

***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

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scanned  
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each recipe featured

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

Jamie  
Head Coach at Balance



**Balance.**

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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
<b>P</b>	HIGH PROTEIN
<b>LC</b>	LOW CARB
<b>LF</b>	LOW FAT
<b>C</b>	LOW CALORIE

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# BREAKFAST







# LOW CARB KETO BLINIS

SERVES: 4

TOTAL TIME: 20 MINUTES

LC N GF C

## INGREDIENTS

78g almond flour  
½ teaspoon gluten-free baking powder  
Pinch of pink Himalayan salt  
2 large eggs  
3 tablespoons unsweetened almond milk  
1 tablespoon butter, melted  
1 tablespoon extra-virgin olive oil or ghee  
100g cream cheese  
160g smoked salmon  
3 tablespoon capers, drained  
3 sprigs fresh dill  
½ teaspoon cracked black pepper

## INSTRUCTIONS

Separate the egg whites and yolks, then add the yolks, butter and almond milk together in a mixing bowl. Gently whisk by hand until combined.

Fold 70g almond flour, baking powder and salt into the mix.

Next, whisk the egg whites in a high-speed mixer until it forms light fluffy peaks.

Fold the whites carefully into the batter to combine, being careful to not over beat or this will flatten the blinis.

Heat a drop of olive oil in a pan and spoon in a heaped teaspoon of the mixture and fry on a low heat for about 50 seconds per side until lightly golden. Flip over and repeat on the other side.

Repeat the above step until all the batter is used up (you should have around 16 blinis).

Once they are cooked, place them on a sheet of kitchen paper and allow to cool.

Top each blini with a little cream cheese, smoked salmon, 2 - 3 capers, dill and a tiny sprinkle of cracked black pepper.

The blinis will store in the fridge for up to 2 days.

## MACROS PER PORTION

CALORIES	289	PROTEIN	16
CARBS	3	FATS	25
FIBRE	2		



# RED VELVET PANCAKES

SERVES: 6

TOTAL TIME: 25 MINUTES



## INGREDIENTS

240g all-purpose flour  
2 tsp baking powder  
1/2 tsp bicarbonate of soda  
1/2 tsp salt  
2 tbsp cocoa powder  
250ml milk  
2 large eggs  
1 tbsp red food coloring  
1 tsp vanilla extract  
3 tbsp butter

## INSTRUCTIONS

Start by mixing together the flour, baking powder, baking soda, salt and cocoa powder.

In a separate bowl, whisk the egg and milk together. Then, whisk in the food colouring and vanilla extract.

Pour the wet mixture into the dry mixture and stir until just combined.

Add 1 tbsp of butter to a non-stick fry pan. Bring it to medium heat and pour batter in about a 1/4 cup at a time. Cook for 2-3 minutes or until bubbles start to appear. Flip and cook for another minute. Make sure you add more butter as you need.

Keep cooked pancakes warm in the oven or under tin foil.

Serve with fresh raspberries.

### MACROS PER PORTION

<b>CALORIES</b>	<b>245</b>	<b>PROTEIN</b>	<b>8</b>
<b>CARBS</b>	<b>33</b>	<b>FATS</b>	<b>9</b>
<b>FIBRE</b>	<b>2</b>		



# OVERNIGHT OATS WITH BERRIES

SERVES: 4

TOTAL TIME: 5 MINUTES



## INGREDIENTS

80g rolled oats  
2 tablespoons chia seeds  
1 tablespoon hemp seed  
240 ml almond milk  
245g yoghurt ( non-dairy)  
2 tablespoons whey protein  
For toppings  
2 tablespoons hemp seed  
60g raspberries, strawberries or mix  
75g nuts, chopped

## INSTRUCTIONS

Mix the rolled oats, chia seeds, hemp seeds, almond milk, yoghurt and whey protein powder into a bowl or mason jar.

Let the mix sit in the refrigerator overnight until the oatmeal has soaked up all the liquid.

Remove from the refrigerator and top with chopped nuts, hemp seeds and berries.

### MACROS PER PORTION

<b>CALORIES</b>	<b>468</b>	<b>PROTEIN</b>	<b>21</b>
<b>CARBS</b>	<b>33</b>	<b>FATS</b>	<b>28</b>
<b>FIBRE</b>	<b>11</b>		



# EGGNOG

SERVES: 7

TOTAL TIME: 20 MINUTES

V GF LF C

## INGREDIENTS

700ml skimmed milk  
1 vanilla pod  
2 large eggs  
75g sugar  
1 teaspoon cornstarch  
Freshly grated nutmeg to garnish  
Spiced rum or bourbon (optional)

## INSTRUCTIONS

Heat 580 millilitres of the milk in a medium saucepan.

Split the vanilla pod lengthwise and scrape out the seeds with the tip of a knife then add the seeds and pod to the milk and allow to simmer over medium heat.

Then in a large bowl, whisk the eggs, sugar and cornstarch together until it turns light yellow.

Temper the eggs by gradually pouring the hot milk mixture (about 230 millilitres at a time), into the egg mixture, whisking constantly (important, otherwise you'll end up with scrambled eggs).

Pour the mixture back into the pan and place over medium heat and stir constantly with a wooden spoon until the eggnog begins to thicken, about 6-7 minutes.

Remove from the heat and immediately stir in the remaining 120 millilitres milk to halt the cooking process.

Remove the vanilla pod, allow the liquid to cool and transfer to a large jug. Chill until ready to serve.

Spike the eggnog with alcohol, if desired, and garnish with nutmeg.

### MACROS PER PORTION

<b>CALORIES</b>	<b>103</b>	<b>PROTEIN</b>	<b>5</b>
<b>CARBS</b>	<b>15</b>	<b>FATS</b>	<b>3</b>
<b>FIBRE</b>	<b>0</b>		



# GINGERBREAD FRENCH TOAST

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

2 eggs  
125ml milk  
1/2 tsp ground cinnamon  
1/2 tsp ground nutmeg  
1/4 tsp ground ginger  
1/4 tsp ground cloves  
4 slices rye sandwich bread (gluten-free if required)  
1 tbsp butter  
1 tbsp powdered sugar

## INSTRUCTIONS

Start by whisking together the eggs, milk, cinnamon, nutmeg, ginger and cloves.

Submerge each slice of the bread in the liquid for about 20-30 seconds each side.

Add the butter to a large non-stick frying pan and bring it to a medium heat.

Cook slices for about 4 minutes each side. Turn the heat right up at the end to crisp it up a little more.

Serve with powdered sugar and berries.

### MACROS PER PORTION

<b>CALORIES</b>	<b>422</b>	<b>PROTEIN</b>	<b>16</b>
<b>CARBS</b>	<b>58</b>	<b>FATS</b>	<b>14</b>
<b>FIBRE</b>	<b>0</b>		

# SIDES







# MINI CHRISTMAS QUICHE

SERVES: 12

TOTAL TIME: 30 MINUTES

GF V LC C

## INGREDIENTS

12 eggs  
125ml milk  
salt and cracked pepper  
1/2 red bell pepper, diced  
2 stalks spring onion, diced  
100g mozzarella, diced

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5. Grease a 12-cup muffin tin with olive oil cooking spray.

In a medium-sized bowl, whisk together the eggs, milk, salt and cracked pepper.

Pour half the mixture into the egg cups so that they are only half full.

Add bell pepper, spring onion and cheese to each one and then fill to the top with the extra egg mixture.

Place in the oven and cook for 15-17 minutes or until cooked through.

## MACROS PER PORTION

CALORIES	107	PROTEIN	8
CARBS	3	FATS	7
FIBRE	1		



# AUBERGINE AND CHICKPEA BITES (V)

SERVES: 20

TOTAL TIME: 1 HOUR 20 MINUTES

GF DF N LC C

## INGREDIENTS

3 large aubergines, halved, cut side scored  
Spray oil  
2 fat garlic cloves, peeled  
2 teaspoons coriander  
2 teaspoons cumin seeds  
400 gram can chickpeas, drained  
2 tablespoons garam flour  
1 lemon, ½ zested and juiced, ½ cut into wedges to serve  
3 tablespoons polenta  
For the dip:  
1 tablespoon harissa  
150 grams coconut yoghurt

## INSTRUCTIONS

Begin by preheating your oven to 200°C/400°F/gas 6.

Meanwhile, spray the aubergine halves generously with oil, and put them cut-side up in a large roasting tin with the garlic, coriander and cumin seeds.

Season, then roast for 40 mins until the aubergine is completely tender. Set aside to cool.

Scoop the cooled aubergine flesh into a bowl, discarding the skins. Use a spatula to scrape the spices and garlic from the roasting tin into the bowl.

Add the chickpeas, garam flour, lemon zest and juice, roughly mash together and then season further to taste. The mixture will seem a little loose, but it will firm up in the fridge.

Shape the mixture into 20 balls and put them on a baking tray lined with baking greaseproof paper or baking parchment, then place in the fridge for at least 30 mins.

While the balls are cooling, swirl the harissa through the yogurt and set aside, then adjust your oven to 180C/160C fan/gas 4.

Tip the polenta onto a plate, roll the balls in it to coat, then return them to the tray and spray each one with a little oil.

Roast for 20 mins until crisp, hot and golden.

Serve with the harissa yogurt and lemon wedges.

## MACROS PER PORTION

CALORIES	59	PROTEIN	2
CARBS	6	FATS	3
FIBRE	3		



# PRAWN COCKTAIL

SERVES: 6

TOTAL TIME: 20 MINUTES

GF LC P C

## INGREDIENTS

Dressing:

5 tablespoons low fat natural yogurt

2 tablespoons seafood dressing

1 tablespoon tomato sauce

1 teaspoon capers, chopped

Few drops Tabasco sauce

Salad:

340g prawns

1 tablespoon olive oil

2 tablespoons lemon juice

4 tablespoons fresh parsley, chopped

18 lettuce leaves

## INSTRUCTIONS

Combine all the ingredients for the dressing together in a bowl.

Wash the prawns and pat them dry, place in a bowl add the oil, lemon juice, parsley and a pinch of black pepper. Chill in the refrigerator for up to 3 hours.

Wash the lettuce under running cold water.

Lay 3 lettuce leaves on each plate or in individual serving bowls.

Evenly divide the prawns amongst the plates and top with the dressing and parsley.

Serve with triangles of brown bread and a lemon wedge.

## MACROS PER PORTION

<b>CALORIES</b>	<b>87</b>	<b>PROTEIN</b>	<b>10</b>
<b>CARBS</b>	<b>5</b>	<b>FATS</b>	<b>3</b>
<b>FIBRE</b>	<b>0</b>		



# GOAT CHEESE AND PEAR SALAD

SERVES: 6

TOTAL TIME: 25 MINUTES

GF N V C

## INGREDIENTS

100g pecans  
1 tbsp maple syrup  
2 pears, thinly sliced  
1 apple, thinly sliced  
100g rocket  
100g goat cheese  
For the dressing:  
2 1/2 tsp Dijon mustard  
2 tbsp white wine vinegar  
4 tbsp extra virgin olive oil

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5. Line a baking tray with baking paper.

In a small bowl, toss the pecans with maple syrup, then lay them evenly on the baking tray. Cook for 5 minutes. Set aside and chop once cooled.

Meanwhile, add all the dressing ingredients to a small jar and shake very well to combine.

Toss the pear, apple and rocket together with the dressing.

Top with goat cheese and sprinkle with pecans.

### MACROS PER PORTION

<b>CALORIES</b>	<b>321</b>	<b>PROTEIN</b>	<b>5</b>
<b>CARBS</b>	<b>19</b>	<b>FATS</b>	<b>25</b>
<b>FIBRE</b>	<b>4</b>		



# PROSCIUTTO WRAPPED ASPARAGUS

SERVES: 4

TOTAL TIME: 20 MINUTES



## INGREDIENTS

450g thick asparagus spears  
1 tablespoon olive oil  
1/8 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
225g thinly sliced prosciutto  
30g Parmesan cheese

## INSTRUCTIONS

Begin by preheating your oven to 220°C/425°F/gas 7 and trim the fibrous ends from the asparagus.

Place the asparagus on a baking sheet and drizzle with olive oil, season, then toss well to coat.

Lay the prosciutto slices out onto a cutting board. Slice each in half lengthways, then grate a thin layer of parmesan on top of each slice.

Next wrap each asparagus spear with the parmigiano and prosciutto, then arrange in a single layer on the sheet.

Place in the oven for around 10 minutes (but check after 6, cooking times will vary according to the thickness of the spears), until the asparagus is tender. It should limp slightly when picked up.

Grate more parmesan on top if you'd like and enjoy hot.

## MACROS PER PORTION

CALORIES	193	PROTEIN	20
CARBS	5	FATS	11
FIBRE	3		

# MAINS







# ROAST POTATOES

SERVES: 4

TOTAL TIME: 1 HOUR

GF DF LF C

## INGREDIENTS

900g potatoes  
80ml liquid from a can of chickpeas  
3 tablespoons semolina  
Salt  
Pepper

## INSTRUCTIONS

Begin by preheating your oven to 230°C/450°F/gas 8.

Meanwhile, peel the potatoes and cut into even chunks.

Place the potatoes in a pan, cover with water and bring to a boil, cook until they become just fork tender. Drain then leave for a few minutes to dry before returning to the pan.

Line a baking tray with parchment paper.

Add the chickpea liquid and semolina to the potatoes, put the lid on the pan and shake to rough up the potatoes, then stir with a spoon to get the potato mush that has settled on the bottom to coat them thoroughly.

Tip the potatoes onto the lined tray and spread them out before seasoning with a generous amount of salt and freshly ground pepper.

Place in the hot oven and cook for 25 minutes. Remove, flip them all over then return to the oven and cook for around another 20 minutes or until golden brown (the time will vary a little depending on your oven and the type of pan you are cooking them in).

Serve immediately.

## MACROS PER PORTION

CALORIES	185	PROTEIN	5
CARBS	42	FATS	0
FIBRE	6		



# PANCETTA WRAPPED CHIPOLATAS

SERVES: 10

TOTAL TIME: 45 MINUTES

GF DF LC C

## INGREDIENTS

5 thin slices pancetta, cut in half  
10 chipolatas  
1 tbsp olive oil  
1 tbsp maple syrup  
2 tsp Dijon mustard  
salt and cracked pepper

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5. Line a baking tray with baking paper.

Wrap the slices of pancetta around the chipolatas, drizzle with olive oil, place in the baking tray and cook for 12 minutes, turning occasionally.

Meanwhile mix the maple syrup and Dijon together. Take the chipolatas out and drizzle with the maple mustard dressing. Place back in the oven for 12-15 minutes or until cooked through, again, turning occasionally.

Serve immediately.

### MACROS PER PORTION

CALORIES	144	PROTEIN	7
CARBS	2	FATS	12
FIBRE	0		



# MUSHROOM AND NUT ROAST

SERVES: 8

TOTAL TIME: 85 MINUTES

V VE N DF C

## INGREDIENTS

300g raw mixed nuts  
2 tbsp olive oil  
1 onion, finely chopped  
1/2 leek, finely chopped  
2 stalks celery, finely chopped  
1 large carrot, grated  
75g mushrooms, chopped  
2 tsp garlic, minced  
65g tomato purée  
2 tbsp tamari  
150g panko breadcrumbs (gluten-free if required)  
2 tbsp ground flaxseed meal  
75g dried cranberries, diced  
20g fresh parsley  
salt and cracked pepper

## INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/Gas 5. Line a medium sized loaf tin with baking paper and spray it with olive oil cooking spray.

Next, pour the nuts into a food processor and blend until finely chopped. Set aside.

Bring a large frying pan to medium-high heat and add the onion, leek, celery, carrot, mushrooms and garlic. Cook for 1-2 minutes.

Stir through the tomato purée and tamari and cook the veggies for about 10 minutes or until softened.

Transfer the processed nuts to a large mixing bowl and add the breadcrumbs, ground flaxseed meal, cranberries and parsley.

Add the cooked veggies and mix with your hands to create a dough.

Transfer to the loaf tin, place in the oven and cook for 40-50 minutes.

Allow to cool for 15 minutes before removing from the tin and slicing.

## MACROS PER PORTION

CALORIES	390	PROTEIN	10
CARBS	29	FATS	26
FIBRE	5		



# YORKSHIRE PUDDING

SERVES: 6

TOTAL TIME: 1 HOURS

## INGREDIENTS

4 large eggs  
250ml milk  
1 pinch salt  
120g plain flour  
2 tablespoons lard, beef dripping, or vegetable oil  
2 tablespoons cold water

**C**

## INSTRUCTIONS

Preheat the oven to 230°C/450°F/gas 8.

In a cupcake tin (12-cup muffin tin) place a pea-sized piece of lard, dripping, or 1/2 teaspoon vegetable oil into each compartment. Pop into the oven for about 5 minutes so the oil gets hot.

Meanwhile, beat the eggs, flour, milk and a pinch of salt and pepper together in a jug until light and smooth. Add 2 tablespoons of cold water to the batter and give it another good whisk.

Fill the openings in tin 1/3 full with batter and return quickly to the oven.

Bake approximately 20 minutes or until golden brown, puffed, and crisp.

Repeat until all the batter is used up.

Serve and enjoy.

## MACROS PER PORTION

<b>CALORIES</b>	<b>185</b>	<b>PROTEIN</b>	<b>8</b>
<b>CARBS</b>	<b>18</b>	<b>FATS</b>	<b>9</b>
<b>FIBRE</b>	<b>1</b>		



# ROASTED TURKEY BREAST

**SERVES: 5**

**TOTAL TIME: 1 HOUR 40 MINUTES**

**GF LC P C**

## INGREDIENTS

1 large single turkey breast or 1 double breast tied into a joint (around 1kg in total)

2 large onions, thickly sliced

2 large carrots, cut into 4 horizontal slices

20g butter, at room temperature

## INSTRUCTIONS

Take the turkey breast out of the fridge and allow it to come to room temperature for an hour and preheat your oven to 190C/170C fan/gas 5.

Put the carrots and onions in a baking tray and then place a rack on top. Weigh the turkey breast and calculate 40 mins per kilogramme, plus an additional 20 mins. Rub the butter over the skin and season well.

Place the turkey breast on the rack above the vegetables and pour in enough water to cover the vegetables and then cover the whole pan with a tent of foil.

Roast for the allotted time, taking the foil off 20 minutes before the end to brown the skin.

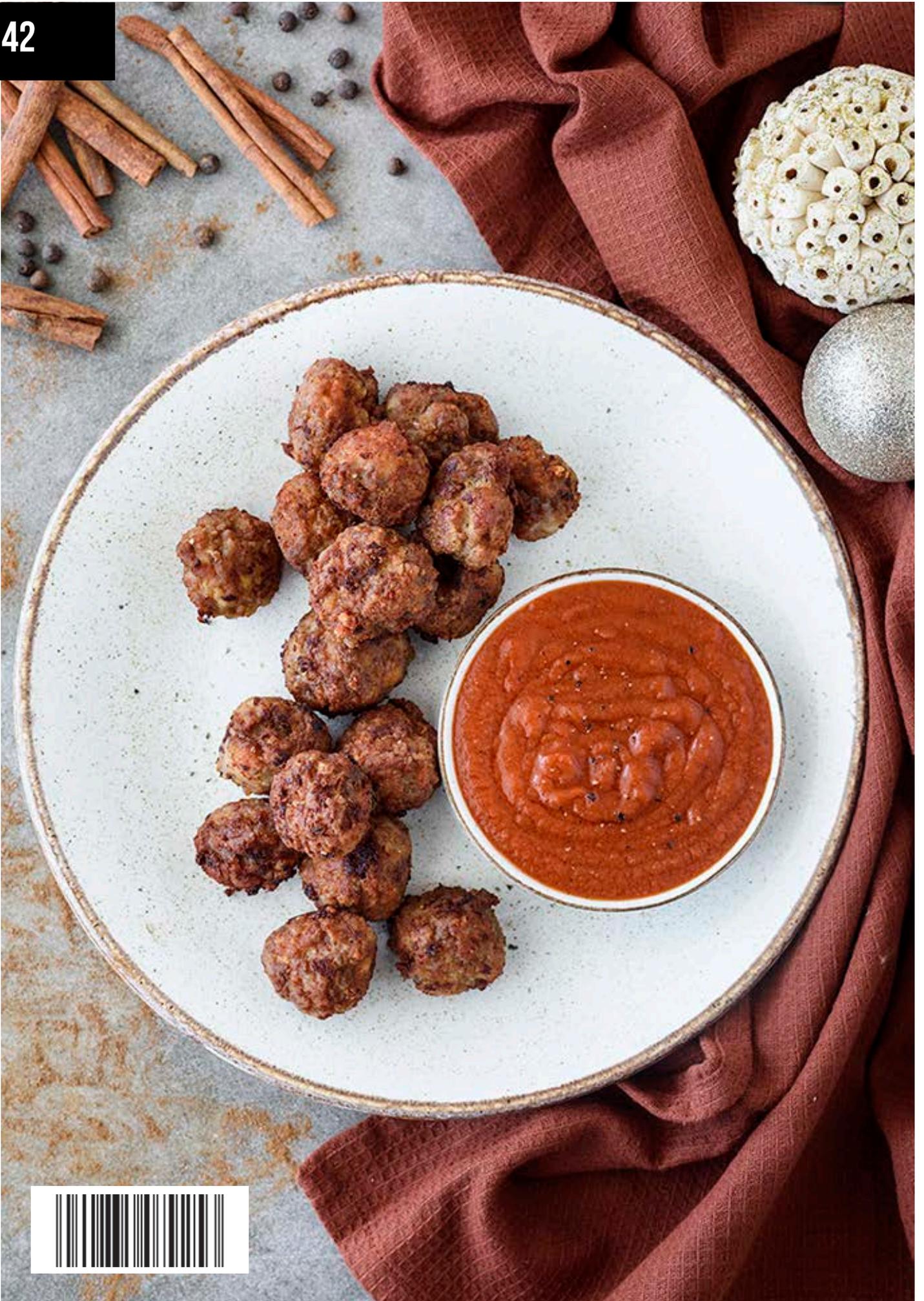
Test with the point of a knife and check if the juices run clear. If the joint appears to be underdone, then put back in the oven for another 10 minutes and check again.

Leave the turkey to rest for 20 minutes somewhere warm. Once rested, carve the meat and arrange on a serving dish with the vegetables.

Use the strained vegetable water to make a gravy to serve with the turkey and vegetables.

## MACROS PER PORTION

<b>CALORIES</b>	<b>344</b>	<b>PROTEIN</b>	<b>50</b>
<b>CARBS</b>	<b>0</b>	<b>FATS</b>	<b>16</b>
<b>FIBRE</b>	<b>0</b>		



# CHRISTMAS MEATBALLS

SERVES: 20 (MAKES 40)

TOTAL TIME: 40 MINUTES



## INGREDIENTS

2 large eggs, lightly beaten  
1 onion soup mix  
1 tbsp soy sauce  
45g bread crumbs (gluten-free if required)  
1 1/2 tsp ground allspice  
1 tsp ground cinnamon  
1/2 tsp ground clove  
salt and cracked pepper  
700g lean beef mince (90% lean)  
3 tbsp butter

## INSTRUCTIONS

In a large bowl mix together the eggs, onion soup mix, soy sauce, bread crumbs, spices, salt and cracked pepper. Next, mix through the beef until well combined.

Roll the mixture into small meatballs (about a tbsp) and set aside.

Melt a 1/3 of the butter in a large frying pan and begin to cook the meatballs in batches. Adding more butter as you need.

Serve hot or cold with tomato chutney.

### MACROS PER PORTION

<b>CALORIES</b>	<b>63</b>	<b>PROTEIN</b>	<b>6</b>
<b>CARBS</b>	<b>3</b>	<b>FATS</b>	<b>3</b>
<b>FIBRE</b>	<b>0</b>		



# EASY BAKED LAMB

SERVES: 4

TOTAL TIME: 1 HOURS 40 MINUTES

GF DF LF P

## INGREDIENTS

1 large onion, diced  
2 large carrots, cut into bite size pieces  
600g lamb leg  
500ml lamb stock - from a cube is fine (or beef stock)  
3 large potatoes (roughly 500g), cut into slices  
Plus a little oil, salt and pepper  
Vegetables to serve

## INSTRUCTIONS

Preheat your oven to 175°C/350°F/gas 4.

In a large ovenproof pan, add a little oil plus the onion and carrot. Cover with a lid and cook on a low heat for 5 minutes or until soft but not brown.

Turn the heat up and add the lamb, cook for 2-3 minutes until nicely browned.

Add the lamb stock, plus a little salt and pepper and bring to the boil.

Turn the heat off and arrange the potato slices on the top so they slightly overlap. Sprinkle with a little salt and pepper then cover the pan with a lid (or foil) and place in the preheated oven for 1 hour.

After 1 hour turn the oven up to 220°C/425°F/gas 7 and cook for a further 30 minutes, uncovered, or until the top is brown and the potatoes are completely cooked.

Serve just as it is or with lettuce salad.

## MACROS PER PORTION

CALORIES	386	PROTEIN	39
CARBS	35	FATS	10
FIBRE	4		



# BRUSSEL SPROUT BAKE

SERVES: 4

TOTAL TIME: 25 MINUTES

GF C

## INGREDIENTS

3 tbsp butter  
1 brown onion, diced  
3 cloves garlic, minced  
900g Brussels sprouts, cored and halved  
salt and cracked pepper  
180ml heavy cream  
170g cheddar cheese, grated  
50g parmesan, grated  
6 cooked bacon rashers, crumbled

## INSTRUCTIONS

Start by preheating the oven to 180°C/350°F/gas 5.

Add the butter to a large oven safe pan or frying pan. Add the Brussels sprouts, onion and garlic. cook, on medium heat, stirring occasionally for 8-10 minutes.

Remove from the heat and stir through the cream. Sprinkle with cheddar and parmesan and top with bacon bits.

Cook for 15 minutes or until cheese has melted.

### MACROS PER PORTION

<b>CALORIES</b>	<b>410</b>	<b>PROTEIN</b>	<b>17</b>
<b>CARBS</b>	<b>18</b>	<b>FATS</b>	<b>30</b>
<b>FIBRE</b>	<b>6</b>		



# HAM AND CHEESE BREAD AND BUTTER PUDDING

**SERVES: 8**

**TOTAL TIME: 70 MINUTES**

## INGREDIENTS

2 tbsp olive oil  
4 large eggs  
185ml skim milk  
1 tbsp Dijon mustard  
salt and cracked pepper  
350g sourdough bread, cut into chunks (gluten-free if required)  
1 small red onion, cut into slices  
150g sliced ham, torn into pieces  
2 tbsp fresh thyme  
250g cheddar cheese, grated

## INSTRUCTIONS

Preheat oven to 180°C/350°F/Gas 5. Spray a medium-large baking dish with olive oil cooking spray.

In large bowl, whisk together eggs, milk, mustard, salt and cracked pepper. Submerge the bread for about 5 minutes.

Mix in the onion, ham, thyme and cheese. Transfer to the baking dish, cover with foil and cook for 50-55 minutes. Take the foil off for the last 15 minutes so it browns up a little bit.

Serve hot!

### MACROS PER PORTION

<b>CALORIES</b>	<b>318</b>	<b>PROTEIN</b>	<b>17</b>
<b>CARBS</b>	<b>22</b>	<b>FATS</b>	<b>18</b>
<b>FIBRE</b>	<b>1</b>		



# ROASTED ROOT VEGETABLES

SERVES: 8

TOTAL TIME: 1 HOUR 15 MINUTES

V GF DF LF C

## INGREDIENTS

5 carrots, peeled and quartered  
5 parsnips, peeled and quartered  
1 celeriac, peeled and cut into 2 cm cubes  
½ a swede, peeled, cut into 2 cm cubes  
2 tablespoons olive oil  
1 bulb garlic, halved  
Clear honey, to drizzle

## INSTRUCTIONS

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

Add the vegetables to a large deep sided roasting tray with the oil and combine very well.

Roast in the oven for 40 minutes, stir, coat with honey and return to the oven for another 35 minutes.

### MACROS PER PORTION

<b>CALORIES</b>	<b>133</b>	<b>PROTEIN</b>	<b>4</b>
<b>CARBS</b>	<b>21</b>	<b>FATS</b>	<b>4</b>
<b>FIBRE</b>	<b>9</b>		



# ROAST CHICKEN WITH POMEGRANATE GLAZE

SERVES: 6

TOTAL TIME: 1 HOUR

GF DF P C

## INGREDIENTS

250ml pomegranate juice  
1 whole chicken (1300g)  
extra-virgin olive oil  
kosher salt and freshly ground black pepper  
250ml low-sodium chicken stock  
1 tablespoon fresh thyme  
1 cup pomegranate seeds

## INSTRUCTIONS

Heat pomegranate juice in a small saucepan over medium heat until reduced to 60 ml. Set aside.

Meanwhile, let the chicken come to room temperature for about 30 minutes. Heat oven to 230°C/450°F/gas 8. Brush chicken with oil and season with salt and pepper. Tie legs and transfer to a large ovenproof frying pan. Roast chicken, turning once, reduce oven temperature to 200°C/400°F/gas 6. Brush the chicken all over with the remaining pomegranate mixture, and continue to roast until an instant-read thermometer inserted into a thigh without touching bone reaches 73°C degrees, until golden and cooked through, about 50 minutes.

Transfer to a serving dish and brush with reduced pomegranate juice. Let stand 10 minutes.

Deglaze frying pan over medium heat with stock, scraping up brown bits with a wooden spoon. Cook until reduced by half. Add thyme and pomegranate seeds.

Serve with chicken and sprinkle with pomegranate seeds.

## MACROS PER PORTION

CALORIES	475	PROTEIN	66
CARBS	10	FATS	19
FIBRE	1		



# CITRUS POMEGRANATE SALMON

**SERVES: 4**

**TOTAL TIME: 35 MINUTES**

**GF DF LC C**

## INGREDIENTS

1 small red onion, thinly sliced  
1 side of salmon (around 1kg)  
½ teaspoon salt  
1 medium orange, thinly sliced  
145g pomegranate seeds  
2 tablespoons extra-virgin olive oil  
1 tablespoon minced fresh dill

## INSTRUCTIONS

Begin by preheating your oven to 190°C/375°F/gas 5. Meanwhile, place a 28 x 18 inch piece of heavy-duty foil in a 15 x 10 inch roasting pan. Place the onion slices in a single layer on the foil then lay the salmon on top and sprinkle with salt. Arrange the orange slices over top, sprinkle with pomegranate seeds and drizzle with the oil. Top with a second piece of foil and bring edges together all round and scrunch to seal. Bake until fish just begins to flake easily with a fork, about 25-30 minutes. Carefully place on a serving platter spooning over any pomegranate seeds that have remained in the pan and serve hot.

### MACROS PER PORTION

<b>CALORIES</b>	<b>307</b>	<b>PROTEIN</b>	<b>26</b>
<b>CARBS</b>	<b>8</b>	<b>FATS</b>	<b>19</b>
<b>FIBRE</b>	<b>1</b>		



# CELERICAC DAUPHINOISE

SERVES: 6

TOTAL TIME: 1 HOUR 15 MINUTES



## INGREDIENTS

500ml semi-skimmed milk  
3 cloves garlic  
3 sprigs thyme, plus ½ tablespoon roughly chopped thyme leaves  
1 bay leaf  
1 teaspoon fresh nutmeg  
1 banana shallot, halved  
2 small celeriac, peeled, quartered and very finely sliced  
150ml low-fat crème fraîche

## INSTRUCTIONS

Begin by preheating your oven to 190°C/fan 170°C/gas mark 5.

Place the milk, garlic, thyme sprigs, bay leaf, nutmeg and shallot together in a large saucepan and bring to a simmer. Turn off the heat set aside for 10 minutes to infuse. Strain and discard the garlic, shallot, thyme and bay leaf.

Add the celeriac to the pan of infused milk and then bring to a simmer. Allow to simmer for a further 10 minutes, until slightly softened, then carefully transfer the celeriac slices to a 23 x 23 cm baking dish, using a slotted spoon.

Mix the crème fraîche and chopped thyme leaves together in the milk mixture. Pour this over the celeriac and bake for 40 50 minutes, until golden brown on top and fork soft. Cover it with foil if it begins to brown too quickly.

Serve immediately.

### MACROS PER PORTION

CALORIES	110	PROTEIN	6
CARBS	8	FATS	6
FIBRE	3		



# PEPPERCORN BEEF

SERVES: 10

TOTAL TIME: 65 MINUTES

GF DF LC P C

## INGREDIENTS

2 tbsp pink peppercorns  
1 tbsp green peppercorns  
1 tbsp black peppercorns  
3 sprigs fresh thyme, leaves picked  
2 cloves garlic, finely chopped  
sea salt  
2 tbsp olive oil  
1 x 4lb beef tenderloin, trimmed and tied with butcher's twine

## INSTRUCTIONS

Start by preheating the oven to 220°C/425°F/Gas 7. Pat the tenderloin dry with a little kitchen towel and set aside.

Coarsely crush the peppercorns. Add the thyme, garlic, salt and olive oil to the same bowl and mix to combine.

Rub the tenderloin with the spice mix, all over, place in the oven and cook for 35-45 minutes or until cooked to your liking.

Allow to rest for 10 minutes before slicing.

### MACROS PER PORTION

CALORIES	361	PROTEIN	51
CARBS	1	FATS	17
FIBRE	0		



# QUICK AND EASY PORK WITH ORZO

SERVES: 4

TOTAL TIME: 30 MINUTES

## INGREDIENTS

700g pork tenderloin  
1 teaspoon ground pepper  
2 tablespoons olive oil  
125g uncooked orzo pasta  
1/4 teaspoon salt  
150g fresh kale leaves  
150g baby tomatoes, halved  
110g crumbled feta cheese

**C**

## INSTRUCTIONS

Rub pork with pepper and cut into cubes.

In a large nonstick frying pan, heat oil over medium heat. Add pork, cook and stir until no longer pink, 8-10 minutes.

Meanwhile, in a Dutch oven, bring water to a boil. Stir in orzo and salt, cook, uncovered, 8 minutes. Add kale and cook until orzo is tender and kale is wilted, 45-60 seconds longer. Drain.

Add tomatoes to pork, heat through. Stir in orzo mixture and crumbled feta cheese.

### MACROS PER PORTION

<b>CALORIES</b>	<b>389</b>	<b>PROTEIN</b>	<b>37</b>
<b>CARBS</b>	<b>22</b>	<b>FATS</b>	<b>17</b>
<b>FIBRE</b>	<b>2</b>		

# DESSERT







# GINGERBREAD COOKIES

SERVES: 20

TOTAL TIME: 75 MINUTES



## INGREDIENTS

1 1/2 tsp ground ginger  
1/2 tsp ground cinnamon  
1/2 tsp mixed spice  
1/4 tsp ground nutmeg  
1/4 tsp ground clove  
180g wholemeal spelt flour  
1/4 tsp bicarbonate of soda  
pinch sea salt  
50g butter  
30ml milk  
85g maple syrup

## INSTRUCTIONS

Preheat the oven to 150°C/300°F/Gas 2. Line a baking tray with baking paper.

Start by mixing together the ginger, cinnamon, mixed spice, nutmeg and clove in a medium-sized bowl.

Add the flour, bicarbonate of soda and salt. Mix to combine.

Add the butter, milk and maple syrup to a blender (add the maple syrup last) and blitz until combined.

Transfer the wet ingredients to the dry ingredients and mix to form a dough.

Roll into a ball, wrap in cling wrap and refrigerate for 45 minutes.

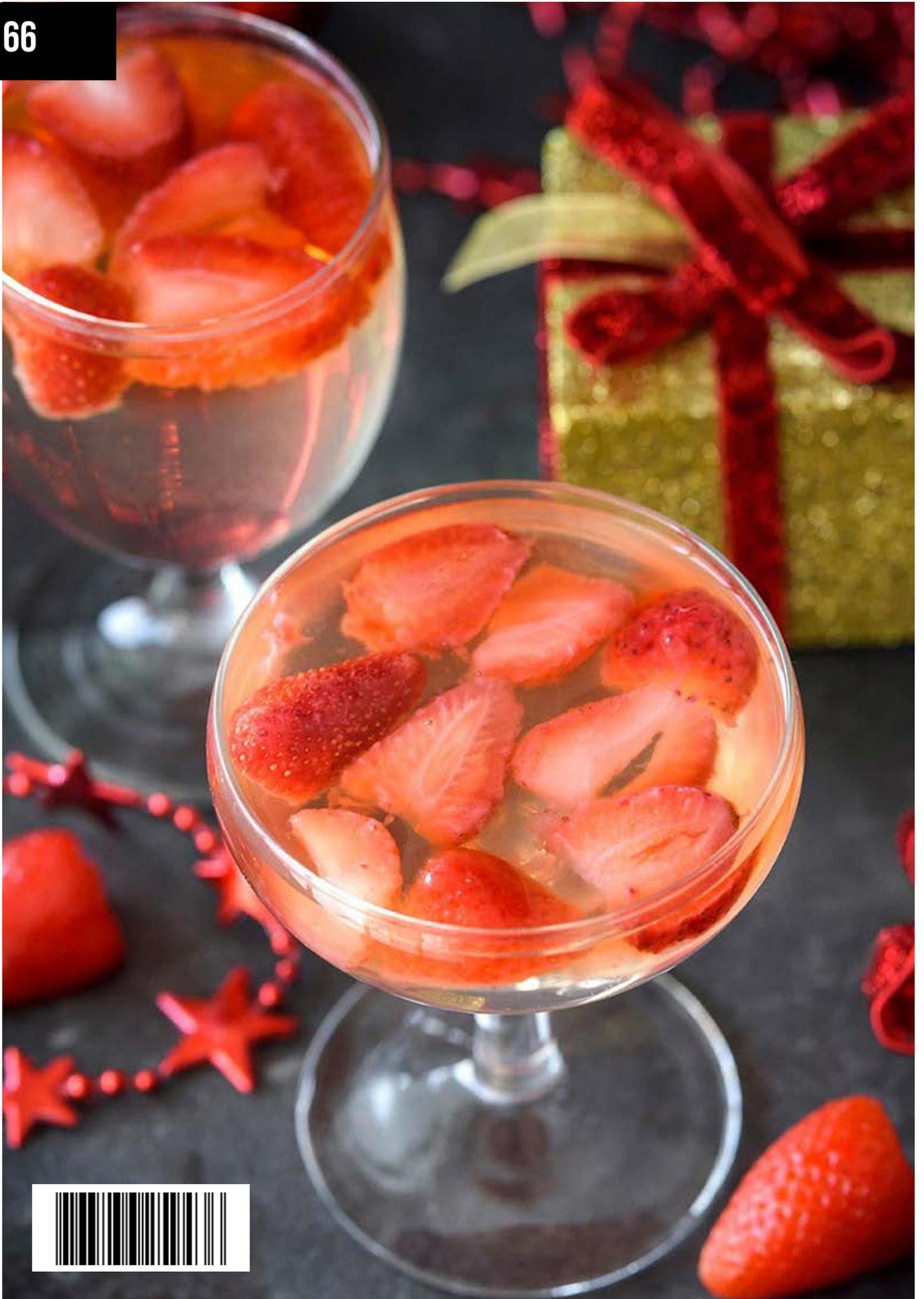
Place the dough in between two sheets of baking paper (so it doesn't stick) and roll out with a rolling pin.

Cut the cookies out with a small cookie cutter and lay on the baking tray. Cook for 11-12 minutes or until golden.

Allow to cool for 5 minutes before transferring to a cooling rack.

### MACROS PER PORTION

<b>CALORIES</b>	<b>58</b>	<b>PROTEIN</b>	<b>1</b>
<b>CARBS</b>	<b>9</b>	<b>FATS</b>	<b>2</b>
<b>FIBRE</b>	<b>1</b>		



# STRAWBERRY AND PROSECCO JELLIES

SERVES: 6

TOTAL TIME: 2 HOURS 30 MINUTES

GF DF LF C

## INGREDIENTS

300g strawberries hulled and quartered  
250ml Prosecco  
450ml elderflower cordial  
25g white caster sugar  
4 leaves gelatine

## INSTRUCTIONS

Divide the strawberries equally between six tall glasses and pop them and the Prosecco in the refrigerator to fully chill.

Meanwhile, in a medium pan, add the cordial and sugar and warm gently over a low to medium heat. Stir until the sugar is dissolved and then bring to a boil. Reduce to a simmer for five minutes then remove from the heat.

In a small bowl cover the gelatine with cold water. Leave for five minutes until it is completely soft. Remove the leaves and squeeze out as much of the liquid as possible. Add the gelatine to the elderflower syrup and then whisk until it has fully dissolved.

Pour the chilled Prosecco into the cordial, stir and then evenly pour over the strawberries in the glasses.

Pop into the refrigerator to chill for at least at least two hours, or until set. Keep in the refrigerator until ready to serve.

## MACROS PER PORTION

CALORIES	64	PROTEIN	2
CARBS	13	FATS	0
FIBRE	1		



# PEANUT BUTTER FUDGE

SERVES: 4

TOTAL TIME: 10 MINUTES + 4 HOURS

GF N

## INGREDIENTS

2 tablespoons butter  
35g icing sugar  
1 teaspoon vanilla extract  
120g natural peanut butter  
50g chocolate chips  
250ml condensed milk

## INSTRUCTIONS

Heat the condensed milk and butter in a saucepan on medium until melted.

Whisk in the icing sugar until well combined, and bring the mixture to a low boil. Continue to cook until the mixture thickens and begins to turn a bit of a light brown.

Once thickened, remove the mixture from the heat, and whisk in the peanut butter and vanilla until smooth. Pour the mixture into a parchment-lined loaf or other small pans.

Wait for the mixture to cool for a few minutes before topping with chocolate chips (or chopped chocolate) so they stay on the surface.

Chill in the fridge for at least 4 hours.

Slice the fudge into pieces and serve.

Store remaining fudge in an airtight container in the fridge or freezer.

## MACROS PER PORTION

CALORIES	392	PROTEIN	11
CARBS	42	FATS	20
FIBRE	4		



# TIRAMISU

SERVES: 8

TOTAL TIME: 25 MINUTES

## INGREDIENTS

4 eggs  
100g golden caster sugar  
500g mascarpone cheese  
100ml Irish cream liqueur (Baileys Irish liqueur)  
300ml strong coffee, made with 2 tbsp coffee granules  
and 300ml boiling water  
175g sponge fingers  
25g dark chocolate  
2 tsp cocoa powder



## INSTRUCTIONS

Separate the egg whites and yolks into two large bowls. Whisk the whites until stiff.

Add the sugar to the yolks and whisk again (no need to clean first) until thick and foamy – this will take about 5 mins.

Whisk the mascarpone and cream liqueur into the egg yolks until you can't see any streaks of cheese.

Carefully fold the whites into the mascarpone mixture with a large metal spoon to keep in as much air as possible.

Get your serving dish ready (20 x 15 cm). Pour the coffee into a shallow dish and dip in a few sponge fingers at a time, turning them for a few seconds until they are nicely soaked, but not soggy. Layer these into the dish until you have used half the biscuits, then evenly spread over half of the creamy mixture. Using the coarse side of the grater, grate over most of the chocolate, then repeat the sponge and cream layers.

Cover and chill for a few hours or overnight. This can now be kept in the fridge for up to two days.

To serve, dust with cocoa powder and grate over the remaining chocolate.

### MACROS PER PORTION

<b>CALORIES</b>	<b>472</b>	<b>PROTEIN</b>	<b>9</b>
<b>CARBS</b>	<b>37</b>	<b>FATS</b>	<b>32</b>
<b>FIBRE</b>	<b>1</b>		



# LOW FAT CHRISTMAS PUDDING

SERVES: 10

TOTAL TIME: 3 HOURS 20 MINUTES

V N LF C

## INGREDIENTS

½ lemon, zest  
300g mixed dried fruit  
4 tablespoons brandy, rum or beer  
1 teaspoon mixed spice  
50g fresh granary breadcrumbs  
2 teaspoons gravy browning  
100g carrot, grated  
100g cooking apple, grated  
2 eggs, beaten  
2 tablespoons molasses  
75g plain flour  
½ teaspoons ground cinnamon  
50g dark brown sugar  
½ orange, zest  
1 tablespoon lemon juice  
4 tablespoons skimmed milk  
4 tablespoons brandy, for reheating

## INSTRUCTIONS

Soak the fruit in the alcohol overnight, covered in a cool place.

The next day, put the fruit in a large bowl and add the remaining ingredients one at a time, mixing each time until well combined.

Carefully pour the mixture into 1.2 litre pudding basin and cover with clingfilm.

To steam the pudding, cover with foil, place in a steamer and steam gently for 3 hours. To reheat later, pour the 4 tablespoons of brandy over the pudding and steam for another 1-2 hours.

To microwave, remove the clingfilm and put an upturned plate on top of the bowl. Cook on high for 5 minutes, allow to stand for 5 minutes, then cook for 5 minutes more.

To reheat, pour the 4 tablespoons brandy over the pudding and cook on high for around 5 minutes.

Serve hot with brandy butter, cream or custard.

## MACROS PER PORTION

<b>CALORIES</b>	<b>177</b>	<b>PROTEIN</b>	<b>3</b>
<b>CARBS</b>	<b>39</b>	<b>FATS</b>	<b>1</b>
<b>FIBRE</b>	<b>1</b>		

*Balance.*

**MONTHLY  
RECIPE  
BOOK**