# **GFITNESS**

## LOW-CARB RECIPE PACK

Discover the collection of low-carbrecipes, including breakfast, lunch, dinner, treats and smoothie options.

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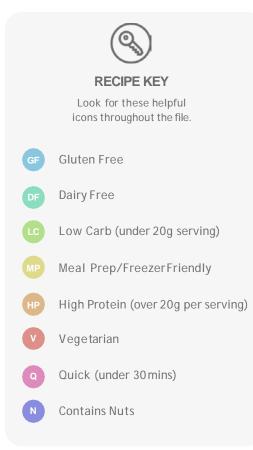
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### **RECIPE KEY**





### WEEKLY MEAL PLANNER 01

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Herby Breakfast Sausages	BREAKFAST Herby Breakfast Sausages	BREAKFAST Turmeric Poached Egg	BREAKFAST Asian Scrambled Eggs	BREAKFAST Cottage Cheese Protein Pancakes	BREAKFAST Turmeric Poached Egg	BREAKFAST Cottage Cheese Protein Pancakes
LUNCH Pear, Cured Ham & Walnut Salad	LUNCH Leftover Jerk Chicken with Cauliflower Rice	LUNCH Healthy Coronation Chicken Salad	LUNCH Healthy Coronation Chicken Salad	LUNCH Leftover Homemade Quinoa chicken Nuggets	LUNCH Grilled Vegetable Salad with Tuna	LUNCH Pear, Cured Ham & Walnut Salad
<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls	SNACK E.g. Banana Chocolate Bites, Fit Almond Energy Balls	<b>SNACK</b> E.g. Banana Chocolate Bites, Fit Almond Energy Balls
DINNER Jerk Chicken with Cauliflower Rice	DINNER Tom Yum Soup with Shrimps	DINNER Leftover Tom Yum Soup with Shrimps	<b>DINNER</b> Homemade Quinoa chicken Nuggets with side of choice	<b>DINNER</b> Warm Salmon Quinoa Salad	DINNER Meal Out - Enjoy!	DINNER Leftover Warm Salmon Quinoa Salad

### WEEKLY SHOPPING LIST FOR MEAL PLAN01

#### **FRUIT & VEGETABLES**

#### Fresh

1x large bag spinach

2x tomatoes

1xbagrocket

1xpear

3xlemon

3x lime

celery

1x garlic

2x zucchini

bunch asparagus

14 oz. (400g) cauliflower rice

1x onion

3.5 oz (100g) shitake mushrooms

1x red bell pepper

7 oz. (200g) sugar snaps

3x bananas

Dried

6x apricots

Herbs

sage

basil

mint

coriander

parsley

chives

Fish & Seafood
7 oz. (200g)shrimps
<ul> <li>4x salmon fillets</li> </ul>
Meats
🔿 9 oz. (250g) ground pork
o cured ham
🔿 5 oz. (150g) cooked chicken
🔿 2 lb. (900g) chickenbreast
Dairy
o cottage cheese
O blue cheese
O greek yoghurt
parmesan
Non-Dairy
○ 6x eggs
<ul> <li>6x eggs</li> <li>————————————————————————————————————</li></ul>
6x eggs
<ul> <li>6x eggs</li> <li></li> <li></li> </ul>

**MEAT, DAIRY & NON-DAIRY** 

#### **GRAINS, SEEDS & SPICES**

Grains

o wheat flour

o quinoa

almond meal

Nuts & Seeds

pine nuts

○ walnuts

o pistachio nuts

**Spices** 

○ turmeric

o curry powder

thyme

allspice

O garlic powder

cinnamon

cayenne pepper
) fish spices
0
0
0
0
0
0
0
0

#### **CANS, CONDIMENTS & MISC**

Oils coconut oil olive oil Cans & Condiments • white wine vinegar mayonnaise  $\bigcirc$  2x can tuna in olive oil ○ 1x light coconut milk (canned) ○ 1x full fat coconut milk (canned) ○ tom yum paste ○ fish sauce natural peanut butter **Sweeteners** occonut sugar maplesyrup honey Other vanilla extract vegetable stock cubes dark chocolate chips desiccated coconut



### WEEKLY MEAL PLANNER 02

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
Omelet with Cottage Cheese & Basil	Omelet with Cottage Cheese & Basil	Avocado &Egg Paste	Tofu & Green Peas Pasteon Toast	Sweetcorn Fritters	Avocado &Egg Paste	Peanut butter Protein Fluff
<b>LUNCH</b> Easy Greek Zoodle Salad	LUNCH Leftover Low Carb Turkey Salad	LUNCH Crushed Cucumber Salad with Salmon	LUNCH Crushed Cucumber Salad with Salmon	LUNCH Leftover Sesame & Ginger Beef with Zucchini Noodles	LUNCH Leftover Sweetcom Fritters	LUNCH Easy Greek Zoodle Salad
SNACK						
E.g. Peanut Butter Protein Fluff, Low Carb Banana & Strawberry Cake						
DINNER						
LowCarb Turkey Salad	Grilled Lemon Chicken Salad	Leftover Grilled Lemon Chicken Salad	Sesame & Ginger Beefwith Zucchini Noodles	Cod with Creamy Zoodles	MealOut - Enjoy!	Leftover Cod with Creamy Zoodles

### WEEKLY SHOPPING LIST FOR MEAL PLAN02

#### **FRUIT & VEGETABLES**

#### Fresh

- cherry tomatoes
- 2x garlic
- 2xavocado
- 6x lemon
- 1x lime
- 4x bananas
- strawberries
- 2x cucumber
- spring onions
- whitecabbage
- red cabbage
- 2x red bell pepper
- 1x carrot
- radishes
- beansprouts
- springonions
- ginger
- 4x zucchinis
- bunch asparagus
- 1xbagrocket
- Frozen
- green peas Herbs
- basil
- coriander
- mint
- chives

#### **MEAT, DAIRY & NON-DAIRY**

○ 6 oz. (180g) hot smoked salmon

1 lb. (450g) ground beef (5% fat)

Fish & Seafood

Meats

Dairv

cream

○ 10 oz. (300g) cod fillets

1 lb. (450g) turkey breast

4x chicken breasts

cottage cheese

Greek yoghurt

feta cheese

Non-Dairy

natural tofu

10x eggs

Other

#### **GRAINS, SEEDS & SPICES**

○ turmeric

#### **CANS, CONDIMENTS & MISC**

Grains	Oils
buckwheat flour	<ul> <li>coconut oil</li> </ul>
Nuts & Seeds	O olive oil
sesame seeds	🔾 sesame oil
almonds	Cans & Con
Spices	osweetcorn
oregano	peanut butt
paprika	O black olives
turmeric	🔿 tahini
chili	) fish sauce
Other	⊖rice wine v
	O white wine
	<ul> <li>soy sauce (</li> </ul>
	o sundried to
	Sweeteners
	<ul> <li>stevia/xylit</li> </ul>
	Ohoney
<u> </u>	Other
	o baking pow
	vegetables
)	0
)	
)	0
)	0
)	0
	<u> </u>

me oil s & Condiments etcorn ut butter k olives auce wine vinegar e wine vinegar sauce (reduced sodium) Iried tomatoes eteners a/xylitol y ng powder table stock



### TURMERIC POACHED EGG

### **TURMERIC POACHED EGG**



Serves: 2 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 219 kcal 15g Fats 12g Carbs 14g Protein

#### WHAT YOUNEED

- 2 tsp. pine nuts
- 1¾ cups (400g) of fresh spinach
- 5/8 cup (125g) of tomatoes halved
- 1tbsp. mild olive oil
- 1tbsp. white wine vinegar
- 1tsp ground turmeric
- 2 medium-sized eggs

#### WHAT YOU NEED TO DO

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir-fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 min, repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.







### OMELET WITH COTTAGE CHEESE & BASIL

### **OMELET WITH COTTAGE CHEESE & BASIL**



Serves: 4 Prep: 10mins Cook: 10mins



Nutrition per serving: 200 kcal 14g Fats 3g Carbs 15g Protein





#### WHAT YOUNEED

- 6 large eggs
- 4 tbsp.water
- 1tbsp. oil or butter
- bunch freshbasil
- 200g cottage cheese
- 12 cherry tomatoes

#### WHAT YOU NEED TO DO

Beat the eggs with the water and season with salt and pepper.

Heat ¼ oil in a frying pan and bake 1 thin omelet, repeat until you have 4 omelets. Keep them warm under aluminium foil.

Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.

Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up. Cut diagonally and serve immediately.



### HERBY BREAKFAST SAUSAGES

### HERBY BREAKFAST SAUSAGES



Makes: 8 Prep: 10 mins Cook: 10 mins

### **(P)**

Nutrition per serving: 56 kcal 3g Fats 2g Carbs 7g Protein





#### WHAT YOUNEED

- 9 oz. (250g) ground pork
- salt & pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1tbsp. coconut oil

#### WHAT YOU NEED TODO

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.



### **AVOCADO & EGG SPREAD**

### **AVOCADO & EGG SPREAD**



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 298 kcal 24g Fats 9g Carbs 11g Protein





#### WHAT YOUNEED

- 3 boiled eggs
- 1small garlic clove, minced
- 1ripe avocado
- 1tsp. lemon juice
- 1tsp. olive oil
- 3 tbsp. corianderleaves, chopped

#### WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl.. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.



### COTTAGE CHEESE PROTEIN PANCAKES

### **COTTAGE CHEESE PROTEIN PANCAKES**



Serves: 4 Prep: 10mins Cook: 10mins



Nutrition per serving: 162 kcal 4g Fats 18g Carbs 12g Protein



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#### WHAT YOUNEED

- 1heaped cup (250g) cottage cheese
- 3 eggs
- 1 tsp. of vanilla extract
- 1tbsp. of coconut sugar
- 3 heaped tbsp. flour (regular or gluten-free)

#### WHAT YOU NEED TODO

Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour, and mix thoroughly.

Whisk the egg whites into a stiff foam and add to the cheese mixture, gently combine the ingredients.

Heat a dry, non-stick pan and fry the pancakes (about 2 tbsp. of batter per pancake) in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another. 2 minutes.

Suggested serving: Greek yogurt, honey, and berries.



### TROPICAL GLUTEN FREE GRANOLA

### **TROPICAL GLUTEN FREE GRANOLA**



Makes: 7cups Prep: 20mins Cook: 2hrs



Nutrition per serving: 173 kcal 14g Fats 10g Carbs 4g Protein





#### WHAT YOUNEED

- 1cup (165g) pineapple, cubed
- 5 Medjooldates, pitted and roughlychopped
- Orange, 2 tbsp.juice
- 1tbsp. vanilla extract
- 1tsp. ground cinnamon
- ¼ cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1cup (150g) cashew nuts, roughly chopped
- 3 cups (90g) unsweetened coconut flakes
- ½ cup (70g) sunflower seeds
- 1/2 tsp. salt

#### Note:

Nutrition information is given per serving size of ¼ cup - 28 grams.

#### WHAT YOU NEED TO DO

Pre-heat oven to 250F (120C) and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next add in the coconut oil and blend again. Set aside until required.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

Divide the wet granola between the two earlier prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 2 hours. Give the granola a mix every 20 mins and rotate the trays after 60 mins of baking.

In the last 30 mins keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola will keep for a couple of weeks.



### SMOKED MACKEREL & EGG SPREAD

### **SMOKED MACKEREL & EGG SPREAD**



Serves: 4 Prep: 10mins Cook: 0mins



Nutrition per serving: 268 kcal 23g Fats 5g Carbs 18g Protein

#### WHAT YOUNEED

- 4 eggs, hard boiled
- 7 oz. (200g) smoked mackerel
- 1small onion, finely chopped
- 4 small pickled gherkins, chopped
- 2 tbsp. mayonnaise
- 2 tbsp. natural yogurt (or more mayo)
- bunchof chives, chopped

#### WHAT YOU NEED TO DO

Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.

Clean the fish from bone and skin, then chop the meat and add to the bowl.

Finely chop the onion and gherkins, and also add to the bowl.

Season with salt and freshly ground pepper, mix with the mayonnaise, yogurt and chopped chives.

Serve with bread, fresh veggies, or on it's own.







## EGG BROCCOLI & HAM MUFFINS

### **EGG BROCCOLI & HAM MUFFINS**



Makes: 6 Prep: 5 mins Cook: 15mins



Nutrition per serving: 102 kcal 6g Fats 4g Carbs 10g Protein





#### WHAT YOUNEED

- ½ broccoli
- 5 eggs
- 1 clove garlic, minced
- pinch ofchili flakes, optional
- 4 slices ham, chopped
- 1/3 cup (30g) grated cheese

#### WHAT YOU NEED TO DO

Preheat the oven to 360F (180C).

Place the broccoli in a pot of boiling water and cook for approx. 3 minutes. Strain and cut into small pieces.

Beat the eggs in a medium size bowl, add the minced garlic and season with salt & pepper, and chilli flakes if using.

Grease a 6-cup muffin tray with oil or butter, and fill cups with evenly divided broccoli, ham, and grated cheese. Pour the beaten eggs into the cups and bake in the oven for 10-15 mins, or until eggs have set.

Vegetarian option: replace the ham with feta cheese, Goat cheese or your favoritevegetables.



## EGG, BACON & AVOCADO BOWL

### EGG, BACON & AVOCADO BOWL



Serves: 1 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 378 kcal 32g Fats 14g Carbs 23g Protein

#### WHAT YOUNEED

- 2 pieces of bacon
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

#### WHAT YOU NEED TO DO

Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.

Combine the bacon eggs, avocado, onion and bell pepper in a bowl.

Season with salt and pepper to serve.







### ASIAN SCRAMBLED EGGS

### **ASIAN SCRAMBLED EGGS**



Serves: 1 Prep: 5 mins Cook: 5 mins



Nutrition per serving: 270 kcal 14g Fats 5g Carbs 19g Protein

#### WHAT YOUNEED

- 3 eggs
- soysauce, few drops
- handful coriander, chopped
- ¼ avocado
- ½ tsp. blacksesame seeds, to serve

#### WHAT YOU NEED TO DO

Separate the eggs yolks and whites. Mix the yolks with the soy sauce and chopped coriander.

On dry, non-stick pan fry the egg whites until almost done. Take off the heat and add in the egg yolks, stirring well for about half a minute.

Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.







### **ZUCCHINI FRIES**

### **ZUCCHINI FRIES**



Serves: 4 Prep: 20mins Cook: 15mins



Nutrition per serving: 177 kcal 12g Fats 14g Carbs 5g Protein



#### WHAT YOUNEED

- 1.1 lbs. (500g) zucchini
- 1clove garlic, crushed
- 1egg
- 1tsp. plant milk
- 4 tbsp. breadcrumbs
- 1tsp. dried oregano
- 1tsp. dried thyme
- 3 tbsp. oliveoil

#### WHAT YOU NEED TODO

Preheat oven to 430F (220C). Cut zucchini into fry-like pieces.

Crack the egg into a bowl and whisk with the milk. Season with salt, pepper, add the crushed garlic, oregano, and thyme, mix well. On a separate plate, have your breadcrumbs ready.

Grease a large baking tray with 1 tbsp of olive oil.

Dip the zucchini in the egg, then roll in the breadcrumbs and place on the baking tray. Place the tray in the preheated oven and bake for 15 minutes. Turn the fries 2-3 times during this time, drizzling them with the remaining 2 tbsp of olive oil.

Season with salt and serve.



### TOFU CAESAR SUMMER ROLLS

### **TOFU CAESAR SUMMER ROLLS**



Serves: 4 Prep: 15mins Cook: 10mins



Nutrition per serving: 191 kcal 10g Fats 8g Carbs 5g Protein





#### WHAT YOUNEED

- 5/8 cup (100g) firm tofu
- 1tbsp. coconut oil
- 4 Romaine lettuce leaves, shredded
- 1/2 avocado, sliced
- 2 tbsp. Parmesan, grated
- Caesar salad dressing
- 4 rice paper wrappers

#### WHAT YOU NEED TO DO

Slice the tofu into two thin rectangles and press between a towel to remove excess moisture.

Heat the oil in a pan over medium-high heat and add the tofu. Season generously with salt and pepper. Cook for 4-5 minutes per side, until golden. Remove and let cool before slicing into 8 strips.

Dip one rice paper in a bowl of warm water. Remove when slightly softened and place carefully on a plate lined with a dampened cloth or kitchen towel.

Place a few strips of tofu in the centre, top with avocado, and a sprinkle of parmesan. Lastly, top with some lettuce.

Now fold the rice paper around the filling, firstly the sides, and then wrap tightly. Set the finished roll aside on your serving plate lined with a damp kitchen towel. Repeat with the rest of the papers.

Serve straight away with the Caesar dressing as a dipping sauce.

(Pro tip: dip your fingers in water, so your hands are damp when handling the spring roll wrapper, they will stick less.)



### **SWEETCORN FRITTERS**



### **SWEETCORN FRITTERS**



Serves: 8 Prep: 10 mins Cook: 15-20 mins



Nutrition per serving: 97 kcal 3g Fats 15g Carbs 3g Protein



#### WHAT YOUNEED

- 9.8 oz. (280g) organic sweetcorn, drained
- bunch coriander, chopped
- 1lemon, zest
- 1cup (120g) buckwheat flour
- 3/4 cup (185ml) cold water
- 4 tsp. coconut oil

#### WHAT YOU NEED TODO

Place the sweetcorn in a large bowl. Add the chopped coriander and lemon zest, season with salt and pepper.

Next, add in the flour and water and mix well until smooth.

Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan it is hot ladle in the mixture. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp oil per 1 fritter).

Cook for about 2-3 minutes on each side until browned. The batter makes 8 medium sized fritters.

Serve with a side of avocado and chili yogurt (optional).



### TOFU & GREEN PEA SPREAD

### **TOFU & GREEN PEAS SPREAD**



Serves: 1 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 290 kcal 21g Fats 17g Carbs 11g Protein

#### WHAT YOUNEED

- 2/3 cup (100g) green peas, frozen
- 3/8 cup (50g) natural tofu
- 1/4 avocado
- 1handful mint leaves
- 1tbsp. olive oil
- 1tbsp. lemon juice

#### WHAT YOU NEED TO DO

Cover the frozen peas with boiling water and wait a few minutes until defrosted, then drain and transfer into a blender.

Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.

If necessary add some more mint and lemon to adjust taste. Serve with toast (not included in nutrition info).







### BLACK BEAN HUMMUS

### **BLACK BEAN HUMMUS**



Serves: 8 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 91 kcal 4g Fats 9g Carbs 4g Protein

#### WHAT YOUNEED

- 1x15 oz. (400g) can black beans, keep the water for the can
- 1garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- 1/2 tsp. cumin
- 1/2 tsp. salt
- 1/4 tsp. cayennepepper

#### WHAT YOU NEED TO DO

In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.







### KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING

### **KALE & TOFU SALAD WITH PEANUT BUTTER DRESSING**



Serves: 4 Prep: 10mins Cook: 10mins



Nutrition per serving: 195 kcal 11g Fats 15g Carbs 13g Protein





#### WHAT YOUNEED

#### For the Salad:

- 14 oz. (400g) natural tofu
- 3 cups (90g) kale, chopped
- 1cup (100g) purple cabbage, shredded
- 1red bell pepper, chopped
- 2/3 cup (30g) carrot, grated
- 1tbsp. coconut oil

#### For the Dressing:

- 3 tbsp. peanutbutter
- 2 tbsp. coconut milk
- 1tbsp. rice vinegar
- 1tbsp. honey
- 1tbsp. soy sauce
- ½ lime, juiced
- ½ tsp. chiliflakes
- 1-2 tbsp. water

#### WHAT YOU NEED TO DO

Wrap the tofu in a kitchen cloth and place something heavy on top of it - this will cause the moisture in the tofu to release.

In the meantime, prepare your vegetables. Chop the kale and pepper, grate the carrot and shred the cabbage. Toss everything in a salad bowl.

In a small bowl, mix all the dressing ingredients.

Heat the coconut in a pan. Cut the tofu into strips and season with salt and pepper — fry on medium-high heat for about 5 mins each side, or until golden brown.

Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season with black pepper to serve.

*Tip:* If you prefer a meat version of this salad then it will go perfectly with a grilled chicken breast instead of the tofu.



# SMOKED SALMON & STRAWBERRY SALAD

### **SMOKED SALMON & STRAWBERRY SALAD**



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 302 kcal 19g Fats 16g Carbs 19g Protein



#### For the Salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (100g) smoked salmon, torn
- 10 mini mozzarellaballs, torn
- 10 strawberries, halved
- Handful basil leaves

#### For the Dressing:

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

#### WHAT YOU NEED TO DO

Divide the lettuce leaves between two plates. Add the torn smoked salmon and mozzarella balls as well as the strawberries and basilleaves.

Mix all the dressing ingredients and drizzle over the salads. Season with freshly ground black pepper and serve.







### CUCUMBER, AVOCADO & CHICKEN SALAD

### **CUCUMBER, AVOCADO & CHICKEN SALAD**



Serves: 4 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 304 kcal 20g Fats 12g Carbs 21g Protein



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#### WHAT YOUNEED

#### For the Salad:

- ½ head iceberg lettuce, shredded
- a dozen basil leaves, torn
- 1avocado
- 2 tsp. lemon juice
- 1/2 cucumber, peeled
- ¼ cup (25g) walnuts

#### For the Chicken:

- 2 chicken breastfillets (around 150g each)
- 1tbsp. olive oil
- 1tbsp. mustard
- 1tbsp. honey

#### For the Sauce:

- 3 tbsp. yogurt
- 1tbsp. mayo
- 1garlic clove, minced

#### WHAT YOU NEED TO DO

Place the iceberg lettuce into a large bowl. Add torn basil leaves and mix. Divide between 2 serving bowls.

Season the chicken fillets with salt and rub with olive oil. Heat a dry pan and fry the chicken for 5 minutes on each side.

In the meantime, mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 minutes. Repeat on the other side. Once cooked, cool slightly and chop.

*Cut the avocado flesh into cubes, and drizzle with lemon juice. Peel and slice the cucumber.* 

Prepare the garlic sauce by mixing all the sauce ingredients — season with salt & pepper.

Top salads with the chopped chicken, avocado, cucumber, and walnuts. Pour garlic sauce and serve.



### PEAR, CURED HAM & WALNUT SALAD



### PEAR, CURED HAM & WALNUT SALAD



Serves: 2 Prep: 15mins Cook: 0 mins



Nutrition per serving: 466 kcal 35g Fats 16g Carbs 22g Protein

#### WHAT YOUNEED

- bag of rocket
- 1ripe pear, sliced
- 3 oz. (100g) blue cheese, cubed
- 4 slices cured ham, cut into strips
- ¼ (30g) cup walnuts, chopped

#### Dressing:

- 1tbsp. olive oil
- 2 tsp. lemon juice
- 1tbsp. maple syrup

#### WHAT YOU NEED TODO

Divide the rocket between two bowls. Peel the pear, cut into quarters, cut out the seed nests, and slice. Then arrange on the rocket evenly.

Add the cubed cheese and the ham. Finally, top with nuts.

Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.







### EASY GREEK ZOODLE SALAD

### EASY GREEK ZOODLE SALAD



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 267 kcal 25g Fats 7g Carbs 10g Protein

#### WHAT YOUNEED

#### For the Salad:

- 1cucumber
- 8.8 oz. (250g) cherry tomatoes
- 2 spring onions
- 3.5 oz. (100g) fetacheese
- 1.1 oz. (30g) black olives

#### For the Dressing:

- 1tsp. dried oregano
- 1tbsp. lemon juice
- 2 tbsp. olive oil
- 1 large garlic clove, crushed

#### WHAT YOU NEED TODO

Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber "noodles" in 2-3 parts, to shorten them.

*Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.* 

In a cup or small bowl, mix the ingredients of the dressing, then drizzle over the salad and mix gently. Divide between two plates and serve.

This salad is also a perfect side for grilled meats.







### CRUSHED CUCUMBER SALAD WITH SALMON

### **CRUSHED CUCUMBER SALAD WITH SALMON**



Serves: 2 Prep: 10mins Cook: 0mins



Nutrition per serving: 323 kcal 23g Fats 10g Carbs 23g Protein





#### WHAT YOUNEED

#### For the Salad:

- 1red bell pepper, chopped
- 1cucumber, crushed, chopped
- 1garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

#### For the Dressing:

- 1 lime, juiced
- 1tbsp. fish sauce
- 1tbsp. rice wine vinegar
- 1tbsp. sesame oil
- 1tbsp. black sesame seeds

#### WHAT YOU NEED TODO

Roughly chop the red pepper and place in a bowl. Using a meat mallet or rolling pin smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.

Mix all dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.

To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.

#### NOTE:

Use as much or as little coriander as you like.



### HEALTHY CORONATION CHICKEN SALAD

### **HEALTHY CORONATION CHICKEN SALAD**



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 217 kcal 8g Fats 10g Carbs 25g Protein

#### WHAT YOUNEED

- 1tbsp. mayonnaise
- 2 tbsp. Greek yogurt (0% fat)
- 1 tsp. curry powder (or more, to taste)
- 5 oz. (150g) cold cooked chicken, chopped (leftover roast chicken isperfect)
- 6 driedapricots, chopped
- 1celery stick, chopped

#### WHAT YOU NEED TO DO

Mix the mayonnaise, yogurt and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.

Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.

Serve with a side salad or as a sandwich filling.







### GRILLED VEGETABLE SALAD WITH TUNA

### **GRILLED VEGETABLE SALAD WITH TUNA**



Serves: 4 Prep: 10mins Cook: 10mins



Nutrition per serving: 320 kcal 24g Fats 13g Carbs 12g Protein





#### WHAT YOUNEED

- 1lemon
- ¾ cup (160g) tuna pieces in olive oil
- 1/2 cup (15g) fresh mint
- 1garlic clove, crushed
- 2 zucchinis
- 2<sup>3</sup>/<sub>4</sub> cups (350g) asparagus
- ½ cup (50g) pistachio nuts, peeled and chopped

#### WHAT YOU NEED TO DO

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.

Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.

Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade, mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachionuts.



### LOW CARB TURKEY SALAD

### LOW CARB TURKEY SALAD



Serves: 5 Prep: 25 mins Cook: 0 mins



Nutrition per serving: 348 kcal 18g Fats 15g Carbs 32g Protein





#### WHAT YOUNEED

#### For the Salad:

- 1lb. (450g) cooked turkey breast sliced
- 1cup (70g) whitecabbage, shredded
- 1cup (70g) redcabbage, shredded
- 1red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toastedsesame seeds
- 1/3 cup (30g) almonds, chopped

### For the Dressing:

- 1/4 cup (60 ml) tahini
- 1/4 cup (60 ml) water
- ¼ cup (60 ml) lemon juice
- 1garlic clove, minced
- 1tbsp. honey

#### WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.

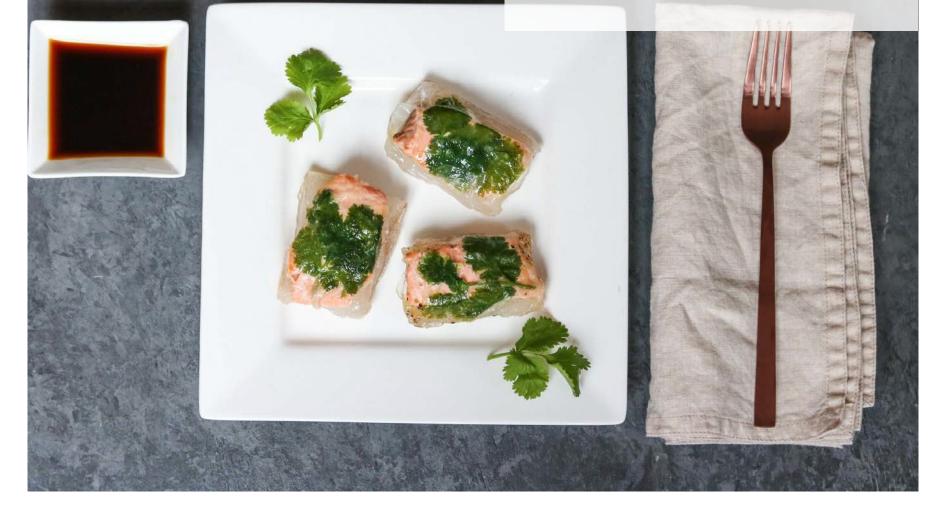
Place all salad ingredients in a large bowl and mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.



### SALMON SPRING ROLLS



### **SALMON SPRING ROLLS**



Serves: 4 Prep: 10 mins Cook: 5 mins



Nutrition per serving: 154 kcal 10g Fats 4g Carbs 13g Protein





#### WHAT YOUNEED

- 4 sheets ricepaper
- fresh coriander
- 7 oz. (200g) salmon, cut into 4 pieces
- 1tbsp. coconut oil
- soy sauce or tamari (GF), to serve

#### WHAT YOU NEED TODO

Boil a little bit of the water in a pan, remove from heat, and dip in the rice paper one after the other, leave to soak for 30 seconds. Remove the sheets from the water and place on a damp cloth.

Place a piece of coriander on top of each sheet, cover with a piece of salmon, sprinkle with freshly ground black pepper, and wrap the rice paper around the fish.

Heat the oil in the pan, and fry the rolls for 2 minutes, then turn over and cook for another 2 - 2.5 minutes until they are nicely browned.

Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.



### COD WITH CREAMY ZOODLES

### **COD WITH CREAMYZOODLES**



Serves: 2 Prep: 10 mins Cook: 20 mins



Nutrition per serving:271 kcal 11g Fats 13g Carbs 33g Protein



#### WHAT YOUNEED

#### For the Fish:

- 10 oz. (300g) cod fillets
- 1tsp paprika
- 1tsp. turmeric
- 1tsp. oregano
- 1/2 tsp. chili
- 1tbsp. buckwheat flour
- 1/4 cup (60ml) vegetable stock
- 1/3 cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

#### For the Zucchini:

- 2 medium zucchinis
- 1tsp. oil
- 1clove garlic, minced
- 4 sundried tomatoes

#### WHAT YOU NEED TODO

For the fish:

Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat in buckwheat flour.

Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.

Mix the cream and the hot stock together, pour into the pan with the cod and bring to the boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

#### For the zucchini:

Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, makingwide but thin ribbons.

Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3 - 4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sundried tomatoes.

To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.



### JERK CHICKEN WITH CAULIFLOWER RICE

### JERK CHICKEN WITH CAULIFLOWER RICE



Serves: 4 Prep: 15mins Cook: 15mins



Nutrition per serving: 397 kcal 24g Fats 15g Carbs 33g Protein





#### WHAT YOUNEED

#### For the Marinade:

- 1tsp. dried thyme leaves
- 1tsp. ground allspice
- 2 tbsp. brown sugar
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 2 tsp. garlic powder
- 1/2 tsp. cinnamon
- 1/2 tsp. cayenne
- 2 tbsp. olive oil
- 2 tbsp. lime juice

#### For the Chicken & Rice:

- 11bs (450g) chicken breast
- 14oz. (400g) cauliflower rice
- 2 tbsp. coconut oil
- 1onion, diced
- 3 garlic cloves, minced
- 1 cup (250ml) canned light coconut milk
- 1 lime, zest and juice
- handful coriander, to garnish
- lime wedges, toserve

#### WHAT YOU NEED TODO

Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in marinade, leave to marinade for 15 mins or overnight.

Heat the 1 tbsp. coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.

Next add in the garlic and cauliflower rice, cook for 2 minutes and add in coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.

In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 mins until cooked through and browned. Once cooked serve with the cauliflower rice.

Garnish the rice with chopped coriander and serve with lime wedges.



### **GRILLED LEMON CHICKEN SALAD**

### **GRILLED LEMON CHICKEN SALAD**



Serves: 4 Prep: 10mins Cook: 30mins



Nutrition per serving: 242 kcal 8g Fats 2g Carbs 38g Protein





#### WHAT YOUNEED

- 2 lemons
- 11/2 tbsp. oregano
- 11/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1tsp. coconut oil
- 11/2 tbs. white wine vinegar
- 1packet 4 oz. (120g) rocket

#### WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inchpieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.



### HOMEMADE QUINOA CHICKEN NUGGETS

### HOMEMADE QUINOA CHICKEN NUGGETS



Serves: 4 Prep: 25mins Cook: 20mins



Nutrition per serving: 224 kcal 6g Fats 10g Carbs 33g Protein



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#### WHAT YOUNEED

- 1 lbs. (450g) chicken breasts, cut intochunks
- 1 cup (185g) cooked quinoa
- 1egg, beaten
- ¼ cup (30g) cup parmesan, grated
- 1 tbsp. dried herbs, of choice

#### WHAT YOU NEED TO DO

Set oven to 350F (180C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 mins, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.

Increase the oven temperature to 390F (200C).

Chop the chicken into chunks. Whisk the egg in a bowl together with the parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken first in the egg, then coat with the quinoa.

Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.



### SESAME & GINGER BEEF WITH ZUCCHINI NOODLES

### **SESAME & GINGER BEEF WITH ZUCCHINI NOODLES**



Serves: 4 Prep: 5 mins Cook: 12 mins



Nutrition per serving: 242 kcal 12g Fats 10g Carbs 25g Protein

#### WHAT YOUNEED

- 1/4 cup (60ml) reduced sodium soy sauce
- 1tbsp. xylitol (or other sweetener)
- 2 tbsp. rice winevinegar
- 1 lb. (450g) ground leanbeef, 5% fat
- 2 tbsp. sesame oil
- 1tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

#### WHAT YOU NEED TO DO

Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.

Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 minutes, until cooked through.

Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.

Add the earlier prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.

Spiralize the zucchini and heat slightly with the beef (if eating straight away), or divide zucchini and beef into containers and then heat in the microwave or pan when needed.







### TOM YUM SOUP WITH SHRIMP

### TOM YUM SOUP WITH SHRIMP



Serves: 4 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 106 kcal 5g Fats 4g Carbs 13g Protein





#### WHAT YOUNEED

- 4 cups (11) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- 1/2 cup (100ml) canned coconut milk
- 1cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- <sup>3</sup>/<sub>4</sub> cup (200g) shrimp
- 2 tbsp. fish sauce
- 1tbsp. lime juice
- coriander, to garnish
- chili, to garnish

#### WHAT YOU NEED TO DO

Pour stock into a pot, add the tom yum paste and bring to a boil.

Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.

Next, add the shrimp, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.

Garnish with fresh coriander and chili to serve.



# WARM SALMON & QUINOA SALAD

### WARM SALMON & QUINOA SALAD



Serves: 4 Prep: 5 mins Cook: 20 mins



Nutrition per serving: 325 kcal 26g Fats 17g Carbs 28g Protein

#### WHAT YOUNEED

- 1red pepper
- 1tbsp. olive oil
- 4 wild salmon fillets
- 1tsp. spices for salmon
- 11/3 cup (200g)sugar snaps
- 4 cups boiling water (950ml)
- 11/3 cup (250g)cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

#### WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.







### **STRAWBERRY PROTEIN MUFFINS**



# **STRAWBERRY PROTEIN MUFFINS**



Makes: 12 Prep: 10 mins Cook: 25 mins



Nutrition per cookie: 91 kcal 4g Fats 9g Carbs 6g Protein





### WHAT YOUNEED

- 1cup (120g) oat flour
- 1/4 cup (25g) vanilla protein powder
- 1tbsp. lemon juice
- Zest of ½ a lemon
- 2 tbsp. stevia
- ½ tsp. bakingsoda
- pinch sea salt
- pinch cinnamon
- 1tbsp. coconut oil, melted
- 3/4 cup egg whites (around 3 eggs)
- 2 tbsp. unsweetened almond milk
- ½ cup (125g) non-fat Greek yogurt
- 1tsp. vanilla extract
- ½ cup (100g) strawberries, chopped into small pieces
- 1/4 cup (45g) 75% dark chocolate, chopped

#### WHAT YOU NEED TO DO

Preheat oven to 350F (180C).

Mix all dry ingredients, except the chocolate chips, and then mix in all wet ingredients. Stir until a smooth batter is formed, then lightly stir in strawberries and chocolate chips (leave a few aside to top the muffins).

Line a muffin tray with muffin liners and spray with oil. Make sure you spray the liners (paper or silicone), or the muffins will stick.

Pour the batter evenly into the muffin tin. Drop 3-5 mini chocolate chips on top of each muffin.

Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.

Remove from the oven, and let the muffins cool before serving.

### NOTE:

Muffins will keep in a sealed container for 1-2 days at room temperature or 5-7 days in the fridge.



### PEANUT BUTTER PROTEIN FLUFF

# **PEANUT BUTTER PROTEIN FLUFF**



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 244 kcal 20g Fats 9g Carbs 9g Protein

### WHAT YOUNEED

- 1cup (250g) full-fat Greek yogurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

### WHAT YOU NEED TO DO

Add the yoghurt, nut butter and stevia into a small mixing bowl and whisk together using a hand mixer, until fluffy.

Transfer the mix into a bowl and top with your favourite toppings to serve.







### LOW CARB BANANA & STRAWBERRY CAKE

# LOW CARB BANANA & STRAWBERRY CAKE



Serves: 16 Prep: 10 mins Cook: 60 mins



Nutrition per serving: 104 kcal 5g Fats 16g Carbs 2g Protein

### WHAT YOUNEED

- 4 small ripe bananas
- 1cup (130g) wheat flour
- ½ cup (60g) buckwheat flour
- ¼ cup (60ml) coconut oil
- 2 tbsp. stevia/xylitol
- 1egg
- 1tsp. baking powder
- 10 strawberries, halved

### WHAT YOU NEED TODO

Preheat oven to 350F (180C).

Peel the bananas and place them in a food processor or highspeed blender. Blitz untilsmooth.

Add in the egg, oil and xylitol, then mix again. Next add in the flours and baking powder, and blitz until a smooth batter form.

Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 mins, until the cake is golden brown and cooked through.







### **HEALTHY FERRERO ROCHER**

## **HEALTHY FERRERO ROCHER**



Makes: 12 Prep: 10mins Cook: 0mins



Nutrition per 1 ferrero rocher: 91 kcal 8g Fats 6g Carbs 2g Protein





### WHAT YOUNEED

- 1cup (135g) +12 hazeInuts
- 2 tbsp. cocoa powder
- 2 tbsp. agave syrup
- 1tsp. vanilla extract
- pinch of seasalt
- 2 tbsp. dark chocolate chunks

#### WHAT YOU NEED TO DO

Add 1 cup hazeInuts into a food processor and blitz until chopped into tinypieces.

Next add the cacao powder, agave syrup, vanilla extract, sea salt and chocolate. Pulse until all the ingredients start to stick together. If the mixture is too dry, add 1-2 teaspoon of water.

Roll the mixture into bite-size balls and insert one hazeInut into the centre of each ball.

Serve straight away or store in the fridge for later.



### FIT ALMOND ENERGY BALLS

### FIT ALMOND ENERGY BALLS



Makes: 6 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 178 kcal 14g Fats 8g Carbs 6g Protein

### WHAT YOUNEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1tsp. coconut oil, melted
- <sup>1</sup>/<sub>2</sub> tsp. lemonjuice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

### WHAT YOU NEED TO DO

Place the almond flour into a bowl, add honey and oil and mix well using your hand, pressing firmly. Form 6 balls.

You can also add half a teaspoon of lemon juice to break the sweetness.

Roll the energy balls in coconut poppy seeds.







# **MOCHA TRUFFLES**

### **MOCHA TRUFFLES**



Makes: 10 Prep: 10 mins Chill: 2 hrs



Nutrition per serving: 103 kcal 7g Fats 7g Carbs 2g Protein





### WHAT YOUNEED

- 3 oz. (100g) of dark chocolate, 70-80%
- 1/3 cup (80ml) of fullfat coconut milk
- 2 tbsp. coconut sugar
- 2 tbsp. instantcoffee
- 2 tbsp. almond butter
- pinch sea salt
- 2 tbsp. cocoa powder, for dusting

#### WHAT YOU NEED TO DO

Place the chocolate in bowl and heat in a microwave just until it starts to melt.

In a small pot, heat the coconut milk, along with the instant coffee and sugar just until it's coming to the boil. Next, whisk in the almond butter with a pinch of sea salt, and stir until smooth.

Pour the hot coconut milk mixture into the bowl with the chocolate and stir it very gently and slowly until well combined.

Fix a layer of clingfilm right over the top of the mixture, to prevent a skin forming and chill in the fridge for about 2 hours, until firm.

Lightly dust a clean surface with cacao powder and roll a spoonful of the chocolate in it. Shape into balls and serve at room temperature. Store in the fridge.



# VEGAN CRÈME BRULEE

# **VEGAN CRÈME BRULEE**



Serves: 4 Prep: 10 mins Chill: 1 hr



Nutrition per serving: 138 kcal 9g Fats 15g Carbs 1g Protein





#### WHAT YOUNEED

- 1vanilla pod
- 6.7 fl. oz. (200ml) canned coconut milk, fullfat
- 13.5 fl. oz. (400ml) almond milk, unsweetened
- 4 tbsp. brown sugar
- 2 1/2 tsp.agar-agar

#### WHAT YOU NEED TO DO

Cut the vanilla pod with a knife lengthwise. Scrape the marrow out with the tip of the blade and set aside.

In a pot bring the coconut milk, almond milk, half of the cane sugar, agar-agar, the vanilla pod and the marrow to the boil while stirring often. Remove from heat as soon as it boils and allow to cool to room temperature.

Remove the vanilla pod. Divide the mixture over 4 dishes and leave to set in the refrigerator for 1 hour.

Sprinkle the crème with the rest of the brown sugar and caramelize it with a burner torch.



# **BANANA CHOCOLATE BITES**

## **BANANA CHOCOLATE BITES**



Makes: 30 Prep: 15mins Chill: 75mins



Nutrition per 2 bites: 99 kcal 6g Fats 12g Carbs 2g Protein





### WHAT YOUNEED

- 3 ripe bananas
- 1/3 cup (85g) natural peanut butter
- 1/2 cup (90g) dark chocolate chips
- 2 tsp. coconut oil

### WHAT YOU NEED TO DO

Peel and slice the bananas. Line a tray or chopping board with baking paper.

Place about ½ teaspoon of peanut butter onto the banana slices and top with another banana slice to make a little 'sandwich'. You should be able to make around 30 sandwiches.

Place the bananas on earlier prepared baking paper and store in the freezer for about 1 hour.

*Next, melt the chocolate chips and coconut oil in the microwave or using the water bathmethod.* 

Once the chocolate is melted, dip each frozen banana sandwich into the melted chocolate so that half of it is coated.

Place the chocolate covered sandwiches back on the baking pepper platter, and into the freezer for another 15-20 mins.

Once the chocolate is set, you can transfer the bananas into a container and store in the freezer for up to 1-2 months.

The longer the bananas stay in the freezer, the harder they will get. So remove them from the freezer for about 5 minutes before eating.

