



Balance.

EAT SMART // LIVE BETTER

MONTHLY RECIPE BOOK

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**MONTHLY
RECIPE
BOOK**

Balance.

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

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



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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V	VEGETARIAN
VE	VEGAN
DF	DAIRY FREE
GF	GLUTEN FREE
N	CONTAINS NUTS
Q	QUICK
P	HIGH PROTEIN
LC	LOW CARB
LF	LOW FAT
C	LOW CALORIE







CREAM CHEESE WHEAT BISCUIT BREAKFAST

SERVES: 1

TOTAL TIME: 5 MINUTES



INGREDIENTS

2 wheat biscuits (Weetabix)
75ml skimmed milk
250g pot of quark cheese
25g light cream cheese
1 tsp granulated sweetener
40g frozen blueberries, defrosted
1 heaped tsp raspberry jam

INSTRUCTIONS

Crush the wheat biscuits and stir with the milk, leaving to set in the fridge whilst you make the rest.

Whisk together the quark with the cream cheese and sweetener.

Mix half of the quark with the defrosted blueberries and mix the other half with the jam.

Layer the blueberry quark over the wheat biscuits then the lemon quark on top. Drizzle with any extra juices from the blueberries.

MACROS PER PORTION

CALORIES	460	PROTEIN	46
CARBS	60	FATS	4
FIBRE	4		



MUG OMELETTE

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V C LC

INGREDIENTS

1 tsp butter
1 tsp shallot, finely diced
2 eggs
1 tsp dried parsley
1 tbsp red pepper, finely diced
10g cheddar, grated

INSTRUCTIONS

Add butter and chopped shallot into a microwavable cup. Cook for 30 seconds, remove from the microwave and stir. Allow to cool a little then stir the butter and shallot in the mug to coat the sides lightly.

In a bowl, beat the eggs with a fork, then add the parsley, pepper, cheese then season.

Pour the egg mixture into the mug and return it to the microwave, cook for 20 seconds. Open the microwave and stir the egg, repeat the cooking 20 seconds and stir again. Finally, cook for another 20 seconds, during which time the egg will start to set.

Remove the mug from the microwave to stand for 1 min. If it isn't set enough for you, put it back in on 50% power for no more than 20 seconds.

MACROS PER PORTION

CALORIES	251	PROTEIN	19
CARBS	1	FATS	19
FIBRE	1		



WHITE CHOCOLATE PROTEIN OATS

SERVES: 1

TOTAL TIME: 6 MINUTES



INGREDIENTS

30g oats
15g whey protein
30g white chocolate
125g plain yoghurt
1 tbsp almond milk

INSTRUCTIONS

In a microwaveable bowl, add the oats, 20g white chocolate, whey protein and 100ml of water. Stir well and microwave for 60s.

Take 90g of the yoghurt and spread it over the oats.

Microwave 10g of white chocolate for 30 seconds. Stir and microwave again for another 30 sec until completely melted. Add the yoghurt and milk and mix until combined then spread this mixture over the yoghurt layer of your oats, allow to slightly cool and serve.

MACROS PER PORTION

CALORIES	449	PROTEIN	25
CARBS	49	FATS	17
FIBRE	2		



PISTACHIO ENERGY BALLS

SERVES: 18

TOTAL TIME: 2 HOURS 20 MINUTES

V VE DF C N

INGREDIENTS

100g oats
175g dates, pitted
110g pistachios
125g peanut butter
40g dark chocolate chips
20g desiccated coconut
14g ground flaxseed

INSTRUCTIONS

Place 30g of the pistachios into a food processor and pulse until finely chopped, set aside.

Add the remaining 80g of pistachios and all other ingredients to the food processor and pulse until combined. Add 2 tablespoons warm water and pulse a final time.

Remove the mixture with a spatula onto a plate and form into 1-inch balls and roll them in the chopped pistachios. Rest on a baking sheet and cover with cling film.

Chill for 2 hours before serving.

MACROS PER PORTION

CALORIES	153	PROTEIN	4
CARBS	14	FATS	9
FIBRE	2		



PROTEIN COBBLER

SERVES: 1

TOTAL TIME: 5 MINUTES

GF V N

INGREDIENTS

1/2 banana
20g ground almonds
1 egg
40g whey protein
30g semi-skimmed milk

INSTRUCTIONS

Mash the banana in a large mug adding the almonds and the remaining ingredients. Combine very well.

Microwave on full power for 2 minutes then allow resting for 1 minute before serving.

MACROS PER PORTION

CALORIES	420	PROTEIN	45
CARBS	15	FATS	20
FIBRE	2		







SUNFLOWER BUTTER

SERVES: 40 TABLESPOONS

TOTAL TIME: 35 MINUTES

GF DF N LC C

INGREDIENTS

500g sunflower seeds
35g coconut oil
35g maple syrup

INSTRUCTIONS

Add the seeds to a large, dry frying pan over low heat and toss frequently until fragrant. Add the seeds to a high-powered good quality blender and blend whilst still hot until chopped and powdery.

Add the coconut oil in small amounts on a low speed and mix until it combines into a mass, then into butter.

Add the syrup and a pinch of salt and spoon into a jar, store chilled until serving.

MACROS PER PORTION

CALORIES	87	PROTEIN	3
CARBS	3	FATS	7
FIBRE	1		



FIG AND CHERRY FLAPJACKS

SERVES: 8

TOTAL TIME: 12 MINUTES



INGREDIENTS

120g honey
24g rapeseed oil
60g peanut butter
280g oats
20g flaxseeds
8g dried cherries, diced
4 dried figs, diced

INSTRUCTIONS

Preheat oven to 200C/400F/Gas Mark 6.

In a large saucepan place the honey, rapeseed oil and peanut butter over medium heat and mix.

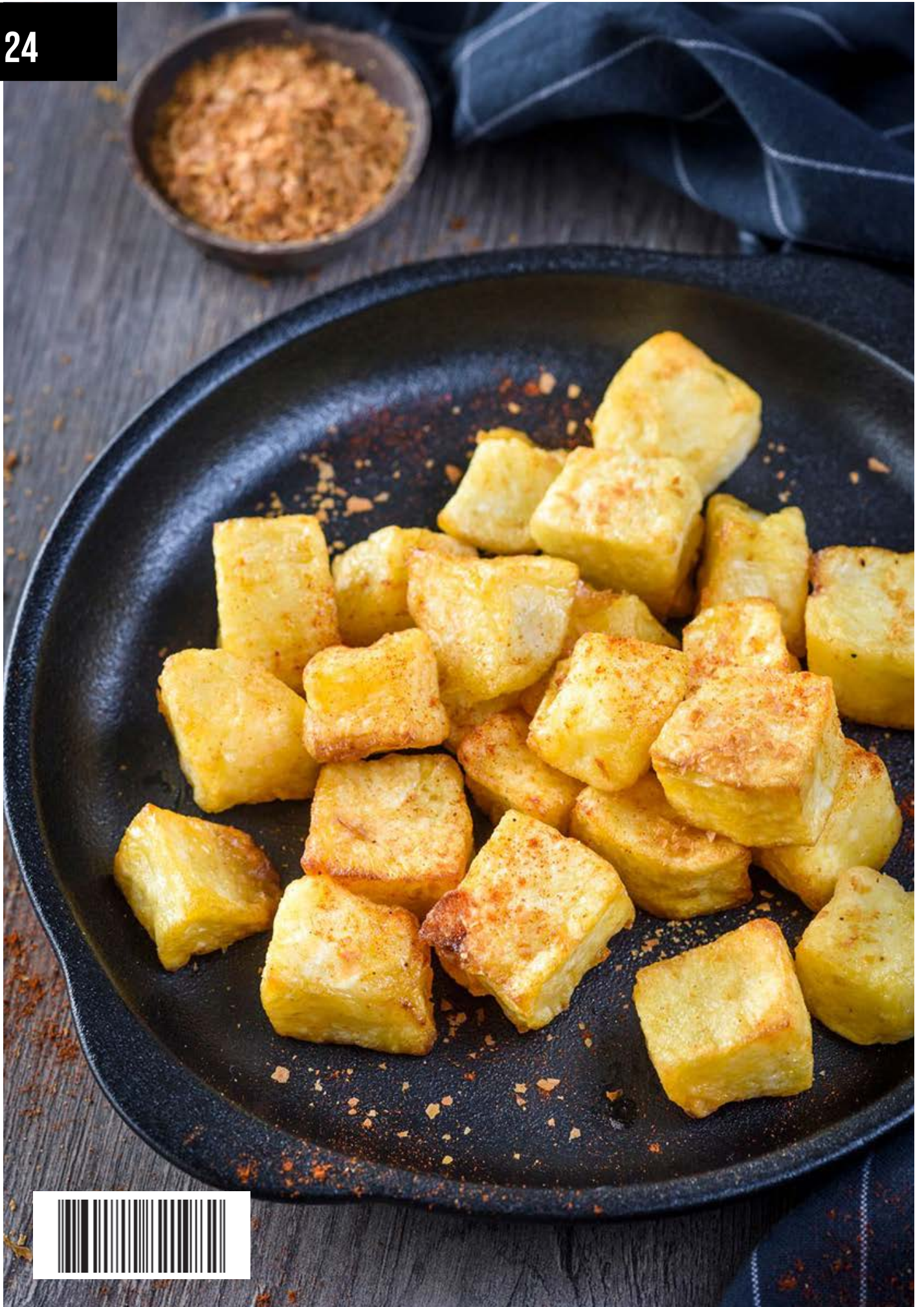
Add the remaining ingredients and stir until all of the ingredients are combined.

Place the mix into a lined baking tray and cook for 8 minutes.

Allow cooling before slicing and serving.

MACROS PER PORTION

CALORIES	299	PROTEIN	6
CARBS	44	FATS	11
FIBRE	4		



ROASTED DICED POTATOES

SERVES: 2

TOTAL TIME: 45 MINUTES

GF DF V VE LF C

INGREDIENTS

350g potatoes
1/2 tbsp oil
1/2 tsp garlic powder
1/2 tsp paprika
2 tbsp nutritional yeast

INSTRUCTIONS

Preheat oven to 200C/400F/Gas Mark 6.

Dice the potatoes into rough 1-inch cubes and add to a bowl with the oil, spices and nutritional yeast. You can replace the nutritional yeast with parmesan if you wish.

Bake for 40 minutes, tossing halfway.

MACROS PER PORTION

CALORIES	220	PROTEIN	8
CARBS	38	FATS	4
FIBRE	3		



BASIL AND GARLIC MASH

SERVES: 4

TOTAL TIME: 20 MINUTES

GF V LF

INGREDIENTS

1kg of potatoes, peeled and cubed
30g garlic flavoured olive oil
100ml skimmed milk
25g fresh basil, leaves only, chopped

INSTRUCTIONS

Boil a kettle and add its contents to a large saucepan. Peel and dice the potatoes into 1-inch cubes and add to the saucepan with a pinch of salt. Boil over high heat until tender for 12 minutes. Drain, return to the pan add the milk and olive oil, mash well.

Add 3/4's of the fresh basil and mash again. Season and serve scattered with remaining basil.

MACROS PER PORTION

CALORIES	288	PROTEIN	6
CARBS	48	FATS	8
FIBRE	2		



AVOCADO SALAD WITH COTTAGE CHEESE

SERVES: 2

TOTAL TIME: 5 MINUTES

GF V LC

INGREDIENTS

1 large avocado
250g low fat cottage cheese
60g watercress
6 cherry tomatoes, halved
2 inch piece of cucumber, diced
2 tsp olive oil
Juice of half a lemon

INSTRUCTIONS

Cut the ripe avocado in half. Remove the stone and slice it into strips.

In bowls add equal amounts of the watercress, tomatoes, cucumber and top with avocado slices and cottage cheese.

Drizzle with olive oil and lemon juice to serve.

MACROS PER PORTION

CALORIES	329	PROTEIN	17
CARBS	9	FATS	25
FIBRE	5		







CAJUN CHICKEN ONE POT

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

1 tbsp olive oil
400g chicken breasts, cut into chunks
3 garlic cloves, sliced
2 tbsp cajun seasoning
400g tin tomatoes
1 chicken stock cube
300g penne pasta
100g single cream
20g parmesan, finely grated

INSTRUCTIONS

Heat the oil in a large deep saucepan over medium heat, add the chicken, season and fry for 6-8 mins until golden.

Add the garlic and cook for 1 minute then add the Cajun seasoning and stir until coated. Add the tomatoes then a quarter of the can of water and crumble in the stock cube. Bring to a simmer and cook for 5 mins.

Meanwhile, boil a kettle and add its contents to a large pan with salt, bring to a boil and add the pasta and cook for 12 minutes. Stir the cream into the saucepan with the chicken and simmer over low heat, don't allow it to boil.

Drain the pasta and stir it into the chicken mixture. Continue to cook over low heat for 2 mins then add parmesan and cook for 1 min.

MACROS PER PORTION

CALORIES	516	PROTEIN	37
CARBS	65	FATS	12
FIBRE	4		



CHEESEY MAC

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

110g spirali pasta
20g cornflour
150g skimmed milk
1 tsp Dijon mustard
120g light mozzarella, grated
45g reduced fat cheddar, grated
30g parmesan, finely grated

INSTRUCTIONS

Add the pasta to a glass microwavable bowl and add 700ml boiling water. Microwave on high for 2 mins, stir and repeat for 6 total minutes. Drain and return to the bowl.

Meanwhile, add the cornflour and 1 tbsp milk into a jug and stir to make a paste, then the remaining milk and mix. Add this to the pasta bowl once done with the mustard, cheddar and mozzarella, add a good amount of black pepper then stir.

Cook on high for 5 mins and stir halfway through.

Add the parmesan and cook for a further 2 mins.

MACROS PER PORTION

CALORIES	496	PROTEIN	32
CARBS	56	FATS	16
FIBRE	2		



HALLOUMI AND VEG WRAPS

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

2 tsp olive oil
2 tortilla
110g light halloumi, sliced
90g harissa paste
120g courgettes, sliced
75g white onion, sliced
60g white mushrooms, sliced
80g red pepper, sliced
20g rocket

INSTRUCTIONS

Preheat oven to 220C/425F/Gas Mark 7.

Add the veg (excluding the rocket) and stir in the oil and harissa paste. Roast for 15-20 minutes. 5 minutes before the end, mix the veg and lay the halloumi slices on top. Return to the oven and check the halloumi doesn't burn.

Fill the wraps with half of the rocket, then the veggies and halloumi.

MACROS PER PORTION

CALORIES	499	PROTEIN	20
CARBS	35	FATS	31
FIBRE	3		



SWEET POTATO SALAD WITH CASHEWS

SERVES: 2

TOTAL TIME: 30 MINUTES

V VE N C

INGREDIENTS

350g sweet potatoes, sliced into 1" wedges
2 tsp olive oil
1 tsp maple syrup
60g rice vinegar
1 tsp dried chilli flakes
1 clove of garlic
60g cashews
2 spring onions
140g spinach
100g avocado flesh, diced

INSTRUCTIONS

Preheat oven to 220C/425F/Gas Mark 7.

Coat the potatoes in 2 tsp of olive oil and seasoning. Spread evenly onto a baking tray and roast for 20 minutes until soft. Set aside to cool.

Meanwhile, create the dressing by adding 40g of the cashews to a blender along with the rice vinegar, honey, garlic and chilli flakes then blitz until smooth. Add a splash of water as needed to loosen it up if it's too thick.

To combine, add the sweet potatoes, avocado, spinach, spring onion and remaining cashews to a large salad bowl. Pour over the dressing and toss well to combine.

MACROS PER PORTION

CALORIES	496	PROTEIN	11
CARBS	50	FATS	28
FIBRE	9		



PROTEIN EGG SANDWICH

SERVES: 1

TOTAL TIME: 15 MINUTES



INGREDIENTS

3 eggs
90g low fat, soft cream cheese
2 medium slices of wholemeal bread
10g spinach, loosely shredded
Pinch of cress

INSTRUCTIONS

Boil a kettle and add its contents to a saucepan, add the eggs and boil for 8 minutes. Rinse the eggs under cold water and peel, then add to a bowl.

Add the cream cheese, a pinch of salt and pepper and mash roughly with a fork.

Lay out the bread and add the mixture to one side, layer on top of the shredded spinach and cress.

MACROS PER PORTION

CALORIES	506	PROTEIN	42
CARBS	35	FATS	22
FIBRE	4		



EGG AND SESAME SALAD WEDGES

SERVES: 2

TOTAL TIME: 40 MINUTES

DF GF V N C

INGREDIENTS

6 eggs
80g reduced fat mayonnaise
2 tsp tamari
4 spring onions
2 large gem lettuce, bases trimmed, cut into 4 wedges
12g sesame seeds

INSTRUCTIONS

Boil the eggs in a pan of boiling water for seven minutes then drain and rinse under cold water and set aside.

Meanwhile, in a small bowl, mix mayonnaise with soy sauce and spring onions. Peel and chop the eggs and then add them to the mayonnaise mixture. Gently separate the gem lettuce and lay it over a platter and spoon over the egg mixture. Finally, sprinkle over the sesame seeds.

MACROS PER PORTION

CALORIES	376	PROTEIN	23
CARBS	8	FATS	28
FIBRE	2		



CANNELLINI, ALMOND AND GARLIC SOUP

SERVES: 4

TOTAL TIME: 30 MINUTES

GF DF V VE N C

INGREDIENTS

2 tbsp olive oil
2 shallots, thinly sliced
5 cloves of garlic, thinly sliced
100g almonds
400g can cannellini beans, drained and rinsed
1 vegetable stock cube
30g flaked almonds

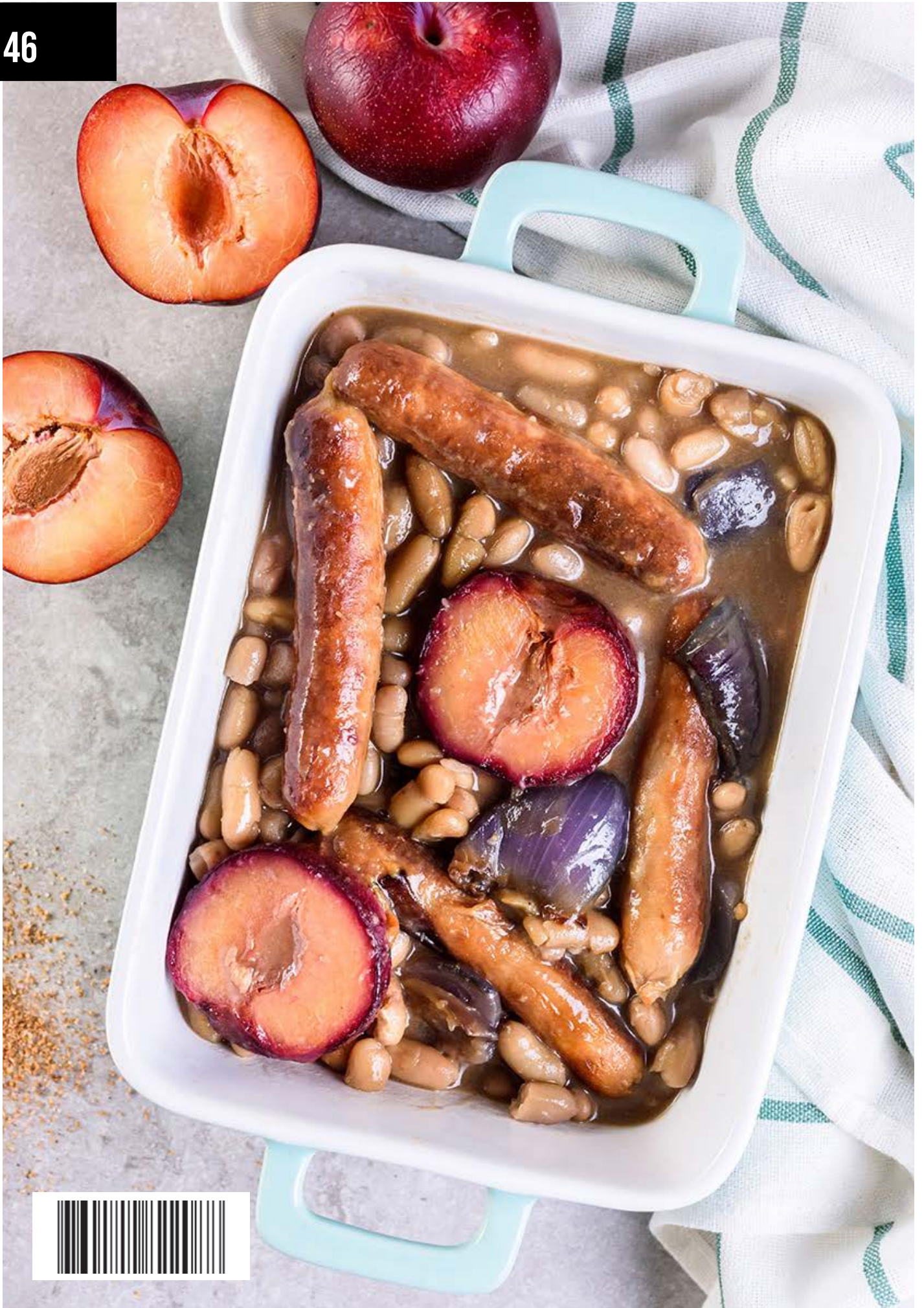
INSTRUCTIONS

Place a deep saucepan over medium heat and add the olive oil and shallots. Cook for 4 minutes until they start to soften then add the garlic and turn the heat low. Cover and cook for 10-12 minutes. Add the almonds and turn the heat up to medium. Stir regularly and cook until the almonds start to colour and you can smell them about 6-8 minutes. Add the cannellini beans then add the stock and 500ml water. Cook for 10 minutes.

Use a stick blender (or transfer to a food processor) to whizz until smooth and creamy. Taste the soup for seasoning then divide between bowls and top with flaked almonds.

MACROS PER PORTION

CALORIES	316	PROTEIN	12
CARBS	13	FATS	24
FIBRE	7		



STICKY SAUSAGE TRAYBAKE

SERVES: 4

TOTAL TIME: 50 MINUTES

DF N

INGREDIENTS

454g pack reduced fat pork sausages
2 red onions, quartered
1 bulb garlic, halved
2 tbsp olive oil
1 tsp Chinese five spice
1/2 tbsp plain flour
1 chicken stock cube
2 tbsp red wine vinegar
400g can cannellini beans,
drained and rinsed
6 plums, deseeded and halved

INSTRUCTIONS

Preheat oven to 220C/425F/Gas Mark 7.

In a large roasting dish, combine the sausages, onions, garlic and five spice then dress with the oil and combine well.

Add to the top shelf of the oven for 20 minutes.

Remove the tray from the oven then add the flour and coat well, return to the oven for 5 more minutes.

Add the stock, vinegar and beans to the tin, mix again with a pinch of salt and pepper, then add the plums on top and roast for another 20 minutes, until the sauce has thickened.

MACROS PER PORTION

CALORIES	648	PROTEIN	48
CARBS	69	FATS	20
FIBRE	17		



SALMON & POTATO SALAD

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF N C

INGREDIENTS

120g courgette, top and tailed, sliced into long ribbons
350g white potatoes, cut into 1" chunks
1/2 tsp fennel seeds
2.5 tbsp olive oil
Juice of half a lemon
10g dill
220g can salmon, skinless and boneless, drained

INSTRUCTIONS

Preheat oven to 200C/400F/Gas Mark 6.

Add a roasting tin to the oven and preheat. Using a vegetable peeler, make ribbons from the courgette, reserving the core. Roughly chop the core into pieces about the same size as your potato chunks and add them to the roasting tin with the potatoes, fennel seeds and oil. Season and mix. Roast for 25 minutes turning halfway through.

Add the ribbons of courgette to a bowl and toss with lemon juice and dill and the remaining half tablespoon of oil with seasoning.

When the potatoes have finished, stir the courgette ribbons and tin of salmon through the potatoes, then serve.

MACROS PER PORTION

CALORIES	462	PROTEIN	31
CARBS	35	FATS	22
FIBRE	2		



TUNA, PENNE HERBY PASTA

SERVES: 2

TOTAL TIME: 30 MINUTES

DF LF

INGREDIENTS

120g penne
1 tsp ground coriander
100g low fat vinaigrette
400g cherry tomatoes, quartered
1 small red onion, finely chopped
3 cloves garlic, crushed
1 tbsp dried parsley
1 tsp dried thyme
220g tuna from brine, drained
2 tbsp oil

INSTRUCTIONS

Boil a kettle and add its contents to a saucepan with a pinch of salt. Add the pasta and cook for 12 minutes.

Add the vinaigrette to a bowl and stir in the tomatoes, onion, garlic, parsley, thyme and coriander. Season with black pepper. Drain the tuna.

Drain the pasta and return to the pan with the tuna, tomato mixture and 2 tbsp of olive oil. Stir well over medium heat for 2-3 minutes, until the tomatoes are warmed through and softened but not completely collapsed.

Serve in bowls.

MACROS PER PORTION

CALORIES	583	PROTEIN	41
CARBS	71	FATS	15
FIBRE	7		



LOADED SKINS WITH SPINACH AND SALMON

SERVES: 4

TOTAL TIME: 35 MINUTES

GF

INGREDIENTS

4 large potatoes (220g each)
25g butter
3 spring onions
100g spinach
100g skimmed milk
125g 30% reduced fat cheddar, grated
120g smoked salmon, cut into strips

INSTRUCTIONS

Preheat the oven to 220C/400F/Gas Mark 6.

Pierce the potatoes all over with a fork and microwave for 15 minutes. If they aren't tender microwave for longer in 2-minute increments. Remove and cool for 10 minutes.

Meanwhile, heat 15g of the butter in a saucepan over medium heat. Add spring onions, season and fry for 1 minute. Add the spinach and cook until wilted. Empty to a bowl and set aside.

In the same pan, add the remaining butter and milk and heat to a low simmer. Halve the potatoes and scoop the insides into the pan leaving a 0.5cm lining in the potato skins. Mash until smooth then add 3/4's of the cheese and the spinach mixture along with the smoked salmon.

Place the skins onto a baking tray, fill with equal portions of the mash mixture and scatter over the remaining cheese. Bake for 10 minutes and serve hot.

MACROS PER PORTION

CALORIES	412	PROTEIN	21
CARBS	46	FATS	16
FIBRE	2		



GREEK SALAD WRAP

SERVES: 1

TOTAL TIME: 15 MINUTES



INGREDIENTS

1 large (65g) tortilla
Juice of half a lemon
1 clove of garlic
1 tsp mint sauce
30g 0% strained Greek yoghurt
50g cucumber, sliced
1/2 stick light halloumi
60g red onion, sliced
1/4 tsp dried oregano

INSTRUCTIONS

Make your yoghurt sauce by mixing together the Greek yoghurt, garlic, lemon juice, oregano and mint sauce, set aside.

Place a small non-stick pan over medium heat. Once hot, cook the halloumi slices for 2 minutes on each side until starting to turn golden. Heat the tortilla for 20 seconds in the microwave and spread it with the yoghurt sauce, add the slices of onion, cucumber and halloumi and serve.

MACROS PER PORTION

CALORIES	415	PROTEIN	25
CARBS	45	FATS	15
FIBRE	3		



SALMON AND COCONUT THAI CURRY

SERVES: 4

TOTAL TIME: 30 MINUTES

GF DF LC C

INGREDIENTS

4 salmon fillets (approx 110g each)
5 tsp paprika
12g coconut oil
2 shallot onions, finely diced
4 cloves of garlic, finely diced
1/2" piece of ginger, finely grated
1 tsp ground cumin
1/2 tsp ground coriander
45g Thai red curry paste
1 tbsp tomato paste
1 pak choi
1 red pepper, sliced
400g can of reduced fat coconut milk

INSTRUCTIONS

Season the salmon fillets with salt and pepper and use 1 tsp of paprika to coat each fillet.

Heat the coconut oil in a large pan then fry on medium heat, skin side up for 4 minutes, leave them to cook as they may break. Flip & fry for another 3 mins on medium heat, then remove, set aside.

In the same pan using any residual oil, fry the shallots for a couple of mins, then add garlic, ginger, 1 tsp paprika, coriander and cumin, then stir. Add Thai red curry paste, tomato paste and red peppers then fry for a couple more minutes. Add the pak choi and cook until soft then add the coconut milk, reduce the heat to low and simmer for around 5 minutes.

Before adding the salmon back to the pan, taste the sauce for seasoning, adding salt if needed. Place the fillets in evenly, heating for 1 minute then serve.

MACROS PER PORTION

CALORIES	385	PROTEIN	25
CARBS	6	FATS	29
FIBRE	1		



BAKED MEDITERRANEAN COD

SERVES: 4

TOTAL TIME: 30 MINUTES

GF P C

INGREDIENTS

1kg cod fillets
80g baby spinach
1 red onion, sliced
3 cloves garlic, sliced
220g cherry tomatoes, halved
80g pitted olives
3 tbsp olive oil
1 tbsp dried oregano
125g dry white wine
Zest and juice of one lemon
45g butter, cut into pieces
60g light feta, crumbled

INSTRUCTIONS

Preheat oven to 200C/400F/Gas Mark 6.

Add the spinach to the bottom of a casserole dish and lay the cod filets on top and season. Add the oregano then pour the wine into the dish. Drizzle with the olive oil and rub into the fish. Squeeze the lemon juice over and scatter the zest. Cover with garlic, tomatoes, onion and olives. Add the butter evenly then bake for 20 minutes until the fish is opaque and tender.

MACROS PER PORTION

CALORIES	431	PROTEIN	49
CARBS	7	FATS	23
FIBRE	2		



CAULIFLOWER STEAKS WITH OLIVE SALSA

SERVES: 2

TOTAL TIME: 25 MINUTES

V VE GF DF LC N

INGREDIENTS

1 cauliflower
1/2 tsp smoked paprika
2 tbsp rapeseed oil
4 black olives, pitted
160g tomatoes
1 tbsp parsley
1 tsp capers
1/2 tbsp red wine vinegar
25g flaked almonds

INSTRUCTIONS

Preheat oven to 220C/425F/Gas Mark 7 and line a baking tray with baking parchment.

Slice the cauliflower into two 1-inch steaks through the middle as it's larger saving the rest for other dishes. Rub the paprika and 1/2 tbsp oil over the steaks and season. Add to the tray and roast for 15-20 mins until cooked.

Meanwhile, make the salsa. Chop the olives, tomato, parsley and capers then add to a bowl and mix with the remaining oil and vinegar. Season.

When the steaks are cooked, spoon the salsa over the cauliflower and top with flaked almonds to serve.

MACROS PER PORTION

CALORIES	244	PROTEIN	7
CARBS	9	FATS	20
FIBRE	5		







COTTAGE CHEESE PANCAKES

SERVES: 1

TOTAL TIME: 15 MINUTES



INGREDIENTS

6 egg whites
125g 0% cottage cheese
35g oats
2 tsp sweetener
1 tsp vanilla extract

INSTRUCTIONS

In a blender, mix all of the ingredients until the mixture is smooth. Heat a good, non-stick frying pan or pancake pan and spray with light cooking oil.

Use a cup to pour half a cup of mixture into the middle of the pan. Allow to sizzle until the top of the pancake is just starting to firm and the bottom of the pancake is golden brown.

Spray the top side of the pancake with cooking oil and flip. Cook until the bottom of the pancake is golden brown.

Repeat until you have used all the mixture, this will take about 5 minutes.

MACROS PER PORTION

CALORIES	329	PROTEIN	38
CARBS	33	FATS	5
FIBRE	3		



GOLDEN SYRUP FLAPJACKS

SERVES: 12

TOTAL TIME: 25 MINUTES



INGREDIENTS

250g oats
125g butter
125g light brown sugar
45g golden syrup

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas Mark 6.

Add the oats, butter, sugar and golden syrup into a food processor and combine, don't over-pulse the oats to retain some of the texture.

Spray a 20 x 20cm baking tin with light oil and add the mixture. Press into the corners with the back of a spoon so the mixture is flat and score into 12 squares. Bake for 15 minutes until golden brown.

MACROS PER PORTION

CALORIES	210	PROTEIN	2
CARBS	28	FATS	10
FIBRE	2		



VEGAN MUG BROWNIE

SERVES: 1

TOTAL TIME: 10 MINUTES

V VE DF GF N LF

INGREDIENTS

90g tinned chickpeas, drained
6g cocoa powder
24g pea protein
15g brown sugar
45g almond milk

INSTRUCTIONS

Using a handheld blender or food processor, blitz all ingredients until you get a smooth paste.

Spray a mug with light cooking oil and add the mixture, microwave on full for 1 minute, rest for 20 seconds, then microwave for 30 to 45 seconds more.

MACROS PER PORTION

CALORIES	317	PROTEIN	25
CARBS	34	FATS	9
FIBRE	7		



CHOCOLATE PEANUT BUTTER NO BAKE COOKIES

SERVES: 10

TOTAL TIME: 10 MINUTES

V VE N C

INGREDIENTS

40g coconut flour
250g peanut butter
55g maple syrup
80g chocolate chips

INSTRUCTIONS

Line a large baking tray with parchment paper and set aside.

In a large mixing bowl, add coconut flour, peanut butter and syrup and fully combine.

Using slightly wet hands, form 10 small balls and place them on the lined tray. Press each ball into a flat cookie shape using a fork. Freeze for 30 minutes or until firm.

In a microwaveable bowl, add the chocolate chips and microwave in 20s bursts until fully melted. Using two forks, dip each cookie in the melted chocolate until completely covered. Repeat the process until all cookies are covered and all chocolate is used.

Refrigerate until firm.

MACROS PER PORTION

CALORIES	229	PROTEIN	6
CARBS	13	FATS	17
FIBRE	2		



PROTEIN STRAWBERRY TART

SERVES: 8

TOTAL TIME: 4 HOURS

V N C

INGREDIENTS

Base:

30g protein powder

125g oats

45ml sugar-free maple syrup

20g coconut oil, melted

Filling:

60g protein powder

450ml unsweetened almond milk

60g cornstarch

2x 7g sachets sugar-free strawberry jelly powder

INSTRUCTIONS

Add the base ingredients to a food processor and blitz until combined, then press into a lined cake tray with wet hands.

Add the filling ingredients, except jelly powder into a small saucepan.

Put the jelly powder into a small bowl and add just enough cold water to cover. Stir with a fork to form a thick paste and microwave for 20 seconds to melt. Stir again, then add to the filling ingredients in the saucepan. Continuously whisk over low heat until a thick, glossy custard forms.

Pour over the base, then refrigerate for 4 hours to set.

Cut into 8 to serve.

MACROS PER PORTION

CALORIES	186	PROTEIN	12
CARBS	21	FATS	6
FIBRE	1		

Balance.

**MONTHLY
RECIPE
BOOK**