

50 Low Carb Recipes

**Includes low carb breakfast muffins,
creamy cod zoodles, sesame ginger
beef, and more.**

Slim down the easy way with 50 low carb recipes that keep you feeling full and satisfied, while turning your body into a fat burning machine.

By Glenda Thompson

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Introduction

Imagine enjoying meals that are not just delicious, but also filling, packed with nutrition, and help transform your health. Well that's exactly what the recipes in this Low Carb Cookbook allow you to do.

Every recipe is low carb, making them ideal for losing weight and balancing your blood sugar, as well as helping to improve cholesterol and lower your risk of heart disease.

With this cookbook, you can start your day with egg, broccoli, and ham muffins, to kickstart your energy levels and curb your appetite. Then for lunch,

how about a refreshing cucumber avocado and chicken salad that's as nutritious as it is appetizing?

While for dinner, the jerk chicken with cauliflower rice recipes offers a guilt-free taste of the Caribbean, while the sesame and ginger beef with zucchini noodles is a highly nutritious dish you'll want to cook again and again.

Whichever recipes you choose, this cookbook can help you step forward on your journey to reclaiming your health, energy, and vitality, one delicious meal at a time.

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Meal Plans

Week 1

Day	Breakfast	Lunch	Dinner
Mon	Turmeric Poached Eggs	Zucchini Fries	Homemade Quinoa Chicken Nuggets
Tues	Omelet with Cottage Cheese & Basil	Tofu Caesar Summer Rolls	Sesame & Ginger Beef with Zucchini Noodles
Wed	Herby Breakfast Sausages	Sweetcorn Fritters	Tom Yum Soup With Shrimps
Thurs	Avocado & Egg Paste	Tofu & Green Peas Paste	Warm Salmon & Quinoa Salad
Fri	Cottage Cheese Protein Pancakes	Black Bean Hummus	Quinoa Tabbouleh
Sat	Tropical Gluten Free Granola	Kale & Tofu Salad with Peanut Butter Dressing	Green Beans & Cherry Tomato Salad
Sun	Smoked Mackerel & Egg Paste	Smoked Salmon & Strawberry Salad	Vegan 'Tuna' Salad

Week 2

Day	Breakfast	Lunch	Dinner
Mon	Egg Broccoli & Ham Muffins	Cucumber, Avocado & Chicken Salad	Garlic Zucchini & Tomato Pasta
Tues	Egg, Bacon & Avocado Bowl	Pear, Cured Ham & Walnut Salad	Potato & Sundried Tomato Salad
Wed	Asian Scrambled Eggs	Easy Greek Zoodle Salad	Wild Rice, Tomato & Rocket Balsamic Salad
Thurs	Avocado & Egg Paste	Crushed Cucumber Salad with Salmon	Sweet Potato, Quinoa & Bean Burger
Fri	Cottage Cheese Protein Pancakes	Healthy Coronation Chicken Salad	Curried Tofu Salad
Sat	Tropical Gluten Free Granola	Grilled Vegetable Salad with Tuna	Roasted Sweet Potato, Kale & Quinoa Salad
Sun	Egg Broccoli & Ham Muffins	Jerk Chicken with Cauliflower Rice	Sweet Potato & Bean Bake

Shopping Lists

Week 1 Shopping List

Protein

Eggs
Herby sausages
Smoked mackerel
Tofu
Chicken breast
Shrimp

Produce

Zucchini
Avocado
Broccoli
Basil
Strawberries
Cucumber
Kale
Black beans
Cherry tomatoes
Green beans
Peas
Pear
Salad greens
Cilantro
Lemongrass
Garlic
Ginger

Tomatoes
Scallions
Vegetable mix (for stir fry)

Dairy/Alternatives

Cottage cheese

Pantry

Quinoa
Sesame seeds
Tuna (canned)
Sweetcorn
Sauces and seasonings for various recipes
Nuts (walnuts, peanuts, etc.)

Week 2 Shopping List

Protein

Eggs
Bacon
Ham
Chicken
Shrimp
Tofu

Produce

Zucchini
Avocado
Broccoli
Basil
Strawberries
Cucumber
Pear
Salad greens
Walnuts
Cilantro
Garlic
Tomatoes
Sweet potatoes
Green beans
Kale
Lemongrass
Scallions
Vegetable mix (for stir fry)

Dairy/Alternatives

Cottage cheese

Pantry

Quinoa
Rice
Tuna (canned)
Sauces and seasonings for various recipes
Sundried tomatoes
Beans (black beans, sweet potato beans, etc.)

Low Carb Breakfasts



Turmeric Poached Eggs

Serves: 2 | **Prep time:** 10 mins | **Cook time:** 5 mins

Calories	Fats	Carbohydrates	Protein
219 kcal	15 grams	12 grams	4 grams

INGREDIENTS

- 2 tsp. pine nuts
- 1 $\frac{3}{4}$ cups (400g) of fresh spinach
- $\frac{5}{8}$ 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 a dry frying pan and toast the pine nuts for 2 minutes, then set aside.
2. Heat the oil in a frying pan and stir fry the spinach and tomatoes on medium heat until wilted. Season with salt and pepper.
3. Boil a pot of water and add in the vinegar and turmeric. Turn the heat down then break in the eggs and poach for 3 mins.
4. Add the spinach to bowls, top with the poached egg and sprinkle with toasted pine nuts.



Omelet with Cottage Cheese & Basil

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

Calories	Fats	Carbohydrates	Protein
200 kcal	14 grams	3 grams	15 grams

INGREDIENTS

- 6 large eggs
- 4 tbsp. water
- 1 tbsp. oil or butter
- 1 bunch fresh basil
- 1 cup (200g) cottage cheese
- 12 cherry tomatoes

INSTRUCTIONS

1. Beat the eggs and season with salt and pepper.
2. Heat oil in a frying pan and fry the eggs to make omelets, repeat until you have 4 omelets. Keep them warm under aluminum foil.
3. Chop the basil finely and mix with the cottage cheese. Season with freshly ground pepper.
4. Cut the tomatoes into quarters. Divide the cottage cheese and tomato over the omelets and roll them up.
5. Cut diagonally and serve immediately.



Herby Breakfast Sausages

Serves: 8 | **Prep time:** 10 mins | **Cook time:** 10 mins

Calories	Fats	Carbohydrates	Protein
56 kcal	3 grams	2 grams	7 grams

INGREDIENTS

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

INSTRUCTIONS

1. In a bowl, mix together the pork with salt, pepper, sage, and basil.
2. Combine well and shape into eight sausages.
3. Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.
4. Serve hot or store in the refrigerator for later.



Avocado & Egg Paste

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

Calories	Fats	Carbohydrates	Protein
298 kcal	24 grams	9 grams	11 grams

INGREDIENTS

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

INSTRUCTIONS

1. Boil the eggs. Then once cooled, peel and chop into cubes and put in a bowl.
2. Press the garlic and add to the eggs.
3. 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.
4. Season everything with salt and pepper, and gently mix. Garnish with more coriander.
5. Serve immediately on bread or on its own.



Cottage Cheese Protein Pancakes

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

Calories	Fats	Carbohydrates	Protein
162 kcal	4 grams	18 grams	12 grams

INGREDIENTS

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

INSTRUCTIONS

1. Place the cottage cheese into a bowl, add egg yolks (keep the whites separate) and crush everything with a fork. Add in the flour.
2. Whisk the egg whites into a stiff foam and add to the cheese mixture.
3. Heat a dry, non-stick pan and fry the pancakes in batches, for about 3 mins, until the bottom is slightly browned. Turn and cook for another 2 mins.
4. Serve with greek yogurt, honey, and berries



Tropical Granola

Serves: 7 cups | **Prep time:** 20 mins | **Cook time:** 2 hours

Calories	Fats	Carbohydrates	Protein
173 kcal	14 grams	10 grams	4 grams

INGREDIENTS

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

INSTRUCTIONS

1. Pre-heat oven to 250°F (120°C).
2. In a food processor, blend the pineapple, dates, orange juice, vanilla extract, and cinnamon. Blend until smooth then blend in the coconut oil.
3. Chop up the almonds and cashew nuts then add the coconut flakes, sunflower seeds, salt and mix well.
4. Fold in the pineapple mix into the nuts mix,
5. Pour onto baking sheets and bake for 2 hours.



Smoked Mackerel & Egg Paste

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
268 kcal	23 grams	5 grams	18 grams

INGREDIENTS

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

INSTRUCTIONS

1. Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.
2. Debone and skin the fish, then chop the meat and add to the bowl.
3. Add the finely chopped onion and gherkins into the bowl.
4. Season with salt and freshly ground pepper. Mix with the mayonnaise, yogurt and chopped chives.
5. Serve with bread, fresh veggies, or on its own.



Egg Broccoli & Ham Muffins

Serves: 6 | **Prep time:** 5 mins | **Cook time:** 15 mins

Calories	Fats	Carbohydrates	Protein
102 kcal	6 grams	4 grams	10 grams

INGREDIENTS

- 1/2 cup broccoli florets, chopped
- 4 slices of deli ham, chopped
- 5 large eggs
- 1/3 cup grated cheddar cheese
- 1 clove garlic, minced
- Salt and pepper to taste
- Pinch of red chili flakes (optional)

INSTRUCTIONS

1. Preheat the oven to 350°F (175°C). Lightly grease a 6-cup muffin pan with cooking spray.
2. Place the broccoli in a pot of boiling water and simmer until tender, about 3 minutes. Strain and set aside to cool slightly.
3. In a medium bowl, whisk together the eggs, garlic, salt, pepper, and red chili flakes (if using).
4. Divide the broccoli evenly among the 6 muffin cups. Top each with ham and then cheese. Pour the egg mixture over each muffin cup until about 3/4 full.
5. Place the muffin pan in the oven and bake for 12-15 minutes, or until the eggs have just set in the center.
6. Let the muffins cool for 5 minutes before serving.



Egg, Bacon & Avocado Bowl

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

Calories	Fats	Carbohydrates	Protein
378 kcal	32 grams	24 grams	23 grams

INGREDIENTS

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

INSTRUCTIONS

1. Fry the bacon until crisp in a non-stick pan.
2. Let it cool slightly and chop the bacon into strips.
3. Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.
4. Season with salt and pepper to serve.





Asian Scrambled Eggs

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

Calories	Fats	Carbohydrates	Protein
270 kcal	14 grams	5 grams	19 grams

INGREDIENTS

- 3 eggs
- soy sauce, few drops
- handful coriander, chopped
- ¼ avocado
- 1/2 tsp. black sesame seeds, to serve

INSTRUCTIONS

1. Separate the egg yolks and whites. Mix the yolks with the soy sauce and chopped coriander.
2. On a dry non-stick pan, fry the egg whites until almost done.
3. Take off the heat and add in the egg yolks, stirring well for about half a minute.
4. Serve sprinkled with black sesame seeds, additional coriander (optional) and avocado on the side.





Zucchini Fries

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

Calories	Fats	Carbohydrates	Protein
177 kcal	12 grams	14 grams	5 grams

INGREDIENTS

- 500g zucchini
- 1 clove garlic, crushed
- 1 egg
- 1 tsp. plant milk
- 4 tbsp. breadcrumbs
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 3 tbsp. olive oil

INSTRUCTIONS

1. Preheat oven to 430°F (220°C).
2. Cut zucchini into fry-like pieces.
3. Whisk the egg with the milk. Season with salt, pepper add the crushed garlic, oregano, and thyme. Mix well.
4. Grease a large baking tray with olive oil.
5. Dip the zucchini in the egg, then roll in the breadcrumbs and place on a baking tray.
6. Place the tray in the preheated oven and bake for 15 mins. Turn the fries 2-3 times
7. during this time, drizzling them with the remaining 2 tbsp. of olive oil
8. Season with salt and serve.

Low Carb Lunches





Tofu Caesar Summer Rolls

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

Calories	Fats	Carbohydrates	Protein
191 kcal	10 grams	8 grams	5 grams

INGREDIENTS

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

INSTRUCTIONS

1. Slice the tofu into two thin rectangles.
2. Add oil to a pan then over medium heat add oil the tofu.
3. Cook for 4-5 mins per side, then slice into 8 strips.
4. Dip one rice paper in warm water. Remove when slightly softened and place on a plate.
5. Place a few strips of tofu in the center, top with avocado, and a sprinkle of Parmesan cheese and shredded lettuce.
6. 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.
7. Serve with the Caesar dressing as a dipping sauce.



Sweetcorn Fritters

Serves: 8 | **Prep time:** 10 mins | **Cook time:** 15–20 mins

Calories	Fats	Carbohydrates	Protein
97 kcal	3 grams	15 grams	3 grams

INGREDIENTS

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

INSTRUCTIONS

1. In a bowl mix the sweetcorn, chopped coriander and lemon zest, then season.
2. Next, add in the flour and water and mix well until smooth.
3. Heat 2 tsp. of the coconut oil in a large non-stick pan on high heat. Once the pan is hot, ladle in the mixture.
4. Cook the fritters two batches of 4, or divide the oil accordingly if your pan is not big enough (1/2 tsp. of oil per 1 fritter).
5. Cook for about 2–3 mins on each side until browned.
6. Serve with a side of avocado and chili yogurt.



Tofu & Green Peas Paste

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

Calories	Fats	Carbohydrates	Protein
290 kcal	21 grams	17 grams	11 grams

INGREDIENTS

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

INSTRUCTIONS

1. In a large bowl, place the frozen peas with boiling water and wait a few mins until defrosted. Then drain and transfer into a blender.
2. Crumble the tofu and add into the peas alongside the avocado, mint, olive oil, and lemon juice.
3. Finally season to taste with salt and pepper. Blitz everything until a paste has formed.
4. If necessary, add some more mint and lemon to adjust the taste. Serve with whole meal toast.



Black Bean Hummus

Serves: 8 | **Prep time:** 5 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
91 kcal	4 grams	9 grams	4 grams

INGREDIENTS

- 1x15 oz. (400g) can black beans, keep the water from the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- 1/2 tsp. cumin
- 1/2 tsp. salt
- ¼ tsp. cayenne pepper

INSTRUCTIONS

1. In a food processor, blend until smooth ¼ cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.
2. Add the black beans and blend for another 1-2 mins, until creamy and smooth.
3. Serve as a dip with fresh vegetables or crackers.
4. Store in a sealed container in the fridge for up to 1 week



Kale & Tofu Salad with Peanut Butter Dressing

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

Calories	Fats	Carbohydrates	Protein
195 kcal	11 grams	15 grams	13 grams

INGREDIENTS

For the salad:

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

For the dressing:

- 3 tbsp. peanut butter
- 2 tbsp. coconut milk
- 1 tbsp. rice vinegar
- 1 tbsp. honey
- 1 tbsp. soy sauce
- $\frac{1}{2}$ lime, juiced
- $\frac{1}{2}$ tsp. chili flakes
- 1-2 tbsp. water

INSTRUCTIONS

1. Wrap the tofu in a kitchen cloth and place something heavy on top.
2. Toss the chopped kale, grated carrot and shredded cabbage in a salad bowl.
3. In a small bowl, mix all the dressing ingredients.
4. Heat the coconut oil in a pan. Cut the tofu into strips and fry on medium-high heat for about 5 mins each side.
5. Divide the salad between bowls, top with tofu, drizzle with the salad dressing and season.



Smoked Salmon & Strawberry Salad

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

Calories	Fats	Carbohydrates	Protein
302 kcal	19 grams	16 grams	19 grams

INGREDIENTS

For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 100g smoked salmon, torn
- 10 mini mozzarella balls, torn
- 10 strawberries, halved
- handful basil leaves

For the dressing:

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

INSTRUCTIONS

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

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



Cucumber, Avocado & Chicken Salad

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

Calories	Fats	Carbohydrates	Protein
304 kcal	20 grams	12 grams	21 grams

INGREDIENTS

For the salad:

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

For the chicken:

- 2 chicken breast fillets (around 150g each)
- 1 tbsp. olive oil
- 1 tbsp. mustard
- 1 tbsp. honey
- For the sauce:
 - 3 tbsp. yogurt
 - 1 tbsp. mayo
 - 1 garlic clove, minced

INSTRUCTIONS

1. Combine the iceberg lettuce, and torn basil leaves.
2. Season the chicken fillets with salt and rub with olive oil.
3. Fry the chicken for 5 mins on each side.
3. Mix the mustard and honey. Grease the top of the fillets with half the sauce, then turn and cook for another 1.5 mins.
4. Cut the avocado into cubes, and drizzle with lemon juice. Peel and slice the cucumber.
5. Mix all the garlic sauce ingredients
6. Top the salad with the chopped chicken, avocado, cucumber, and walnuts.
7. Pour over the garlic sauce and serve.



Pear, Cured Ham & Walnut Salad

Serves: 2 | **Prep time:** 15 mins | **Cook time:** 0 mins

Calories	Fats	Carbohydrates	Protein
466 kcal	35 grams	16 grams	22 grams

INGREDIENTS

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

Dressing:

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

INSTRUCTIONS

1. 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.
2. Add the cubed cheese and the ham. Finally, top with nuts.
3. Mix the dressing ingredients, season with salt and freshly ground pepper, and pour over the salad then serve.



Easy Greek Zoodle Salad

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

Calories	Fats	Carbohydrates	Protein
267 kcal	25 grams	7 grams	10 grams

INGREDIENTS

For the salad:

- 1 cucumber
- 250g cherry tomatoes
- 2 spring onions
- 100g feta cheese
- 30g black olives

For the dressing:

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

INSTRUCTIONS

1. Cut the ends of the cucumber and spiralize it into a bowl. Cut the cucumber “noodles” in 2–3 parts, to shorten them.
2. Cut the cherry tomatoes in halves, chop the spring onions, and cut the feta into cubes. Add everything to the cucumber.
3. 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.
4. This salad is also a perfect side for grilled meats.



Crushed Cucumber Salad with Salmon

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

Calories	Fats	Carbohydrates	Protein
323 kcal	23 grams	10 grams	23grams

INGREDIENTS

For the salad:

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

For the dressing:

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

INSTRUCTIONS

1. Roughly chop the red bell pepper and place in a bowl. Using a meat mallet or a rolling pin, smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the garlic and coriander.
2. Mix all the dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.
3. To serve, break the salmon up into pieces and top the cucumber salad — season with freshly ground black pepper.
4. NOTE: Use as much or as little coriander as you like.



Coronation Chicken Salad

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

Calories	Fats	Carbohydrates	Protein
217 kcal	8 grams	10 grams	25 grams

INGREDIENTS

- 1 tbsp. 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 is perfect)
- 6 dried apricots, chopped
- 1 celery stick, chopped

COOKING INSTRUCTIONS

1. Mix the mayonnaise, yogurt, and curry powder. If needed, add a splash of water to thin the sauce to the consistency you like.
2. Stir in the chicken, apricots, celery and almonds and season to taste with salt and pepper.
3. Serve with a side salad or as a sandwich filling.





Grilled Vegetable Salad with Tuna

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

Calories	Fats	Carbohydrates	Protein
320 kcal	24 grams	13 grams	12 grams

INGREDIENTS

- 1 lemon
- $\frac{3}{4}$ cup (160g) tuna pieces in olive oil
- $\frac{1}{2}$ cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2 $\frac{3}{4}$ cups (350g) asparagus
- $\frac{1}{2}$ cup (50g) pistachio nuts, peeled and chopped

INSTRUCTIONS

1. Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but save the oil for later.
2. Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil.
3. Add in the garlic and blend until smooth. Season with salt and pepper.
4. Cut the zucchinis into slices and sprinkle with salt and pepper.
5. Heat the grill pan and grill the zucchini for 6 mins, turning halfway. Then cook the asparagus for 4 mins, turning halfway.
6. Place the vegetables in a bowl and add the marinade. Mix gently until covered.
7. To serve, divide veg and tuna between plates and top with chopped pistachio nuts.



Low Carb Turkey Salad

Serves: 5 **Prep time:** 25 mins

Calories	Fats	Carbohydrates	Protein
348 kcal	18 grams	15 grams	32 grams

INGREDIENTS

For the salad:

- 1lb. (450g) cooked turkey breast, sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red 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. toasted sesame seeds
- ½ cup (30g) almonds, chopped

For the dressing:

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

COOKING INSTRUCTIONS

1. Place the shredded cabbage, turkey breast, peppers, radishes, sliced onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.
2. Blend all the dressing ingredients together until creamy.
3. Pour the salad dressing over the salad and toss to cover.



Salmon Spring Rolls

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

Calories	Fats	Carbohydrates	Protein
154 kcal	10 grams	4 grams	13 grams

INGREDIENTS

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

INSTRUCTIONS

1. Boil a little bit of the water in a pan. Remove from heat, and dip in the rice paper for 30 seconds, one after the other.
2. Remove the sheets from the water and place on a damp cloth.
3. 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.
4. Heat the oil in the pan, and fry the rolls for 2 mins, then turn over and cook for another 2–2.5 mins until they are nicely browned.
5. Put on a paper towel, to cool slightly and serve with soy sauce. Perfect with a side salad.



Cod with Creamy Zoodles

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

Calories	Fats	Carbohydrates	Protein
271 kcal	11 grams	13 grams	33 grams

INGREDIENTS

For the fish:

- 10 oz. (300g) cod fillets
- 1 tsp. paprika
- 1 tsp. turmeric
- 1 tsp. oregano
- 1/2 tsp. chili
- 1 tbsp. buckwheat flour
- ¼ cup (60ml) vegetable stock
- ⅓ cup (80ml) cream (dairy or plant based)
- 3 tbsp. chives, chopped

For the zucchini:

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

INSTRUCTIONS

1. Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.
2. Heat 2 tbsp. of oil in a frying pan and fry the cod until golden for about 5 mins, then flip and repeat on the other side.
3. Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 mins. Sprinkle with chives and simmer for another 1-2 mins.



Jerk Chicken with Cauliflower Rice

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

Calories	Fats	Carbohydrates	Protein
397 kcal	24 grams	15 grams	33 grams

INGREDIENTS

For the marinade:

- 1 tsp. dried thyme leaves
- 1 tsp. 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:

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

INSTRUCTIONS

1. Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 mins or overnight.
2. Heat the 1 tbsp. of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 mins, until softened.
3. Add in the garlic and cauliflower rice, cook for 2 mins and add in the coconut milk. Cook for about 10 mins, 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.
4. 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.
5. Garnish the rice with chopped coriander and serve with lime



Grilled Lemon Chicken Salad

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

Calories	Fats	Carbohydrates	Protein
242 kcal	8 grams	2 grams	38 grams

INGREDIENTS

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

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Grate lemon rinds to make 2 teaspoons, then halve the lemons and set aside.
3. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken then season with salt and pepper.
3. Bake the chicken and halved lemons for 20–25 mins.
4. Wait until the chicken is cool then into bitesize pieces.
5. Heat the coconut oil in a pan over medium heat and cook the asparagus and green onions for 3 to 4 mins.
6. Cut asparagus and green onions into 2-inch pieces.
7. 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.



Quinoa Chicken Nuggets

Serves:4 | **Prep time:** 25 mins | **Cook time:** 20 mins

Calories	Fats	Carbohydrates	Protein
224 kcal	6 grams	10 grams	33 grams

INGREDIENTS

- 1 lb. (450g) chicken breasts, cut into chunks
- 1 cup (185g) cooked quinoa
- 1 egg, beaten
- ¼ cup (30g) cup Parmesan, grated
- 1 tbsp. dried herbs of choice

INSTRUCTIONS

1. Set oven to 350°F (180°C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa.
2. Bake for around 20–25 mins, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.
3. Increase the oven temperature to 390°F (200°C).
4. Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa.
5. Dip the chicken chunks first in the egg, then coat with the quinoa.
6. Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15–20 mins, until chicken is cooked through.



Sesame & Ginger Beef with Zucchini Noodles

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 12 mins

Calories	Fats	Carbohydrates	Protein
242 kcal	12 grams	10 grams	25 grams

INGREDIENTS

- ¼ cup (60ml) reduced sodium soy sauce
- 1 tbsp. xylitol (or other sweetener)
- 2 tbsp. rice wine vinegar
- 1 lb. (450g) ground lean beef, 5% fat
- 2 tbsp. sesame oil
- 1 tbsp. fresh ginger, grated
- 3 cloves garlic, minced
- 2 medium zucchinis, spiralized

INSTRUCTIONS

1. Mix the soy sauce, rice wine vinegar and sweetener in a small bowl and set aside.
2. Heat a dry non-stick pan over medium heat, add the beef and cook for 7-10 mins, until cooked through.
3. Move the beef to one side of the pan, then add the sesame oil, ginger and garlic. Cook for 1 minute.
4. Add the already prepared sauce and toss the beef to coat. Cook for 1 minute mixing everything.
5. Slightly heat the spiralized zucchinis with the beef or divide zucchini and beef into containers. Heat in the microwave or pan when needed.



Tom Yum Soup with Shrimps

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

Calories	Fats	Carbohydrates	Protein
106 kcal	5 grams	4 grams	13 grams

INGREDIENTS

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant 1/2 cup (100ml) canned coconut milk
- 1 cup (225g) chopped tomatoes, canned
- 1 cup (100g) shitake mushrooms, roughly chopped
- ¾ cup (200g) shrimps
- 2 tbsp. fish sauce
- 1 tbsp. lime juice
- coriander, to garnish
- chili, to garnish

INSTRUCTIONS

1. Pour the stock into a pot, add the tom yum paste and bring to a boil.
2. Add coconut milk, tomatoes and mushrooms, and cook for about 5 mins.
3. Add the shrimps, and cook for about 1 minute on low heat. Season with fish sauce and lemon juice.
4. Garnish with fresh coriander and chili to serve.



Salmon & Quinoa Salad

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

Calories	Fats	Carbohydrates	Protein
325 kcal	26 grams	17 grams	28 grams

INGREDIENTS

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 ½ cup (200g) sugar snaps
- 4 cups boiling water (1l)
- 1 ½ cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C).
2. Cut the peppers into strips. Heat the oil in a pan on medium heat and stir fry the pepper for 5 mins.
3. Place the salmon on a tray covered with baking paper, season with spices and cook for 10 mins.
4. Place sugar snaps in a colander and pour over the boiling water.
5. Add the sugar snaps and quinoa to the peppers and heat up for 4 mins on medium heat.
6. Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.



Quinoa Tabbouleh

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

Calories	Fats	Carbohydrates	Protein
272 kcal	10 grams	42 grams	8 grams

INGREDIENTS

- 1 cup (170g) quinoa
- 2 medium tomatoes, finely diced
- 1 small cucumber, finely diced
- 1 bell pepper, finely diced
- 1 red onion, finely diced
- $\frac{2}{3}$ cup (15g) parsley, chopped
- $\frac{2}{3}$ cup (15g) mint, chopped
- juice of 2 limes
- 2 tbsp. olive oil

COOKING INSTRUCTIONS

1. Cook the quinoa according to instructions on the packaging. Once cooked, place in a large salad bowl.
2. Finely dice the vegetables and chop the fresh herbs, then add to the salad bowl.
3. Squeeze in the lime juice, drizzle with olive oil and season to taste with salt and pepper. Mix everything well until combined.
4. Serves as a salad or side dish.
5. Store covered and refrigerated for up to 3 days.



Green Beans & Cherry Tomato Salad

Serves: 4 | **Prep time:** 15 mins | **Cook time:** 5 mins

Calories	Fats	Carbohydrates	Protein
163 kcal	14 grams	10 grams	2 grams

INGREDIENTS

- 1 lb. (450g) green beans
- 1 cup (150g) cherry tomatoes

For the dressing:

- 1 clove garlic, minced
- ⅓ cup (15g) coriander, chopped
- 2 tbsp. lemon juice
- ¼ cup (60ml) olive oil

INSTRUCTIONS

1. Trim the stem end of the green beans. Bring water to a boil in a large pot, and cook the beans for 3 mins.
2. Drain the green beans and rinse with cold water.
3. Half the cherry tomatoes and place in a salad bowl.
4. Cut the beans into 2 inch. pieces and add to the salad bowl.
5. Mix the dressing ingredients in a food processor. Pulse until a smooth sauce has formed.
6. Add the sauce to the green beans and tomatoes and mix well until coated.
7. Serve immediately as a salad or side dish, or store covered in the fridge for 2-3 days.



Vegan 'Tuna' Salad

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

Calories	Fats	Carbohydrates	Protein
255 kcal	9 grams	35 grams	10 grams

INGREDIENTS

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

INSTRUCTIONS

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



Garlic Zucchini & Tomato Pasta

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

Calories	Fats	Carbohydrates	Protein
276 kcal	7 grams	48 grams	8 grams

INGREDIENTS

- 4 cups (220g) brown rice pasta, cooked
- 2 medium zucchini, spiralized
- 1 tbsp. olive oil
- 1 cup (150g) cherry tomatoes, halved
- 2 cloves garlic, crushed
- 1 tsp. smoked paprika
- chili flakes, to taste
- 2 tsp. parsley dried
- 4 tbsp. vegan parmesan, grated (optional)

INSTRUCTIONS

1. Cook the pasta according to instructions on the packaging.
2. Heat olive oil over medium heat in a pan and sauté the zucchini and cherry tomatoes for 2–3 mins. Season with salt and pepper, add in the crushed garlic and cook for another 2 mins.
3. Add in the cooked pasta and mix well—season with smoked paprika and chili flakes.
4. Divide between bowls and top with vegan parmesan cheese and dried parsley.



Potato & Sundried Tomato Salad

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

Calories	Fats	Carbohydrates	Protein
161 kcal	9 grams	17 grams	4 grams

INGREDIENTS

- 1 lb. (450g) baby potatoes
- 1/2 cup (90g) green olives, halved
- 1/2 cup (70g) sundried tomatoes, drained, roughly chopped
- 2 tbsp. capers, drained
- handful chives, chopped
- 1 tbsp. oil from sundried tomatoes
- 1 tbsp. wholegrain mustard
- 1 tbsp. apple cider vinegar

INSTRUCTIONS

1. Place the potatoes in a pot of salted water and bring to a boil, lower the heat and simmer for about 20 mins.
2. Once cooked, drain and rinse in cold water.
3. Once slightly cooled, peel, halve and place them in a bowl.
4. Add in the olives, sundried tomatoes, capers, and chives.
5. Mix the oil for the tomatoes, mustard, and apple cider vinegar and drizzle over the salad.
6. Season to taste with salt and pepper, mix well and serve.



Wild Rice, Tomato Rocket Balsamic Salad

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

Calories	Fats	Carbohydrates	Protein
288 kcal	9 grams	44 grams	7 grams

INGREDIENTS

- 1 cup (185g) rice
- 160g roasted peppers, drained, chopped
- ¼ cup (30g) roasted almonds, chopped
- 1 cup (150g) cherry tomatoes, halved
- 2 oz. (60g) rocket
- 1 tbsp. balsamic vinegar
- 1 tbsp. olive oil
- 1/2 tsp. chili flakes

INSTRUCTIONS

1. Cook the rice according to instructions on the packaging. Once cooked, place in a large bowl.
2. Add in the peppers, almonds, tomatoes, and rocket.
3. Drizzle with vinegar and oil, add chili flakes—season to taste with salt and pepper and mix until well combined, before serving.



Sweet Potato, Quinoa & Bean Burger

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 55 mins

Calories	Fats	Carbohydrates	Protein
171 kcal	6 grams	22 grams	5 grams

INGREDIENTS

- 1 sweet potato
- 1/3 cup (60g) quinoa, raw
- 14 oz. (400g) can kidney beans, drained
- 1 tsp. rosemary
- 1/2 tsp. chili flakes
- 1 1/2 tbsp. olive oil

INSTRUCTIONS

1. Preheat oven to 410°F (210°C) and cut the sweet potato into 1 inch pieces.
2. Place it in an ovenproof dish, drizzle with 1/2 tbsp. olive oil and season with salt & pepper, rosemary, and chili flakes. Bake for 25–30 mins.
3. Once potatoes are cooked, allow them to cool slightly. Then peel off the skin and mash the flesh with a fork.
4. Add in the drained beans and also mash with a fork.
5. Cook quinoa according to instructions on the packaging.
6. Once cooked, transfer to the mashed beans and potato, season with salt & pepper, and mix well.
7. Using slightly wet hands, form 4 burgers and grease each one with the remaining olive oil.
8. Place on a baking tray lined with tin foil and bake for 20–25 mins in 410°F (210°C).



Curried Tofu Salad

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

Calories	Fats	Carbohydrates	Protein
178 kcal	13 grams	11 grams	6 grams

INGREDIENTS

- 7 oz. (200g) tofu, drained, crumbled
- 2 celery sticks, chopped
- 1 small onion, diced
- ¼ cup (30g) almonds, chopped
- ¼ cup (30g) raisins
- 3 tbsp. vegan mayonnaise
- 1 tsp. curry powder
- 1 tbsp. dill, chopped

INSTRUCTIONS

1. Crumble the tofu into a bowl.
2. Add in the rest of the ingredients, season with salt & pepper, and stir well to combine.
3. Store in the fridge for up to 4-5 days.





Roasted Miso Potatoes

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

Calories	Fats	Carbohydrates	Protein
220 kcal	6 grams	38 grams	4 grams

INGREDIENTS

- 21 oz. (600g) sweet potato
- 1 tbsp. olive oil
- handful coriander, chopped
- 2 tbsp. almonds, chopped

For the sauce:

- 2 tbsp. white miso paste
- 1 tbsp. rice vinegar
- 1 tbsp. maple syrup
- 2 tsp. sriracha
- 1 tbsp. soy yogurt

INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. Wash the potatoes and cut them into wedges.
3. Place them on a baking tray and drizzle with olive oil.
4. Season with salt & pepper.
5. Cook for 30 mins or until soft and charred.
6. In the meantime, combine all the sauce ingredients in a small bowl.
7. Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.



Roasted Sweet Potato, Kale & Quinoa Salad

Serves: 4 | **Prep time:** 20 mins | **Cook time:** 40 mins

Calories	Fats	Carbohydrates	Protein
224 kcal	8 grams	33 grams	6 grams

INGREDIENTS

- 2 medium sweet potatoes, chopped into cubes
- 2 tbsp. olive oil
- 1/2 cup (85g) quinoa, uncooked
- 1 red onion, cut into wedges
- 2 cloves garlic, minced
- 1 bunch curly kale, de-stemmed and torn into pieces
- 2 tbsp. balsamic vinegar
- 1 tsp. thyme

INSTRUCTIONS

1. Preheat oven to 400°F (200°C).
2. Place sweet potatoes in baking dish and drizzle with oil.
3. Season to taste with salt and pepper.
4. Bake in the oven for 25–30 mins until tender.
5. Cook quinoa according to instructions on the packaging. Once cooked, set aside to cool.
6. Heat 1 tbsp. of oil in a large skillet over medium heat.
7. Cook the onion and garlic, for about 10 mins.
8. Stir in the kale and continue cooking until wilted.
9. Transfer the kale to a large bowl and set aside to cool.
10. Once cooled, add in the sweet potatoes and quinoa. Drizzle with balsamic vinegar and season to taste.
11. Stir to combine and serve.



Red Sweet Potato Curry

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 35 mins

Calories	Fats	Carbohydrates	Protein
459 kcal	18 grams	62 grams	13 grams

INGREDIENTS

- 2 tsp. coconut oil
- 1 white onion, diced
- 2 cloves garlic, minced
- 4 tbsp. Thai red curry paste
- 2 sweet potatoes, peeled and diced
- 14oz. (400g) can chopped tomatoes
- 1 cup (240ml) vegetable stock
- ¼ cup (65g) smooth natural peanut butter
- 1/2 cup (120ml) canned coconut milk, light
- juice of 1 lime
- 3 cups (480g) cooked white rice
- ¼ cup (30g) peanuts, chopped
- handful coriander, chopped

INSTRUCTIONS

1. Heat the coconut oil over medium heat in large pan.
2. Add the onion and cook for around 5 mins until soft.
3. Next add the garlic and red curry paste and stir well.
4. Add the sweet potatoes, chopped tomatoes, vegetable broth, and season with salt and pepper.
5. Bring to a boil, then reduce to medium-low and simmer for 30 to 35 mins until the sweet potatoes are tender.
6. Whisk the peanut butter and coconut milk. Pour into the pan and stir well to combine.
7. Remove from the heat, squeeze in lime juice and serve with cooked rice, chopped peanuts and coriander.



Veg & Tahini Tray Bake

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 35 mins

Calories	Fats	Carbohydrates	Protein
260 kcal	13 grams	26 grams	11 grams

INGREDIENTS

- 1 onion, sliced
- 1 zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup (265g) chickpeas, drained
- 1 tbsp. olive oil
- 3 tbsp. tahini
- 1 lemon, juice only
- 3 tbsp. almond milk
- 1 tbsp. sesame seeds
- handful coriander, chopped

INSTRUCTIONS

1. Preheat oven to 190°C (375°F).
2. Place the chopped vegetables in a baking tray, drizzle with olive oil and season with salt and pepper.
3. Mix well and cook in the oven for 35 mins or until vegetables are cooked.
4. In a small bowl, mix the tahini, lemon juice, milk, and sesame seeds, then set aside.
5. Once vegetables are cooked, mix them with the tahini sauce and serve with fresh coriander.



Tempeh Bolognese

Serves: 4 | **Prep time:** 10 mins | **Cook time:** 45 mins

Calories	Fats	Carbohydrates	Protein
413 kcal	10 grams	62 grams	19 grams

INGREDIENTS

- 8 oz. (225g) penne, uncooked
- 1 tbsp. olive oil
- 3 cloves garlic, minced
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 7 oz. (200g) tempeh, crumbled
- 14 oz. (400g) can chopped tomatoes
- 2 tbsp. tomato puree
- 1 tbsp. apple vinegar
- 1 tsp. mixed herbs
- fresh basil, for serving

INSTRUCTIONS

1. Cook pasta according to instructions on the packaging.
2. Heat olive oil over medium-high heat in a large pan.
3. Add garlic and onion and sauté until fragrant, for about 3-4 mins.
4. Add in bell pepper and crumbled tempeh and sauté for another 5 mins.
5. Reduce heat to medium-low and add chopped tomatoes, tomato puree, vinegar and mixed herbs – season with salt and pepper.
6. Bring to boil and let it simmer for 5-6 mins or until heated through.
7. To serve, divide pasta and Bolognese between plates and garnish with basil.



Tofu Pad Thai

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

Calories	Fats	Carbohydrates	Protein
469 kcal	18 grams	68 grams	15 grams

INGREDIENTS

For the sauce:

- ¼ cup (60ml) tamari
- ¼ cup (60ml) maple syrup
- 3 tbsp. water
- 2 tbsp. rice vinegar
- 2 tbsp. peanut butter
- 1 tbsp. sriracha

For the tofu:

- 7 oz. (200g) firm tofu, cubed
- 1 tbsp. flour
- 1 tbsp. coconut oil

For the Pad Thai:

- 8 oz. (225g) thick rice noodles
- 1 tbsp. coconut oil
- 2 shallots, chopped
- 2 large carrots, sliced into ribbons or matchsticks
- 3 cloves garlic, minced
- 2 handfuls bean sprouts
- 3 spring onions, sliced (green part)
- ¼ cup (30g) peanuts, chopped, to serve
- 1 lime, cut into wedges



INSTRUCTIONS

1. Mix all the sauce ingredients in a bowl and set aside.
2. In a bowl, toss the tofu with flour and season with salt making sure all sides are coated and set aside.
3. Cook the noodles in boiling water.
4. Heat the coconut oil in a wok or large skillet over medium-high heat.
5. Add the prepared tofu and cook for 1-2 mins until brown.
6. Remove from heat and set aside.
7. Now add the shallots, carrots, and garlic to the wok.
8. Stir fry for 1-2 mins until softened, add in the earlier prepared sauce and noodles, and cook for 1 minute.
9. Add in the tofu and bean sprouts, and gently mix.
10. Remove from heat and top with the green part of the spring onions.
11. Serve with peanuts and lime wedges.

PRESSING TOFU:

1. Wrap a block of tofu in a few paper towels and place it on a plate.
2. Place a cast-iron skillet on top (or something heavy) and let it drain for about 15 mins or more. Pat dry to remove excess moisture on the surface.





Quick Vegetable Stir Fry

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

Calories	Fats	Carbohydrates	Protein
273 kcal	8 grams	45 grams	6 grams

INGREDIENTS

For the sauce:

- 1 tbsp. tahini
- 1 tbsp. toasted sesame oil
- 1 tsp. white miso paste
- 1 lime juiced

For the stir-fry:

- 6 ½ oz. (180g) rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralized
- 1 zucchini, spiralized
- 1/2 cup green peas, frozen
- 1 tbsp. sesame seeds
- coriander, to serve

INSTRUCTIONS

1. Mix all the sauce ingredients.
2. Cook noodles in boiling water.
3. Spiralized the carrot and zucchini. If you don't have a spiralizer, grate them instead.
4. Heat 1 tsp. of sesame oil in a skillet over medium heat.
5. Add the carrot and zucchini and cook for 3-4 mins.
6. Add in the green peas, sesame seeds, and noodles.
7. Mix well and cook for another 3-4 mins.
8. Add in the sauce and cook for a final 2-3 mins until warmed through. Then serve with fresh coriander.



Roasted Aubergine and Tomato Stew

Serves: 4 | **Prep time:** 5 mins | **Cook time:** 50 mins

Calories	Fats	Carbohydrates	Protein
260 kcal	9 grams	34 grams	10 grams

INGREDIENTS

- 2 tbsp. olive oil
- 2 medium aubergines, cut into bite-size pieces
- 2 cups (330g) cherry tomatoes
- 14oz. (400g) can chopped tomatoes
- 14oz. (400g) can chickpeas, drained
- 1 medium onion, chopped
- 2 cloves garlic, chopped
- 4 tbsp. tomato puree
- 1 tbsp. apple cider vinegar
- 2 tsp. mixed herbs
- handful parsley, chopped

INSTRUCTIONS

1. Pre-heat the oven to 400°F (200°C).
2. Place the cut aubergine into a baking dish and drizzle with 1 tbsp. olive oil and season with salt.
3. Cook in the oven for 40 mins until soft.
3. Fry the onion and garlic for 5-6 mins until soft—then add in the mixed herbs, tomato puree, and cook for 2 mins.
4. Add the chopped tomatoes, vinegar, chickpeas, and cherry tomatoes.
5. Bring to boil, then reduce heat and simmering until the aubergine is ready.
6. Once the aubergine is soft, add into the tomato sauce and mix well. Serve with rice and chopped parsley.



Spicy Cauliflower & Chickpea Rice Bowl

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

Calories	Fats	Carbohydrates	Protein
380 kcal	11 grams	57 grams	13 grams

INGREDIENTS

- 1 medium cauliflower, broken into florets
- 14 oz. (400g) can chickpeas, drained
- 1 tbsp. olive oil
- 3 cups cooked rice

For the sauce:

- 2 tbsp. sriracha
- 2 tbsp. tamari
- 1 tbsp. maple syrup
- 2 tsp. apple cider vinegar
- 2 tsp. fresh ginger, minced
- 2 cloves garlic, minced
- 1 tsp. sesame oil
- 2 green onions, chopped
- ¼ cup (30g) peanuts, chopped

INSTRUCTIONS

1. Preheat oven to 230°C (450°F).
2. Break the cauliflower into bite-size florets and place them on the tray along with drained chickpeas.
3. Drizzle with olive oil and season to taste with sea salt and pepper—bake in the oven for 20 mins.
4. Mix all the sauce ingredients in a small bowl.
5. Add the roasted cauliflower and chickpeas to the sauce.
6. Turn up the oven temperature to broil, return the tray into the oven and cook for about another 5 mins.
7. Remove from the oven divide between bowls and serve with a portion of rice.



Roasted Miso Potatoes

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

Calories	Fats	Carbohydrates	Protein
220 kcal	6 grams	38 grams	4 grams

INGREDIENTS

- 21 oz. (600g) sweet potato
- 1 tbsp. olive oil
- handful coriander, chopped
- 2 tbsp. almonds, chopped

For the sauce:

- 2 tbsp. white miso paste
- 1 tbsp. rice vinegar
- 1 tbsp. maple syrup
- 2 tsp. sriracha
- 1 tbsp. soy yogurt

COOKING INSTRUCTIONS

1. Preheat oven to 425°F (220°C).
2. Wash the potatoes and cut them into wedges.
3. Place wedges on a tray and drizzle with olive oil.
4. Cook for 30 mins or until soft and charred.
5. Combine all the sauce ingredients in a small bowl.
6. Once potatoes are cooked, arrange them on a serving dish, drizzle with the sauce and top with chopped almonds and coriander.



Sweet Potato & Bean Bake

Serves: 4 | **Prep time:** 30 mins | **Cook time:** 75 mins

Calories	Fats	Carbohydrates	Protein
361 kcal	17 grams	44 grams	9 grams

INGREDIENTS

- 2 large sweet potatoes, peeled
- 2x 14 oz. (400g) cans black beans, drained
- 7 oz. (200g) vegan cheese, grated
- handful parsley, chopped

For the sauce:

- 1 tbsp. olive oil,
- 1 onion, diced
- 3 cloves garlic, minced
- 1 tsp. ground cumin, more to season layers
- 2 tsp. smoked paprika, more to season layers
- 1 tsp. mixed herbs, more to season layers
- 14 oz. (400g) can chopped tomatoes
- ¼ cup (60ml) tomato puree

INSTRUCTIONS

1. Heat the olive oil in a large pan over medium-high heat.
2. Add the diced onion and garlic and fry until fragrant, 3-4 mins.
3. Add in the spices and herbs and cook for another minute, stirring.
4. Add in the chopped tomatoes and tomato puree, and season with salt and pepper to taste.
5. Bring to boil and then reduce heat to low and simmer for 15-20 mins until the sauce is reduced and thickens.
6. Preheat the oven to 355°F (180°C).

7. Spread half of the tomato at the bottom of a baking dish.
8. Slice the sweet potatoes into 0.1" (3mm) thin slices and try to make each slice the same thickness.
9. Place a layer of sweet potato on the tomato sauce overlapping slightly—season with salt, herbs, and smoked paprika.
10. Next, spread 1 can of black beans on top of the potato.
11. Follow with another layer of sweet potato, and season with salt, herbs, and smoked paprika.
12. Spread the second can of black beans followed with a third layer of sweet potato. Again season with salt, herbs, and smoked paprika.
13. Finally, top with the remaining tomato sauce. Cover with a piece of tin foil and bake for about 40–50 mins, until the sweet potato is cooked through.
14. Sprinkle with grated vegan cheese and bake without cover for another 10–15 mins, until the cheese has melted.

