



# FEBRUARY RECIPE PACK 2

*Healthy cooking doesn't have to be difficult.  
These 12 recipes are packed with nutritional  
benefits and couldn't be easier to make!*

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## RECIPE KEY

Look for these helpful icons throughout the pack.

-  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

Cottage Cheese Protein Pancakes

### LUNCH

Detox Salad

### SNACK

E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake

### DINNER

Leftover Chicken Thighs with Hoisin Rice

## TUESDAY

### BREAKFAST

Avocado & Egg Paste with Toast

### LUNCH

Black Bean Hummus with Vegetables (carrots, cucumber, peppers, celery)

### SNACK

E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake

### DINNER

Chinese Pork Stir Fry with Pineapple

## WEDNESDAY

### BREAKFAST

Salmon Spring Rolls

### LUNCH

Leftover Chinese Pork Stir Fry with Pineapple

### SNACK

E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake

### DINNER

Smoked Aubergine Goulash served with brown rice

## THURSDAY

### BREAKFAST

Avocado & Egg Paste with Toast

### LUNCH

Detox Salad

### SNACK

E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake

### DINNER

Leftover Smoked Aubergine Goulash served with brown rice

## FRIDAY

### BREAKFAST

Salmon Spring Rolls

### LUNCH

Black Bean Hummus with Vegetables (carrots, cucumber, peppers, celery)

### SNACK

E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake

### DINNER

Tom Yum Soup with Shrimps

## SATURDAY

### BREAKFAST

Tropical Smoothie with a serving of whey, plant protein or Greek yogurt

### LUNCH

Leftover Tom Yum Soup with Shrimps

### SNACK

E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake

### DINNER

Meal Out – Enjoy!

## SUNDAY

### BREAKFAST

Cottage Cheese Protein Pancakes

### LUNCH

Tropical Smoothie with a serving of whey, plant protein or Greek yogurt

### SNACK

E.g. Tropical Smoothie, Almond Energy Balls, portion of fruit or nuts, protein shake

### DINNER

Chicken Thighs with Hoisin Rice

# WEEKLY SHOPPING LIST



## FRUIT & VEGETABLES

### *Fresh*

- 1x cucumber
- 3x zucchini
- 1x red onion
- 1x white onion
- 1x garlic
- shitake mushrooms
- 1x red bell pepper
- 2x red chili
- ginger
- spring onions
- 0.5 lb/225g sweet potato
- 2x avocado
- 3x lemon
- 1x lime
- 3x passion fruit
- 1x banana
- 1x mango
- 1x orange

### *Herbs*

- 2x bunches parsley
- 1x bunch coriander

### *Dried*

- packet dried cranberries
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEAT, DAIRY & NON-DAIRY

### *Fish & Seafood*

- 7 oz. shrimps (200g)
  - 7 oz. salmon (200g)
- ### *Meats*
- 8 chicken thighs, skinless
  - 14 oz. pork tenderloin (400g)

### *Dairy*

- 1x pot cottage cheese

### *Non-Dairy*

- 6x eggs
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## GRAINS, SEEDS & SPICES

### *Grains*

- quinoa
- jasmine rice
- white rice
- potato starch
- flour (regular or GF)
- almond meal

### *Nuts & Seeds*

- mixed seeds & nuts
- desiccated coconut
- chai seeds

### *Spices*

- ground cumin
- salt
- cayenne pepper
- chili flakes
- paprika
- smoked paprika

### *Other*

- rice paper
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## CANS, CONDIMENTS & MISC

### *Oils*

- olive oil
- coconut oil
- sesame oil

### *Cans & Condiments*

- pineapple
- black beans
- chopped tomatoes
- chickpeas
- coconut milk
- peanut butter
- tahini
- rice vinegar
- fish sauce
- tom yum paste
- vegetable stock
- chicken stock
- tomato puree

### *Sweeteners*

- honey
- maple syrup
- vanilla sugar
- coconut sugar

### *Other*

- small white wine
- coconut water
- natural cocoa powder
- \_\_\_\_\_

A top-down photograph of a white ceramic bowl with black speckles, filled with a chunky mixture of avocado and hard-boiled egg. The mixture is garnished with fresh green cilantro leaves. The bowl sits on a light-colored wooden surface. To the right, a blue and white checkered napkin holds two slices of white bread. A semi-transparent white rectangular box is centered over the bowl, containing the text 'AVOCADO & EGG PASTE' in bold black letters.

**AVOCADO & EGG PASTE**

# AVOCADO & EGG PASTE



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

*Press the garlic, and add to the eggs.*

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

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

*Serve immediately on bread or on its own.*





**COTTAGE CHEESE  
PROTEIN PANCAKES**

# COTTAGE CHEESE PROTEIN PANCAKES



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



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



## WHAT YOU NEED

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

## WHAT YOU NEED TO DO

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

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

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

*Suggested serving: Greek yogurt, honey, and berries.*







**DETOX SALAD**

# DETOX SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
315 kcal  
24g Fats  
19g Carbs  
10g Protein



## WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

## WHAT YOU NEED TO DO

*In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.*

*Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.*



A close-up photograph of a white ceramic bowl filled with a thick, light-colored hummus. The hummus is garnished with several dollops of golden olive oil, small red flakes of spices, and two fresh lime slices. The bowl is placed on a dark grey cloth on a light-colored surface.

# **BLACK BEAN HUMMUS**

# BLACK BEAN HUMMUS



Serves: 8  
Prep: 5 mins  
Cook: 0 mins



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



## WHAT YOU NEED

- 4 cups (250g) black beans, keep the water separately
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

## WHAT YOU NEED TO DO

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

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

*Serve as a dip with fresh vegetables or crackers.*

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



# **TOM YUM SOUP WITH SHRIMPS**



# TOM YUM SOUP WITH SHRIMPS



Serves: 4  
Prep: 5 mins  
Cook: 10 mins



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



## WHAT YOU NEED

- 4 cups (1l) vegetable stock
- 2 tbsp. (30g) Tom yum paste
- scant ½ 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

## WHAT YOU NEED TO DO

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

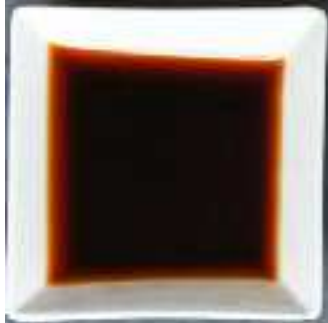
*Add coconut milk, tomatoes and mushrooms, cook for about 5 minutes.*

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

*Garnish with fresh coriander and chili to serve.*



# SALMON SPRING ROLLS



# SALMON SPRING ROLLS



Serves: 4  
Prep: 10 mins  
Cook: 5 mins



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



## WHAT YOU NEED

- 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

## WHAT YOU NEED TO DO

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

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

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

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





# CHICKEN THIGHS WITH HOISIN RICE



# CHICKEN THIGHS WITH HOISIN RICE



Serves: 8  
Prep: 5 mins  
Cook: 50 mins



Nutrition per  
serving:  
336 kcal  
15g Fats  
16g Carbs  
29g Protein



## WHAT YOU NEED

- 2 tbsp. coconut oil
- 8 skinless chicken thighs
- scant 1 cup (200g) jasmine rice
- 4 spring onions, chopped
- 4 cloves garlic, sliced
- 1/3 cup (200ml) white wine
- 2 heaped 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

## WHAT YOU NEED TO DO

*Heat the oven to 375F (190C). Heat the oil in a large pan.*

*Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.*

*Pour out most of the fat from the pan, leaving about 1 tbsp in the pan.*

*Add into the pan the peeled and sliced garlic and the spring onion, fry for 1 minute.*

*Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates.*

*Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.*

*Transfer the rice into an over-proof dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.*

*Once cooked, divide onto 4 plates and serve, or store in the fridge for up to 2-3 days.*



# SMOKED AUBERGINE GOULASH



# SMOKED AUBERGINE GOULASH



Serves: 4  
Prep: 20-30 mins  
Cook: 35 mins



Nutrition per serving:  
181 kcal  
10g Fats  
26g Carbs  
5g Protein



## WHAT YOU NEED

- 2 eggplants
- 2 tbsp. olive oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 red chili pepper, finely chopped
- 1 tbsp. lemon juice
- 1 tsp. smoked paprika
- 1 tsp. sweet paprika
- 1 can chopped tomatoes
- 1 tbsp. tomato puree
- 2 tbsp. chopped parsley

## WHAT YOU NEED TO DO

*Wash the aubergine and cut them into ¼ inch slices. Season on both sides with salt and put aside for about 20 - 30 minutes, until the eggplant collects water.*

*In a large pot heat 1 tbsp. of oil and fry the onion for 2 mins, then add the minced garlic and cook together for another 1-2 mins.*

*Add the chopped red pepper and finely chopped chili peppers. Fry for about 4 minutes stirring constantly.*

*Dry the eggplant with paper towels and cut into cubes. Add it to the pot and add another 1 tbsp of oil. Fry for approx. 10 minutes, in the meantime mix now and then.*

*During the frying, add lemon juice, season with both paprika powder and freshly ground black pepper (you do not need to add salt anymore because the aubergine has already absorbed the salt).*

*Add in the chopped tomatoes and tomato concentrate, stir and bring to a boil.*

*Cover and cook for another 15 minutes until the eggplant is soft. If necessary, you can add a few tablespoons of water to reach a desired consistency of the sauce.*

*At the end, add the chopped parsley and check the seasoning for salt.*

*Serve with rice or pasta.*





**CHINESE PORK STIR-FRY  
WITH PINEAPPLE**

# CHINESE PORK STIR-FRY WITH PINEAPPLE



Serves: 4  
Prep: 20 mins  
Cook: 10 mins



Nutrition per  
serving:  
303 kcal  
11g Fats  
22g Carbs  
28g Protein



## WHAT YOU NEED

- 14 oz. (400g) pork tenderloin
- 1 tbsp. potato starch
- scant ½ cup (100g) white rice
- 2/3 cup (135ml) pineapple chunks, in juice (keep the juice)
- 1 red bell pepper, sliced
- ½ onion, sliced
- 2 garlic cloves
- ½ 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

## WHAT YOU NEED TO DO

*Wash the meat, dry it, and cut them into the thinnest slices possible. Season with salt and pepper, and coat in potato flour.*

*Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and cut the onion into feathers. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.*

*Prepare the sauce by mixing all sauce ingredients in a bowl.*

*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 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto the plate.*

*Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.*

*Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens, in the meantime mix now and then.*

*Sprinkle with chopped spring onions and serve with rice.*





# TROPICAL SMOOTHIE

# TROPICAL SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per  
serving:  
240 kcal  
3g Fats  
55g Carbs  
4g Protein



## WHAT YOU NEED

- 3 passion fruits
- 1 banana, chopped
- 1 small mango, peeled, chopped
- 1-1/4 cup (300ml) coconut water
- 1 tbsp. chia seeds
- ice cubes, to serve

## WHAT YOU NEED TO DO

*Scoop the pulp of the passion fruits into a high-speed blender, add the banana, mango, coconut water, and chia seeds. Purée until smooth and serve immediately, topped with ice cubes.*





A top-down view of a white ceramic bowl with black speckles, filled with several round, light-colored almond energy balls. The balls are coated in a fine layer of shredded coconut. The bowl sits on a light-colored wooden surface. A semi-transparent white rectangular box is centered over the bowl, containing the text 'FIT ALMOND ENERGY BALLS' in bold, black, uppercase letters.

**FIT ALMOND  
ENERGY BALLS**

# FIT ALMOND ENERGY BALLS



Makes: 6  
Prep: 10 mins  
Cook: 0 mins



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



## WHAT YOU NEED

- 1 cup (120g) almond meal
- 2 tbsp. of honey (or maple syrup)
- 1 tsp. coconut oil, melted
- ½ tsp. lemon juice (optional)
- 2 tbsp. desiccated coconut or poppy seeds

## WHAT YOU NEED TO DO

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

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

*Roll the energy balls in coconut poppy seeds.*





**VEGAN ORANGE  
CHOCOLATE MOUSSE**

# VEGAN ORANGE CHOCOLATE MOUSSE



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
354 kcal  
17g Fats  
39g Carbs  
13g Protein



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## WHAT YOU NEED

- 1 cup sweet potato, peeled and cooked (225g/0.5 lb sweet potato)
- ½ cup (125g) smooth peanut butter
- ½ cup (50g) natural cocoa powder
- 6 tbsp. maple syrup
- 1 tsp. orange zest
- ½ cup (120ml) chickpea brine
- ½ tsp. lemon juice

## WHAT YOU NEED TO DO

*Place cooked sweet potato and peanut butter in a food processor. Process until smooth and, then add cacao powder, maple syrup, and orange zest, blend again until smooth.*

*Place chickpea brine in a clean bowl. Add lemon juice and whip with a hand mixer until you achieve stiff peaks (this can take around 3-6 mins) – you should be able to invert the bowl, and the whipped brine should not move an inch.*

*Fold whipped chickpea brine into the chocolate and mix until well combined. The mixture will deflate slightly. Spoon the mixture between 4 small serving glasses and place in the fridge for 8 hours (or overnight) for the mousse to set.*

