



# October Recipe Pack

15 Healthy Tasty Recipes for Every Meal



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GF

Gluten Free

DF

Dairy Free

LC

Low Carb (<20g per 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
<b>Monday</b>	Hearty Sausage & Bean Breakfast Stew	Zesty Cajun Chicken	No-Bake Vanilla Protein Bars	Jerk Prawn & Coconut Rice Bowl
<b>Tuesday</b>	Hearty Sausage & Bean Breakfast Stew	Zesty Cajun Chicken	No-Bake Vanilla Protein Bars	Ground Beef & Potato Curry
<b>Wednesday</b>	Prawn & Leek Frittata	Fresh Chicken & Broccoli Feta Salad	Strawberry Protein Mousse	Ground Beef & Potato Curry
<b>Thursday</b>	Prawn & Leek Frittata	Fresh Chicken & Broccoli Feta Salad	Strawberry Protein Mousse	Easy Fish Piccata
<b>Friday</b>	Morning Power Protein Smoothie	Herbed Cod & Lentil Stew	No-Bake Vanilla Protein Bars	Black Bean Steak Stir Fry
<b>Saturday</b>	Spicy Egg & Mango Flatbreads	Herbed Cod & Lentil Stew	Morning Power Protein Smoothie	Meal Out - Enjoy!
<b>Sunday</b>	Kiwi Granola Chia Pudding	Jerk Prawn & Coconut Rice Bowl	No-Bake Vanilla Protein Bars	Creamy Spinach & Artichoke Chicken Pasta

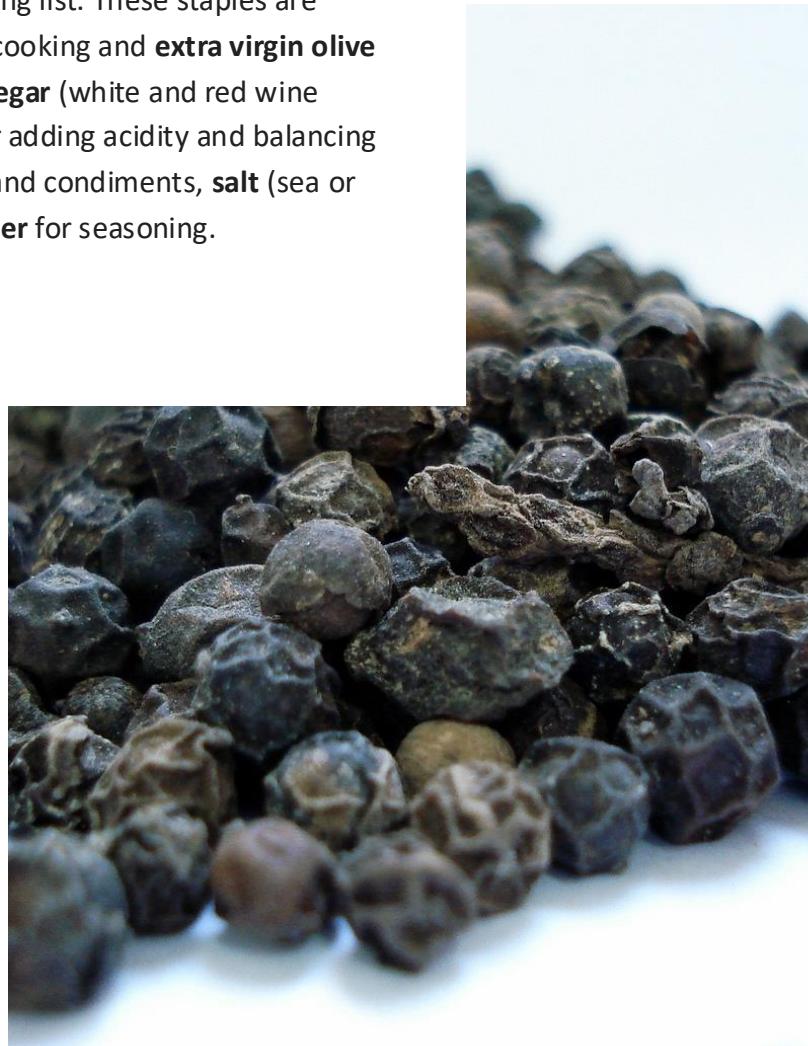
# Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> <li>• 1 banana</li> <li>• 4 lemons</li> <li>• 1 kiwi</li> <li>• 2 limes</li> <li>• strawberries, optional</li> <li>• 3 onions</li> <li>• 1 shallot</li> <li>• green onions</li> <li>• 3 large leeks</li> <li>• 2 bulbs garlic</li> <li>• root ginger</li> <li>• 1 red chili</li> <li>• cherry tomatoes</li> <li>• carrot</li> <li>• pack kale</li> <li>• pack baby spinach</li> <li>• head of broccoli</li> <li>• 12 oz. (350g) asparagus</li> <li>• 3 potatoes</li> <li>• cilantro (coriander)</li> <li>• mint</li> <li>• parsley</li> <li>• thyme</li> <li>• green peas (garden peas)</li> </ul>	<ul style="list-style-type: none"> <li>• 12 oz. (340g) chicken sausages</li> <li>• 1.3 lb. (600g) boneless, skinless chicken thighs</li> <li>• 4x 4 oz. (115g) boneless, skinless chicken breasts</li> <li>• 1 lb. (450g) cooked chicken breast</li> <li>• 1 lb. (450g) ground pork (pork mince)</li> <li>• 1 lb. (450g) 95% lean ground beef (beef mince)</li> <li>• 2x 4.4 oz. (125g) filet steaks (beef tenderloin)</li> <li>• 10.6 oz. (300g) raw peeled large shrimp (king prawn)</li> <li>• 1 lb. (460g) cod filet</li> <li>• 1 lb. (450g) haddock filet, or other white fish filets</li> <li>• 9x eggs</li> <li>• unsalted butter</li> <li>• oatly cooking cream</li> <li>• unsweetened almond milk</li> <li>• natural Greek yogurt</li> <li>• feta cheese</li> <li>• garlic &amp; herb cream cheese</li> <li>• reduced-fat cream cheese</li> <li>• Parmesan cheese</li> </ul>	<ul style="list-style-type: none"> <li>• oat flour</li> <li>• red lentils</li> <li>• ground flax seeds</li> <li>• chia seeds</li> <li>• granola</li> <li>• all purpose flour</li> <li>• self raising flour</li> <li>• dark chocolate chips</li> <li>• vanilla extract</li> <li>• black pepper</li> <li>• smoked paprika</li> <li>• paprika</li> <li>• garlic powder</li> <li>• garlic granules</li> <li>• onion granules</li> <li>• Cajun seasoning</li> <li>• jerk seasoning</li> <li>• curry powder</li> <li>• dried oregano</li> </ul>	<ul style="list-style-type: none"> <li>• coconut oil</li> <li>• honey, or maple syrup</li> <li>• 1x 14 oz. (400g) can red kidney beans in chili sauce</li> <li>• 2x 14 oz. (400g) can cannellini beans</li> <li>• 1x 14 oz. (400g) can artichoke hearts</li> <li>• 1x 14 oz. (400g) can chopped tomatoes</li> <li>• tomato paste (puree)</li> <li>• tomato sauce (tomato passata)</li> <li>• whole grain mustard</li> <li>• mango chutney</li> <li>• black bean sauce</li> <li>• almond butter</li> <li>• creamy peanut butter</li> <li>• beef stock</li> <li>• chicken stock</li> <li>• vegetable stock</li> <li>• lentil, whole wheat pasta or pasta of choice</li> <li>• capers</li> <li>• vanilla protein powder</li> <li>• panko breadcrumbs</li> <li>• sachet strawberry sugar free jelly</li> </ul>



## Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





# Hearty Sausage & Bean Breakfast Stew

Serves 8

45 Minutes

12 oz. (340g) chicken sausages, pricked with a fork

2.1 oz. (60g) panko breadcrumbs

1 yellow onion, chopped

1 carrot, grated

4 cloves garlic, crushed

1 lb. (450g) ground pork

2 tbsp. tomato paste

14.2 fl oz. (420ml) water

14 oz. (400g) can chopped tomatoes

2 sprigs thyme or rosemary, plus extra to garnish

2x 14 oz. (400g) cans cannellini beans, drained & rinsed

Heat 2 tbsp. of olive oil in a large pot or Dutch oven over medium heat. Add the sausage and cook for 8 minutes. Transfer sausage to a plate and when cool, slice.

Add panko and ¼ teaspoon of salt to the pot, cook for 2 minutes, stirring constantly, until golden. Transfer to a bowl.

Wipe the pot, then heat 2 tbsp. of olive oil over medium heat. Add onion, carrot and garlic, and cook for 5 minutes.

Increase heat to medium-high. Add ground pork, season with salt & pepper, cook for 6-8 minutes, breaking up pork with a wooden spoon.

Add tomato paste, coat the pork and cook for 2 minutes. Stir in water, tomatoes and thyme (or rosemary), scraping up browned bits from the base of the pot, and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes, stirring often, until sauce thickens slightly.

Add the beans and sliced sausage to the pot. Cook over medium heat for 2 minutes, stirring occasionally, until warmed through. Discard thyme sprigs (or rosemary).

Serve topped with panko and thyme leaves or rosemary springs.

**Storage:** Store seasoned panko in an airtight container at room temperature for up to 2 days. The sausage can be stored in an airtight container in the refrigerator for 3 days, or in the freezer for 2 months.

GF

DF

MP

HP



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	338kcal	22g	22g	18g





# Prawn & Leek Frittata

Serves 3

18 Minutes

3 large leeks, sliced

5.3 oz. (150g) raw peeled large shrimps

5 large eggs

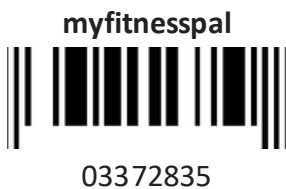
4.2 oz. (120g) garlic & herb cream cheese, low fat

Heat 2 tablespoons of olive oil in a medium skillet, add the leeks and cook for 5 minutes. Add the shrimps and cook for 1 minute.

Beat the eggs together and whisk through half the cream cheese, season to taste with salt and pepper.

Pour the eggs over the shrimps and leeks, dot over the remaining cheese and cook on a medium heat for 5-8 minutes.

Finish the frittata under a medium-hot grill for 2 minutes until just set on top with a slight wobble.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	358kcal	15g	25g	22g



# Spicy Egg & Mango Flatbreads

Serves 2

25 Minutes

3.5 oz. (100g) self-raising flour, plus extra for dusting

6 tbsp. natural yogurt, divided

4 large eggs

2 tbsp. mango chutney

1 fresh red chili, finely sliced

Place the flour with a pinch of sea salt into a bowl with 4 tablespoons of yogurt and 1 tablespoon of olive oil. Bring the ingredients together to form a ball of dough.

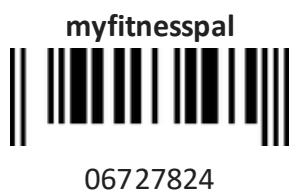
Cut the dough in half, then roll out each piece on a flour-dusted surface until just under ¼" (½cm) thick.

Place a large non-stick skillet over medium-high heat. Cook the flatbread for 3 minutes, or until golden, turning halfway through. Wrap in a clean tea towel to keep warm and repeat the process with second flatbread.

Now add another 1 tablespoon of olive oil to the skillet and crack in the eggs. Put a lid on the pan, and fry to your liking.

Dot the mango chutney and remaining yogurt over the bread and arrange the eggs on top.

To serve, garnish with chili, and season with salt and pepper.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	563kcal	51g	20g	31g



# Morning Power Protein Smoothie

Serves 1

5 Minutes

- ½ banana frozen
- 6 fl oz. (180ml) almond milk
- 1.2 oz. (35g) kale, chopped
- 2.5 oz. (70g) Greek yogurt
- 1 tbsp. almond butter
- 2 tbsp. protein powder
- 1 tbsp. ground flax seeds

Place all the ingredients into a high speed blender and pulse until combined and creamy. Add a few ice cubes if you prefer a thicker shake. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	331kcal	25g	24g	15g



# Zesty Cajun Chicken

Serves 4

45 Minutes

1.3 lbs. (600g) boneless, skinless chicken thighs  
1 tbsp. Cajun seasoning  
1 tsp. smoked paprika  
1 tsp. onion granules  
1 tsp. garlic granules  
1 tsp. oregano

**For the Cajun lime sauce:**

1 shallot, finely chopped

3 cloves garlic, crushed

1 red bell pepper, finely chopped

1 tsp. smoked paprika

1 tsp. Cajun seasoning

6.8 fl oz. (200ml) chicken stock

5 fl oz. (150ml) oatly cream

3.5 oz. (150g) cherry tomatoes

1 lime, cut in half

Drizzle the chicken thighs with ½ tablespoon of olive oil, season with spices, salt and pepper.

Heat ½ tablespoon more of olive oil in a large, deep pan skillet over high heat. Sear the chicken thighs for 3-4 minutes on each side, then remove from the skillet and set aside.

In the same skillet, sauté the shallot, garlic, and pepper over medium-low heat for 5 minutes, stirring regularly, until soft. Now add the spices, chicken stock and cream, stir to combine and bring the pan to a simmer.

Add the chicken thighs back to the pan, along with the cherry tomatoes and lime. Cover the pan and leave to cook over a medium heat for 15-20 minutes, until cooked through, stir occasionally.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	295kcal	9g	31g	15g





# Fresh Chicken & Broccoli Feta Salad

Serves 4

10 Minutes

1 head broccoli, florets divided in small pieces

1 lb. (450g) cooked chicken breast, chopped

4 tbsp. natural yogurt

2 tsp. whole grain mustard

1.8 oz. (50g) feta cheese, crumbled

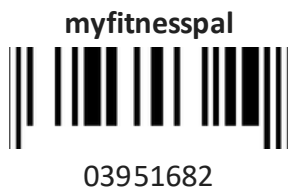
squeeze of lemon juice, to taste

Cook the broccoli using the preferred cooking method until tender and still crunchy. Once cooked, set aside to cool.

Place cooled broccoli and chicken in a mixing bowl and mix through the yogurt, mustard, feta cheese and lemon juice. Season with salt and pepper to taste.

Serve straight away or store in the refrigerator.

**Tip:** This recipe is ideal for leftover grilled or roasted chicken.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	239kcal	11g	33g	7g



# Herbed Cod & Lentil Stew

Serves 2

40 Minutes

- ½ white onion, diced
- 2 cloves garlic, chopped
- 3.5 oz. (100g) red lentils
- 4.4 oz. (125g) tomato sauce
- 12 fl oz. (355ml) vegetable stock
- 1 lb. (460g) cod filets
- mint leaves, chopped

Heat ½ tablespoon of olive oil in a pot over medium heat. Add the onion and sauté for 5 minutes. Add the garlic and sauté for 2-3 minutes.

Add the lentils, stir, and cook for another minute. Add the tomato sauce and stock and season with salt and pepper, stir to combine.

Cover the pan with a lid, turn the heat down to low, and simmer for 15 minutes, or until the lentils are almost cooked.

Check and stir the lentils occasionally, adding more stock if necessary. Season the cod all over with salt and pepper. Place the cod filets on top of the lentils and cover with a lid.

Simmer for 7-10 minutes, or until the fish has cooked through.

Remove from the heat and serve with a garnish of fresh mint.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	383kcal	41g	39g	7g



# Jerk Prawn & Coconut Rice Bowl

Serves 2

8 Minutes

5.3 oz. (150g) raw peeled large shrimps

1½ tbsp. jerk seasoning

14 oz. (400g) can kidney beans in chili sauce

8.8 oz. (250g) cooked rice

Heat 1 tablespoon of olive oil in a large skillet. Add the shrimps and the jerk seasoning, and cook for 1-2 minutes.

Drain the beans, reserving 3 tablespoons of the chili sauce. Add the beans to the pan along with the reserved sauce, and the rice.

Fry for 3-4 minutes, season with salt to taste and spoon into 2 bowls to serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	489kcal	71g	31g	9g



# Ground Beef & Potato Curry

Serves 4

60 Minutes

- 1 onion, diced
- 1 lb. (450g) lean ground beef, 5% fat
- 3 potatoes
- 1 tbsp. curry powder
- 4.4 oz. (125g) tomato paste
- 1 pt. (600ml) beef stock
- 5.6 oz. (160g) frozen green peas
- 2 tbsp. lemon juice
- 1 tbsp. cilantro

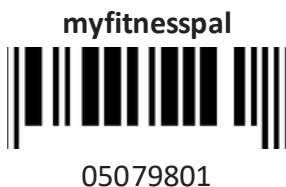
Heat 1 tablespoon of olive oil in a pot over medium-high heat. Add the onion and sauté for 5 minutes.

Add the beef and cook for 5 minutes, breaking it up as it cooks. Add the potato, curry powder, salt and pepper, and cook for 2-3 minutes, stirring occasionally.

Add the tomato purée and stock, stir and bring to a simmer. Turn the heat down to low and cover the pan with a lid. Simmer for 30 minutes, until the potatoes are tender. Check the stew occasionally and add more bro if necessary.

Remove the lid and stir in the peas. Cook for 5 minutes, taste and adjust the seasoning.

Remove from the heat and stir in the lemon juice. Top with cilantro and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	435kcal	44g	31g	15g





# Easy Fish Piccata

Serves 4

20 Minutes

1 lb. (450g) haddock filet, or thin white fish

1 tsp. dried oregano

1 tsp. paprika

$\frac{3}{4}$  tsp. garlic powder

4 tbsp. all purpose flour for dredging

3 tbsp. unsalted butter, divided

juice of 2 lemons

4 fl oz. (120ml) chicken stock

4 tbsp. capers, drained

fresh chopped parsley, for garnish

Season the fish with salt and pepper. Mix the oregano, paprika and garlic powder together, and season the flesh side of the fish.

Coat the fish on both sides with the flour, shaking off excess flour.

Heat 3 tablespoons of olive oil in a large cast iron skillet with 2 tablespoons of butter, over medium-high heat. Add the fish and cook for 2-3 minutes on each side, or until the fish is firm and flaky. Transfer the fish to a tray lined with a paper towel to drain excess oil.

To the same pan, add remaining butter. Lower the heat and add lemon juice, chicken stock and capers. Cook briefly over medium heat.

Return the fish to the pan and spoon the sauce over the fish.

Serve with a garnish of parsley.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	376kcal	11g	20g	28g



# Black Bean Steak Stir Fry

Serves 2

15 Minutes

4 cloves garlic, peel, finely sliced

1½" (4cm) root ginger, peel, finely sliced

12 oz. (350g) asparagus, woody ends trimmed

2x 4.4 oz. (125g) steaks filet

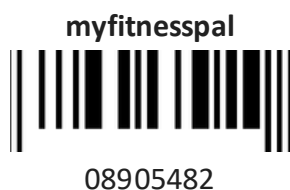
2 tbsp. black bean sauce

Place a large cold non-stick frying pan with 1 tablespoon of olive oil, garlic and ginger over medium heat, warm up, stirring regularly. Once golden, scoop out the garlic and ginger and set aside, leaving oil in the skillet. Add the asparagus spears to the skillet.

Season the steaks with salt and pepper, add to the skillet and turn the heat up to high. Cook for just 3 minutes, turning everything regularly.

Add the black bean sauce and 1 tablespoon of red wine vinegar, cook for 1 minute for medium-rare steaks. Alternatively, cook steaks to your liking.

Slice the steaks, serve into bowls and scatter over the crispy garlic and ginger.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	321kcal	11g	31g	17g



# Creamy Spinach & Artichoke Chicken Pasta

Serves 4

20 Minutes

8 oz. (225g) lentil pasta

4x 4 oz. (115g) boneless, skinless chicken breasts

5 oz. (140g) baby spinach, roughly chopped

4 oz. (115g) low fat cream cheese, cut into chunks

6 fl oz. (180ml) almond milk, unsweetened

1.6 oz. (45g) grated Parmesan cheese, plus extra to garnish

2 tsp. garlic powder

14 oz. (400g) can artichoke hearts, rinsed, squeezed dry, chopped

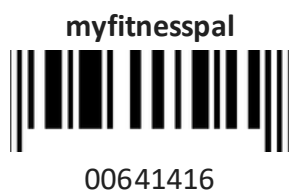
Bring a large saucepan of water to a boil. Cook pasta according to package directions.

Season the chicken with  $\frac{1}{8}$  teaspoon each of salt and pepper. Heat 1 tablespoon of olive oil in a large skillet over medium heat. Add the chicken and cook, turning once, until browned and the thermometer inserted into the thickest part registers 165°F (74°C). Transfer to a plate.

Combine spinach with 1 tablespoon of water in a large skillet. Cook for 2 minutes over medium heat.

Add cream cheese and milk to the skillet and stir to melt the cheese. Add Parmesan, garlic powder and the remaining salt and pepper; cook, whisking the sauce until thickened. Add artichokes and cooked pasta; toss to combine.

Divide the pasta between 4 bowls. Thinly slice each chicken breast and arrange on top of the pasta. Sprinkle with additional Parmesan and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	300kcal	25g	23g	12g



# Kiwi Granola Chia Pudding

Serves 2

2 Hours 10 Minutes

8.1 fl oz (240ml) almond milk, unsweetened

1 tbsp. honey

4 tbsp. chia seeds

2 tbsp. granola

1 kiwi, peeled, chopped

In a bowl, stir together the milk, honey, and chia seeds. Refrigerate for at least two hours or until chilled and chia seeds have set.

Divide the chia pudding, granola, and kiwi evenly between jars or bowls and enjoy.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	310kcal	38g	8g	14g





# No-Bake Vanilla Protein Bars

Serves 8

1 Hour 15 Minutes

2.1 oz. (60g) vanilla protein powder

4.2 oz. (120g) oat flour

4.4 oz. (125g) creamy peanut butter

2 fl oz. (60ml) honey, or maple syrup

1 tbsp. melted coconut oil

1 tsp. vanilla extract

2 tbsp. chocolate chips, plus 2 tbsp. extra to top

Line a 9x5" (20x13cm) loaf pan with parchment paper.

Combine protein powder, oat flour and ¼ teaspoon of salt. Add in peanut butter, honey, vanilla and coconut oil.

Bring the dough together with your hands and if it's still too dry add more melted coconut oil or water, 1 teaspoon at a time, to achieve the right consistency.

Mix through the chocolate chips.

Press dough into a lined loaf pan and add more chocolate chips on top, pressing in firmly.

Place the pan into the refrigerator for 1 hour to chill (or freeze for 30 minutes).

Remove bars from the pan and cut into 6 even-sized bars.

**Storage:** Store bars in an airtight container in the refrigerator for 1 week, or freezer for up to 3 months.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	261kcal	24g	12g	13g



# Strawberry Protein Mousse

Serves 1

3 Hours 5 Minutes

1.7 fl oz. (50ml) boiling water

0.7 oz. (20g) strawberry sugar free jelly

10.2 oz. (290g) fat free Greek yogurt

1 oz. (30g) vanilla whey protein powder

pinch of salt

1 tbsp. honey

1 strawberry, sliced, to garnish

Place all the ingredients into a blender and blend until smooth. Pour into a bowl, cover and place into the refrigerator for at least 3 hours to set.

Serve with sliced strawberries.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	419kcal	34g	55g	7g