

Balance.

EAT SMART // LIVE BETTER

**MONTHLY
RECIPE
BOOK**

WWW.BALANCEIE.COM

**MONTHLY
RECIPE
BOOK**

Balance.

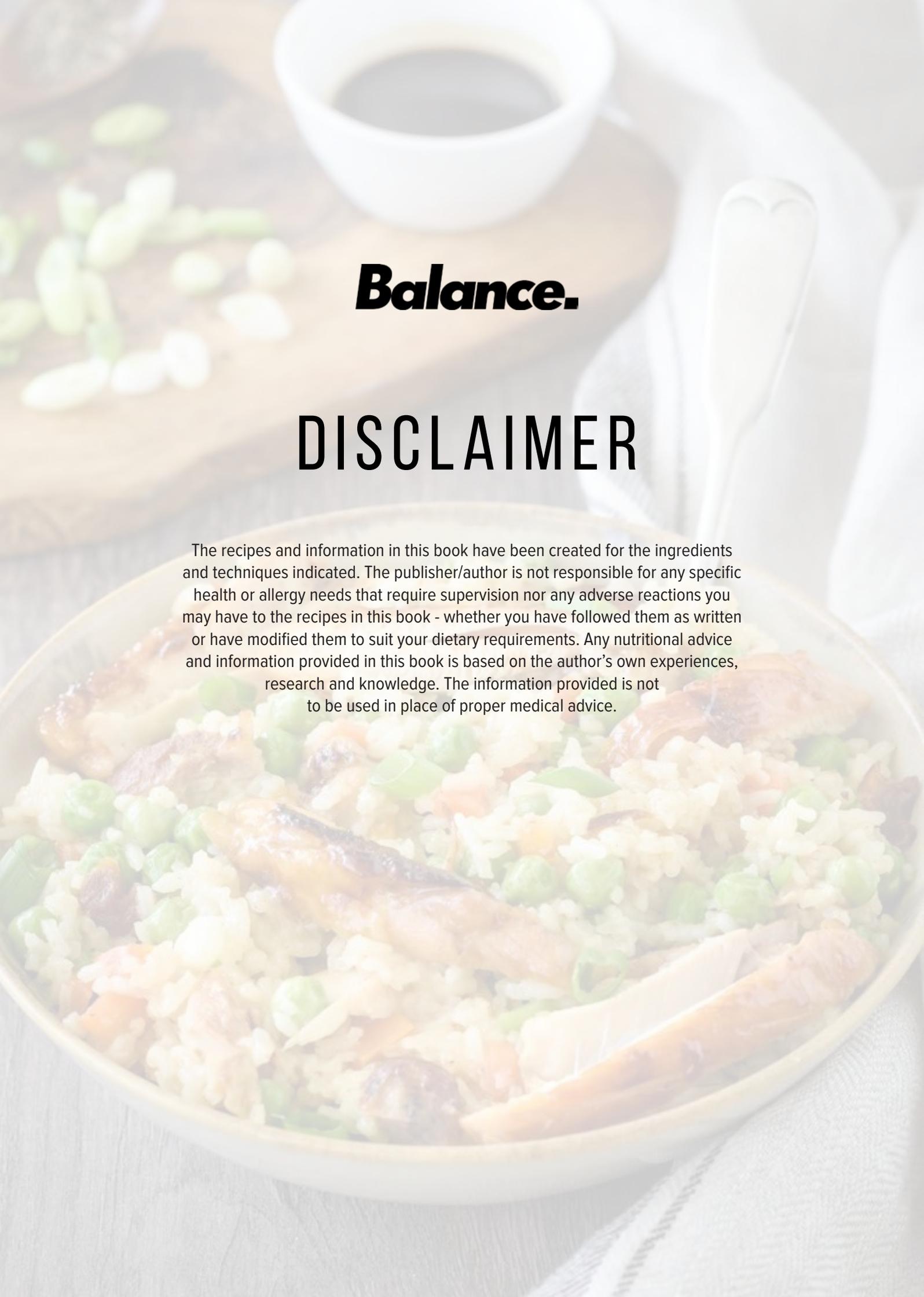
Welcome to your monthly recipe guide! Full of delicious, nutritious recipes specifically designed to help you meet your goals

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

A photograph of a meal on a light-colored wooden table. In the foreground, a white ceramic bowl is filled with white rice, topped with several pieces of cooked salmon, green peas, and sliced carrots. To the left of the bowl, a wooden cutting board holds several sliced green onions. In the background, a small white ceramic cup contains a dark liquid, likely soy sauce. A white ceramic spoon rests on a white napkin to the right of the bowl. The entire scene is softly lit, creating a warm and inviting atmosphere.

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.

CONTENTS

BREAKFASTS

Salted Caramel Oats	8
Mango Coconut Green Smoothie	10
Banana Bread	12
Chickpea Protein Breakfast Bars	14
Overnight Bran	16

SIDES

Sweet Potato Bruschetta	20
Lime and Black Bean Dip	22
Potatoes with a Lemon and Parsley Kefir Dressing	24
Beetroot and Carrot Slaw with a Tahini Dressing	26
Lemon and Chilli Grilled Asparagus	28
Moroccan Chicken Pitas	30

MAINS

Prawn and Sweet Potato Curry	34
Marinated Chicken with Shredded Carrot and Beets	36
Sausage and Spinach Pasta	38
Salmon Kebabs and Oven Potatoes	40
Lamb Biryani	42
Roasted Salmon with Smoky Chickpeas	44
Tuna Pasta Salad	46
Nourishing Chicken Congee	48
Orange, Watercress and Halloumi Salad	50
Bacon-Wrapped Halloumi and Pea Salad	52
Sweet Chilli Chicken and Veg Packed Rice	54
Pesto Baked Gnocchi	56
Egg, Ricotta, Chickpea and Pine Nut Salad	58
Kale Pasta in a Cream Sauce	60

DESSERTS

Protein Berry Crumble	64
Raspberry and Pistachio Marshmallow Mug Cake	66
Raw Cacao Brownie	68
Almond Jellies	70
Raspberry and Chocolate Cookies	72

KEY

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

BREAKFAST







SALTED CARAMEL OATS

SERVES: 1

TOTAL TIME: 30 MINUTES



INGREDIENTS

45g oats
20g whey protein, chocolate flavoured
1/2 tsp maca powder
250ml almond milk
20g 70% dark chocolate
1 tsp coconut oil
1 tbsp crushed peanuts

INSTRUCTIONS

Mix all of the ingredients for the base and stir well, pour in a jar and leave to set.

Add the chocolate and coconut oil to a microwaveable bowl and microwave on full power for 10 second blast until fully melted, mix to combine.

Add the peanuts on top of the jar of oats and top with the chocolate mixture. Allow to fully cool until the top has set, re-refrigerate for 30 minutes or ideally overnight.

MACROS PER PORTION

CALORIES	556	PROTEIN	32
CARBS	53	FATS	24
FIBRE	5		



MANGO COCONUT GREEN SMOOTHIE

SERVES: 1

TOTAL TIME: 5 MINUTES

V GF DF

INGREDIENTS

50g frozen cauliflower florets
25g frozen broccoli florets
85g frozen mango
250ml soya milk
60g full fat coconut milk
25g vanilla whey protein
15g cashew butter

INSTRUCTIONS

Place all ingredients into a high quality blender and blend for 30s until smooth.
Give the mix a stir or shake and return for another 30s.
Pour into a glass or on-the-go flask.

MACROS PER PORTION

CALORIES	466	PROTEIN	33
CARBS	25	FATS	26
FIBRE	5		



BANANA BREAD

SERVES: 8

TOTAL TIME: 45 MINUTES

V VE DF

INGREDIENTS

3 medium bananas, well ripened
125g plain white flour
125g spelt flour
95g ground oats
500ml soya milk
50g walnuts, roughly chopped
1 tsp baking soda
1/2 tsp cinnamon

INSTRUCTIONS

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

Mash the banana with a fork and mix it with all of the ingredients plus a big pinch of sea salt in a large mixing bowl, except for the walnuts.

Line a 9" bread tin with baking parchment and then pour in the batter, add the walnuts on top and bake for 35 to 40 minutes.

Allow to fully cool and using the parchment, pull from the loaf tin using the edges of the parchment and slice.

MACROS PER PORTION

CALORIES	264	PROTEIN	8
CARBS	40	FATS	8
FIBRE	4		



CHICKPEA PROTEIN BREAKFAST BARS

SERVES: 20

TOTAL TIME: 45 MINUTES



INGREDIENTS

200g oats
125g almonds, roughly chopped
75g raisins, chopped
75g dried apricots, chopped
3 tbsp ground flaxseed
125g almond milk
400g can of chickpeas, rinsed and drained
120g peanut butter
110g dates, pitted
60g honey
1 tsp ground cinnamon

INSTRUCTIONS

Line a 9 x 13 inch baking pan with foil or parchment paper and rub a small amount of olive oil onto the paper to cover.

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

Spread the oats and the nuts on a large baking sheet. Bake in the pre heated oven for 6 – 8 minutes, shaking halfway through, until golden and fragrant; transfer to the bowl of a food processor and allow to cool.

Pulse the oat and nuts until coarsely chopped; transfer to a large bowl and add the dried fruit.

Meanwhile, combine the flaxseed meal and warm milk in a small bowl and stand for 5 minutes. Place the chickpeas, peanut butter, dates, honey, cinnamon, a pinch of salt and flaxseed mix in the food processor (no need to clean bowl); process until the mixture is smooth.

Add the chickpea mixture to the oats mixture, mix until coated and transfer to the prepared pan. Spread and flatten the mixture evenly in the pan.

Bake for 15-18 minutes or until the edges are golden brown and the top appears slightly dried. Transfer to a wire rack and cool completely.

Using the liner, lift the mixture from the pan and transfer to a cutting board.

Cut into 20 bars and tightly wrap the bars individually in greaseproof paper or plastic wrap.

MACROS PER PORTION

CALORIES	189	PROTEIN	6
CARBS	21	FATS	9
FIBRE	3		



OVERNIGHT BRAN

SERVES: 1

TOTAL TIME: OVERNIGHT



INGREDIENTS

40g bran flake cereal
150g 0% fat greek style yoghurt
80g frozen raspberries
1 tsp stevia or powdered sweetener

INSTRUCTIONS

Combine the ingredients in a bowl or dish mixing together very well.

Leave to set in the fridge overnight.

MACROS PER PORTION

CALORIES	246	PROTEIN	16
CARBS	41	FATS	2
FIBRE	7		

SIDES







SWEET POTATO BRUSCHETTA

SERVES: 2

TOTAL TIME: 30 MINUTES

V VE GF DF

INGREDIENTS

300g sweet potato
1 onion, finely chopped
85g tomato, finely chopped
12g green chilli finely chopped, seeds discarded
Juice of 1/4 lemon

INSTRUCTIONS

Wash the sweet potatoes and slice them into circles about ¼ inch thickness. Arrange the slices on a roasting tray and bake in the oven for 25 minutes until tender.

Meanwhile, prepare the salsa by dicing and mixing the onions, tomatoes, green chilli and lemon juice. Add seasoning to taste.

Arrange the sweet potato slices on a plate and spoon over the mixture.

MACROS PER PORTION

CALORIES	181	PROTEIN	4
CARBS	39	FATS	1
FIBRE	5		



LIME AND BLACK BEAN DIP

SERVES: 4

TOTAL TIME: 35 MINUTES

V VE GF DF

INGREDIENTS

2 400g tins black beans, rinsed and drained
1 carrot, grated
Juice of 2 limes
2 spring onions, chopped
25g fresh coriander, chopped
1/2 garlic clove, grated

INSTRUCTIONS

Add the beans to a food processor and blend until smooth.

In a separate bowl, combine together with the remaining ingredients, stirring well until nicely mixed.

Leave to stand for half an hour.

MACROS PER PORTION

CALORIES	161	PROTEIN	11
CARBS	27	FATS	1
FIBRE	5		



POTATOES WITH A LEMON AND PARSLEY KEFIR DRESSING

SERVES: 1

TOTAL TIME: 20 MINUTES



INGREDIENTS

200g new potatoes, whole
2 tbsp flat leaf parsley, chopped
75ml plain kefir
Zest of 1 lemon
1 tbsp lemon juice

INSTRUCTIONS

Boil a full kettle and add the water to a large saucepan with a big pinch of salt. Add the new potatoes and boil for 16-18 minutes until tender, drain and rinse in cold water to stop them cooking further.

Whisk together the kefir, lemon zest and juice with a pinch of salt and pepper. Add 1 tbsp parsley and mix through.

Toss cooled potatoes in kefir dressing and serve topped with extra parsley.

MACROS PER PORTION

CALORIES	93	PROTEIN	3
CARBS	18	FATS	1
FIBRE	1		



BEETROOT AND CARROT SLAW WITH A TAHINI DRESSING

SERVES: 2

TOTAL TIME: 25 MINUTES

V VE GF DF

INGREDIENTS

2 medium beetroots, peeled and grated
4 small carrots, peeled and grated
1 tbsp extra virgin olive oil
2 tbsp lemon juice
1 tbsp tahini
2 tbsp sesame seeds

INSTRUCTIONS

In a bowl, whisk olive oil, lemon juice and tahini together and mix into grated carrots and beetroot and leave to marinate for a minimum of 20 minutes.

Sprinkle with sesame seeds just before serving.

MACROS PER PORTION

CALORIES	211	PROTEIN	5
CARBS	14	FATS	15
FIBRE	6		



LEMON AND CHILLI GRILLED ASPARAGUS

SERVES: 2

TOTAL TIME: 10 MINUTES

V VE GF DF

INGREDIENTS

200g asparagus, trimmed of woody stalks
1 fresh red chilli
2 tbsp olive oil
1/2 lemon

INSTRUCTIONS

Prepare the asparagus spears and then lay them in a hot griddle pan across the grill lines. Leave to grill for around 2 to 3 minutes if they're thin or up to 5 minutes for thicker spears. Resist from moving them until they have developed good char lines and then flip them over and repeat on the other side.

Meanwhile, remove the stem from the chilli, cut in half lengthways to remove the seeds then finally chop. Once the asparagus has finished, drizzle over the oil and scatter over the chopped chilli in the grill pan.

Squeeze the lemon over the veggies, being sure to remove any pips by catching the juice with your other hand cupped below and allowing the juice to dress the veg through your fingers. Finish with a pinch of salt, stir and cook for another minute. Remove from the heat and then serve immediately.

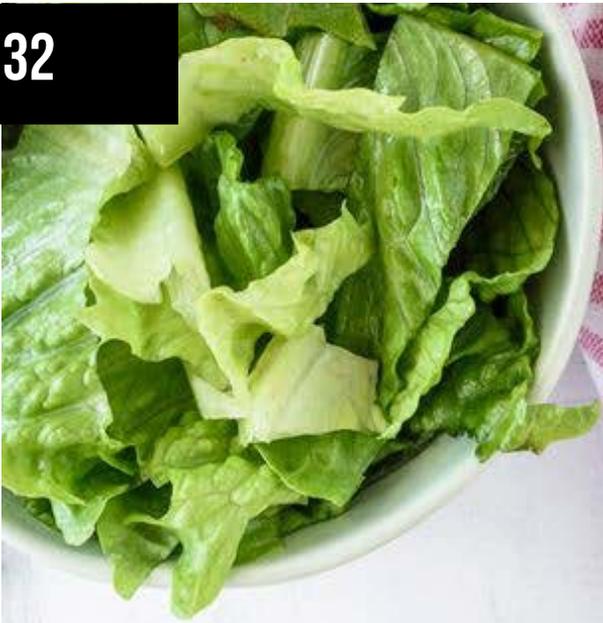
MACROS PER PORTION

CALORIES	144	PROTEIN	4
CARBS	5	FATS	12
FIBRE	2		

MAINS







MOROCCAN CHICKEN PITAS

SERVES: 2

TOTAL TIME: 40 MINUTES

INGREDIENTS

300g chicken thighs, skinless and boneless

1 tsp turmeric

1 tsp cumin

1/2 tsp cinnamon

2 tsp honey

2 spring onions, chopped

1 small shallot, grated

Juice of half a lemon

2 pita breads

1 small gem lettuce, shredded

80g greek yoghurt

INSTRUCTIONS

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

Cut your spring onion finely and grate the shallot.

Place the chicken on a cutting board and slash horizontal cuts into the thickest parts. In a dish, add turmeric, cumin, cinnamon, honey, lemon juice and a big pinch of sea salt. Add the chicken fillets, spring onion and shallot and fully coat by rubbing the mixture into all areas of the chicken.

Add the whole mixture to a roasting tray and roast for 35 minutes until lightly charred and the gravy reduced. Remove from the oven and rest for a few minutes.

Slice the lettuce, measure the yoghurt and prepare your pita as per packet instructions. Slice the pita open lengthways on one side into a pocket.

Slice the chicken into strips and fill your pita with lettuce, chicken and top with fresh yoghurt.

MACROS PER PORTION

CALORIES	510	PROTEIN	43
CARBS	62	FATS	10
FIBRE	3		



PRAWN AND SWEET POTATO CURRY

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF

INGREDIENTS

1 tsp coconut oil
1 medium onion, chopped
60g red curry paste
150g sweet potato, peeled and chopped into 1.5cm chunks
400g can of chickpeas, rinsed and drained
150g raw prawns
400g can of light coconut milk

INSTRUCTIONS

Heat oil in a large skillet over medium-high heat.

Add the onion to the skillet and cook, stirring frequently, for about 5-6 minutes or until fragrant.

Add the curry paste to the skillet, toss and sauté for another minute.

Add sweet potato, chickpeas and coconut milk to the pan and stir to combine.

Bring to a low boil and simmer for 10 minutes or until the sweet potatoes are nearly fork tender. If the mixture gets too thick (or dry) you can add water to the pan, 1/4 cup at a time, up to 1/2 cup. Add the prawns and continue to simmer for another 5 minutes.

Season and serve.

MACROS PER PORTION

CALORIES	553	PROTEIN	26
CARBS	47	FATS	29
FIBRE	7		



MARINATED CHICKEN WITH SHREDDED CARROT AND BEETS

SERVES: 2

TOTAL TIME: 30 MINUTES

GF

INGREDIENTS

120g low fat plain yoghurt
1 lemon, zest finely grated, juiced
2 cloves of garlic, crushed
400g chicken breast
1 tsp cumin
1 tbsp pumpkin seeds
20g tahini paste
160g carrots, peeled
80g beetroot, peeled

INSTRUCTIONS

Mix the yoghurt, lemon zest and half the garlic in a large bowl. Season, then add the chicken and mix to coat. Set aside for 20 minutes.

Meanwhile, in a small bowl, beat together the lemon juice, tahini, remaining garlic and 1 tbsp warm water. Season.

Coarsely grate the carrots and beetroot in a separate bowl then add the dressing, seeds and cumin.

Heat a griddle pan over high heat. Once hot, add the chicken and cook for 6 minutes each side until char lines appear and cooked through with clear juices and no pink meat.

Serve with the salad divided between two.

MACROS PER PORTION

CALORIES	409	PROTEIN	57
CARBS	16	FATS	13
FIBRE	5		



SAUSAGE AND SPINACH PASTA

SERVES: 4

TOTAL TIME: 20 MINUTES

INGREDIENTS

8 reduced fat pork sausages
1 tbsp olive oil
2 medium red onions, sliced
2 cloves of garlic, grated
2 tsp fennel seeds, ground into powder
200g rigatoni pasta
200g fresh baby spinach
150g single cream

INSTRUCTIONS

Boil a kettle and add salt to a sauce pan.

Add the onions into a large non-stick frying pan with the oil and saute for 3-4 minutes. Cut the sausages into small chunks, then add to the onions along with the garlic and crushed fennel seeds. Cook for 6-8 minutes, stirring, until golden. Add a splash of water if the sausages start to stick to the pan.

Meanwhile, boil the pasta according to the pack instructions using boiling water from the kettle in the saucepan with salt for around 10 minutes. Drain the pasta, reserving about a cupful of the cooking water.

Add the spinach and cream to the frying pan. Season then cook, stirring, for 2-3 minutes until the spinach has wilted.

Mix in the cooked pasta and enough reserved cooking water to make a creamy sauce.

Serve into four bowls.

MACROS PER PORTION

CALORIES	440	PROTEIN	21
CARBS	53	FATS	16
FIBRE	6		



SALMON KEBABS AND OVEN POTATOES

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

600g new potatoes
600g salmon fillet
1 green pepper
1 red pepper
1 medium red onion
50g olive oil
8 cherry tomatoes
200g single cream
1 tbsp dried parsley

INSTRUCTIONS

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

Wash the potatoes and wrap tightly in foil, roast in the oven for 20 minutes whilst you prepare and cook the skewers.

Meanwhile, dice your salmon, peppers and onion and add them to a bowl with the tomatoes, olive oil and seasoning and mix together very well.

Make up your skewers in any order you like using equal amounts of the ingredients from the bowl onto each skewer ending with a tomato and reserving the marinade.

Pre heat a large non-stick frying pan over a medium heat and add the marinade, then fry off the skewers turning often for around 4-6 minutes, with equal time on all sides.

Whip your cream in a large bowl with a whisk until lightly thickened and add parsley. Remove the potatoes from the oven and top them with the cream.

Serve altogether.

MACROS PER PORTION

CALORIES	623	PROTEIN	39
CARBS	38	FATS	35
FIBRE	3		



LAMB BIRYANI

SERVES: 4

TOTAL TIME: 25 MINUTES

DF GF

INGREDIENTS

1 tbsp curry paste
500g lamb leg steaks, diced
200g white basmati rice, rinsed very well
1 chicken stock pot, reconstituted into 1 pint of water
200g spinach

INSTRUCTIONS

Heat a large lidded saucepan over medium heat and add the curry paste until fragrant. Add the lamb and brown on all sides. Add the rice and the stock stirring very well until back to a boil. Cover with a lid and cook for 15 minutes until the rice is full and tender.

Stir through the spinach and replace the lid and cook for 5 more minutes.

Stir very well and serve between four.

MACROS PER PORTION

CALORIES	442	PROTEIN	36
CARBS	43	FATS	14
FIBRE	1		



ROASTED SALMON WITH SMOKY CHICKPEAS

SERVES: 4

TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

2 tbsp olive oil
1 tbsp smoked paprika
400g can of chickpeas, drained and rinsed
80g buttermilk
50g mayonaise
15g chives, finely sliced
1/2 garlic clove, grated
250g kale, chopped
600g salmon

INSTRUCTIONS

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

Combine 1 tablespoon oil, paprika and 1/4 teaspoon salt in a medium bowl. Very thoroughly pat chickpeas dry, then toss with the paprika mixture. Spread on a baking sheet and roast the chickpeas, stirring twice, for 30 minutes.

Meanwhile, whisk together the buttermilk, mayonaise, chives, 1/4 teaspoon ground pepper and garlic in a blender until smooth. Set aside.

Heat the remaining 1 tablespoon oil in a large frying pan over medium heat. Add kale and cook, stirring occasionally, for 2 minutes. Add 1/4 cup of water and continue cooking until the kale is tender, about 5 minutes more. Remove from heat and stir in a pinch of salt.

Remove the chickpeas from the oven and push them to one side of the pan. Place salmon on the other side and season. Bake until the salmon is just cooked through, 5 to 8 minutes.

Drizzle the reserved dressing on the salmon, garnish with more herbs, if desired, and serve with the kale and chickpeas.

MACROS PER PORTION

CALORIES	517	PROTEIN	42
CARBS	13	FATS	33
FIBRE	4		



TUNA PASTA SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES

DF

INGREDIENTS

100g of fusilli pasta
2 cans of tuna from brine
100g sweetcorn, drained
2 medium carrots, grated
1 red pepper, diced
4 tbsp olive oil
Zest and juice of 1 lemon
1/2 clove of garlic

INSTRUCTIONS

Boil a kettle and add the water to a large saucepan with a big pinch of salt. Add your pasta and cook for 10-12 minutes. Drain with a colander and rinse with cold water and allow to fully cool.

In a large bowl add the shredded carrot, sweetcorn, diced pepper and drained tuna. In another bowl make the dressing by adding the oil, lemon juice & zest, garlic and seasoning to a small bowl and mix well.

Pour the dressing over the top of the tuna and then use a large spoon to carefully mix everything together so it's all evenly distributed.

Divide between two.

MACROS PER PORTION

CALORIES	553	PROTEIN	33
CARBS	49	FATS	25
FIBRE	4		



NOURISHING CHICKEN CONGEE

SERVES: 4

TOTAL TIME: 90 MINUTES

DF GF

INGREDIENTS

1.25kg whole chicken
200g brown rice
5cm piece of fresh root ginger, peeled and grated
1 tbsp tamari soy sauce
2 spring onions, sliced

INSTRUCTIONS

Place the chicken, rice and ginger in a large, heavy based saucepan with a lid. Cover the ingredients with water and then bring to a boil over high heat. Reduce to a low heat and simmer until the meat is tender and rice soft for around 1.5 hours. Add more water if needed to prevent from cooking dry.

Alternatively, add these ingredients and water to a slow cooker on high for 4 hours or low for 6.

Remove the pan from the heat, transferring the chicken to a dish, then carefully remove the bones and skin. Shred the chicken meat and return it to the pan.

Add the soy sauce and season well with salt and black pepper to taste, stirring to combine.

Divide between four and garnish with spring onion.

MACROS PER PORTION

CALORIES	610	PROTEIN	44
CARBS	41	FATS	30
FIBRE	1		



ORANGE, WATERCRESS AND HALLOUMI SALAD

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

3 medium oranges, peeled
20g walnuts
1 tbsp olive oil
225g light halloumi, sliced
80g watercress
1 tsp balsamic vinegar
1 tsp dijon mustard

INSTRUCTIONS

Over a bowl, use a sharp knife and segment the oranges and catching any of the juices into your hand and decant into another small bowl.

Set aside both the bowl of juice and the segments.

Put a dry frying pan over a medium heat and toast the walnuts for a few minutes until lightly golden, set aside then roughly chop.

Return the pan to the heat, add the olive oil and fry the orange segments for 2 minutes on each side. Tip into a bowl and set aside leaving some residue in the pan.

Add the halloumi to the pan and cook over a high heat for 3-4 minutes, turning halfway, until toasty gold.

Add all the vinegar and mustard to the bowl of orange juices, combine and season. Toss the watercress, halloumi, walnuts and orange segments in a large bowl.

Divide between 2.

MACROS PER PORTION

CALORIES	509	PROTEIN	32
CARBS	21	FATS	33
FIBRE	6		



BACON- WRAPPED HALLOUMI AND PEA SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES

DF GF

INGREDIENTS

200g frozen peas
1/2 tsp Dijon mustard
1 tbsp red wine vinegar
1 tbsp olive oil
4 spring onions, chopped
115g streaky bacon
225g light halloumi, cut into 6 lengthway slices
50g pea shoots

INSTRUCTIONS

Put the peas in a colander and pour over a kettle of boiling water. Drain well.

Add the mustard and vinegar in a bowl and whisk in the oil with seasoning. Add the peas and spring onions and toss together.

Put the bacon slices on a chopping board and scrape along them with the back of a knife to stretch them out so they're thinner. Wrap each halloumi slice in a strip of bacon.

Heat a non-stick frying pan over medium heat and fry the wrapped halloumi until the fat is rendered and really golden.

Toss the pea shoots into the peas and serve with the halloumi.

MACROS PER PORTION

CALORIES	534	PROTEIN	43
CARBS	14	FATS	34
FIBRE	5		



SWEET CHILLI CHICKEN AND VEG PACKED RICE

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

1 clove of garlic
1 spring onion
25g honey
40g chilli jam
120g frozen peas
1 tbsp cornflour
320g skinless and boneless chicken thighs
2 medium carrots
2 tbsp soy sauce
100g basmati rice

INSTRUCTIONS

Prepare the carrots by topping, tailing and peeling, finally dicing finely.

Add the rice to 300ml cold water to a pot with a lid and bring the water to a boil over a high heat. Once boiling, add the diced carrot and reduce the heat to very low and cook covered for 10-12 minutes until the water is absorbed and the rice is cooked.

Meanwhile, combine the cornflour and half of the soy sauce in a bowl. Add the chicken thighs and mix everything together. Boil a kettle with water.

Heat a large, wide based non-stick pan (that has a lid) over a high heat and add the coated chicken thighs. Cook for 3 minutes on each side until lightly browned. Whilst this cooks, combine the honey, jam and 2 tbsp of water to make your sweet chilli sauce.

Peel and finely slice your garlic, and once the chicken is browned, turn the heat down to medium-low and add the garlic, stirring regularly for 1 minute. Add the sweet chilli mix and cover the pan with a lid. Cook for 10 minutes until the chicken is cooked through and the sauce is thick.

Trim the spring onions and add the peas to a colander and cover with boiling water to unfreeze them.

Once the rice is cooked, add the peas and remaining soy sauce mixing together very well.

When the chicken is done, transfer to a tray and slice or shred your chicken roughly. Return the chicken to the pan with everything in and mix very well. If it's looking too thick, add a dash of water.

Serve and garnish with spring onion.

MACROS PER PORTION

CALORIES	566	PROTEIN	42
CARBS	86	FATS	6
FIBRE	4		



PESTO BAKED GNOCCHI

SERVES: 4

TOTAL TIME: 55 MINUTES



INGREDIENTS

100g spinach
500g gnocchi
90g frozen peas
150g pesto
65g sundried tomatoes
125g mozzarella
1 tbsp olive oil

INSTRUCTIONS

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

Boil the kettle.

Put the spinach into a large bowl and cover with boiling water to wilt. Drain and return to the bowl. Add the gnocchi, peas, pesto and 150ml of water to the bowl. Mix together with seasoning and add to a roasting dish (15cm x 25cm). Top with tomatoes and mozzarella and dress with the olive oil.

Bake in the oven for 45 minutes until golden and bubbling.

MACROS PER PORTION

CALORIES	501	PROTEIN	15
CARBS	45	FATS	29
FIBRE	7		



EGG, RICOTTA, CHICKPEA AND PINE NUT SALAD

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

4 eggs
30g pine nuts
400g ricotta
15g basil roughly torn, leaves only
160g mixed salad leaves
2 heads of chicory
2 tbsp red wine vinegar
2 tbsp olive oil
400g can of chickpeas, drained and rinsed
1/2 tsp paprika

INSTRUCTIONS

Boil a saucepan of water on the hob over high heat from cold, add the eggs and boil for 6 minutes. Drain and run under cold water for 1-2 minutes until the saucepan is cool. Peel the eggs and leave in cold water.

Meanwhile, in a dry frying pan, add the pine nuts over a medium high heat and toast with a pinch of salt until lightly aromatic. Set aside.

Drain and rinse the chick peas very well, dry on paper towel and set aside.

Add the ricotta to a bowl and add the torn basil reserving a handful for the end, add seasoning, lightly mix and set aside.

Arrange the salad leaves onto plates and tear each chicory into pieces, adding them to the greens. In a bowl, whisk together the vinegar and oil with seasoning and add equal amounts to each portion. Add the chickpeas equally and toss each portion with the dressing.

Spoon mounds of the ricotta equally over the dressed salad greens, slice and add one egg to each serving and finally sprinkle with paprika and reserved basil leaves.

MACROS PER PORTION

CALORIES	396	PROTEIN	23
CARBS	13	FATS	28
FIBRE	3		



KALE PASTA IN A CREAM SAUCE

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

300g fusilli pasta
2 tbsp olive oil
30g butter
2 cloves garlic, finely chopped
1 red chilli, finely chopped
250g chopped kale
250g ricotta
1 lemon, zest and juice
30g pine nuts

INSTRUCTIONS

Cook the pasta in a large pan of boiling water for 10-12 minutes.

Meanwhile, heat the oil and butter in a large, lidded pan. Once the butter has melted, add the garlic and chilli cooking for a few seconds until they start to change colour. Add the kale with 2 tbsp water, cover and cook for 5 minutes until softened, stirring occasionally.

Drain and transfer the cooked pasta to the pan of kale, reserving the cooking water. Add the ricotta, lemon zest and juice and seasoning. Stir well, adding a good glug of the pasta water, until the pasta is coated in a sauce.

Sprinkle over the pine nuts and serve straight away.

MACROS PER PORTION

CALORIES	546	PROTEIN	18
CARBS	60	FATS	26
FIBRE	5		

DESSERT







PROTEIN BERRY CRUMBLE

SERVES: 1

TOTAL TIME: 25 MINUTES



INGREDIENTS

125g frozen raspberries
1 teaspoon stevia
30g vanilla protein powder
20g oats
2 tablespoon lemon juice
10 almonds

INSTRUCTIONS

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

Place berries in a small glass ovenproof dish and sprinkle with stevia on top.

Mix together protein powder, oats, and lemon juice, it will be fairly dry.

Chop the almonds into small pieces and mix them with the crumble.

Spread the crumble on top of the berries.

Bake for 20 min until slightly golden.

Take out of the oven and allow to rest before serving.

MACROS PER PORTION

CALORIES	395	PROTEIN	33
CARBS	23	FATS	19
FIBRE	7		



RASPBERRY AND PISTACHIO MARSHMALLOW MUG CAKE

SERVES: 1

TOTAL TIME: 5 MINUTES

V DF GF

INGREDIENTS

20g mini marshmallows
25g puffed rice
10g plain chocolate, chunked
1 tbsp dried raspberries
1 tbsp pistachios, roughly chopped

INSTRUCTIONS

Place the marshmallows in a large mug and microwave for 10-15s.

Fold in the raspberries, pistachios, puffed rice and chocolate chunks.

Cook in the microwave for 10s at 800w.

Serve warm and gooey or leave to set and enjoy like a crispy cake or a great addition to greek yoghurt.

MACROS PER PORTION

CALORIES	297	PROTEIN	5
CARBS	49	FATS	9
FIBRE	5		



RAW CACAO BROWNIE

SERVES: 9

TOTAL TIME: 30 MINUTES

V VE GF DF

INGREDIENTS

100g pecans
100g walnuts
220g medjool dates
50g cacao powder
25g desiccated coconut
30g cherries
50g coconut oil

INSTRUCTIONS

Place pecans, walnuts and coconut in a food processor and mix until you get a fine texture. Add the coconut oil, dates and cherries. Finish with cacao powder and sea salt.

Place the mix in a rectangular or square tray and flatten.

Place in the fridge for at least 2 hours or the freezer for 20 minutes to set.

MACROS PER PORTION

CALORIES	321	PROTEIN	5
CARBS	19	FATS	25
FIBRE	3		



ALMOND JELLIES

SERVES: 4

TOTAL TIME: 15 MINUTES

GF DF

INGREDIENTS

4 sheets of leaf gelatine
600g almond milk
60g granulated Stevia
2 drops of almond essence
8 almonds, crushed for garnish

INSTRUCTIONS

Soak the gelatine sheets in a small bowl of water for up to 10 minutes.

Heat 200g of almond milk with the stevia in a small saucepan over a medium low heat until it starts to simmer. Squeeze any excess water from the gelatine sheets and whisk into the almond milk and dissolve.

Stir the hot mixture into the remaining cold almond milk and add the essence, then pour into your jelly moulds/ bowls.

Allow to cool and transfer to the fridge and allow to set for 2-3 hours.

When ready to serve, dip the bowls/moulds into hot water, making sure no water gets into the jelly, shake and loosen and turn them out adding crushed almonds to garnish.

MACROS PER PORTION

CALORIES	76	PROTEIN	6
CARBS	4	FATS	4
FIBRE	1		



RASPBERRY AND CHOCOLATE COOKIES

SERVES: 10

TOTAL TIME: 20 MINUTES



INGREDIENTS

80g raspberries
200g ripe banana flesh
50g plain chocolate, cut into chunks
100g oats
80g oats blended into flour
1/4 tsp bicarbonate of soda
50g smooth peanut butter

INSTRUCTIONS

Pre heat an oven to 180C/350F/Gas Mark 4 and line a baking tray with parchment.

Mash the bananas in a bowl and stir through the peanut butter. Add the oats, oat flour and bicarbonate and stir to combine. Add the raspberries and chocolate and fold through.

Using a large spoon, divide the dough into 10 cookies, roll into balls with wet hands and press firmly into your baking tray.

Bake in the oven for 12-14 minutes until golden.

Allow to cool and store in an airtight container.

MACROS PER PORTION

CALORIES	154	PROTEIN	4
CARBS	21	FATS	6
FIBRE	2		

The background of the image is a dark, moody photograph. In the top left corner, there is a small, light-colored bowl filled with green pumpkin seeds. Below it, a dark plate holds a meal consisting of several white, folded items (possibly omelets or pancakes) resting on a bed of shredded orange and red vegetables. A silver fork with an ornate handle is placed on the right side of the plate. The overall lighting is low, creating a sophisticated and artistic feel.

Balance.

MONTHLY RECIPE BOOK