

***Balance.***

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**MONTHLY  
RECIPE  
BOOK**

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**MONTHLY  
RECIPE  
BOOK**

# ***Balance.***

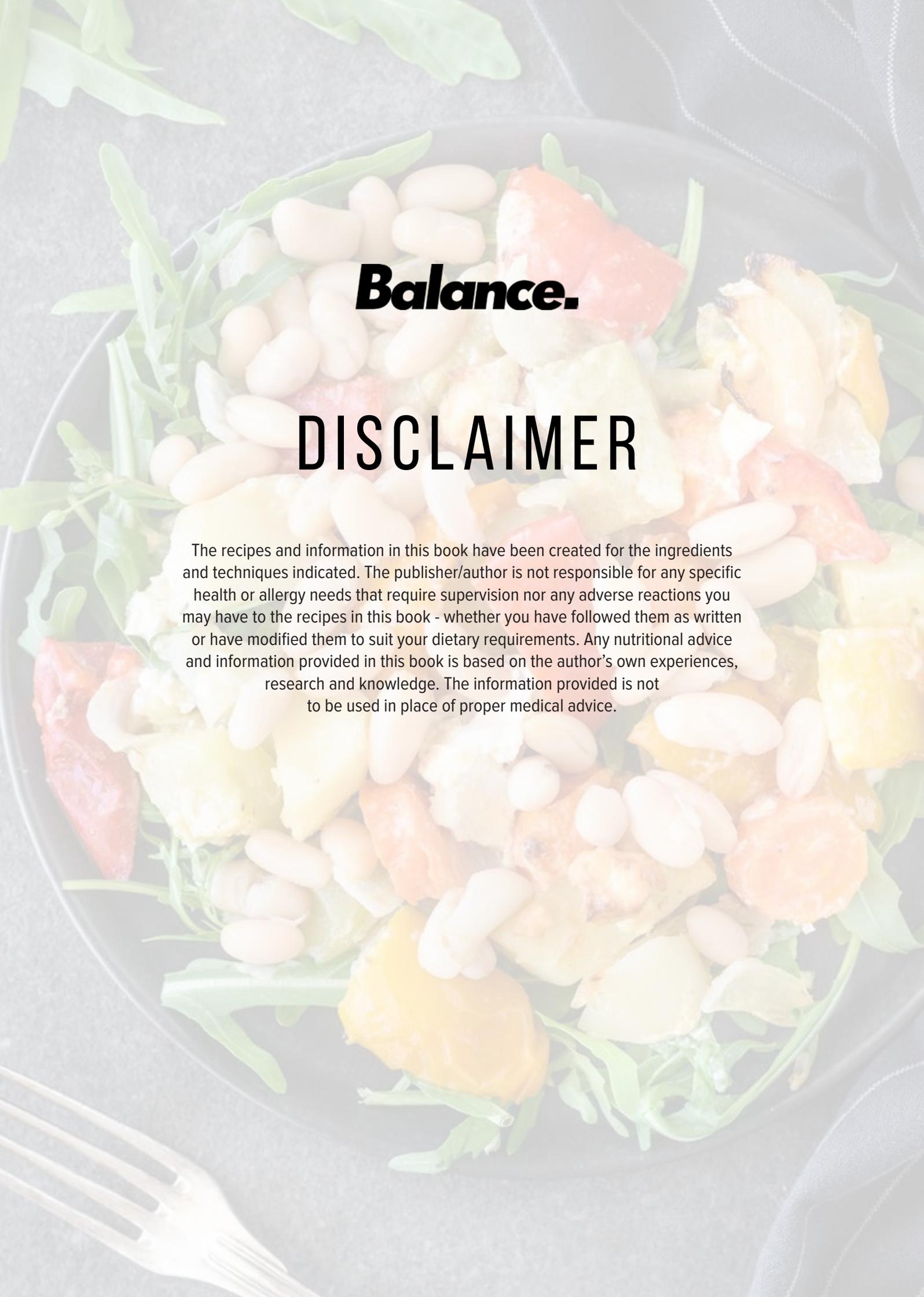
Welcome to your monthly recipe guide! Full of delicious, nutritious recipes specifically designed to help you meet your goals

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

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<b>V</b>	VEGETARIAN
<b>VE</b>	VEGAN
<b>DF</b>	DAIRY FREE
<b>GF</b>	GLUTEN FREE
<b>N</b>	CONTAINS NUTS
<b>Q</b>	QUICK

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# BREAKFAST







# CINNAMON AND PEAR BAKED OATS

SERVES: 2

TOTAL TIME: 40 MINUTES



## INGREDIENTS

Light spray oil  
100g oats  
1 tsp baking powder  
1 medium banana  
100g full fat milk  
1 large egg  
2 tbsp maple syrup  
1 tsp ground cinnamon  
1 pear, peeled, halved and cored

## INSTRUCTIONS

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

Lightly spray a baking dish (a round 18cm dish). Add the oats and baking powder to a blender and whizz until the oats are ground and add to a mixing bowl.

Add the banana, milk, egg, 1.5 tbsp maple syrup and cinnamon with a pinch of salt to the blender and whizz until smooth.

Stir the wet ingredients into the dry ingredients until just combined and then pour into the oiled baking dish.

Toss the pear with the remaining 1/2 tbsp maple syrup and scatter over the top of the oat mixture. Bake in the oven for 25 minutes until no wet mixture remains.

Allow the oats to cool around 10 minutes before serving.

## MACROS PER PORTION

CALORIES	393	PROTEIN	12
CARBS	66	FATS	9
FIBRE	5		



# SALMON AND CREAM CHEESE CRUMPETS

SERVES: 2

TOTAL TIME: 5 MINUTES



## INGREDIENTS

4 crumpets  
120g light cream cheese  
100g smoked salmon  
2 tbsp pickled red onions

## INSTRUCTIONS

Add the crumpets to a toaster and cook to your preferred liking.

Divide the cream cheese over the crumpets and top each one with 25g smoked salmon and fresh red pickled onions.

### MACROS PER PORTION

<b>CALORIES</b>	<b>365</b>	<b>PROTEIN</b>	<b>23</b>
<b>CARBS</b>	<b>39</b>	<b>FATS</b>	<b>13</b>
<b>FIBRE</b>	<b>2</b>		



# HONEY AND WHEY PROTEIN BARS

SERVES: 4

TOTAL TIME: 40 MINUTES



## INGREDIENTS

40g almond butter  
30g whey protein  
1 tbsp honey  
1 tbsp whole milk  
1 tbsp desiccated coconut  
30g 70% dark chocolate

## INSTRUCTIONS

In a food processor combine all of the ingredients except for the dark chocolate until you get a firm dough.

Divide the dough into four and shape into rectangles. This can be done individually or flatten the entire dough on a non-stick tray, place parchment on top and roll with a rolling pin, slice into 4.

Melt the dark chocolate in a microwave safe bowl (big enough to dip the bars) on short 10s blasts until it is fully melted. Dip the bars into the chocolate and coat.

Place the bars onto a non-stick silicone tray or a tray lined with parchment or foil. Keep them in the fridge for a couple of hours until set or alternatively freeze for 20 minutes.

## MACROS PER PORTION

CALORIES	157	PROTEIN	9
CARBS	10	FATS	9
FIBRE	1		



# CHOCOLATE AND COCONUT SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES



## INGREDIENTS

100g frozen banana  
100g 0% skyr yoghurt  
120ml sweetened almond milk  
25g whey protein  
1 tbsp cacao nibs  
1 tbsp desiccated coconut

## INSTRUCTIONS

Add the banana, yoghurt, almond milk and whey protein into a blender and blend until thoroughly mixed. Decant the contents into a bowl.

Garnish the bowl with cacao nibs and desiccated coconut.

### MACROS PER PORTION

<b>CALORIES</b>	<b>359</b>	<b>PROTEIN</b>	<b>36</b>
<b>CARBS</b>	<b>29</b>	<b>FATS</b>	<b>11</b>
<b>FIBRE</b>	<b>3</b>		



# LEEK AND HADDOCK OMELETTE SOUFFLÉ

**SERVES: 4**

**TOTAL TIME: 30 MINUTES**



## INGREDIENTS

- 1 tbsp olive oil
- 1 leek, thinly sliced and washed
- 100g half fat creme fraiche
- 100g semi-skimmed milk
- 240g smoked haddock fillets
- 6 eggs, separated
- 1 tbsp flour
- 12g chives, finely chopped

## INSTRUCTIONS

Heat a medium ovenproof frying pan over a medium heat with half a tablespoon of olive oil. Add the leek and fry for 5 to 6 minutes until softened. Remove the leeks from the pan and set aside.

Mix together the crème fraîche and the milk and then add those to the pan with the haddock fillets. Simmer for 6 to 8 minutes, turning the fish until cooked through and opaque. Transfer the fish to a plate with a slotted spoon and lightly flake apart.

Combine the egg yolks and flour in a large bowl then add the leftover warm milk mixture in small amounts with the leeks and chives.

In a separate bowl, whisk the egg whites to soft peaks with electric beaters, then fold into the yolk mix. Wipe the pan clean, add the remaining half a tablespoon of oil and return this back to the heat.

Preheat an oven grill to medium.

Add half of the egg mixture to the pan and then scatter with the flaked haddock. Top with the remaining egg mixture and place the pan back over a low heat on the hob. Cook for 5 to 6 minutes, until the top starts to set and then move to the grill.

Place this pan under the grill for 3 to 4 minutes, until golden.

Leave in the pan for two minutes to cool and reduce in size slightly, scatter the chives and serve between four.

### MACROS PER PORTION

<b>CALORIES</b>	<b>254</b>	<b>PROTEIN</b>	<b>23</b>
<b>CARBS</b>	<b>9</b>	<b>FATS</b>	<b>14</b>
<b>FIBRE</b>	<b>1</b>		

# SIDES







# MEDITERRANEAN VEG WITH FETA AND BEANS

SERVES: 4

TOTAL TIME: 30 MINUTES



## INGREDIENTS

500g frozen mediterranean veg  
200g reduced fat feta cheese  
1 tbsp olive oil  
1 tsp dried oregano  
1/2 tsp chilli flakes  
1 lemon, 1/2 thinly sliced, 1/2 juiced  
2 x 400g cans of cannellini beans, drained and rinsed  
1/4 vegetable stock cube reconstituted in 150ml water  
45g rocket leaves

## INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7.

Pour the vegetable mix into a large baking tray and add the feta into the middle of the veggies. Drizzle 1/2 tbsp olive oil and scatter the oregano and chilli flakes. Add the lemon slices around the pan and squeeze the juice of 1/2 over the whole tray. Add seasoning and roast in the oven for 25 minutes.

Meanwhile, reconstitute the stock, drain and rinse the beans.

Stir the beans and the stock through the vegetables, breaking up the cheese into large chunks. Roast for another 5 minutes in the oven to warm the beans through.

Before serving, stir through the rocket and drizzle the other 1/2 tbsp olive oil. Divide between 4.

## MACROS PER PORTION

CALORIES	292	PROTEIN	19
CARBS	27	FATS	12
FIBRE	9		



# DEVILLED EGGS

SERVES: 24

TOTAL TIME: 15 MINUTES

V GF DF

## INGREDIENTS

12 medium eggs  
4 level tbsp mayonnaise  
1 tsp mustard  
1/4 tsp paprika

## INSTRUCTIONS

Boil a kettle and add its contents to a large sauce pan. Bring to a rolling boil and add the eggs with a fork. Boil for 7-8 minutes for a fully cooked egg. Drain the hot water and run under a cold tap for 2 minutes before peeling.

Once peeled, cut the eggs in half and scoop out the yolk into a bowl. Add the mayonnaise, mustard, paprika and 1 tsp sea salt and mix very well.

Carefully put the mixture back into the eggs and serve.

### MACROS PER PORTION

CALORIES	48	PROTEIN	3
CARBS	0	FATS	4
FIBRE	0		



# SALMON FISHCAKES

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

600g skinless salmon filets, cut into chunks  
1 tbsp red curry paste  
Thumb-size piece fresh root ginger, peeled and grated  
1 tsp soy sauce  
½ bunch coriander, leaves chopped  
1 tbsp olive oil

## INSTRUCTIONS

Add the salmon into a food processor with the curry paste, ginger, soy sauce and chopped coriander.

Pulse until roughly minced.

Tip out the mix with a spatula and shape into four burgers.

Heat the olive oil in a non-stick frying pan over medium heat and fry the burgers for 4-5 mins on each side until the outside is crisp, firm to press and cooked through.

### MACROS PER PORTION

CALORIES	324	PROTEIN	34
CARBS	2	FATS	20
FIBRE	0		



# CELERIAC AND APPLE SLAW

SERVES: 4

TOTAL TIME: 5 MINUTES

V GF

## INGREDIENTS

400g celeriac, peeled and chopped into matchsticks  
1 medium apple, peeled and chopped into matchsticks  
1 tbsp wholegrain mustard  
120g mayonnaise  
2 tbsp fresh chopped parsley

## INSTRUCTIONS

With a very sharp knife, peel and cut the celeriac as thinly as possible, then cut the slices into long matchsticks. Repeat with the apple.

In a small bowl mix the mustard, mayonnaise and parsley, then mix with the celeriac and apple with a pinch of salt and black pepper.

### MACROS PER PORTION

CALORIES	239	PROTEIN	2
CARBS	6	FATS	23
FIBRE	4		



# GARLIC BREAD AND BRIE

SERVES: 4

TOTAL TIME: 60 MINUTES

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## INGREDIENTS

270g ciabatta loaf  
200g brie cheese  
1 tsp garlic paste  
45g butter  
1/2 tsp chilli flakes  
2 tbsp parsley, chopped



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## INSTRUCTIONS

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

Add the garlic paste to a bowl and mix with the butter, chilli flakes, salt and parsley.

Slice ciabatta bread in half and spread garlic butter.

Place over a baking tray with the Brie cheese, bake for 10-15 min until bread is toasted

### MACROS PER PORTION

<b>CALORIES</b>	<b>455</b>	<b>PROTEIN</b>	<b>17</b>
<b>CARBS</b>	<b>36</b>	<b>FATS</b>	<b>27</b>
<b>FIBRE</b>	<b>2</b>		

# MAINS







# PESTO PEAS ON TOAST

SERVES: 2

TOTAL TIME: 10 MINUTES



## INGREDIENTS

2 medium slices of white bread  
2 eggs  
2 tsp olive oil  
180g frozen peas  
40g green pesto  
24g butter  
Pinch of chilli flakes

## INSTRUCTIONS

Cook the frozen peas in a pan of salted boiling water for 3-4 minutes until tender.

Meanwhile, toast the bread slices and fry the eggs in a non-stick pan with 2 tsp of olive oil over medium high heat for 3-4 minutes.

Drain the peas and add back into the pan you boiled them in, add the pesto and stir through then crush them lightly with the back of a spoon.

Spread the toast with the butter and add the crushed peas on top and finally the egg. Scatter chilli flakes and serve.

### MACROS PER PORTION

<b>CALORIES</b>	<b>411</b>	<b>PROTEIN</b>	<b>16</b>
<b>CARBS</b>	<b>26</b>	<b>FATS</b>	<b>27</b>
<b>FIBRE</b>	<b>4</b>		



# HONEY MUSTARD CHICKEN AND GREENS

SERVES: 2

TOTAL TIME: 40 MINUTES



## INGREDIENTS

- 42g wholegrain mustard
- 320g chicken thighs, skinless and boneless, halved
- 160g green beans, trimmed and halved
- 15ml cider vinegar
- 50g lamb's lettuce
- 1 spring onion, trimmed and finely sliced
- 50g honey
- 300g waxy potatoes, cut into wedges
- 1 tbsp olive oil

## INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7 and boil a kettle.

Combine the honey and wholegrain mustard in a large bowl and season generously. Add the chicken thigh pieces to the honey mustard mixture and combine until well coated.

Heat a large, wide-based non-stick pan over a medium-high heat and once hot, add the coated chicken thigh pieces to the pan, shaking any excess honey mustard mixture back into the bowl. Cook for 3 min on each side or until lightly browned.

Cut 2 pieces of tin foil approx. the size of a sheet of A3 paper

Lay the browned chicken in the middle of the foil and pour the reserved honey mustard mixture all over the chicken, scrunch the edges of the foil around the chicken to form a sealed parcel and place on a baking tray. Add the tray to the oven for 15-20 min or until the chicken is cooked through.

While the chicken is in the oven, add the potato wedges to a pot of plenty of boiled water with a pinch of salt and bring to the boil over a high heat. Once boiling, cook the potatoes for 10 minutes, then add the green beans to the pot and cook together for 5 minutes until everything is tender. Once done, drain everything and add the cider vinegar, olive oil and the sliced spring onion.

Season the potatoes generously and mix very well.

Transfer the honey mustard chicken to serving plates and reserve the warm honey mustard mixture. In a bowl mix the lamb's lettuce with half of the warm honey mustard mixture

Serve the honey mustard chicken with the remaining honey mustard mixture spooned over.

Serve the dressed salad and potatoes to the side.

### MACROS PER PORTION

<b>CALORIES</b>	<b>484</b>	<b>PROTEIN</b>	<b>40</b>
<b>CARBS</b>	<b>54</b>	<b>FATS</b>	<b>12</b>
<b>FIBRE</b>	<b>4</b>		



# CHICKEN TRAYBAKE AND SWEET POTATO MASH

SERVES: 2

TOTAL TIME: 30 MINUTES



## INGREDIENTS

- 2 courgettes cut into 1cm thick slices
- 1 red onion cut into wedges
- 3 cloves of garlic, 2 sliced, 1 crushed or grated
- 50g light cream cheese
- 40g red pesto
- 320g chicken thighs, skinless and boneless
- 1/2 tbsp olive oil
- 300g sweet potato, peeled and cut into 2cm chunks
- 1 tsp dried tarragon

## INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7.

Place the courgette, onion and sliced garlic in a baking tray.

Mix all of the cream cheese (minus a tsp) with the red pesto. Open the chicken thighs and add equal amounts of the pesto/cheese mixture inside, roll up and place onto the baking tray with the vegetables. Drizzle 1/2 tbsp oil over everything and season. Roast for 25 minutes until the chicken is well cooked and the veggies soft.

Meanwhile, add the sweet potatoes to a pot of boiling water for 15 minutes until tender. Drain and mash with the reserved 1 tsp of cream cheese, crushed garlic and seasoning.

Remove the tray from the oven and scatter the tarragon and stir through. Serve with the mash and any tray juices equally between two.

## MACROS PER PORTION

CALORIES	497	PROTEIN	42
CARBS	44	FATS	17
FIBRE	6		



# CHICKEN PARMESAN WITH SALSA

**SERVES: 2**

**TOTAL TIME: 25 MINUTES**

## INGREDIENTS

300g chicken breasts, skinless  
50g breadcrumbs  
40g parmesan, finely grated  
1 medium egg, beaten  
1 tbsp butter  
1 tbsp olive oil  
300g jar of salsa  
60g mozzarella

## INSTRUCTIONS

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

Put the chicken breasts on a board, cover with clingfilm and bash with a rolling pin to 5mm thickness. Remove the clingfilm and cut each breast in half to create four equally sized chicken escalopes.

Mix the breadcrumbs and parmesan together in a shallow bowl or plate, crack and whisk the egg and add to a dish. Dip each of the flattened pieces of chicken in the beaten egg and then into the breadcrumb mix so they are completely coated. If it helps, press the breadcrumbs into the chicken.

Heat a frying pan with the butter and oil and when hot, add the breaded chicken. Cook for 3 minutes each side until golden and then transfer to a shallow ovenproof dish.

Empty the whole jar of salsa over the top and scatter around torn pieces of the mozzarella. Bake in the top of the oven for 5 minutes until the mozzarella has melted and the sauce is bubbling.

## MACROS PER PORTION

<b>CALORIES</b>	<b>587</b>	<b>PROTEIN</b>	<b>57</b>
<b>CARBS</b>	<b>29</b>	<b>FATS</b>	<b>27</b>
<b>FIBRE</b>	<b>2</b>		



# CRUNCHY BLACK BEAN WRAPS

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

- 1 tbsp olive oil
- 1 small red onion, finely diced
- 400g tin black beans, rinsed and drained
- 2 roasted red peppers from jar, drained and diced
- 4x 58g (large) flour tortillas
- 100g cheddar, grated
- 50g bag tortilla chips
- 120g avocado flesh, mashed
- 8 tbsp tomato relish

## INSTRUCTIONS

Heat the oil in a frying pan over medium heat and cook the onions until softened for 2-3 minutes.

Add the black beans and peppers and cook gently until the beans are heated through and starting to break down for 6-8 minutes. Season well.

Divide the mixture between the four tortillas, keeping to a 10cm circle in the middle.

Top with a quarter of the cheese and 2-3 crisps, 2 tbsp of tomato relish and 1/4 of the mashed avocado. By putting the crisps in the middle, you ensure they don't go soggy.

Fold in the edges of the tortillas, overlapping in the middle so you have an enclosed "parcel".

Add to the microwave for 20s to heat the tortilla.

## MACROS PER PORTION

CALORIES	542	PROTEIN	18
CARBS	59	FATS	26
FIBRE	7		



# OVEN BAKED CHILLI

SERVES: 2

TOTAL TIME: 35 MINUTES

GF

## INGREDIENTS

1 tsp olive oil  
1 red onion, diced  
1 clove of garlic, sliced  
250g 5% beef mince  
2 tsp smoked paprika  
1 tbsp ground cumin  
1/4 tsp chilli powder  
30g tomato puree  
400g tinned black beans, drained and rinsed  
1 beef stock cube  
40g cheddar  
80g 0% strained greek yoghurt

## INSTRUCTIONS

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

Prepare your vegetables and boil half a kettle. Heat a wide based, oven proof casserole dish (with a lid) over high heat with a tsp of oil. Add the beef mince and the onion, season and break up as it cooks through.

Once the beef has released it's water, add the sliced garlic and cook for 20s, add the cumin, paprika, chilli powder and stir together. Add the drained black beans, the tomato puree and add 1 cup of boiling water from the kettle. Add the lid and bring to a boil then put the whole dish into the oven for 20 minutes.

Remove the lid from the chilli, stir and replace back into the oven without the lid for 5 more minutes.

To serve, divide between two and top each half with cheddar and the yoghurt.

## MACROS PER PORTION

<b>CALORIES</b>	<b>612</b>	<b>PROTEIN</b>	<b>48</b>
<b>CARBS</b>	<b>33</b>	<b>FATS</b>	<b>32</b>
<b>FIBRE</b>	<b>6</b>		



# SMOKED SALMON AND PEA FRITTATA

SERVES: 4

TOTAL TIME: 50 MINUTES

GF DF

## INGREDIENTS

500g new potatoes  
200g smoked salmon, sliced  
8 medium eggs  
2 tbsp dill, chopped  
2 tbsp olive oil  
100g frozen peas

## INSTRUCTIONS

Boil a kettle and add its contents to a saucepan with a big pinch of salt, bring to a boil and thickly slice the potatoes and boil until tender for 10 minutes. Drain well and leave to cool slightly.

Crack the eggs into a bowl, beat with a fork until lightly foamy, then stir in the smoked salmon, dill, peas and plenty of salt and pepper. Finally, add the cooked potatoes.

Heat 2 tablespoons of olive oil in a large non-stick frying pan over low heat, add the egg mixture and cook for 10-15 minutes until the egg is starting to set.

Put a plate that is slightly larger than the top of the pan on top and invert the frittata onto it. Slide it back into the pan and cook for a further 5 minutes to brown the underside.

Slide on to a plate and leave to cool for 5 minutes before cutting into wedges.

## MACROS PER PORTION

CALORIES	388	PROTEIN	29
CARBS	23	FATS	20
FIBRE	2		



# SWEET POTATO CHICKEN AND MUSHROOM PIE

**SERVES: 2**

**TOTAL TIME: 50 MINUTES**

## INGREDIENTS

1 tbsp olive oil  
300g chicken breasts  
1 chicken stock cube, reconstituted in 1.5 cups water  
1 tsp flour  
15g wholegrain mustard  
150g mushrooms, sliced  
1 medium onion, peeled and finely chopped  
450g sweet potatoes  
1 tsp butter  
50g light soft cheese  
150g sliced spring greens

## INSTRUCTIONS

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

Heat a large, wide-based non-stick pan (with a matching lid) and add 1 tbsp oil over a medium-high heat. Once hot, add the chopped onion and mushrooms with a pinch of salt and cook for 5-6 min or until softened and browned.

Meanwhile, dissolve the chicken stock mix in 1.5 cups of boiled water.

Add the chicken breasts to the pan when the mushrooms have browned and cook for 2-3 min on each side. Add 1 tsp flour to the pan and cook for 30 secs then add the chicken stock and whisk until smooth. Cook, covered, for a further 10-12 min or until cooked through.

Meanwhile, peel and chop the sweet potatoes into 1" pieces and add to a pot of boiled water over a high heat. Bring to the boil and cook for 12-15 min until the potatoes are tender. Once done, drain and return them to the pot, steam dry slightly and add 1 tsp butter and a pinch of salt to the potatoes and mash together until smooth.

Once the chicken is cooked, transfer it to a bowl and shred (pull) apart using two forks. Return the chicken to the pan along with any juices and add the soft cheese, wholegrain mustard and mix.

Add the chicken filling to an oven-proof dish and spoon over the mashed sweet potato (reserve the pan!) and sprinkle over the panko breadcrumbs. Put the dish in the oven and cook for 10-15 min or until golden and bubbling.

While the pie is cooking, reboil a kettle, rinse the sliced spring greens and add them to the reserved sweet potato pan and cover with boiling water, a pinch of salt and cook for 3-4 minutes until tender.

Remove the pie from the oven and allow to rest and cool slightly, serve with the sliced spring greens.

### MACROS PER PORTION

<b>CALORIES</b>	<b>563</b>	<b>PROTEIN</b>	<b>47</b>
<b>CARBS</b>	<b>60</b>	<b>FATS</b>	<b>15</b>
<b>FIBRE</b>	<b>10</b>		



# PARMESAN CHICKEN

SERVES: 2

TOTAL TIME: 10 MINUTES

GF

## INGREDIENTS

1 egg white  
60g parmesan, finely grated  
300g chicken breasts  
400g new potatoes, cut into 1inch cubes  
140g frozen peas  
40g baby spinach leaves  
1 tbsp white wine vinegar  
2 tsp olive oil

## INSTRUCTIONS

Heat an oven grill to medium and line the grill pan with tin foil.

Beat the egg white on one plate with a little salt. On another plate, lay out the parmesan. Dip the chicken in egg white, then in the parmesan and coat well.

Grill the coated chicken for 10-12 mins, turning once until browned and crisp.

Meanwhile, boil a kettle and add it's contents to a saucepan with a big pinch of salt and the potatoes for 10 mins over high heat, 2 minutes before the end, add the peas and then drain.

Toss the potatoes and peas with the spinach leaves, vinegar, oil and a little salt.

Divide the ingredients equally between two.

### MACROS PER PORTION

<b>CALORIES</b>	<b>510</b>	<b>PROTEIN</b>	<b>56</b>
<b>CARBS</b>	<b>40</b>	<b>FATS</b>	<b>14</b>
<b>FIBRE</b>	<b>5</b>		



# ANCHO CHILLI BEEF WITH BUTTERNUT STEW

SERVES: 4

TOTAL TIME: 1 HOUR 20 MINUTES



## INGREDIENTS

500g butternut squash, cut into 2cm cubes  
2 tbsp olive oil  
1 large dried ancho chilli  
1 large red onion, finely chopped  
3 cloves garlic, crushed  
500g lean diced steak  
33g tomato purée  
1 tsp ground cumin  
1/2 tsp ground cinnamon  
400g can chopped tomatoes  
400g can kidney beans, drained and rinsed  
1 lime, juice of 1/2 and 1/2 cut into wedges

## INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7.

Toss the squash with 1 tbsp oil and spread out onto a baking tray, separated. Roast for 20 minutes, turning halfway and then set aside.

Meanwhile, boil a kettle and cut the stem from the dried chilli and shake out the seeds and discard them. Tear the chilli into 4 pieces, add to a bowl and cover with a cup of boiled water from the kettle and then leave to soak.

Heat the remaining 1 tbsp oil in a large casserole dish over a medium-high heat, add the onion and garlic and cook for 3-4 minutes until starting to soften. Push the onion and garlic to one side and add the beef to the pan. Add salt and pepper then leave for a minute to sear, stir with the onion and garlic and cook for another 2-3 minutes until browned all over and cooked through.

Stir in the tomato purée, cumin and cinnamon and then lift the chilli pieces from the soaking liquid and chop them very finely. Stir into the pan with the soaking liquid (but no sediment at the bottom) and the tomatoes, then season.

Lower the oven temperature to 160C/320F/Gas Mark 3.

Cover the dish and bake in the oven for 30 minutes.

Uncover the pan, stir in the kidney beans and roasted squash then bake uncovered for another 30 minutes.

Leave to stand for 10 minutes, then stir in the lime juice.

Serve with the lime wedges.

## MACROS PER PORTION

CALORIES	409	PROTEIN	36
CARBS	28	FATS	17
FIBRE	7		



# BAKED SWEET POTATOES AND SMASHED AVOCADO

SERVES: 2

TOTAL TIME: 60 MINUTES



## INGREDIENTS

- 600g sweet potatoes
- 2 tsp sunflower seeds
- 75g frozen garden peas
- 130g avocado flesh
- 1 tbsp fresh coriander leaves, roughly chopped
- 5 mint leaves, shredded
- 1 tsp hot pepper sauce
- Juice of half a lime
- 30g light feta, crumbled

## INSTRUCTIONS

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

Place the sweet potatoes on a baking tray and bake for 50 minutes until very soft.

Add the sunflower seeds in a small roasting tin or dish and add to the oven with the sweet potatoes for the final 5 minutes.

Then, boil a kettle and add the contents to a saucepan over high heat, add the peas and simmer for 3-4 minutes then drain.

Using a palette knife, halve and chop the avocado and put in a bowl with the peas. Crush together with the back of a fork. Add the herbs, hot pepper sauce, a little salt and the lime juice, then mix together.

Cut the potatoes down the centre. Divide the mashed avocado and peas between them, sprinkle over the feta and scatter with the roasted sunflower seeds. Add more hot pepper sauce if you wish.

## MACROS PER PORTION

<b>CALORIES</b>	<b>507</b>	<b>PROTEIN</b>	<b>12</b>
<b>CARBS</b>	<b>72</b>	<b>FATS</b>	<b>19</b>
<b>FIBRE</b>	<b>11</b>		



# GLAZED CHICKEN LEGS AND BOILED NEW POTATOES AND ASPARAGUS

SERVES: 4

TOTAL TIME: 50 MINUTES



## INGREDIENTS

- 3 tbsp wholegrain mustard
- 1 tbsp olive oil
- 1 tbsp honey
- 4 (600g) chicken thigh quarters
- 800g new potatoes
- 240g asparagus, trimmed

## INSTRUCTIONS

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

Mix the mustard, olive oil and honey together with a little salt and black pepper and add over the chicken in a deep roasting tray. Rub the meat and skin coating very well.

Bake in the oven, skin side up, for 45 mins until the chicken is cooked through and the juices run clear when pricked.

Meanwhile, boil a kettle and empty it's contents to a large saucepan. Bring to a boil with a large pinch of salt and add the potatoes. Cook for 10 minutes then add the asparagus for 2 minutes at the end until the potatoes are fork tender and the asparagus cooked. Drain the pan and allow to cool slightly whilst you remove the chicken.

To serve, divide the chicken, asparagus and potatoes between four dishes, coating with the pan juices.

### MACROS PER PORTION

CALORIES	496	PROTEIN	33
CARBS	37	FATS	24
FIBRE	4		



# ROASTED SQUASH, TOMATO AND GOAT'S CHEESE OMELETTE

SERVES: 1

TOTAL TIME: 30 MINUTES



## INGREDIENTS

- 125g butternut squash, peeled and cut into 1cm cubes
- 1 tsp olive oil
- 3 sprigs of fresh thyme
- 8 cherry tomatoes
- 2 medium eggs
- 15g soft goat's cheese
- 25g rocket

## INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7.

Toss the squash bites with the tomatoes, 1/2 tsp olive oil and the thyme, rub well and roast for 10 minutes.

After the squash has cooked for 5 minutes, heat a non-stick frying pan with the remaining 1/2 tsp oil over medium heat.

Crack and add the eggs to a bowl and whisk together. Add to the pan and tip the pan for the base to fully coat. Cook for 2 minutes then arrange the goat's cheese on one side, add the roasted squash and the tomatoes on top then fold the omelette over to encase the filling. Leave on the heat for another 30s then slide onto a plate with the rocket.

### MACROS PER PORTION

CALORIES	327	PROTEIN	22
CARBS	17	FATS	19
FIBRE	6		



# MUSTARD STUFFED CHICKEN WITH OVEN WEDGES AND GREEN BEANS

SERVES: 4

TOTAL TIME: 35 MINUTES

GF

## INGREDIENTS

600g white potatoes  
2 tbsp olive oil  
100g mascarpone cheese  
50g cheddar cheese, grated  
2 tsp wholegrain mustard  
8 slices parma ham  
600g chicken breasts  
240g fine trimmed green beans

## INSTRUCTIONS

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

Boil a kettle and fill a large sauce pan, add salt and bring to a boil. Cut the potatoes into wedges. Add to the pan of boiling water and parboil for 8 minutes. Drain in a colander and leave to steam dry for a couple of minutes.

Transfer to a roasting tray and add the olive oil and season. Toss and mix together until the wedges are coated then spread out in one layer. Cook in the oven for 30 minutes until golden.

Meanwhile, in a bowl, mix the mascarpone, cheddar and wholegrain mustard together. Using a very sharp knife, cut into the side of each chicken breast, then stuff with the mustard mixture. Wrap 2 slices of parma ham around each stuffed chicken breast just firmly enough to hold the chicken together. Season and place in a shallow casserole dish, cook in the centre of the oven for 20-25 mins, turning halfway through cooking.

10 minutes before the oven timer finishes, boil a kettle and add the contents to a medium saucepan with a pinch of salt. Bring the water to a boil over high heat and add your green beans. Cook for 4-6 minutes. Drain and cool slightly.

To serve, divide the green beans, chicken and wedges equally between four.

### MACROS PER PORTION

CALORIES	561	PROTEIN	51
CARBS	33	FATS	25
FIBRE	3		



# BEETROOT AND FETA SPAGHETTI

SERVES: 2

TOTAL TIME: 20 MINUTES



## INGREDIENTS

150g wholewheat spaghetti  
125g pre-packed cooked beetroot  
90g tenderstem broccoli, chopped  
15g pine nuts  
1/2 tbsp olive oil  
1 garlic clove, thinly sliced  
1 tsp dried parsley  
40g feta cheese, crumbled

## INSTRUCTIONS

Boil a kettle and add it's contents to a saucepan with a big pinch of salt. Bring to a boil and add the spaghetti, adding any juices from the pack of beetroot to the sauce pan aswell. Boil for 8 minutes. Add the broccoli, then cook for 5 more minutes, drain well.

Meanwhile, toast the pine nuts in a dry non-stick frying pan over medium heat, then tip into a bowl and set aside.

In the same pan, heat the oil over a medium heat and add the beetroot then garlic, season, then cook for 2-3 mins, until heated through.

Tip the pasta and broccoli into the pan, tossing well to combine.

Mix in the parsley and pine nuts, season, then scatter with the feta to serve.

## MACROS PER PORTION

CALORIES	434	PROTEIN	17
CARBS	60	FATS	14
FIBRE	9		

# DESSERT







# VEGAN RASPBERRY ALMOND BROWNIES

SERVES: 16

TOTAL TIME: 60 MINUTES



## INGREDIENTS

30g milled flaxseed  
180g water  
120g ground almonds  
75g unsweetened cocoa powder  
1 tsp baking powder  
325g caster sugar  
1 tsp vanilla extract  
120g almond butter  
120g raspberries  
40g almonds

## INSTRUCTIONS

Line and prepare a 9" x 9" square baking tin and pre heat your oven to 180C/350F/Gas Mark 4.

Mix together the milled flaxseed and water to create "flax eggs" and leave to stand for 15 minutes until thick.

To a bowl add the ground almonds, cocoa powder, baking powder and caster sugar and combine.

To a separate bowl add vanilla extract, almond butter and the flax eggs. Whisk together until combined.

Add the dry ingredients to the wet ingredients and then carefully fold in half (20g) of whole almonds and half (60g) raspberries.

Spoon the brownie batter into the tin and smooth out the top with the back of a spatula to get an even top that goes into the corners. Top with the remaining almonds and raspberries.

Bake in the oven for 30 – 35 minutes. You want to take them out of the oven when the middle is still slightly wobbly as it will harden as it cools.

Leave to cool completely, before cutting into 16 pieces.

## MACROS PER PORTION

CALORIES	224	PROTEIN	5
CARBS	24	FATS	12
FIBRE	3		



# APRICOT AND RASPBERRY TARTS

**SERVES: 4**

**TOTAL TIME: 45 MINUTES**



## INGREDIENTS

3 sheets (160g) filo pastry  
2 tbsp butter, melted  
3 tbsp apricot jam  
240g apricots, stoned and roughly sliced  
85g raspberries  
2 tsp caster sugar

## INSTRUCTIONS

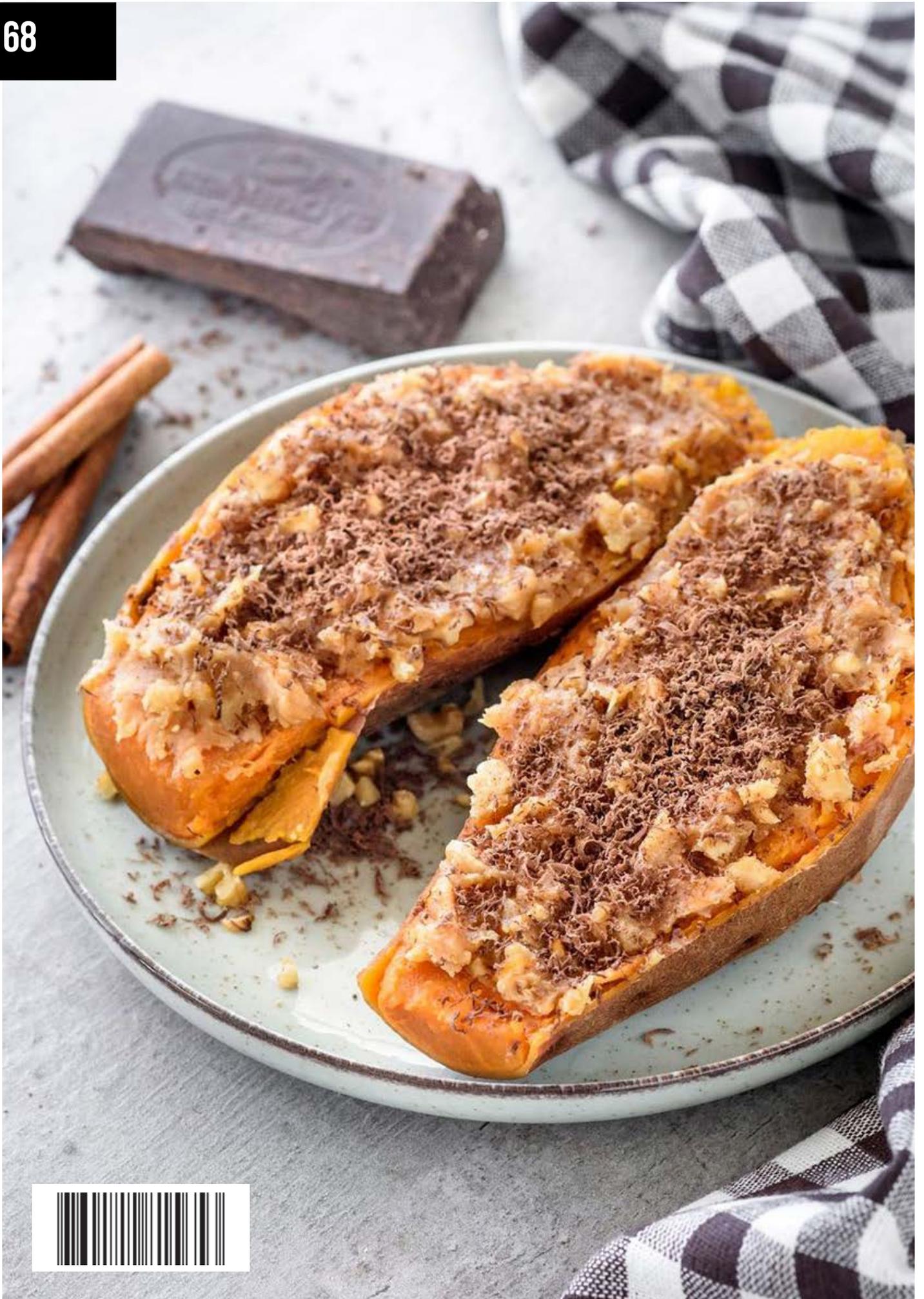
Let the filo come to room temperature for about 10 mins before use. Put a baking tray into the oven and heat oven to 200C/400F/Gas Mark 6.

Brush each large sheet of filo with melted butter, layer on top of each other, then fold in half so you have a smaller rectangle 6 layers thick. If using small sheets just stack on top of each other. Fold in the edges of the pastry base to make a 2cm border, then spread the apricot jam inside the border. Carefully slide the pastry base on to the hot baking tray and bake for 5 mins.

Remove from oven, arrange apricots over the tart and brush with any leftover melted butter. Bake for another 10 mins, then scatter on raspberries and sprinkle with sugar. Bake for a final 10 mins until the pastry is golden brown and crisp.

### MACROS PER PORTION

<b>CALORIES</b>	<b>230</b>	<b>PROTEIN</b>	<b>4</b>
<b>CARBS</b>	<b>40</b>	<b>FATS</b>	<b>6</b>
<b>FIBRE</b>	<b>2</b>		



# DESSERT BAKED SWEET POTATO

SERVES: 1

TOTAL TIME: 50 MINUTES

V VE GF DF

## INGREDIENTS

275g sweet potato  
8g creamed coconut  
8g almond butter  
8g pecans, chopped  
8g plain chocolate, chopped  
1/4 tsp cinnamon

## INSTRUCTIONS

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

Place the sweet potato on a rimmed baking sheet and roast for 45 minutes until the potato is tender.

Slice down the centre of the potato, press down firmly with a fork and add the creamed coconut, almond butter, chopped pecans, chocolate and cinnamon.

### MACROS PER PORTION

CALORIES	450	PROTEIN	7
CARBS	65	FATS	18
FIBRE	9		



# ROCKY ROAD

SERVES: 6

TOTAL TIME: 60 MINUTES



## INGREDIENTS

120g 85% dark chocolate  
35g marshmallows  
1 tbsp coconut oil  
30g whey protein  
30g blueberries  
20g almonds, chopped  
20g goji berries

## INSTRUCTIONS

Melt your chocolate in a microwave for 2 minutes on high, stirring with a spoon every 30 seconds.

Add the coconut oil and protein powder. Stir until completely dissolved.

Add in your remaining ingredients apart from the marshmallows.

Pour into a container lined with cling film or baking parchment.

Place a few more marshmallows on top, and then sprinkle some chopped almonds and goji berries over.

Place in freezer for about an hour, then cut into 6 squares and place in the fridge.

### MACROS PER PORTION

<b>CALORIES</b>	<b>206</b>	<b>PROTEIN</b>	<b>7</b>
<b>CARBS</b>	<b>13</b>	<b>FATS</b>	<b>14</b>
<b>FIBRE</b>	<b>2</b>		



# PEANUT BUTTER CHOCOLATE OAT CUPS

SERVES: 10

TOTAL TIME: 1 HOUR 15 MINUTES



## INGREDIENTS

For the cups:

80g oats

210g peanut butter

100g maple syrup

1 tsp vanilla extract

For the topping:

50g plain chocolate

30g peanut butter

## INSTRUCTIONS

Add all of these ingredients to a bowl and mix everything together with a spatula. Grease a muffin tin with light spray cooking oil.

Fill 10 of the muffin trays 3/4's of the way, you want to leave room for the peanut butter chocolate topping. Freeze the tray for 1 hour.

Meanwhile, combine the chocolate and additional 30g peanut butter in a microwaveable bowl and heat in blasts for 20s until the chocolate is melted and combines. Stir and repeat.

Remove the tray from the freezer and divide the topping equally smoothing the top with a knife. Replace the tray in the freezer for another 30 minutes.

Store in the fridge.

## MACROS PER PORTION

CALORIES	238	PROTEIN	7
CARBS	21	FATS	14
FIBRE	2		

*Balance.*

# MONTHLY RECIPE BOOK