



JUNE RECIPE PACK

2

*Discover the best healthy recipes, including
breakfasts, lunches, dinners and snacks.*

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RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Protein Orange & Yogurt Pancakes

LUNCH

Kale & Broccoli Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Baked Salmon Tray with Rice & Tomatoes

TUESDAY

BREAKFAST

Protein Orange & Yogurt Pancakes

LUNCH

Kale & Broccoli Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Leftover Baked Salmon Tray with Rice & Tomatoes

WEDNESDAY

BREAKFAST

Sweetcorn Fritters

LUNCH

Smoked Salmon & Strawberry Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Mexican Fried Chicken

THURSDAY

BREAKFAST

Very Berry Protein Smoothie

LUNCH

Spinach, tomato & Feta Stuffed Crepes

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Leftover Mexican Fried Chicken

FRIDAY

BREAKFAST

Sweetcorn Fritters

LUNCH

Smoked Salmon & Strawberry Salad

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Creamy Vegan Sundried Tomato Pasta

SATURDAY

BREAKFAST

Zoodles with Quinoa & Poached Egg

LUNCH

Spinach, tomato & Feta Stuffed Crepes

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

Zoodles with Quinoa & Poached Egg

LUNCH

Very Berry Protein Smoothie

SNACK

E.g. Very Berry Protein Smoothie, Mocha Truffles, Protein Banana Soft Serve

DINNER

Leftover Creamy Vegan Sundried Tomato Pasta



**PROTEIN ORANGE
& YOGURT PANCAKES**

PROTEIN ORANGE & YOGURT PANCAKES



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
259 kcal
12g Fats
48g Carbs
18g Protein



WHAT YOU NEED

- 2 eggs
- 8 tbsp. (160g) natural yogurt
- 2 tsp. coconut sugar
- 2 tsp. orange peel
- 2 tsp. vanilla extract
- 8 tbsp. (120g) spelt flour
- 1 tsp. baking powder
- 1 tsp. coconut oil, melted
- orange slices, to serve

WHAT YOU NEED TO DO

Mix the egg, yogurt, sugar and orange peel. Fold in the flour and baking powder and mix well until smooth. Lastly, add in the melted coconut oil and mix again.

Fry the pancakes on a dry non-stick pan over low-medium heat until golden brown.

Serve with slices of orange and fresh berries.

PRO TIP:

- If avoiding dairy, swap natural yogurt for soy or coconut yogurt.
- Spice up your pancakes with cinnamon or cardamom for a fiery kick





SWEETCORN FRITTERS

QUICK SWEETCORN FRITTERS



Makes: 9
Prep: 10 mins
Cook: 10 mins



Nutrition per
fritter:
56 kcal
4g Fats
5g Carbs
1g Protein



WHAT YOU NEED

- 2/3 cup (170g) sweetcorn, canned
- 2 spring onions, sliced
- handful coriander
- 4 tbsp. (30g) buckwheat flour
- ½ tsp. paprika
- 2 tbsp. olive oil
- 1 tbsp. water
- 1 tbsp. lime juice

WHAT YOU NEED TO DO

Add ¾ drained sweetcorn, spring onions, coriander, flour and paprika, 1 tbsp. olive oil, water and lime juice to a food processor. Season with salt and pepper and blend until chunky.

Stir the remaining sweetcorn into the mixture.

Heat the remaining 1 tbsp. of oil in a pan and scoop in the mixture (about 2 spoonful's per fritter). Cook on medium heat for about 5 mins each side, until golden brown.



A close-up photograph of a bowl of food. The bowl contains a base of cooked quinoa, topped with spiralized zucchini (zoodles), halved cherry tomatoes, and a poached egg. The egg is garnished with a sprinkle of red spices and a drizzle of yellow oil. The bowl is light-colored and sits on a patterned placemat.

**ZOODLES WITH QUINOA
& POACHED EGG**

ZOODLES WITH QUINOA & POACHED EGG



Serves: 2
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
347 kcal
15g Fats
38g Carbs
15g Protein



WHAT YOU NEED

- 1 ½ cup (280g) cooked quinoa
- 1 tbsp. coconut oil
- 2 garlic cloves, crushed
- 2 medium zucchinis, spiralized
- 12 cherry tomatoes, halved
- 1 tsp. oregano or mixed herbs
- 2 medium poached eggs
- chilli flakes, to taste

WHAT YOU NEED TO DO

Divide the cooked quinoa onto 2 plates.

Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 mins then add the zucchini noodles (zoodles), cook for another 3-4 mins stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.

On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 mins. Season with salt, pepper and oregano. Add to the quinoa and zoodles.

To serve, top the zoodles with a poached egg and season with chilli flakes and freshly ground black pepper.





**SMOKED SALMON &
STRAWBERRY SALAD**

SMOKED SALMON & STRAWBERRY SALAD



Serves: 2
Prep: 5 mins
Cook: 0 mins



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



WHAT YOU NEED

For the salad:

- 4 handfuls lamb's lettuce or rocket, or mix
- 3.5 oz. (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

WHAT YOU NEED TO DO

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

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



A top-down view of a white ceramic bowl filled with a vibrant salad. The salad consists of bright green broccoli florets, dark green kale leaves, and small pieces of red cranberries. It is garnished with sliced almonds and a light-colored dressing. The bowl sits on a white and brown striped placemat. A silver fork is visible to the right of the bowl. A semi-transparent white rectangular box is centered over the bowl, containing the text 'KALE & BROCCOLI SALAD' in bold black letters.

KALE & BROCCOLI SALAD

KALE & BROCCOLI SALAD



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
370 kcal
20g Fats
42g Carbs
17g Protein



WHAT YOU NEED

For the salad:

- ½ head broccoli
- 1 tbsp. olive oil
- 1 ¼ cup (125g) kale
- 1 ¼ cup (125g) mixed salad leaves
- scant ¼ cup (30g) raisins
- ¼ cup (30g) almonds, roasted, chopped

For the dressing:

- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. almond butter

WHAT YOU NEED TO DO

Preheat oven to 400F (200C).

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 mins until soft, add the kale in the last 10 mins of cooking, then remove from the oven.

Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.

Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.



**SPINACH, TOMATO &
FETA STUFFED CREPES**



SPINACH, TOMATO & FETA STUFFED CREPES



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
356 kcal
20g Fats
26g Carbs
18g Protein



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WHAT YOU NEED

For the crepes:

- 1 cup (125g) flour, wheat
- 2 large eggs
- 1 cup (240ml) milk, plant or normal
- 3/4 cup (180ml) water, sparkling is best
- pinch of salt
- 3 tbsp. coconut oil

For the filling:

- 9 oz. (250g) spinach
- 1 tsp. coconut oil
- 1 garlic clove, crushed
- 1 tsp. oregano
- 1 1/8 cup (150g) feta cheese, light
- 1/4 cup (30g) sundried tomatoes, drained

NOTE:

- The crepe recipe makes about 10-12 crepes, so you can store some for later and try different fillings or simply just half the amount of the crepes ingredients.
- The serving size is 2 stuffed crepes per portion.

WHAT YOU NEED TO DO

Mix the flour, eggs, milk, water and salt in a bowl until a smooth dough forms. Add the melted coconut oil and mix again (adding fat to the mixture means you will not need any during the frying process).

Fry crepes on a well-heated non-stick pan with a thin bottom. Turn over to the other side when the bottom of the crepe is nicely browned, and bubbles appear on the surface.

For the filling (for 6 crepes):

Place the spinach in a large frying pan or pot, and stirring it often until it wilts. Transfer onto a plate.

In the same pan heat the coconut oil and add the pressed garlic. Fry for 1-2 mins until slightly brown.

Transfer the spinach back into the pan and allow to heat up. Season with salt and pepper and oregano. Cut the feta cheese into cubes and roughly chop the sundried tomatoes.

To assemble the crepes, divide the spinach, feta and tomatoes evenly over the top of the crepes, then roll and repeat with the rest of the filling. Serve straight away or store in the fridge until required.



A top-down view of a glass baking tray filled with a baked salmon tray. The tray contains several pieces of salmon fillet, each topped with a slice of lemon. The salmon is served over a bed of white rice. The dish is garnished with fresh cherry tomatoes and basil leaves. The tray is placed on a light-colored wooden surface with a brown and white checkered napkin underneath.

**BAKED SALMON TRAY
WITH RICE & TOMATOES**

BAKED SALMON TRAY WITH RICE & TOMATOES



Serves: 4
Prep: 5 mins
Cook: 30 mins



Nutrition per serving:
476 kcal
19g Fats
44g Carbs
31g Protein



WHAT YOU NEED

- 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
- 7/8 cup (200g) jasmine rice
- 1 cup (150g) cherry tomatoes
- handful basil leaves
- 4 tbsp. natural yoghurt, 0% fat

Spices:

- 2 tsp. paprika
- 1/2 tsp. curry
- 1 tsp. oregano
- pinch of chilli flakes

WHAT YOU NEED TO DO

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. olive oil and 2 tbsp. of lemon juice, mix everything and cover the salmon.

Preheat oven to 400F (200C).

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.

Place the salmon fillets on top of the rice, add the cherry tomatoes and basil leaves, then sprinkle with chilli flakes.

Top salmon with lemon slices, and drizzle over the remaining marinade and bake in the preheated oven for 15 minutes.

Serve with a dollop of natural yoghurt.





MEXICAN FRIED RICE

MEXICAN FRIED RICE



Serves: 4
Prep: 10 mins
Cook: 25-30 mins



Nutrition per serving:
360 kcal
16g Fats
32g Carbs
24g Protein



WHAT YOU NEED

- 7 oz. (300g) chicken breast
- 2 cloves garlic, crushed
- scant ½ cup (100g) rice
- 2 tbsp. coconut oil
- 1/2 red onion, chopped
- 1 red pepper, diced
- 3/8 cup (100g) sweetcorn, drained
- ½ cup (100g) red kidney beans, drained
- 1 tomato, peeled, chopped
- 1 avocado, stone removed, flesh diced
- 1 tbsp. lime
- ½ chilli, chopped
- handful coriander, chopped

Spices:

- 1 tsp. oregano
- 1 tsp. paprika
- 1 tsp. ground cumin
- 1/2 tsp. chilli flakes

WHAT YOU NEED TO DO

Chop the chicken into cubes, season with salt, pepper, spices and crushed garlic.

Cook the rice according to the instructions on the packaging, drain, and transfer onto a plate and to cool.

Heat the oil in the pan over medium-high heat, and fry the chicken for about 3-4 minutes. Add in the chopped onion and diced peppers and continue to cook for another 3-4 minutes.

Next add the drained corn, beans and the cooked rice, mix well and cook for another 2 minutes.

Remove from the heat, and add the peeled and diced tomato, mix.

To serve, divide the rice between plates, top with avocado, drizzle with lime juice, and sprinkle with chopped chilli and coriander.

PRO TIP:

- To easily peel the tomato, pour boiling water over it for about 1 min, the skin will then easily come off.



A close-up photograph of a white ceramic bowl filled with a pasta dish. The pasta is coated in a thick, creamy, orange-red sauce, likely made with sundried tomatoes. The pasta is garnished with several fresh green basil leaves. The bowl is set on a light-colored, textured surface, possibly a tablecloth or placemat. The background is softly blurred, showing more of the same textured surface.

**CREAMY VEGAN
SUNDRIED TOMATO PASTA**

CREAMY VEGAN SUNDRIED TOMATO PASTA



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving:
455 kcal
16g Fats
43g Carbs
11g Protein



WHAT YOU NEED

- 2 cups (200g) brown rice pasta

For the sauce:

- 1 cup (100g) sundried tomatoes, drained
- 2/3 cup (100g) roasted almonds
- 2 tbsp. tomato puree
- 1 tbsp. balsamic vinegar
- 2 garlic cloves
- 1 ¼ cup (300ml) almond milk, unsweetened
- 1 tsp. mixed herbs

WHAT YOU NEED TO DO

Cook the pasta according to instructions on the packaging.

Place all the sauce ingredients into a food processor and blend until smooth. Add more milk or water if needed to reach a sauce-like consistency.

Pour the sauce over the pasta and heat for about 4-5 mins over medium-low heat.

Serve with freshly ground black pepper.



A photograph of several round, brown mocha truffles arranged in a line on a dark blue slate board. One truffle in the foreground is cut in half, revealing a dark, layered interior. The background is a light-colored wooden surface.

MOCHA TRUFFLES

MOCHA TRUFFLES



Makes: 10
Prep: 10 mins
Chill: 2 hrs



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



WHAT YOU NEED

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

WHAT YOU NEED TO DO

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

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

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

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

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





**BANANA PROTEIN
SOFT SERVE**

BANANA PROTEIN SOFT SERVE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
188 kcal
3g Fats
31g Carbs
13g Protein



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WHAT YOU NEED

- 2 medium bananas, sliced, frozen
- 4 tbsp. vanilla or natural yoghurt
- 1 scoop (25g) vanilla whey or pea protein
- ½ tsp. cinnamon
- berries, to serve

WHAT YOU NEED TO DO

Place all ingredients in a food processor or high-speed blender and blitz until smooth and creamy, about 2-3 mins.

Divide between two bowls, top with berries and enjoy.





**VERY BERRY
PROTEIN SMOOTHIE**

VERY BERRY PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
155 kcal
3g Fats
21g Carbs
14g Protein



WHAT YOU NEED

- 1 ½ cups (350ml) almond milk, unsweetened
- 1 scoop (25g) vanilla whey or pea protein
- 1 cup (150g) strawberries, frozen
- 1 cup (100g) blueberries, frozen
- ½ cup (60g) raspberries, frozen
- ½ cup (75g) blackberries, frozen

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smoothie. Serve straight away.

