



March 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	Tomato & Chicken Quiche	Lemon Rosemary Chicken & Couscous Salad	Blueberry Pomegranate Protein Shake	Sweet Potato Turkey Chilli
Tuesday	Tomato & Chicken Quiche	Leftover Sweet Potato Turkey Chilli	Protein Mango Fluff	Taco Beef Salad Bowl with Pico de Gallo
Wednesday	Blueberry Pomegranate Protein Shake	Taco Beef Salad Bowl with Pico de Gallo	Protein Mango Fluff	One-Pot Paprika, Chicken & Orzo
Thursday	Cajun-Spiced Scrambled Eggs	Tuna-Mayo Lettuce Wraps	Protein Crepes with Blueberry Sauce	One-Pot Paprika, Chicken & Orzo
Friday	Harissa Sweet Potato Fritters	Tuna-Mayo Lettuce Wraps	Blueberry Pomegranate Protein Shake	Gochujang Salmon with Garlic Spinach
Saturday	Harissa Sweet Potato Fritters	Quick Feta Couscous Salad	Protein Crepes with Blueberry Sauce	Meal Out - Enjoy!
Sunday	Protein Crepes with Blueberry Sauce	Lemon Rosemary Chicken & Couscous Salad	Blueberry Pomegranate Protein Shake	Mexican Spiced Steak with Pico de Gallo

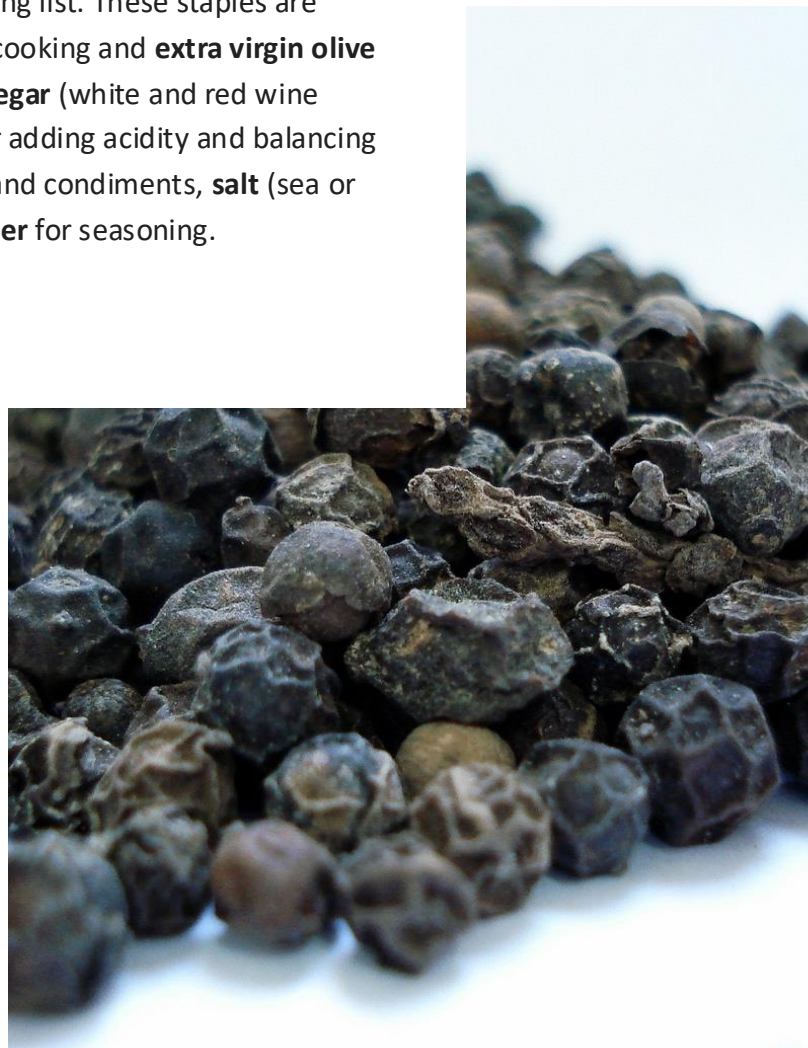
Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
<ul style="list-style-type: none"> • 4-5 tomatoes • 9.6 oz. (270g) cherry tomatoes • 1 red bell pepper • 3 onions (yellow/white) • 1 red onion • bunch green onion (spring onion) • garlic • basil • parsley • cilantro (coriander) • mint • rosemary sprigs • 3 limes • 1 lemon • 1 cucumber • 1 romaine lettuce • 1 chili pepper • 1 avocado • 1 stalk celery • 31 oz. (880g) sweet potatoes • 4.4 oz. (125g) blueberries • chives • 16 oz. (450g) frozen mango 	<ul style="list-style-type: none"> • 1½ lbs. (680g) ground beef • 1½ lbs. (680g) ground turkey • 1 lb. (450g) chicken breast • 1.2 lbs. (540g) chicken thighs • 7 oz. (200g) smoked chicken breast • 1¼ lbs. (565g) salmon filet • 10.5 oz. (300g) ribeye steak • 2 cans (5 oz / 140g each) tuna • 11 oz. (325g) Greek yogurt • 4.2 oz. (120g) sour cream • 1.5 oz. (42g) feta cheese • 13 eggs • ginger 	<ul style="list-style-type: none"> • 11.2 oz. (320g) pie crust (shortcrust pastry) • couscous • orzo • wheat flour • all-purpose flour • sesame seeds • cocoa powder • peanuts • 1 tbsp. Cajun seasoning • ½ tsp. dried herbes de Provence • 1 tsp. dried oregano • 1½ tsp. smoked paprika • ½ tsp. ground allspice • ¼ tsp. ground cinnamon • ½ tsp. ground cumin 	<ul style="list-style-type: none"> • 8.1 fl oz. (240ml) pomegranate juice • 21 oz. (625ml) almond milk • honey • coconut oil • toasted sesame oil • Dijon mustard • vanilla protein powder • 1 can (14 oz / 400g) black beans • 5.6 oz. (160g) sweetcorn • 7 oz. (200g) roasted red peppers • black Kalamata olives • 14 oz. (400g) canned diced tomatoes • 2 tbsp. harissa • 1 tbsp. mirin • 2 tbsp. tamari • 2 tbsp. gochujang • vanilla extract



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.





Cajun-Spiced Scrambled Eggs

Serves 2

15 Minutes

6 eggs

2 tbsp. milk

2 tbsp. chives, chopped, plus more for garnish

2 tbsp. cilantro, finely chopped

1 tbsp. Cajun seasoning

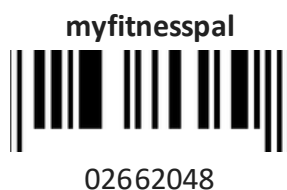
1 tomato, deseeded & finely chopped

Whisk the eggs with milk, chives, and cilantro until smooth.

Heat ½ tbsp. olive oil in a nonstick pan over medium heat. Add the egg mixture and cook for 3-5 minutes, stirring gently. When nearly set, stir in the Cajun seasoning.

Serve scrambled eggs with tomato, black pepper, some extra chives to garnish.

Serve suggestion: Your favorite bread, not included in nutritional information.



GF	LC	HP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	266kcal	6g	20g	18g



Tomato & Chicken Quiche

Serves 6

55 Minutes

4.2 oz. (120g) sour cream

2 eggs

pinch of nutmeg, to taste

½ tsp. dried herbes de
Provence

7 oz. (200g) cooked smoked
chicken breast, chopped

11.2 oz. (320g) store bought
pie crust (shortcrust pastry)

3.2 oz. (90g) cherry tomatoes,
halved

2.1 oz. (60g) tomatoes, sliced

0.35 oz. (10g) fresh basil, to
garnish

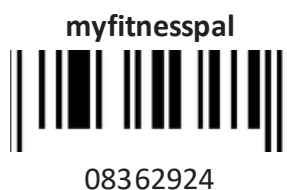
Preheat the oven to 350°F (180°C).

Whisk the sour cream and eggs. Season with salt, pepper, nutmeg, and herbes de Provence and mix in chicken breast.

Unroll the pie crust and keep it on the parchment paper it comes with. Place the crust (with the paper) into a round baking dish or pie pan. If there's extra dough hanging over the edges, fold it in and press it to make a thicker crust edge.

Pour the sour cream mixture into the crust and top with the tomatoes.

Bake on the bottom shelf for 45 minutes, or until golden brown and set. Garnish with fresh basil and serve.



MP		HP		
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	347kcal	23g	21g	19g



Harissa Sweet Potato Fritters

Serves 2

20 Minutes

7.3 oz. (205g) sweet potatoes, peeled & coarsely grated

1 white onion, thinly sliced

2 tbsp. harissa

1 oz. (30g) wheat flour

5 eggs (1 for fritters, 4 for poaching)

0.35 oz. (10g) fresh parsley, chopped

Preheat the oven to 130°C (265°F).

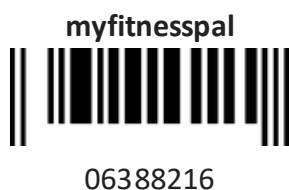
Heat 1 tsp. olive oil in a pan over medium heat. Fry the onion for 10 minutes until soft.

Combine the sweet potatoes, cooked onions, harissa, flour, and 1 egg. Season with salt and pepper.

Shape the mixture into patties (about 3 oz. each). Heat 1 tbsp. olive oil in a pan over medium heat. Fry for 5-6 minutes per side until golden.

Bring a saucepan of water to a boil. Reduce to a gentle simmer, then add 1 tbsp. of white wine vinegar and a pinch of salt. Create a swirl in the water, crack in an egg, and poach for 4 minutes. Remove with a slotted spoon and drain on a paper towel. Repeat with the remaining eggs.

Plate fritters and top with poached eggs. Garnish with parsley, and enjoy!



DF	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	466kcal	39g	19g	26g



Blueberry Pomegranate Protein Shake

Serves 1

5 Minutes

8.1 fl oz. (240ml) pomegranate juice

6 oz. (170g) Greek yogurt

1 oz. (30g) vanilla protein powder

1 tsp. honey

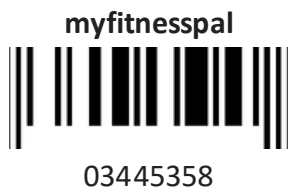
½ tsp. vanilla extract

Add all ingredients to a blender with a handful of ice.

Blend until smooth.

Pour into a glass and enjoy immediately.

Note: High in carbs to replenish energy and packed with protein for muscle repair—ideal for post-workout recovery.



GF	HP	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	405kcal	50g	40g	5g



Lemon Rosemary Chicken

Serves 4

40 Minutes

1 lb. (450g) chicken breast

3 tbsp. lemon juice

1 tsp. dried oregano

1½ tsp. smoked paprika

2 tbsp. garlic, minced

5 lemon slices (for garnish)

3 fresh rosemary sprigs (for garnish)

In a large ziplock bag, combine chicken, 2 tbsp. olive oil, lemon juice, oregano, paprika, garlic, and season with salt and pepper. Seal and shake to coat evenly.

Marinate in the refrigerator for at least 1 hour (up to 8 hours).

Preheat the oven to 400°F (200°C). Transfer the chicken to a casserole dish.

Bake for 30 minutes, or until cooked through (meat thermometer reading 165°F (75°C)).

Garnish with lemon slices dipped in juices and rosemary.

Serving suggestion: Enjoy with Quick Feta Couscous Salad! (Find the recipe on page 17.)



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	202kcal	2g	26g	10g



Quick Feta Couscous Salad

Serves 4

15 Minutes

For the Couscous:

6 oz. (170g) dry couscous

For the Dressing:

1 oz. (30ml) lemon juice

1 clove garlic, minced

For the Salad:

2 oz. (55g) red onion, finely chopped

5 oz. (140g) cherry tomatoes, halved

9 oz. (255g) cucumber, chopped

0.5 oz. (15g) fresh parsley, chopped

0.25 oz. (7g) fresh mint, chopped

1.5 oz. (42g) feta cheese, crumbled

In a medium saucepan, bring 8 oz. (240ml) water to a boil. Remove from heat, stir in couscous, season with salt and pepper, cover, and let sit for 5 minutes.

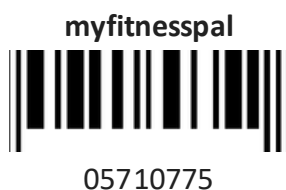
Uncover, fluff with a fork, and let cool for another 5 more minutes.

In a small bowl or mason jar, whisk together lemon juice, 4 tbsp. olive oil, garlic, and season with salt and pepper.

In a large bowl, combine couscous, red onion, cherry tomatoes, cucumber, parsley, mint, and feta. Mix well.

Pour the dressing over the salad and toss to combine.

Taste and adjust seasoning if needed.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	336kcal	40g	8g	16g



Taco Beef Salad Bowl with Pico de Gallo

Serves 6

25 Minutes

For the Taco Ground Beef:

1½ lbs. (680g) ground beef, lean
1 white onion, diced
1 red bell pepper, diced
5.6 oz. (160g) sweetcorn, drained
3 cloves garlic, minced
3 tbsp. taco seasoning

For the Salad:

9 oz. (255g) romaine lettuce, chopped
1 avocado, sliced
fresh cilantro, for garnish
4 servings of Pico De Gallo (Find the recipe on page 31.)
1 lime wedges, for garnish
1 tbsp. lime juice, to drizzle

Heat 1 tbsp. olive oil in a large pan over high heat. Add ground beef and cook until browned. Remove and set aside.

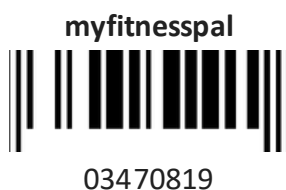
Reduce heat to medium-low. To the same pan add onion, red bell pepper, and sweetcorn, cooking until onions are soft (5-8 minutes).

Add garlic and sauté for 30 seconds, then add taco seasoning. Season to taste with salt and pepper, and stir well.

Return beef to the pan and stir well until combined, cooking for another 3-4 minutes.

In a large bowl, place romaine lettuce at the bottom, add sliced avocado, and top with a quarter of the cooked ground beef and a serving of Pico de Gallo.

Squeeze some lime over the salad, season with salt and pepper if needed, and garnish with fresh cilantro and remaining lime wedges.



GF DF LC HP				
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	343kcal	17g	26g	19g



Tuna-Mayo Lettuce Wraps

Serves 2

15 Minutes

2 cans (5 oz. / 140g each)
tuna, drained

1 stalk celery, diced

2 tbsp. red onion, diced

1 tbsp. parsley, chopped

1 tsp. chives, chopped

4 tbsp. mayonnaise

½ tbsp. Dijon mustard

8-10 lettuce leaves

In a bowl, combine tuna, celery, red onion, parsley, chives, mayonnaise, Dijon mustard, and season with salt and pepper. Stir until well mixed, breaking up any large chunks of tuna.

Serve in lettuce wraps or alongside salad.

Note: The total drained weight of tuna is 204g.



GF	DF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	326kcal	5g	27g	22g



Sweet Potato Turkey Chili

Serves 5

40 Minutes

- 1 yellow onion, sliced
- 1½ lbs. (680g) ground turkey, lean
- 2 tbsp. taco seasoning
- 24 oz. (680g) sweet potatoes, chopped into small pieces
- 3 cloves garlic, minced
- 16-24 oz. (480-720ml) chicken stock (start with 16 oz, add more if needed)
- 1 can (14 oz. / 400g) black beans, drained & rinsed
- 5 tbsp. Greek yogurt, for serving

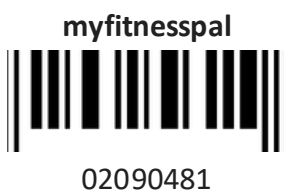
Heat 1 tbsp. olive oil in a large pot over medium-high heat. Add onion, turkey, and 1 tbsp. taco seasoning. Cook, adding tablespoons of water as needed to keep the turkey moist until it is browned and the onions are soft. Remove and set aside.

In the same pot, add sweet potatoes and the remaining 1 tbsp. taco seasoning. Stir to coat.

Once the sweet potatoes start to brown, add garlic, 16 oz (480ml) water, and stock. Bring to a boil and simmer for 10 minutes, or until the sweet potatoes are very soft.

Use an immersion blender to puree the mixture to your desired consistency, leaving some sweet potato chunks if you like. Return the browned turkey to the pot, add black beans, and stir to combine. Simmer for a few minutes, adjusting seasoning if needed.

Serve each dish with a tablespoon of Greek yogurt.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	443kcal	44g	33g	15g



One-Pot Paprika, Chicken & Orzo

Serves 4

55 Minutes

1 yellow onion, sliced
2 garlic cloves, sliced
1.2 lbs. (540g) chicken thigh fillets, cut into bite-sized chunks
2 tsp. smoked paprika
14 oz. (400g) canned diced tomatoes
17 oz. (500ml) chicken stock
7 oz. (200g) roasted red peppers, drained & sliced
2.8 oz. (80g) pitted black Kalamata olives
4 tbsp. fresh parsley, to garnish
10.5 oz. (300g) orzo

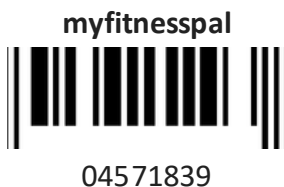
Heat 1 tbsp. olive oil in a large pot over low-medium heat. Add onion and garlic, season with salt and pepper, and cook for 10-12 minutes until soft and golden.

Add chicken and cook for 3-4 minutes, stirring, until lightly browned on all sides.

Stir in paprika and cook for 1 minute. Add chopped tomatoes, chicken stock, 1 tbsp. red wine vinegar, roasted red peppers, and olives. Bring to a boil. Reduce heat and simmer for 5 minutes.

Stir in the orzo and cook, stirring regularly, for 10-12 minutes, until the orzo is tender and the chicken is fully cooked.

Scatter over the parsley leaves and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	533kcal	66g	38g	13g



Gochujang Salmon with Garlic Spinach

Serves 4

20 Minutes

2 tbsp. gochujang
1 tbsp. mirin
2 tbsp. tamari, divided
1 tbsp. honey
1½ tsp. toasted sesame oil, divided
4 cloves garlic, grated, divided
2 tsp. grated fresh ginger
1¼ lbs. (565g) salmon, cut into 4 portions
8 oz. (225g) baby spinach
1 tsp. sesame seeds
1 green onion, sliced for garnish

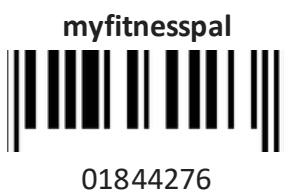
Preheat the broiler to high and position a rack in the upper third of the oven. Line a baking sheet with foil and coat with ½ tsp. cooking spray.

In a small bowl make the glaze by whisking together gochujang, mirin, 1 tbsp. tamari, honey, ½ tsp. sesame oil, ¼ of the grated garlic, and ginger.

Pat salmon dry and place skin-side down on the prepared baking sheet. Brush with the glaze. Broil until just cooked through, 5-8 minutes, depending on thickness.

Meanwhile, heat the remaining 1 tsp. sesame oil in a large skillet over medium-low heat. Add the remaining 3 cloves garlic and cook, stirring, until fragrant and just starting to brown, about 3 minutes. Add spinach and cook, until wilted. Remove from heat and stir in the remaining 1 tbsp. tamari.

Plate the salmon over the spinach and garnish with sesame seeds and green onions.



GF	DF	LC	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	260kcal	13g	34g	8g



Mexican Spiced Steak with Pico de Gallo

Serves 2

20 Minutes

10.5 oz. (300g) ribeye steak

2 limes, juiced

½ tsp. ground cumin

½ tsp. ground allspice

1 tsp. dried oregano

¼ tsp. ground cinnamon

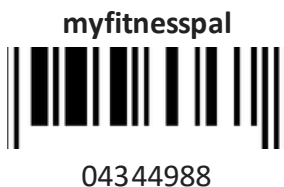
2 servings of Pico de Gallo
(Find the recipe on page 31.)

In a small bowl, mix half of the lime juice, cumin, allspice, oregano, cinnamon, and season with salt and pepper.

Brush the steak with the marinade and let it sit while you prepare any side dishes you might like, like Pico de Gallo.

Heat 1 tbsp. olive oil in a pan over medium heat. Cook the steaks for about 2 minutes per side, or to your preferred doneness. Season with salt and pepper.

Slice the steak and serve with Pico de Gallo or your choice of sides. Enjoy!



GF	DF	LC	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	455kcal	13g	31g	31g



Simple Pico de Gallo

Serves 4

10 Minutes

10.5 oz. (300g) tomatoes,
finely diced

½ red onion, finely diced

0.7 oz. (20g) fresh cilantro,
chopped

½ chili pepper deseeded &
finely diced

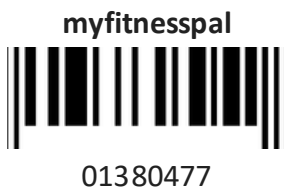
1 lime, juiced

In a bowl, mix tomatoes, red onion, cilantro, and chili pepper.

Add lime juice, 2 tbsp. olive oil, and season to taste with salt and pepper. Stir well.

Enjoy with Mexican Spiced Steak and Taco Beef Salad Bowl (recipes in this pack).

Tip: Make a double batch so you have enough for both recipes Mexican Spiced Steak (page 29) and Taco Beef Salad Bowl (page 19).



GF	DF	LC	V	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	87kcal	5g	1g	7g



Protein Mango Fluff

Serves 2

5 Minutes

10 oz. (300ml) almond milk,
unsweetened

16 oz. (450g) frozen mango

3.2 oz. (90g) vanilla protein
powder

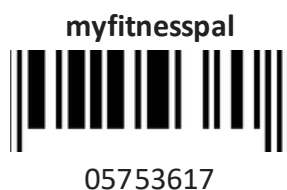
0.35 oz. (10g) peanuts,
crushed

0.14 oz. (4g) sesame seeds

In a blender, combine almond milk, frozen mango, protein powder, and handful of ice. Blend until smooth and creamy.

Pour into serving bowls and garnish with crushed peanuts and sesame seeds.

Serve immediately and enjoy!



GF	HP	V	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	371kcal	38g	39g	7g



Protein Crepes with Blueberry Sauce

Serves 4

30 Minutes

4.4 oz. (125g) blueberries, quartered

1 tbsp. honey

3.9 oz. (110g) all-purpose flour

2.1 oz. (60g) vanilla protein powder

2 eggs

11 oz. (325ml) almond milk, unsweetened

1 tbsp. coconut oil

1 tsp. cocoa powder

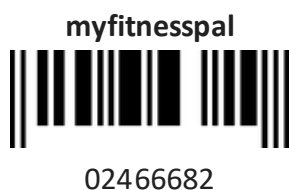
In a small saucepan over medium heat, cook the blueberries with honey for about 10 minutes, stirring occasionally, until they soften into a sauce-like consistency.

In a blender or food processor, combine flour, protein powder, eggs, and almond milk. Blend until smooth.

Heat a nonstick frying pan over high heat. Melt a little coconut oil, then pour in a ladleful of batter, swirling the pan to evenly coat the base.

Fry for about 1 minute per side, then flip and cook for another minute. Repeat with the remaining batter, adding more coconut oil as needed.

Spread blueberry sauce over crepes and roll into tubes. Dust with cocoa powder and enjoy!



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	229kcal	32g	14g	5g