

Balance.

EAT SMART // LIVE BETTER

**MONTHLY
RECIPE
BOOK**

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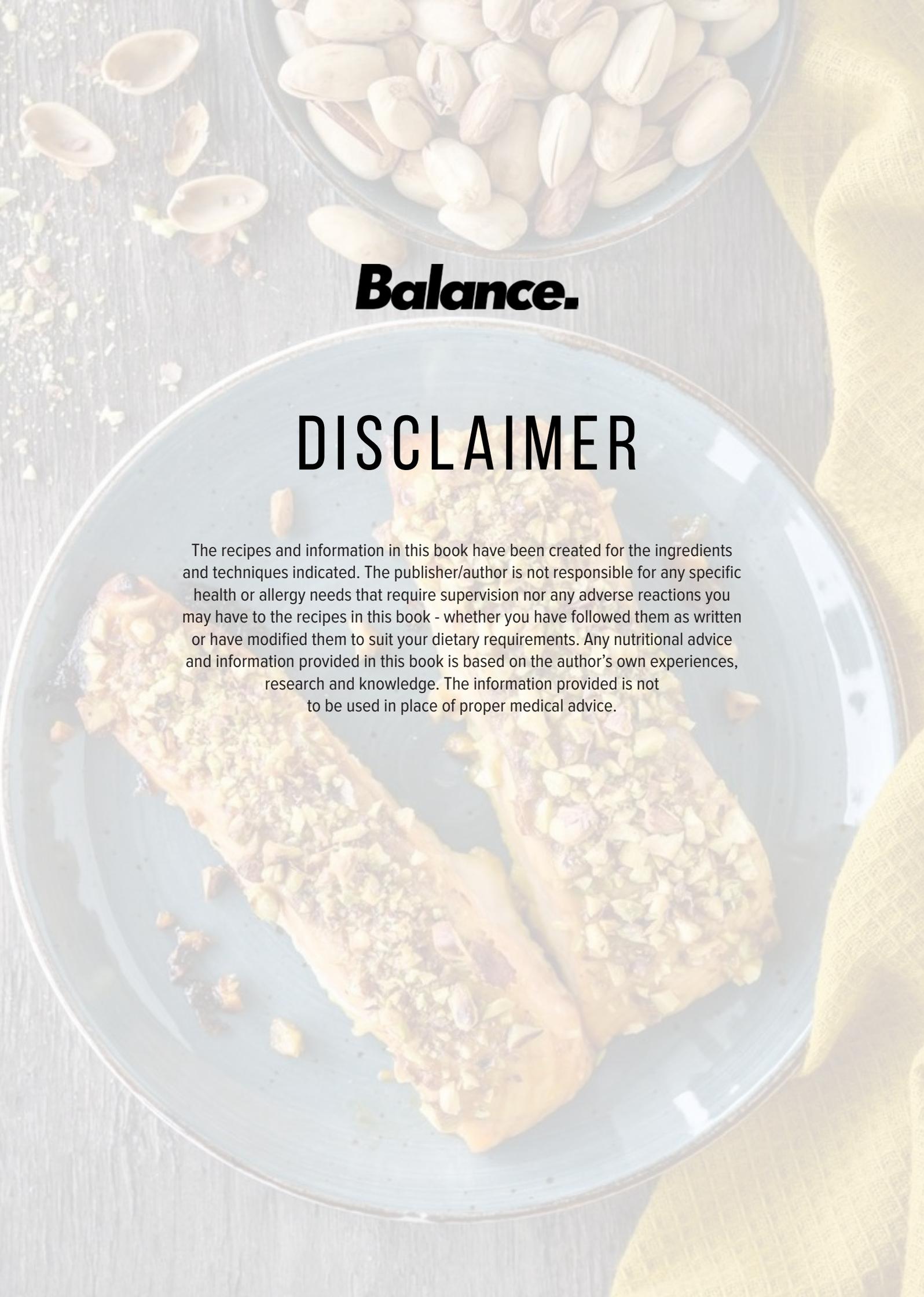
Welcome to your monthly recipe guide! Full of delicious, nutritious recipes specifically designed to help you meet your goals

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

A top-down view of a wooden table. In the upper center, a light blue ceramic bowl is filled with whole almonds. To the left, several almond shells are scattered on the table. In the lower center, a light blue ceramic plate holds two pieces of salmon, each topped with a thick layer of finely chopped almonds. A yellow cloth is visible on the right side of the frame.

Balance.

DISCLAIMER

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

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KEY

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

BREAKFAST







CHERRY CHOCOLATE SMOOTHIE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES

V VE GF DF

INGREDIENTS

100g frozen cherries
60g frozen banana
20g vegan protein blend
150g unsweetened almond milk
15g peanut butter
10g muesli
5g cocoa nibs
15g cherries

INSTRUCTIONS

Add the frozen cherries, banana, protein and almond milk to a high-powered blender or food processor. Blend until very smooth, you'll need to scrape the sides of the blender and incorporate the mixture fully. If it's a bit too thick, add some water or a splash more milk.

Pour the smoothie into a bowl and smooth the surface with a spatula or spoon.

Top with peanut butter, muesli, cacao nibs and fresh cherries.

MACROS PER PORTION

CALORIES	380	PROTEIN	23
CARBS	36	FATS	16
FIBRE	7		



PROTEIN CREPE

SERVES: 1

TOTAL TIME: 15 MINUTES



INGREDIENTS

70g banana flesh
100g egg whites
30g whey protein
1 tsp baking powder
120g blueberries
1 tsp honey

INSTRUCTIONS

Add all of the ingredients to a highquality blender and blend into a batter.

Add the berries and honey to a sauce pan with 1 tbsp water and reduce on the hob for 8-12 minutes on a low heat until thickened and blistered down.

Pre heat a non-stick pan over medium heat with a light spray of olive oil. Add the batter and cook on 5 minutes each side.

Serve with the berries on top.

MACROS PER PORTION

CALORIES	298	PROTEIN	36
CARBS	34	FATS	2
FIBRE	2		



CHEESY EGG BAKE

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

12 eggs
200ml single cream
125g mozzarella
2 spring onions
6 cherry tomatoes, halved

INSTRUCTIONS

Pre heat the oven to 180C/350F/Gas Mark 4 and line a roasting dish with a light smear of butter.

Add all ingredients to a bowl and whisk together very well.

Pour the egg mixture into the dish and cover the top loosely with tin foil and bake in the oven for 20 minutes.

Remove tin foil and bake for another 5 minutes.

Serve between four.

MACROS PER PORTION

CALORIES	390	PROTEIN	27
CARBS	3	FATS	30
FIBRE	1		



RICOTTA AND BLUEBERRY BAGELS

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

Zest and juice of 1 lemon
200g frozen blueberries
1 tbsp powdered sweetener
2 bagels
250g ricotta

INSTRUCTIONS

Zest the lemon and set this aside then squeeze the juice into a pan over medium low heat. Add the blueberries and a tbsp sweetener to the pan and cook for for 4-6 minutes until they become slightly syrupy.

Cut your bagels and add them to a toaster.

In a bowl, whisk half of the lemon zest into the ricotta and spread this mixture onto the bagel halves. Add the blueberries and finish with the leftover zest.

MACROS PER PORTION

CALORIES	423	PROTEIN	20
CARBS	52	FATS	15
FIBRE	3		



TUNA AND BOILED EGG TOASTS

SERVES: 2

TOTAL TIME: 10 MINUTES



INGREDIENTS

2 eggs
2 slices of sourdough
12g flat parsley
100g canned tuna, drained
40g half fat creme fraiche
Dash of hot pepper sauce
1/2 tsp dijon mustard
1 tsp lemon juice

INSTRUCTIONS

Bring a small pan of water to the boil and add your eggs and boil for 6 minutes.

Meanwhile, toast your bread and finely chop the parsley.

Add the tuna, creme fraiche, pepper sauce and mustard with seasoning, cook over a medium low heat for 2 minutes until heated through but not boiling. Add the lemon juice and most of the parsley.

Divide the mixture over the toast. Run the boiled eggs under cold water and peel. Add the eggs on top of the crab halved and season. Finish with the remaining parsley.

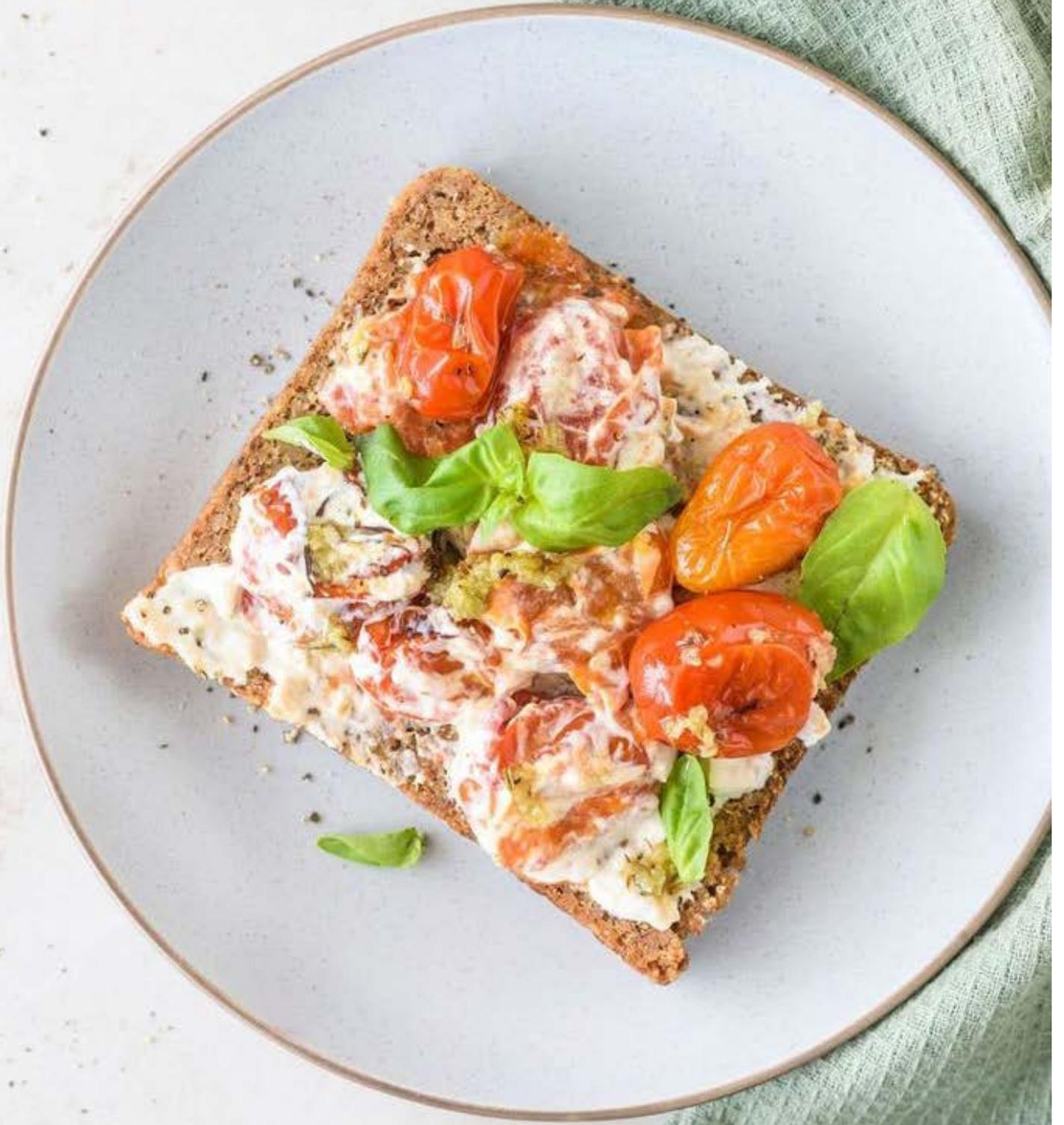
MACROS PER PORTION

CALORIES	261	PROTEIN	24
CARBS	21	FATS	9
FIBRE	3		

SIDES







TOMATO HORSE RADISH TOASTS

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

400g cherry tomatoes
2 cloves of garlic, sliced
2.5 tbsp olive oil
0.5 tsp dried thyme
Pinch of brown sugar
4 medium slices of wholemeal
25g horseradish sauce
25g reduced fat creme fraiche
Handful of torn fresh basil

INSTRUCTIONS

Toss the tomatoes, garlic, oil, thyme and sugar in a medium roasting dish and season with salt. Roast for 25 minutes, stirring gently halfway, until the tomatoes collapse.

Before your tomatoes are ready, toast the bread and arrange on plates.

Remove the tomatoes from the oven and gently stir through the horseradish and the crème fraîche, taking care not to break up the tomatoes too much.

Pile the tomatoes onto the toasts with a crack of a black pepper and scatter with the basil.

MACROS PER PORTION

CALORIES	383	PROTEIN	10
CARBS	43	FATS	19
FIBRE	7		



GARLIC BUTTER OVEN FRIES

SERVES: 2

TOTAL TIME: 35 MINUTES



INGREDIENTS

1 tsp olive oil
525g potatoes
2 cloves of garlic, grated
5g fresh parsley
25g butter
35g parmesan

INSTRUCTIONS

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

Cut the potatoes, leaving the skins on, into thin chips.

Add the chips to a baking tray with a drizzle of olive oil and seasoning. Mix together very well and put the tray in the oven for an initial 25-30 min or until golden.

Meanwhile, peel and finely grate the garlic, chop the parsley roughly, including the stalks.

Chop the butter into small cubes and peel parmesan with a peeler until you end up with a pile of shavings.

Once the chips are golden, remove them from the oven and push to one side of the tray, then top the chips with the chopped butter, garlic and parsley and gently toss everything together.

Return the tray to the oven for 2-3 min or until the butter has melted.

Before serving, top with the parmesan and divide between plates.

MACROS PER PORTION

CALORIES	377	PROTEIN	12
CARBS	44	FATS	17
FIBRE	3		



ALU GOBI

SERVES: 4

TOTAL TIME: 30 MINUTES

V VE GF DF

INGREDIENTS

75g olive oil
175g white potato, peeled and diced into 1/2" pieces
250g cauliflower florets
150g onion, finely diced
1 medium tomato, finely diced
1/2 tsp green chilli paste
1.5 tsp ginger paste
1.5 tsp garlic paste
1/2 tsp cumin seeds
1/2 teaspoon turmeric
1/4 tsp chilli powder
2 tbsp fresh coriander
1/2 tsp garam masala

INSTRUCTIONS

Heat oil in a frying pan for 30s and add the cumin seeds to the oil. When the seeds begin to sizzle, add the chopped onions and cook for 3-4 minutes.

Add the ginger and garlic pastes and cook for 1 minute before adding turmeric, chilli powder, diced tomato with a pinch of salt and cook for another minute.

Add the diced potatoes with 1/2 cup of water and cover the pan and simmer on a low-medium heat for around 8-10 minutes.

Add the cauliflower florets with another 1/2 cup water, cover and cook for 10 minutes stirring occasionally.

Once cooked, add the green chilli paste, garam masala and fresh coriander and cook for 1 minute.

Serve between dishes.

MACROS PER PORTION

CALORIES	248	PROTEIN	3
CARBS	14	FATS	20
FIBRE	2		



MISO SWEET POTATOES

SERVES: 4

TOTAL TIME: 60 MINUTES

V VE GF DF

INGREDIENTS

4 medium sweet potatoes (around 170g each)
3 tbsp white miso paste
3 tbsp water
2 tsp olive oil
1 tsp toasted sesame seeds

INSTRUCTIONS

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

Place the sweet potatoes on a tray and roast for 35-45 minutes, or until soft. Remove from the oven and let cool enough to handle.

Meanwhile, whisk together the miso and water.

Split the sweet potatoes lengthwise and place on a parchment-lined baking sheet. Spread some of the miso mixture on the cut side of each sweet potato, then return to the oven to roast for another 10 minutes, or until the miso topping is nicely browned.

Dress with a drizzle of olive oil, a pinch of salt and the toasted sesame seeds.

MACROS PER PORTION

CALORIES	182	PROTEIN	3
CARBS	38	FATS	2
FIBRE	5		



STEAMED CABBAGE DUMPLINGS WITH A DIPPING SAUCE

SERVES: 10

TOTAL TIME: 20 MINUTES



INGREDIENTS

For the filling:

- 450g turkey thigh mince
 - 4 spring onions, thinly sliced
 - 5 cloves of garlic, grated
 - 2 tbsp fresh ginger, grated
 - 1 tbsp gluten-free tamari (soy sauce)
 - 1 head savoy cabbage
- For the dipping sauce:
- 60g gluten-free tamari
 - 1 teaspoon rice vinegar
 - 1 tsp toasted sesame oil

INSTRUCTIONS

Boil a kettle and combine all the ingredients for the filling. Mix well, then refrigerate while you prep the cabbage.

Add the kettle water to a large pot and bring to a boil. Prepare a bowl with very cold, ideally iced, water.

Using tongs, place the entire cabbage head into the boiling water. After about 45-60 seconds, carefully pull the cabbage out, removing 2 or 3 layers of leaves that have softened, then drop them in the ice bath. Repeat this process until you have 10 large blanched leaves (you can reserve the rest of the cabbage). Dry each blanched leaf well before starting to assemble the rolls.

Place one cabbage leaf on your work surface with the core end closest to you. Add about 3 tablespoons of the chicken mixture at the base of the cabbage leaf and fold it up and away from you, gently tucking the sides in over your first fold, and rolling until they form a small dumpling.

Start boiling a pot of water under a steamer. Set the dumplings in the steamer basket seam side down and steam with a lid on for about 15 minutes just until the filling is firm.

Meanwhile, prepare the dipping sauce by whisking all the ingredients together in a small bowl.

Serve right out of the steamer with sauce on the side.

MACROS PER PORTION

CALORIES	87	PROTEIN	11
CARBS	4	FATS	3
FIBRE	1		

MAINS







HARISSA BRAISED LAMB AND BEANS

SERVES: 4

TOTAL TIME: 3 HOURS

GF DF

INGREDIENTS

1 tbsp olive oil
600g lean diced lamb shoulder
1 large white onion, roughly chopped
1 fennel bulb, core removed and finely chopped
4 cloves garlic, crushed
5 medjool dates, pitted and roughly chopped
95g harissa paste
800g canned chopped tomatoes
1 chicken stock pot
800g canned cannellini beans, drained and rinsed

INSTRUCTIONS

Pre heat the oven to 160C/320F/Gas Mark 3

Heat the oil in a large casserole dish over a medium-high heat. Add the onion, fennel and a pinch of salt; fry gently for 5 minutes until soft, then add the garlic and fry for 5 minutes more.

Add the dates and harissa and fry for another 1 minute, then tip in the tomatoes, breaking up any large pieces, and the stock.

Bring to a simmer, then add the lamb to the pan.

Cover with a lid and place the casserole dish in the oven for 1 hour.

Uncover and cook for 45 minutes more, then stir in the beans and cook uncovered for a final 45 minutes, ensuring all of the meat is fully cooked and fork soft/tender.

Stand for 15 minutes allowing to cool slightly. Served best the next day.

MACROS PER PORTION

CALORIES	571	PROTEIN	44
CARBS	47	FATS	23
FIBRE	12		



TRAYBAKED ORANGE CHICKEN WITH SWEET POTATOES

SERVES: 3

TOTAL TIME: 50 MINUTES



INGREDIENTS

600g sweet potatoes
3 small red onions, sliced
1.5 tbsp olive oil
600g chicken thighs, skinless and boneless
1 tsp all purpose seasoning
150ml fresh chicken stock
2 small oranges, juiced
1 clove garlic, finely chopped
1.5 tbsp capers, drained

INSTRUCTIONS

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

Thinly slice the sweet potatoes into 1cm circles and tip into a large roasting tin with the onions. Toss with 1 tbsp olive oil and bake for 30-35 minutes, turning halfway through.

Place the chicken fillets between two sheets of baking parchment and beat with a rolling pin to flatten. Sprinkle with the all purpose seasoning. Heat the remaining 0.5 tbsp oil in a frying pan and sear the chicken briefly on one side to colour. Turn the pieces over and fry for 1 minute, then arrange over the sweet potatoes. Return to the oven for a further 5 minutes, until the chicken is cooked through and no pink meat remains.

Add the stock, orange juice, garlic, capers and mint to the frying pan. Bring to the boil and cook for 1 minute.

Transfer the chicken and vegetables to serving plates and drizzle over the sauce.

MACROS PER PORTION

CALORIES	524	PROTEIN	47
CARBS	57	FATS	12
FIBRE	7		



CHICKPEA AND WHOLEWHEAT SPAGHETTI SOUP

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

2 tbsp olive oil
50g salami
200g frozen carrot, celery, onion mix
1 tbsp tomato purée
1 large pinch of chilli flake
2 sprigs of rosemary
800g canned chickpeas including water
2 stock pots, reconstituted in 2 pints of water
100g wholewheat spaghetti
200g kale

INSTRUCTIONS

Heat the oil in a large heavy based saucepan over low-medium heat with the salami and gently fry until the fat is rendered and lightly crisps for about two minutes. Remove with a slotted spoon and set aside.

Tip the frozen vegetables into the pan and cook for 10 to 15 minutes, until soft and golden. Stir in the tomato purée, chilli flakes and rosemary, then cook for 30 seconds. Add the chickpeas and their water, plus the chicken stock. Season with salt and black pepper and bring to a simmer.

Cook through for 15 minutes and then roughly crush together with a potato masher before adding the spaghetti and the kale.

Simmer for another 10 to 15 minutes until the pasta and the kale are tender.

Divide into bowls and serve with the cooked salami and chilli flakes.

MACROS PER PORTION

CALORIES	384	PROTEIN	18
CARBS	42	FATS	16
FIBRE	9		



CHUNKY COTTAGE CASSEROLE

SERVES: 2

TOTAL TIME: 35 MINUTES



INGREDIENTS

300g 5% beef mince
1 medium onion, sliced into wedges
1 carrot, peeled and cut into 1" chunks
1 tsp dried oregano
1 stock cube
15ml Worcestershire sauce
30g tomato purée
200g passata
3 medium potatoes, cut into 1" chunks

INSTRUCTIONS

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

Boil a kettle and heat a large, wide-based oven-proof casserole dish with a matching lid over a high heat.

Add the beef mince to the dish and break it up into large chunks and cook for 1-2 min or until lightly browned all over.

Add the onion wedges, carrot chunks, dried oregano and tomato paste to the dish and stir very well.

Add 300ml boiled water along with the stock cube, passata and Worcestershire seasoning generously.

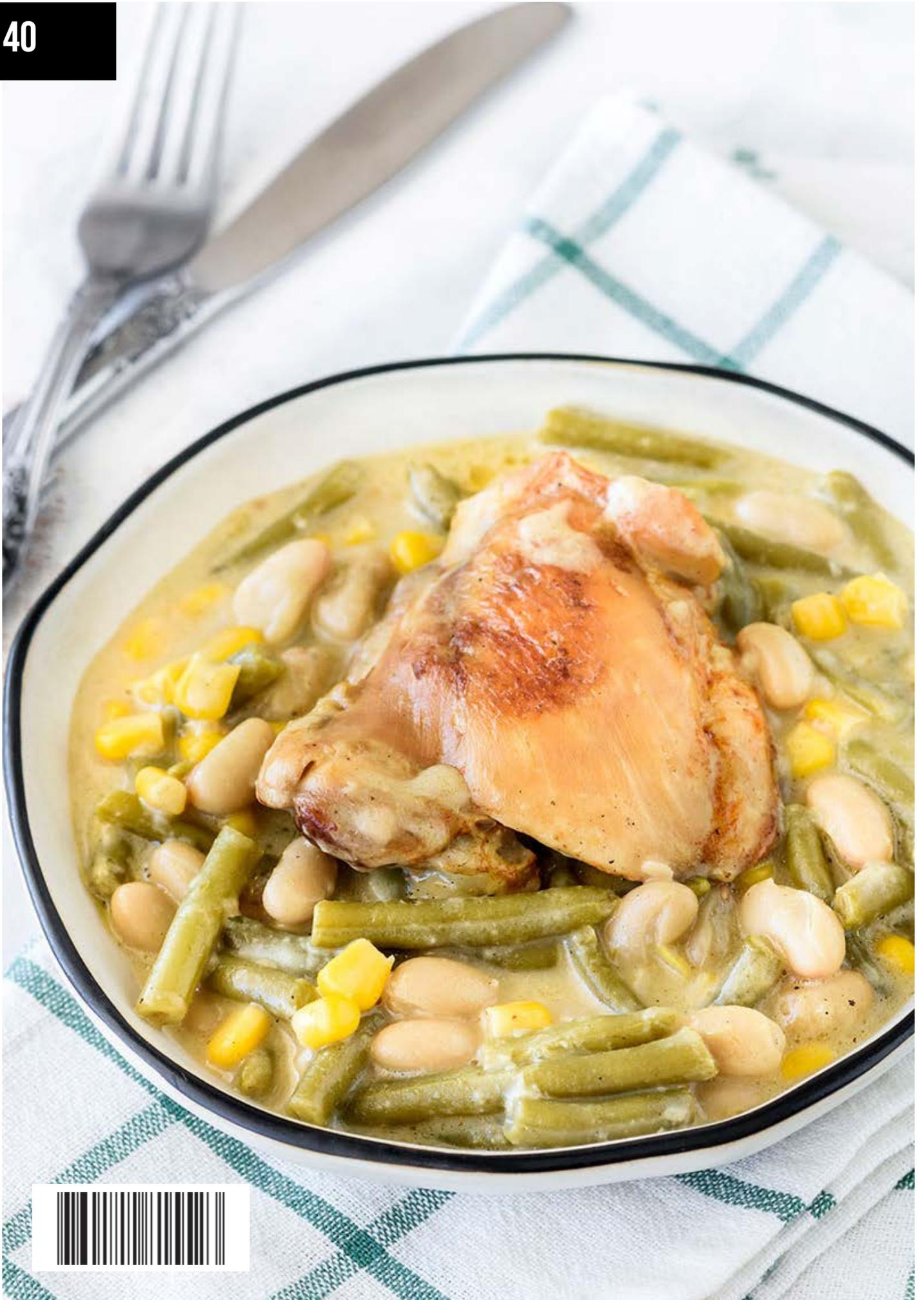
Bring to the boil over a high heat, then top with the chunked potatoes.

Add the lid then place the dish into the oven, for 20 minutes until the potatoes are tender and everything's cooked through.

Remove the lid and return to the oven for another 10 minutes until the sauce has thickened.

MACROS PER PORTION

CALORIES	475	PROTEIN	42
CARBS	61	FATS	7
FIBRE	6		



CAJUN CHICKEN AND SWEETCORN CASSEROLE

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

320g chicken thighs, skinless and boneless
2 cloves of garlic, grated
1 tsp smoked paprika
1 tsp cumin
1 tsp ground coriander
1/2 tsp chilli powder
1 tsp dried oregano
1 tbsp olive oil
80g green beans, trimmed
50g light cream cheese
150g tinned sweetcorn
400g tin of cannellini beans
1 stock cube
1 tbsp flour
1 tsp sugar

INSTRUCTIONS

Boil a kettle and in a bowl, combine your paprika, chilli powder, coriander, oregano and cumin. Season with a pinch of sugar, black pepper and salt. Mix very well as this is your spice mix.

Add the chicken to the spice mix and turn until fully coated.

Meanwhile, pre heat a non-stick, wide based (with a lid) pan over medium high heat, add your olive oil and the chicken thighs and cook on each side for 3 minutes.

Whilst the chicken cooks, dice the green beans into bite-sized pieces and add to the pan with the chicken.

Reconstitute the stock cube in 1 cup of boiling water with the light cream cheese and the grated garlic to make a creamy stock.

Add the flour to the pan with the chicken and stir to combine, and then stir in the creamy stock. Turn down the heat slightly to a simmer.

Drain and rinse the sweetcorn and beans, then add them to the pan. Season with black pepper and mix together. Cook covered, stirring occasionally for 12 minutes until the chicken is cooked through and there are no signs of pink meat.

Serve between two.

MACROS PER PORTION

CALORIES	590	PROTEIN	56
CARBS	51	FATS	18
FIBRE	18		



VEGGIE PACKED POLLO VERDE RICE

SERVES: 4

TOTAL TIME: 45 MINUTES

DF GF

INGREDIENTS

1.5 tbsp olive oil
540g chicken thighs, skinless and boneless
2 red onions, 1½ roughly chopped, ½ thinly sliced
2 jalapeños, 1 roughly chopped, 1 thinly sliced
4 cloves garlic
100g fresh coriander, roughly chopped
200g paella rice
1 chicken stock cube, reconstituted in 500ml water
250g frozen sweetcorn
1 red pepper, finely chopped
2 limes, zest and juice of 1, 1 cut into wedges

INSTRUCTIONS

Heat half tbsp oil in a casserole dish over a medium-high heat. Season the chicken and cook for 5 minutes, until the outside is golden.

Meanwhile, put the roughly chopped onions and jalapeño, the garlic, most of the coriander and remaining 1 tbsp oil in a food processor; whizz to a paste.

Transfer the chicken to a plate and add the paste to the pan. Cook over a medium heat for 5 minutes. Return the chicken to the pan along with the rice, stock and 500ml water. Bring to a gentle simmer and cook through for 20 minutes.

Add the sweetcorn and pepper; cook for 5 minutes more, until the rice is tender, the chicken is cooked through and the juices run clear.

Stir in the lime zest and juice; season. Serve the rice topped with the sliced onion and jalapeño, the reserved coriander leaves and lime wedges for squeezing over.

MACROS PER PORTION

CALORIES	450	PROTEIN	37
CARBS	53	FATS	10
FIBRE	3		



STEAK AND GINGER STIR FRY WITH BROCCOLI AND SUGAR SNAPS

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

1 tbsp fresh ginger, grated
1 tbsp honey
1 tbsp rice vinegar
2 tbsp soy sauce
1/2 tbsp cornflour
200g rump steak, fat trimmed
300g broccoli, cut into bitesized pieces
200g trimmed sugar snaps
250g microwave pouch rice
1 tbsp sesame oil

INSTRUCTIONS

Mix the ginger, honey, vinegar, soy sauce and cornflour together until smooth in a bowl. Thinly slice your beef, then add it to the mixture and toss together until well coated. Leave to marinate for 15 minutes.

Meanwhile, cook the broccoli in boiling water for 4 minutes adding the sugar snaps for the last 1 minute. Microwave your rice according to the pack instructions.

Heat the sesame oil in a large frying pan or wok over high heat. Using tongs add the steak removing any excess marinade. Fry for 1-2 minutes until browned and fully cooked.

Add the remaining marinade and 50ml of water (4 tbsp) stirring vigorously until smooth. Serve immediately spooned over the hot rice and the vegetables.

MACROS PER PORTION

CALORIES	529	PROTEIN	37
CARBS	66	FATS	13
FIBRE	4		



SALMON AND ROASTED PEPPER PASTA

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

180g red peppers
150g wholegrain spaghetti
300g passata
3 spring onions
50g black olives from brine, sliced
1/2 tbsp capers, drained
Pinch of chilli flakes
170g pre-cooked salmon fillets
20g parmesan

INSTRUCTIONS

Pre heat an oven grill to high.

Place the peppers on a baking tray and grill for 10 minutes, turning halfway through.

Meanwhile, bring a large saucepan of salted water to the boil and cook your pasta for 10-12 minutes. Reserve 50ml of the pasta water before draining.

In a large saucepan or casserole dish, heat the passata, onions, olives and capers over a low heat. Remove the peppers from the grill and remove the skin, stalks and roughly chop. Add to the sauce and simmer.

Add the cooked pasta to the sauce and then the salmon in large flakes without the skin. Mix together very well and add the pasta water a splash at a time until everything is well coated.

Divide between two and serve.

MACROS PER PORTION

CALORIES	590	PROTEIN	40
CARBS	67	FATS	18
FIBRE	11		



VEG FILLED PASTA BAKE

SERVES: 2

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 tbsp olive oil
1 courgette, top, tailed then quartered
220g chicken thighs, boneless and skinless, sliced
2 cloves garlic, grated
125g cherry tomatoes, halved
1 tbsp tomato paste
200g passata
15g balsamic vinegar
1 vegetable stock cube
1 tsp dried basil
150g spaghetti
35g parmesan
40g cheddar
1 tsp sugar

INSTRUCTIONS

Pre heat oven to 220C/425F/Gas Mark 7, boil a full kettle and pre-grate your garlic.

Add the spaghetti to a pot of the boiled water with a pinch of salt, over a high heat and boil for 8-12 min or until cooked. Drain the pasta and set aside.

While the pasta is cooking heat a large, wide-based saucepan (preferably non-stick) with the olive oil over a medium-high heat and add the chicken thighs and sliced courgette with a pinch of salt. Cook for 4 min until the courgette is beginning to soften.

Meanwhile, reconstitute the vegetable stock and add dried basil, balsamic vinegar, tomato paste and 1 tsp sugar in 100ml boiled water.

Once the courgette is beginning to soften, add the garlic to the pan and cook through for 30 seconds. Add the stock mixture and the halved cherry tomatoes and passata, bringing to the boil over a high heat. Season with a generous grind of black pepper and cook for 3-4 min.

Meanwhile, grate the cheddar cheese and parmesan.

Add the drained pasta to the sauce and mix well. Add half the pasta mixture to an oven-proof dish, then top with the grated cheddar. Top with the remaining pasta then grated parmesan and put the dish in the oven for 5-10 min or until all the cheese has melted.

Divide between two and serve.

MACROS PER PORTION

CALORIES	671	PROTEIN	48
CARBS	68	FATS	23
FIBRE	6		



SLOW COOKER LAMB

SERVES: 4

TOTAL TIME:

GF DF

INGREDIENTS

1kg lamb leg
3 sprigs rosemary
1 red onion cut into wedges
2 tbsp cranberry jelly
500ml lamb or beef stock

INSTRUCTIONS

Put the lamb into the slow cooker pot, add the rosemary on top and tuck the onion wedges around the side of the joint.

Add the cranberry jelly into a small saucepan over a medium heat and add the stock with a pinch of salt and pepper and bring to the boil, stirring so that the jelly melts.

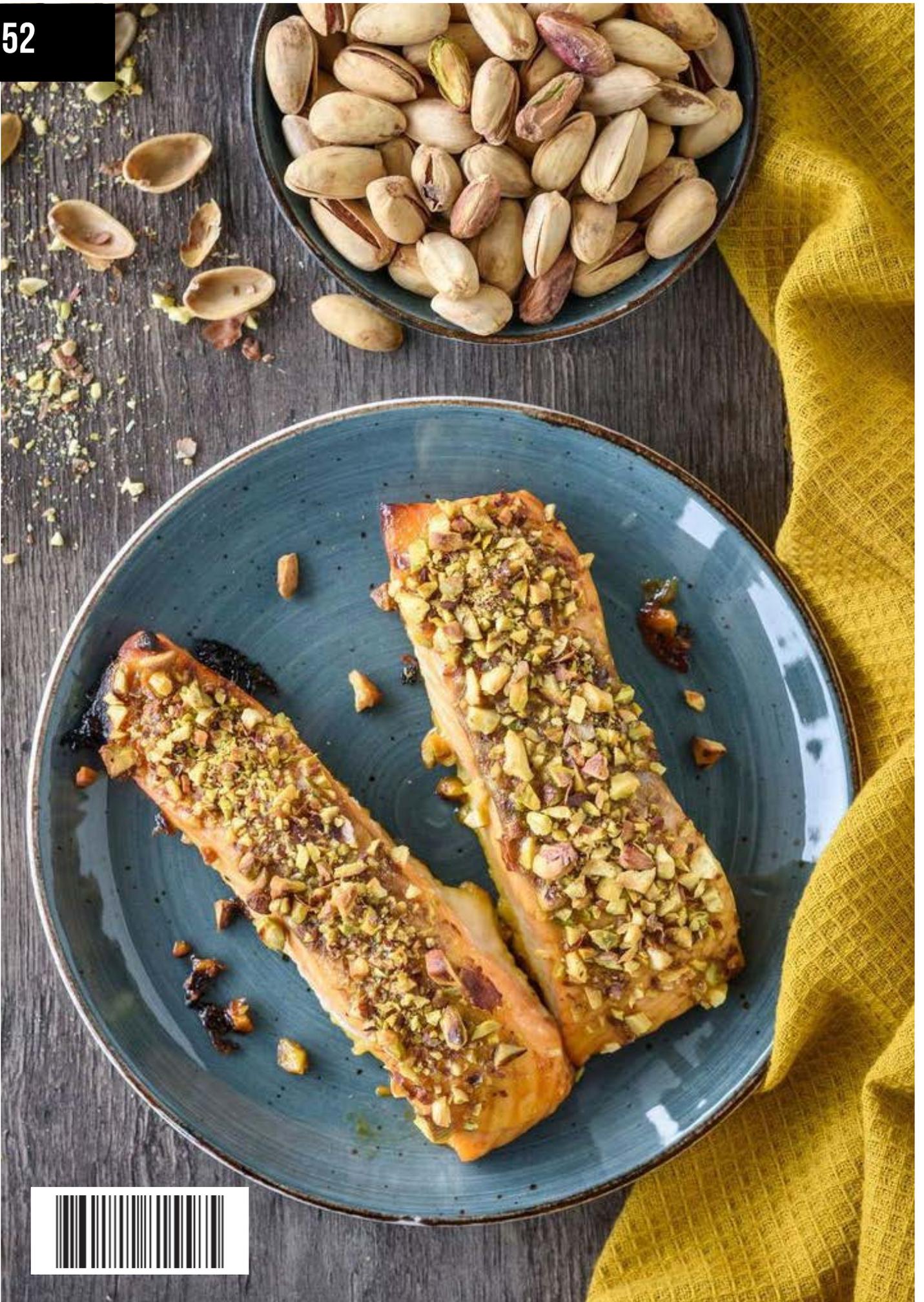
Pour the sauce over the lamb and cook with a lid on high for 7 to 8 hours or until a knife goes into the centre of the lamb extremely easily and the meat falls from the bone.

Remove the joint from the slow cooker and add to a serving plate with the onions. Discard the rosemary sprigs and pour the stock mixture into a jug to serve as a gravy.

Divide the lamb between servings.

MACROS PER PORTION

CALORIES	405	PROTEIN	41
CARBS	13	FATS	21
FIBRE	1		



PISTACHIO CRUSTED SALMON

SERVES: 4

TOTAL TIME:

GF DF

INGREDIENTS

600g salmon, skinless

2 tbsp dijon mustard

2 cloves of garlic, grated

2 tbsp olive oil

1/2 tsp chilli flakes

Juice and zest of one lemon

2 tbsp honey

50g pistachios, roughly chopped

INSTRUCTIONS

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

Add the pistachios to a bowl with salt and pepper and mix to combine well.

In a small mixing bowl, combine mustard, olive oil, chilli flakes, juice of half a lemon and zest, 1 tablespoon of honey and the garlic then pour evenly over the salmon.

Top with the pistachios and bake for around 15 minutes.

Remove the salmon from the oven and sprinkle with the remaining half a lemon juice and zest then drizzle with remaining 1 tablespoon of honey.

Divide between four with your favourite sides.

MACROS PER PORTION

CALORIES	432	PROTEIN	36
CARBS	9	FATS	28
FIBRE	1		



CHEESE AND ONION CHICKEN

SERVES: 2

TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

450g white potato
1 head of broccoli
30g cheddar cheese
40g caramelised onion chutney
300g chicken breast
2 cloves of garlic
1 tsp olive oil
1 tsp butter

INSTRUCTIONS

Bring a medium saucepan of water to a boil with a big pinch of salt and pre heat your oven to 200C/400F/Gas Mark 6.

Chop the potato into 2 cm chunks and separate the broccoli into florets. Slice each flurry into two or three pieces.

Grate the cheddar cheese and put the onion chutney into a bowl and break up with a spoon.

Bash the chicken with a rolling pin between two pieces of cling film until you have an even 2cm thick all over piece.

When the water is boiling, add the potatoes and garlic cloves lightly crushed and cook until tender for around 15 minutes.

Meanwhile, heat a non-stick frying pan with 1 tsp olive oil over a medium-high heat and lay in the chicken. Add seasoning and fry until golden on both sides for 5-7 minutes.

Add the chicken to a roasting tray (don't discard the pan) and top each one evenly with the onion chutney. Add cheese on top of the chicken evenly. Roast in the oven for 8 minutes until fully melted.

In the unwashed pan the chicken was in, add the broccoli with seasoning and stir fry for 4-5 minutes. Add a tbsp of water and cover with a lid and steam through for 3-4 minutes (when the chicken is done).

Meanwhile, what's the potatoes are cooked and back in the pan, add another butter and mash until smooth. Add seasoning and serve with the chicken and the stirfry broccoli adding any juices from the tray.

MACROS PER PORTION

CALORIES	545	PROTEIN	51
CARBS	56	FATS	13
FIBRE	5		



GREEN PEA HASH

SERVES: 2

TOTAL TIME: 35 MINUTES

V GF DF

INGREDIENTS

250g canned tomatoes
1 garlic clove, grated
1 carrot, finely diced
1 tbsp olive oil
1 small bunch of coriander, chopped
200g canned peas, drained and rinsed
400g canned black beans, drained and rinsed
1 tsp sweet paprika
1 tsp dried basil
4 eggs

INSTRUCTIONS

Add the oil in to a saucepan over low heat and sauté the tomatoes and garlic for 2 minutes. Add 1/2 bunch of chopped coriander and the diced carrot and cook until softened for 6-8 minutes.

Add the peas and black beans to the saucepan, along with a cup of water and season with the paprika and dried basil. Cover with a lid and cook for 8 minutes.

Crack the eggs to the pan then cook for about 10–15 minutes more.

Add the remaining chopped coriander to serve.

MACROS PER PORTION

CALORIES	542	PROTEIN	39
CARBS	56	FATS	18
FIBRE	14		



MEXICAN BEEF WITH CRISPY POTATOES

SERVES: 2

TOTAL TIME: 45 MINUTES



INGREDIENTS

450g white potato, diced into 1" chunks
1 yellow pepper, diced into 1" chunks
2 cloves of garlic, grated
250g 5% beef mince
1/2 sachet of fajita mix
500g carton of passata
1 beef stock cube, reconstituted in 50ml water
1 avocado
Juice of half a lime
30g cheddar, grated
2 tsp olive oil

INSTRUCTIONS

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

Add the potatoes to a large baking tray and drizzle with 1 tsp oil and seasoning. Coat and combine and then spread out into a single layer roasting on the top shelf of the oven for 25 to 30 minutes turning halfway through.

Heat another teaspoon of olive oil in a frying pan on a medium high heat and add the beef mince. Cook for 4-5 minutes, breaking up with a wooden spoon as you cook. Add the diced pepper to the beef, stir together and cook until softened for 5 to 7 minutes stirring occasionally.

Add the garlic and the fajita mix into the beef and cook for one minute. Pour in the the passata and the water with the beef stock. Bring this to a boil and then reduce the heat to medium, simmer and thicken the sauce, stirring occasionally until there's barely any liquid left for 12 to 15 minutes.

Meanwhile, slice the avocado and remove the stone, add the flesh to a bowl and crush with the back of a fork. Add a squeeze of lime juice and seasoning. Mix very well to combine.

Once the sauce is thick, season with salt and pepper and add to the ovenproof dish with the roast potatoes, sprinkling over the cheese. Place this on the top shelf of your oven and bake until the cheese is melted and is nice and golden for 10 to 12 minutes.

Serve in deep bowls with the guacamole.

MACROS PER PORTION

CALORIES	678	PROTEIN	44
CARBS	67	FATS	26
FIBRE	9		



PORK STEAKS WITH SALSA VERDE

SERVES: 2

TOTAL TIME: 40 MINUTES

DF GF

INGREDIENTS

2 pork medallion steaks
2 tbsp red wine vinegar
4 tbsp olive oil
10g fresh parsley
400g white potato
1 red pepper, halved, seeds discarded
1 garlic clove, crushed and chopped
1 tomato, diced

INSTRUCTIONS

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

Dice the tomato and place inside the pepper halves, place the stuffed peppers in an oven-proof dish and drizzle the tomato with the red wine vinegar, 1 tsp of olive oil and season generously. Rub the mixture all over. Put them in the oven for 30 min until tender.

Cut the potatoes into thin slices and place on an oven-proof tray. Coat well with 1 tbsp of olive oil and season generously and put them in the oven for 20 min or until golden, turning once halfway through.

Meanwhile, chop the parsley coarsely including the stalks and prepare the garlic. Combine the parsley, garlic and 2 tbsp olive oil with a blender for the salsa verde. Season generously with salt and pepper.

Season the pork steaks on both sides and add 1 tsp oil to a pan, cook for 3 min on each side until cooked through.

Serve the potatoes and stuffed peppers with the pork and drizzle the pork with the salsa verde.

MACROS PER PORTION

CALORIES	614	PROTEIN	31
CARBS	46	FATS	34
FIBRE	4		

DESSERT







CRISPY SQUARES

SERVES: 12

TOTAL TIME: 4 HOURS
OR OVERNIGHT

GF

INGREDIENTS

45g butter
100g marshmallows
30g vanilla soy protein
75g puffed rice cereal

INSTRUCTIONS

Melt together the butter and marshmallows in a pan on a low heat. Once completely melted, remove from the heat and stir in the protein powder.

Add the puffed rice cereal making sure it is completely coated.

Transfer to a lined baking tray and place in the fridge for 4 hours or overnight.

Cut into 12 and store in an air tight container, refridgerated.

MACROS PER PORTION

CALORIES	91	PROTEIN	3
CARBS	13	FATS	3
FIBRE	0		



COCONUT RICE PUDDING

SERVES: 2

TOTAL TIME: 25 MINUTES

V VE DF GF

INGREDIENTS

40g short grain pudding rice
200g light coconut milk
200g unsweetened almond milk
15g brown sugar
1/2 tsp vanilla extract
15g desiccated coconut

INSTRUCTIONS

In a saucepan with a lid, add the rice, coconut milk, almond milk, 12g of sugar and a pinch of salt. Mix together very well.

Bring to a boil over a low to medium heat then reduce to a simmer, covering partially with a lid, stirring occasionally for around 20 minutes.

When the rice has thickened and the sauce coats the back of a spoon, add the vanilla extract and mix in very well.

Meanwhile, add the desiccated coconut with 1 tsp of sugar to a non-stick pan over a medium heat, cook until slightly golden, stirring very frequently, take off of the heat immediately and set aside.

Divide the mixture into two and top each serving with half of the coconut mixture.

MACROS PER PORTION

CALORIES	266	PROTEIN	5
CARBS	30	FATS	14
FIBRE	1		



BLUEBERRY MOUSSE

SERVES: 6

TOTAL TIME: 5 MINUTES

V VE GF DF

INGREDIENTS

140g cashews
300g frozen blueberries
115g full fat coconut milk
36g coconut oil
12g maple syrup
1 tsp vanilla extract

INSTRUCTIONS

Place all the ingredients (except the berries) in to your blender or food processor and blend until very smooth for around 3 minutes.

Add the frozen berries and blitz for another minute. It will start to turn into a blueberry mousse.

Divide this mixture into 6 pots.

MACROS PER PORTION

CALORIES	240	PROTEIN	5
CARBS	10	FATS	20
FIBRE	2		



CHOCOLATE COATED PEANUT BUTTER BITES

SERVES: 10

TOTAL TIME: 45 MINUTES

V VE GF DF

INGREDIENTS

140g peanut butter
25g desiccated coconut
30g maple syrup
1/4 tsp vanilla extract
70g plain chocolate chips
1 tsp coconut oil

INSTRUCTIONS

In a bowl, add the peanut butter, coconut, maple syrup, and vanilla and mix until very well combined.

Divide mixture into 10 portions and use your hands to roll each portion into balls. Place on a baking tray or plate lined with parchment. Add them to the freezer or fridge for 10 minutes to harden whilst you make the chocolate coating.

Melt chocolate chips and coconut oil together in a microwaveable cup or bowl, on high heat for intervals of 10-15 seconds until the chocolate and the coconut oil can be stirred and incorporated together. Allow to cool slightly.

Remove the peanut butter balls from freezer, using a toothpick to pick up the balls dip them in chocolate and coat completely. Repeat until all of the balls are coated. Allow any excess chocolate to drip off eggs by lightly tapping the hand holding the toothpick with your free hand before placing back on parchment paper.

Place chocolate-coated balls in the refrigerator to set for 30 minutes completely before serving.

MACROS PER PORTION

CALORIES	151	PROTEIN	4
CARBS	9	FATS	11
FIBRE	1		



PROTEIN COOKIE BAKE

SERVES: 4

TOTAL TIME: 20 MINUTES

V GF

INGREDIENTS

100g ground almonds
60g whey protein, vanilla
60g apple sauce
30g coconut oil
30g maple syrup
8g plain chocolate chips

INSTRUCTIONS

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

In a mixing bowl, combine the almond flour, whey protein, apple sauce, coconut oil and maple syrup and mix very well, until fully combining into a sticky dough. Add the chocolate chips and mix in. This is your dough.

Transfer the dough into a small ovenproof dish and use the back of a spoon to flatten the mixture down into an even layer.

Bake for 15 minutes until the top turns golden brown.

MACROS PER PORTION

CALORIES	327	PROTEIN	17
CARBS	13	FATS	23
FIBRE	2		

Balance.

MONTHLY RECIPE BOOK