

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

The background of the page features a top-down view of a light-colored marble surface. In the upper left, a white ceramic bowl is filled with almonds. In the upper right, several slices of bright orange salmon are arranged on a white textured cloth. In the lower half, a light blue ceramic plate holds a cooked salmon fillet, sliced into pieces, garnished with sliced purple onions, green herbs, and almonds. The text is overlaid on this background.

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

- Mango Smoothie 8
- Mango & Coconut Rice pudding 10
- Fruit Salad with Crunchy Nuts 12
- Orange, Almond & Quinoa Porridge 14

MAINS

- Grilled Portobello Mushrooms 18
- Mushroom & Orzo Soup 20
- Spinach Fettuccine with Asparagus 22
- Sriracha Almond Pork chops 24
- Squash and Bean Casserole 26
- Burgers with Sriracha Mayo Dressing 28
- Mushroom and Spinach Cauliflower Pilaf 30
- Sweet Potato Hash Browns with Poached Eggs 32
- Chicken with Vegetables in a Bowl 34
- Grilled Greek Pitta Salad 36
- Ratatouille 38
- Leek Potato Salad 40
- Stuffed Tomatoes 42
- Mango-Pineapple Salsa Hot-Dog 44
- Lentil and Sweet Potato pie 46
- Roasted Chicken and Vegetables 48
- Beef & Spinach Tagliatelle 50
- Stuffed Pasta Shells 52
- Avocado Mac & Cheese 54
- Cod and Sweet Potato Fries 56
- Prawn-Stuffed Avocados 58
- Caesar Salad 60

DESSERTS

- Honey Baked Fruits with Mascarpone 64
- Chocolate Courgette Bread 66
- Almond Butter & Oat Muffins 68
- Raspberry Oatmeal Bars 70

KEY

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

BREAKFAST







MANGO SMOOTHIE

SERVES: 2

TOTAL TIME: 5 MINUTES

V V DF GF Q

INGREDIENTS

2 mangoes
2 bananas
600ml orange juice
2 tablespoons honey

INSTRUCTIONS

Peel and cut the mangoes and bananas into chunks, then put them in a blender with orange juice and honey. Whizz until smooth.

MACROS PER PORTION

CALORIES	273	PROTEIN	3
CARBS	63	FATS	1
FIBRE	5		



MANGO & COCONUT RICE PUDDING

SERVES: 4

TOTAL TIME: 25 MINUTES

V VE DF

INGREDIENTS

100g basmati rice
1/2 teaspoon vanilla extract
1 tablespoon coconut flakes, toasted
1 mango
250ml coconut milk

INSTRUCTIONS

Place the dairy-free coconut milk, rice and vanilla extract in a heavy-based saucepan and cook gently for 45 minutes, stirring regularly until the milk has been absorbed and the rice is soft. Thinly slice the mangoes and whizz half until smooth. Toast the coconut flakes in a small non-stick frying pan for 2-3 minutes until golden. Ripple the puréed mango through the rice pudding and spoon into small bowls. Scatter over the remaining mango pieces and the toasted coconut and serve.

MACROS PER PORTION

CALORIES	335	PROTEIN	4
CARBS	37	FATS	19
FIBRE	4		



FRUIT SALAD WITH CRUNCHY NUTS

SERVES: 2

TOTAL TIME: 10 MINUTES

Q V N

INGREDIENTS

2 large oranges
2 kiwis
2 cup strawberries
25g pumpkin seeds
25g sunflower seeds
1 1/2 tablespoons honey
50g Greek yogurt
25g almonds, chopped

INSTRUCTIONS

Peel and remove the pith from the oranges (keep zest and a little juice), slice the kiwis and chopped strawberries. Slice and arrange on plates. In a small bowl, mix the remaining peel and orange juice with Greek yoghurt, then scatter and drizzle over the sliced fruit. Heat a non-stick frying pan over medium heat. Tip in the seeds and toast for 1 minute or until fragrant, then add 1 tablespoon of the honey and bubble for 30 seconds until caramelised. Tip onto a sheet of baking parchment and set aside until cool, then break into small pieces. Spoon on top of the citrus salad and scatter with the crunchy seeds before serving.

MACROS PER PORTION

CALORIES	464	PROTEIN	17
CARBS	54	FATS	20
FIBRE	13		



ORANGE, ALMOND & QUINOA PORRIDGE

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

100g quinoa
200ml almond milk
½ teaspoon vanilla extract
1½ teaspoon maple syrup, plus extra to serve
1 orange, peeled and pith removed, cut into rounds
1 tablespoon toasted flaked almonds

INSTRUCTIONS

Put the quinoa, 100ml almond milk, vanilla extract and 100ml water in a small saucepan. Bring to the boil, then reduce to a simmer. Add the remaining almond milk and the maple syrup and stir, then simmer with the lid loosely on for about 15 minutes until the quinoa is tender. Divide the porridge between 2 bowls and serve topped with orange slices, a scattering of toasted almond flakes and a drizzle of maple syrup if desired.

MACROS PER PORTION

CALORIES	540	PROTEIN	11
CARBS	61	FATS	28
FIBRE	8		

MAINS







GRILLED PORTOBELLO MUSHROOMS

SERVES: 1

TOTAL TIME: 25 MINUTES

V VE Q DF GF

INGREDIENTS

4 large portobello mushrooms, wiped clean
60ml balsamic vinegar
1 tablespoon extra virgin olive oil
1 tablespoon low sodium soy sauce
1 tablespoon chopped fresh rosemary or 1/2 teaspoon dried
1 teaspoon garlic powder
1/2 teaspoon black pepper
1/8 teaspoon cayenne pepper, plus additional to taste
1/2 teaspoon pepper flakes
canola or vegetable oil for grilling

INSTRUCTIONS

In a shallow baking dish, whisk together the balsamic vinegar, olive oil, soy sauce, rosemary, garlic powder, black pepper, and cayenne. Taste and adjust seasonings if you like. Add the mushrooms and turn to coat. Let sit for 5 minutes on one side, then flip and let sit for 5 additional minutes. You can let them sit for up to 30 minutes, the longer they sit, the more intense the flavour will be. Heat a grill or a large frying pan over medium heat (about 350 to 400 degrees F). Brush the grill with oil to prevent sticking. Remove the mushrooms from the bowl, shaking off any excess marinade and reserving the marinade for basting. Cook on each side for 3-4 minutes, or until caramelized and deep golden brown. Brush the remaining marinade over the mushrooms several times as they cook. Sprinkle with pepper flakes and serve with your favourite side dish.

MACROS PER PORTION

CALORIES	493	PROTEIN	14
CARBS	17	FATS	41
FIBRE	5		



MUSHROOM & ORZO SOUP

SERVES: 4

TOTAL TIME: 45 MINUTES

V VE DF

INGREDIENTS

3 tablespoons olive oil, divided
500g (18 ounces) white button mushrooms, cleaned and sliced
1 medium onion, diced
2 medium carrots, diced
2 medium celery stalks, diced
3 garlic cloves, minced
1,5l vegetable broth
2 tablespoons lemon juice, plus more to taste
1 tablespoon finely chopped fresh rosemary (or 1 teaspoon dried)
1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
1 teaspoon lemon zest
100g dried orzo pasta
salt and pepper, to taste

INSTRUCTIONS

Coat the bottom of a large nonstick pot with 2 tablespoons of oil and place it over medium heat. When the oil is hot, add the mushrooms to an even layer. Cook the mushrooms for about 5 minutes, gently flip, and cook for about 5 minutes more, until they're browned on both sides. Remove the mushrooms from the pot and transfer them to a plate. Add the remaining tablespoon of oil to the pot and give it a minute to heat up. When the oil is hot, add the onion, carrots, and celery. Cook the veggies, stirring occasionally, for about 5 minutes, until they begin to soften up. Add the garlic and cook for about 1 minute more, until very fragrant. Stir in 5 cups of broth, lemon juice, zest, rosemary and thyme. Return the mushrooms to the pot. Raise the heat to high and bring the liquid to a boil. Lower the heat to a simmer and allow the soup to cook for about 20 minutes until the veggies are soft. Add more broth if the liquid reduces too much. Stir in the orzo and continue to simmer, stirring occasionally, until tender, about 8-10 minutes. Remove the pot from heat and season with salt and pepper to taste. Add more lemon juice if you like. Ladle into bowls and serve.

MACROS PER PORTION

CALORIES	310	PROTEIN	15
CARBS	31	FATS	14
FIBRE	4		



SPINACH FETTUCCINE WITH ASPARAGUS

SERVES: 2

TOTAL TIME: 20 MINUTES

V VE Q

INGREDIENTS

1 box (16 ounces) spinach fettuccine
2 tablespoons minced shallots
2 tablespoons extra-virgin olive oil
2 bunches asparagus, thinly sliced
salt and pepper
250ml vegetable broth
150g cherry tomatoes, quartered
1 tablespoon chopped fresh parsley
45g grated vegan Parmesan cheese

INSTRUCTIONS

Cook pasta according to package directions. Drain in a colander over a bowl. Reserve 1/4 cup pasta water. Meanwhile, sauté shallots in olive oil in a frying pan over medium heat for 3 minutes. Add asparagus and season with salt and pepper. Add broth and simmer for 2 minutes. Blend approximately 1/3 mixture in a covered blender until well combined, then return mixture to the frying pan. Add fettuccine and tomatoes and toss for 2 minutes. Stir in parsley and cheese before serving.

MACROS PER PORTION

CALORIES	481	PROTEIN	23
CARBS	68	FATS	13
FIBRE	4		



SIRACHA ALMOND PORK CHOPS

SERVES: 4

TOTAL TIME: 25 MINUTES

Q N DF

INGREDIENTS

4 boneless pork chops, 1/2-3/4 inch thick with the fat trimmed off
70g almonds, crushed or finely chopped into small pieces
1 egg white
kosher salt and fresh ground black pepper to taste
Spicy honey mustard
60g dijon mustard
1-2 tablespoons honey
1-2 teaspoons sriracha

INSTRUCTIONS

Heat a large non-stick frying pan over medium-high heat and spray with cooking spray. In a shallow dish whisk the egg white lightly to break it up. In another shallow dish pour in the ground up almonds. Season the pork chops with salt and pepper on both sides then dip them in the egg white until they are coated. Add the pork chops one at a time to the ground up almonds and turn them on all sides until they are coated in the almonds. Place the pork chops into the hot frying pan and cook them for approximately 4-5 minutes per side depending on their thickness over medium-high heat. While the pork chops are cooking whisk together all of the ingredients for the spicy honey mustard in a small bowl. Let the pork chops rest for 5 minutes before serving with the spicy honey mustard.

MACROS PER PORTION

CALORIES	252	PROTEIN	27
CARBS	9	FATS	12
FIBRE	3		



SQUASH AND BEAN CASSEROLE

SERVES: 4

TOTAL TIME: 35 MINUTES

V VE DF GF

INGREDIENTS

500g butternut squash
1 red onion, sliced
1 tablespoon vegetable oil
400g (1 can) white beans, drained and rinsed
400ml vegetable soup
25g pack fresh chives, chopped

INSTRUCTIONS

Preheat the oven to 200C-400F, gas mark 6. Place the squash and onion on a large baking tray and toss in the oil and seasoning. Roast for 30 minutes. Cut the squash into bitesize pieces. Meanwhile, heat the beans and soup in a saucepan for 1-2 minutes then stir in the squash and onions and heat through. Stir in the chives and serve.

MACROS PER PORTION

CALORIES	438	PROTEIN	26
CARBS	70	FATS	6
FIBRE	17		



BURGERS WITH SRIRACHA MAYO DRESSING

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

- 450g 90% lean ground sirloin
- 3 tablespoons fresh coriander, chopped
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- Cooking spray
- 4 hamburger buns
- 3 tablespoons mayonnaise
- 1 tablespoon sriracha
- 1 red bell pepper, cut into rounds

INSTRUCTIONS

Combine ground sirloin, chopped coriander, salt, and pepper in a bowl, mix just until combined. Divide sirloin mixture into 4 equal portions, gently shaping each into a 1/2-inch-thick patty. Heat a grill pan over medium-high heat. Coat pan with cooking spray. Add patties to pan and grill for about 5 minutes. Carefully turn patties, and grill 5 minutes on the other side. Remove patties from the pan. Add red bell peppers and grill for 2-3 minutes. Set aside. Add buns, cut sides down, to the pan and grill 1 minute or until toasted. Combine mayonnaise and sriracha in a small bowl, stirring with a whisk. Spread 1 tablespoon mayonnaise mixture on the bottom half of each bun, top each with lettuce, grilled bell pepper and 1 patty.

MACROS PER PORTION

CALORIES	343	PROTEIN	27
CARBS	25	FATS	15
FIBRE	2		



MUSHROOM AND SPINACH CAULIFLOWER PILAF

SERVES: 2

TOTAL TIME: 15 MINUTES

V VE DF GF

INGREDIENTS

3 tablespoons coconut oil or vegetable oil
500g mushrooms, chopped or sliced
2 teaspoons garlic, minced
2 chilli, finely chopped
1 head cauliflower grated
60g baby spinach, roughly chopped
1 squeeze lemon juice
handful chopped parsley

INSTRUCTIONS

In a saucepan, heat the oil and saute the mushrooms, garlic and chilli until the mushrooms lose moisture. Remove from heat. Sauté the grated cauliflower for a few minutes in melted oil until heated. In a large mixing bowl combine the grated cauliflower with the baby spinach and the mushrooms, add a squeeze of lemon juice and finish it off with the parsley. Mix through and serve.

MACROS PER PORTION

CALORIES	361	PROTEIN	14
CARBS	29	FATS	21
FIBRE	10		



SWEET POTATO HASH BROWNS WITH POACHED EGGS

SERVES: 4

TOTAL TIME: 20 MINUTES

V DF GF

INGREDIENTS

300g sweet potatoes, grated
6 medium eggs
1 teaspoon dried sage
vegetable oil, for frying
120g pack baby spinach

INSTRUCTIONS

Peel and coarsely grate the sweet potatoes. Beat 2 of the eggs in a large mixing bowl. Add the sweet potato and sage, mix well and season. Warm a large non-stick frying pan with some vegetable oil over medium heat. Cook 4 flattened rounds of sweet potato mixture for 2-3 minutes on each side until golden and crisp. Set aside and keep warm. Add the spinach to the pan with about 2 teaspoons of cold water and season. Stir-fry for 1-2 minutes until just wilted. Set aside and keep warm. Meanwhile, bring a large pan of water to a boil over high heat. Crack each remaining egg into a bowl, then slide into the water (poach in batches if necessary). Simmer very gently for 2-3 minutes, then remove with a slotted spoon. Place a hash brown on each plate, top with spinach and then an egg. Season before serving.

MACROS PER PORTION

CALORIES	230	PROTEIN	10
CARBS	25	FATS	10
FIBRE	5		



CHICKEN WITH VEGETABLES IN A BOWL

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

- 3 tablespoons low-sodium soy sauce
- 1 teaspoon cornstarch
- 450g ground chicken
- 3 cloves garlic
- 1 small bunch spring onions, divided
- 2 tablespoons vegetable oil
- 100g grated carrots, grated
- 1 tablespoon minced fresh ginger
- 1 tablespoon rice vinegar
- 2 teaspoons fresh chilli paste or hot sauce
- 1/4 teaspoon ground black pepper
- 1 yellow bell pepper, sliced

INSTRUCTIONS

In a medium mixing bowl, whisk together 1 tablespoon soy sauce and cornstarch with a fork. Add the chicken, breaking apart the meat and stirring to coat with the sauce. Let marinate for 10 minutes. Meanwhile, thinly slice the spring onions and minced garlic. Heat a wok or large, deep sauté pan over high heat. Add the oil and swirl to coat. Add the marinated chicken and cook, breaking apart the meat into small bits with a heatproof spatula, until it's no longer pink and fully cooked through about 5 minutes. Add the spring onions (reserve a small handful for serving). reduce the heat to medium-low. Add the carrots, bell pepper, ginger, and garlic. Stir-fry for 2 minutes, until the vegetables are softened. Add the rice vinegar, chilli paste, sesame oil, black pepper, and remaining 2 tablespoons soy sauce, then stir to combine. Continue to cook for 1 additional minute. Taste and add additional soy sauce, hot sauce, or black pepper as desired. Scoop into serving bowls (over brown rice, quinoa, or cauliflower rice if desired). Serve hot, sprinkled with additional spring onions.

MACROS PER PORTION

CALORIES	304	PROTEIN	42
CARBS	7	FATS	12
FIBRE	2		



GRILLED GREEK PITTA SALAD

SERVES: 4

TOTAL TIME: 15 MINUTES



INGREDIENTS

4 wholemeal pittas
125g Greek feta cheese
2 tomatoes, chopped
3 spring thyme
1/2 red onion, sliced
20g fresh parsley, chopped

INSTRUCTIONS

Cut a thin slice from the top or cut them lengthwise of each pitta and open to create a pocket. In a large bowl, mix the remaining ingredients and season with black pepper. Warm a griddle or non-stick frying pan over high heat. When hot, press each stuffed pitta firmly down onto the pan for about 1 minute on each side, in batches, until warmed and golden. Serve immediately.

MACROS PER PORTION

CALORIES	252	PROTEIN	11
CARBS	34	FATS	8
FIBRE	5		



RATATOUILLE

SERVES: 4

TOTAL TIME: 45 MINUTES

V VE DF GF Q

INGREDIENTS

2 red peppers
2 tablespoon olive oil
2 garlic cloves, sliced
4 courgettes, cut into small chunks
400g baby plum tomatoes
25g fresh basil, chopped
25g flat leaf parsley, chopped

INSTRUCTIONS

Preheat the oven to 220C-400F. Put the peppers on a baking tray and roast for 30-35 minutes, turning halfway, until well-blackened. Transfer to a bowl and cover tightly with a plate. Once the peppers are cool enough to handle (5-10 minutes), chop into medium pieces. Meanwhile, heat the olive oil in a large frying pan. Add the garlic and courgettes, then fry for 8-10 minutes over medium heat until turning golden. Add the whole baby plum tomatoes and cook over low heat for 15 minutes. Stir in the roasted peppers and herbs, season and serve.

MACROS PER PORTION

CALORIES	287	PROTEIN	9
CARBS	29	FATS	15
FIBRE	8		



LEEK POTATO SALAD

SERVES: 4

TOTAL TIME: 40 MINUTES

V VE DF

INGREDIENTS

800g potatoes
2 medium leeks, white and light green parts only, halved lengthwise
3 tablespoon olive oil
1 tablespoon finely grated lemon zest
1/4 teaspoon red pepper flakes
2 tablespoon cider vinegar
2 teaspoon classic Dijon mustard

INSTRUCTIONS

Heat grill to medium-high. Place potatoes in a large pot, add enough cold water to cover by 2 inches and bring to a boil. Add 2 teaspoons salt, reduce heat, and simmer until just tender, 12 to 15 minutes. Drain and run under cold water to cool. While potatoes cook, cut the leeks and fry them in heated olive oil. Meanwhile, in a large bowl, combine lemon zest, pepper flakes, vinegar, mustard, remaining 3 tablespoons oil, and 1/2 teaspoon each salt and pepper. Halve potatoes, or quarter if large. Add leeks and toss with vinaigrette, then fold in potatoes.

MACROS PER PORTION

CALORIES	271	PROTEIN	4
CARBS	39	FATS	11
FIBRE	4		



STUFFED TOMATOES

SERVES: 6

TOTAL TIME: 35 MINUTES



INGREDIENTS

12 vine tomatoes
400g beef, minced
2 gloves garlic
1 red onion, chopped
20g basil, dried
15g oregano, dried
1 teaspoon cinnamon, ground
50g pine nuts
100g basmati rice, cooked
1 tablespoon olive oil

INSTRUCTIONS

Cut off the tops from the tomatoes and reserve, scoop out the insides with a spoon. Warm a large frying pan over high heat and cook the beef for 5 minutes, stirring often until well browned. Preheat the oven to 220C-400F, gas mark 7. Line a roasting tin with foil and then with baking parchment. Place the hollowed-out tomatoes in the tin. Place the garlic, onion, herbs and cinnamon in a food processor and pulse until finely chopped. Add the cooked beef and pulse until roughly combined. Stir in the pine nuts and the cooked rice then season. Spoon into the tomatoes and finish with the reserved tomato tops. Roast for 20-30 minutes until piping hot throughout. Serve immediately.

MACROS PER PORTION

CALORIES	476	PROTEIN	37
CARBS	37	FATS	20
FIBRE	6		



MANGO- PINEAPPLE SALSA HOT-DOG

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

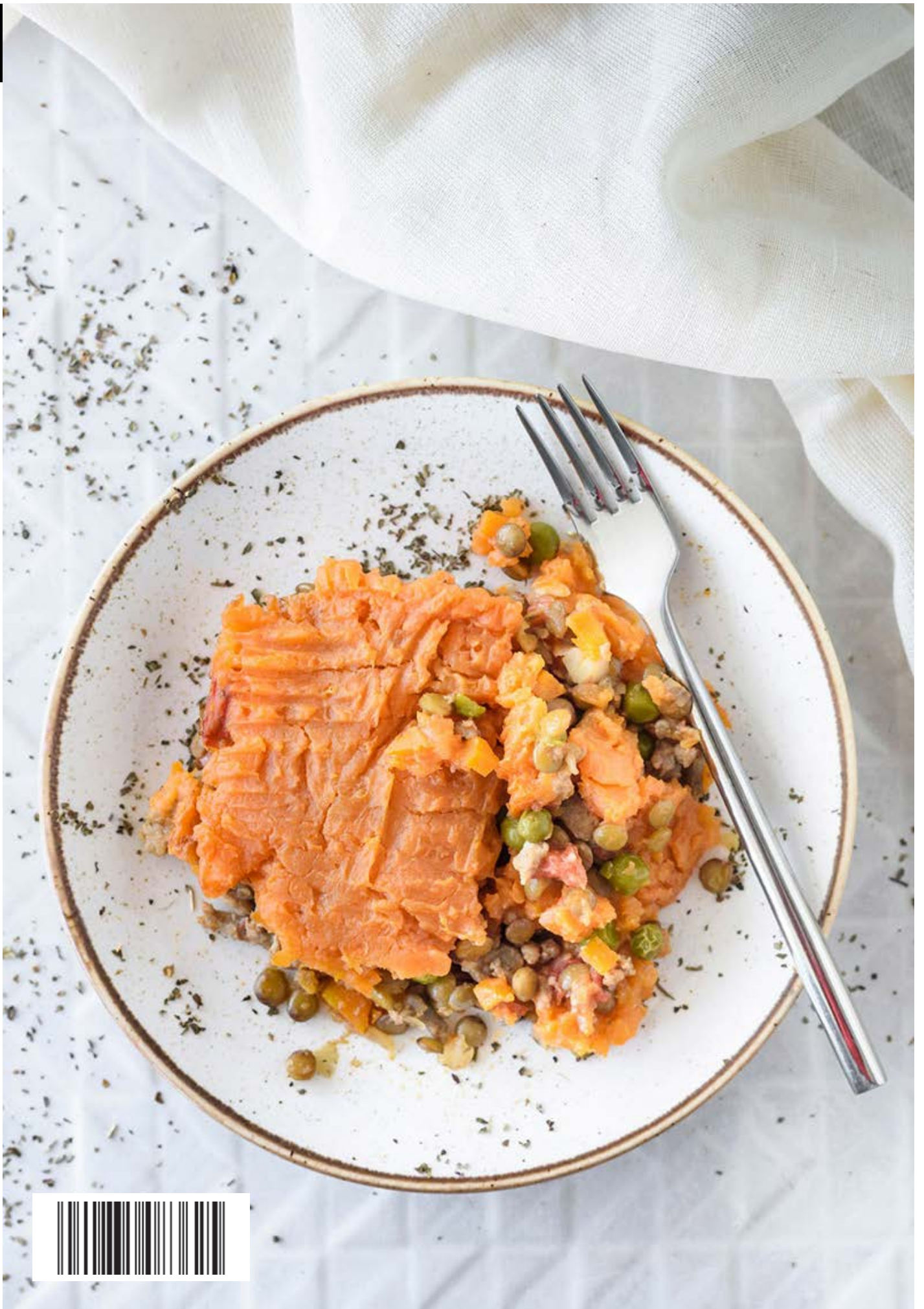
3 tablespoons lime juice
2 tablespoons honey
1/4 teaspoon salt
160g cubed fresh pineapple
160g cubed peeled mango
10g finely chopped red onion
2 tablespoons finely chopped sweet red pepper
12 hot dogs
12 hot dog buns, split

INSTRUCTIONS

In a small bowl, whisk lime juice, honey and salt until blended. Add pineapple, mango, onion and pepper, toss to coat. Grill hot dogs, covered, over medium heat, 7-9 minutes, turning occasionally. Place hot dogs in buns; cut each crosswise in half. Serve with fruit salsa.

MACROS PER PORTION

CALORIES	520	PROTEIN	14
CARBS	62	FATS	24
FIBRE	2		



LENTIL AND SWEET POTATO PIE

SERVES: 4

TOTAL TIME: 1 HOUR

DF

INGREDIENTS

1 tablespoon olive oil
1 onion, chopped
2 carrots, diced
400g beef, minced
2 tablespoon rosemary
4 tomatoes, chopped
250g lentils
300ml beef broth
1 tablespoon tomato paste
500g sweet potatoes, cubed
4 tablespoon chives
150g frozen peas

INSTRUCTIONS

Heat the oil in a large pan and cook the onion, carrots and beef for 5 minutes. Add the rosemary, tomatoes, lentils, stock and paste. Bring to the boil, cover and simmer for 20 minutes. Meanwhile, cook the sweet potatoes in a pan of water for 15 minutes until tender. Drain well. Using a stick blender, whizz until smooth, then stir in the chives. Preheat the oven to 200C-400F, gas mark 6. Stir the peas into the filling, then transfer them to a heatproof dish. Spoon over the mash. Bake for 20-25 minutes until the top is crusty and golden.

MACROS PER PORTION

CALORIES	563	PROTEIN	43
CARBS	73	FATS	11
FIBRE	11		



ROASTED CHICKEN AND VEGETABLES

SERVES: 6

TOTAL TIME: 45 MINUTES

GF

INGREDIENTS

2 pounds potatoes (about 6 medium), cut into 3/4-inch pieces
1 large onion, sliced
2 tablespoons olive oil
3 garlic cloves, minced
1-1/4 teaspoons salt
1 teaspoon dried rosemary
3/4 teaspoon black pepper
1/2 teaspoon sweet paprika
6 bone-in chicken thighs (about 2-1/4 pounds), skin removed
180g fresh baby spinach

INSTRUCTIONS

Preheat oven to 220C-425F. In a large bowl, combine potatoes, onion, oil, garlic, salt, rosemary and black pepper, toss to coat. Transfer to a baking pan coated with cooking spray. In a small bowl, mix the paprika and the remaining salt, rosemary and pepper. Sprinkle chicken with paprika mixture, arrange over vegetables. Roast until a thermometer inserted in the chicken reads 170°-175° and vegetables are just tender, 35-40 minutes. Remove chicken to a serving platter, and keep warm. Top the vegetables with spinach. Roast until vegetables are tender and spinach is wilted, 8-10 minutes longer. Stir vegetables to combine, and serve with chicken.

MACROS PER PORTION

CALORIES	406	PROTEIN	24
CARBS	28	FATS	22
FIBRE	4		



BEEF & SPINACH TAGLIATELLE

SERVES: 5

TOTAL TIME: 30 MINUTES

Q GF

INGREDIENTS

2 tablespoons soy sauce
1 tablespoon water
1 teaspoon sesame oil
2 garlic cloves, minced
1/4 teaspoon crushed red pepper flakes
1 pound beef top round steak, thinly sliced
4 ounces tagliatelle uncooked
10 ounces (1 package) fresh spinach
1 red bell pepper

INSTRUCTIONS

In a small bowl, mix the soy sauce, garlic, red pepper flakes, water and oil. Remove 1/4 cup mixture to a large bowl, add beef and toss to coat. Marinate at room temperature 10 minutes.

Cook spaghetti according to package directions. Meanwhile, heat a large frying pan. Add half of the beef mixture, stir-fry 1-2 minutes or until no longer pink. Remove from pan. Repeat with remaining beef mixture.

Stir-fry red bell pepper and mix well. Stir in spinach and remaining hoisin mixture, cook until spinach is wilted. Return beef to pan, and heat through.

Drain spaghetti, add to beef mixture and toss to combine. Sprinkle with pepper flakes.

MACROS PER PORTION

CALORIES	519	PROTEIN	40
CARBS	65	FATS	11
FIBRE	2		



STUFFED PASTA SHELLS

SERVES: 6

TOTAL TIME: 25 MINUTES

GF

INGREDIENTS

18 uncooked jumbo pasta shells
1 pound lean ground beef
2 teaspoons chilli powder
3 ounces fat-free cream cheese
170g cheddar cheese
250ml tomato sauce

INSTRUCTIONS

Preheat oven to 175C-350F. Cook pasta according to package directions. Drain and rinse in cold water, drain again. Meanwhile, in a large frying pan, cook and crumble beef over medium-high heat until no longer pink, 6-8 minutes. Stir in chilli powder, cream cheese and 1/2 cup tomato sauce. Stir in 1/4 cup shredded cheese. Spoon about 2 tablespoons of filling into each shell. Place in a baking dish coated with cooking spray. Top with remaining tomato sauce. Bake, covered until heated through, 20-25 minutes. Sprinkle with remaining cheese, bake, uncovered until cheese is melted, about 5 minutes. Serve and enjoy.

MACROS PER PORTION

CALORIES	315	PROTEIN	29
CARBS	16	FATS	15
FIBRE	2		



AVOCADO MAC & CHEESE

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

- 170g dry macaroni, cooked according to package directions
- 2 ripe, fresh avocados, halved, pitted and peeled
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 200ml soy milk
- 2 tablespoon all-purpose flour
- 4oz vegan cheese, shredded
- 80g canned black beans no salt added, rinsed and drained
- 2 tablespoon salsa verde, fresh or store bought
- 60g cherry tomatoes, cut in half

INSTRUCTIONS

Place one avocado, garlic and salt into a small bowl. Mash with a fork until smooth. Cut remaining avocado into 1/4-inch pieces and set aside. Heat milk in a medium saucepan over medium heat until just simmering. Add flour, whisking until smooth and thickened. Add cheese, avocado mixture, cooked macaroni, black beans and salsa verde stirring until evenly coated, remove from heat. Top with tomatoes and avocado pieces, serve immediately.

MACROS PER PORTION

CALORIES	425	PROTEIN	13
CARBS	55	FATS	17
FIBRE	12		



COD AND SWEET POTATO FRIES

SERVES: 4

TOTAL TIME: 10 MINUTES



INGREDIENTS

1 pound sweet potatoes (about 2 medium)
2 tablespoons olive oil
1/4 teaspoon black pepper
FISH:
40g all-purpose flour
1/4 teaspoon black pepper
2 large egg
2 tablespoons water
35g crushed cornflakes
1 tablespoon grated Parmesan cheese
1/8 teaspoon cayenne pepper
1 pound cod fillets

INSTRUCTIONS

Preheat oven to 220C-425F. Peel and cut potatoes lengthwise into 1/2-in thick slices, cut slices into 1/2-in thick sticks. In a large bowl, toss potatoes with oil and pepper. Transfer to a baking pan coated with cooking spray. Bake, uncovered, 25-30 minutes or until golden brown and crisp, stirring once. Meanwhile, in a shallow bowl, mix flour and pepper. In another shallow bowl, whisk the egg with water. In a third bowl, toss cornflakes with cheese and cayenne. Dip fish in flour mixture to coat both sides; shake off excess. Dip in egg mixture, then in the cornflake mixture, patting to help coating adhere. Place on a baking sheet coated with cooking spray. Bake 10-12 minutes or until fish just begins to flake easily with a fork. Serve with potatoes and, if desired, tartar sauce.

MACROS PER PORTION

CALORIES	432	PROTEIN	34
CARBS	47	FATS	12
FIBRE	5		



PRAWN-STUFFED AVOCADOS

SERVES: 4

TOTAL TIME: 15 MINUTES

INGREDIENTS

1 small shallot, finely chopped
50g mayonnaise
3 tablespoons sour cream
3 tablespoons lime juice
2 tablespoons orange juice
1 lb. cooked shelled prawns, chopped
200g grape tomatoes, halved
1 serrano chilli, thinly sliced
2 ripe avocados, halved, pits removed
coriander, for garnish
sweet potato chips, for serving

0

INSTRUCTIONS

In small bowl, whisk shallot, mayonnaise, sour cream, lime juice, orange juice and 3/4 teaspoon salt.

In large bowl, toss prawns, tomatoes, chilli and half of dressing. Refrigerate 20 minutes or up to 2 hours.

To serve, spoon into avocado halves and drizzle with remaining dressing. Garnish with coriander and serve with sweet potato chips.

MACROS PER PORTION

CALORIES	252	PROTEIN	11
CARBS	16	FATS	16
FIBRE	7		



CAESAR SALAD

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

1 half baguette
1 tablespoon olive oil
4 tablespoon mayonnaise
2 tablespoon white wine vinegar
1 Romaine lettuce
4 cooked chicken skinless breast fillets
4 anchovy fillets in olive oil, each cut into 4
2 tablespoon freshly grated Parmigiano Reggiano
2 tablespoon chives

0

INSTRUCTIONS

Preheat the oven to 200C-400F, gas mark 6. Tear the bread into bite-size pieces and toss with the garlic oil. Spread out on a large baking sheet and bake for 10–15 minutes until golden brown. Remove from the oven, then set aside. Stir together the mayonnaise and vinegar to make a pourable dressing. Separate the lettuce leaves and tear them into smaller pieces, then place them in a large salad bowl. Slice or break up the chicken into bite-size pieces and add to the lettuce. Scatter the anchovies, warm croutons, Parmigiano Reggiano and chives over the salad. Drizzle over the dressing, finish with a good grinding of black pepper and serve.

MACROS PER PORTION

CALORIES	409	PROTEIN	44
CARBS	20	FATS	17
FIBRE	2		

DESSERT







HONEY BAKED FRUITS WITH MASCARPONE

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

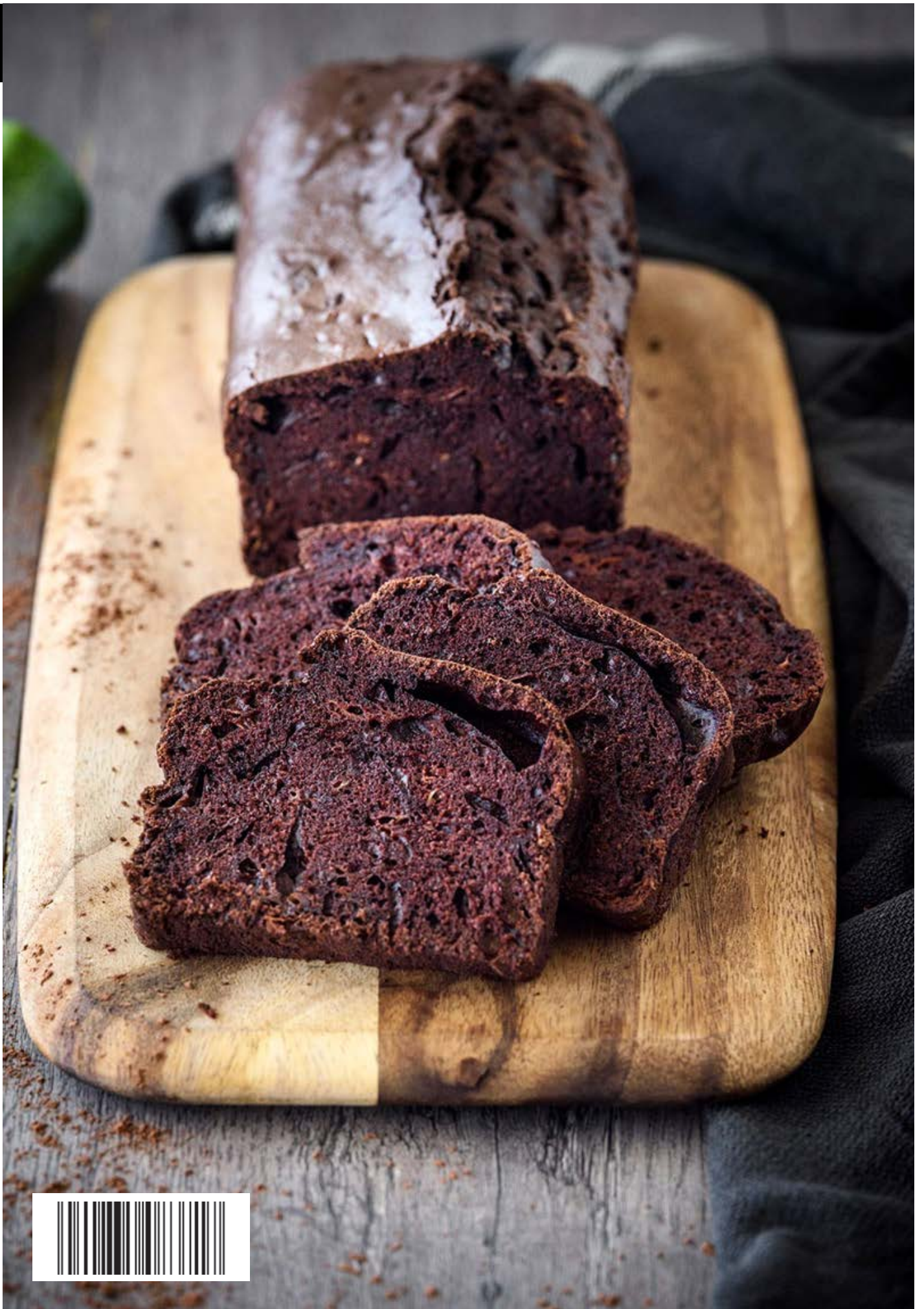
6 large ripe plums, halved and destoned
2 tablespoon honey
250g lighter mascarpone
1 tablespoon chopped pistachios
1/2 orange juice
4 apricots, halved and destoned

INSTRUCTIONS

Preheat the oven to 160C-300F. Put the plums and apricots, cut side up, in a large baking dish. Drizzle over 1 tablespoon of the honey and bake for 15 minutes until tender. Add the remaining honey on top and bake for another 5 minutes. Divide the mascarpone between plates and top with the plums. Drizzle with the orange juice and juice from the pan, sprinkle with chopped pistachios and enjoy.

MACROS PER PORTION

CALORIES	375	PROTEIN	5
CARBS	28	FATS	27
FIBRE	2		



CHOCOLATE COURGETTE BREAD

SERVES: 4

TOTAL TIME: 55 MINUTES



INGREDIENTS

250-300g courgette finely grated
2 eggs
85g pure maple syrup
3 tablespoon sunflower oil
1 1/2 teaspoon vanilla extract
1 teaspoon baking soda
1/2 teaspoon salt
35g cacao powder
60g whole-grain flour

INSTRUCTIONS

Preheat the oven to 175C-350F degrees.

Using a food processor, finely grate courgette. Squeeze excess moisture out of the courgette by dabbing with a paper towel. You will end up with a little over 1 cup of grated courgette once water is squeezed out.

In a large bowl whisk together eggs, maple syrup, oil, and vanilla.

In a separate medium-sized bowl combine flour, baking soda, cocoa powder, and salt. Whisk until well combined.

Add dry ingredients to wet ingredients and mix by hand until batter is smooth. Stir in grated courgette until just combined.

Spray a 9x5 inch loaf pan with non-stick cooking spray and/or line it with parchment paper. Pour in the courgette bread batter and spread it out evenly in the pan. Sprinkle with additional chocolate chips, if desired.

Bake in a preheated oven for 50-60 minutes or until a toothpick when inserted in comes out clean. Let cool to room temperature before serving. Enjoy!

MACROS PER PORTION

CALORIES	320	PROTEIN	9
CARBS	35	FATS	16
FIBRE	7		



ALMOND BUTTER & OAT MUFFINS

SERVES: 4

TOTAL TIME: 25 MINUTES

V VE DF Q

INGREDIENTS

100g rolled oats
80g almond butter
1 banana
2 dates
60ml almond milk
1 teaspoon baking powder
20g goji berries
40g dark chocolate, chopped

INSTRUCTIONS

Preheat the oven to 200C-400F, and line a standard muffin tin with parchment paper muffin cups.

Place all of the ingredients except the chocolate in the blender and blend until smooth, scraping down the sides of the blender as needed. Use a rubber spatula to stir in the chocolate chips.

Scoop equal amounts of the batter into each muffin cup.

Top with a few more chocolate chips or goji berries if desired, then place the muffins in the oven and bake for 13-15 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack for a few minutes before eating.

Muffins may be wrapped individually in plastic wrap and stored in a freezer bag in the freezer for eating at a later date.

MACROS PER PORTION

CALORIES	250	PROTEIN	5
CARBS	35	FATS	10
FIBRE	5		



RASPBERRY OATMEAL BARS

SERVES: 16 BARS

TOTAL TIME: 55 MINUTES

INGREDIENTS

40g old-fashioned rolled oats
30g white whole wheat flour
70g brown sugar
1/4 teaspoon ginger, ground
1/4 teaspoon kosher salt
6 tablespoon unsalted butter, melted
300g raspberries
1 teaspoon cornstarch
1 tablespoon lemon juice
1 tablespoon sugar

Q

INSTRUCTIONS

Place a rack in the centre of your oven and preheat to 180C-375F. Line an 8x8-inch baking pan with parchment paper so that the paper overhangs two sides like handles. In a medium bowl, combine the oats, flour, brown sugar, ginger, and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan. Scatter half of the raspberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top. Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely. If you want to freeze, wrap tightly in plastic before placing it in the freezer. Store leftovers in the refrigerator for up to 5 days.

MACROS PER PORTION

CALORIES	371	PROTEIN	5
CARBS	45	FATS	19
FIBRE	7		

Balance.

**MONTHLY
RECIPE
BOOK**