

A close-up photograph of a white ceramic plate with a speckled pattern. The plate is filled with a meal consisting of a piece of salmon teriyaki, green beans, sweetcorn, and rice. The salmon is glazed with a dark sauce and topped with black sesame seeds. The rice is mixed with green beans and sweetcorn. The plate is set on a light-colored wooden surface. A silver fork is visible on the right side of the plate.

SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE

SALMON TERIYAKI WITH GREEN BEANS & SWEETCORN RICE



Serves: 4
Prep: 10 + 1 h
Cook: 15 mins



Nutrition per
serving:
507 kcal
19g Fats
40g Carbs
45g Protein



WHAT YOU NEED

- 4 salmon fillets (5 oz./150g each)
- 5 oz. (150g) green beans, frozen
- 1 cup (150g) sweetcorn
- 3.5 oz. (100g) brown rice
- 2 tbsp. sesame seeds
- 1 tbsp. sesame oil

For the sauce:

- 8 tbsp. soy sauce
- 3 tbsp. maple syrup
- 1 tbsp. lime juice
- 4 tbsp. grated ginger
- 2 garlic cloves, grated

WHAT YOU NEED TO DO

Make the marinade by mixing all the sauce ingredients together. Season with salt and pepper.

Cut the skin off the salmon then rinse, dry and marinate in the prepared sauce for 1 hour.

In the meantime, cook the rice according to the instructions on the packaging. Add the green beans to the cooking rice 4 minutes before it is cooked, then drain. Next, add the sweetcorn and mix well.

Preheat the oven to 450°F (230°C). Place the salmon into an oven safe dish, leaving the marinade aside. Bake for 8-10 minutes. 3 minutes before the end of baking, sprinkle with sesame seeds.

Transfer the marinade into a small saucepan and heat until it thickens. Mix in the sesame oil, take off the heat and set aside.

To serve, divide the rice and salmon between plates, then drizzle with the teriyaki sauce.



CHICKEN ORANGE STIR FRY

CHICKEN ORANGE STIR FRY



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
397 kcal
7g Fats
53g Carbs
34g Protein



WHAT YOU NEED

For the sauce:

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

For the stir fry:

- 1 tbsp. coconut oil
- 1 lb. (450g) chicken breast, chopped
- 1 tbsp. garlic, minced
- 3 sprigs green onion, chopped
- 1 cup (150g) snap or mangetout peas
- 1 red bell pepper, chopped
- 3 cups (450g) cooked brown rice
- 1/2 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.

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

Lower the heat and add the garlic and green onions, cooking for 1 minute. Keep stirring to prevent burning.

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

Next, add in the cooked chicken, grated carrots and the sauce. Stir well.

Garnish with sesame seeds and more green onions to serve.

A top-down view of a light blue ceramic bowl filled with a pasta dish. The pasta is a short, curly variety, coated in a vibrant yellow-green pesto sauce. The dish is topped with chunks of pinkish-orange canned tuna, bright green snap peas, and sliced almonds. A silver fork is tucked into the pasta on the right side of the bowl. The bowl sits on a dark, textured surface.

**PESTO PASTA WITH
TUNA & ALMONDS**

PESTO PASTA WITH TUNA & ALMONDS



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
512 kcal
16g Fats
69g Carbs
24g Protein



WHAT YOU NEED

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

WHAT YOU NEED TO DO

Cook the pasta according to the instructions on the package.

In the meantime, halve the green beans and cook in boiling water for about 5 minutes, then drain.

Meanwhile, let the tuna drain and chop the almonds coarsely.

Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with almonds to serve. Season with pepper.



SWEET AND SOUR PORK STIR-FRY

SWEET AND SOUR PORK STIR-FRY



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
446 kcal
16g Fats
52g Carbs
22g Protein



GF

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WHAT YOU NEED

- $\frac{7}{8}$ cup (200g) basmati rice
- 10 oz. (300g) pork loin
- 2 garlic cloves
- 4 spring onions
- 1 tbsp. coconut oil
- 3 tbsp. ginger syrup
- 1 lime, juiced
- 1 $\frac{1}{3}$ cup (200g) sugar snap peas
- 1 $\frac{1}{4}$ cup (250g) cherry tomatoes
- 1 $\frac{1}{4}$ cup (250g) pineapple, canned or fresh

WHAT YOU NEED TO DO

Cook the rice according to instructions on the packaging.

In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.

Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 minutes, then lower the heat and add in the sugar snap peas. Stir fry for another 4 minutes on low heat.

Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.

Once rice is cooked, divide everything onto 4 plates and serve.

NOTE:

- this dish is also very tasty with chicken breast or chicken thighs

PEPPER STEAK



PEPPER STEAK



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
187 kcal
6g Fats
12g Carbs
22g Protein



WHAT YOU NEED

- 12 oz. (340g) round beef, trimmed
- 4 tsp. plus 3 tbsp. soy sauce
- 1 tbsp. rice wine
- 3 tsp. buckwheat flour
- 2 tsp. coconut oil
- 1 large onion, sliced into strips
- 1 red bell pepper, sliced into strips
- ½ tsp. black pepper
- crushed red pepper flakes, to taste

WHAT YOU NEED TO DO

Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tbsp. of rice wine, 1 tsp. buckwheat flour and season with freshly ground black pepper.

In a small bowl, mix 3 tbsp. soy sauce, 1 tbsp. water and 2 tsp. buckwheat flour, then set aside.

Heat 1 tsp. oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.

Add the remaining 1 tsp. of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.

Serve with rice (not included in nutrition info per serving).

Store in the fridge for up to 4 days.



**QUICK & EASY
MEATBALLS**

QUICK & EASY MEATBALLS



Serves: 4
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
309 kcal
14g Fats
9g Carbs
36g Protein



WHAT YOU NEED

- 1 lb. (500g) lean ground beef
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 egg
- ½ cup (30g) buckwheat flour
- ¼ cup coriander, chopped
- 1 tsp. oregano
- 12 slices streaky bacon

WHAT YOU NEED TO DO

Preheat the oven to 400° F (200° C).

Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).

Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes, set the oven to grill/broil for the meatballs to have a crispy outside layer.



QUICK BEEF CHOW MEIN

QUICK BEEF CHOW MEIN



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
325 kcal
10g Fats
33g Carbs
28g Protein



WHAT YOU NEED

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. ginger, grated
- ½ leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- a pinch of ground white pepper
- a pinch of sugar
- 3 tbsp. soy sauce + 2 tbsp. water
- 2 tbsp. spring onions, chopped

WHAT YOU NEED TO DO

Prepare the noodles according to instructions on the packaging.

Cut the beef into thin strips.

Heat the sesame oil in a wok or a large frying pan. Add the garlic and ginger and fry for about a minute. Add the beef and cook for another 2 minutes. Next, add the leeks, pepper and mushrooms and fry for about 5 minutes.

Finally, add the cooked noodles, season with pepper and a pinch of sugar. Pour in the soy sauce and water, then stir and fry for another 2 minutes.

To serve, divide onto serving dishes and garnish with chopped spring onions.



**SIMPLE CHILLI &
SWEET POTATO CHIPS**

SIMPLE CHILI & SWEET POTATO CHIPS



Serves: 4
Prep: 10 mins
Cook: 40 mins



Nutrition per
serving:
382 kcal
16g Fats
33g Carbs
29g Protein



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 and pepper

For the simple chili:

- 1 lb. (450g) lean ground beef
- 1 tbsp. chili flakes
- 1 can chopped tomatoes (14oz./400g)
- 6 fl. oz. (170ml) water

For the garnish:

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

WHAT YOU NEED TO DO

Heat the oven to 420° F (215° C).

Wash the potatoes and cut them into chips. Season the chopped potatoes with the garlic and onion powder, salt and pepper, then sprinkle with buckwheat flour. Drizzle with olive oil and make sure all the potatoes are seasoned.

Spread the potatoes on a baking tray, making sure they are not too close together. Bake in the oven for 40 minutes, 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 minutes and season with chili flakes.

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

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



**CHERRY
SORBET**

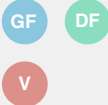
CHERRY SORBET



Serves: 4
Prep: 10 mins
Cook: 1 hr



Nutrition per
serving:
109 kcal
1g Fats
24g Carbs
2g Protein



WHAT YOU NEED

- 1 ¾ cups (400g) frozen pitted cherries
- 2 tbsp. honey
- 1 tbsp. lemon juice
- 4 tbsp. vanilla soy yogurt (e.g. Alpro)
- 4 tbsp. water
- mint leaves, to serve

WHAT YOU NEED TO DO

Blitz the frozen cherries in a food processor or high speed blender with the honey, 1 tbsp. of lemon juice, 4 tbsp. of yogurt and 4 tbsp. of water until smooth.

Spoon into a freezer-proof container then freeze for 1 hour.

Scoop out the sorbet into serving glasses, top with mint and serve immediately.

The ingredients will make approx. 8 scoops of sorbet (2 per serving).

A top-down view of a white ceramic bowl with black speckles, filled with a creamy white base. The bowl is topped with sliced strawberries, banana slices, and shredded coconut flakes. To the right of the bowl is a copper-colored spoon. Some coconut flakes are scattered on the grey, textured surface next to the bowl. A semi-transparent white box with a pink-to-white gradient background is centered over the bowl, containing the text "PROTEIN FRUIT BOWLS".

**PROTEIN
FRUIT BOWLS**

PROTEIN FRUIT BOWLS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
250 kcal
4g Fats
30g Carbs
25g Protein



WHAT YOU NEED

For the mango bowl:

- 7 oz. (200g) natural quark
- ¼ mango, chopped
- 1 tbsp. granola

For the strawberry bowl:

- 7 oz. (200g) natural quark
- 5 strawberries, halved
- ½ banana, sliced
- 1 tbsp. coconut chips

WHAT YOU NEED TO DO

Spoon the quark into serving bowls or glasses. Garnish with the toppings and serve.

MATCHA CHIA PUDDING



MATCHA CHIA PUDDING



Serves: 2
Prep: overnight
Cook: 0 mins



Nutrition per
serving:
275 kcal
9g Fats
19g Carbs
23g Protein



WHAT YOU NEED

- ¼ cup (30g) chia seeds
- 1 ½ cup almond milk
- 2 tsp. maple syrup
- 3 tbsp. (40g) unflavoured soy protein isolate (or vanilla)
- 1 tsp. matcha
- 1 cup (100g) fresh or frozen berries, to serve

WHAT YOU NEED TO DO

Mix the chia seeds and almond milk and place in the fridge. After an hour, mix again and place back in the refrigerator to chill overnight.

The next morning, mix in the maple syrup, protein powder, and matcha.

Divide between two bowls and serve with berries.



**RASPBERRY
PROTEIN SMOOTHIE**

RASPBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
331 kcal
12g Fats
25g Carbs
29g Protein



WHAT YOU NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.



**GREEN GLOW
PROTEIN SMOOTHIE**

GREEN GLOW PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
350 kcal
12g Fats
34g Carbs
29g Protein



WHAT YOU NEED

- 1 small banana
- 1 cup spinach
- 1 cup kale
- 1 tbsp. almond butter
- 2/3 cup (150ml) coconut water
- 1 scoop (25g) vanilla protein powder, optional

WHAT YOU NEED TO DO

Place all ingredients into a high-speed blender and blitz until smooth.

Serve immediately.

NOTE:

The protein powder is optional, but adds a boost of protein. You can use whey or any plant-based protein powder. You can also replace the protein powder with a few tablespoons of Greek yoghurt (in that case reduce the amount of liquid).



**VANILLA & COFFEE
PROTEIN SMOOTHIE**

VANILLA & COFFEE PROTEIN SMOOTHIE



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
174 kcal
6g Fats
4g Carbs
26g Protein



WHAT YOU NEED

- ¼ cup (60ml) espresso
- 1 ⅔ cup (400ml) almond milk
- 2 scoops vanilla whey
- 2 tsp. cinnamon
- 2 tbsp. flax seeds
- handful ice

WHAT YOU NEED TO DO

Please all in gradients in a high-speed blender and mix until smooth. Serve cold in a glass.

ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
197 kcal
4g Fats
14g Carbs
26g Protein



WHAT YOU NEED

- ½ cup (125ml) coconut water
- ½ cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- ½ cup (50g) frozen blueberries
- 1 tsp. ground cinnamon
- 1 tsp. chia seeds

WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.



CINNAMON ROLL PROTEIN SMOOTHIE

CINNAMON ROLL PROTEIN SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
162 kcal
3g Fats
15g Carbs
22g Protein



WHAT YOU NEED

- 1 banana
- 2 scoops (50g) vanilla protein powder
- 1 tsp. cinnamon
- 1 cup (240ml) almond milk
- 1 cup of ice cubes

WHAT YOU NEED TO DO

*Place all ingredients into a blender and pulse until smooth.
Serve.*