

# SEPTEMBER RECIPE PACK

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Discover 12 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.



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#### RECIPE KEY

Look for these helpful icons throughout the file.

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



# **WEEKLY MEAL PLANNER**

Chips

				EA.		MENTAL TO THE STATE OF
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST  Post-Workout Orange Banana Smoothie	BREAKFAST  High Protein Blueberry Pancakes	BREAKFAST  Egg. Bacon & Avocado Bowl	BREAKFAST  Post-Workout Orange Banana Smoothie	BREAKFAST  Egg & Turkey Stuffed Peppers	BREAKFAST  Egg & Turkey Stuffed Peppers	BREAKFAST  Strawberry Protein Muffins
LUNCH  Healthy Coronation Chicken	LUNCH Tuna & Quinoa Toss Salad	LUNCH  Healthy Coronation Chicken	LUNCH Tuna & Quinoa Toss Salad	LUNCH Grilled Lemon chicken Salad	LUNCH Leftover Grilled Lemon chicken Salad	LUNCH Leftover Egg & Turkey Stuffed Peppers
SNACK  E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK  E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK  E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK  E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK  E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK  E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff	SNACK  E.g. Strawberry Protein Muffins, Post-Workout Orange Banana Smoothie, PB Protein Fluff
DINNER Chicken Orange Stir Fry	DINNER  Leftover Chicken Orange Stir Fry	DINNER Simple chili & Sweet Potato	DINNER  Leftover Simple chili & Sweet	DINNER Salmon & Couscous Salad	<b>DINNER</b> Meal Out - Enjoy!	DINNER Leftover Salmon & Couscous Salad

Potato Chips

# **WEEKLY SHOPPING LIST**

### **FRUIT & VEGETABLES**

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

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

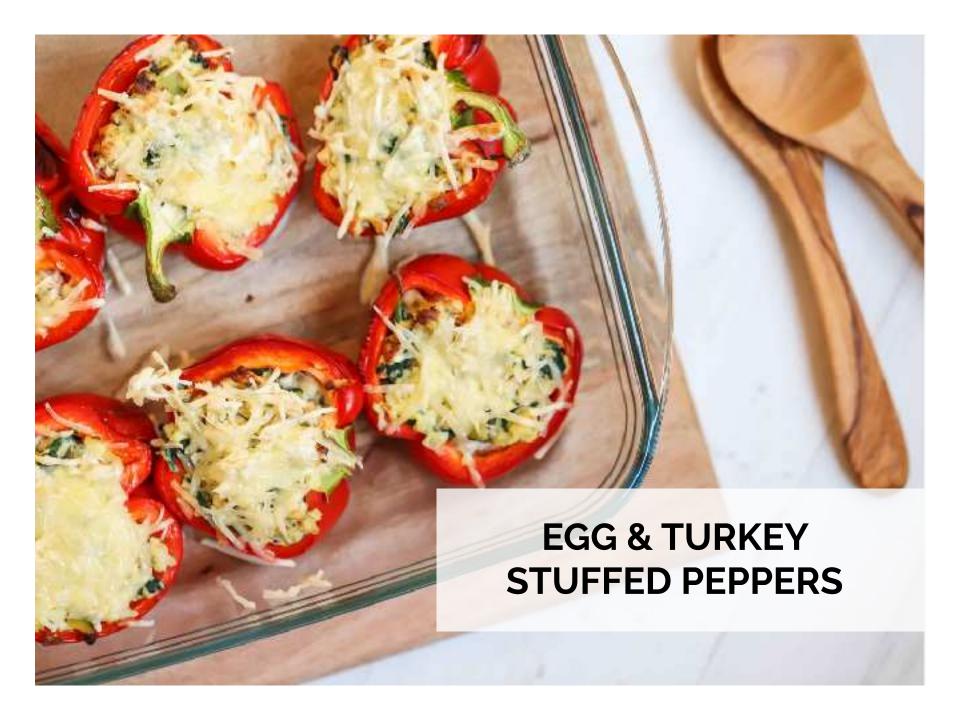
### **CANS, CONDIMENTS & MISC**

Oils

Fresh	Fish & Seafood
1x white onion	<ul><li>2x salmon fillets</li></ul>
○ 1x red onion	Meats
bag of spinach	○ 1 lb. (450g) lean ground turkey
○ 5x red bell peppers	o bacon medallions
○ 3x banana	○ 5 oz. (150g) cooked chicken
<ul><li>blueberries</li></ul>	0 2 1/3 lb. (1kg) chicken breasts
2x avocados	0 1 lb. (450g) lean ground beef
<ul><li>celery sticks</li></ul>	Dairy
○ 4x lemons	O cheese (block or grated)
garlic	O greek yoghurt
<ul><li>bunch asparagus</li></ul>	onon-fat Greek yogurt
1x green onions	O feta
<ul><li>cucumber</li></ul>	Non-Dairy
<ul><li>box of cherry tomatoes</li></ul>	○ 17x eggs
iceberg lettuce	○ 2x almond milk
○ 3x orange	0
snap/mangetout peas	0
○ 1x carrot	
3x sweet potatoes	
<ul><li>box strawberries</li></ul>	
○ Herbs	
Oparsley	
○ coriander	0
0	0
0	0
0	0
0	0

Grains
O quinoa
○ couscous
<ul><li>buckwheat flour</li></ul>
oat flour
Obrown rice
Spices
○ oregano
O cumin
ocurry powder
ogarlic powder
Onion powder
O chili flakes
○ cinnamon
Nuts & Seeds
Nuts & Seeds sesame seeds
osesame seeds
sesame seeds  Dried
o sesame seeds  **Dried** O apricots**
o sesame seeds  **Dried** O apricots**
o sesame seeds  **Dried** O apricots**
sesame seeds  Dried apricots coconut flakes

ococonut oil
O olive oil
Cans & Condiments
<ul><li>mayonnaise</li></ul>
<ul><li>white wine vinegar</li></ul>
ored wine vinegar
O Dijon mustard
Chickpeas
2x can tuna
omarmalade (low sugar)
O soy sauce
○ siracha
<ul><li>chopped tomatoes</li></ul>
opeanut butter
Sweeteners
<ul><li>Sweeteners</li><li>maple syrup</li></ul>
o maple syrup
<ul><li>maple syrup</li><li>stevia</li></ul>
<ul><li>maple syrup</li><li>stevia</li><li>Other</li></ul>
<ul><li>maple syrup</li><li>stevia</li><li><i>Other</i></li><li>vanilla protein powder</li></ul>
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### **EGG & TURKEY STUFFED PEPPERS**









#### WHAT YOU NEED

- 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
- ½ cup (50g) cheese (dairy or plant-based)
- parsley, chopped to serve

#### WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Beat the eggs, egg whites and milk, then set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and cook for 3 mins until softened and browned.

Add in the turkey, oregano and cumin, season with salt and pepper. Cook until meat is cooked through, about 5 mins. Then add the spinach, and mix until it wilts about 2 mins.

Increase the heat and add in the eggs. Pull the eggs across the skillet with a spatula. Repeat for about 3 mins until eggs are cooked. Then set aside.

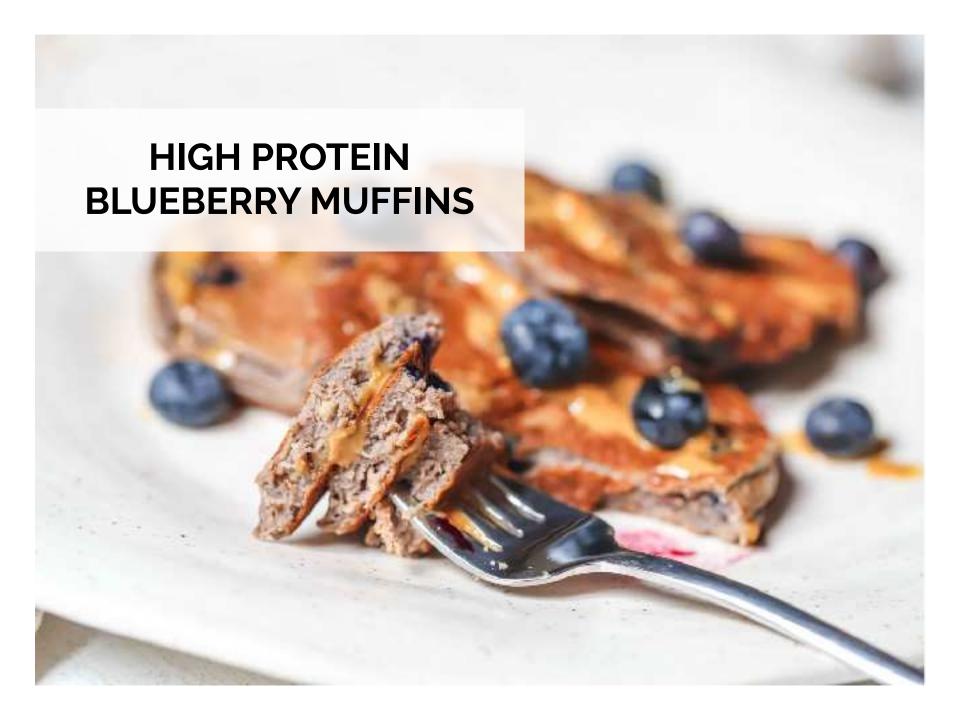
Cut the peppers horizontally and remove the seeds, then stuff with the scrambled eggs and turkey.

Place the peppers in a baking dish and sprinkle them with grated cheese.

Bake in the oven for 15 mins, until cheese, has melted and the edges have browned.

To serve sprinkle with chopped parsley.





# HIGH PROTEIN BLUEBERRY PANCAKES









#### WHAT YOU NEED

- 1/4 cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla whey powder
- 1/2 banana, mashed
- almond milk, if needed
- 1/4 cup (25g) fresh or frozen blueberries
- ½ tsp. coconut oil

#### WHAT YOU NEED TO DO

Whisk together the egg whites and protein powder.

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.

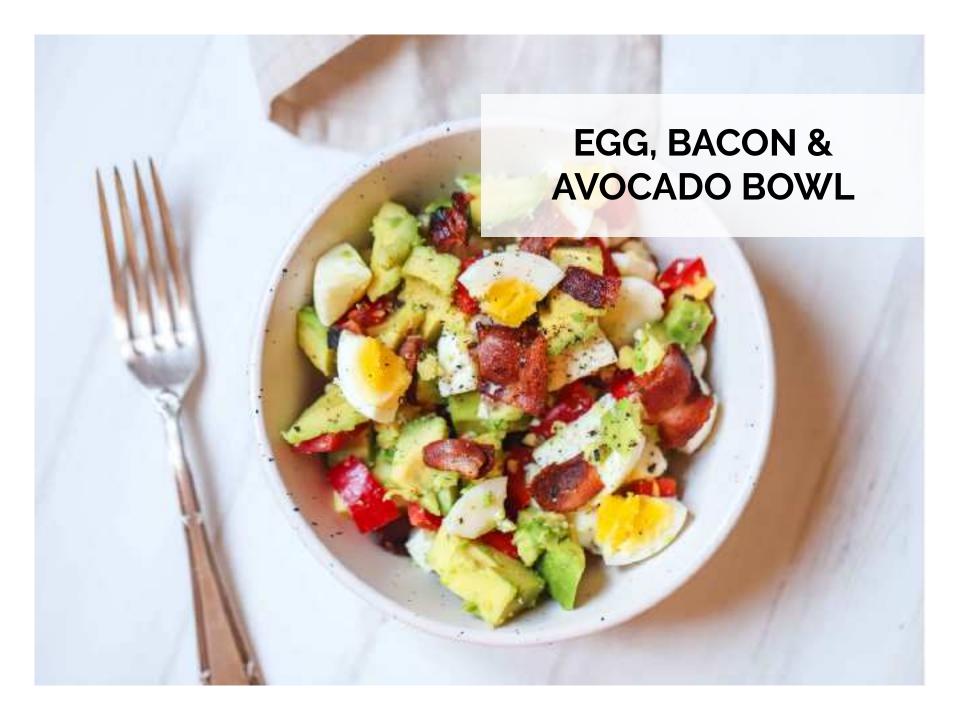
Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.





# EGG, BACON & AVOCADO BOWL





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





#### WHAT YOU NEED

- 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

### WHAT YOU NEED TO DO

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

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

Season with salt and pepper to serve.





# **HEALTHY CORONATION CHICKEN SALAD**









#### WHAT YOU NEED

- 1 tbsp. mayonnaise
- 2 tbsp. Greek yoghurt (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

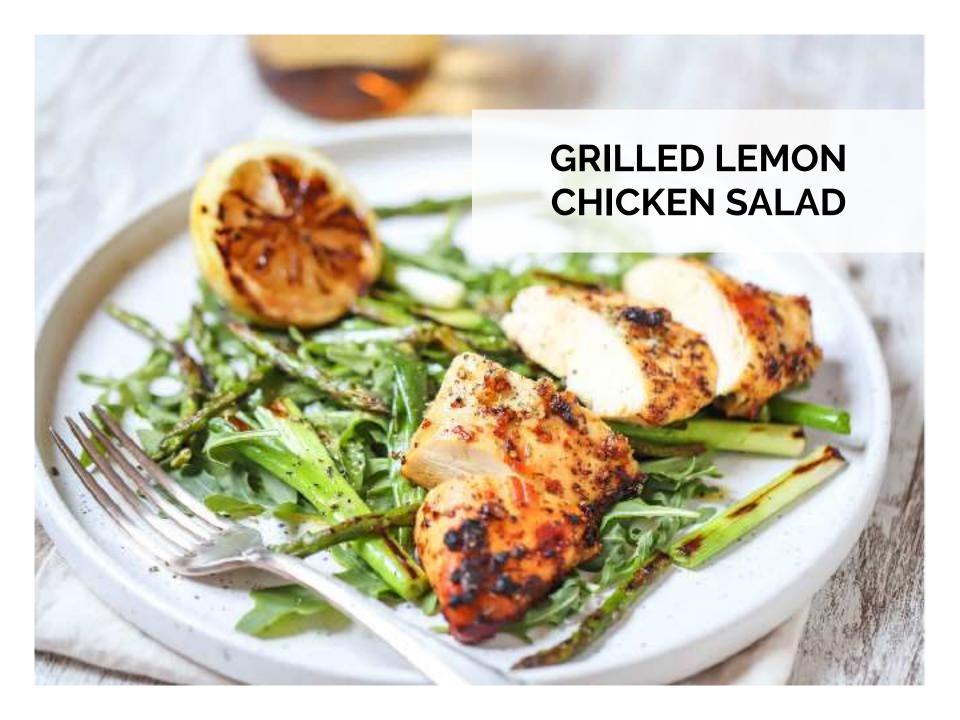
#### WHAT YOU NEED TO DO

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

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

Serve with a side salad or as a sandwich filling.





# GRILLED LEMON CHICKEN SALAD



Cook: 30 mins

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





#### WHAT YOU NEED

- 2 lemons
- 11/2 tbsp. oregano
- 11/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 11/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

#### WHAT YOU NEED TO DO

Heat oven to 400F (200C).

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

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

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

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.





### **TUNA & QUINOA TOSS SALAD**









#### WHAT YOU NEED

### For the Dressing:

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

#### For the Salad:

- 1 cup (185g) cooked quinoa
- 1/4 cup (50g) chickpeas, rinsed and drained
- 1/2 cucumber, chopped
- 1 tbsp. crumbled feta cheese
- 10 cherry tomatoes, halved
- 2 cans tuna (7 oz./200g drained)

#### WHAT YOU NEED TO DO

Cook quinoa according to instructions on the packaging.

Combine the dressing ingredients in a small bowl. Combine quinoa and the remaining ingredients in a bowl.

Drizzle with the earlier made dressing and toss gently to coat.





### **SALMON & COUSCOUS SALAD**









#### WHAT YOU NEED

#### 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
- 1/2 red onion, chopped
- 10 cherry tomatoes, chopped
- 2 tbsp. feta cheese

### For the Dressing:

- 1 tbsp. olive oil
- 1 tbsp. fresh lemon juice
- ½ tsp. Dijon mustard
- ½ tsp. maple syrup or honey (optional)
- Sea salt and pepper, to taste

#### WHAT YOU NEED TO DO

Preheat oven to 400F (200C). Rub the salmon with olive oil and season with salt and pepper.

Place salmon skin-side down on a baking tray, and pour the lemon juice over the top. Roast for 10-12 minutes, until cooked through.

In the meantime, make the dressing by whisking together all the ingredients.

Prepare the salad by dividing the iceberg lettuce in between bowls, top with cooked couscous, red onion, tomatoes, and feta cheese.

Once salmon is cooked, remove from oven and place on top of the salad. Drizzle with the dressing and serve.





# **CHICKEN ORANGE STIR FRY**









#### WHAT YOU NEDD

#### For the Sauce:

- 1 orange, juice only
- 1/3 cup (100g) marmalade (low sugar)
- ½ cup (60ml) soy sauce
- 1 tsp. siracha (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 springs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- ½ cup (25g) carrot, grated
- 1 tbsp. sesame seeds
- 1 tsp. orange zest

#### WHAT YOU NEED TO DO

Mix all the sauce ingredients together. Add some water if necessary to thin it down slightly.

Cook rice according to instructions on packaging or use leftover rice.

Heat the coconut oil in a large pan over high heat. Add in the chicken breasts and cook for 4-5 mins until chicken is cooked through. Remove from the pan and set aside.

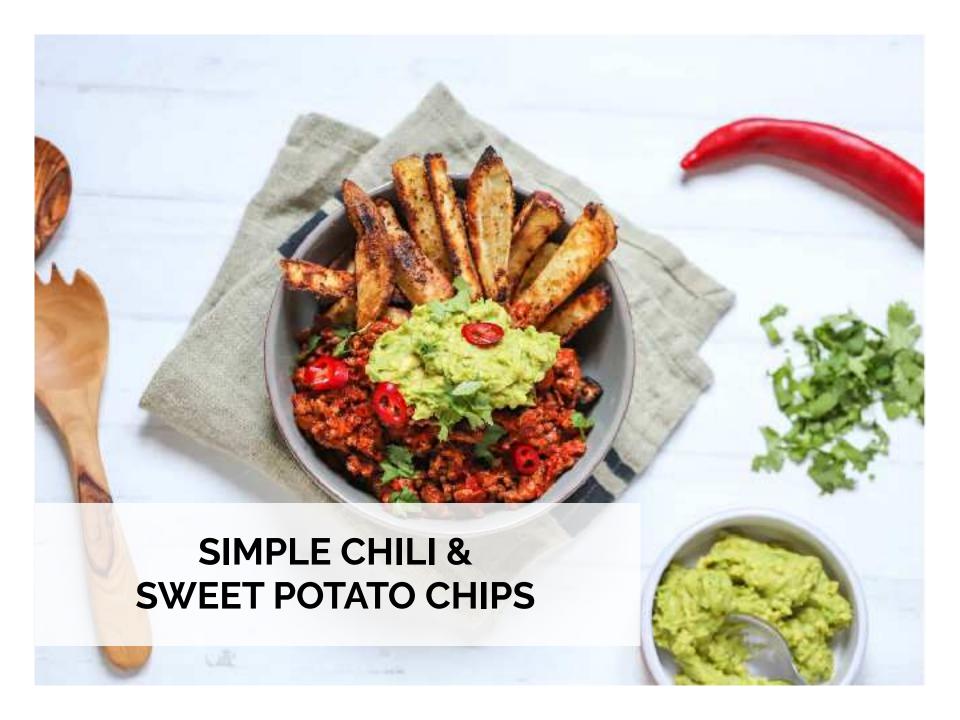
Lower the heat and add the garlic and green onion cooking for 1 min. Keep string to prevent burning.

Now add the mangetout peas and bell pepper and cook for another 3-4 mins. Add in cooked rice and mix well with the vegetables.

Next add in the cooked chicken, grated carrot and earlier made sauce. Stir well until heated.

Garnish with sesame seeds and more green onion to serve.





# SIMPLE CHILI & SWEET POTATO CHIPS









#### WHAT YOU NEED

#### For the Potatoes:

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 tbsp. olive oil
- Salt & pepper

### For the Simple Chili:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chilli flakes
- 1 can chopped tomatoes (140z./400g)
- 6 fl. oz. (170ml) water

#### For the Garnish:

- 2 tbsp. coriander, chopped
- 1 avocado, mashed

#### WHAT YOU NEED TO DO

Heat the oven to 420F (215C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic & onion powder, salt & pepper and sprinkle with buckwheat flour. Drizzle with olive oil and cover well by rubbing in.

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.

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 chilli flakes.

Add the chopped tomatoes, water and stir, reducing the heat to low. Simmer uncovered for about 20 mins, until most liquid evaporates.

To serve, divide the potatoes between plates and top with chilli, mashed avocado and sprinkle with coriander.





# STRAWBERRY PROTEIN MUFFINS









#### WHAT YOU NEED

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

#### WHAT YOU NEED TO DO

Preheat oven to 350F (180C).

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

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

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

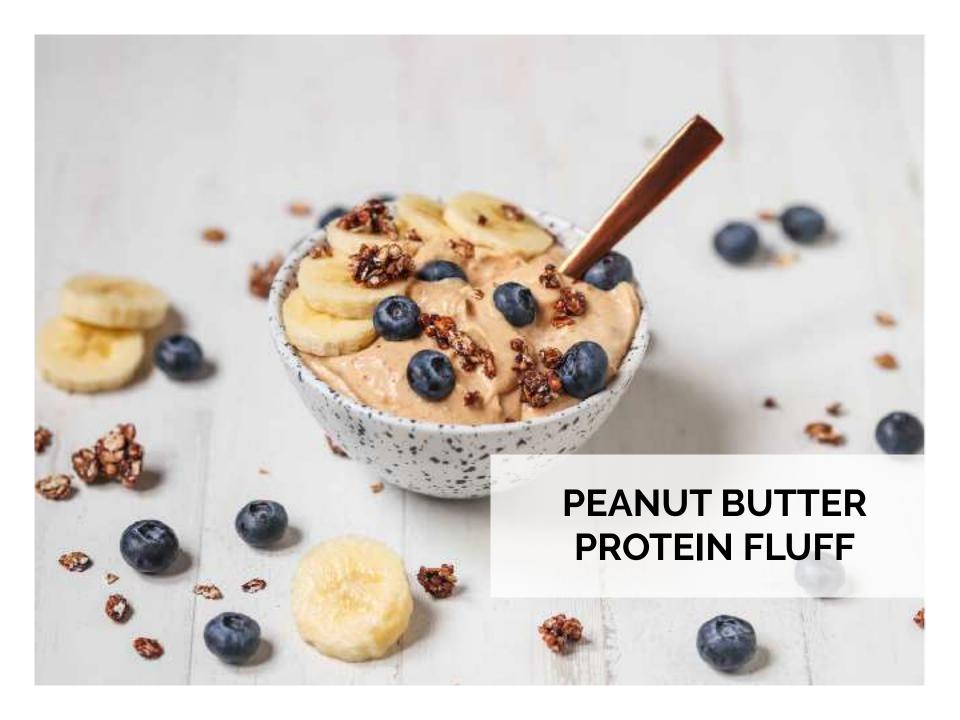
Bake the muffins for 23-25 minutes or until the muffins are cooked through and the edges browned.

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

#### NOTE:

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





# PEANUT BUTTER PROTEIN FLUFF









#### WHAT YOU NEED

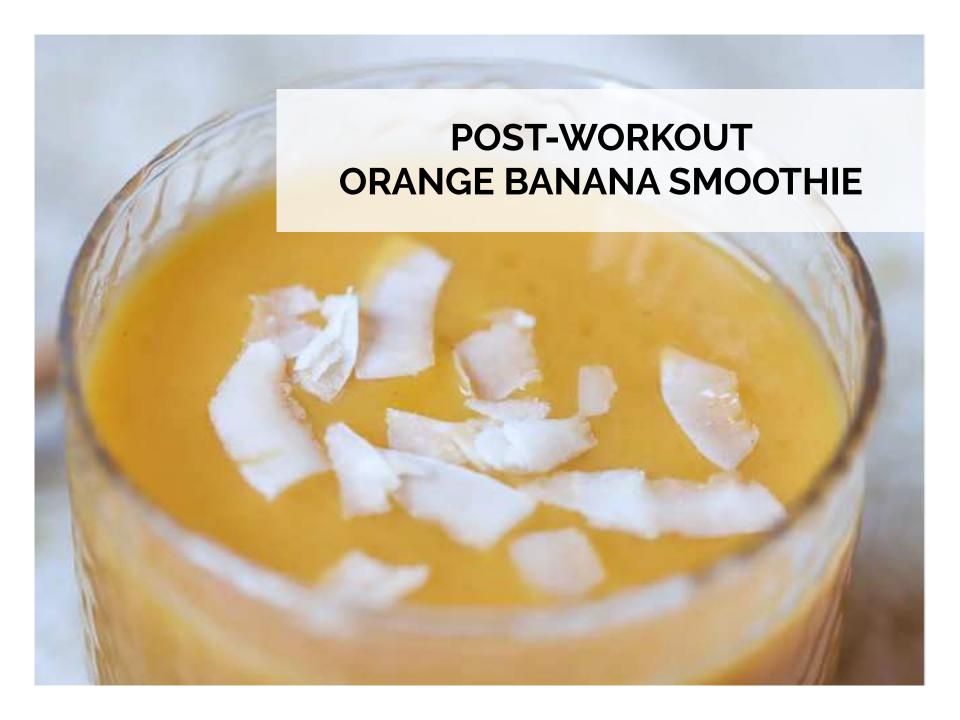
- 1 cup (250g) full-fat Greek yoghurt
- 2 tbsp. peanut butter or almond butter
- 2 tsp. stevia
- favourite garnish (banana, granola, blueberries)

### WHAT YOU NEED TO DO

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

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





# **POST-WORKOUT ORANGE BANANA SMOOTHIE**









#### WHAT YOU NEED

- 1 medium banana
- 1 orange, peeled
- 1 scoop (25g) vanilla protein powder
- 1 tbsp. coconut flakes
- 1 cup (230ml) almond milk

### WHAT YOU NEED TO DO

Add all ingredients into a high powered blender and blend until smooth.

