b></p> <ul style="list-style-type: none"> <li>10.5 oz. (300g) cooked chicken breast</li> <li>2.5 lbs. (1kg 130g) chicken breast</li> <li>3 lbs. (1.3kg) chicken drumsticks</li> <li>1.5 lbs. (680g) beef tenderloin</li> <li>1 lb. (450g) lean 5% fat ground beef</li> </ul> <p><b>Fish &amp; Seafood</b></p> <ul style="list-style-type: none"> <li>1.5 lb. (680g) white fish fillet</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>23 eggs</li> <li>unsweetened almond milk</li> <li>Greek yogurt</li> <li>ghee</li> <li>cheddar cheese</li> <li>cottage cheese</li> <li>mozzarella cheese</li> <li>Parmesan cheese</li> <li>goat cheese</li> <li>pomegranate juice</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>rolled oats</li> <li>white rice</li> </ul> <p><b>Nuts &amp; Seeds</b></p> <ul style="list-style-type: none"> <li>peanuts</li> <li>pistachios</li> <li>walnuts</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>all purpose flour</li> <li>baking powder</li> <li>chocolate chips</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>paprika</li> <li>garam masala</li> <li>chili powder</li> <li>red pepper flakes (chili flakes)</li> <li>garlic powder</li> <li>onion powder</li> <li>ground cumin</li> <li>ground turmeric</li> <li>Italian seasoning</li> <li>dried oregano</li> <li>dried thyme</li> <li>ground cinnamon</li> <li>pumpkin pie spice</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>olive oil</li> <li>extra virgin olive oil</li> <li>sesame oil</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>brown sugar</li> <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 1 lb. (450g) can pumpkin puree</li> <li>1x 14 oz. (400g) can tomato sauce</li> <li>2.8 oz. (80g) can artichoke hearts</li> <li>2.6 oz. (75g) can sweet corn</li> <li>2.6 oz. (75g) can brown lentils</li> <li>1 x 14 oz. (400g) can coconut milk</li> <li>peanut butter</li> <li>jar roasted red peppers</li> <li>jar basil pesto</li> <li>tomato paste (puree)</li> <li>Thai red curry paste</li> <li>anchovies</li> <li>oyster sauce</li> <li>fish sauce</li> <li>low sodium soy sauce</li> <li>tamari sauce</li> <li>apple cider vinegar</li> <li>red wine vinegar</li> <li>Worcestershire sauce</li> <li>Dijon mustard</li> <li>mayonnaise</li> <li>chicken broth (stock)</li> <li>chicken stock cubes</li> <li>orzo pasta</li> </ul> <p><b>Misc/Other</b></p> <ul style="list-style-type: none"> <li>sea salt</li> <li>large flour tortillas</li> <li>12 small flour tortillas (taco sized)</li> <li>granola of choice</li> <li>croutons</li> </ul>

# Contents & Key

6	Indian Spiced Omelet	GF	Gluten Free
8	Fiery Green Smoothie	DF	Dairy Free
10	Chicken Pesto Breakfast Wrap	LC	Low Carb (20g- serve)
12	Pepper & Corn Egg Cups	MP	Meal Prep/Freezer Friendly
14	Kale, Mushroom & Goat Cheese Egg Cups	HP	High Protein (20g+ per serve)
16	Vietnamese Beef Rice Bowl	V	Vegetarian
18	Grilled Caesar Salad	Q	Quick (under 30 mins)
20	Beetroot Goat Cheese Salad	N	Contains Nuts
22	Thai-Inspired Sheet Pan		
24	Orzo Chicken Comfort Soup		
26	Beef Zucchini Boats		
28	Air Fryer Fish Tacos with Cilantro Slaw		
30	Greek Yogurt Pumpkin Swirl		
32	Chocolate Zucchini Oat Muffins		
34	Hot Honey Cottage Cheese Dip		

# Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Kale, Mushroom & Goat Cheese Egg Cups	Vietnamese Beef Rice Bowl	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Beef Zucchini Boats
Tue	Chicken Pesto Breakfast Wrap	Vietnamese Beef Rice Bowl	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Thai-Inspired Sheet Pan
Wed	Chicken Pesto Breakfast Wrap	Thai-Inspired Sheet Pan	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Orzo Chicken Comfort Soup
Thu	Pepper & Corn Egg Cups	Grilled Caesar Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Orzo Chicken Comfort Soup
Fri	Pepper & Corn Egg Cups	Grilled Caesar Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Air Fryer Fish Tacos with Cilantro Slaw
Sat	Indian Spiced Omelet	Beetroot Goat Cheese Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Meal Out - Enjoy!
Sun	Kale, Mushroom & Goat Cheese Egg Cups	Beetroot Goat Cheese Salad	E.g. Fiery Green Smoothie, Hot Honey Cottage Cheese Dip, Chocolate Zucchini Oat Muffins, Greek Yogurt Pumpkin Swirl	Beef Zucchini Boats



# Indian Spiced Omelet

Serves 2

What you need to do

1 tsp. ghee  
1 red onion, chopped  
1 garlic, chopped  
1 green chili, pepper,  
deseeded, chopped (optional)  
½ tsp. turmeric powder  
¼ tsp. garam masala  
4 eggs, beaten  
2 egg whites, beaten  
3.5 oz. (100g) cooked chicken  
breast, chopped  
2 tbsp. cilantro, chopped  
2 handfuls arugula, to serve

Heat a large skillet over a low-medium heat and add the ghee. Gently fry the onion, garlic and chili for 5 minutes until the onion has softened. Add the dry spices and cook for a further 1-2 minutes until aromatic.

Pour in the eggs and lower the heat. Stir slowly to scramble the eggs as they cook, and remove from the heat while they are still a little runny. Add in the chicken and cilantro and continue stirring off the heat for 1 minute more until the eggs are just set.

Divide the arugula between 2 plates, top with the cooked eggs and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	295	14	9	33	3

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

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# Fiery Green Smoothie

Serves 2

What you need to do

1 orange, peeled  
4 tbsp. fresh cilantro  
juice of 1 lime  
5.8 oz. (165g) frozen  
pineapple chunks  
1 cucumber, cubed  
½ avocado  
1 banana  
0.7 oz. (20g) kale  
2 slices jalapeño

Place all the ingredients into a high speed blender and blend until smooth. Divide the mixture equally into two glasses and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	310	10	50	5	13

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

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# Chicken Pesto Breakfast Wrap

Serves 4

What you need to do

2 large flour tortillas  
1.8 oz. (50g) mozzarella cheese, grated  
6 tbsp. basil pesto, store-bought or homemade  
7 oz. (200g) shredded cooked chicken  
2.8 oz. (80g) canned artichoke hearts, chopped, drained  
1 avocado, sliced  
2 tsp. Italian seasoning  
handful basil leaves, to serve

In the center of each tortilla, place a layer of the mozzarella, basil pesto, shredded chicken, artichoke hearts and sliced avocado. Sprinkle over some Italian seasoning and top with fresh basil leaves.

Preheat a grill pan over medium-high heat. Fold the sides of the tortilla inwards and roll it up like a burrito. Grill the wraps for 4-6 minutes on each side, or until golden brown and crispy. Serve warm from the grill.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	406	25	23	24	7

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

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# Pepper & Corn Egg Cups

Makes 12

2.6 oz. (75g) can sweet corn, drained  
2.6 oz. (75g) roasted red peppers, drained, chopped  
1 oz. (30g) spinach, chopped  
½ tsp. ground cumin  
½ tsp. chili powder  
8 eggs  
½ tsp. salt  
½ tsp. black pepper  
1 oz. (30g) shredded cheddar cheese + 4 tbsp extra, for topping  
2 oz. (60g) all purpose flour  
½ tsp. baking powder

What you need to do

Preheat the oven to 350°F (175°C). Line a 12 hole muffin pan with paper or silicone liners.

In a large bowl, mix together the vegetables, spices, eggs, salt, black pepper, and 30g of cheddar cheese until well combined.

Stir in the flour and baking powder and gently stir the mixture until fully incorporated.

Divide the mixture equally between each of the 12 muffin cases, and sprinkle the remaining cheddar cheese on top. Place the pan into the pre-heated oven and bake for 20-25 minutes until baked through.

Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	82	4	6	5	1

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

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# Kale, Mushroom & Goat Cheese Egg Cups

Makes 12

What you need to do

1 oz. (30g) kale, chopped  
3.5 oz. (100g) mushrooms, chopped  
2 oz. (60g) goats cheese, crumbled  
8 eggs  
½ tsp. salt  
½ tsp. black pepper  
2 oz. (60g) all purpose flour  
½ tsp. baking powder

Preheat the oven to 350°F [175°C]. Line a 12 hole muffin pan with paper or silicone liners.

In a large bowl, add the vegetables, goat cheese, eggs, salt and pepper, and stir until well combined.

Stir in the flour and baking powder and gently stir the mixture until fully incorporated.

Divide the mixture equally between each of the 12 muffin cases and bake in the pre-heated oven for 20-25 minutes, until baked through.

Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	25 mins	81	4	5	6	1

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

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# Vietnamese Beef Rice Bowl

Serves 6

1.5 lbs. (680g) beef tenderloin, cut into 1 inch cubes  
1 tsp. black pepper  
2 tbsp. oyster sauce  
1 tbsp. fish sauce  
1 tbsp. low sodium soy sauce  
2 tbsp. honey  
3 cloves garlic, minced or grated  
1 pinch red pepper flakes  
4 tbsp. sesame oil  
1 lb. (480g) cooked white rice  
3 tbsp. water  
2.5 oz. (70g) purple cabbage, shredded  
4 carrots, cut into ribbons  
1 cucumber, sliced  
2 green onions, chopped  
4 tbsp. basil, roughly chopped  
4 tbsp. mint, roughly chopped  
4 tbsp. chopped peanuts, for serving  
1 lime, cut into wedges

## What you need to do

Season the steak with the black pepper.

In a medium bowl, whisk together the oyster sauce, fish sauce, soy sauce, honey, garlic and red pepper flakes. Add the beef and toss to coat in the mixture.

Heat 2 tablespoons of sesame oil in a large skillet over high heat, add the rice and toss to coat in the oil. Press the rice evenly across the bottom and up the sides of the skillet. Allow the rice to cook, without stirring, until the rice begins to brown, about 3-5 minutes. Transfer the rice into the serving bowls.

Return the skillet to a high heat and add the remaining sesame oil. Take the steak out of the sauce, add to the skillet and cook for 2-3 minutes.

Now pour the remaining sauce into the skillet along with the water. Bring to a boil then reduce the heat to medium and cook for 3-5 minutes until the sauce thickens. Remove from the heat.

Top the rice in the bowls with cabbage, carrots, and cucumber then spoon the beef and sauce over the top. Now top the beef with green onions, basil, mint and peanuts and serve with a wedge of lime.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	480	26	41	21	3

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

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# Grilled Caesar Salad

Serves 4

What you need to do

For the grilled chicken:

- 2 tbsp. red wine vinegar
- 2 tbsp. olive oil
- ½ tsp. garlic powder
- ½ tsp. dried thyme
- ½ tsp. dried oregano
- ¼ tsp. salt
- ¼ tsp. black pepper
- 1.5 lbs. (680g) chicken breasts

**For the salad:**

- 1 head romaine lettuce, chopped into bite-sized pieces
- 6 tbsp. croutons
- 6 tbsp. fresh parmesan, shaved

**For the dressing:**

- 2 cloves garlic
- 2 anchovies
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 2 tsp. Worcestershire sauce
- 4.2 oz. (120g) Greek yogurt
- 1 tsp. Dijon mustard
- salt & pepper to taste
- 2 tbsp. water

Make a marinade for the chicken by whisking together the red wine vinegar, olive oil, garlic powder, thyme, oregano, salt and pepper in a small bowl until well combined.

Place the chicken in a shallow dish, pour over the marinade, toss to coat and refrigerate for at least 1 hour or up to 12 hours.

When ready to cook the chicken, make the salad dressing by blending all the ingredients together until smooth and creamy, then set aside.

Preheat the grill or use a grill pan on the stove top. Remove the chicken from the marinade, shake off any excess marinade and place the chicken on the grill. Cook the chicken for around 5 minutes on each side, or until cooked through. Then remove from the grill and rest for 5 minutes before slicing the chicken.

Assemble the salad by dividing the romaine lettuce equally between four bowls. Add the sliced chicken breast, croutons and shaved parmesan. Drizzle with caesar dressing and serve immediately.



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	1 hr	25 mins	300	14	9	33	2

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

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# Beetroot Goat Cheese Salad

Serves 4

What you need to do

For the pomegranate dressing:

- 4 fl oz. (120ml) pomegranate juice
- 2 tbsp. shallot, chopped
- 2 tbsp. red wine vinegar
- 4 tbsp. olive oil
- 2 tbsp. maple syrup
- 1 tbsp. orange zest
- ½ tsp. salt
- ½ tsp. black pepper

**For the salad:**

- 7 oz. (200g) baby spinach
- 2.6 oz. (75g) canned brown lentils, drained
- 3 cooked beets, cut into wedges
- 4 tbsp. basil, chopped
- 3.5 oz. (100g) pomegranate seeds
- 3.5 oz. (100g) crumbled goat cheese
- 2 oz. (60g) walnuts

To make the dressing place the pomegranate juice and shallot into a small pot and bring to a simmer over medium-low heat. Simmer gently for 10-15 minutes until the juice has reduced. Add the mixture to a small bowl and whisk in the red wine vinegar, olive oil, maple syrup, orange zest, salt and pepper.

The dressing can be stored in a sealed jar in the refrigerator for up to 7 days. When ready to use give the dressing a shake to combine the ingredients again.

In a large bowl, add the spinach, cooked lentils, beets, basil and pomegranate seeds. Toss with half of the dressing then add more as needed to coat all the ingredients generously and evenly.

Taste the salad and if necessary adjust the salt and vinegar. Now toss in the goat cheese and walnuts, stir to combine and serve immediately.



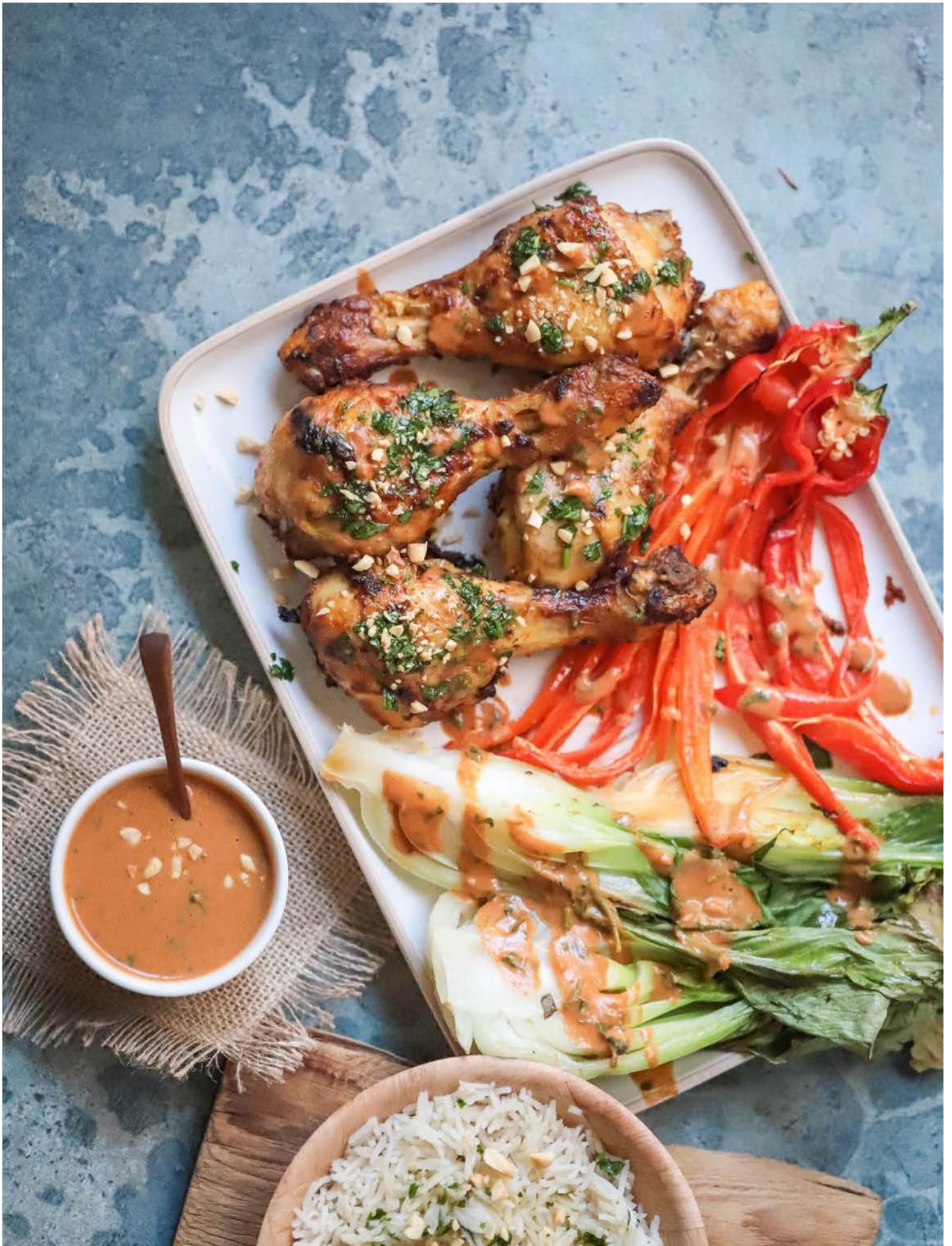
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	45 mins	411	30	31	11	5

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

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# Thai-Inspired Sheet Pan

Serves 8

## What you need to do

For the sauce:

0.5 oz. (15g) cilantro  
14 oz. (400ml) can coconut milk  
9.2 oz. (260g) peanut butter  
4 tbsp. fish sauce  
2 limes, juiced  
1 tbsp. brown sugar  
1-inch (2.5cm) piece fresh ginger, minced  
2 cloves garlic, minced  
2 tbsp. Thai red curry paste  
4 tbsp. tamari sauce

### **For the chicken & bok choy:**

3 lbs. (1.3 kg) chicken drumsticks  
1 lb. (450g) baby bok choy  
4 red peppers  
1 tbsp. olive oil  
0.5 oz. (15g) cilantro, chopped  
4 tbsp. chopped peanuts, to serve

Place all ingredients for the sauce into a large food processor and process until smooth and creamy.

Transfer the chicken drumsticks into a large zip-lock bag and add 8 fl oz. (240ml) of the sauce. Coat the chicken in the sauce and allow the chicken to marinate for at least 30 minutes, or overnight, in the refrigerator. Set aside the remaining sauce to use later.

When ready to cook the chicken, preheat the oven to 375°F (190°C).

Lay the chicken drumsticks on a large baking sheet and place into the hot oven. After 20 minutes, flip the chicken over and cook for an additional 20-30 minutes, or until the chicken is fully cooked.

Remove the chicken from the oven and increase the oven temperature to 450°F (230°C). Scatter the bok choy and peppers onto a baking sheet, toss in the olive oil and roast for approximately 10 minutes, or until wilted and slightly charred around the edges.

Serve the chicken with the remaining peanut sauce. Sprinkle with chopped peanuts and serve alongside the bok choy and peppers. Serve the dish with optional rice (not included in nutritional breakdown).



Prep	Marinate	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins (overnight)	1 hr	610	43	17	41	3

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

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# Orzo Chicken Comfort Soup

Serves 4

2 tbsp. olive oil  
1 large onion, chopped  
2 large carrots, chopped  
2 stalks celery, chopped  
1 tsp. salt  
1 tsp. black pepper  
3 pts. (1.4ltr) chicken broth  
1 lemon, halved + 1 extra cut into wedges for serving  
1 lb. (450g) chicken breasts  
2 pts. (960ml) water  
1 chicken stock cube  
2.8 oz. (80g) orzo pasta  
2 tbsp. fresh parsley, chopped

## What you need to do

Heat the olive oil in a large stockpot or Dutch oven over medium heat. Add the onion, carrots and celery and cook the vegetables, stirring occasionally, for 5 minutes or until tender.

Season with salt and pepper, then stir in the chicken broth. Now add the lemon halves, chicken breasts, water and chicken stock cube. Bring to a boil and cook for 5 minutes.

Stir in orzo pasta, bring to a boil, then reduce the heat to medium-low and simmer for 10 minutes until the orzo is tender and the chicken is cooked through.

Remove the chicken from the soup and shred with 2 forks, then return the chicken back to the pot and stir through.

When ready to serve, ladle the soup into bowls, garnish with parsley and serve with a wedge of lemon.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	322	11	23	31	2

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

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# Beef Zucchini Boats

Serves 6

6 small-medium zucchini  
1 tbsp. olive oil  
1 onion, finely diced  
1 lb. (450g) ground beef (or use a mix of ground beef & pork)  
2 tbsp. tomato paste  
1 tsp. dried oregano  
½ tsp. garlic powder (or use 2 cloves minced garlic)  
½ tsp. salt or more to taste  
black pepper to taste  
14 oz. (400g) can tomato sauce  
5.3 oz. (150g) shredded cheese (e.g. mozzarella, cheddar, gouda)

## What you need to do

Preheat the oven to 360°F [180°C].

Slice the zucchini in half lengthwise, scoop out flesh with a small spoon and set aside. Place the zucchini halves on a baking sheet skin side down.

Heat the olive oil in a large skillet over medium-high heat. Add the onion and cook for 5 minutes until softened, then add the ground beef and cook until well browned. Stir in tomato paste, oregano, garlic powder, salt and pepper.

Now add the tomato sauce and scooped out zucchini flesh (chop up for a more even filling) and simmer gently, covered, on low heat for 10 minutes. Remove the lid, stir well and simmer for a further 5 minutes.

Spoon the filling into the prepared zucchini halves and sprinkle the cheese over the top. Place the baking sheet into the hot oven and bake for 20-25 minutes. Remove from the oven and serve.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	376	27	11	22	3

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

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# Air Fryer Fish Tacos with Cilantro Slaw

Serves 4

What you need to do

For the fish:

2 tsp. olive oil, divided  
1 tsp. chili powder  
½ tsp. dried oregano  
½ tsp. garlic powder  
½ tsp. paprika  
¼ tsp. cayenne pepper  
¼ tsp. onion powder  
¼ tsp ground cumin  
½ tsp. sea salt  
½ tsp. black pepper  
1½ lbs. (680g) white fish filet (e.g. cod, bream, tilapia)

**For the cilantro lime slaw:**

2.5 oz. (70g) red cabbage, shredded  
2.5 oz. (70g) white cabbage, shredded  
2 carrots, shredded  
3 tbsp. mayonnaise  
1 tbsp. lime juice  
1 garlic clove, minced  
6 tbsp. chopped cilantro  
½ tsp. coconut sugar  
¼ tsp. salt  
¼ tsp. black pepper

**To serve:**

12 flour taco tortillas  
extra lime juice

Preheat the air fryer to 400°F [200°C]. Brush the air fryer basket with 1 teaspoon of olive oil.

In a small bowl, add the dry spices, salt and pepper and stir to combine.

Pat fish dry and then lay it in the air fryer basket and brush with the remaining teaspoon of olive oil. Generously cover the fish with the spice rub and gently press it into the fish.

Cook the fish for about 8-10 minutes, until it is opaque and flakes easily.

While the fish cooks, add the ingredients for the cilantro lime slaw into a bowl and stir to combine. Taste and adjust the salt, or add more lime juice as desired.

When the fish is cooked, remove from the air fryer basket. Cut into small pieces and add to the tortillas and top with slaw, adding an extra squeeze of lime. Store in an airtight container in the refrigerator for 2-3 days.

Allow 3 tacos per serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	393	17	34	26	8

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

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# Greek Yogurt Pumpkin Swirl

Serves 6

What you need to do

3.5 oz. (100g) granola

**For the yogurt:**

1.6 lbs. (720g) low fat Greek yogurt

2 tbsp. honey, divided

½ tsp. vanilla extract

1 lb. (450g) pumpkin puree

½ tsp. pumpkin pie spice

½ tsp. ground cinnamon

To make the yogurt layer, combine the Greek yogurt with 1 tablespoon of honey and the vanilla extract. Use a hand mixer to blend the ingredients together until smooth.

In a separate bowl, whisk together the pumpkin puree, the remaining tablespoon of honey, pumpkin pie spice and cinnamon.

To build the yogurt parfaits, start by adding a layer of granola on the bottom of each glass/dish. Top the granola with a layer of the pumpkin mixture and a layer of yogurt then add a further layer of pumpkin and a further layer of yogurt. Finish the parfait by sprinkling the remaining granola on top of each cup.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	0 min	223	7	27	15	4

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

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# Chocolate Zucchini Oat Muffins

Serves 8 muffins

5.3 oz. (150g) rolled oats  
½ tsp. ground cinnamon  
1 tsp. baking powder  
1 large egg  
4 tbsp. honey  
8 fl oz. (240ml) almond milk,  
unsweetened  
5.6 oz. (160g) shredded  
zucchini, moisture squeezed  
out  
4 tbsp. chocolate chips

What you need to do

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

Place all the ingredients into a large bowl and mix to form a muffin batter. Spoon the muffin batter equally into each of the 8 muffin liners.

Place the tray into the hot oven and bake for 20-25 minutes, until lightly golden.

Remove the muffins from the oven and place on a wire rack to cool completely before serving.

Store the muffins in an airtight container.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	163	5	26	4	2

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

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# Hot Honey Cottage Cheese Dip

Serves 6

What you need to do

For the hot honey:

- 6 oz. (170g) honey
- 1 tsp. red pepper flakes
- ½ tbsp. apple cider vinegar

**For the cheese dip:**

- 1 lb. (450g) cottage cheese
- 1 tbsp. extra virgin olive oil + 1 tsp. extra for serving
- 1 tbsp. hot honey + 1 tbsp. extra to serving
- crack of black pepper
- 1 tbsp. fresh basil
- 2 tbsp. pistachios, chopped

To make the hot honey add the honey and pepper flakes to a saucepan. Bring this to a simmer over medium heat, remove from heat and stir in apple cider vinegar. Cool to room temperature and transfer to a glass container.

Now add the cottage cheese, olive oil and 1 tablespoon of the hot honey to a food processor. Blend on high for 1-2 minutes until smooth and creamy, stopping throughout to scrape the sides down.

Scoop the whipped cottage cheese into a shallow bowl and top with a drizzle of hot honey, remaining olive oil, black pepper, fresh basil and chopped pistachios.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	196	7	26	9	0

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

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