



January 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
Monday	Pork, Ginger & Green Onion Patties	Rainbow Chickpea, Beet & Feta Salad	Nutty Granola Bars	Loaded Taco Sweet Potatoes
Tuesday	Pork, Ginger & Green Onion Patties	Rainbow Chickpea, Beet & Feta Salad	Nutty Granola Bars	Loaded Taco Sweet Potatoes
Wednesday	Whipped Cottage Cheese Bowl	Avocado Cottage Cheese Dip	Protein Packed Chickpea Banana Bread	Poached Salmon with Cucumber Salad
Thursday	Whipped Cottage Cheese Bowl	Oven-Baked Red Curry Chicken	Protein Packed Chickpea Banana Bread	Poached Salmon with Cucumber Salad
Friday	Carrot Mango Smoothie Bowl	Oven-Baked Red Curry Chicken	Nutty Granola Bars	Beef & Broccoli Stem Stir-Fry
Saturday	Carrot Mango Smoothie Bowl	Slow Cooker Honey Teriyaki Chicken & Rice	Ginger & Turmeric Immunity Shots	Meal Out - Enjoy!
Sunday	Zucchini Egg Nests	Creamy Beef & Leek Soup	Protein Chickpea Banana Bread	Beef & Broccoli Stem Stir-Fry

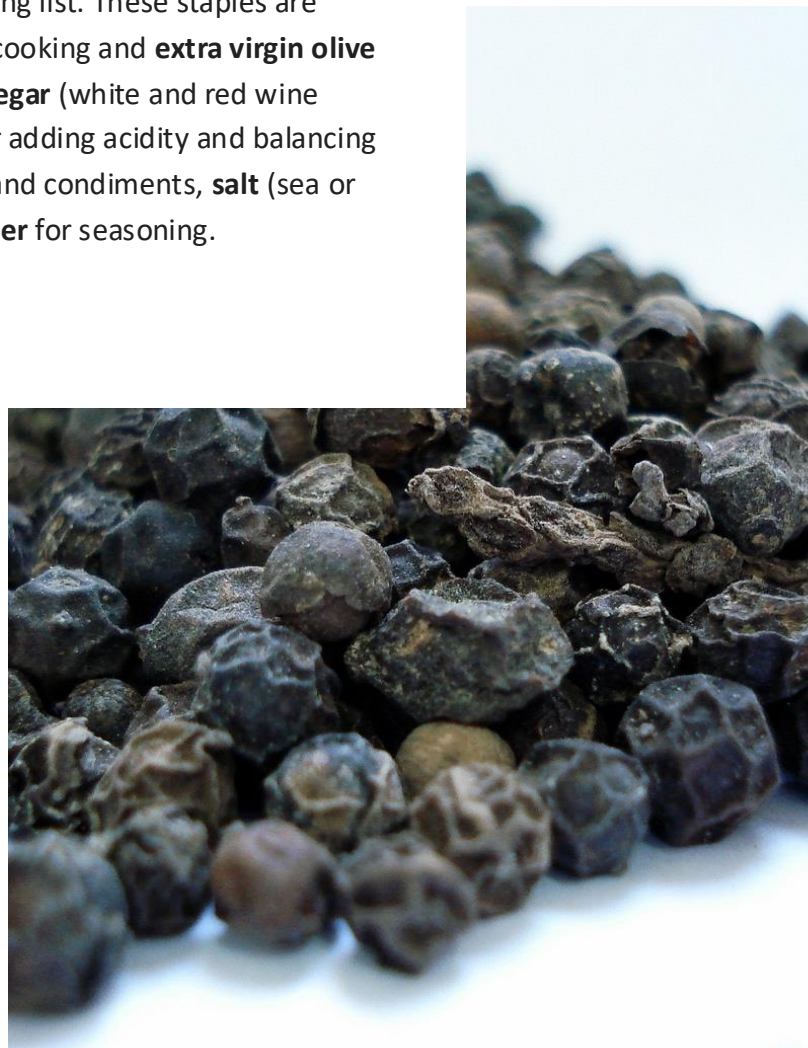
Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 2 bananas • 3 lemons • 5 limes • 1 large avocado • box of raspberries • 3 onions • 1 red onion • 2 bunches green onions (spring onions) • 2 bulbs garlic • ginger root • turmeric root • mixed salad greens • 2 tomatoes • 2 cucumbers • 1 green bell pepper • 1 jalapeño pepper • 8 carrots • 2 heads broccoli • 2 zucchinis • 4 medium sweet potatoes • 12 oz. (350g) cooked beets (beetroot) • cilantro (coriander) • dill • parsley • cranberries • Medjool dates • mango 	<ul style="list-style-type: none"> • 4 lbs. (1kg 850g) boneless, skinless chicken thighs • 1 lb. (450g) lean ground beef, 5% fat • 1 lb. (450g) flank steak • 2 lbs. (900g) lean ground pork, 5% fat • 1.1 lbs. (500g) salmon filet • 10 oz. (285g) tuna steak • 7 eggs • milk of choice • Greek yogurt 2% • 1.3 lbs. (600g) cottage cheese • feta cheese • Parmesan cheese • quark 	<ul style="list-style-type: none"> • basmati rice • Jasmine rice • puffed rice • rolled oats • almond flour (ground almonds) • almonds • coconut flakes • walnuts • sesame seeds • baking powder • cornstarch (corn flour) • vanilla extract • onion powder • Taco seasoning 	<ul style="list-style-type: none"> • coconut oil • honey • maple syrup • 14 oz. (400g) can chickpeas • beef stock • tamari • mirin • Thai red curry paste • tomato sauce • tahini • natural almond butter • natural peanut butter • spicy mayonnaise • granola • 2 sachets instant espresso powder



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.





Zucchini Egg Nests

Serves 2

15 Minutes

- 2 zucchinis (weight 14 oz./400g)
- 2 tbsp. Parmesan cheese, grated, divided
- 4 eggs

Wash the zucchinis and create spaghetti noodles using a spiralizer. Alternatively slice into thin ribbons with a vegetable peeler.

Heat 1 tbsp. olive oil in a non-stick skillet over medium heat. Add the zucchini and sauté for a minute to soften.

Sprinkle over 1 tbsp. Parmesan cheese and season with salt and pepper. Mix thoroughly.

Divide the zucchini mixture into four portions, shaping each into a round fritter in the skillet. Create a small well in the center of each fritter, and crack an egg into each well.

Cover the skillet with a lid and cook for about 5 minutes, or until the egg whites are set, and the yolks are still runny.

Remove from heat, season with salt and pepper and sprinkle over remaining Parmesan. Serve immediately.



GF

LC

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	267kcal	7g	17g	19g



Carrot Mango Smoothie Bowl

Serves 4

10 Minutes

1.1 lbs. (500g) Greek yogurt,
2% fat, divided

7 oz. (200g) carrots, peeled &
sliced

1.1 lbs. (500g) frozen mango

6.8 fl oz. (200ml) Ginger &
Turmeric Shot (see recipe in
this pack)

4 tbsp. granola

Add 15.9 oz. (450g) of the Greek yogurt, the carrots, frozen mango and ginger shot juice to a blender. Blend until smooth and thick.

Divide the smoothie evenly into four bowls. Scoop the remaining Greek yogurt on top of each bowl. Sprinkle the smoothie with the granola and serve immediately.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	313kcal	51g	16g	5g



Pork, Ginger & Green Onion Patties

Serves 6

30 Minutes

- 2 lbs. (900g) lean ground pork
- 4 green onions, thinly sliced
- 1 tsp. fresh ginger, grated

In a large bowl, combine the ground pork, green onions, ginger and 1 tsp. salt. Mix with your hands until just combined.

Shape the mixture into 12 patties.

Heat 1 tbsp. olive oil in a large skillet over medium-high heat. Cook the patties for 4-6 minutes on each side, or until fully cooked through. Serve immediately.



GF	DF	LC	MP	HP
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	218kcal	1g	31g	10g



Whipped Cottage Cheese Bowl

Serves 2

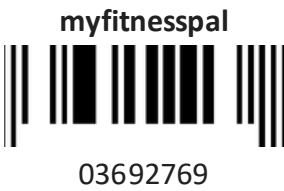
5 Minutes

- 14 oz. (400g) cottage cheese
- 1.4 oz. (40g) maple syrup, divided
- 3 oz. (85g) fresh raspberries
- 1.4 oz. (40g) granola
- 1 tbsp. almond butter

Add the cottage cheese and half the maple syrup into a blender or food processor. Blend on high speed until smooth, scraping down the sides as needed.

Divide the whipped cottage cheese into bowls or containers if preparing for on-the-go.

Top with raspberries, granola, almond butter, and drizzle with the remaining maple syrup.



MPHPVQN				
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	418kcal	37g	27g	18g



Sesame Seared Tuna Salad

Serves 2

10 Minutes

- 10 oz. (285g) tuna steak

2 tsp. sesame seeds

2 oz. (60g) mixed salad greens

1 small carrot, julienned

1 small cucumber, thinly sliced

1 tbsp. tamari
- Heat ½ tbsp. olive oil in a non-stick skillet over medium-high heat.

Coat the tuna with sesame seeds. Sear the tuna for 4-5 minutes, flipping halfway, until lightly browned on the outside but still pink inside.

Divide the mixed greens, carrot and cucumber evenly between serving plates.

Slice the seared tuna thinly and place it on top of the salad.

Drizzle with ½ tbsp. olive oil and tamari. Serve immediately.



GFDFLCHPQ				
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	273kcal	10g	38g	9g



Avocado Cottage Cheese Dip

Serves 2

5 Minutes

- 1 large avocado
- 7 oz. (200g) cottage cheese
- 0.3 oz. (10g) parsley, roughly chopped
- 2 green onions, roughly chopped
- 1 clove garlic
- juice of 1 lime
- ¼ tsp. onion powder
- 1 tsp. milk

Add the avocado, cottage cheese, parsley, green onions, garlic, lime juice and onion powder to a small food processor.

Pulse until smooth. For a silkier consistency add the teaspoon of milk.

Taste and adjust seasoning with salt and pepper.

Serve immediately with vegetables or crackers; or use as a spread.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	287kcal	15g	14g	19g



Rainbow Chickpea, Beet & Feta Salad

Serves 3

10 Minutes

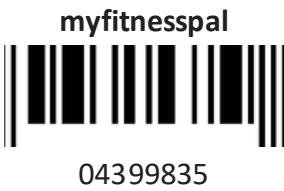
- 2 tbsp. tahini
- juice of ½ lemon
- 3 tbsp. Greek yogurt, 2%
- 12 oz. (350g) cooked beets, sliced
- 5.3 oz. (150g) canned chickpeas, rinsed & drained
- 1 carrot, grated
- 1 green onion, finely sliced
- 0.4 oz. (10g) fresh parsley, chopped
- 3.5 oz. (100g) feta cheese, crumbled
- 1.4 oz. (40g) walnuts, roughly chopped

Place the tahini, lemon juice, yogurt, 1 tbsp. olive oil, salt and pepper into a small bowl. Stir to combine and set aside.

In a large mixing bowl, combine the beets, chickpeas, carrot, green onion and parsley. Toss to combine.

Serve the salad topped with feta cheese, walnuts, and pour over the tahini dressing.

Tip: Bump up the protein by serving a baked chicken breast on the side.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	456kcal	34g	17g	28g



Oven-Baked Red Curry Chicken

Serves 3

35 Minutes

- 1 lb. (450g) boneless, skinless chicken thighs
- 0.5 oz. (15g) Thai red curry paste
- 2 oz. (60ml) water
- 1.2 lbs. (540g) broccoli florets
- 2 tbsp. chopped cilantro, to garnish

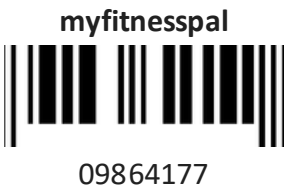
Preheat the oven to 375°F (190°C). Line a baking dish with baking paper.

Place the chicken thighs in the baking dish. Mix the red curry paste with water and pour over the chicken, ensuring it is evenly coated.

Bake the chicken for 25 minutes or until fully cooked and the juices run clear.

While the chicken bakes, steam the broccoli for 3-5 minutes until bright green and tender with a bite.

Serve the chicken with steamed broccoli, and garnish with cilantro.



GFDFLCMPHP				
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	255kcal	13g	35g	7g



Slow Cooker Honey Teriyaki Chicken & Rice

Serves 8

35 Minutes

- 3 lbs. (1.4kg) boneless, skinless chicken thighs
- 3.3 fl oz. (100ml) tamari
- 2.8 oz. (80g) honey
- 2 fl oz. (60ml) mirin
- 1 oz. (30g) ginger, grated
- 0.5 oz. (15g) garlic, grated
- 1 lb. (480g) white basmati rice, dry weight
- 3 tbsp. cornstarch
- 4 tbsp. cold water
- 2 green onions, chopped

Place the chicken thighs in the slow cooker.

Mix the tamari, honey, mirin, grated ginger and garlic, then pour over the chicken.

Cook on HIGH for 4-5 hours, or LOW for 5+ hours.

Once the chicken is done, mix the cornstarch and water in a small bowl and add to the slow cooker to thicken the sauce. Let it sit uncovered for 15-20 minutes.

Meanwhile, cook the rice according to package directions.

Serve the chicken and sauce over the rice, top with green onions and optional mayonnaise.

Storage: Store leftovers in freezer-safe containers. Consume within 3 months.

Serving suggestion: spicy mayo



GF

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HP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	487kcal	65g	41g	7g



Loaded Taco Sweet Potatoes

Serves 4

60 Minutes

- 4 medium sweet potatoes
- 1 lb. (450g) lean ground beef, 5% fat
- 1 onion, diced
- 3 cloves garlic, minced
- 2 tbsp. taco seasoning
- 4 oz. (115g) tomato sauce, homemade or store-bought
- 4 fl oz. (115ml) beef stock

- For the salsa:**
- 2 medium tomatoes, diced
 - 1.8 oz. (50g) red onion, diced
 - 1 green bell pepper, diced
 - 1 tsp. jalapeño, chopped (remove seeds for less heat)
 - fresh cilantro, chopped
 - 1 tbsp. lime juice

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Wash and dry the sweet potatoes thoroughly. Pierce them all over with a fork, rub with 1 tbsp. olive oil and place on the baking sheet. Bake for 50-60 minutes, or until tender and easily pierced with a fork.

Meanwhile, heat 1 tbsp. olive oil in a skillet over medium-high heat. Add the ground beef and cook until browned. Reduce heat to medium, add the onion and garlic and sauté until the onions are translucent.

Stir in taco seasoning and mix well. Add tomato sauce, stock, and season with salt and pepper.

Reduce heat to low, cover, and simmer for 20-25 minutes, stirring occasionally.

Place all the salsa ingredients into a bowl and season to taste with salt and pepper. Stir to combine.

Once the sweet potatoes are cooked, slice lengthwise and fill each with the taco beef. Top with salsa and serve.

Serving suggestion: lime wedges and additional cilantro



GF DF MP HP				
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	393kcal	40g	29g	13g



Poached Salmon with Cucumber Salad

Serves 4

30 Minutes

- 2 lemons
- 2 cloves garlic, peeled
- 1 yellow onion, quartered
- 1.1 lbs. (500g) salmon filets
- 3.5 oz. (100g) Greek yogurt
- 1 cucumber, thinly sliced
- 4 green onions, sliced
- 0.7 oz. (20g) fresh dill, chopped

Wash the lemons, juice one and slice the other.

Heat some water in a pot and add 2 tbsp. olive oil, garlic, onion quarters, lemon slices and a pinch of salt. Bring to a boil, then reduce to a simmer for 6 minutes.

Season the salmon filets with salt. Gently place them in the pot and simmer, covered, for 5-6 minutes or until the salmon is opaque and cooked through. Remove the salmon and drain.

In a mixing bowl, combine the cucumber slices, yogurt, lemon juice, half the green onions and dill. Season with salt and pepper.

Serve the poached salmon with the cucumber salad, garnish with remaining green onions.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	290kcal	10g	31g	14g



Beef & Broccoli Stem Stir-Fry

Serves 4

30 Minutes

- 6.5 oz. (185g) Jasmine rice, dry

1 lb. (450g) flank steak, thinly sliced against the grain

1 tbsp. cornstarch, divided

2 oz. (60ml) tamari, divided

4 fl oz. (120ml) beef stock

1 clove garlic, minced

1 tsp. fresh ginger, grated

1 medium yellow onion, sliced

6.5 oz. (185g) broccoli stems, julienned (use leftover stems from other recipe in this pack)

2 medium carrots, peeled & julienned

2 green onions, sliced
- Cook the rice according to package directions and set aside.

In a bowl, toss the steak with half the cornstarch and half the tamari. Set aside.

In a separate bowl, whisk together the remaining cornstarch and tamari, beef stock, garlic, ginger, salt and pepper until smooth.

Heat 1 tbsp. olive oil in a large skillet over medium-high heat. Add the steak in batches, cooking for 1-2 minutes on each side, then remove and set aside.

Add the onion to the skillet and sauté for 3-4 minutes until softened. Add the broccoli stems and carrots, cooking for a further 2-3 minutes.

Return the steak to the pan, add the sauce, stir well to combine and cook for 2-3 minutes until the sauce thickens.

Serve the stir-fry over the rice, garnish with green onions.



GF

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	445kcal	51g	31g	13g



Protein Packed Chickpea Banana Bread

Serves 16

45 Minutes

- 7 oz. (200g) canned chickpeas,
drained
- 6.2 oz. (175g) Medjool dates,
pitted, divided
- 2 ripe bananas
- 3 large eggs
- 2.5 oz. (70g) almond flour
- 1 tsp. baking powder
- 2 instant espresso sachets,
divided
- 2.1 oz. (60g) walnuts, roughly
chopped, divided
- 1.8 oz. (50g) natural peanut
butter

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

Add the chickpeas, 4.4 oz. (125g) of the dates, bananas, eggs, almond flour, baking powder, 1½ espresso sachets and 1.7 fl oz. (50ml) olive oil to a food processor and blend until smooth.

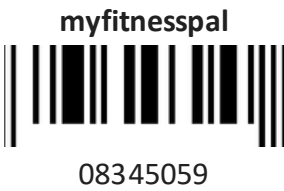
Stir in half the chopped walnuts, pour the mixture into the tin and smooth the surface.

Bake in the center of the oven for 30 minutes, or until the bread is set but still moist. Set on a wire rack to cool completely before removing from the tin.

Soak the remaining dates in hot water for 5 minutes. Drain, reserving 4 tbsp. of the date water.

Using a hand blender, blend the soaked dates with the reserved date water, peanut butter, and the remaining espresso powder. Add more water if necessary for a smoother consistency.

Spread the peanut butter paste over the top of the cooled cake. Sprinkle with the remaining chopped walnuts. Slice and serve.



	GF	DF	LC	MP	V	N
Nutrition Per Serve	Energy		Carbs	Protein	Fat	
	182kcal		18g	5g	10g	



Nutty Granola Bars

Serves 10

45 Minutes

- 2.6 oz. (75g) almonds, coarsely chopped
- 5.3 oz. (150g) rolled oats
- 0.7 oz. (20g) puffed rice
- 1.8 oz. (50g) dried cranberries
- 1 oz. (30g) coconut flakes
- 2 tbsp. coconut oil, divided
- 2.6 oz. (75g) natural peanut butter
- 4.4 oz. (125g) honey
- 1.8 oz. (50g) quark
- 1 tsp. vanilla extract

Preheat the oven to 320°F (160°C). Line the base of a baking tin with baking paper.

In a large bowl, combine the almonds, rolled oats, puffed rice, cranberries, coconut flakes and a pinch of salt.

Melt 1 tbsp. coconut oil and add to a separate bowl along with the peanut butter and honey. Stir to combine.

Pour the wet mixture over the dry ingredients and mix thoroughly. Spread the mixture evenly into the prepared baking tin.

Bake for 30 minutes or until golden brown. Set on a wire rack to cool completely for 1½ hours before slicing into bars.

Melt the remaining coconut oil and combine with the quark and vanilla extract. Drizzle over the bars and place in the freezer for 30 minutes to set.

Serve, or store the bars in an airtight container in the refrigerator.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	266kcal	29g	6g	14g



Ginger & Turmeric Immunity Shots

Serves 16

10 Minutes

5.6 oz. (160g) fresh turmeric root, peeled & roughly chopped

10.6 oz. (300g) fresh ginger root, peeled & roughly chopped

2 limes, zested & juiced

1 pt. (500ml) water

Place the turmeric, ginger, lime juice and water into a high speed blender, and blend to a very fine consistency.

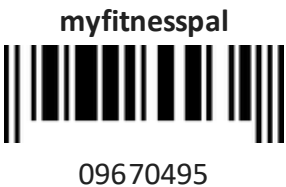
Strain the blended mixture through a sieve lined with a clean tea towel. If needed, gently press the pulp with a spoon to extract more juice.

Stir the lime zest into the strained juice.

Pour the juice into a bottle or jar and refrigerate.

Use a juicer: Alternatively, use a juicer for the turmeric and ginger, then mix the juice with lime juice, lime zest, and water.

Storage: Store the juice in the refrigerator for up to 1 week. Shake well before serving.



GF	DF	LC	MP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	44kcal	10g	1g	0g