



15 Nourishing Recipes for Everyday Vitality.





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Contents

Drinks

Peach cobbler smoothie	1
Golden mango protein lassi	2
Tropical matcha smoothie	3

Snacks & treats

Cottage cheese energy balls	4
Granola bars	5
Strawberry blondie bars	6

Breakfast

Cinnamon berry porridge	7
Fruity chia pudding	8
Goat's cheese & pine nut omelette	9

Lunch

Chickpea, beetroot & buckwheat salad	10
Italian meatza	11
Fragrant Thai mince with rice	12

Dinner

Mediterranean chicken tray bake	13
Easy Oriental stir fry	14
Spicy chicken stew	15

Serves 1 | Per Serving:

325 Calories | 31g Carbs | 30g Protein | 9g Fat



Peach cobbler smoothie

120ml unsweetened almond milk
90g peach slices (fresh or tinned in juice, drained)
60g frozen sliced banana
60g Greek yoghurt (use dairy free if preferred)
25g vanilla flavour whey or plant-based protein powder
10g almond butter
5g oats (use gluten free if preferred)
½ tsp ground cinnamon
a handful of ice cubes

Place all of the ingredients in a blender and blend well until thick and creamy. Serve.

Consume immediately.

Serves 1 | Per Serving:

330 Calories | 20g Carbs | 31g Protein | 14g Fat



Golden mango protein lassi

180ml unsweetened almond or oat milk
80g Greek yoghurt (use dairy free if preferred)
25g vanilla flavour whey or plant-based protein powder
70g frozen mango chunks
a pinch of ground cardamom
⅓ tsp ground black pepper
1 tsp honey or maple syrup (optional)
1 tbsp cashew or almond butter
1 tsp fresh ginger, grated (optional)
½ tsp rose water (optional)

Place all of the ingredients in a blender and blend well until thick and creamy. Serve.

Consume immediately.

Serves 1 | Per Serving:

202 Calories | 15g Carbs | 22g Protein | 6g Fat



Tropical matcha smoothie

180ml long-life coconut drink or unsweetened almond milk
70g frozen pineapple chunks
25g vanilla flavour whey or plant-based protein powder
1 tsp matcha green tea powder
20g fresh spinach leaves
5g desiccated coconut
the juice of ½ a lime
a handful of ice cubes

Place all of the ingredients in a blender and blend well until thick and creamy. Serve.

Consume immediately.

Serves 10 | Per Serving:

141 Calories | 7g Carbs | 8g Protein | 9g Fat



Cottage cheese energy balls

150g cashews
225g full-fat cottage
cheese (use dairy free if
preferred)
40g vanilla flavour whey
or plant-based protein
powder
½ tsp sea salt
20g dark chocolate chips

Place the cashews in a blender jug. Blend until finely ground.

Place all of the ingredients in a mixing bowl, except for the chocolate chips. Stir well until combined.

Stir in the chocolate chips.

Using a tablespoon, scoop out some of the mixture and roll into a ball. Repeat until the mixture is all used up.

The mixture will be sticky, so the balls won't be a neat shape at this point.

Refrigerate for one hour until firm.

Roll the balls again into a neater shape. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serves 12 | Per Serving:

228 Calories | 19g Carbs | 11g Protein | 12g Fat



Granola bars

250g oats (use gluten free if preferred)
50g vanilla flavour whey or plant-based protein powder
180g peanut or almond butter
2 tbsps honey or maple syrup
2 large eggs
¼ tsp sea salt
20g sunflower or pumpkin seeds
15g flaked almonds
20g dried fruit e.g. raisins or cranberries

Preheat oven to 180°C/350°F. Line a 20 x 20cm baking tin with baking paper.

Place the oats, protein powder, nut butter, honey, eggs and salt in a large mixing bowl. Stir well until combined. Stir in the remaining ingredients.

Pour the mixture into the tin and spread evenly.

Bake for 15 minutes, or until firm and golden brown. Leave to cool in the tin.

Cut into 12 bars.

Store any leftovers in an airtight container for up to 4 days.

Serves 12 | Per Serving:

153 Calories | 13g Carbs | 5g Protein | 9g Fat



Strawberry blondie bars

100g plain flour (use
gluten free if preferred)
40g vanilla flavour whey
or plant-based protein
powder
½ tsp baking powder
¼ tsp fine sea salt
110g unsalted butter,
melted
80ml maple syrup
2 large eggs
160g strawberries,
chopped

Preheat oven to 160°C/325°F. Line the base of a 20 x 20cm baking tin with baking paper.

Place the flour, protein powder, baking powder and salt in a large bowl and stir well.

Place the melted butter and maple syrup in a mixing bowl and blend well using an electric hand mixer. Add the eggs and blend well until combined.

Slowly add the flour mixture and blend on a low speed until combined. Add the strawberries and stir gently.

Transfer the mixture into the baking tin.

Bake for 25 minutes, or until a toothpick comes out clean. Leave to cool in the tin. Cut into 12 bars.

Store any leftovers in an airtight container for up to 3 days or freeze on same day.

Serves 1 | Per Serving:

315 Calories | 52g Carbs | 11g Protein | 7g Fat



Cinnamon berry porridge

60g oats (use gluten free if preferred)
140ml unsweetened almond milk or cold water
90g blueberries, raspberries, blackberries or chopped strawberries
2 egg whites
1½ tsps ground flaxseed
½ - 1 tsp ground cinnamon
1 tsp honey, maple syrup or coconut sugar

Place the oats and milk in a saucepan.

Heat over a medium flame. When the porridge starts to bubble, stir well and cook until thick and creamy. Stir frequently as it cooks, and add more milk/water if required.

Add most of the berries and stir well.

Add the egg whites and stir until cooked through.
Pour the porridge into a serving bowl.

Top with the flaxseed, cinnamon, honey and remaining berries.
Serve.

Consume immediately.

Serves 2 | Per Serving:

199 Calories | 8g Carbs | 17g Protein | 11g Fat



Fruity chia pudding

200ml unsweetened almond milk
(or use milk of your choice)

55g chia seeds

30g vanilla flavour whey or
plant-based protein powder

70g strawberries or raspberries,
mashed or blended

40g blueberries, mashed or blended
for the topping:

a sprinkle of chia seeds or sunflower
seeds

Place the ingredients in a large bowl and stir well.

Divide between two mason jars or serving bowls.

Cover and refrigerate for eight hours, or overnight if preferred.

Serve topped with seeds.

Cover and refrigerate any leftovers for up to 2 days.

Serves 1 | Per Serving:

377 Calories | 4g Carbs | 25g Protein | 29g Fat



Goat's cheese & pine nut omelette

5g pine nuts
2 tps butter or avocado oil
30g red bell pepper, chopped
a handful of fresh spinach leaves
3 eggs
2 egg whites
a pinch of sea salt
a pinch of ground black pepper
25g soft goat's cheese, crumbled (use dairy free if preferred)
a sprinkle of fresh parsley or chives, chopped
½ - 1 tsp dried red chilli flakes (optional)

Place the pine nuts in a dry frying pan over a medium flame. Toast for 2-3 minutes, gently shaking the pan frequently until lightly golden. Transfer to a plate and set aside.

Place the pan back over the flame and add 1 tsp butter/oil. When hot, add the red pepper and fry for two minutes, or until slightly softened. Add the spinach and cook until it starts to wilt.

Transfer the vegetables to a plate and set aside.

Crack the eggs and whites into a jug. Add the salt and pepper and whisk gently.

Heat the remaining butter/oil in the pan over a medium flame. Add the eggs and cook for 2-3 minutes, undisturbed. Slide a spatula around the edges to loosen.

When the omelette is mostly set but still slightly soft on top, add the spinach and red pepper over one half of the omelette. Top with the cheese, pine nuts, fresh herbs and chilli flakes (if using).

Fold the omelette in half and cook for one minute, or until set. Consume immediately.

Serves 1 | Per Serving:

408 Calories | 60g Carbs | 15g Protein | 12g Fat



Chickpea, beetroot & buckwheat salad

40g (dry weight) buckwheat groats, soaked overnight
100g tinned chickpeas, rinsed and drained
the juice of ½ a lemon
½ tsp ground cumin
½ tsp dried oregano
1-2 tbsps fresh coriander, chopped
50g avocado, sliced
50g red onion, finely sliced
50g pickled beetroot, diced
5g pumpkin seeds

Rinse the pre-soaked buckwheat groats under cold running water until the water runs clear.

Pat the drained chickpeas lightly with kitchen paper to remove excess water.

Mix the chickpeas with lemon juice, cumin, oregano and coriander.

Assemble the ingredients in a serving bowl. Serve.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.

Serves 4 | Per Serving:

193 Calories | 4g Carbs | 33g Protein | 5g Fat



Italian meatza

for the base:

500g lean turkey or chicken breast mince

1 egg

40g white or red onion, very finely chopped

10g oats (use gluten free if preferred)

½ tsp dried oregano or Italian seasoning

½ tsp sea salt

½ tsp ground black pepper

for the toppings:

120g passata sauce

35g hard mozzarella, grated (use dairy free if preferred)

a sprinkle of fresh basil leaves

Preheat oven to 180°C/350°F. Line a large baking tray with foil.

Place the base ingredients in a mixing bowl and combine well using your hands.

Shape the mixture into a large rectangle on the baking tray, around 1½ cm thickness.

Spread the passata evenly over the top. Top with the cheese.

Bake for 20-30 minutes, or until the centre is firm.

Slice into four pieces.

Serve topped with fresh basil.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serves 1 | Per Serving:

505 Calories | 49g Carbs | 48g Protein | 13g Fat



Fragrant Thai mince with rice

2 tps avocado oil
50g red onion, finely chopped
175g lean turkey breast mince
100g celery, finely sliced
100g green bell pepper, finely sliced
1 garlic clove, minced
1 red chilli pepper, chopped (optional)
100g tinned chopped tomatoes
1 tsp paprika
1 tsp Thai 7 spice mix
40g (dry weight) white or wholegrain basmati rice
2 tbsps fresh coriander, chopped
a wedge of lime

Heat the oil in a frying pan over a medium/low flame. Add the onion and fry gently for 3-4 minutes, stirring frequently until soft.

Add the turkey and fry for 3-4 minutes, stirring frequently.

Add the celery and bell pepper and fry for 2-3 minutes, stirring frequently. Add the garlic and chilli pepper (if using) and fry for one minute, stirring continuously.

Add the tinned tomatoes, paprika and Thai 7 spice mix. Stir well and cook for 10 minutes, stirring occasionally.

Meanwhile, bring a saucepan of lightly salted water to the boil. Reduce to a simmer, and add the rice. For timings, follow pack instructions. If using white rice, avoid stirring during cooking time, as this can result in a sticky rice.

Drain the rice and leave for 2-3 minutes.

Transfer the rice to a plate and top with the sauce. Serve garnished with fresh coriander and a wedge of lime.

Store any leftovers in an airtight container and refrigerate for up to 4 days or freeze on same day.

Serves 2 | Per Serving:

436 Calories | 18g Carbs | 46g Protein | 20g Fat



Mediterranean chicken tray bake

500g chicken thighs,
skin-on and bone-in
3 tps olive oil
1 tsp sea salt
1 tsp ground black pepper
a sprig of fresh rosemary
1 red bell pepper, diced or
sliced
1 yellow bell pepper, diced
or sliced
1 small red onion, sliced or
quartered
200g courgette, sliced
quite thickly
2 garlic cloves, left whole
and bashed
a handful of baby plum
tomatoes

Preheat oven to 175°C/350°F. Line three large baking trays with foil. Place the chicken onto one of the trays. Drizzle half of the oil over the chicken and season with half of the salt and pepper. Top with fresh rosemary.

Oven roast for 40–45 minutes, turning the chicken after the first 20 minutes of cooking time. Use a skewer to test the chicken. If the juices run clear then the chicken is cooked.

While the chicken is cooking, place the peppers, onion, courgette and garlic into a mixing bowl. Drizzle over the remaining oil and season with salt and pepper. Toss gently.

Transfer to the remaining baking trays and spread evenly into a single layer.

Oven roast for 20 minutes then turn the vegetables. Add the tomatoes and roast for five minutes, or until the tomatoes are soft. Serve.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Macros & calories assume chicken skin is removed and discarded before serving.

Serves 2 | Per Serving:

414 Calories | 42g Carbs | 39g Protein | 10g Fat



Easy Oriental stir fry

1 tsp avocado oil
a large handful of oyster or shiitake mushrooms, sliced
250g stir fry pork or chicken strips
1 small green bell pepper, sliced
1 red or yellow bell pepper, sliced
1 tsp fresh ginger, finely chopped
2 spring onions, roughly chopped
1 tsp Chinese 5 spice
1 garlic clove, minced
200g straight to wok noodles
for the sauce:
1½ tbsps light soy sauce or tamari
½ tsp toasted sesame oil
2 tps rice wine vinegar or lime juice
1 tsp honey or hoisin sauce

Place the sauce ingredients in a small bowl and stir well. Set aside.

Heat the oil in a wok or frying pan over a medium flame. Add the mushrooms, and stir fry for 3–4 minutes, until softened.

Add the meat and stir fry for four minutes.

Add the bell peppers and stir fry for three minutes.

Add the ginger, spring onions and Chinese 5 spice and stir fry for five minutes.

Add the garlic and stir fry for one minute.

Add the noodles and cook according to pack instructions.

Add the sauce and heat through for two minutes, or until piping hot. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

Serves 1 | Per Serving:

199 Calories | 12g Carbs | 22g Protein | 7g Fat



Spicy chicken stew

2 tsps ghee or avocado oil
1 small brown onion, finely chopped
100g celery, sliced
100g yellow bell pepper, sliced
160g fresh chicken breast, diced
1 garlic clove, minced
1-2 green finger chillis, seeds removed if preferred, finely sliced
200g tinned chopped tomatoes
1 tsp paprika
2-3 tbsps fresh coriander, chopped

Heat the ghee/oil in a frying pan over a medium flame. When hot, add the onion and fry gently for 6-8 minutes, stirring frequently until softened.

Add the celery and bell pepper and fry for 3-4 minutes, stirring frequently until softened.

Add the chicken and stir fry for three minutes, or until brown all over.

Add the garlic and fry for one minute, stirring continuously. Add the chillis, tinned tomatoes and paprika. Stir well and bring to a boil, then reduce heat and simmer gently for 10 minutes, stirring occasionally. Taste and season with salt and pepper if desired.

Serve garnished with coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

Serving suggestions: Serve with steamed rice, potatoes or crusty sourdough bread.