

50 High Protein Recipes

**Includes energy boosting pancakes
and omelets, satisfying stir fries, and
quick chow mein for dinner.**

Enjoy delicious, filling dishes that curb your cravings, boost your energy, and slim your waist... without feeling hungry or deprived.

By Glenda Thompson

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Introduction

Protein plays a pivotal role in your energy levels, hunger, and feeling fuller for longer. This is why eating more protein is essential for curbing overeating habits, losing weight, and improving your blood sugar.

Inside this recipe book, you'll find 50 delicious, easy-to-prepare recipes that are nutritious and packed with protein.

Soon you can be waking up to fluffy high protein blueberry pancakes, then enjoy the exotic flavors of a Moroccan cod and bulgar salad for lunch.

Dinner options include baked salmon with noodles and quinoa, tangy-sweet honey and lime glazed salmon with pineapple rice, and hearty one pot turkey chili for bringing warmth and comfort to your dinner table.

With every bite you're not just enjoying a delightful meal – you're taking a step towards a life filled with energy, radiant health, and joy. A life where cravings and low energy don't dictate your day, because you'll no longer have to think about them.

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Meal Plans

Week 1

Day	Breakfast	Lunch	Dinner
Mon	Greek Chickpeas on Toast	Spinach Shakshuka	Creamy Chicken, Mushroom & Tomato Pasta
Tues	Chickpea Scramble	Tuna Salad Lettuce Wraps	Cajun Beef & Veg Rice
Wed	Banana Breakfast Oats	Grilled Chicken & Pineapple Salad	Simple Chicken Curry with Rice
Thurs	Green Pea & Mint Dip	Tuna & Quinoa Toss Salad	Baked Salmon with Zoodles & Quinoa
Fri	Sundried Tomato Hummus	Waldorf Chicken Salad	Honey & Lime Glazed Salmon with Pineapple Rice
Sat	Baba Ghanoush	Salmon & Couscous Salad	Beef & Green Beans Pasta in Soy Sauce
Sun	Spanish Zucchini Tortilla	Miso Salmon With Zucchini Noodles	Salmon Teriyaki with Green Beans & Sweetcorn Rice

Week 2

Day	Breakfast	Lunch	Dinner
Mon	Omelet Wraps	Potato Pancakes with Cottage Cheese	Zesty Turkey Meatballs with Couscous Salad
Tues	Egg & Turkey Stuffed Peppers	Moroccan Cod & Bulgur Salad	One Pot Turkey Chili with Rice
Wed	Smoked Salmon & Asparagus Omelet	Turkey & Broccoli Stir Fry	Baked Salmon Tray with Rice & Tomatoes
Thurs	High Protein Blueberry Pancakes	Baked Salmon with Zoodles & Quinoa	Mexican Fried Rice
Fri	Eggs Fried on Tomatoes with Tuna	Waldorf Chicken Salad	Honey & Lime Glazed Salmon with Pineapple Rice
Sat	Summer Smoothie Protein Bowl	Chinese Pork Stir-Fry with Pineapple	Pepper Steak
Sun	Omelet Wraps	Slow Cooker Chicken Fajitas	Quick Beef Chow Mein

Shopping Lists

Week 1 Shopping List

Protein

Eggs
Chicken
Turkey
Salmon
Ground beef

Produce

Avocado
Mango
Lettuce
Spinach
Asparagus
Peppers (assorted colors)
Green peas
Mint
Zucchini
Tomatoes
Pineapple
Green beans
Sweetcorn
Orange
Limes
Peach
Broccoli
Apple
Salad greens
Cilantro

Garlic
Onion
Ginger
Bell peppers
Cucumber
Feta
Cottage cheese

Pantry

Chickpeas
Quinoa
Couscous
Brown rice
Whole wheat pasta
Tomato paste
Chicken broth
Honey
Olive oil
Soy sauce
Hoisin sauce
Chili
Sweet potatoes
Tuna (canned)
Sundried tomatoes

Other

Whole wheat bread

Week 2 Shopping List

Protein

Eggs
Chicken
Turkey
Salmon
Ground beef
Shrimp

Produce

Peppers (assorted colors)
Cherry tomatoes
Cilantro
Lemons
Lime
Peas
Corn
Mango
Scallions
Broccoli
Green beans
Plum
Ginger
Garlic
Zucchini
Tomatoes
Pineapple
Onion
Carrots
Cabbage
Celery

Dairy/Alternatives

Cottage cheese
Almonds
Greek yogurt

Pantry

Couscous
Brown rice
Whole wheat pasta
Soy sauce
Olive oil
Chili
Beef broth
Salsa
Tomato sauce
Black beans
Lime juice
Honey
Teriyaki sauce
Beef stock
Hoisin sauce
Sweet chili sauce

Other

Tortillas
Bread

High Protein Breakfasts



Greek Chickpeas on Toast

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
253 kcal	8 grams	33 grams	11 grams

INGREDIENTS

- 2 tsp. olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- Half tsp. smoked paprika
- Half tsp. sweet paprika
- Half tsp. brown sugar
- 1 can (14oz./400g) chopped tomatoes
- 1 can (14oz./400g) chickpeas, drained
- 4 slices bread, toasted
- handful parsley, to garnish
- 1/3 cup (60g) olives, halved, to garnish
- 2 tsp. pine nuts
- 2 cups (400g) of fresh spinach
- 1 cup (125g) of tomatoes, halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp. ground turmeric
- 2 medium-sized eggs

INSTRUCTIONS

1. Heat the olive oil over medium heat on a medium pan.
2. Add shallots and cook for 2-3 mins, then add garlic and cook for another 1-2 mins.
3. Add all the spices to the pan and mix well. Next add in the chopped tomatoes and 2 tbsp. of water.
4. Simmer on low-medium heat for around 10 mins.
5. Mix in the chickpeas, season with salt and pepper and cook for another 5 mins until warmed through.
6. Serve on toasted bread with parsley and black olives.



Chickpea Scramble

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
417 kcal	15 grams	56 grams	19 grams

INGREDIENTS

- 2 cups (330g) canned chickpeas, drained
- Half tsp. turmeric
- Half tsp. paprika
- 2 tsp. olive oil
- 1 small onion, finely diced
- 2 cloves garlic, minced
- Half tsp. paprika
- 8 oz. (230g) spinach
- Half avocado

INSTRUCTIONS

1. Mash the chickpeas with a fork, leaving some whole. Mix in the turmeric and paprika, and season with salt and pepper.
2. Heat the oil in a pan over medium-high heat and sauté the onion and garlic for 2-3 mins, until fragrant.
3. Next, add in the mashed chickpeas and cook for another 5 mins, then transfer to a bowl, cover with tin foil and set aside. Using the same pan wilt the spinach, adding a tablespoon of water.
4. Once ready, divide the spinach between 2 bowls, top with the chickpeas and serve with 1/4 avocado



Banana Breakfast Oats

Serves: 2 | **Prep time:** 5 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
381 kcal	12 grams	60 grams	10 grams

INGREDIENTS

- 1 cup (90g) oats
- 2 ripe bananas, mashed
- 2 tbsp. peanut butter
- favorite nuts and seeds, to garnish
- seasonal fruit, to garnish

INSTRUCTIONS

1. Divide oats between two bowls and add 3 tbsp. of water into each bowl.
2. Add in one mashed up banana into each bowl and mix well to combine. Set aside for 10 mins for the oats to soften.
3. Drizzle the oats with peanut butter and serve with the nuts and seeds and chopped fruit.





Green Pea & Mint Dip

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
92 kcal	4 grams	11 grams	4 grams

INGREDIENTS

- 1 2/3 cups (250g) green peas, frozen
- 1 clove garlic
- 2 tbsp. lemon juice
- Half avocado
- 2-3 sprigs fresh mint, leaves only

INSTRUCTIONS

1. Place frozen peas in a bowl and cover with boiling water. Let them stand for a few mins until defrosted, then drain and transfer to a food processor or high-speed blender.
2. Add in the garlic, lemon juice, avocado, mint leaves, and season with salt and pepper. Blend until smooth.
3. Add 1-2 tbsp. of cold water if the dip is too thick.
4. Taste and adjust seasoning to your taste.
5. Serve as a dip with fresh vegetables, crisps, crackers or pita.



Sundried Tomato Hummus

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
181 kcal	10 grams	18 grams	6 grams

INGREDIENTS:

- Half cup (250g) chickpeas, drained
- 1/4 cup (45g) sundried tomatoes in oil
- 1 clove garlic
- Half lemon, juiced
- 2 tbsp. olive oil
- Half teaspoon salt
- 1/4 cup (60ml) water

INSTRUCTIONS

1. Add all the ingredients, except for the water, into a food processor and blend until creamy, stopping once to scrape down the sides.
2. Check for texture and consistency and add water as necessary. Serve with raw veggies, crackers, or chips.



Baba Ghanoush

Serves: 10 | **Prep time:** 20 mins | **Cook time:** 35 mins

Calories	Fats	Carbohydrates	Protein
154 kcal	10 grams	12 grams	5 grams

INGREDIENTS

- 2 medium aubergine
- 2 cloves garlic, crushed
- 1 lemon, juiced
- 4 tbsp. tahini
- 2 tbsp. olive oil
- Half tsp. ground cumin
- smoked paprika
- 1 tbsp. parsley, chopped

INSTRUCTIONS

1. Preheat the oven to 450°F (230°C).
2. Halve the aubergines and brush the cut sides lightly with olive oil. Place them in a baking tray with the halved sides down, then roast for 35–40 mins.
3. After the aubergines have cooled, scoop out the flesh with a spoon.
5. Place the flesh in a bowl, add the garlic, lemon juice, tahini, olive oil, and cumin. Mash everything with a fork and continue stirring and mashing until the mixture is creamy. Season to taste with salt.
6. Transfer to a serving bowl and sprinkle with smoked paprika and chopped parsley to garnish.



Spanish Zucchini Tortilla

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
377 kcal	22 grams	22 grams	21 grams

INGREDIENTS

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- Half small zucchini, thinly sliced
- 6 eggs

INSTRUCTIONS

1. Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for 4 mins.
2. Add the zucchini and sauté for 4 mins.
3. In a bowl, whisk eggs and season with salt and pepper.
4. Add the egg mixture to the pan with potato and onion and cook on low heat for 3 mins, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.
5. After 8-10 mins, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.
6. After another 5-6 mins, the tortilla should be cooked. Remove from heat and serve.



Omelet Wraps

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
237 kcal	15 grams	3 grams	20 grams

INGREDIENTS

- 7 oz. (200g) cottage cheese
- 4 handfuls watercress
- 1 lemon, peel only
- 6 eggs
- 1/4 cup (60ml) soy milk
- 1 tsp. mixed herbs
- 4 tsp. coconut oil
- 100g smoked salmon, chopped

INSTRUCTIONS

1. Puree the cottage cheese, watercress and lemon peel in a food processor.
2. Beat the eggs with the milk and herbs.
3. Heat 1 tsp. of oil in the medium size frying pan and fry 1/4 of the egg over medium heat for 2 mins until the egg solidifies, then turn around. Bake the other side for Half minute.
4. Remove the omelet from the pan and set aside. Fry the other omelets with the rest of the oil.
5. To serve, spread the cottage cheese paste over the omelets and top with smoked salmon. Roll up the omelet as a wrap and cut in half.



Egg & Turkey Stuffed Peppers

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
329 kcal	12 grams	11 grams	43 grams

INGREDIENTS

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb. (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2 cups (60g) spinach, chopped
- 4 red medium bell peppers
- Half cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Beat the eggs, egg whites and milk, then set aside.
3. Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins.
4. Add the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through. Then add the spinach, and cook for about 2 mins.
5. Turn up the heat and add the eggs to make scramble.
6. Cut the peppers in half, remove the seeds, and stuff with the scrambled eggs and turkey.
8. Place the peppers in a baking dish, sprinkle with grated cheese, and bake for 15 mins, until cheese has melted and the edges have browned.



Smoked Salmon, Feta & Asparagus Omelet

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
302 kcal	21 grams	6 grams	20 grams

INGREDIENTS

- 4 oz. (125g) asparagus
- 1 tsp. coconut oil
- 3 large eggs
- 5 tbsp. (70ml) milk
- 2 oz. (60g) smoked salmon
- 1/4 cup (30g) feta cheese (or brie, camembert), cubed
- 4-5 cherry tomatoes, halved
- dill, to serve

COOKING INSTRUCTIONS

1. Wash the asparagus and break off the hard ends.
2. Cut the softer stalks diagonally to about Half cm pieces. Then boil in lightly salted water for about 2 mins, then strain and set aside.
3. In a bowl, whisk eggs with the milk, salt and pepper. Add asparagus, salmon and cubed cheese.
4. Heat the oven to 350°F (180°C).
5. Heat oil in a pan over medium heat add the egg mixture and top with the halved cherry tomatoes.
5. Cover the pan and cook for about 5 mins. Then place in the oven and bake for 6-10 mins.
6. Serve with fresh dill and black pepper.



High Protein Blueberry Pancakes

Serves: 1 | **Prep time:** 5 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
257 kcal	5 grams	18 grams	36 grams

INGREDIENTS

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- Half banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- Half tsp. coconut oil

INSTRUCTIONS

1. Whisk the egg whites and protein powder.
2. Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.
3. Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 mins).
4. Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 mins.
5. You can also make 3 small pancakes instead of 1 large.
6. Serve with your favorite toppings.



Eggs Fried on Tomatoes with Tuna

Serves: 1 | **Prep time:** 5 mins | **Cook time:** 5 mins

Calories	Fats	Carbohydrates	Protein
307 kcal	15 grams	8 grams	32 grams

INGREDIENTS

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 3 oz. (80g) tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

INSTRUCTIONS

1. Peel the tomato and chop into cubes.
2. Heat the oil in a small frying pan, add the chopped tomato and fry over high heat for about 3 mins.
3. Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.
4. Arrange pieces of tuna on top. Then sprinkle with dried oregano and optionally chili flakes.
5. Fry for a further 3 mins or until the egg whites are cooked. Serve with fresh parsley.



Smoothie Protein Bowl

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
252 kcal	5 grams	36 grams	18 grams

INGREDIENTS

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- $\frac{3}{4}$ cup (190g) natural yoghurt
- Half cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

Optional toppings:

- fresh berries
- Goji berries
- walnuts
- chia seeds
- muesli

INSTRUCTIONS

1. Place all ingredients in a high-speed blender and blitz until smooth.
2. Divide between 2 bowls, add your favorite toppings and serve straight away.

High Protein Lunches





Spinach Shakshuka

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
321 kcal	22 grams	19 grams	24 grams

INGREDIENTS

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

INSTRUCTIONS

1. Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 mins until soft. Next, add the mushrooms and cook for another 3-4 mins. Season with salt and pepper.
2. Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.
3. Make 4 indentations in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.
4. Dress in fresh parsley and serve.



Salmon Tatar With Avocado and Mango

Serves: 1 | **Prep time:** 10 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
282 kcal	17 grams	9 grams	26 grams

INGREDIENTS

- 1 small salmon fillet (100g), cut in cubes
- 1/4 avocado, cut in cubes
- 1/4 cup (30g) mango, cut in cubes
- 1 tbsp. lime juice
- 1/3 tsp. honey
- chili pepper, to taste
- handful coriander, chopped

INSTRUCTIONS

1. Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.
2. Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.
3. Set aside to chill in the fridge for at least 10 mins, then serve with toast (not included in nutrition info).



Tuna Salad Lettuce Wraps

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
286 kcal	9 grams	14 grams	38 grams

INGREDIENTS

- 1 1/4 cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- Half Granny Smith apple
- 8 lettuce leaves

INSTRUCTIONS

1. Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.
2. Chop the red onion as fine as possible and add to the tuna.
3. Cut the apple in 2 parts and remove the core, then chop the apple into small cubes and also add to the tuna.
4. Mix everything together.
5. Spread the tuna over the 8 lettuce leaves and serve as wraps.



Chicken, Orange and Walnut Salad

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
458 kcal	20 grams	47 grams	28 grams

INGREDIENTS

For the dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

For the salad:

- 7 oz. chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup pecans, roasted

INSTRUCTIONS

1. Peel the orange and squeeze the juice for the sauce.
2. Mix the dressing ingredients and season.
3. Cut the chicken breast into 4 pieces, season with salt, coat with olive oil and grill for 4 mins on both sides.
4. Drizzle the chicken pieces with the dressing and grill for about 2 mins on a lower heat. Turn over then drizzle with another tbsp. of dressing, and grill for another minute. Remove from the pan and slice into pieces.
5. Mix the salad leaves and top with the orange and chicken.
6. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.



Salmon & Peach Salad

Serves: 2 | **Prep time:** 30 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
416 kcal	25 grams	21 grams	33 grams

INGREDIENTS

For the marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- Half tsp. ground pepper

For the salad:

- 2 salmon fillets
- 1 cob corn, cooked
- 4 oz. salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

INSTRUCTIONS

1. Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 mins.
2. In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.
3. Next, preheat the oven to 400°F (200°C) and place the salmon on a baking tray. Cook for 8-10 mins or until it is cooked through.
4. Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.
5. To serve, drizzle with balsamic vinegar and season with salt and pepper.



Tuna & Broccoli Salad with Honey Vinaigrette

Serves: 2 servings | **Prep time:** 10 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
328 kcal	14 grams	26 grams	21 grams

INGREDIENTS

For the salad:

- 2 big handfuls salad leaves
- 3 radishes, sliced
- Half cup (120g) tuna in water, drained
- 2 slices bread
- 100g broccoli
- 2 tsp. Parmesan, grated

For the dressing:

- 2 tbsp. olive oil
- 3 tbsp. of lemon juice
- 1 tsp. of honey
- salt and pepper

INSTRUCTIONS

1. Divide the salad leaves between two plates. Add the sliced radish and pieces of tuna.
2. Toast the bread and cut into cubes, then add to the salad.
3. Place the broccoli in a pot of boiling water and cook for approx. 5 mins, then strain and add to the salad.
4. In a bowl, mix all the dressing ingredients and drizzle over the salad. Sprinkle with parmesan cheese and serve



Grilled Chicken & Pineapple Salad

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 13 mins

Calories	Fats	Carbohydrates	Protein
356 kcal	16 grams	34 grams	27 grams

INGREDIENTS

For the Salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- Half small onion, finely chopped

For the Dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey

INSTRUCTIONS

1. Mix the dressing ingredients and season with salt. Add in the spinach and mint leaves and let it rest.
2. Cut the chicken breasts in half, horizontally place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6–8 mins, then turn and grill for another 5 mins.
3. Remove the pineapple and let it grill next to the chicken.
4. Remove from the heat and let the chicken rest 3 mins, then, cut it into strips.
5. Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.



Waldorf Chicken Salad

Serves: 2 | **Prep time:** 10 mins

Calories	Fats	Carbohydrates	Protein
354 kcal	16 grams	33 grams	20 grams

INGREDIENTS

- 100g chicken, cooked, shredded or chopped
- 3 celery stalks, chopped
- 1 apple, peeled, deseeded, chopped
- 1/4 cup (40g) raisins
- 1/4 cup (30g) walnuts, chopped
- 1 tbsp. mayonnaise
- 1 tbsp. natural low fat yogurt
- 1 tbsp. lemon juice
- 3 oz. (90g) mixed salad leaves

INSTRUCTIONS

1. Place the chicken, chopped celery and apple, raisins, and walnuts in a bowl.
2. Add in the mayonnaise, yogurt and lemon juice, season with salt and pepper and mix well.
3. Divide the salad leaves between bowls and top with the filling.
4. Serve with freshly ground black pepper.



Tuna & Quinoa Toss

Salad

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
399 kcal	11 grams	41 grams	37 grams

INGREDIENTS

For the dressing:

- 1 tbsp. olive oil
- 2 tsp. red wine vinegar
- 1 tsp. fresh lemon juice
- 1 tsp. Dijon mustard
- salt and pepper, to taste

For the salad:

- 1 cup cooked quinoa
- 1/4 cup chickpeas, rinsed
- Half cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna

INSTRUCTIONS

1. Cook quinoa according to instructions on the packaging.
2. Combine the dressing ingredients in a small bowl. Then combine quinoa and the remaining ingredients in a different bowl.
3. Drizzle with the dressing and toss gently to coat.



Salmon & Couscous Salad

Serves: 2 | **Prep time:** 10 min | **Cook time:** 12 mins

Calories	Fats	Carbohydrates	Protein
516 kcal	29 grams	29grams	36 grams

INGREDIENTS:

For the salmon:

- 2x 4 oz. (115g) pieces of salmon
- 2 tsp. olive oil
- 2 tsp. lemon juice
- sea salt and pepper

For the salad:

- 2 cups (150g) iceberg lettuce, chopped
- 1 cup (157g) couscous, cooked
- Half red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

For the dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- Half tsp. Dijon mustard
- Half tsp. maple syrup or honey (optional)
- sea salt and pepper, to taste

INSTRUCTIONS:

1. Preheat oven to 400°F (200°C). Rub the salmon with olive oil and season with salt and pepper.
2. Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 mins, until cooked through.
3. In the meantime, make the dressing by whisking together all the ingredients.
4. Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.
5. Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.



Potato Pancakes with Cottage Cheese

Serves: 1 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
502 kcal	20 grams	56 grams	28 grams

INGREDIENTS

For the pancakes:

- 140g potatoes, peeled and grated
- 50g zucchini, grated
- 1 egg
- Half shallot, chopped
- 2 tbsp. dill, chopped
- 2 tbsp. spelt flour

For the topping:

- 50g cottage cheese
- 1 tbsp. natural yogurt
- 2 radishes, chopped
- 1 tbsp. dill, chopped
- Half shallot, chopped

INSTRUCTIONS

1. Wash, peel and grate the potatoes using the finest grooves. Wash and grate the zucchini as well. Place in a bowl and add in the egg, shallot, dill, flour and salt and pepper. Mix well until combined to make the pancake batter.
2. Heat up a non-stick frying pan and fry small pancakes for 3 mins, then flip and fry for another 1 minute.
3. Finely chop the radish and the other half of the shallot. Mix in with the dill, cheese, and yogurt. Season to taste with salt and pepper.
4. Serve the pancakes warm with the cheese mix on top.



Miso Salmon With Zucchini Noodles

Serves: 2 | **Prep time:** 20 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
496 kcal	30 grams	27 grams	29 grams

INGREDIENTS

For the salmon:

- 2 salmon fillets, 4.5 oz. (130g) each
- 2 tbsp. miso paste
- 2 tbsp. honey
- 1/4 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

COOKING INSTRUCTIONS

1. Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 mins.
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 mins and then turn the broiler on for about 2-3 mins to brown the top. Check often to avoid burning.



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Moroccan Cod & Bulgur Salad

Serves: 2 | **Prep time:** 5 +30 mins | **Cook time:** 15-25 mins

Calories	Fats	Carbohydrates	Protein
447 kcal	18 grams	42 grams	34 grams

INGREDIENTS

- 10 oz. (300g) cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- Half tsp. turmeric
- Half tsp. paprika
- Half tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- scant Half cup (100g) of bulgur groats
- 1 tomato, chopped
- 1/4 onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, to serve

INSTRUCTIONS

1. Drizzle the cod fillets with lemon juice, then season with salt and pepper. Rub with the garlic, and the rest of the spices and coat with 1 tbsp. of oil.
2. Leave for half an hour to marinade.
3. Cook the bulgur in salted water (about 15 mins) and once cooked, set aside.
4. Place the chopped tomato in a salad bowl, add in the chopped onion, olives and parsley. Season with salt and pepper, mix and set aside.
5. Heat the pan, and fry the cod for about 3-4 mins each side, until cooked throughout, then remove from the pan.
6. Heat the cooked bulgur on the same pan, with the remaining juices, then divide between plates. Serve with the cod and top with the prepared tomato salad. Serve with lemon wedges.



Turkey & Broccoli Stir Fry

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
494 kcal	16 grams	56 grams	42 grams

INGREDIENTS

- 100g black rice noodles
- 7 oz. (200g) turkey fillet, chopped
- 1 broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

INSTRUCTIONS

1. Cook the noodles in boiling water.
2. In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 mins. Add in the broccoli florets and fry for another 1-2 mins. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 mins).
3. In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.
4. Once turkey and broccoli are ready, add in the cooked noodles and heat it for 2-3 mins. Take off the heat, pour in the sauce and gently mix.
5. Serve with chopped spring onions and coriander leaves.



Baked Salmon with Zoodles & Quinoa

Serves: 2 | **Prep time:** 10 mins+ 1hr. chill | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
487 kcal	28 grams	19 grams	38 grams

INGREDIENTS

- 2 salmon fillets (4.4 oz. /125g each)
 - 100g quinoa, cooked
 - 1 zucchini
 - Half tbsp. olive oil
 - 1 garlic clove, crushed
 - 70g sundried tomatoes, rinsed, chopped
- Salmon marinade:
- 2 tbsp. tamari
 - Half tbsp. olive oil
 - Half tsp. sweet paprika
 - Half tsp. hot paprika
 - 1 tbsp. rice vinegar
 - 1 tsp. honey
 - 1 tbsp. black sesame seeds
 - chili flakes, to taste

INSTRUCTIONS

1. Mix the marinade ingredients and cover the salmon to marinate for about 1 hour.
2. Cook the quinoa and spiralize the zucchini.
3. Heat oil in a pan, add the crushed garlic and fry for 1-2 mins.
4. Add in the zoodles and stir until it softens (about 3-4 mins).
5. Add the chopped tomatoes, and season with salt and pepper.
6. Heat the oven to 480°F (250°C) and bake the salmon for about 7 mins.
7. Pour the salmon juices into the quinoa and mix well.
8. Divide the quinoa and zoodles between two plates, then place the salmon on top.
9. Sprinkle with chili flakes to serve.



Chicken Thighs with Hoisin Rice

Serves: 8 | **Prep time:** 5 mins | **Cook time:** 50 mins

Calories	Fats	Carbohydrates	Protein
336 kcal	15 grams	16 grams	29 grams

INGREDIENTS

- 2 tbsp. coconut oil
 - 8 skinless chicken thighs
 - scant 1 cup (200g) brown rice
 - 4 spring onions, chopped
 - 4 cloves garlic, sliced
 - 1/3 cup (200ml) white wine
 - 2 cups (500ml) chicken stock
 - 4 tbsp. dried cranberries
- For the sauce:
- 3 tbsp. soy sauce
 - 2 tbsp. of rice vinegar
 - 1 tbsp. of peanut butter
 - 1 tsp. of chili flakes
 - 1 tsp. of honey
 - 1 tsp. of sesame oil

INSTRUCTIONS

1. Preheat the oven to 375°F (190°C).
2. Season the chicken thighs with salt and pepper and fry for 5 mins each side until golden brown in coconut oil, then take off the heat and transfer onto a plate.
3. Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.
4. Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.
5. Add uncooked rice and fry again for about 1 minute.
6. Pour in the wine and cook for a further 2 mins until most of the liquid evaporates.
7. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
8. Transfer the rice into an oven safe dish and place the chicken thighs in the center.
9. Bake in the preheated oven for 30 mins.
10. Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.



Chinese Pork Stir-Fry with Pineapple

Serves: 4 | **Prep time:** 20 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
303 kcal	11 grams	22 grams	28 grams

INGREDIENTS

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant Half cup (100g) brown rice
- 2/3 cup (135ml) pineapple chucks, in juice (keep the juice)
- 1 red bell pepper, sliced
- Half onion, sliced
- 2 garlic cloves
- Half chili pepper
- 1-inch fresh ginger, grated
- 2 tbsp. coconut oil
- 2 spring onions, chopped, to serve

For the sauce:

- 1/3 cup (180ml) pineapple juice from can
- 5 tbsp. soy sauce
- 3 tbsp. rice vinegar

INSTRUCTIONS

1. Wash the meat, pat dry, and cut them into the thinnest slices possible. Season with salt and pepper, and coat with potato flour.
2. Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and the spring

onions julienned. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.

3. Prepare the sauce by mixing all sauce ingredients in a bowl.
4. In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 mins.
5. Add the drained pineapple and fry together for another 2 mins, then transfer everything onto a plate.
6. Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 mins, stirring constantly.
7. Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 mins until the sauce thickens. Mix occasionally.
8. Sprinkle with chopped spring onions and serve with rice.



High Protein Dinners



Slow Cooker Chicken Fajitas

Serves: 8 | **Prep time:** 10 mins | **Cook time:** 3-4 hrs.

Calories	Fats	Carbohydrates	Protein
183 kcal	3 grams	12 grams	28 grams

INGREDIENTS

- 2 lb. (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 cup chopped tomatoes

INSTRUCTIONS

1. Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.
2. Add the remaining peppers and onions and cook for 4 hours on high.
3. Remove the chicken and shred it with a fork, then return it in in the slow cooker. Mix well and cook for another 10 mins. on low.
4. Assemble fajitas and enjoy.



Creamy Chicken, Mushroom & Tomato Pasta

Serves: 3 | **Prep time:** 10 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
385 kcal	14 grams	26 grams	35 grams

INGREDIENTS

- 1/2 cup (150g) whole wheat penne pasta
- 12 oz. (350g) chicken breast
- 1 tsp. wheat flour
- 1 tbsp. olive oil
- 1 tsp. dried oregano
- 1 small onion, diced
- 2 garlic cloves, sliced
- 6 sundried tomatoes, chopped
- Half cup (125ml) plant-based oat cream (or regular)
- 1 bag spinach
- basil leaves, to garnish
- 4 cups (300g) mushrooms, sliced

COOKING INSTRUCTIONS

1. Cook the pasta.
2. Chop the chicken fillet, season and cover with flour.
3. Heat oil in a large pan and cook chicken over medium heat, then season with oregano.
4. Sauté the onion and sliced garlic then add sliced mushrooms and cook for 5–7 mins before adding chopped tomatoes.
5. Place the cooked chicken back into the pan, and add in the cream and spinach. Bring to a boil and cook until spinach has wilted — season to taste with salt and pepper.
6. Add the cooked pasta. Stir well and serve.



Cajun Beef & Veg Rice

Serves: 3 | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
503 kcal	13 grams	55 grams	40 grams

INGREDIENTS

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked brown rice

INSTRUCTIONS

1. Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 mins until the vegetables start to soften.
2. Add the minced beef and season with salt and pepper. Cook for 10 mins.
3. Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.
4. Stir well to combine all of the ingredients and continue cooking for about 3–4 mins.
5. Sprinkle with the green parts of the spring onions and serve.



Chinese Style Shrimps & Veg

Serves: 3 | **Prep time:** 15 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
436 kcal	11 grams	63 grams	22 grams

INGREDIENTS

- 1 cup (185g) brown rice, cooked
- 2 tbsp. olive oil
- 1 carrot, peeled, sliced
- 1 pepper, chopped
- 1 small onion, sliced
- 3 garlic cloves, sliced
- 1 small zucchini, sliced
- 1 Half tbsp. ginger, grated
- A pinch of chili flakes
- 9 oz. (250g) shrimps
- 2 tbsp. soy sauce
- 1 tsp. potato flour
- 2/3 cup (160ml) water
- 1 tbsp. coconut palm sugar

INSTRUCTIONS

2. In a wok (or large frying pan) heat 1 tbsp. of oil. Sauté the carrots, peppers and garlic for 3 mins.
3. Then add zucchini and continuously stir for about 5 mins. Add ginger and season with salt and chili.
4. Move the vegetables to the edge of the pan. Add in the remaining 1 tbsp. of oil and cook the shrimps on the other side of the pan. Fry on high heat, continuously stirring, for about 1 minute.
5. Mix with vegetables and cook for another minute.
6. Mix the soy sauce with the potato flour, water and sugar. Pour the mixture into the pan and bring to a boil, simmer for 1-minute stirring frequently.
7. Serve with cooked rice.



Zesty Turkey Meatballs with Couscous Salad

Serves: 4 | **Prep time:** 20 mins | **Chill time:** 30 mins

Calories	Fats	Carbohydrates	Protein
429 kcal	8 grams	52 grams	42 grams

INGREDIENTS

For the meatballs:

- 2 tbsp. coconut oil
- 1 onion, chopped
- 1/4 tsp. chili flakes
- 2 garlic cloves, chopped
- 1 lb. (500g) turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- 1 lemon, zested and juiced
- 7 oz. (200g) 0% fat Greek yoghurt
- 1 garlic clove, minced

For the salad:

- 7 oz. (200g) couscous, plus 1 tbsp.
- 1 cup (250ml) vegetable stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced



INSTRUCTIONS

1. Heat 1 tbsp. of oil in a frying pan over medium heat, and sauté onion for 5 mins. Add in the chillies and garlic, then continue for another 1 minute. Transfer to a bowl and leave to cool for 5 mins.
2. Next, add the turkey mince, half the mint, half the lemon zest and 1 tbsp. of dry couscous into the bowl. Season with salt and pepper, mix well and shape into 16 meatballs. Pop them in the freezer for 15 mins.
3. In the meantime, put the couscous in a bowl with the remaining lemon zest. Pour over the hot stock, cover and set aside for 15 mins.
4. Blanche the peas in a pot for 2 mins. Drain and set aside.
5. Make the sauce by mixing the yoghurt, minced garlic, the remaining mint and half the lemon juice. Season with salt and pepper then set aside.
6. Fluff up the couscous with a fork, and mix in the remaining lemon juice, peas, and sliced radishes. Season to taste.
7. Heat the remaining 1 tbsp. of oil in a frying pan over medium heat. Fry the meatballs for 10 mins, turning regularly until browned. Cover with a lid and cook for 5 more mins on low heat, until thoroughly cooked.
8. Serve with the couscous salad and yogurt.



Honey & Lime Glazed Salmon with Pineapple Rice

Serves: 4 servings | **Prep time:** 5 mins + 1 hr. | **Cook time:** 35 mins

Calories	Fats	Carbohydrates	Protein
643 kcal	24 grams	68 grams	35 grams

INGREDIENTS

Marinade:

- 3 tbsp. honey
- 3 tbsp. lime juice
- 3 tbsp. soy sauce
- 1 tbsp. olive oil
- 3 tbsp. ginger, grated
- 2 garlic cloves, crushed

Pineapple rice:

- 2/3 cup (150g) brown rice
- 3/4 cup (200g) sweetcorn
- 1 cup (220g) pineapple, chopped
- 1 cup (220g) cucumber, chopped
- 1 lime, juiced
- 2 tbsp. honey
- Half cup coriander leaves (or mint)

INSTRUCTIONS

1. Slice the skin off the salmon fillets and discard. Rinse salmon fillets and dry.
2. Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.
3. Cook the rice in lightly salted water, then spread on a large plate to cool.
4. Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl and season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.
5. Preheat the oven to 410°F (210°C). Bake the marinated salmon for 18 mins, until cooked throughout.
6. Serve salmon with the prepared pineapple rice.
7. Preheat the oven to 410°F (210°C). Bake the marinated salmon for 18 mins, until cooked throughout.
8. Serve salmon with the prepared pineapple rice.



Simple Chicken Curry with Brown Rice

Serves: 4 | **Prep time:** 10-15 mins | **Cook time:** 30-45 mins

Calories	Fats	Carbohydrates	Protein
531 kcal	22 grams	47 grams	36 grams

INGREDIENTS

For the chicken:

- 8 skinless chicken thighs fillets
- 1 tbsp. oil
- 1 large onion, diced
- 1 tbsp. ginger, minced
- 5 cloves garlic, minced
- Half tsp. black pepper
- 3 large tomatoes, chopped
- 1 Half tsp. turmeric

For the rice:

- 1/4 cup (60ml) boiling water
- 1 cup (225g) brown rice
- 1 tsp. coconut oil
- Half tsp. onion powder
- 1/4 tsp. salt
- 2 cups vegetable stock



INSTRUCTIONS

1. Season the thighs with salt and pepper.
2. Heat the oil in the pan. Fry the thighs on both sides until golden brown. Remove from the pan and set aside.
3. In the same pan sauté the diced onion, garlic and ginger for 3-4 mins, often stirring – season with pepper and turmeric. Then add chopped tomatoes, and 1/4 cup of water, season with salt and bring to a boil.
4. Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 mins or until the meat is tender.
5. In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 mins.
6. In a medium pot, combine the water with the rice and all other ingredients.
7. Cover and bring to a boil, then reduce heat and simmer for 15 mins. Remove from heat, let it sit and covered for another 10 mins before serving.
8. Serve 2 chicken thighs along with sauce and a serving of rice.





One Pot Turkey Chili with Rice

Serves: 4 servings | **Prep time:** 10 mins | **Cook time:** 25 mins

Calories	Fats	Carbohydrates	Protein
295 kcal	9 grams	21 grams	31 grams

INGREDIENTS

- 10 oz. (300g) minced turkey fillet
 - Half cup (115g) brown rice
 - 1 medium onion, chopped
 - 2 cloves garlic, minced
 - 1 tbsp. oil
 - Half can chopped tomatoes
 - 1 red bell pepper, chopped
 - 1 cup (250ml) veggie broth
 - 1/3 cup (60g) red kidney beans, drained
 - 1/3 cup (85g) sweet corn
 - 1/3 cup (30g) grated cheese
- Spices:
- 1 tsp. dried oregano
 - 1 tsp. cumin
 - 1 tsp. sweet pepper
 - Half tsp. hot pepper
 - Half tsp. salt
 - 1/3 tsp. ground pepper

INSTRUCTIONS

1. Heat the oil in a large pan and sauté the onion and garlic for 3-4 mins. Next, add the meat and fry for about 5-6 mins until cooked throughout.
2. Add spices, mix, then add the uncooked rice and mix again. Next add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to a boil. Simmer covered on low heat for about 17-20 mins.
3. Add grated cheese, cover and heat for another 2 mins until the cheese melts, then serve.
4. Dairy free option: If you prefer a dairy free meal, just skip the cheese or replace with a vegan version.



Baked Salmon Tray with Rice & Tomatoes

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 30 mins

Calories	Fats	Carbohydrates	Protein
476 kcal	19 grams	44 grams	31 grams

INGREDIENTS

- 14 oz. (400g) salmon fillet, skin removed
 - 1 tsp. honey
 - 2 tbsp. soy sauce
 - 2 tbsp. olive oil
 - 4 slices of lemon + 2 tbsp. of juice
 - 1 cup (200g) brown rice
 - 1 cup (150g) cherry tomatoes
 - handful basil leaves
 - 4 tbsp. natural yoghurt,
- Spices:
- 2 tsp. paprika
 - Half tsp. curry
 - 1 tsp. oregano
 - pinch of chili flakes

INSTRUCTIONS

1. Cut the salmon fillet into 4 pieces. Rinse, dry and place in a bowl. Season with salt, pepper, paprika, curry, and oregano. Add honey, soy sauce, 2 tbsp. of olive oil and 2 tbsp. of lemon juice. Mix everything and cover the bowl.
2. Preheat oven to 400°F (200°C).
3. Cook the rice according to the instructions on the packaging. Drain it, then transfer into a baking dish and spread the rice over the whole surface of the dish.
4. Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chili flakes.
5. Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 mins.
6. Serve with a dollop of natural yoghurt.



Mexican Fried Rice

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 25–30 mins

Calories	Fats	Carbohydrates	Protein
360 kcal	16 grams	32 grams	24 grams

INGREDIENTS

- 7 oz. (300g) chicken breast
 - 2 cloves garlic, crushed
 - Half cup (100g) brown rice
 - 2 tbsp. coconut oil
 - Half red onion, chopped
 - 1 red pepper, diced
 - 1/2 cup (100g) sweetcorn
 - Half cup (100g) red kidney beans, drained
 - 1 tomato, peeled, chopped
 - 1 avocado, diced
 - 1 tbsp. lime
 - Half chili, chopped
 - handful coriander
- Spices:
- 1 tsp. oregano
 - 1 tsp. paprika
 - 1 tsp. ground cumin
 - Half tsp. chili flakes

COOKING INSTRUCTIONS

1. Chop the chicken into cubes. Season with salt, pepper, spices and crushed garlic.
3. Heat the oil in the pan over medium-high heat, and fry the chicken for about 3–4 mins. Add in the chopped onion and diced peppers and continue to cook for another 3–4 mins.
4. Next, add the drained sweetcorn, beans and the cooked rice. Mix well and cook for another 2 mins.
5. Remove from the heat, and add the peeled and diced tomato, then mix.
6. To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chili and coriander.



Beef & Green Beans Pasta in Soy Sauce

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
491 kcal	12 grams	53 grams	44 grams

INGREDIENTS

- 4 oz. (120g) whole wheat pasta
- 10 oz. (300g) beef steak
- 4 spring onions
- 2 cloves garlic
- 1 tbsp. coconut oil
- 2 tbsp. soy sauce
- 1/3 cup (80ml) beef stock
- 100g green beans, frozen

INSTRUCTIONS

2. Cook the pasta and cut the beef into slices.
3. Slice the spring onions diagonally into 1-1.5 inch pieces. Peel and slice the garlic.
4. Heat the oil in a pan over medium heat and cook the beef for about 3 mins, then transfer onto a plate and drizzle with soy sauce.
5. Add the garlic and spring onions and cook for about 3 mins, until spring onions start to soften.
6. Return the beef and soy sauce into the pan and add the hot stock and frozen beans. Cook for another 2-3 mins, then add the cooked pasta. Stir occasionally for about 2 mins.



Chicken & Mango Stir Fry

Serves: 4 servings | **Prep time:** 10 mins | **Cook time:** 10mins

Calories 308 kcal	Fats 9 grams	Carbohydrates 31 grams	Protein 29 grams
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INGREDIENTS

- 1 lb. (450g) chicken breasts, cut into strips
 - 1 tbsp. buckwheat flour
 - 1 mango, peeled
 - 1 red bell pepper, sliced
 - 1 red onion, chopped
 - 2 cloves garlic, minced
 - 1 small chili pepper, deseeded and chopped
 - 2 tbsp. ginger, grated
 - 2 tbsp. coconut oil
- For the sauce:
- 3 tbsp. of rice vinegar
 - 3 tbsp. of water
 - 5 tbsp. of soy sauce
 - 2 tbsp. honey

INSTRUCTIONS

1. Cut the chicken into thin strips and season with salt and pepper, then coat with flour.
2. Peel the mango and cut the flesh into strips. Cut the peppers into strips. Peel the onion and cut into half rings.
3. Cut the deseeded chili pepper lengthwise, then finely chop. Peel and grate the ginger.
4. Prepare the sauce by mixing all the sauce ingredients in a bowl.
5. In a wok or large pan, heat 1 tbsp. of coconut oil, and stir fry the peppers, onions, chili pepper, garlic and ginger over high heat for about 3 mins. Add the mango and mix, cooking for another 2 mins. Then remove everything and set aside.
6. Add the second tbsp. of oil to the pan and fry the chicken for about 3 mins, stirring often.
7. Place the mango and vegetables back to the pan. Add the sauce and mix well. Cook on high heat for about 2 mins until the sauce thickens. Mix occasionally.
8. Serve with rice (not included in nutrition information per serving).



Salmon Teriyaki with Green Beans & Sweetcorn Rice

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
507 kcal	19 grams	40 grams	45 grams

INGREDIENTS

- 4 salmon fillets (5 oz. / 150g each)
 - 5 oz. (150g) green beans, frozen
 - 1 cup (150g) sweetcorn
 - 100g (3.5 oz.) brown rice
 - 2 tbsp. sesame seeds
 - 1 tbsp. sesame oil
- For the sauce:
- 8 tbsp. soy sauce
 - 3 tbsp. maple syrup
 - 1 tbsp. lime juice
 - 4 tbsp. grated ginger
 - 2 garlic cloves, grated

INSTRUCTIONS

1. Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.
2. Cut the skin off the salmon then rinse, dry and marinate in the prepared sauce for 1 hour.
3. In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 mins before it is cooked, then drain. Next, add the sweetcorn and mix well.
4. Preheat the oven to 450°F (230°C). Place the salmon into an oven safe dish, leaving the marinade aside. Bake for 8-10 mins. 3 mins before the end of baking, sprinkle with sesame seeds.
6. Transfer the marinade into a small saucepan and heat until it thickens. Mix in the sesame oil, take off the heat and set aside. To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.



Chicken Orange Stir Fry

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 25mins

Calories	Fats	Carbohydrates	Protein
397 kcal	7 grams	53 grams	34 grams

INGREDIENTS

For the sauce:

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- 1/4 cup (60ml) soy sauce
- 1 tsp. sriracha (or as needed)
- 1 tbsp. buckwheat flour

For the stir fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 sprigs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- Half cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

COOKING INSTRUCTIONS

1. Mix all the sauce ingredients together.
2. Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins.
3. Lower the heat and add the garlic and green onions, cooking for 1 minute.
4. Add the mange tout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.
5. Add in the cooked chicken, grated carrots and the sauce.
6. Garnish with sesame seeds and more green onions to serve.



Pesto Pasta With Tuna & Almonds

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
512 kcal	16 grams	69 grams	24 grams

INGREDIENTS

- 10.5 oz. (300g) whole wheat fusilli pasta
- 14 oz. (400g) green beans
- 8.4 oz. (240g) tuna in water, drained (2 tins)
- 30g (1 oz.) roasted almonds, chopped
- 130g (4.5 oz.) green pesto

INSTRUCTIONS

1. Cook the pasta according to the instructions on the package.
2. In the meantime, halve the green beans and cook in boiling water for about 5 mins, then drain.
3. Meanwhile, let the tuna drain and chop the almonds coarsely.
4. Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with almonds to serve. Season with pepper.



Sweet And Sour Pork Stir-Fry

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
446 kcal	16 grams	52 grams	22 grams

INGREDIENTS

- 1 cup (200g) brown rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 1/3 cup (200g) sugar snap peas
- 1 1/4 cup (250g) cherry tomatoes
- 1 1/4 cup (250g) pineapple, canned or fresh

INSTRUCTIONS

1. Cook the rice according to instructions on the packaging.
2. In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.
3. Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 mins, then lower the heat and add in the sugar snap peas. Stir fry for another 4 mins on low heat.
4. Next, add in tomatoes and pineapple and stir fry for another 4 mins, then take off the heat. Toss in the spring onions and mix.
5. Once rice is cooked, divide everything onto 4 plates and serve.



Pepper Steak

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
187 kcal	6 grams	12 grams	22 grams

INGREDIENTS

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- Half tsp. black pepper
- crushed red pepper flakes, to taste

INSTRUCTIONS

1. Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season.
2. In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.
3. Heat 1 tsp. oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 mins and transfer onto a plate.
4. Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 mins.
5. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional).
6. Stir fry for about 30-60 seconds on medium heat until slightly thickened. Serve with rice



Quick & Easy Meatballs

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
309 kcal	14 grams	9 grams	36 grams

INGREDIENTS

- 1 lb. (500g) lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- Half cup (30g) buckwheat flour
- 1/4 cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands.
3. Once everything is well combined, form 12 meatballs the size of a golf ball (use a 1/4 cup for measuring).
4. Wrap each meatball in a slice of bacon and place on a baking sheet.
5. Bake for 20 mins. For the last 4-5 mins, set the oven to grill/broil for the meatballs to have a crispy outside layer.



Quick Beef Chow Mein

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
325 kcal	10 grams	33 grams	28 grams

INGREDIENTS

- 160g (5.5 oz.) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- Half leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onions, chopped

INSTRUCTIONS

1. Cook the noodles. Cut the beef into thin strips.
2. Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 mins. Next, add the leeks, pepper and mushrooms and fry for about 5 mins.
3. Add the cooked noodles, and season.
4. Pour in the soy sauce and water, then stir and fry for another 2 mins.
5. To serve, divide onto serving dishes and garnish with chopped spring onions.



Simple Chili & Sweet Potato Chips

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 40 mins

Calories	Fats	Carbohydrates	Protein
382 kcal	16 grams	33 grams	29 grams

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 and 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

INSTRUCTIONS

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 mins, 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 mins and season with chili flakes.
5. Add the chopped tomatoes and water. Then stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.
6. To serve, divide the potatoes between plates and top with chili, mashed avocado and sprinkle with coriander.

