

The background is a dark, moody photograph of a kitchen scene. In the center, a metal baking tray holds several golden-brown, crumbly baked items, possibly scones or cookies, some of which are topped with dark berries. To the left of the tray, several cinnamon sticks are scattered on a dark surface. In the upper right corner, two red apples are visible, partially obscured by a brown, textured cloth. The overall lighting is low, creating a warm and inviting atmosphere.

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MONTHLY RECIPE BOOK

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MONTHLY RECIPE BOOK

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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



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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







NO BAKE CARROT CAKE FLAPJACKS

SERVES: 5

TOTAL TIME: 40 MINUTES



INGREDIENTS

80g oats
35g honey
22g coconut oil
170g carrot, grated
2 tbsp pumpkin seeds
30g desiccated coconut
2 tbsp raisins
30g whey protein
3 tbsp almond milk
1/2 tsp cinnamon
1/2 tsp vanilla essence

INSTRUCTIONS

Line a tupperware box with greaseproof paper and melt the coconut oil in a small pan.

Add all of the dry ingredients to a bowl and mix very well, pour in the coconut oil.

Add the honey and carrot then stir and mix very well until all of the oats and carrot are fully coated and combined.

Press the mixture into the tupperware and smooth out evenly on the top.

Freeze for 30 minutes to firm it up quickly then cut into five bars and store in the fridge.

MACROS PER PORTION

CALORIES	308	PROTEIN	11
CARBS	30	FATS	16
FIBRE	7		



BACON EGG CUPS ON WHOLEMEAL TOAST

SERVES: 2

TOTAL TIME: 20 MINUTES

INGREDIENTS

4 rashers back bacon (120g)
2 eggs
30g cheddar
1 tsp dried chives
4 medium slices of wholemeal bread
4x 1cm thick slice of beef tomato
120g low fat spreadable cream cheese

INSTRUCTIONS

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

Place each rasher of bacon into a section of a muffin tray covering the base and sides, fat side up. Bake for 8 minutes.

Meanwhile, beat the eggs, add chives and seasoning.

When the bacon has finished, pour equal amounts of the egg mixture into each and top each cup with cheese. Bake for a further 8 minutes until the egg mixture is set and the cheese is melted.

Put bread into the toaster and cook until desired colour. Spread 30g of low fat spreadable cream cheese over each toast and add a slice of beef tomato, then two bacon cups to each.

MACROS PER PORTION

CALORIES	488	PROTEIN	35
CARBS	33	FATS	24
FIBRE	2		



DATE AND BANANA OATS AND WHEY

SERVES: 2

TOTAL TIME: 8 MINUTES



INGREDIENTS

100g oats
50g banana flesh, mashed
38g dates, diced
500g almond milk
12g honey
1/4 tsp cinnamon
14g ground almonds
60g whey protein

INSTRUCTIONS

Add all of the ingredients to a large saucepan over a medium heat and bring to a low boil. Stir frequently for 5 minutes cooking until desired fluffy consistency.

Divide between two and eat warm.

MACROS PER PORTION

CALORIES	481	PROTEIN	35
CARBS	56	FATS	13
FIBRE	5		



APRICOT BREAKFAST SHAKE

SERVES: 1

TOTAL TIME: 5 MINUTES



INGREDIENTS

225g water
60g vanilla whey protein
10 dried apricot halves
40g spinach
24g pumpkin seeds
225g plain low fat strained Greek yoghurt
Pinch of cinnamon

INSTRUCTIONS

Add all of your ingredients to a blender and blitz for 45-60s.

Decant into a glass and top with a pinch of cinnamon.

MACROS PER PORTION

CALORIES	329	PROTEIN	40
CARBS	22	FATS	9
FIBRE	2		



TOFU SCRAMBLE

SERVES: 2

TOTAL TIME: 15 MINUTES

VE V DF

INGREDIENTS

225g tofu
20g spinach
2 medium tomatoes
1 spring onion diced
1 tbsp olive oil
2 medium slices of wholemeal bread
1/4 tsp turmeric

INSTRUCTIONS

Chop the tofu and use a fork to crumble it into bite-sized pieces.

Heat the oil in a pan over medium-high heat and add the tofu, spring onion, spinach, turmeric and a pinch of salt and pepper. Stir frequently and cook for 5-10 minutes.

Meanwhile, add bread to a toaster and cook to your preference. Slice your tomatoes. Layer toast with tomatoes, a pinch of salt, the scramble and serve.

MACROS PER PORTION

CALORIES	223	PROTEIN	13
CARBS	18	FATS	11
FIBRE	3		

SIDES







RASPBERRY SLAW

SERVES: 4

TOTAL TIME: 6 MINUTES

V VE GF DF

INGREDIENTS

150g carrot
150g beetroot
1 medium tomato
10g mint leaves
80g raspberries
1 tbsp sherry vinegar
2 tbsp olive oil
1 tsp of maple syrup

INSTRUCTIONS

Peel and grate the carrot & beetroot.

Thinly slice the tomato and mint leaves and add to a bowl with the beetroot and carrot. Season and combine.

Add the olive oil, maple syrup, raspberries and vinegar in a blender and blend until completely smooth. Taste it and adjust the sweetness/ acidity to your taste by adding either more vinegar or maple syrup.

Pour half of the dressing over the veggies, stir and taste. If it needs more of the dressing add more, if not then cover the rest of the dressing and keep it in the fridge for salads.

MACROS PER PORTION

CALORIES	90	PROTEIN	1
CARBS	8	FATS	6
FIBRE	2		



GREEN BEANS WITH GARLIC AND WALNUTS

SERVES: 4

TOTAL TIME: 20 MINUTES

V VE GF DF

INGREDIENTS

400g extra fine green beans trimmed
2 tbsp olive oil
1 clove of garlic, finely diced
50g walnuts, diced
1 tbsp lemon juice

INSTRUCTIONS

Fill a large saucepan boiling water. Boil the beans for 2 minutes and drain, rinse under cold water and lay on paper towel to dry.

Put the oil into the empty pan set over a medium-high heat. Add the garlic, season and fry for 1 minute. Add the walnuts and fry for 5 more minutes.

When ready to serve, stir through the beans and the lemon juice and reheat until warm.

MACROS PER PORTION

CALORIES	260	PROTEIN	16
CARBS	22	FATS	12
FIBRE	6		



BACON, RICE AND BEAN STUFFED PEPPERS

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

2 red peppers - halved and deseeded
40g red onion, diced
50g white rice
1/2 can red kidney beans drained and rinsed
2 slices of bacon, chopped
100g mozzarella
1 tbsp olive oil
1/2 tsp smoked paprika
1 tsp dried mint

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4 and add your rice to a bowl water and leave to soak.

Prepare ingredients by halving the peppers, discarding the interior, dicing onion and slicing the bacon and then lay peppers on a roasting tray cut side down and roast for 12-14 minutes.

Meanwhile rinse the soaked rice very well and add to a pan with 3/4 cup water. Bring to boil with a pinch of salt then cover on a low heat.

Heat a pan to medium with the olive oil adding the bacon and cook through for 4 minutes, add the onion and soften for another 4 minutes. Keep over a low heat until the rice is tender.

When the rice is cooked, add to the pan with the bacon and stir through the mint, rinsed beans and paprika. Cook for another 6 minutes turning frequently. Rest on a low heat.

When the peppers are done, remove from the oven, turn over and fill each half with the pan mixture equally. Top with mozzarella and return to the oven for 8 minutes until the cheese has melted completely.

MACROS PER PORTION

CALORIES	210	PROTEIN	10
CARBS	20	FATS	10
FIBRE	3		



GREENS STIR FRY

SERVES: 4

TOTAL TIME: 10 MINUTES

V VE GF DF

INGREDIENTS

4 tbsp olive oil
350g asparagus cut into 3" chunks
250g mangetout
1 clove of garlic grated
200g spinach
1 tbsp balsamic vinegar
2 tbsp chopped fresh mint
2 tbsp chopped fresh chives

INSTRUCTIONS

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.

Add the spinach and stir until the spinach is wilted.

Remove the pan from the heat and add the vinegar, mint and chives.

Combine and serve whilst hot.

MACROS PER PORTION

CALORIES	178	PROTEIN	9
CARBS	13	FATS	10
FIBRE	6		



MEDITERRANEAN VEGETABLES

SERVES: 4

TOTAL TIME: 20 MINUTES

V VE DF GF

INGREDIENTS

3 tbsp olive oil
4 shallots
1/4 oregano
1/4 marjoram
2 red bell peppers sliced
2 yellow bell peppers sliced
120g aubergine
120g courgette
4 tomatoes
2 garlic cloves crushed
4 tbsp parsley

INSTRUCTIONS

Heat 1 tbsp of olive oil in a heavy based saucepan over medium low heat. Add shallots, a pinch of salt and stir until translucent. Add a dash of water to add moisture. After 2-3 minutes add the oregano and marjoram and the peppers and cook until soft.

Cut your tomatoes, aubergine and courgette to the same size and add them to the saucepan. Leave to simmer for 15 minutes over low heat but stir occasionally and add a dash of water to prevent burning.

Add the garlic and the 2 tbsp oil and cook for 5 more minutes. Mix in chopped parsley and season.

MACROS PER PORTION

CALORIES	149	PROTEIN	4
CARBS	13	FATS	9
FIBRE	4		

MAINS







MUSHROOM FRITTATA WITH CHERRY TOMATOES

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

32g butter
200g cherry tomatoes
1/2 tsp dried basil
100g white mushrooms, sliced
100g shiitake mushrooms, sliced
2 tbsp chives finely chopped
8 eggs, beaten
45g half fat crème fraîche

INSTRUCTIONS

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

Grease a baking tray with half a tablespoon of butter, add the cherry tomatoes and basil, season and cook in the oven for 8-10 minutes or until softened.

Meanwhile, place a large non-stick frying pan over a medium heat and dry fry the mushrooms for 1-2 minutes allowing them to release some water. Add 1 tablespoon of the butter and allow to melt then sauté the mushrooms for 3-5 minutes only adding salt at the end. Add half of the chives, stir through and remove the mushrooms from the pan and set aside.

Whisk the eggs and crème fraîche in a medium bowl with a pinch of salt and melt the remaining butter in the pan the mushrooms came from and then pour in the egg mixture.

Cook for 2-3 minutes over a low heat until the base is firm, stir the egg mixture through and then add the mushrooms and cover with a lid, cook for 3-5 minutes until the base and the top of the frittata set.

Sprinkle the frittata with the rest of the chives, divide between four plates and add cherry tomatoes.

MACROS PER PORTION

CALORIES	364	PROTEIN	21
CARBS	25	FATS	20
FIBRE	1		



HEARTY BROTH

SERVES: 2

TOTAL TIME: 25 MINUTES

GF DF

INGREDIENTS

1 tbsp olive oil
2 shallots, finely sliced
175g potato, peeled and cubed
120g carrot, peeled and sliced
1/4 of a small celeriac, peeled and thin cut 2-3 sprigs of thyme
40g spinach
40g frozen peas
500ml vegetable stock
Juice of 1 orange and 1 lemon
2 eggs

INSTRUCTIONS

Add 1 tbsp of olive oil to a deep saucepan on a medium heat, add the shallots, potato and carrots for 6 minutes until they colour. Add the celeriac and thyme and sauté for 2 more minutes.

Bring a saucepan of water to a boil, add 2 eggs and boil for 6 minutes.

Meanwhile, add stock to the pan with vegetables just enough to cover and bring back to a boil. Turn the heat down to low and allow the liquid to bubble gently for around 8-10 minutes and cook all of the vegetables through. Remove the thyme sprigs and add the frozen peas and spinach.

Remove the pan from the heat and season. Pour in the lemon and orange juice. Divide the broth between two and add a whole halved boiled egg.

MACROS PER PORTION

CALORIES	313	PROTEIN	20
CARBS	29	FATS	13
FIBRE	6		



BAKED FETA, CHICKPEAS AND MEDITERRANEAN VEG

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

400g feta
400g cherry tomatoes
400g can of chickpeas, drained
1 red bell pepper sliced
3 cloves of garlic, crushed
1 tsp dried oregano
1/2 lemon zest
1 tbsp olive oil

INSTRUCTIONS

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

In a large roasting tray add the tomatoes, pepper, chickpeas, oregano, garlic & lemon zest on a large roasting tray. Season and add a tbsp of olive oil. Toss and combine well and place the blocks of feta on top. Roast in the oven for 25 minutes.

When ready, the feta should be starting to go golden and the tomatoes should be soft. Cut each block of feta in half and divide everything between four plates.

MACROS PER PORTION

CALORIES	389	PROTEIN	24
CARBS	17	FATS	25
FIBRE	4		



HALLOUMI AND ROCKET SALAD WITH STRAWBERRIES AND PINE NUTS

SERVES: 2

TOTAL TIME: 10 MINUTES



INGREDIENTS

80g rocket
150g strawberries diced
28g pine nuts
225g light halloumi
Handful of fresh mint
1 tbsp olive oil
Juice of 1/4 lemon

INSTRUCTIONS

Add rocket to a salad bowl along with strawberries and a tear of fresh mint.

Set a non-stick frying pan over a medium heat and add the pine nuts with a pinch of salt and move them often for 4-6 minutes. Toast until fragrant and lightly coloured. Set aside.

Slice or break your halloumi in half lengthways and dry fry in the same 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.

Add your halloumi and cooled pine nuts to the salad bowl with a pinch of salt, lemon juice and a tbsp of olive oil.

Combine very well and divide into two.

MACROS PER PORTION

CALORIES	454	PROTEIN	31
CARBS	6	FATS	34
FIBRE	2		



TUNA PASTA BAKE

SERVES: 4

TOTAL TIME: 35 MINUTES



INGREDIENTS

200g pasta
1 tbsp olive oil
1 onion, diced
2 garlic cloves, diced
400g can of chopped tomatoes
2 tins of tuna in olive oil
1 tsp dried oregano
100g cheddar

INSTRUCTIONS

Cook the pasta in salted boiling water for 8-10 minutes, following pack instructions, drain and rinse well.

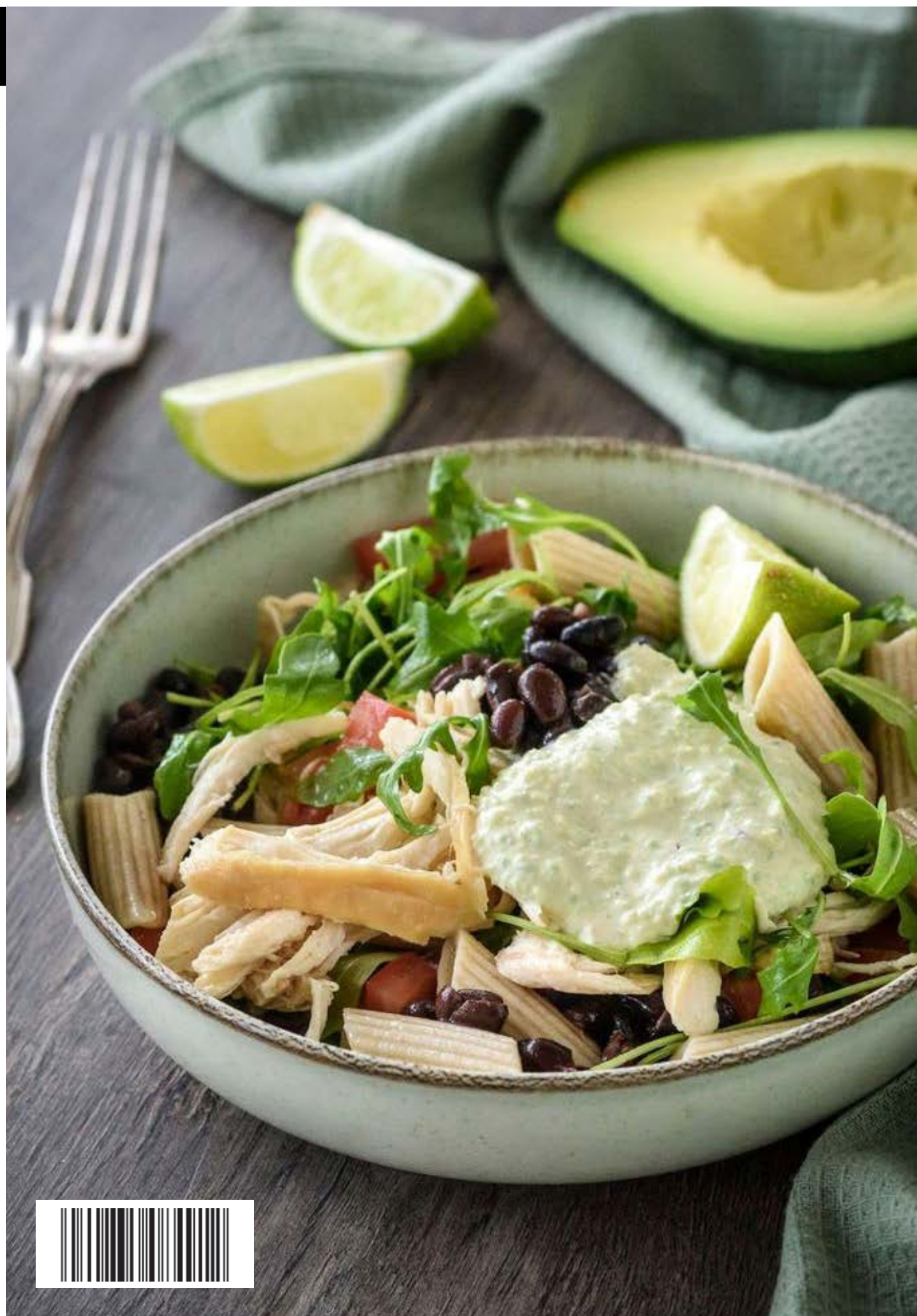
Meanwhile, pre heat the oven to 180C/350F/Gas Mark 4.

Heat the olive oil in a pan over a medium low heat and cook the onion with a pinch of salt for 8 minutes until soft and slightly caramelised. Add the garlic and cook for 2 more minutes. Add the tin of tomatoes and half a tin of water, bring to a boil and reduce the heat to simmer for 10 minutes. Open and drain the tuna and stir into the sauce with the oregano. Add the drained pasta, toss to combine and tip into a large baking dish.

Top with grated cheese and bake for 20-25 minutes.

MACROS PER PORTION

CALORIES	429	PROTEIN	28
CARBS	41	FATS	17
FIBRE	5		



GUACAMOLE CHICKEN PASTA SALAD

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

600g chicken breast
400g can of black beans drained
250g avocado flesh
40g red onion
Juice of 1 lime
1/2 tsp smoked paprika
1/2 tsp cumin
1 clove of garlic, grated
150g Greek yoghurt
160g wholegrain pasta
80g rocket
2 medium tomatoes diced

INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7 and in a deep roasting dish, add your chicken, big pinch of salt and pepper with 125ml of boiling water. Cover with foil and roast in the oven for 45 minutes. When done, use two forks to pull apart the chicken as rough or as thin as you like. Mix any remaining water back in.

Meanwhile, scoop the flesh out of two medium sized ripe avocados and mash roughly with a fork. Add diced onion, lime juice, 1 clove of garlic grated, smoked paprika, cumin and greek yoghurt. Combine very well.

Boil pasta in salted boiling water for 8-10 minutes and drain under a cold tap. Set aside to cool.

In a salad bowl, add rocket and diced tomatoes, the pasta, drained and rinsed black beans, chicken and guacamole and combine very well. Divide between 4.

MACROS PER PORTION

CALORIES	523	PROTEIN	49
CARBS	48	FATS	15
FIBRE	7		



ONE PAN NIÇOISE SALMON

SERVES: 2

TOTAL TIME: 30 MINUTES

V DF GF

INGREDIENTS

220g salmon fillets
40g green beans
400g cherry tomatoes, halved
1 red bell pepper
1 clove of garlic, crushed
10 black olives, pitted
1 lemon zest and 1/2 juice
1 tbsp olive oil
2 eggs
12g fresh parsley, chopped roughly

INSTRUCTIONS

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

Add the green beans, halved cherry tomatoes, garlic, pepper and olives on a baking tray with 1 tbsp of oil, seasoning and lemon zest. Mix together with your hands very well. Roast in the oven for 8 mins. Remove the tray and add the salmon fillets and return to the oven for 12 more mins.

Meanwhile, bring a small pan of water to the boil adding the eggs and boil for 8 minutes. Rinse in cold water then peel.

When the salmon comes out, squeeze over the juice of 1/2 a lemon and mix well. Divide between two plates, topping with 1 egg and fresh parsley.

MACROS PER PORTION

CALORIES	486	PROTEIN	36
CARBS	18	FATS	30
FIBRE	9		



CHIPOTLE AND LIME CHICKEN WITH PINEAPPLE RICE

SERVES: 4

TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

20g chipotle paste
40g sour cream
2 cloves of garlic, grated
2 limes, zest and juice of 1, 1 cut into 1/4's
600g chicken breast
150g basmati rice
200g tinned sweetcorn, drained
200g pineapple, chunked
100g cucumber, diced
30g honey
1 tbsp fresh mint leaves, diced

INSTRUCTIONS

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

In a bowl, mix chipotle paste, sour cream, garlic and lime zest and juice of 1 with a crack of black pepper. Add the chicken breasts and coat very well. Place the whole mixture into a roasting dish, equally separated, adding the lime carcass and roast for 30 minutes.

Meanwhile, rinse your rice very well for 4-5 minutes and cook with 300ml of water with a pinch of salt in a lidded saucepan over low heat until all of the water is boiled and small holes appear in the surface (10-12 minutes). Fluff with a fork and replace the lid to absorb any leftover hydration. Place on a large plate to fully cool, spread out evenly, add your drained sweetcorn, pineapple, cucumber, honey, mint leaves and mix very well. Slice 1 lime into 4 for serving over the dish. Divide the rice up equally between four bowls.

When the chicken is done, distribute equally between the four dishes mixing and adding any marinade and juices into the chicken.

Serve with a lime wedge.

MACROS PER PORTION

CALORIES	430	PROTEIN	42
CARBS	52	FATS	6
FIBRE	7		



LAMB PILAF WITH CRISPY CHICKPEAS

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

120g basmati rice
1 tbsp olive oil
400g can of chickpeas, drain and rinse
2 tsp of ground cumin
40g onion, diced
1 clove of garlic, diced
30g tomato puree
40g tahini
12g red wine vinegar
250g lamb mince
40g dried cranberries

INSTRUCTIONS

Rinse your rice very thoroughly under cold water for 4-5 minutes. Meanwhile, bring 300ml salted water to a boil in a sauce pan with a pinch of salt. Add the rice and cook over a medium heat with the lid on until all of the water has evaporated (12-14 minutes). Fluff with a fork and return the lid. Leave to rest.

Meanwhile, cook your lamb mince with the garlic and onion in a frying pan on a medium heat with a pinch of salt until cooked through. Add the tomato puree, 1 tsp cumin and 200ml of water and reduce. Set aside.

In another large frying pan, heat the 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.

Meanwhile, in a small bowl whisk together the tahini and red wine vinegar with 2 tablespoons of water until it is a thick smooth but runny consistency, season with a pinch of salt.

Add the cooked rice to the chickpeas, lower the heat and fry for one minute, breaking the rice up with a spoon. Add the cooked lamb and cranberries with a small glass of water and stir regularly for 4-5 minutes until the cranberries have softened.

Divide between four with the tahini dressing.

MACROS PER PORTION

CALORIES	399	PROTEIN	21
CARBS	36	FATS	19
FIBRE	3		



SMOKEY SWEET POTATO, PORK AND WHITE BEAN ONE POT

SERVES: 4

TOTAL TIME: 1 HOUR



INGREDIENTS

450g pork shoulder steaks
450g sweet potato, peeled and diced
1 tbsp olive oil
1 leek, diced and well rinsed
30g garlic paste
250g fresh tomatoes diced
1 tsp sweet smoked paprika
1 tbsp chipotle paste
125g fresh corn
400g can of cannellini beans, drained and rinsed

INSTRUCTIONS

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

Start by dicing the pork shoulder into 1" cubes removing most visual fat and add to a deep roasting tray with a big pinch of salt and black pepper. Boil the kettle and add 250mls (1 cup) of boiling water to the pork, cover with foil and roast in the oven until and fork tender, around 60 minutes. When done, use two forks to separate the pork into pulled shredded texture.

Meanwhile, slice your leek, rinse and soak in a bowl of water for 10 minutes.

In a deep heavy based pan with a lid, add 1 tbsp olive oil with the garlic paste and fry on a medium heat until aromatic for 15-30s, add paprika, chipotle paste, salt and the leeks frying until slightly coloured and well coated. Add a lid to the pan and sweat for 5-6 minutes until softened.

Meanwhile dice and skin the sweet potato and halve the tomatoes, add to the saucepan and replace the lid for another 6-8 minutes.

Boil the kettle and then add hot water until the ingredients are just covered. Add drained corn and beans and simmer until the sweet potato is soft and reduced by 1/4, around 20 minutes.

Remove half of the mix and using an immersion or standard blender, whizz into a thick paste and add back into the pot alongside the shredded pork. Stir through and reduce until desired consistency. Check for seasoning adding salt as necessary.

MACROS PER PORTION

CALORIES	382	PROTEIN	32
CARBS	41	FATS	10
FIBRE	8		



FAJITA BAKE

SERVES: 4

TOTAL TIME: 50 MINUTES

INGREDIENTS

400g chicken breast, sliced
2 bell peppers, sliced
2 onions, sliced
1 tbsp cumin
1/2 tbsp ground coriander
1 tsp mild chilli powder
500g passata
400g can red kidney beans, drained and rinsed
2 tortilla wraps
70g light mozzarella
40g cheddar

INSTRUCTIONS

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

Line a springform cake tin with tin foil or parchment.

Spray a large non-stick frying pan with low calorie spray and place on a medium-low heat adding the chicken and cook for 2-3 minutes. Add the peppers and onion with a pinch of salt, cook for 2-3 minutes and add the cumin, coriander and chilli powder. Add the passata and drained kidney beans and simmer for 15 minutes.

Add a layer of the pans contents to the base of the tin, followed by a wrap, then another layer of the mix and another wrap before finishing with a final layer of chicken mix.

Top with the mozzarella and cheddar and roast in the oven for 25 minutes until golden.

MACROS PER PORTION

CALORIES	395	PROTEIN	40
CARBS	34	FATS	11
FIBRE	7		



CHIPOTLE PORK WITH LIME PICKLED ONIONS AND SWEET POTATO MASH

SERVES: 4

TOTAL TIME: 30 MINUTES

GF

INGREDIENTS

2 red onions
Juice of 2 limes
2 tsp oregano
8 garlic cloves, unpeeled
6 medium tomatoes, halved
2 tbsp chipotle paste
2 tbsp soft brown sugar
1kg pork tenderloin
600g sweet potatoes, peeled and diced
125ml semi-skimmed milk
12g butter

INSTRUCTIONS

Thinly slice 1 red onion and place in a bowl with the juice of 1 lime, half the oregano and a pinch each of salt and pepper. Set aside.

Bring a large pan of water to a boil and add your sweet potatoes. Bring to a low boil for 15-20 minutes.

Heat the oven grill on high.

1/4er the second red onion and place on a baking tray with the tomatoes and garlic, cut-side up. Season and grill for 8 mins until charred. Tip into a bowl with the chipotle paste, 1 tbsp of brown sugar and juice of another lime. Blitz in a blender until smooth. Place a saucepan on a medium heat and gently heat through to a simmer.

Rub the pork with 1 tsp oregano, 1 tbsp brown sugar and season. Grill for 8 mins each side until cooked through. Allow the meat to rest lightly covered with foil.

Drain the potatoes and return them to the saucepan over low heat with butter and milk and mash together very well, finishing with a whisk to smoothen the potatoes.

Divide the mash between bowls, adding the pork, sauce and lime pickled onions.

MACROS PER PORTION

CALORIES	611	PROTEIN	62
CARBS	57	FATS	15
FIBRE	7		



SEAFOOD PASTA

SERVES: 4

TOTAL TIME: 15 MINUTES



INGREDIENTS

320g spaghetti
4 tbsp extra-virgin olive oil
1 red chilli, deseeded and chopped
2 garlic cloves, finely chopped
100g tinned crabmeat
300g prawns
20g spinach
Juice of 1/2 a lemon
25g fresh parsley, finely chopped

INSTRUCTIONS

Bring a large pan of salted water to the boil and add the pasta. Cook for 8-10 minutes.

Meanwhile, heat 3 tbsp of olive oil with the chilli and garlic in a deep saucepan over a low-medium heat. Cook the chilli and garlic very gently until they start to sizzle. Add the prawns and cook until pink then take off the heat and add the crab meat.

Add the cooked pasta and spinach keeping the saucepan over a low heat and use a pair of kitchen tongs to mix and stir, lifting and twirling.

Remove the pan from the heat and add parsley to the pasta with a pinch of sea salt and black pepper. Toss together really well, adding the juice of 1/2 a lemon and the final tbsp of oil.

MACROS PER PORTION

CALORIES	477	PROTEIN	28
CARBS	62	FATS	13
FIBRE	4		



STEWED BEEF WITH QUINOA, WALNUTS AND APPLE

SERVES: 4

TOTAL TIME: 90 MINUTES



INGREDIENTS

600g lean diced beef
12g olive oil
200g apple slices
100g quinoa
40g walnuts
120g celery, sliced
2 tbsp soy sauce

INSTRUCTIONS

Add seasoning to your beef and leave to come to room temperature for 15 to 20 minutes.

Place olive oil in a deep saucepan over medium high heat and brown the meat for two minutes stirring constantly. Brown on all sides and then remove to a plate. Reduce the heat to medium and add celery and cook for 4-6 minutes until it starts to brown. Add the beef back into the dish with any resting juices and 2 tbsp soy sauce. Cover the ingredients with water. Cook on the hob on a medium low heat for 75 minutes. Alternatively, add the celery, soy and beef into a slow cooker on high for 6 hours or low for 8 until the meat is very tender.

30 minutes before serving, rinse the quinoa very well and add to a saucepan with 250mls (1 cup) of water and a pinch of salt, boil over a medium heat for 15 minutes, drain and return back to the pan covered to rest until serving.

15 minutes before the end, add the apple, walnuts and a pinch of salt and return to the heat. Cook through until desired consistency is reached.

Divide the quinoa between four bowls and add equal portions of the stew.

MACROS PER PORTION

CALORIES	406	PROTEIN	39
CARBS	22	FATS	18
FIBRE	2		



SWEET POTATO BEEF CHILLI

SERVES: 4

TOTAL TIME: 60 MINUTES



INGREDIENTS

240g red onion, diced
120g carrot, diced
1 celery stick, sliced
1 clove of garlic, diced
450g 5% lean minced beef
30g tomato purée
1 tbsp Worcestershire sauce
1 tsp chipotle paste
400g can chopped tomatoes
400g can of kidney beans
200g sweet potato, peeled and chunked

INSTRUCTIONS

Heat a deep pan on low, add the onion, carrot and celery and sweat for 10 mins until soft. Add the beef and cook through.

Add the tomato purée, stir very well and cook for a few mins, then add tomatoes, chipotle, Worcestershire, sweet potato and a can full of water. Season and bring to the boil.

Simmer on a low heat for 30-40 mins until the sweet potatoes are tender, stirring a few times throughout cooking to make sure they are cooking evenly.

MACROS PER PORTION

CALORIES	314	PROTEIN	32
CARBS	33	FATS	6
FIBRE	7		

DESSERT







VEGAN COOKIE DOUGH

SERVES: 4

TOTAL TIME: 10 MINUTES

V VE GF DF

INGREDIENTS

400g can of chickpeas, drained and rinsed
1 teaspoon of vanilla extract
80g nut butter
2 pinches of sea salt
75g maple syrup
50ml water
50g of 85% cocoa dark chocolate
25g plant based protein

INSTRUCTIONS

Using a high quality blender, blend all of the ingredients apart from the chocolate in until smooth. This may take a small amount of mixing and freeing with a spatula during the process.

Chop the chocolate into small pieces. Stir the majority of the chocolate into the cookie dough mix and sprinkle any remaining chocolate pieces on top.

Refrigerate before serving.

MACROS PER PORTION

CALORIES	336	PROTEIN	14
CARBS	34	FATS	16
FIBRE	4		



GLUTEN FREE PECAN BROWNIE

SERVES: 12

TOTAL TIME: 40 MINUTES

GF DF V

INGREDIENTS

100g coconut oil
90g plain chocolate
75g sugar
2 tsp vanilla extract
2 eggs
125g ground almonds
50g dark chocolate (70-90%) cut into chunks
50g pecans roughly chopped

INSTRUCTIONS

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

Grease an 8-inch metal baking pan with some of the coconut oil and set aside.

In a large microwave safe bowl, heat the coconut oil and 90g plain chocolate for 15-30 seconds at a time, stirring occasionally until melted (about 60 seconds total) together. You can also heat the oil and chocolate over a pan of boiling water in a heatproof bowl. Don't allow the chocolate to overheat as the eggs might cook if the chocolate and oil are very hot. Add sugar, vanilla extract and eggs and mix until well incorporated. Stir in the almond flour just until combined and add the remaining 50g dark chocolate cut into chunks and 50g pecans roughly chopped and stir through.

Spoon the brownie batter into the pan and spread until even and bake for 28-32 minutes or until the center is barely set and a crust has formed on top. Remove from the oven and cool completely before cutting. Store leftovers in an air-tight container for up to 4 days.

MACROS PER PORTION

CALORIES	265	PROTEIN	4
CARBS	15	FATS	21
FIBRE	1		



WHOLE FOOD TART

SERVES: 6

TOTAL TIME: 2 HOURS



INGREDIENTS

200g sweet potato, peeled
2 large eggs
4 tbsp honey
2 tbsp peanut butter
1 tsp baking powder
25g desiccated coconut
30g oats
2 tsp cinnamon
1 tsp cardamom
1 large apple diced
50g blueberries
1/4 tsp salt
40g cane sugar
20g hazelnuts, diced

INSTRUCTIONS

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

Using a blender, blend the sweet potato down into a very fine chunks. Add the remaining ingredients (minus the apple, blueberry and the coconut sugar) and combine well in the food processor. Dice the apple and set aside.

Toss diced apples and blueberries in sugar and 1 tsp. cinnamon and carefully fold into the berries and apples to the sweet potato mix.

Spray an 8 inch springform tin with light cooking oil, line your tin with parchment paper, spray the inside and add the batter.

Bake for 45-55 minutes until the top is golden brown and a toothpick inserted into the centre comes out clean.

Allow to fully cool before cutting, ideally a minimum of 30 minutes.

MACROS PER PORTION

CALORIES	260	PROTEIN	6
CARBS	32	FATS	12
FIBRE	3		



GINGER AND APPLE CRISP

SERVES: 1

TOTAL TIME: 10 MINUTES



INGREDIENTS

150g eating apples, peeled, cored and thinly sliced

2cm piece of ginger, grated

1/4 tsp cinnamon

Zest and juice of 1/2 lemon

20g granola

125g low fat plain yoghurt

INSTRUCTIONS

Combine all of the ingredients apart from the granola and yoghurt in a microwaveable cup. Microwave on a medium heat for 3 minutes until the apple has softened. Allow to cool for 2 minutes.

Top the apple with granola and spoon the yoghurt over with a dash of cinnamon to serve.

MACROS PER PORTION

CALORIES	259	PROTEIN	10
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CARBS	39	FATS	7
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FIBRE	5		
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MAPLE AND CINNAMON BANANAS AND WALNUTS WITH GREEK YOGHURT

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

15g walnuts
10g salted butter
120g banana, cut into thick diagonal slices
1/4 tsp cinnamon
3 cardamom pods
12g maple syrup
150g Greek style plain yoghurt

INSTRUCTIONS

Add the walnuts to a non-stick frying pan over a medium heat for 2 to 3 minutes, until lightly toasted and then tip onto a board and chop.

Return the pan to the heat and add the butter. When melted, add the bananas in a single layer and allow to cook undisturbed for 1 1/2 minutes.

Flip them over, add the cinnamon and cardamom and cook for a further two minutes until light gold.

Drizzle over the maple syrup, scatter the walnuts and cook for one minute, shaking the pan a little to coat until sticky. Remove from the heat and spoon into two bowls finally adding Greek yoghurt.

MACROS PER PORTION

CALORIES	261	PROTEIN	6
CARBS	21	FATS	17
FIBRE	2		

Balance.

MONTHLY RECIPE BOOK