

A close-up photograph of a bowl of salad, featuring sliced avocado, cherry tomatoes, and a hard-boiled egg. A silver fork is visible on the right side of the bowl. The image is darkened to serve as a background for the text.

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MONTHLY RECIPE BOOK

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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



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DISCLAIMER

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KEY

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

BREAKFAST







PROTEIN BANANA PARFAIT

SERVES: 1

TOTAL TIME: 25 MINUTES



INGREDIENTS

30g whey protein
170g strained greek yoghurt
2 plain digestive biscuits, crushed
1/2 small banana, sliced
20g honey

INSTRUCTIONS

In a bowl, combine 1 scoop of whey protein with 1/2 scoop of water and mix to a thick paste. If it's too thick add some water a tsp at a time until you find the consistency you want.

In a glass, add the base layer of crushed digestives, 1/2 of the greek yoghurt and half of the protein mixture, top with the banana slices, then honey and layer again with the protein mixture and finish with the yoghurt.

Refrigerate for 20 minutes or overnight.

MACROS PER PORTION

CALORIES	449	PROTEIN	43
CARBS	49	FATS	9
FIBRE	1		



POACHED EGGS ON MARMITE AVOCADO TOAST

SERVES: 1

TOTAL TIME: 15 MINUTES



INGREDIENTS

2 medium eggs
60g avocado flesh, sliced
1 large slice of wholemeal bread
2 heaped tsp marmite/yeast extract
20g lambs lettuce

INSTRUCTIONS

Boil a kettle and empty it's contents into a saucepan and bring to a boil over high heat, once boiling turn the heat down to low and wait for the "rolling" boil to settle. The water should not bubble.

Meanwhile, crack your eggs seperately into cups.

No need to stir the water, lower the egg directly into the water, fully submerged and leave to heat through for 3-4 minutes.

Meanwhile, add the bread to the toaster, cook to your preferred darkness and when done, spread with the marmite.

On the toast, add the lambs lettuce, avocado slices and top with the eggs.

MACROS PER PORTION

CALORIES	462	PROTEIN	36
CARBS	21	FATS	26
FIBRE	5		



BLT CROISSANTS

SERVES: 4

TOTAL TIME: 12 MINUTES

DF

INGREDIENTS

1 tbsp honey
1 tbsp mustard
1/4 tsp paprika
250g back bacon
4x 60g croissants
160g sliced tomatoes
2 gem lettuces, shredded
120g low fat soft cheese

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6 and line a baking tray with foil.

Mix together the honey, mustard and paprika in a small dish until combined then lay out the bacon across the baking tray and brush over the honey mustard mix, coat both sides.

Cook the bacon in the oven for 10 minutes then add the croissants to the oven aswell and cook for another 2 minutes until the bacon is crisp and the croissants warm and toasty.

Slice the croissants and spread with equal amounts of cream cheese, add bacon, sliced tomato and lettuce.

MACROS PER PORTION

CALORIES	432	PROTEIN	21
CARBS	33	FATS	24
FIBRE	2		



BAKED ASPARAGUS, EGG AND GOAT'S CHEESE

SERVES: 1

TOTAL TIME: 20 MINUTES

V GF LC C

INGREDIENTS

150g trimmed asparagus spears
1 tsp olive oil
1 medium egg
12g parmesan, grated
20g soft white goat's cheese

INSTRUCTIONS

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

On a sheet oan, lined with baking parchment, toss your asparagus spears with a tsp of olive oil and a pinch of salt. Lay the stalks evenly in a row and crack an egg into the centre, and top with the parmesan, then finally the goat's cheese.

Bake for 15 minutes until the egg is "just" set and the cheese melts.

Serve right from the tray.

MACROS PER PORTION

CALORIES	271	PROTEIN	22
CARBS	3	FATS	19
FIBRE	3		



PESTO EGGS ON TOAST

SERVES: 2

TOTAL TIME: 10 MINUTES



INGREDIENTS

40g green or red pesto
2 large eggs
20g parmesan, finely grated
2 thick slices brown bread
60g light cream cheese

INSTRUCTIONS

Heat a medium sized non-stick frying pan over medium heat and spread the pesto in a thin layer across the pan.

When the pesto is warm, crack the eggs on top and add the parmesan. Fry for 4 to 5 minutes or until the whites are set and no longer translucent.

Meanwhile, toast the bread in the toaster then spread with cream cheese.

Remove the eggs from the pan and place them on top of the toasts, adding any leftover pesto or crispy cheese from the pan.

MACROS PER PORTION

CALORIES	362	PROTEIN	20
CARBS	21	FATS	22
FIBRE	2		

SIDES







STICKY MUSTARD BACON WRAPPED SAUSAGES

SERVES: 4

TOTAL TIME: 25 MINUTES



INGREDIENTS

6 reduced fat pork sausages
6 rashers smoked back bacon
2 tbsp apricot jam
1 tbsp apple cider vinegar
2 tsp wholegrain mustard
1 tsp dried rosemary

INSTRUCTIONS

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

Remove bacon from packet and using the back of a knife, stretch out the bacon by rubbing lengthways. Wrap each sausage with one slice of bacon and add a cocktail stick through the centre to secure.

Place in a roasting dish and cook for 20 minutes, turn halfway to cook evenly.

Meanwhile mix the jam, mustard, vinegar and rosemary into a bowl. After the 20 minutes of cooking time, add this to the sausages and roast for another 20 minutes until sticky and crisp.

Remove from the oven, allow to cool slightly and add to serving bowls with any sticky and crispy bits.

MACROS PER PORTION

CALORIES	228	PROTEIN	18
CARBS	12	FATS	12
FIBRE	2		



GRILLED SPRING ONIONS AND TOMATO SAUCE

SERVES: 2

TOTAL TIME: 25 MINUTES

V VE DF GF LC C

INGREDIENTS

2 tbsp olive oil
1 clove of garlic, chopped
4 tomatoes, finely chopped
1 tsp chilli powder
180g spring onions, roots removed

INSTRUCTIONS

Heat 1 tbsp of the olive oil in a medium saucepan and add the garlic. Cook for 30-45s and add the tomatoes, chilli powder and a pinch of salt and sugar. Bring to a low heat adding 2 tbsp water and simmer for 12 minutes until the tomatoes have thickened.

Heat a griddle pan over high heat and add 1 tbsp olive oil. When hot, add the spring onions and cook each side for 1 minute until lightly charred and softened.

Remove from the heat and serve with the tomato sauce.

MACROS PER PORTION

CALORIES	160	PROTEIN	3
CARBS	10	FATS	12
FIBRE	3		



TOMATO AND SPINACH CHAFFLE WRAP

SERVES: 2

TOTAL TIME: 8 MINUTES

V GF LC

INGREDIENTS

1 tsp butter
100g fresh mozzarella, finely chopped or grated
1 egg
60g spinach
20g sundried tomatoes, drained and diced

INSTRUCTIONS

Pre heat a non-stick frying pan over medium heat.

Meanwhile, combine your ingredients in a mixing bowl with a crack of black pepper.

Add the mixture to the pan and spread thin without any gaps to look like a pancake, leave to fry until bubbling for 4 minutes, cook until golden on one side, flip and cook for another 2 minutes.

Drain the sundried tomatoes and dice, when the chaffle is done, fill with the spinach and tomatoes and wrap.

Serve hot.

MACROS PER PORTION

CALORIES	204	PROTEIN	14
CARBS	1	FATS	16
FIBRE	2		



CHEESY EGG MUFFINS

SERVES: 6

TOTAL TIME: 30 MINUTES



INGREDIENTS

5 eggs
50g olive oil
60g sour cream
150g plain flour
1/2 tsp baking powder
1/4 tsp bicarbonate of soda
30g cheddar, grated
25g parmesan, grated
2 spring onions, sliced

INSTRUCTIONS

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

Boil a kettle and add the contents to a saucepan, bring to a high boil, add three eggs and boil for 5 1/2 minutes, drain and run under cold water until fully cold. Peel once cold.

Whisk together the remaining two eggs, olive oil and sour cream in a large bowl.

Add the flour 1 spoonful at a time, mix together then add the baking powder and bicarbonate of soda.

Add the cheeses, sliced spring onion and mix well.

Fill six muffin moulds 1/3rd of the way up, reserving enough mixture to add on top of the muffins.

Gently roll each peeled egg first into a little flour then halve.

Make a small dint in each mould of batter mix and place half an egg in the centre.

Pipe around each egg until all the eggs are fully covered.

Bake in the oven for 17 minutes.

Cut in half and serve immediately with a little salt.

MACROS PER PORTION

CALORIES	281	PROTEIN	11
CARBS	21	FATS	17
FIBRE	1		



CHEESEBURGER OMELETTE

SERVES: 2

TOTAL TIME: 20 MINUTES

GF LC P

INGREDIENTS

3 medium eggs
2 tsp butter
1.5 red peppers, deseeded and sliced
1 small red onion, sliced
120g mushrooms, sliced
200g 5% beef mince
40g cheddar, grated

INSTRUCTIONS

Crack your eggs into a mixing bowl and whisk together.

Set a frying pan over a medium heat on the hob with 1 tsp butter and fry the vegetables until soft and golden, stirring frequently. When done, remove the vegetables but don't wipe out the pan, set aside.

Meanwhile, divide the beef mince into two balls and flatten them into burger patties.

In another frying pan, heat over medium until hot for around 2 minutes and place the beef patties into the pan and season, leave untouched until outer edges are brown, around 2 minutes.

Flip the burger and cook for another 2 minutes. Repeat until they're firm to touch in the middle, add the cheese slices and leave on top of the burgers to melt.

Heat a tsp of butter in the vegetable pan over medium-low heat, add the beaten eggs and cook for 3-4 minutes, pushing the mixture from the sides to the middle, so that the uncooked egg flows over the surface and cooks.

Place the cheeseburgers and cooked veg inside in the omelette in the pan and then fold over the top.

MACROS PER PORTION

CALORIES	407	PROTEIN	40
CARBS	10	FATS	23
FIBRE	3		

MAINS







TUNA MELT

SERVES: 4

TOTAL TIME: 20 MINUTES



INGREDIENTS

4 sliced white rolls
2 spring onions, sliced
2 red chillies, deseeded and chopped
200g (2 can) tuna, drained
65g mayonnaise
Dash of Worcestershire sauce
125g mozzarella, grated

INSTRUCTIONS

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

Separate your buns and reserve some of the spring onions and chillies for garnishing.

Take the rest of your ingredients, apart from the cheese, and cast into a large mixing bowl stirring into you've reached a chunky creamy tuna mixture.

Add a quarter of the tuna mixture to the four bases of the buns, then add the filled bun halves to a baking tray. Add the cheese on top and distribute the remaining chillies and spring onion.

Add the tray of buns to the oven until the cheese has melted. This will take around 10-15 minutes depending on how far you want to take the cheese from gooey melty to crazzled and leopardy.

Add the tops and serve.

MACROS PER PORTION

CALORIES	393	PROTEIN	24
CARBS	27	FATS	21
FIBRE	2		



CHICKEN ROGAN JOSH

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

2 tbsp olive oil
1 large onion, finely diced
4 garlic cloves, finely diced
5cm piece of ginger, peeled and grated
1/2 tsp cinnamon
5 cardamom pods, crushed
1/2 tsp chilli flakes
2 tsp cumin seeds
2 tsp ground coriander
2 tsp garam masala
800g chicken breast, diced
400g can chopped tomatoes
4 small pitta breads
160g salad leaves

INSTRUCTIONS

Heat the olive oil in a large heavy based saucepan over a medium-low heat. Sauté the onion, garlic, ginger, cinnamon and crushed cardamom pods with a good pinch of salt until the onion has softened for 7-8 minutes.

Add the remaining chilli, cumin, coriander and garam masala then cook for 30s until the spices start to stick to the bottom of the pan stirring regularly.

Add the chicken and stir well to coat in the spices.

Cook for another 2-3 minutes, stirring frequently.

Add the chopped tomatoes and simmer for 20 minutes, stirring often.

Before serving, add the pitta to a microwave for 2 minutes until they puff up. Slice in half and divide between four.

Serve with the salad greens.

MACROS PER PORTION

CALORIES	563	PROTEIN	61
CARBS	55	FATS	11
FIBRE	6		



TURKEY SAUSAGE AND EGG HASH

SERVES: 2

TOTAL TIME: 30 MINUTES

GF DF C

INGREDIENTS

220g lean turkey sausages, diced into 1" lengths

140g butternut squash, cubed (small pieces)

80g mushrooms, halved

2 eggs, boiled, diced

360g cherry tomatoes, halved

1/4 red onion, diced

60g avocado, diced

1 tbsp fresh coriander, chopped

Juice of 1 lemon

INSTRUCTIONS

Heat a non-stick frying pan over medium high heat and boil a kettle. Add the kettle's contents to a saucepan over high heat.

Add the eggs to the boiling water and cook for 8 minutes over high heat until fully hard boiled.

Meanwhile, add the sausage slices to the pan and cook for 5-6 minutes until there's no pink meat and cooked through. Remove the meat from the pan leaving any residue and set aside.

Add the butternut squash and mushrooms. Cook for 8-10 minutes until the squash is very tender, adding a touch of water if needed to prevent burning.

Meanwhile, drain the eggs and run under cold water, peel both of the eggs and leave to cool for 1-2 minutes. Once slightly cooled, dice your eggs into 1" chunks.

Add the sausage alongside any resting juices back in to the butternut and mushroom mix and heat through for 1 more minute.

In a salad bowl, add the avocado, coriander, tomatoes, lemon juice and season.

Toss the sausage, butternut squash, and mushrooms into the salad mixture.

Serve between two.

MACROS PER PORTION

CALORIES	370	PROTEIN	29
CARBS	23	FATS	18
FIBRE	5		



SURF AND TURF KEBABS WITH SMOKED MAYO

SERVES: 2

TOTAL TIME: 15 MINUTES

GF DF LC C

INGREDIENTS

For the kebabs

300g rump steak, lean only, sliced into 1cm strips

150g raw prawns

2 tsp smoked paprika

1 tsp garlic granules

1 tsp sea salt

1 red pepper, cubed

1/2 tsp chilli flakes

2 limes

For the smoked mayo

50g mayonnaise

1 tsp smoked paprika

1/2 lime, juice only

INSTRUCTIONS

Place the steak strips and prawns into a bowl with the smoked paprika, garlic granules, salt and chilli flakes. Mix well to coat.

Cut each lime into 8 wedges. Thread the meat and limes onto 4 skewers alternating between steak, pepper, prawns and a wedge of lime.

For the smoked mayo, mix all of the ingredients and spoon into a serving dish.

Pre heat an oven grill to high for 10 minutes. Grill the skewers for 6 minutes turning half way through cooking. Ensure the prawns are fully cooked through and pink before serving.

Serve with a dollop of smoked mayo.

MACROS PER PORTION

CALORIES	446	PROTEIN	48
CARBS	5	FATS	26
FIBRE	1		



BURGER SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES

GF DF P C

INGREDIENTS

- 4 lean beef burgers
- 2 baby gem lettuce
- 8 spring onions
- 8 cherry tomatoes
- 4 radishes
- 1 small red onion
- Juice of 1/2 a lime
- 60g light mayonnaise
- 1 tsp smoked paprika

INSTRUCTIONS

Cut the baby gem lettuce and tomatoes in half and thinly slice the radishes and red onion. Marinate the red onion in the juice of 1/4 a lime and a pinch of salt.

Pre heat an oven grill on maximum. Add the burgers to a grill tray and grill on one side for 6 minutes. Flip the burgers and add the spring onions to the tray. Cook until juices run clear from the meat and the onions are wilted. Keep warm in a lower compartment of the oven whilst you arrange the salad ingredients.

Add the salad ingredients including the marinated onions to a bowl, then add the mayonnaise with a little water and smoked paprika until a sauce consistency is achieved and toss together. Remove the spring onions from the oven and roughly chop, this is a simple burger onion topping.

Serve half the salad with a burger, top with the grilled onions.

MACROS PER PORTION

CALORIES	504	PROTEIN	47
CARBS	25	FATS	24
FIBRE	5		



MINCED BEEF POTATO CAKES WITH MUSHY PEAS

SERVES: 4

TOTAL TIME: 45 MINUTES



INGREDIENTS

400g 5% fat beef mince
440g white potatoes, peeled and cubed
120g carrots, chopped
1 medium white onion, chopped
70g panko breadcrumbs
12g butter
15g semi-skimmed milk
1.5 tbsp olive oil
600g canned mushy peas

INSTRUCTIONS

Set a frying pan over medium high heat and add the beef and onion with 1 tbsp olive oil. Gently brown them together for 4-6 minutes.

Meanwhile, boil a kettle and empty it's contents into a saucepan. Bring to a boil and add the potatoes, cook until soft for 12 minutes. Drain well and mash together with the butter and milk.

In a separate pan, boil the carrots until soft for 8-10 minutes.

In a large bowl, bring together the cooked mince, mashed potato, carrots and onion. Stir until well combined.

Shape the mixture into four individual patties just over 1cm thick. Roll each one in panko breadcrumbs.

Add them to a baking sheet lined with grease proof paper and add 1/2 tbsp oil to the sheet. Cook for 30 minutes, turning over at 15 minutes in. 5 minutes after turning the beef and potato cakes, add your mushy peas to a saucepan and reheat over a low heat for 6-8 minutes until the cakes are done.

Serve immediately.

MACROS PER PORTION

CALORIES	492	PROTEIN	35
CARBS	61	FATS	12
FIBRE	5		



CHEESEBURGER JACKET POTATOES

SERVES: 4

TOTAL TIME: 70 MINUTES

GF

INGREDIENTS

4x 225g baking potatoes

1 large onion, diced

500g 5% minced beef

65g ketchup

30g yellow mustard

100g cheddar, grated

4 tsp olive oil

INSTRUCTIONS

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

Add the potatoes to a roasting tray and rub with 2 tsp of olive oil and salt, bake the potatoes until tender for 60 minutes.

After 40 minutes, dice the onion and add to a frying pan with 2 tsp of olive oil and a pinch of salt over medium heat until slightly caramelised. Remove the mix from the pan and set aside.

Add the minced beef to the same pan and cook on a medium heat for 6 minutes. Once it's cooked through, add the cooked onions back into the pan.

Stir the ketchup and mustard into the mix until all is combined and sticky.

Remove the potatoes from the oven and rest for 5 minutes. Once they are cool enough to handle, slash through the middle and fill with the cheeseburger mixture, add them back into the oven or under a hot grill until the cheese has melted.

Serve immediately.

MACROS PER PORTION

CALORIES	534	PROTEIN	39
CARBS	54	FATS	18
FIBRE	3		



TERIYAKI SALMON AND COURGETTE NOODLES

SERVES: 2

TOTAL TIME: 20 MINUTES



INGREDIENTS

2 tsp coconut oil
240g salmon fillets, skinless
2 spring onions
2cm piece of fresh root ginger, peeled and finely grated
2 tbsp soy sauce
1 tbsp honey
1/2 tbsp rice wine vinegar
4 cherry tomatoes
1 large courgette, sliced to make long noodle strands
1 tsp sesame oil

INSTRUCTIONS

Heat 1 tsp coconut oil in a frying pan over medium high heat. When the oil has melted add the salmon and fry for 2 to 3 minutes on each side until lightly browned.

Meanwhile, mix together the spring onions, ginger, soy, honey and vinegar into a sauce. Pour this into the pan with the salmon and let it bubble up, then remove the pan from the heat.

In another frying pan, heat the remaining 1 tsp coconut oil over a high heat. Add the tomatoes and fry for one minute then add the courgette noodles and toast for one minute just to warm through.

Plate the noodles then top with the salmon, finish with the sesame oil.

MACROS PER PORTION

CALORIES	378	PROTEIN	32
CARBS	13	FATS	22
FIBRE	1		



THAI CHICKEN, RICE AND BROCCOLI

SERVES: 2

TOTAL TIME: 35 MINUTES



INGREDIENTS

1 tsp fish sauce
1.5 tbsp soy sauce
2 tsp brown sugar
12g fresh coriander, leaves whole, stalks chopped
1 lime, juice of 1/2, 1/2 cut into wedges
4 skinless and boneless chicken thighs
125g basmati rice
200g tenderstem broccoli
1 thai chilli, thinly sliced

INSTRUCTIONS

In a bowl combine the fish sauce, soy, sugar, coriander stalks and lime juice, mix very well.

In a non-metallic container, add the chicken and the marinade and coat very well. Cover and chill for 15 minutes.

Pre heat an oven grill to high.

Lay the chicken onto a foil lined baking tray along with any excess marinade. Grill for 10-12 minutes turning halfway.

Meanwhile, boil a kettle and add it's contents to a sauce pan. Wash and rinse the rice for 2-3 minutes whilst the water comes to a boil. Add the rice to the water with a pinch of salt and cook for 8-10 minutes until soft. Drain through a seive.

Add the broccoli to the chicken tray, toss through any marinade and cooking juices and grill for another 6 minutes until the chicken is fully cooked.

Add the rice to two plates, with half of the broccoli and chicken thighs. Cover in any leftover marinade/sauce and add the coriander and sliced chilli to serve.

MACROS PER PORTION

CALORIES	486	PROTEIN	46
CARBS	62	FATS	6
FIBRE	3		



HERB STUFFED CHICKEN AND MASH

SERVES: 2

TOTAL TIME: 35 MINUTES

GF LF

INGREDIENTS

1 garlic clove, grated
125g cherry tomatoes
1 tbsp dried oregano
1 tsp olive oil
300g sweet potato
300g white potato
12g butter
50g medium fat soft cream cheese
300g chicken breast
160g green beans

INSTRUCTIONS

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

In a bowl, combine the grated garlic with the cream cheese and half a tablespoon of dried oregano, season.

Take each chicken breast and slice horizontally through the middle of each portion being careful not to cut all the way through to make a pocket for the stuffing. Add equal amounts of the garlic and cream cheese mixture to each chicken breast.

Add the breasts to a small ovenproof dish and scatter the cherry tomatoes with the remaining oregano. Season and add to the oven for 25 minutes.

Meanwhile, fill a saucepan with water and bring to a boil with a pinch of salt, peel the potatoes and the sweet potato, then cut them into bite-size pieces and add to the pan. Cook for 12 minutes until tender. Drain and allow to steam dry in the saucepan you cooked them in.

On a flat roasting tray, add the green beans trimming any fibrous ends, adding a teaspoon of olive oil and seasoning. Add these to the oven when the chicken has 10 minutes left, cooking for 8 to 10 minutes until softened.

Add the saucepan with the potatoes back to a very low heat with the butter and mash in the saucepan.

Remove the oven items and divide between two plates spooning the cherry tomatoes and any sauce from the dish over the chicken. Add equal amounts of the potato mash and serve.

MACROS PER PORTION

CALORIES	564	PROTEIN	46
CARBS	68	FATS	12
FIBRE	8		



STEAK WITH CHORIZO, TOMATOES AND SPINACH

SERVES: 2

TOTAL TIME: 15 MINUTES

DF GF LC C

INGREDIENTS

1 tbsp olive oil
2x 200g sirloin steaks, trimmed of fat
60g chorizo, diced
200g spinach
8 cherry tomatoes, halved
1 tbsp red wine vinegar

INSTRUCTIONS

Boil a kettle and empty it's contents into a saucepan. Bring to a boil and set a frying pan over high heat.

Use the olive oil to bind a good pinch of salt and pepper to both steaks. Lay the steaks into the pan away from you when it is very hot. Cook for 2 minutes and turn, cooking again for another 2 minutes.

Transfer the steaks to a plate and set aside.

Add the chorizo to the saucepan you cooked the steaks in over low heat, cooking for 2 minutes.

Meanwhile, re-boil a kettle and empty it's contents into a bowl to blanch to spinach. Add the spinach and leave to cook in the hot water for 1 minute. Drain with a sieve.

Turn up the heat on the chorizo to high, add the tomatoes and constantly stir for 1 minute. Add the vinegar and cook into the tomatoes until very little remains. Add the spinach and combine together with a pinch of salt.

Add half of the mixture to 2 plates, top with a steak.

MACROS PER PORTION

CALORIES	477	PROTEIN	58
CARBS	5	FATS	25
FIBRE	3		



PAPAYA AND HALLOUMI SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES

V GF LC C

INGREDIENTS

250g light halloumi, cut into 2cm cubes
1 medium red onion, halved, cut into thin wedge strips
1.5 tbsp olive oil
2 tsp runny honey
1 red chilli, deseeded and finely diced
Juice of 1 lime
80g rocket
150g papaya chunks

INSTRUCTIONS

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

Add the cubed halloumi, onion wedges and half a tablespoon of olive oil to a large baking tray lined with tinfoil. Roast for 10 minutes and then drizzle with the honey, stir and roast for a final 10 minutes.

Meanwhile, mix the chilli and remaining tablespoon of olive oil in a bowl with a pinch of salt. Just before serving, stir through the lime juice.

Arrange the rocket and papaya on a platter. Spoon over the warm halloumi and onions and finish with the dressing.

MACROS PER PORTION

CALORIES	482	PROTEIN	33
CARBS	20	FATS	30
FIBRE	4		



TORTILLA CHICKEN PINWHEELS

SERVES: 1

TOTAL TIME: 12 MINUTES



INGREDIENTS

40g tortilla
2 chicken sausages, peeled
30g reduced fat cheddar
10g spinach
1/2 medium tomato, flesh only, diced

INSTRUCTIONS

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

Lay out the tortilla and cover with the chicken sausage meat. Add the cheese, spinach and diced tomato.

Fold the base an inch from the bottom then roll the tortilla into a roulade/pinwheel.

With a sharp or serrated knife, slice the roll into finger width pieces.

Lay the slices onto a foil lined baking sheet and roast in the oven for 5 minutes. Turn them over and cook for 5 more minutes until the cheese is coloured and the meat is cooked through.

MACROS PER PORTION

CALORIES	422	PROTEIN	32
CARBS	33	FATS	18
FIBRE	2		



CARAMELISED ONION PORK STEAKS AND WEDGES

SERVES: 2

TOTAL TIME: 40 MINUTES

GF

INGREDIENTS

450g potatoes, cut into 2cm wedges

3 tsp olive oil

30g cheddar, grated

40g caramelised onion chutney

320g pork steaks

120g frozen peas

INSTRUCTIONS

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

Add your cut potatoes to a bowl with the olive oil and seasoning, combine very well and lay onto a foil lined baking sheet evenly spread so they aren't touching. Add to the oven for 25 minutes, turning halfway through.

When the potatoes have cooked for 13 minutes, pre heat a frying pan over medium high heat with 1 tsp olive oil and when hot, add the pork steaks. Fry on each side for 2-3 minutes then reduce the heat to medium and fry for an additional 4 minutes on each side, turning every so often. Transfer the pork steaks to another baking tray and top the steaks with even amounts of onion chutney and the cheese.

Boil a kettle and add it's contents to a saucepan. Bring to a boil on high heat and add the frozen peas with a pinch of salt. When they reach another rolling boil, bring to a medium heat.

When the wedges have finished, put them to the bottom of the oven and switch on the oven grill. When hot, add the steaks and grill until melted and golden for 2-3 minutes.

Drain the peas and divide between plates with the wedges and pork steaks.

MACROS PER PORTION

CALORIES	560	PROTEIN	47
CARBS	57	FATS	16
FIBRE	5		



RUMP STEAK AND CREAMED SPINACH

SERVES: 2

TOTAL TIME: 20 MINUTES

GF LC C

INGREDIENTS

2 tbsp olive oil
2x 220g rump steaks, fat trimmed
150g white mushrooms, chopped
60g spinach
60ml single cream

INSTRUCTIONS

Remove the steaks from the fridge far in advance and place on a plate, with 1 tbsp olive oil and seasoning. Rub very well into both steaks and leave for 20 minutes.

Heat a frying pan over high heat and lay the steaks away from you into the frying pan. Cook on each side for 3 minutes untouched for “medium rare” but this will vary depending on the thickness of the cut, increase the time for thicker steaks and if you prefer your beef further done.

Remove the steaks from the frying pan and place on a warm plate, set aside to rest.

Wipe out the pan with kitchen roll and add the second tbsp of olive oil over a medium high heat. Add the mushrooms and stir frequently for 2 minutes until lightly coloured. Add a pinch of salt, stir once more and turn the heat up to high. Add the spinach to the pan and a tbsp of water until wilted then add the cream. Cook until it bubbles slightly then turn down the heat to low. Add any of the steaks resting juices from the plate as well as salt and pepper.

Add a steak to each plate and top with equal amounts of the creamy sauce.

MACROS PER PORTION

CALORIES	446	PROTEIN	51
CARBS	2	FATS	26
FIBRE	2		

DESSERT







BANANA ALMOND NICE CREAM

SERVES: 2

TOTAL TIME: 4 HOURS

V GF N LF

INGREDIENTS

4 medium bananas, peeled and chopped
20g almond butter
50g almond milk
30g whey protein

INSTRUCTIONS

Peel and chop the bananas and add them to the freezer for a minimum 4 hours until fully frozen.

When the bananas have frozen. Add them to a blender along with the almond butter, almond milk and whey protein, blitz until the mixture is smooth, this might need a spatula to push the mix back down into the blender. Repeat until smooth.

Serve immediately divided between two.

MACROS PER PORTION

CALORIES	316	PROTEIN	18
CARBS	43	FATS	8
FIBRE	3		



ENERGY BAKE BITES

SERVES: 24

TOTAL TIME: 30 MINUTES

V C LF

INGREDIENTS

12 dates, pitted
100g puffed rice cereal
200g oats
30g whey protein
2 medium apples, cored and grated
1/2 tsp baking powder
100g dried mixed fruit

INSTRUCTIONS

Pre heat oven at 160C/320F/Gas Mark 3.

Add your dates to bowl and boil a kettle, cover the dates with boiling water and soak for 4-5 minutes.

Meanwhile, in a blender, add the rice cereal and blend into fine crumb. Remove them into a large bowl. Drain and add the dates to the blender and blitz until they form a paste, add this to the bowl of crumbed rice cereal along with all of the remaining ingredients. Fully combine with your hands.

Add the mixture to a lined baking tin (28cmx15cm) baking for 22-24 minutes.

Allow to fully cool and slice into 24.

MACROS PER PORTION

CALORIES	97	PROTEIN	3
CARBS	19	FATS	1
FIBRE	1		



PROTEIN RICE PUDDING

SERVES: 2

TOTAL TIME: 25 MINUTES

V GF N LF

INGREDIENTS

100g short grain pudding rice
500ml unsweetened almond milk
17g honey
30g whey protein
1/2 tsp cinnamon

INSTRUCTIONS

In a saucepan, add the rice, almond milk, cinnamon, honey and 150ml of cold water. Bring to the boil and reduce the heat to a simmer for 20 minutes stirring regularly, very much towards the end where it becomes creamier and thicker.

Remove the pan from the heat and leave it to cool for five minutes before stirring through the protein powder. Your rice is too hot if the powder turns clumpy. Mix very well.

Eat straight away.

MACROS PER PORTION

CALORIES	338	PROTEIN	21
CARBS	50	FATS	6
FIBRE	1		



BERRY PARFAIT

SERVES: 10

TOTAL TIME: 6 HOURS
OR OVERNIGHT



INGREDIENTS

2 medium bananas, peeled
1.5kg greek yoghurt
300g strawberries, sliced
50g maple syrup
350g frozen mixed berries

INSTRUCTIONS

Line a loaf tin with clingfilm.

Add the bananas to a bowl and mash with a fork until smooth. Then add the yoghurt and maple syrup stirring to combine.

Add 2/3 of the frozen berries and strawberries and then fold through the yoghurt to give a stained effect. Pour this mixture into the lined loaf tin, cover with more clingfilm and freeze for at least six hours until fully set.

Remove from the fridge 15 to 20 minutes before you wish to serve and peel back the clingfilm. Serve with the remaining berries sliced into 10.

MACROS PER PORTION

CALORIES	252	PROTEIN	9
CARBS	18	FATS	16
FIBRE	1		



CHOCOLATE PROTEIN BANANA BREAD

SERVES: 8

**TOTAL TIME: 60 MIN-
UTES + COOLING**



INGREDIENTS

1 medium egg
6 tbsp olive oil
4 tbsp oat milk
3 ripe bananas (around 300g), mashed
55g cacao powder
2 tsp baking powder
1/2 tsp salt
50g chocolate whey protein
55g oats
50g ground almonds
50g brown sugar
30g chocolate chips

INSTRUCTIONS

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

Add the egg, oil and milk into a large bowl and whisk, then add in the mashed bananas and stir together.

Sift in the cacao powder, baking powder then the protein powder, add a pinch of salt and add the oats, ground almonds and sugar. Mix until combined.

Transfer into a lb loaf tin (22×12 cm loaf tin).

Sprinkle the chocolate chips on top, then bake for 50-55 minutes.

Leave to cool completely before slicing.

Store in an air-tight container at room temperature for up to 4 days.

MACROS PER PORTION

CALORIES	276	PROTEIN	10
CARBS	23	FATS	16
FIBRE	2		

Balance.

MONTHLY RECIPE BOOK