



# Protein Pancakes



4 servings



20 minutes

## Ingredients

- 1 cup (225g) cottage cheese
- 1 cup (80g) rolled oats
- 5 eggs
- 2 tsp. cinnamon
- 1 tbsp. maple syrup
- 2 tbsp. coconut oil

## Method

1. Place all ingredients into a blender or food processor and blitz together until smooth.
2. Heat  $\frac{1}{4}$  of the coconut oil in a large frying pan over low-medium heat, pour about  $\frac{1}{4}$  cup of batter per pancake, and repeat until the pan is filled.
3. Cook until you start to see bubbles form on the surface of the pancakes, about 1-2 minutes. Then, flip and cook for another minute or until golden brown on both sides.
4. Repeat this process until all the batter has been used. Top the pancakes with your favorite toppings (see serving suggestions below).

Serving suggestions:

- Fruit: banana, strawberries, raspberries, pear, figs, cherries, pineapple, watermelon
- Nuts: almonds, hazelnuts, walnuts
- Sweeteners: maple syrup or honey
- Other: cinnamon

## Macros Per Serving

298 cal | 17P | 20C | 17F





# Mexican Stuffed Peppers



4 servings



60 minutes

## Ingredients

4 bell peppers  
14 oz. (400g) lean ground beef  
1 x 14 oz. (400g) can chopped  
tomatoes  
1 cup (160g) cooked rice  
2 tbsp. Mexican spice blend

## Method

1. Preheat the oven to 375°F (190°C). Heat a large pan over a medium-high heat and cook the beef for 5-7 minutes until browned. Add in the tomatoes and, rice and bring to the boil, then reduce the heat and simmer gently, covered, for around 6-8 minutes.
2. Meanwhile, cut off the tops from peppers and remove the seeds from the inside. Place the peppers on a baking dish and fill the peppers with the beef mixture.
3. Cover the dish with kitchen foil and bake in the oven for 35 minutes, or until the peppers are tender.

## Macros Per Serving

281 cal | 23P | 23C | 10F





# Cherry Sorbet



4 servings



35 minutes

## Ingredients

1  $\frac{3}{4}$  cups (400g) frozen pitted  
cherries  
2 tbsp. honey  
1 tbsp. lemon juice  
4 tbsp. vanilla coconut yogurt  
4 tbsp. water  
mint leaves, to serve

## Method

1. Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yogurt and 4 tbsp. of water until smooth.
2. Spoon into a freezer-proof container then freeze for 1 hour.
3. Scoop out the sorbet into serving glasses, top with mint and serve immediately.
4. The ingredients will make approx. 8 scoops of sorbet (2 per serving).

## Macros Per Serving

109 cal | 2P | 24C | 1F







# Veggie 'Throw Together' Salad



3 servings



40 minutes

## Ingredients

For the salad:

- 1 medium sweet potato
- $\frac{5}{8}$  cup (120g) chickpeas,  
drained
- 1 tbsp. olive oil
- 9 oz. (250g) asparagus
- 1 cup (30g) spinach
- 1 cup (30g) kale
- 1 cup (30g) arugula

For the dressing:

- 1 tsp. mustard
- 1 tbsp. tahini
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tsp. honey

## Method

1. Preheat oven to 375°F (190°C).
2. Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. of olive oil and season with salt and pepper. Roast for 30 minutes. Add the asparagus in the last 10 minutes of roasting.
3. In the meantime, prepare the dressing by mixing all the dressing.
4. Place spinach, kale and arugula in a bowl and rub the dressing into the leaves.
5. Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas and asparagus. Serve hot or cold.

## Macros Per Serving

343 cal | 13P | 40C | 15F







# Vegan 'Tuna' Salad



4 servings



10 minutes

## Ingredients

- 2 ½ cups (400g) chickpeas,  
drained
- 2 nori sheets
- 2 tbsp. vegan mayo (or tahini)
- 2 tbsp. lemon juice
- 1 cup (175g) sweetcorn, drained
- 1 small onion, finely diced

## Method

1. Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.
2. Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.
3. Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.

## Macros Per Serving

255 cal | 10P | 35C | 9F





# Oat & Banana Smoothie



1 serving



5 minutes

## Ingredients

2 tbsp. rolled oats  
3 tbsp. hot water  
1 banana, sliced & frozen  
1 tbsp. flaxseed meal  
1 tbsp. maple syrup  
1 cup (240ml) almond milk,  
unsweetened

## Method

1. Soak the oats in the water for a few minutes until softened.
2. Then place all the ingredients in a blender and blitz until smooth. Serve immediately.

## Macros Per Serving

291 cal | 6P | 54C | 7F



## Ingredients

For the salmon:

- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- ¼ cup (60ml) tamari, or soy sauce
- 2 tbsp. ginger, grated
- 2 tbsp. apple cider vinegar
- 1 tbsp. sesame oil
- 2 tsp. sesame seeds

For the noodles:

- 14 oz. (400g) zucchini noodles
- 6 radishes, sliced
- 2 tsp. sesame oil
- 2 tsp. ginger, grated
- 1 tsp. honey
- 2 tbsp. soy sauce
- juice of 1 lime

## Method

1. Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.
2. In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.
3. Preheat oven to 350°F (180°C).
4. Place the salmon in an oven safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.
5. Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.



# Miso Salmon With Zucchini Noodles



2 servings



35 minutes

### Macros Per Serving

496 cal | 29P | 27C | 30F







# Quick & Easy Simple Chili & Sweet Potato Chips



4 servings



35 minutes

## Ingredients

For the potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- salt & pepper

For the simple chili:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chili flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

For the garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

## Method

1. Heat the oven to 420°F (215°C).
2. Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.
3. Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, stirring halfway through.
4. In the meantime, heat a non-stick pan over a medium-high skillet and add the ground beef. Cook for about 2-3 minutes and season with chili flakes.
5. Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 minutes, until most liquid evaporates.
6. To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.

## Macros Per Serving

382 cal | 29P | 33C | 16F

