



Balance.

EAT SMART // LIVE BETTER

MONTHLY RECIPE BOOK

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**MONTHLY
RECIPE
BOOK**

Balance.

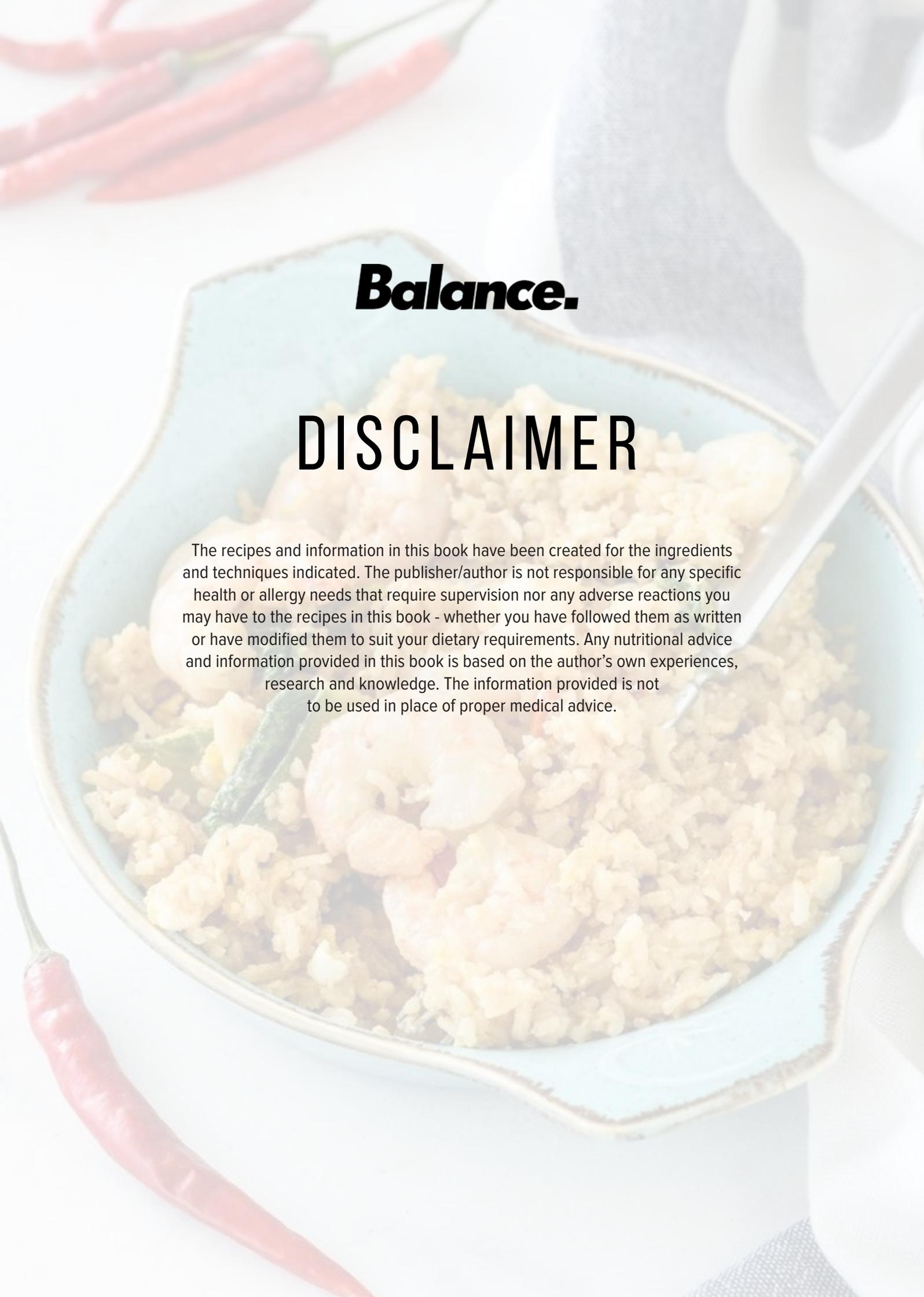
Welcome to your monthly recipe guide! Full of delicious, nutritious recipes specifically designed to help you meet your goals

For those using MyFitnessPal, each recipe can be scanned into your diary using the given barcode unique to each recipe featured

Let us know what you think of these and we really hope you enjoy them!

Jamie

Head Coach at Balance



Balance.

DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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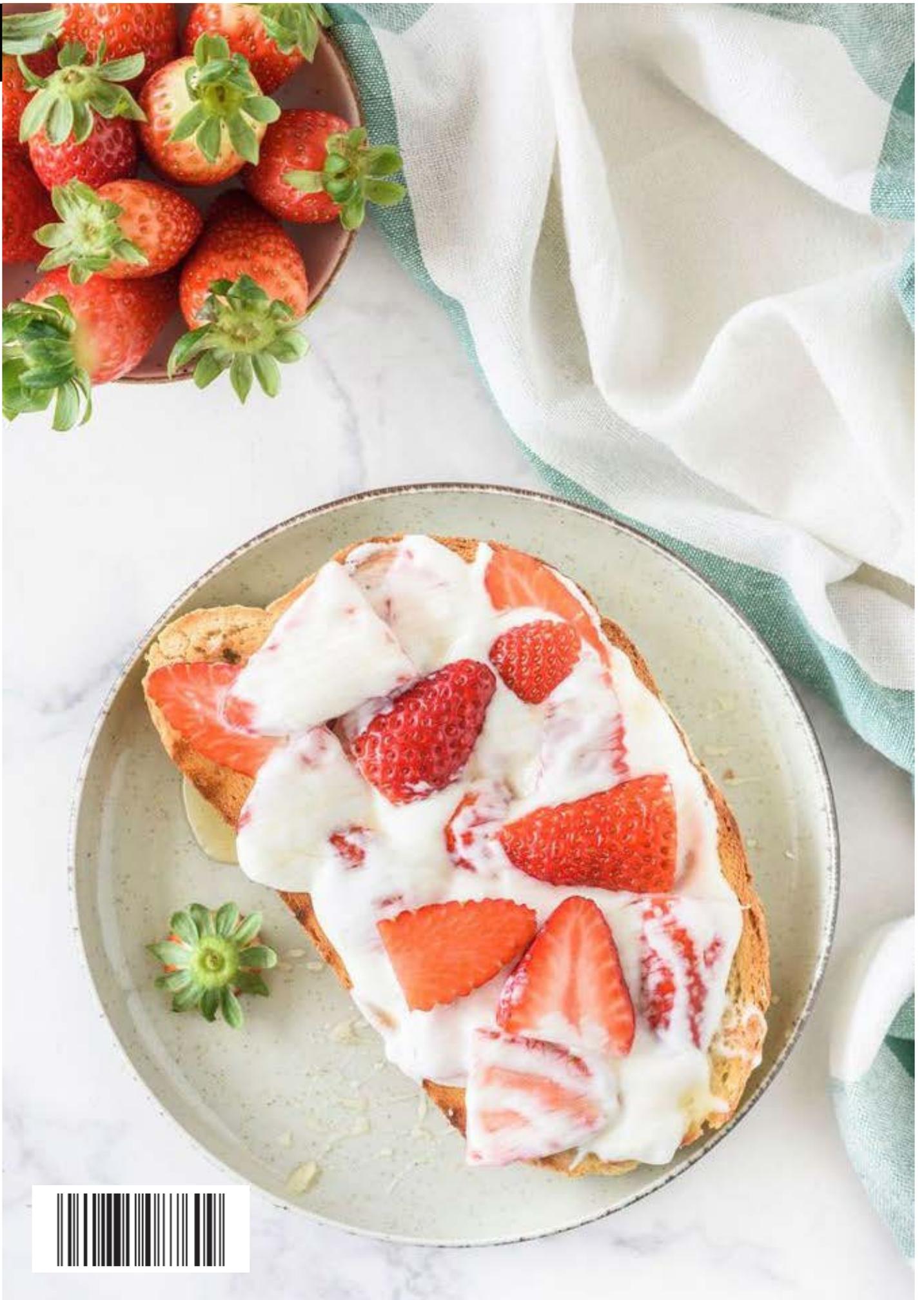
KEY

- V** VEGETARIAN
 - VE** VEGAN
 - DF** DAIRY FREE
 - GF** GLUTEN FREE
 - N** CONTAINS NUTS
 - Q** QUICK
-

BREAKFAST







CREAM CHEESE AND STRAWBERRIES ON SOURDOUGH

SERVES: 1

TOTAL TIME: 6 MINUTES



INGREDIENTS

80g non-fat cream cheese
1 medium slice (50g) sourdough
100g strawberries
17g honey
15g whey protein

INSTRUCTIONS

Toast your sourdough until golden.

Meanwhile, slice strawberries and add the lightest cream cheese to a bowl with the protein powder. Beat together very well and spread onto the toast.

Lay over the strawberries evenly and finish with a drizzle of honey.

MACROS PER PORTION

CALORIES	326	PROTEIN	26
CARBS	42	FATS	6
FIBRE	3		



APPLE AND WALNUT FLAPJACK

SERVES: 10

TOTAL TIME: 35 MINUTES

GF V

INGREDIENTS

225g gluten-free rolled oats
40g desiccated coconut
60g vanilla protein powder
1 tsp ground cinnamon
60g walnuts, roughly chopped
60g peanut butter
60g maple syrup
24g coconut oil
220g apple sauce

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

Line a 9" square baking tin or deep tray with baking paper.

In a large bowl combine oats, desiccated coconut, protein powder, walnuts, cinnamon and 1/2 tsp salt. Mix very well.

In a saucepan add peanut butter, maple syrup and coconut oil and melt the ingredients together over a low heat until runny. Remove from the heat, add and stir through the apple sauce.

Add the wet mixture to the dry ingredients, combine thoroughly and add to the lined baking tin.

Use a slightly wet spatula to press the mixture into the tray until evenly spread out. Bake for 20 minutes until the edges start to darken and the centre is a golden brown.

Remove from the oven and allow to cool completely before slicing.

MACROS PER PORTION

CALORIES	270	PROTEIN	10
CARBS	26	FATS	14
FIBRE	2		



HAM AND SWISS CHEESE BAKED EGGS

SERVES: 2

TOTAL TIME: 20 MINUTES

GF

INGREDIENTS

10g butter
20g onion diced
4 eggs
4 egg whites
60g sliced ham, sliced
60g swiss cheese, grated
60g asparagus, trimmed and diced
1 tsp American mustard

INSTRUCTIONS

Pre heat a small non-stick pan with a heatproof handle over medium heat and a grill to high.

Melt butter and when foaming add white onion and diced asparagus. Cook for 5 minutes until onion is soft and add the ham.

Whisk eggs, whites, salt, pepper and half of the cheese in a mixing bowl and then add to the pan.

Cook, stirring constantly, until the eggs form soft, creamy small curds, about 5 minutes.

Remove from heat; sprinkle remaining cheese over top of eggs.

Place the cooked eggs under a hot grill; cook until cheese is bubbly and golden, about 3 minutes. Cool slightly.

To remove frittata whole, tip the pan to one side and use a spatula to loosen edges. Slide onto a serving platter.

Cut into two.

MACROS PER PORTION

CALORIES	342	PROTEIN	34
CARBS	2	FATS	22
FIBRE	1		



COFFEE AND CREAM SMOOTHIE

SERVES: 1

TOTAL TIME: 10 MINUTES

GF V

INGREDIENTS

125g ice
125g brewed and cooled coffee
100g almond milk
15g vanilla whey protein
200g 0% strained greek yoghurt
20g double cream
80g banana flesh, frozen
1/2 teaspoon vanilla extract

INSTRUCTIONS

Add all ingredients to a blender and blend until smooth. If it's too thick, add water to loosen into a consistency you prefer.

MACROS PER PORTION

CALORIES	378	PROTEIN	37
CARBS	26	FATS	14
FIBRE	1		



STACKED BERRY PARFAIT

SERVES: 2

TOTAL TIME: 30 MINUTES

GF V

INGREDIENTS

1/4 tsp vanilla extract
45g desiccated coconut
2 tsp calorie free sweetener (sucralose)
150g blueberries
150g raspberries
500g 0% strained greek yoghurt

INSTRUCTIONS

Combine the yoghurt, 1/2 teaspoon of sweetener and vanilla extract in a medium bowl and mix well.

Puree raspberries and remaining sweetener in or with a blender.

In a tall glass, alternate layers of yoghurt, raspberry puree, blueberries and coconut, making two layers of each.

Refridgerate for 20 mins and serve.

MACROS PER PORTION

CALORIES	318	PROTEIN	29
CARBS	19	FATS	14
FIBRE	6		

SIDES







CARROT, AVOCADO AND ORANGE SALAD

SERVES: 4

TOTAL TIME: 10 MINUTES

V VE GF DF

INGREDIENTS

2 medium oranges (180g each), 1 whole and zest and juice of 1
3 carrots (180g), halved lengthways and sliced with a peeler
60g rocket
2 medium avocados (220g), fleshed and sliced
1 tbsp olive oil

INSTRUCTIONS

Cut the segments from 1 of the oranges and put in a bowl with the carrots, rocket and avocados.

Whisk together the orange juice, zest and oil from the second orange and add seasoning.

Toss through the salad.

MACROS PER PORTION

CALORIES	178	PROTEIN	3
CARBS	10	FATS	14
FIBRE	5		



GRUYERE AND GARLIC FLAT MUSHROOMS

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

- 2 tbsp olive oil
- 250g (4) portobello mushrooms
- 120g gruyere cheese
- 1 teaspoon garlic powder
- 2 tbsp dried parsley

INSTRUCTIONS

Heat an oven grill on high.

Combine the oil, parsley and minced garlic together in a small bowl with seasoning.

Arrange your mushrooms stem side up on a grill tray and brush mushrooms with oil mixture. Reserve 1/4 for the interior later.

Grill the mushrooms 6-inches from heat source for 4-6 minutes until the mushrooms are tender. Remove from heat and pre heat the oven to 220C/425F/Gas Mark 7.

Turn the mushrooms "gill" side up, add the reserved oil mixture and add cheese to each cap.

Roast for 6-8 minutes until cheese fully melts.

MACROS PER PORTION

CALORIES	184	PROTEIN	9
CARBS	1	FATS	16
FIBRE	1		



TOMATO BRUSCHETTA TOASTS

SERVES: 2

TOTAL TIME: 6 MINUTES



INGREDIENTS

2 large slices (80g each) of sourdough bread
60g 0% strained greek yoghurt
2 heirloom tomatoes (80g each), sliced
2 tsp olive oil
1 garlic clove halved
1 tsp chives

INSTRUCTIONS

Place slices of bread into a toaster and cook until golden. When done, rub each slice of toast with the halved garlic. Top the toast with the yogurt, then tomato slices adding salt and pepper, finally drizzle olive oil and dress with chives.

MACROS PER PORTION

CALORIES	233	PROTEIN	10
CARBS	37	FATS	5
FIBRE	4		



SPICED SWEET POTATOES WITH SPINACH AND CHICKPEAS

SERVES: 4

TOTAL TIME: 50 MINUTES



INGREDIENTS

500g sweet potato
150g shallots, halved
2 tsp cumin
1 tsp turmeric
1 tsp chilli flakes
2 tsp salt
1 clove of garlic finely diced
3 tbsp olive oil
400g can of chickpeas, drained and rinsed
225g 0% greek yoghurt

INSTRUCTIONS

Pre heat oven to 200C/425F/Gas Mark 6.

Slice your sweet potatoes lengthways into large pieces. Add to a steamer over high heat for 15 minutes or boil for 6-7 minutes until just turning tender. Drain and place into a bowl with the sliced shallots, 1 tsp of cumin, diced garlic, chilli flakes and turmeric and 1 tsp of sea salt. Carefully toss in 2 tbsp of olive oil not to break up the potatoes until well coated. Roast in a tin for 25-30 minutes.

Meanwhile, in a frying pan, heat 1 tbsp oil over medium high heat. Tip in the chickpeas, season and fry, stirring regularly for 6 to 7 minutes. Add 1 tsp cumin and cook for another 8 minutes, until golden and crisp.

Wash the spinach and whilst still wet place into a large saucepan over medium heat, cover with a lid and steam for a couple of minutes until very well wilted. Remove with kitchen tongs and add to a bowl.

Remove the potatoes from the oven, toss with the spinach leaves and dip with the yoghurt to serve.

MACROS PER PORTION

CALORIES	311	PROTEIN	13
CARBS	40	FATS	11
FIBRE	6		



CELERIAC AND HORSERADISH MASHED POTATOES

SERVES: 4

TOTAL TIME: 25 MINUTES

GF V

INGREDIENTS

1kg white potatoes
500g celeriac
50g butter
1 tbsp horseradish sauce
100ml 0% milk
3 spring onions

INSTRUCTIONS

Peel the potatoes and celeriac then cut into 5 cm cubes. Put each into separate pans and boiling salted water until tender for about 15 to 20 minutes. Drain and then allow to steam dry.

Add half of the butter to the potato and mash until there are no lumps. Put the celeriac in a food processor or use an immersion blender with the remaining butter and blend until smooth. Mix the celeriac into the mash with the horseradish, milk, seasoning and spring onions.

Transfer to a serving dish.

MACROS PER PORTION

CALORIES	307	PROTEIN	7
CARBS	45	FATS	11
FIBRE	7		

MAINS







SALMON SOUP

SERVES: 4

TOTAL TIME: 45 MINUTES

GF

INGREDIENTS

150g onion, chopped
150g leek, sliced
50g butter
350g swede, peeled and diced
200g tomatoes
600g salmon fillets
60g half fat crème fraîche
1 lemon cut into quarters

INSTRUCTIONS

Prepare the onion and leek by peeling and roughly chopping the onion. Shred and thoroughly rinse the leek in cold running water (grit can get trapped between the layers).

Melt the butter in a deep saucepan and add the onion and leek. Cook over a medium-low heat partially covered with a lid. Stir regularly until soft for 20 minutes.

Add the swede to the pan and cook for a further 10 minutes, stirring regularly. Pour in the water (around 1L), bring to a boil and season. Reduce the heat to a simmer and continue cooking, partially covered.

Chop the tomatoes and add them to the soup.

When the swede is tender, cut the salmon into large pieces and lower them into the soup. Season with pepper and let the salmon cook for 5 minutes, until it is just done.

Add to serving dishes alongside 1 tbsp half fat crème fraîche and a wedge of lemon.

MACROS PER PORTION

CALORIES	496	PROTEIN	33
CARBS	10	FATS	36
FIBRE	4		



SPATCHCOCKED BBQ ROAST CHICKEN AND SQUASH

SERVES: 4

TOTAL TIME: 90 MINUTES

DF GF

INGREDIENTS

1 chicken, weighing 1.25kg, spatchcocked
1 tbsp flaky sea salt
1 tsp black pepper
1 tsp garlic powder
1 tsp cayenne pepper
1 tsp smoked paprika
1 tbsp olive oil
800g butternut squash, quartered, seeds removed

INSTRUCTIONS

Place the salt, pepper, garlic powder, cayenne and paprika into a bowl and mix together. Set 1 tbsp of the mixture aside in a small bowl and thoroughly rub the entire chicken with the remainder. Let the seasoned chicken rest at room temperature, covered, in a large roasting tray for about 30 – 45 minutes.

Pre heat the oven to 225C/450F/Gas Mark 7.

Add the olive oil to the set-aside dry rub and combine. Brush over the breasts of the chicken and finally add the 4 quarters of squash to the roasting tray around the chicken.

Roast for 25 minutes in the oven, then turn down the heat to 200C/425F/Gas Mark 6 and roast for a further 25 minutes.

Remove the chicken from the roasting tray onto a board and cover loosely with foil for 8 minutes before cutting. Mix the butternut into the gravy and put back into the oven whilst the chicken rests.

Carve and serve together.

MACROS PER PORTION

CALORIES	511	PROTEIN	41
CARBS	17	FATS	31
FIBRE	3		



STIR FRIED GREENS WITH HONEY SOY SALMON

SERVES: 4

TOTAL TIME: 30 MINUTES

DF GF

INGREDIENTS

For the salmon:

600g salmon

15g honey

20ml soy or tamari (gf)

1 tsp powdered ginger

1 clove of garlic microplane or finely diced

1/4 red chilli sliced

For the stir fry:

4 tbsp olive oil

350g asparagus cut into 3" chunks

250g mangetout

1 clove of garlic grated

1 tbsp balsamic vinegar

2 tbsp chopped fresh chives

INSTRUCTIONS

Remove salmon from packaging and rinse. Pat dry and place into a dish or non-reactive container and prepare the marinade.

Add the honey, soy, ginger, garlic and chilli to a small bowl and mix very well, coat the salmon with the marinade. Leave the salmon for a minimum of 30 minutes (ideally 2-6 hours) in the marinade.

Pre heat oven to 200C/400F/Gas Mark 6.

Add salmon to a roasting tray and pour over any excess marinade from the dish. Roast in the oven for 12-15 minutes until firm and the glaze set.

Meanwhile, heat the olive oil and a dash of water in a pan over a medium high heat and add the asparagus, garlic and mangetout and stir fry for three minutes.

Remove the pan from the heat and add the vinegar and chives, season well.

Divide into 4 and serve whilst hot.

MACROS PER PORTION

CALORIES	486	PROTEIN	36
CARBS	9	FATS	34
FIBRE	3		



CHICKEN NACHO TRAYBAKE

SERVES: 2

TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

600g sweet potato cut into 1cm chips
300g chicken breast sliced
1 tbsp olive oil
10g tomato puree
8g balsamic vinegar
1 tsp cumin
1 tsp smoked paprika
1 large clove of garlic, diced
4 spring onions, diced
60g reduced fat cheddar, grated

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

Add the prepared sweet potato and chicken to a bowl with all of the ingredients except the spring onion and cheese, season very well and rub until coated all over.

Place into a deep roasting dish and bake for 30 minutes, turning and mixing half way.

Dice the spring onion and throw onto the traybake and top with the cheddar. Return to the oven for 6-8 minutes until the cheese has melted.

MACROS PER PORTION

CALORIES	595	PROTEIN	49
CARBS	66	FATS	15
FIBRE	8		



BUTTERNUT CHILLI

SERVES: 2

TOTAL TIME: 45 MINUTES

VE V GF DF

INGREDIENTS

1 tbsp olive oil
600g butternut squash, cubed
100g red onion, chopped
2 bell peppers
1 tsp cumin
2 tsp chilli powder
1/2 tsp turmeric
1/2 tsp paprika
1 vegetable stock cube
400g can of tomatoes
400g can of black beans, drained and rinsed

INSTRUCTIONS

Add the olive oil to a deep saucepan over a medium heat and add the butternut squash, onion and bell peppers and cook, stirring frequently for 6 to 8 minutes.

Reduce heat to medium low and add your spices, beans, stock, tomatoes and season very well. Cover with a lid and simmer for 30 minutes.

MACROS PER PORTION

CALORIES	388	PROTEIN	18
CARBS	61	FATS	8
FIBRE	15		



BAKED LASAGNE

SERVES: 4

TOTAL TIME: 75 MINUTES

GF

INGREDIENTS

1 onion, finely chopped
1 carrot, diced
1 celery stick, diced
500g pack 5% fat beef mince
1 tbsp tomato purée
2 400g cans chopped tomatoes
350ml skimmed milk
1 tbsp cornflour
250g lightest low fat soft cheese
75g lighter mature cheddar, grated
300g butternut squash cut into pasta sheets

INSTRUCTIONS

Heat the beef mince in a non-stick frying pan over a medium heat with the onion, carrot and celery for 10-12 minutes, until the beef is cooked through and fully browned.

Stir in the tomato purée and chopped tomatoes. Rinse the tomato cartons 1/4 full with water and add this to the pan. Bring to the boil then simmer for 10-12 minutes until the sauce has thickened slightly.

Pre heat oven at 200C/400F/Gas Mark 6.

Meanwhile, mix 2 tbsp of the milk with the cornflour into a paste. Pour the remaining milk into a pan, season and bring to a gentle simmer. Stir in the cornflour paste and soft cheese. Cook for 2-3 minutes, stirring frequently, until thickened, then stir in half of the cheese reserving the other half for the topping.

Spread a third of the meat sauce over the base of an 18cm baking dish. Top with 100g of the butternut sheets, then a third of the cheese sauce. Continue to layer until you have used all of the ingredients, before sprinkling over the last of the cheese.

Bake in an oven at 200C/400F/Gas Mark 6 for 35-40 minutes, until golden and bubbling.

MACROS PER PORTION

CALORIES	416	PROTEIN	47
CARBS	30	FATS	12
FIBRE	4		



SALMON MAYONNAISE ON WHOLEMEAL

SERVES: 2

TOTAL TIME: 8 MINUTES



INGREDIENTS

180g salmon fillets
1 tsp lemon juice
2 tbsp mayonnaise
1 tsp torn fresh basil
40g rocket
4 medium slices of wholemeal

INSTRUCTIONS

Place the salmon fillet in a large frying pan, cover with the water and add lemon juice, salt, pepper and bring just to a boil. Turn the fish over and switch off the heat and leave alone for three minutes and then remove with a slotted spoon to large piece of foil to cool.

Flake the fish with a fork and transfer to a bowl adding the mayonnaise, basil and seasoning.

You won't need any butter to make up the sandwiches just share out the filling between the slices of bread adding on top a generous handful of rocket.

MACROS PER PORTION

CALORIES	426	PROTEIN	27
CARBS	30	FATS	22
FIBRE	4		



WEEKNIGHT PASTA ARRABIATA

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

2 tbsp olive oil
2 cloves of garlic
2 red chillies, deseeded and chopped
1 tbsp tomato puree
2 400g cans chopped tomatoes
320g wholewheat pasta
50g parmesan

INSTRUCTIONS

Heat a tablespoon of oil in a large deep frying pan and add the garlic and chilli, cooking for around two minutes.

Stir in the tomato purée and add the tomatoes crushing them in the pan, add seasoning and simmer for around 20 minutes.

Meanwhile, bring a saucepan of water to the boil, add salt and cook the pasta for 10 to 12 minutes. Drain.

Toss the pasta into the tomato sauce and then divide amongst four serving dishes, drizzle with the remaining 1 tablespoon of olive oil and scatter Parmesan to serve.

MACROS PER PORTION

CALORIES	427	PROTEIN	18
CARBS	64	FATS	11
FIBRE	5		



ROLLED TURKEY WITH GOATS CHEESE AND CRANBERRY

SERVES: 4

TOTAL TIME: 50 MINUTES

GF

INGREDIENTS

1 tsp olive oil
120g spinach
500g turkey breasts
50g goats cheese (crumbled)
1/2 stock cube
200g frozen cranberries
Juice of 1 orange
20g honey

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6.

Heat olive oil in a non-stick pan over medium heat. Add spinach and saute until wilted. Remove from the heat.

Using a meat tenderiser, lay the turkey between cling film or parchment and smash flat into a 1cm thick layer. Season. Spread goats cheese across each breast leaving 1/2 inch border at the edges. Add the spinach and roll up. Tie with twine or use skewers to hold in place. Season the outside.

Reconstitue 1/2 a vegetable stock cube and add to the bottom of a baking dish. Set the turkey breast inside and roast in the oven for 40 minutes until cooked.

Meanwhile, combine cranberries, orange juice and honey in a saucepan over a medium heat stirring occasionally for 15 minutes until thickened. Reduce the heat to low and cover until serving. If it becomes too thick, add a splash of water.

Remove turkey and let it rest, covered loose with foil for 6-8 minutes.

Drizzle with cranberry sauce and serve.

MACROS PER PORTION

CALORIES	218	PROTEIN	34
CARBS	7	FATS	6
FIBRE	8		



ALL DAY BREAKFAST JACKETS

SERVES: 2

TOTAL TIME: 60 MINUTES

GF

INGREDIENTS

500g (2 large) white potatoes
2 tsp olive oil
4 medium slices back bacon
40g cheddar
4 eggs, 2 whole 2 whites only
1 tsp dried chives

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4.

In a roasting dish add the potatoes and oil and add salt, rubbing to coat very well. Bake in the oven for 50 minutes.

20 minutes before the end, add slices of bacon to a second roasting tray and add to the oven for 8 minutes. Remove the bacon and allow to crisp and cool and then dice.

In a bowl, whisk eggs with the cheddar, chives and a pinch of salt and add the diced bacon.

Remove the potatoes from the oven, using a gloved hand cut down the centre and scoop 4-6 tbsp of interior out of the potatoes, cool slightly and add to the egg mixture, combine well and add the egg mix back in to the potatoes.

Turn up the oven to 220C/425F/Gas Mark 7 and cook for a further 10 minutes until the eggs are set..

MACROS PER PORTION

CALORIES	481	PROTEIN	29
CARBS	35	FATS	25
FIBRE	2		



MUSHROOM AND PRAWN COCONUT CURRY

SERVES: 2

TOTAL TIME: 50 MINUTES

DF GF

INGREDIENTS

260g oyster mushrooms
2 tbsp olive oil
1 large onion, diced
10g fresh root ginger, grated
2 tomatoes, roughly chopped
400ml light coconut milk
300g raw prawns
2 tsp curry powder

INSTRUCTIONS

Roughly slice your mushrooms. Heat oil in a large pan over high heat and add the mushrooms, browning for 4 minutes..

Transfer the mushrooms to a plate reserving the oil in the pan, add the onion and cook for 5 minutes, add the ginger and cook for 1 minute and finally the curry powder and combine.

Return the mushrooms to the pan, add tomatoes and a pinch of salt and cook for 2 minutes. Add the coconut milk and return to a boil. Turn the heat low and simmer 25 minutes until the mushrooms have cooked through. Add raw prawns and cook for a further 5 minutes until pink.

MACROS PER PORTION

CALORIES	448	PROTEIN	32
CARBS	17	FATS	28
FIBRE	3		



EGG FRIED RICE AND HOT PRAWNS

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

- 1 tbsp olive oil
- 15g fresh root ginger, chopped
- 2 cloves of garlic, chopped
- 1/2 red chilli, deseeded and chopped
- 2 spring onions, sliced
- 1/2 bok choy, finely shredded, core removed
- 250g microwaveable rice packet
- 1 large egg
- 1 tsp soy sauce
- 1 tsp chilli oil
- 300g raw prawns

INSTRUCTIONS

Heat half a tablespoon of oil in a large frying pan, add the ginger, garlic, chilli and salad onions, then fry for one minute over a low heat.

Turn the heat high and tip in the bok choy and stir fry for 3 to 4 minutes, until soft and slightly charred. Add the rice and heat until piping hot.

Push the mixture to one side of the pan and heat the remaining half a tablespoon of oil in the new area. Add the egg and mix continuously until scrambled. Mix the egg through the rice and add half a teaspoon of soy sauce plus seasoning.

In a separate pan, heat the chilli oil and remaining half a teaspoon of soy sauce together. Add the prawns and cook for 3 to 4 minutes, until cooked through. Divide the rice and whole mixture between two bowls adding any remaining juices.

MACROS PER PORTION

CALORIES	480	PROTEIN	36
CARBS	48	FATS	16
FIBRE	1		



BAKED TAHINI CHICKEN WITH RICE

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

600g boneless and skinless chicken thighs
100g tahini, stirred so it's runny
4 cloves garlic, finely grated
2 tsp paprika
2 tsp ground cumin
1 lemon, juice of 1/2, 1/2 cut into wedges
2 tbsp olive oil
200g basmati rice

INSTRUCTIONS

Season the chicken thighs.

In a large mixing bowl, whisk 2 tbsp tahini together with the garlic, paprika, cumin, lemon juice and oil. Coat the chicken thighs in this mixture, cover and leave to marinate in the fridge for at least 1 hour, or up to 4 hours.

Pre heat oven to 200C/400F/Gas Mark 6.

Arrange the chicken thighs in a roasting tin in an even layer and roast for 30-35 minutes, until the juices run clear.

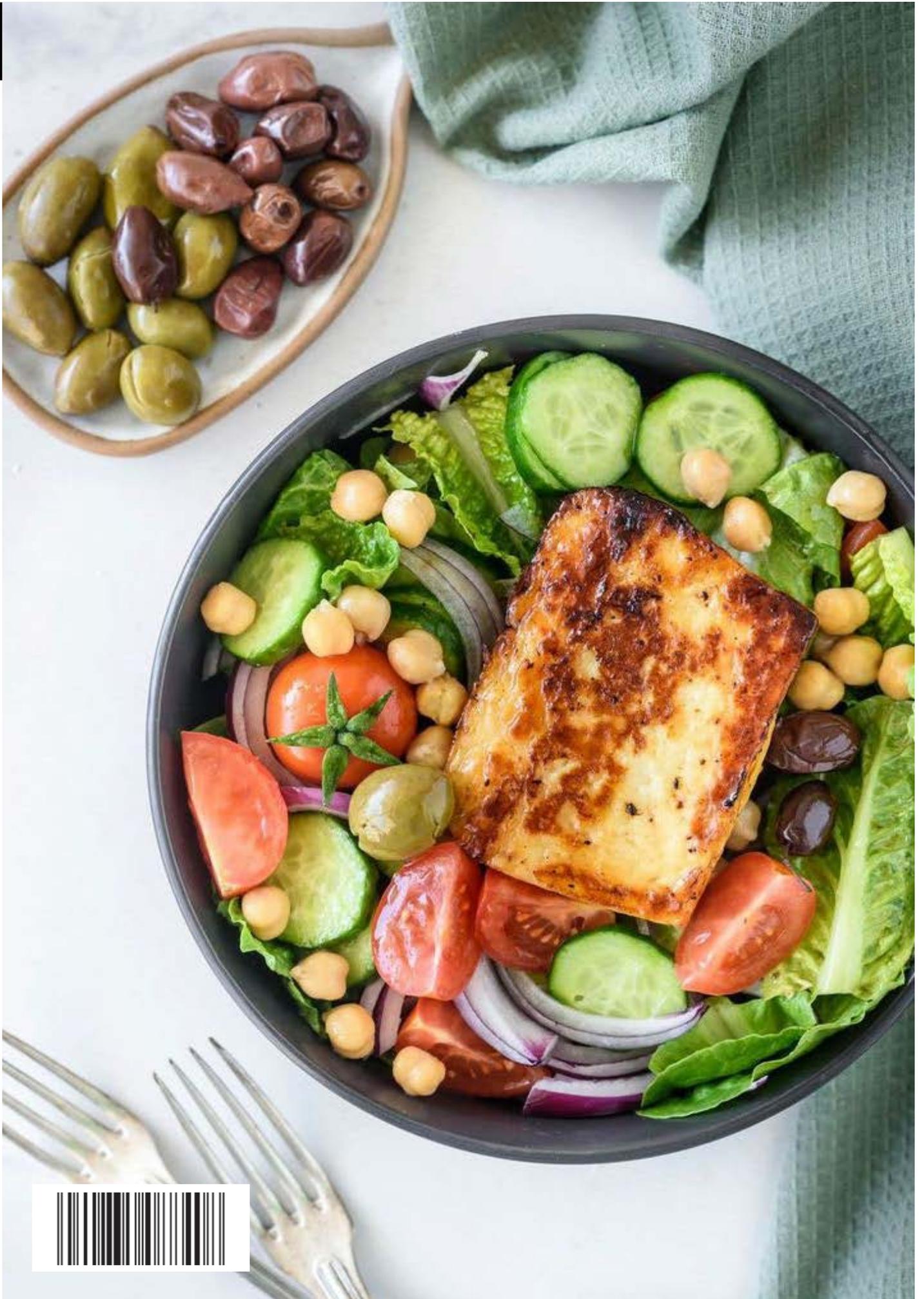
Meanwhile, put the remaining tahini in a small bowl and whisk in 60-100ml water (depending on the thickness of the tahini) mixing until smooth and the consistency of double cream. Season with a good pinch of salt and set aside.

Rinse 200g of basmati rice under cold water and add to a lidded saucepan with 400g water and a big pinch of salt over low heat for 10-12 minutes until small pits appear in the rice and all of the water has evaporated.

Remove the chicken from the oven and rest for at least 5 minutes before serving with the tahini sauce and lemon wedges.

MACROS PER PORTION

CALORIES	566	PROTEIN	41
CARBS	42	FATS	26
FIBRE	3		



HALLOUMI SALAD BOWL

SERVES: 4

TOTAL TIME: 15 MINUTES

V VE GF

INGREDIENTS

450g halloumi cheese, halved
20g maple syrup
1 large head romaine lettuce, chopped
½ cucumber, thinly sliced
1 small red onion, thinly sliced
200g chickpeas
20 cherry tomatoes, halved
140g pitted green and black olives, halved

INSTRUCTIONS

Slice or break your halloumi in half lengthways and dry fry in a non-stick pan over a medium heat for 1-2 minutes. When it starts to brown and look toasty, turn the pieces over and cook on the other side for 1 minute adding the maple syrup. Turn off the heat and leave to rest in the pan.

Meanwhile, in a large bowl, toss the romaine, cucumber, onion, chickpeas, tomatoes and olives.

Divide the salad among 4 plates and top each with the griddled cheese pieces.

MACROS PER PORTION

CALORIES	492	PROTEIN	33
CARBS	18	FATS	32
FIBRE	5		



BEEF AND SUSHI RICE BOWL

SERVES: 2

TOTAL TIME: 30 MINUTES

DF

INGREDIENTS

150g sushi rice
300g rump steak
1 tbsp olive oil
1 red bell pepper, sliced thin
1/2 red onion, sliced thin
1/2 cucumber, deseeded and sliced
2 cloves of garlic, diced
1 tsp soy sauce
2 tsp rice wine vinegar
25g mint leaves, chopped

INSTRUCTIONS

Wash the rice very well under running water. Place in a saucepan with 250g of cold water and a big pinch of salt.

Bring to a boil and reduce the heat to a simmer, cover with the lid slightly ajar for 10 to 12 minutes, until just cooked. Take off of the heat, fully cover and set aside.

Rub the steaks with half a tablespoon of oil and seasoning. Fry in a nonstick frying pan over a high heat, turning every 30 seconds, until cooked to your liking (about 45 minutes for medium rare). Transfer to a plate, cover loosely with foil and leave to rest.

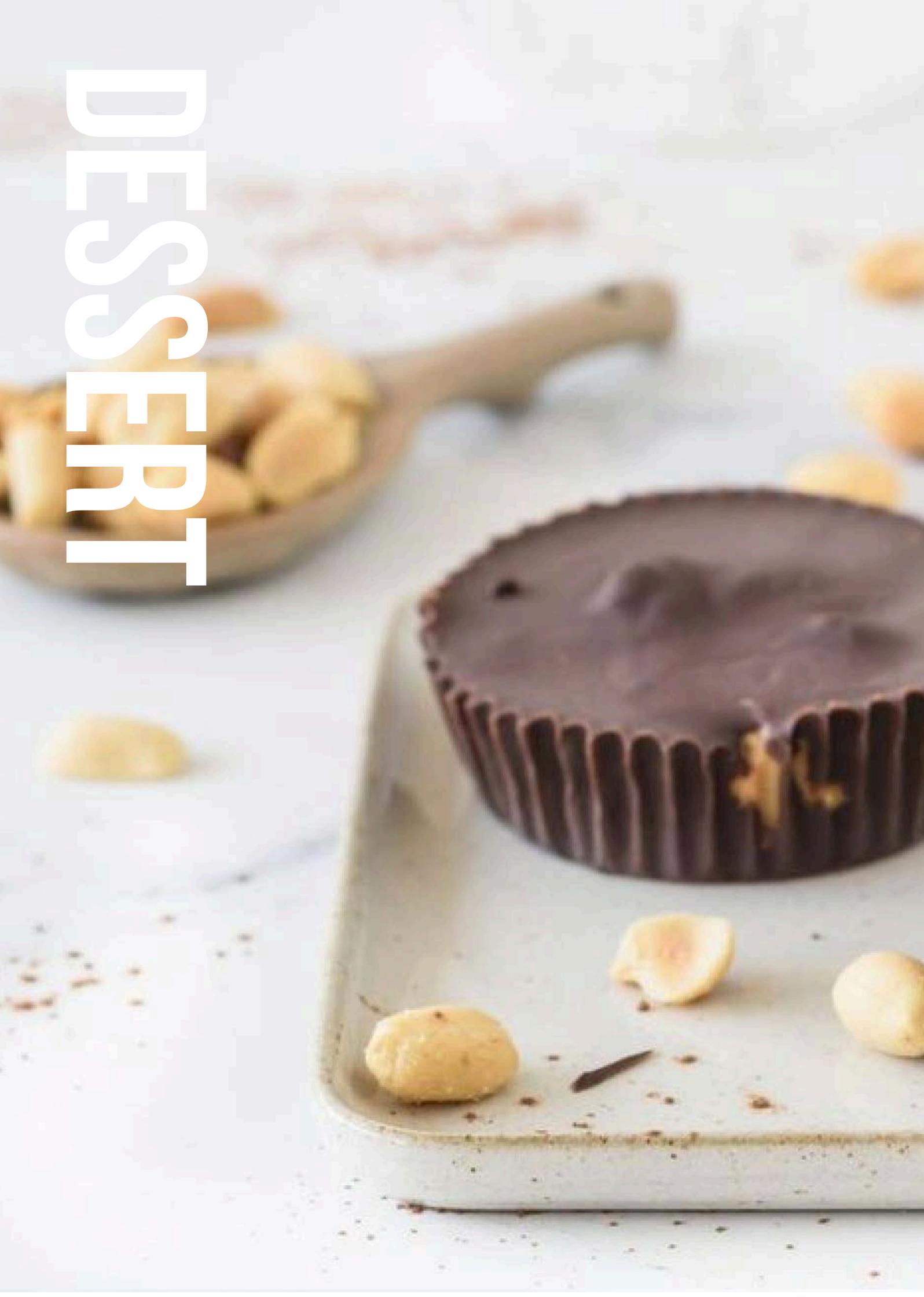
Return the pan to a high heat with the remaining half a tablespoon of oil. Fry the pepper, onion, cucumber and garlic, stirring often, until soft. Add the soy and Mirin; cook until reduced to a syrupy sauce.

Toss the rice, mint, and resting juices from the steak with the vegetables; and add seasoning. Slice the beef and serve with the rice.

MACROS PER PORTION

CALORIES	574	PROTEIN	38
CARBS	65	FATS	18
FIBRE	12		

DESSERT







STICKY RICE AND MANGO PUDDING

SERVES: 4

TOTAL TIME: 50 MINUTES

V VE GF DF

INGREDIENTS

300g sushi rice
250ml reduced fat coconut milk
24g granulated sugar
¼ tsp salt
2 ripe mangoes

INSTRUCTIONS

Rinse the rice in cold water very thoroughly. Line a steamer with a single sheet of baking parchment and place the rice on top. Bring the water in the steamer to the boil and steam the rice over high heat for 30 minutes, turning halfway. Put in a bowl and set aside.

Combine the coconut milk and sugar in a small pan and heat gently, constantly stirring, until the sugar has dissolved without boiling. Add salt and pour over the cooked rice, stirring gently; set aside to cool.

Peel the mangoes as close to the stones as possible. Slice each into thin lengthways slices.

Divide the rice into dishes with the mango.

MACROS PER PORTION

CALORIES	393	PROTEIN	6
CARBS	81	FATS	5
FIBRE	3		



SALT WATER TRUFFLES

SERVES: 15

TOTAL TIME: 15 MINUTES

V VE GF DF

INGREDIENTS

150g 70% dark chocolate

100ml water

4g salt

100g cocoa powder

INSTRUCTIONS

Break the chocolate into small pieces and place in a bowl on a set of digital scales.

Bring the water and salt to the boil in a small saucepan and remove from the heat. Pour 45g of the boiled water over the chocolate and gently mix until smooth. Place in the fridge to set for at least six hours.

Use a teaspoon to scoop out pieces of the truffle mix and rolling your hand before dropping into the cocoa powder to roll. Roll the truffles until completely covered and shake off any excess before serving.

MACROS PER PORTION

CALORIES	72	PROTEIN	2
CARBS	7	FATS	4
FIBRE	4		



COCONUT HOT WHITE CHOCOLATE

SERVES: 1

TOTAL TIME: 15 MINUTES

GF V

INGREDIENTS

200g almond milk
50g reduced fat coconut milk
1 tsp powdered sweetener
30g organic white chocolate
10g desiccated coconut

INSTRUCTIONS

In a saucepan over medium low heat, add almond milk, coconut milk and sweetener. Remove from the heat once it starts to simmer.

Add your white chocolate to the cup that you will drink from and pour the warm milk over the chocolate whilst whisking with a fork until all of the chocolate melts.

Garnish your drink with desiccated coconut.

MACROS PER PORTION

CALORIES	352	PROTEIN	10
CARBS	24	FATS	24
FIBRE	2		



PEANUT BUTTER CUPS

SERVES: 4

TOTAL TIME: 30 MINUTES

DF GF VE V

INGREDIENTS

50g plain chocolate
20g coconut cream
1 tbsp coconut oil
24g smooth peanut butter
24g peanuts, crushed
20g maple syrup

INSTRUCTIONS

In a microwaveable bowl add the chocolate and blast on high for rounds of 10 seconds until the chocolate has melted. Add the coconut oil and the coconut milk and stir to combine.

Combine peanut butter, crushed peanuts and maple syrup in another bowl.

Pour a quarter of the chocolate mixture into a cupcake form tin, add a quarter of the peanut butter mixture into the middle making sure that the peanut part is sunk in chocolate.

Freeze for 15 minutes and serve.

MACROS PER PORTION

CALORIES	189	PROTEIN	4
CARBS	14	FATS	13
FIBRE	2		



FROZEN HONEY YOGHURT LOLLIES

SERVES: 4

TOTAL TIME: 4 HOURS

GF V

INGREDIENTS

500g 0% strained greek yoghurt

85g honey

3 tablespoons almond milk

½ teaspoon vanilla extract

INSTRUCTIONS

In a large bowl, combine yoghurt, honey, almond milk, and vanilla extract. Mix until well combined and add the mixture to four lolly moulds.

Freeze for at least 4 hours or until the lolly is completely frozen.

MACROS PER PORTION

CALORIES	132	PROTEIN	13
CARBS	20	FATS	0
FIBRE	1		

Balance.

MONTHLY RECIPE BOOK

