

A top-down view of a healthy meal. In the center is a white bowl filled with a salad of red and yellow apple chunks, white cheese cubes, and golden-brown walnut pieces. To the top left, a white plate also holds a similar salad. To the top right, a wooden bowl is filled with more walnut pieces. A silver spoon lies on the left side of the frame, and a blue and white striped cloth is visible in the bottom right corner. The entire scene is set against a light-colored, textured background.

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

A top-down view of a white bowl filled with a quinoa salad. The salad contains cooked quinoa, halved cherry tomatoes, sliced cucumbers, and chunks of mango. Two silver forks are placed in the bowl. In the bottom left corner, there is a small wooden bowl filled with a mixture of seeds. The background is a grey and white checkered cloth.

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DISCLAIMER

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

CONTENTS

BREAKFASTS

Cinnamon Apple Breakfast Bowl	8
Full Breakfast Stack	10
Cherry Chocolate Overnight Oats	12
Mango and Coconut Chia Pudding	14
Raspberry and Lemon Breakfast Crackerbreads	16

SIDES

Tarka Dahl	20
Carrot, Raspberry and Pine Nut Salad	22
Courgette, Broccoli and Chickpea Traybake	24
Roasted Potatoes and Carrots with Balsamic and Rosemary	26
Fig and Squash Salad	28
Cous Cous Bowl and Minty Yoghurt Dressing	30

MAINS

Sheet Pan Roasted Cod with Potatoes, Tomatoes and Broccoli	34
Salmon and Orange Coleslaw	36
Feta, Apple, Cranberry and Pecan Chickpea Salad	38
Bacon and Spinach Salad	40
Minty Lamb Koftas	42
Chilli Beef Lettuce Cups	44
Ginger Beef Noodles	46
Rump Steak and Orange Salad	48
Feta, Tuna and Lentil Salad	50
Chicken Liver and Kale Spaghetti	52
Sweet and Sour Chicken	54
Slow Cooker Fajitas	56
Meatballs with Pesto Spaghetti	58
Cottage Pie	60

DESSERTS

Chocolate Protein Roulade	64
Banana Almond Protein Pancakes	66
Protein French Toast	68
Spiced Apple and Carrot Cake	70
Baked Pears with Spiced Yoghurt	72

KEY

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

BREAKFAST







CINNAMON APPLE BREAKFAST BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES



INGREDIENTS

250g cottage cheese
35g apple, diced
30g chopped walnuts
1 tbsp maple syrup
1 pinch cinnamon

INSTRUCTIONS

Add all the ingredients to a bowl or container. Enjoy immediately or refrigerate in an air-tight container up to four days.

MACROS PER PORTION

CALORIES	444	PROTEIN	31
CARBS	26	FATS	24
FIBRE	2		



FULL BREAKFAST STACK

SERVES: 1

TOTAL TIME: 12 MINUTES



INGREDIENTS

1cm thick slice of beef tomato
60g slice of black pudding
1 reduced fat pork sausage, sliced in half
1 rasher of back bacon
1 medium egg
Handful of spinach

INSTRUCTIONS

Heat an oven grill to a medium-high temperature.

Arrange black pudding, sausage, tomato and bacon across a grill pan and cook for 8 minutes, turning occasionally.

Meanwhile, prepare the poached egg by first placing it in a mug of boiling water for 1 minute - this will begin to thicken the egg white. Bring a pan of salted water to the boil, reduce the heat low and carefully crack the egg into the middle and poach for 2 minutes. Remove with a slotted spoon and leave to drain on kitchen paper.

Arrange your breakfast stack with a handful of spinach at the base, tomato, then black pudding followed by the sausage, rashers of streaky bacon and top with the poached egg.

MACROS PER PORTION

CALORIES	389	PROTEIN	26
CARBS	15	FATS	25
FIBRE	2		



CHERRY CHOCOLATE OVERNIGHT OATS

SERVES: 1

TOTAL TIME: 10 MINUTES



INGREDIENTS

65g rolled oats
1 tbsp cocoa powder
125ml unsweetened almond milk
65g frozen dark cherries
30g chocolate whey protein

INSTRUCTIONS

Add all ingredients into a serving bowl and mix until very well combined.

Cover and place in the fridge overnight, by which point the oats will have absorbed the liquid and defrosted the cherries.

When ready to serve add extra almond milk if needed.

MACROS PER PORTION

CALORIES	463	PROTEIN	35
CARBS	56	FATS	11
FIBRE	7		



MANGO AND COCONUT CHIA PUDDING

SERVES: 2

TOTAL TIME: 6 HOURS



INGREDIENTS

125g light coconut milk
60g chia seeds
400g 0% strained greek yoghurt
30g maple syrup
80g mango, sliced
12g coconut flakes

INSTRUCTIONS

In a medium bowl, whisk together coconut milk, chia seeds, yogurt, syrup and add 1/4 tsp salt.

Cover and refrigerate 6-8 hours or overnight.

Spoon pudding into bowls.

Top with the mango and coconut.

MACROS PER PORTION

CALORIES	422	PROTEIN	27
CARBS	38	FATS	18
FIBRE	14		



RASPBERRY AND LEMON BREAKFAST CRACKERBREADS

SERVES: 1

TOTAL TIME: 5 MINUTES



INGREDIENTS

4 crunchy rye breads
170g 5% strained greek yoghurt
45g lemon curd
60g raspberries

INSTRUCTIONS

Lightly mix the lemon curd through the yogurt and spread onto the crunchy rye breads then top with the berries to serve.

MACROS PER PORTION

CALORIES	366	PROTEIN	22
CARBS	47	FATS	10
FIBRE	4		

SIDES







TARKA DAHL

SERVES: 2

TOTAL TIME: 65 MINUTES

V VE GF DF

INGREDIENTS

200g red lentils
2 tbsp olive oil
1 small onion, finely chopped
3 garlic cloves, finely chopped
¼ tsp turmeric
½ tsp garam masala
1 small tomato, chopped

INSTRUCTIONS

Rinse the lentils several times until the water runs clear, then tip into a saucepan with 1 litre water and a pinch of salt. Bring to the boil, then reduce the heat and simmer for 25 mins, skimming any froth from the top. Cover with a lid and cook for a further 40 mins, stirring occasionally, until it's a thick, soupy consistency.

Meanwhile, heat the oil in a non-stick frying pan over a medium heat, fry the onion and garlic until the onion is softened for around 8 mins. Add the turmeric and garam masala, then cook for a further minute. Set aside.

Tip the lentils into bowls and spoon half the onion mixture on top. Top with the chopped tomato to serve.

MACROS PER PORTION

CALORIES	245	PROTEIN	10
CARBS	22	FATS	13
FIBRE	3		



CARROT, RASPBERRY AND PINE NUT SALAD

SERVES: 2

TOTAL TIME: 10 MINUTES

V VE GF DF

INGREDIENTS

190g carrots
50g raspberries
50g pine nuts
1 tbsp olive oil

INSTRUCTIONS

Wash and peel the carrots and cut diagonally thinly.

Wash and dry the raspberries and set aside.

Heat a non-stick pan over medium heat and add the pine nuts with a pinch of salt, heat stirring often until slightly toasted.

Combine the carrot, raspberries and pine nuts together with the olive oil and serve.

MACROS PER PORTION

CALORIES	255	PROTEIN	5
CARBS	7	FATS	23
FIBRE	3		



COURGETTE, BROCCOLI AND CHICKPEA TRAYBAKE

SERVES: 4

TOTAL TIME: 40 MINUTES

V VE GF DF

INGREDIENTS

3 courgettes, trimmed
200g tenderstem broccoli, trimmed
400g can chickpeas, drained
2 tbsp olive oil
40g harissa paste
40g almond flakes
6g fresh coriander

INSTRUCTIONS

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

Cut a chunk off of the end of one courgette at an angle around 2 cm from the end and then slice the courgettes and add to a roasting tray.

Add the broccoli and chickpeas along with the olive oil and harissa, season and mix very well together.

Roast for 35 minutes, tossing after 25 minutes.

Remove from the oven and sprinkle with flaked almonds, fresh coriander and a little more seasoning before serving.

MACROS PER PORTION

CALORIES	245	PROTEIN	10
CARBS	13	FATS	17
FIBRE	6		



ROASTED POTATOES AND CARROTS WITH BALSAMIC AND ROSEMARY

SERVES: 4

TOTAL TIME: 40 MINUTES

GF DF V VE

INGREDIENTS

1kg potatoes, in 1.5" cubes
500g carrots, sliced lengthways
4 cloves garlic, skin on
4 tbsp olive oil
2 tbsp balsamic vinegar
2 sprigs of rosemary

INSTRUCTIONS

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

Line a large sheetpan with parchment and add all of the vegetables, tossing through the oil, rosemary and seasoning. Lay the roots out evenly and not touching.

Roast for 20 minutes and remove from the oven, add the balsamic and roast for another 15 minutes.

Before serving, remove garlic from their skins, mash with a fork and mix through the vegetables.

MACROS PER PORTION

CALORIES	332	PROTEIN	6
CARBS	50	FATS	12
FIBRE	6		



FIG AND SQUASH SALAD

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

1.2 kg butternut squash
2 tbsp olive oil
1/2 tsp cinnamon
1 tsp ground coriander
1/2 tsp sweet smoked paprika
50g pumpkin seeds
4 shallots, thinly sliced into rings
1 1/2 tbsp apple cider vinegar
280g figs
12g flat parsley
3 sprigs of mint
100g soft goats cheese

INSTRUCTIONS

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

Peel the squash and cut in half lengthways discarding any seeds and interior, halve again and place in a roasting tin with 1 tbsp oil, cinnamon, coriander and paprika, season and coat well. Roast for 45 minutes until fork tender adding the pumpkin seeds into the tray for the last 5 minutes of cooking.

When almost ready to serve, put the shallots into a large mixing bowl and cover with cider vinegar and seasoning. Mix and set aside for 10 minutes to soften. Whisk in the remaining 1 tbsp of oil then add the figs and herbs.

Put the butternut squash on a serving platter, scattering the figs, pumpkin seeds, fresh herbs and shallots as well as crumbling fresh goats cheese.

MACROS PER PORTION

CALORIES	358	PROTEIN	13
CARBS	36	FATS	18
FIBRE	7		

MAINS







COUS COUS BOWL AND MINTY YOGHURT DRESSING

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

For the bowl:

200g couscous

30g kale

225g cherry tomatoes

90g courgette

1 red pepper

1 yellow pepper

1 clove of garlic

3 sprigs of basil, chopped

3 sprigs of rosemary, picked and chopped

For the dressing:

300g 0% strained greek yoghurt

50g olive oil

Juice of 1 lime

2 tbsp fresh mint, chopped

INSTRUCTIONS

Wash and cut the courgettes and peppers into equal parts and put them in a large bowl. Season with pepper, salt, rosemary and the crushed garlic.

Meanwhile, pre-heat an oven grill on high and grill the vegetables for 6-8 minutes per side until charred and softened.

Cook the cous cous as indicated on the package and add into a large bowl. Wash the cherry tomatoes and halve, adding them to the cous cous with the grilled vegetables and basil.

Pour the yoghurt into a large bowl, add the olive oil, lime juice and mint. Mix well with a spoon. Pour over the cous cous and serve cooled.

MACROS PER PORTION

CALORIES	386	PROTEIN	16
CARBS	49	FATS	14
FIBRE	5		



SHEET PAN ROASTED COD WITH POTATOES, TOMATOES AND BROCCOLI

SERVES: 2

TOTAL TIME: 60 MINUTES



INGREDIENTS

500g cod fillets
250g white potatoes, quartered
250g cherry tomatoes
200g broccoli
1 lemon, 1/2 juice, 1/2 cut into 2cm thick slices
3 garlic cloves, crushed and sliced
3 sprigs of rosemary
2 tbsp olive oil
1 tbsp balsamic vinegar

INSTRUCTIONS

Place the potatoes in a large pan of salted water and bring up to the boil. Simmer for 10 minutes, then drain and return the potatoes to the pan. Lightly shake the pan and allow the potatoes to steam.

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

Line a baking sheet with tin foil or baking paper.

Arrange the potatoes across one end of a large baking sheet and scatter over the garlic, rosemary and 1/2 the lemon juice. Drizzle over 1 tbsp olive oil and roast in the oven for 30 minutes.

When done, remove the tray from the oven and turn the ingredients. Place the tomatoes on the tray, closest to the potatoes. Drizzle over the balsamic vinegar and return to the oven for 5 minutes.

Add the cod fillets to the tray next to the tomatoes and season. Arrange the lemon slices around the fish and return to the oven for 10 minutes.

Finally, place the broccoli stems on one end of the tray and squeeze over the remaining lemon juice. Season lightly with 1 tbsp olive oil and a pinch of salt, then roast in the oven for 6 minutes, until beginning to crisp.

Serve either straight from the tray, or divide between plates.

MACROS PER PORTION

CALORIES	462	PROTEIN	53
CARBS	31	FATS	14
FIBRE	6		



SALMON AND ORANGE COLESLAW

SERVES: 2

TOTAL TIME: 30 MINUTES



INGREDIENTS

15g pecans
1 orange, 1/2 juiced, 1/2 segments
1 small clove of garlic, grated
1.5 tbsp soy sauce
400g salmon fillets
100g raw beetroot, trimmed, peeled and sliced thinly
60g carrot, peeled and grated
60g red cabbage, sliced thinly
1/2 small red onion, sliced thinly

INSTRUCTIONS

Pre heat the oven to grill on high and place salmon onto a grill tray, season and set aside.

Mix the juice of the 1/2 orange with garlic and soy sauce and use 2 tbsp of this to marinate the salmon setting the remaining dressing aside.

Combine the prepared vegetables with the segments of orange, set aside.

Pat the salmon dry and place under the hot grill for 5-6 minutes until cooked through.

Meanwhile, toss the remaining dressing into the vegetables and orange segments combining well with the pecans.

Divide the slaw between two plates and top with cooked salmon.

MACROS PER PORTION

CALORIES	536	PROTEIN	45
CARBS	17	FATS	32
FIBRE	5		



FETA, APPLE, CRANBERRY AND PECAN CHICKPEA SALAD

SERVES: 2

TOTAL TIME: 10 MINUTES



INGREDIENTS

1 can of chickpeas, drained and rinsed
100g apple, cored and deseeded
30g pecans
45g dried cranberries
120g reduced fat feta cheese
2 tbsp lemon juice
1 tbsp olive oil
1 tsp apple cider vinegar
1/2 tbsp maple syrup
1 tsp garlic powder
1 tsp dijon mustard

INSTRUCTIONS

Dice the apple and feta and add to a large mixing bowl alongside pecans, chickpeas, cranberries, and 2 tbsp lemon juice.

Mix together the olive oil, apple cider vinegar, maple syrup, dijon and garlic with a whisk, pour over the salad and toss well.

MACROS PER PORTION

CALORIES	442	PROTEIN	21
CARBS	31	FATS	26
FIBRE	7		



BACON AND SPINACH SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES

GF

INGREDIENTS

250g reduced fat plain cottage cheese
250g back bacon, chopped
1/2 cos lettuce, sliced
225g spinach
1 tbsp apple cider vinegar
1/4 tbsp fresh grated onion
1 tbsp olive oil
1/2 tsp mustard
1/2 tsp sugar

INSTRUCTIONS

Heat a non-stick frying pan over a medium heat and add chopped bacon and dry fry until crisp and rendered.

Add to a large bowl the spinach and sliced lettuce, mix together and add the bacon.

In a small bowl mix the olive oil, sugar, onion, and mustard together very well. Add the vinegar, season and mix once more. Add the dressing to the bacon and salad leaves tossing together well and transfer the to two bowls.

Add the cottage cheese over the serving bowls.

MACROS PER PORTION

CALORIES	441	PROTEIN	38
CARBS	7	FATS	29
FIBRE	2		



MINTY LAMB KOFTAS

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

1kg lamb mince
1 tsp olive oil
2 tsp sea salt
2 tsp ground cumin
3 tsp coriander seeds, crushed
4 garlic cloves, crushed
3 tbsp fresh mint, chopped
1/4 red onion, thinly sliced

INSTRUCTIONS

Soak eight skewers in water (this stops them from burning) for around 20 minutes.

To a bowl, add the lamb mince, sea salt, cumin, coriander seeds, garlic and mint. Get your hands into the bowl and thoroughly mix together all of the ingredients. Shape the mixture into eight sausages, making sure they are compact.

Take the skewers from the water and insert them into each kofta. Place the skewers in the fridge to allow them to set for a minimum of half an hour (longer is better).

Pre heat an oven grill on high.

Remove the koftas from the fridge, brush each with the dash of olive oil and place under the grill. Cook for 4 minutes on each side until the juices run clear.

Serve garnished with thinly sliced red onion.

MACROS PER PORTION

CALORIES	523	PROTEIN	50
CARBS	2	FATS	35
FIBRE	1		



CHILLI BEEF LETTUCE CUPS

SERVES: 2

TOTAL TIME: 20 MINUTES



INGREDIENTS

500g 5% lean minced beef
1.5 tbsp sesame seed oil
2 garlic cloves, diced
5cm piece of ginger, diced
1 and 1/4 red chillies, deseeded and sliced
1 tbsp + 1 tsp light brown sugar
1 tbsp + 1 tsp fish sauce
Zest of 1 lime, juice of 1/2
3 spring onions, sliced
2 gem lettuces, separated into leaves
1 tbsp soy sauce
1/2 tbsp olive oil

INSTRUCTIONS

Heat a large non-stick frying pan to a medium high heat.

Fry the mince for 5-6 minutes with seasoning until browned.

Remove the beef from the pan, set aside. Wipe out the pan and add a tablespoon of toasted sesame oil. Add the garlic, ginger and slices of one chilli. Fry with a pinch of salt and the 1 tbsp brown sugar for 2 minutes. Add the mince and stir to combine. Add 1 tbsp fish sauce and heat through. Stir in the lime zest and juice of half, then add the spring onions, stirring for 30 seconds. Turn off the heat.

To mix the dressing ingredients together, add 1/2 tbsp sesame seed oil to a small bowl and combine with 1 tbsp soy sauce, 1/4 red chilli, 1 tsp fish sauce, 1 tsp brown sugar and 1/2 tbsp olive oil.

Spoon some of the mince mixture into the lettuce leaves, drizzle with dressing and serve.

MACROS PER PORTION

CALORIES	476	PROTEIN	49
CARBS	25	FATS	20
FIBRE	3		



GINGER BEEF NOODLES

SERVES: 2

TOTAL TIME: 25 MINUTES



INGREDIENTS

180g green beans, trimmed
1 red pepper, sliced
1 lime, zest and juice of 1 half, 1/4's of the other
1" piece of ginger, grated
1 clove of garlic, grated
300g 5% beef mince
2 tsp olive oil
2 tbsp soy sauce
2 tbsp ketjap manis
130g egg noodle nests

INSTRUCTIONS

Boil the kettle and prepare your vegetables.

Add the mince to a non-stick pan over a medium heat and fry until browned, around 6-8 mins. Break it up as it cooks until browned and no pink remains. When done, transfer to a small bowl, mix in the ketjap manis and half of the soy sauce and set to one side. Keep the pan.

Meanwhile, pour the boiled water into a large saucepan and with salt over high heat. Add the noodle nests, bring back to the boil then cook until tender, 2-4 mins. Once cooked, drain under cold water to stop them from sticking together.

Return the now empty frying pan to medium heat, adding 2 tsp olive oil. Once hot, add the pepper, green beans and a small splash of water to help them cook through until tender. Add ginger and garlic. Cook for 1 minute then stir in the remaining soy sauce and a pinch of sugar.

Add the beef mince back into the pan and stir in the noodles. Toss and continue to cook until everything is piping hot, 2-3 mins. Once hot, remove the pan from the heat and stir in the lime zest, juice from half the lime. Season and divide the noodles between dishes.

MACROS PER PORTION

CALORIES	516	PROTEIN	45
CARBS	66	FATS	8
FIBRE	6		



RUMP STEAK AND ORANGE SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

300g rump steak, lean
2 oranges, one cut into segments, zest and juice of one
2 tbsp olive oil
2 tsp mustard
2 tsp apple cider vinegar
1 tsp honey
80g spinach leaves
65g salad radishes, sliced

INSTRUCTIONS

Pre heat a griddle pan on high heat and season the beef heavily with black pepper and sea salt.

When the pan reaches heat, reduce to a medium and add your steaks cooking on each side for 4-6 minutes. Allow to rest on a warm plate.

Meanwhile, combine olive oil, mustard, honey and vinegar with a little seasoning and the juice and zest of one orange.

Slice the second orange, radishes and combine with the spinach and toss together.

Slice the rump steaks and add any resting juices to the dressing. Dress the salad and divide steak strips between two.

MACROS PER PORTION

CALORIES	387	PROTEIN	36
CARBS	18	FATS	19
FIBRE	4		



FETA, TUNA AND LENTIL SALAD

SERVES: 1

TOTAL TIME: 6 MINUTES

GF

INGREDIENTS

100g tinned tuna from brine, drained
125g pre-cooked puy lentils
30g feta cheese, diced
40g sun-dried tomatoes, diced
40g jarred artichokes, halved
30g rocket salad
Juice of 1/2 lemon

INSTRUCTIONS

Reheat your lentils according to pack instructions and allow to cool slightly.

Meanwhile, combine tuna, feta, artichokes, sun-dried tomatoes and rocket in a bowl, add seasoning and mix very well.

Add your warm lentils, stir through the salad and finally dress with lemon juice.

MACROS PER PORTION

CALORIES	389	PROTEIN	44
CARBS	24	FATS	13
FIBRE	5		



CHICKEN LIVER AND KALE SPAGHETTI

SERVES: 4

TOTAL TIME: 40 MINUTES

INGREDIENTS

20g butter
2 tbsp olive oil, plus 2 tsp
4 onions, thinly sliced
450g chicken livers
1 tbsp plain flour
200g white mushrooms, sliced
2 garlic cloves, crushed
1 tsp smoked paprika
240g wholewheat spaghetti
200g curly kale, stalks removed
1/2 vegetable stock cube, made with 200ml water
160g low fat plain yogurt

INSTRUCTIONS

Set a large non stick frying pan over a low-medium heat and melt the butter. Gently sauté the onions with a pinch of salt and a dash of water for 20 mins, stirring often, until golden and soft. Transfer to a large bowl with a slotted spoon leaving any oil in the pan. Set aside.

Meanwhile, pat the livers dry and slice into thin strips. Combine the flour and the livers and toss to coat.

Heat 1 tbsp oil in the pan you used for the onions. Add the livers and cook over a medium-high heat for 2-3 mins until brown and cooked through. Add these to the bowl of onions and season well.

Heat the remaining 1 tbsp oil in the frying pan over a medium-high heat. Cook the mushrooms for 5-6 mins until golden and tender adding salt at the end. Add the garlic and paprika and cook for 1 min more.

Meanwhile, boil your kettle adding water to a large saucepan with seasoning. Cook the pasta to pack instructions and add the kale for the last 5 mins. Drain, reserving 100ml of the pasta water.

Reconstitute and stir the stock into the mushrooms. Bring to the boil, then reduce the heat to low and simmer for 5 mins until thickened. Add the liver and onions and warm through for 1 min. Turn off the heat, then stir through the yogurt.

Add the pasta and kale to the mushroom sauce, along with half the reserved pasta water. Toss together, seasoning well with black pepper and adding a little more pasta water if needed to make a silkier sauce.

Divide between four to serve.

MACROS PER PORTION

CALORIES	519	PROTEIN	34
CARBS	62	FATS	15
FIBRE	9		



SWEET AND SOUR CHICKEN

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

600g boneless and skinless chicken thighs
6cm fresh ginger, peeled and grated
1 red onion, sliced
1 clove of garlic, sliced
1 green pepper, stemmed and chunked
200ml pineapple juice
60ml rice vinegar
60ml ketchup
60g light brown sugar
1 tsp garlic
60g cornflour
1 tbsp olive oil
1 tbsp sesame oil
1/2 tsp chilli flakes
100g pineapple chunks

INSTRUCTIONS

Place the pineapple juice, rice vinegar, ketchup and sugar in a small saucepan and stir to dissolve the sugar over a low heat. Increase the heat to medium high and bubble for around 6 minutes until you have a syrup. Remove from the heat and set aside.

Meanwhile, in a large bowl combine the garlic powder with the cornflour, cut the chicken into 1 cm chunks adding to the bowl and toss in the mix until well covered.

Heat the olive oil in a large frying pan over medium high heat and add the chicken frying until browned and coated for around 6 to 8 minutes, remove the pan from the heat and set aside.

Meanwhile, heat the sesame oil in a second frying pan and add the onion slices and stir until translucent for around five minutes. Add the green pepper, chilli flakes, salt, garlic and ginger and continue to cook for another 3 to 5 minutes stirring all the time. Add the pineapple to the pan, continuing to stir until hot. Tip the chicken into the pan and heat through.

Finally pour over your sauce and fold it through the whole mix so that everything is well covered and hot for 1 to 2 minutes.

MACROS PER PORTION

CALORIES	406	PROTEIN	33
CARBS	46	FATS	10
FIBRE	2		



SLOW COOKER FAJITAS

SERVES: 4

TOTAL TIME: 4-6 HOURS

INGREDIENTS

450g chicken breast
2 bell peppers, sliced
1 medium red onion, sliced
2 large cloves of garlic, crushed
40g honey
1 tbsp olive oil
Juice of 1 lime
1 tsp chilli powder
1 tbsp cumin
1 tbsp smoked paprika
200g chopped tomatoes
4 soft white tortilla
80g cheddar, grated

INSTRUCTIONS

Place half of the sliced peppers and onion in the slow cooker.

Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Finally, add the remaining peppers and onions and cook for 4 hours on high or 6 on low.

When ready to serve, remove the chicken and shred it with a fork, then return it to the the dish and combine well and cook for another 10 mins on low

Divide the mixture into four wraps, top with 20g cheese in each wrap and roll to serve.

MACROS PER PORTION

CALORIES	443	PROTEIN	38
CARBS	39	FATS	15
FIBRE	3		



MEATBALLS WITH PESTO SPAGHETTI

SERVES: 4

TOTAL TIME: 25 MINUTES

INGREDIENTS

500g 5% beef mince
2 cloves of garlic, crushed
2 shallots, finely diced
260g spaghetti
100g red pesto
80g parmesan, shaved
Handful of basil leaves

INSTRUCTIONS

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

In a large bowl combine the garlic cloves with the shallots and the beef mince squeezing the mixture together with your hands. Roll these into 24 individual 1 inch sized meatballs and place on a parchment lined tray. Roast in the oven for 15 minutes.

Meanwhile, bring a large saucepan of heavily salted water to a boil and add the pasta and cook for 10 to 12 minutes.

Drain the pasta but reserve half a cup of the liquid.

Return the pasta to the saucepan stirring in the pesto with a small amount of the reserved pasta liquid. Season with salt and pepper and add the meatballs and any resting juices into the pasta, along with fresh basil leaves, toss together and top with equal portions of freshly shaved parmesan.

MACROS PER PORTION

CALORIES	556	PROTEIN	42
CARBS	52	FATS	20
FIBRE	3		



COTTAGE PIE

SERVES: 4

TOTAL TIME: 55 MINUTES

INGREDIENTS

500g 5% beef mince
240g onion, chopped
255g carrots, chopped
2 beef stock cubes made with 500ml water
1 tbsp Worcestershire sauce
600g potatoes, peeled and cut into chunks
120g cheddar cheese, grated

INSTRUCTIONS

Heat a large pan over medium high and add the mince. Fry for 6 minutes, until fully browned. Add the onion and carrots and cook for a few more minutes.

Add the stock to the pan, then add the Worcestershire sauce and black pepper. Bring to a boil, reduce the heat, cover and simmer for 20 minutes, removing the lid for the final 5 minutes, reducing until it thickened.

Meanwhile, boil the kettle and add the water to a large sauce pan with a big pinch of salt. Add the potatoes and boil for around 15 minutes. When fork tender, drain the water and mash with a little salt and pepper.

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

Pour the mince mixture into a large shallow ovenproof dish and allow to cool slightly. Spoon the mashed potato onto the mince evenly and “tramline” the potato with a fork to allow some char. Top with the cheddar.

Roast in the oven for 25-30 minutes or until the potato is lightly charred and the cheese golden brown.

MACROS PER PORTION

CALORIES	460	PROTEIN	39
CARBS	40	FATS	16
FIBRE	3		

DESSERT







CHOCOLATE PROTEIN ROULADE

SERVES: 8

TOTAL TIME: 45 MINUTES



INGREDIENTS

6 eggs
90g chocolate whey protein
175g plain chocolate
35g powdered sweetener
2 tbsp cocoa powder
250g quark cheese
1 drop vanilla essence

INSTRUCTIONS

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

Place chocolate into a heatproof bowl using 15s second blasts in the microwave until melted. Set aside to cool to room temperature.

Separate the eggs into two bowls and whisk the egg whites with an electric mixer on high until it forms stiff peaks. In the second bowl, add the sweetener to the egg yolks and using the electric mixer on high whisk until pale and thickened.

Add 60g whey protein and the melted chocolate to the egg yolk mixture and fold together. Fold in the whites to the yolk mixture in 2-3 tbsp increments to avoid knocking out the air. Sift the cocoa powder on the top of the mixture and fold in.

Grease and line the base and sides of the swiss roll tin with non stick baking paper. Pour the mixture into the tin and distribute evenly. Bake for 20 - 25 minutes or until risen, remove and leave to cool in the tin.

While the cake is cooling, combine quark cheese with 30g whey protein, 1 tsp sweetener and a drop of vanilla essence.

Remove from the tray and spread the filling over the sponge, leaving a 2cm edge on all sides. Using a sharp knife, make a shallow cut along one of the short sides.

Roll this cut edge over tightly to start. Use the paper to continue tight rolling by pulling it away from you as you roll. Finish with the join underneath.

Cut into 10 slices.

MACROS PER PORTION

CALORIES	243	PROTEIN	20
CARBS	16	FATS	11
FIBRE	1		



BANANA ALMOND PROTEIN PANCAKES

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

250g banana flesh
30g whey protein
2 large whole eggs
35g ground almonds
Light spray oil
2 tbsp maple syrup

INSTRUCTIONS

Using an immersion blender or a small food processor, blend together 200g banana flesh, whey, eggs and ground almonds until you get a smooth fluffy batter.

Add the light spray to a non-stick pan and heat on high.

Add 1/6th of the pancake batter to the pan and immediately turn down to a medium low heat. Flip the pancake as soon as bubbles begin to form on the surface. Repeat until you have six pancakes to your liking.

Serve three pancakes onto two plates, finish with the final 50g of banana flesh and 1 tbsp maple syrup.

MACROS PER PORTION

CALORIES	437	PROTEIN	26
CARBS	45	FATS	17
FIBRE	3		



PROTEIN FRENCH TOAST

SERVES: 2

TOTAL TIME: 15 MINUTES



INGREDIENTS

2 medium eggs
25g vanilla whey protein
2 medium slices of wholegrain bread
100ml almond milk
5g butter
1 tsp powdered sweetener

INSTRUCTIONS

Slice your bread into 1" strips. Crack the eggs into a bowl and add almond milk and whey protein whisking through thoroughly

Heat a non-stick pan over medium heat with the butter.

Coat your bread slices with the mixture and add them carefully to the pan along with any remaining mixture, fry for around 2 minutes on each side.

Finish with 1 tsp powdered sweetener to serve.

MACROS PER PORTION

CALORIES	475	PROTEIN	42
CARBS	34	FATS	19
FIBRE	4		



SPICED APPLE AND CARROT CAKE

SERVES: 8

TOTAL TIME: 60 MINUTES

GF DF V

INGREDIENTS

225g carrots, peeled and diced
3 large eggs
140g dates pitted
50g peanut butter
1.5 tsp baking powder
2 tsp cinnamon
1 orange, juice and zest
1 apple, diced
50g sunflower seeds
30g rolled oats
25g cranberries

INSTRUCTIONS

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

In a food processor add all of the ingredients except the cranberries and apple, combine well.

Stir in the cranberries and apples.

Grease your baking tin with light spray oil and then fill it with the batter. Press firmly and smooth the surface with a wet rubber spatula until even.

Bake it for 45-50 minutes until it's golden brown and spongy.

Allow to fully cool.

MACROS PER PORTION

CALORIES	197	PROTEIN	7
CARBS	22	FATS	9
FIBRE	3		



BAKED PEARS WITH SPICED YOGHURT

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

For the pears:

4 ripe pears, cored and halved

28g pecans, chopped

80g frozen cranberries

40g rolled oats

30g unsalted butter, melted

40g honey

¼ tsp ground cinnamon

For the yoghurt:

500g 0% strained greek yoghurt

50g honey

1/2 tsp ground ginger

1/2 tsp ground nutmeg

1/2 tsp ground cinnamon

INSTRUCTIONS

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

Cut the pears in half lengthwise and remove the core and place cut side up into a foil-lined baking dish. Mix pecans, cranberries, oats, butter, honey, cinnamon and a pinch of salt in a bowl.

Spoon mixture on top of the pears.

Bake for 30 minutes until the pears are tender.

Meanwhile, combine yogurt, honey, ginger, nutmeg and cinnamon. Refrigerate until the pears are ready.

Remove pears from the oven and leave to cool for a few minutes. Place 2 halves onto a plate and serve with the yogurt.

MACROS PER PORTION

CALORIES	300	PROTEIN	15
CARBS	33	FATS	12
FIBRE	2		

Balance.

MONTHLY RECIPE BOOK