

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 |







EGG AND BACON BREAKFAST MUFFIN

SERVES: 1

TOTAL TIME: 12 MINUTES



INGREDIENTS

- 1 English muffin, sliced in half, toasted
- 1 tsp coconut oil
- 4 rashers streaky bacon
- 2 free-range eggs
- 30g cheddar cheese, grated

INSTRUCTIONS

After toasting English muffin, pop a non-stick pan onto a medium-high heat and add coconut oil. Once hot, add bacon and fry each side until cooked and crispy, around 4 minutes a side. Remove bacon and pop onto a plate lined with some paper towel to drain excess oil.

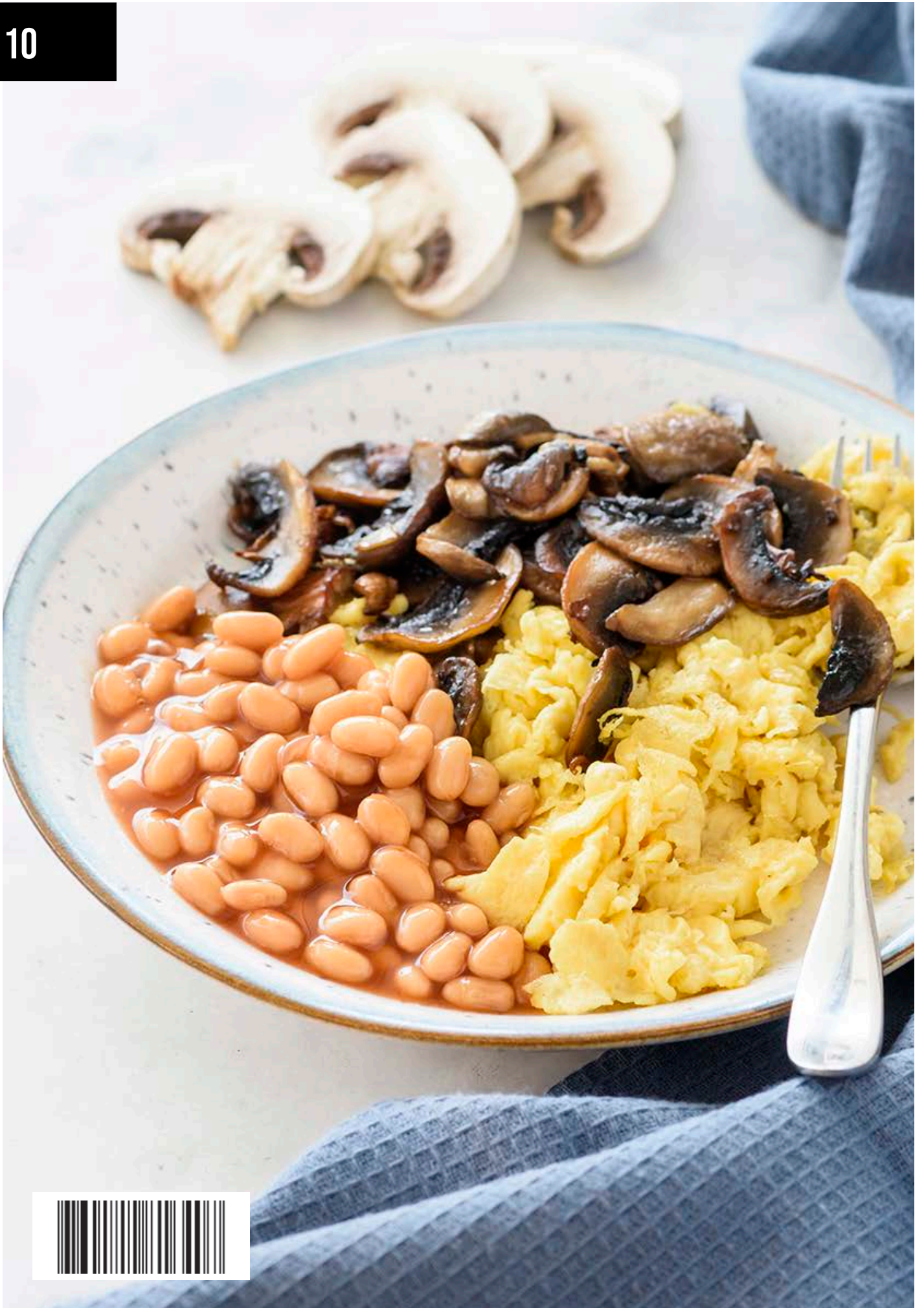
Using the same pan, crack open the eggs and fry in the leftover bacon oil for around 3 minutes or until egg white is cooked and yolk is still runny. While waiting for your eggs, pop your English muffin halves onto a serving plate and top with bacon.

Grate the cheese and set aside.

Carefully lift eggs and pop them onto the muffins and immediately top with grated cheese.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 375 | PROTEIN | 25 |
| CARBS | 17 | FATS | 23 |
| FIBRE | 1 | | |



SCRAMBLED EGGS AND BEANS

SERVES: 1

TOTAL TIME: 15 MINUTES



INGREDIENTS

1 tsp butter
1 tbsp ketchup
3 eggs, beaten
200g can baked beans

INSTRUCTIONS

Spray a non-stick frying pan with low-calorie cooking spray and place over a medium heat. Add the mushrooms and cook for 5 minutes, or until softened. Remove from the pan, season lightly, and scatter with parsley if using. Keep warm while you make the eggs.

Pour the eggs into the pan over a low heat and cook for 1-2 minutes, stirring, until scrambled to your liking.

Meanwhile, heat the baked beans until piping hot.

Add the eggs and the beans to a plate and serve.

MACROS PER PORTION

| | | | |
|-----------------|------------|----------------|-----------|
| CALORIES | 495 | PROTEIN | 36 |
| CARBS | 36 | FATS | 23 |
| FIBRE | 8 | | |



CAPRESE BREAKFAST SANDWICH

SERVES: 1

TOTAL TIME: 10 MINUTES



INGREDIENTS

60g avocado, flesh only
2 medium slices of brown bread
6 cherry tomatoes, halved
1 tbsp balsamic vinegar
1/2 ball of light mozzarella, drained and sliced

INSTRUCTIONS

Add the avocado flesh and balsamic vinegar in a bowl with a pinch of salt. Roughly mash into a chunky consistency with a fork.

Lay out your bread, spread the chunky avocado onto one half, add the tomatoes and the mozzarella and top with the other slice of bread.

Slice and serve fresh.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 400 | PROTEIN | 20 |
| CARBS | 35 | FATS | 20 |
| FIBRE | 7 | | |



PEANUT BUTTER JELLY COTTAGE CHEESE BOWL

SERVES: 1

TOTAL TIME: 10 MINUTES



INGREDIENTS

250g cottage cheese
30g oats
20g jam
20g crunchy peanut butter
40g banana, sliced

INSTRUCTIONS

Add all the ingredients to a bowl or container.
Enjoy immediately or refrigerate overnight.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 501 | PROTEIN | 35 |
| CARBS | 52 | FATS | 17 |
| FIBRE | 4 | | |



BAKED BREAKFAST WRAP

SERVES: 1

TOTAL TIME: 25 MINUTES



INGREDIENTS

- 1 tortilla
- 2 eggs
- 30g tinned kidney beans, drained
- 15g tinned corn
- 1 tomato, sliced

INSTRUCTIONS

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

In a 2L glass baking dish, add the tortilla and lay the tomato slices into the bottom. Add the kidney beans, tinned corn, then crack over the eggs.

Place the dish into the oven for 20 minutes.

Eat hot or cold.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 342 | PROTEIN | 24 |
| CARBS | 30 | FATS | 14 |
| FIBRE | 4 | | |







CHEESY CHIPS

SERVES: 4

TOTAL TIME: 40 MINUTES



INGREDIENTS

1kg white potatoes, cut into thick chips

120g mature cheddar, grated

Light cooking spray

INSTRUCTIONS

Pre heat an oven to 240C/460F/Gas Mark 9 and line a baking tray with baking paper.

Boil a kettle (twice) and empty it's contents into a large saucepan with a pinch of salt. Cook the chipped potatoes in a pan of boiling water for 5 minutes, then drain well. Spray them with low-calorie cooking spray and toss until lightly coated.

Lay the chips over a baking tray in a single layer and season. Roast for 35 minutes, turning and respraying half way until golden and crisp.

Remove and add the cheese then return to the oven for a final 6-8 minutes.

MACROS PER PORTION

| | | | |
|-----------------|------------|----------------|-----------|
| CALORIES | 343 | PROTEIN | 12 |
|-----------------|------------|----------------|-----------|

| | | | |
|--------------|-----------|-------------|-----------|
| CARBS | 49 | FATS | 11 |
|--------------|-----------|-------------|-----------|

| | | | |
|--------------|----------|--|--|
| FIBRE | 2 | | |
|--------------|----------|--|--|



FETA AND TOMATO SALSA

SERVES: 4

TOTAL TIME: 5 MINUTES

V GF C LC

INGREDIENTS

12 cherry tomatoes, halved
2 tbsp olive oil
1 tsp balsamic vinegar
1/2 tsp oregano
80g light feta cheese, crumbled

INSTRUCTIONS

Add your ingredients to a mixing bowl with a pinch of salt and combine very well.

Serve as a side to grilled meats and salads or with great bread.

MACROS PER PORTION

| | | | |
|----------|----|---------|---|
| CALORIES | 96 | PROTEIN | 4 |
| CARBS | 2 | FATS | 8 |
| FIBRE | 1 | | |



HOUMOUS, BEETROOT AND CUCUMBER RICE CAKES

SERVES: 1

TOTAL TIME: 5 MINUTES

V VE N DF GF

INGREDIENTS

3 rice cakes

75g reduced fat houmous

40g cucumber, sliced

40g pickled beetroot, drained and diced

1 tsp sesame seeds

INSTRUCTIONS

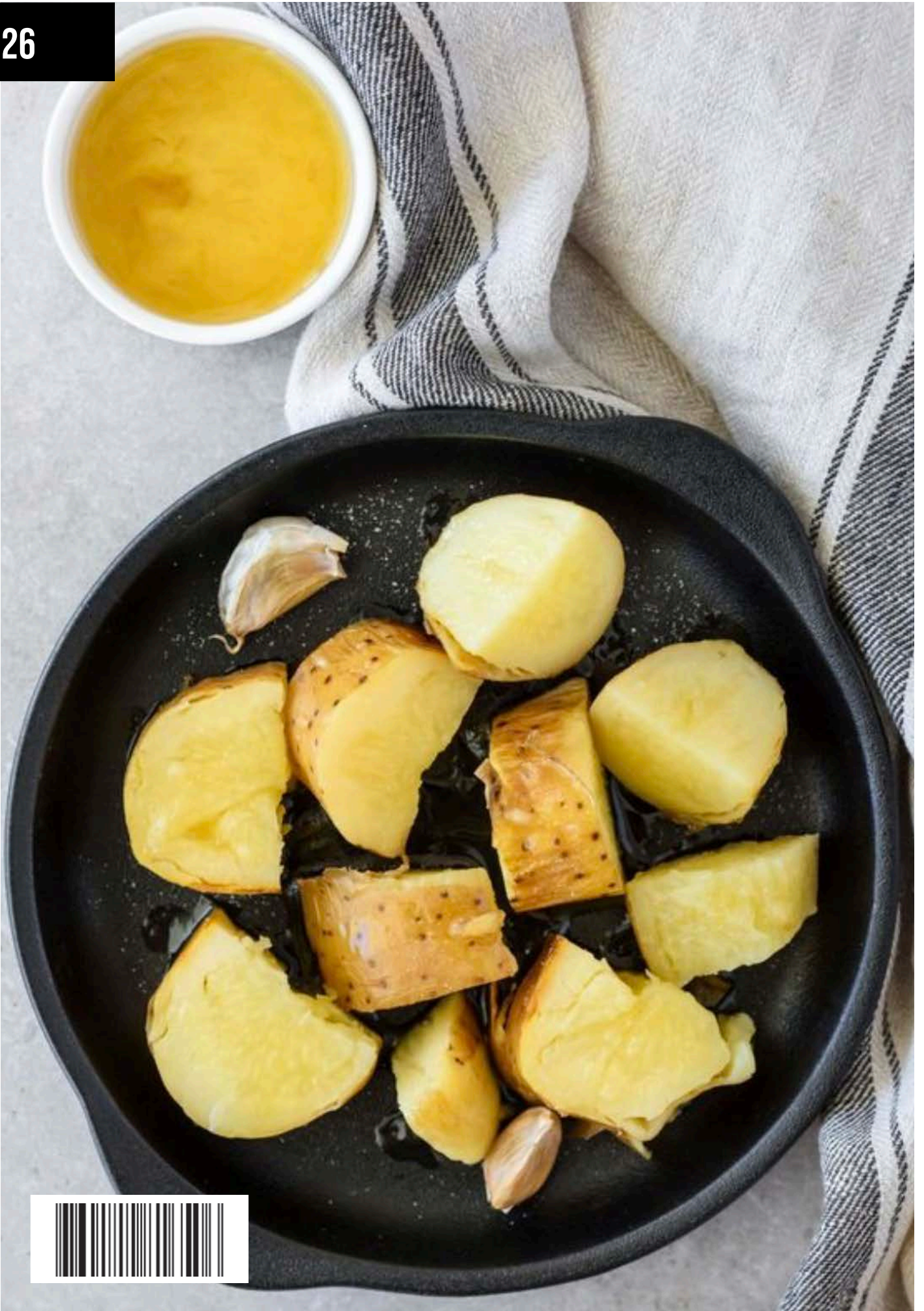
Slice the cucumber and remove the seeds, prepare the beetroot and add both to a bowl. Add sea salt and stir together. Set aside.

Lay rice cakes onto a plate and add 25g (1 tbsp) houmous to each cake.

Add even amounts of cucumber and beetroot to each and sprinkle with sesame seeds.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 246 | PROTEIN | 8 |
| CARBS | 31 | FATS | 10 |
| FIBRE | 6 | | |



JACKET POTATO SALAD

SERVES: 4

TOTAL TIME: 70 MINUTES

V GF DF LF

INGREDIENTS

1kg potatoes
4 cloves of garlic, unpeeled
3 tbsp olive oil
1 tbsp red wine vinegar
1 tsp honey

INSTRUCTIONS

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

Wrap the potatoes and garlic cloves separately in foil and add to the oven.

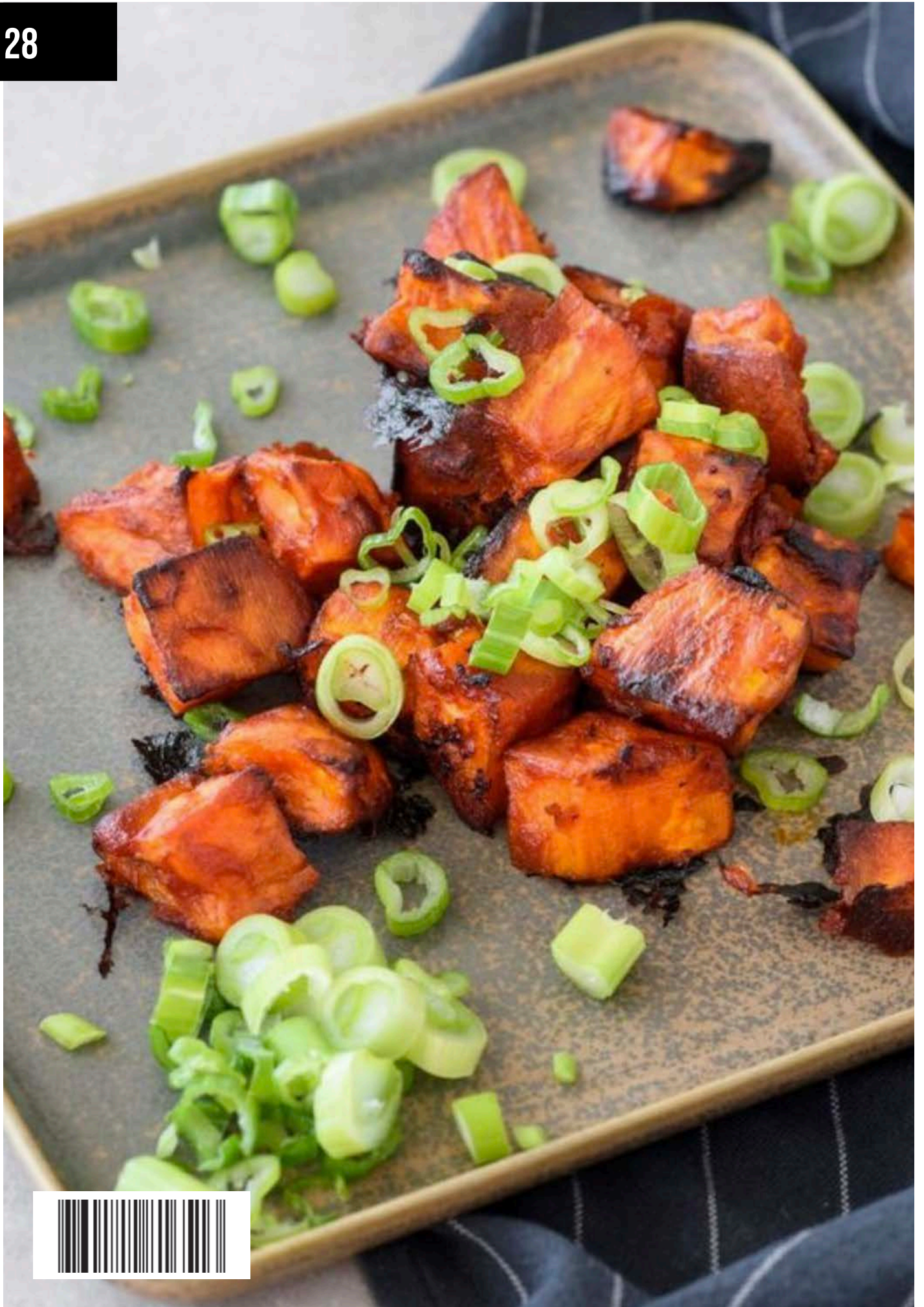
Remove the garlic after 30 minutes and the potatoes after 60 minutes once both are very tender.

Set both aside and allow to cool slightly whilst you whisk together the olive oil, red wine vinegar and maple syrup with seasoning. Cut the top of the garlic and discard any skins squeezing out the soft interior into the mixture and whisk again.

Remove the potatoes from the tinfoil and quarter each one roughly. Coat together with the dressing and mix.

MACROS PER PORTION

| | | | |
|-----------------|------------|----------------|----------|
| CALORIES | 313 | PROTEIN | 6 |
| CARBS | 52 | FATS | 9 |
| FIBRE | 2 | | |



CHILLI GLAZED SWEET POTATOES

SERVES: 4

TOTAL TIME: 60 MINUTES

V GF LF

INGREDIENTS

1kg sweet potatoes, peeled and cut into chunks
50g butter
100g sweet chilli sauce
1 spring onion, finely sliced

INSTRUCTIONS

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

Place sweet potatoes in a single layer in a roasting tin.

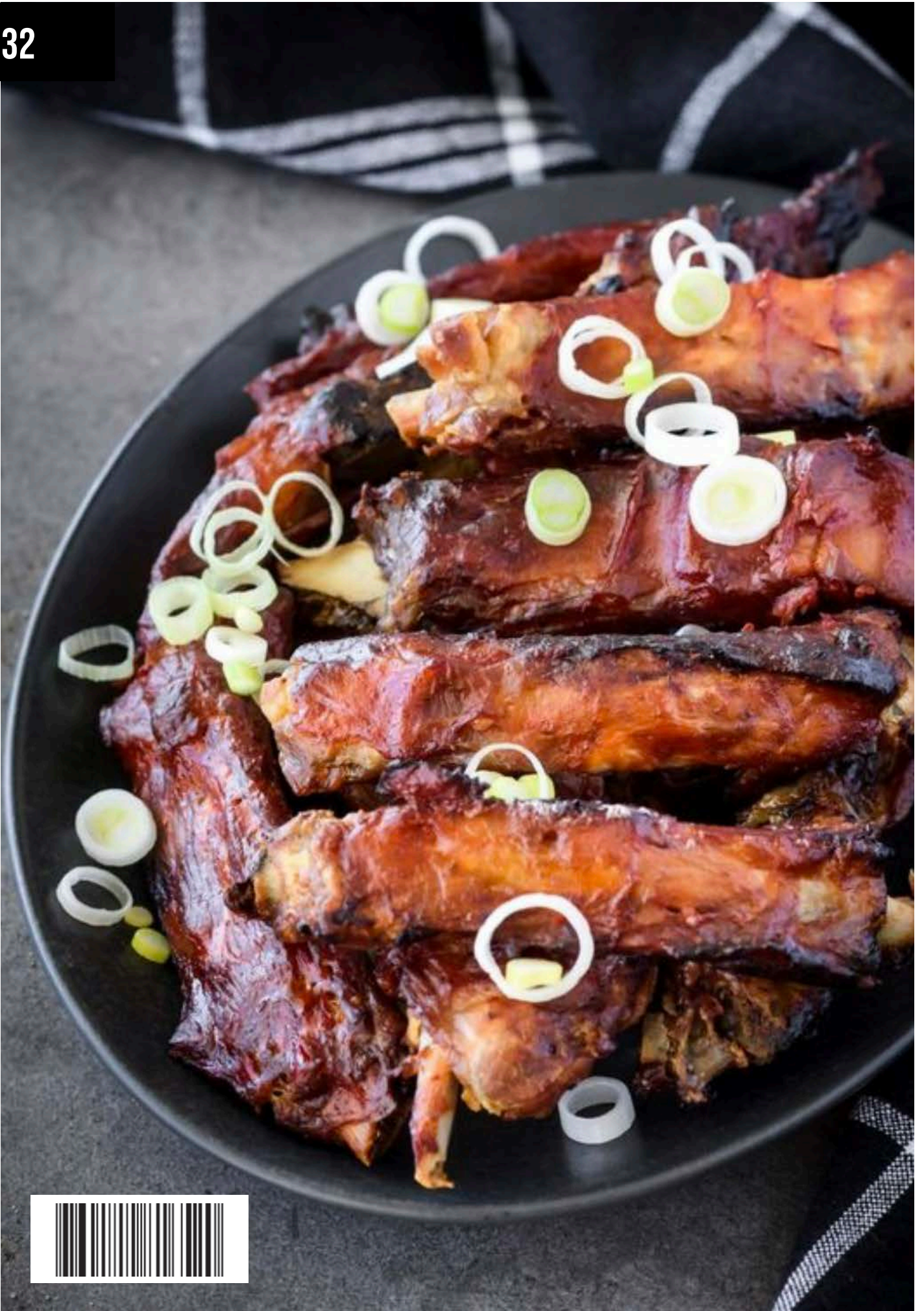
Add the butter and sweet chilli sauce in a saucepan over medium-high heat, stirring for 2-3 minutes. Remove from heat and add to the potatoes. Use tongs to toss and coat evenly. Cover the tray with foil and roast for 30 minutes. Then remove foil, gently toss the potato pieces and roast for a further 20 minutes until tender and sticky.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 327 | PROTEIN | 3 |
| CARBS | 54 | FATS | 11 |
| FIBRE | 5 | | |







STICKY ASIAN RIBS

SERVES: 4

TOTAL TIME: 2 HOURS 15 MINUTES

GF DF C

INGREDIENTS

100g hoisin sauce
100g ketchup
100g sriracha sauce
1kg rack of pork spare ribs, cut into individual ribs

INSTRUCTIONS

Preheat the oven to 120C/250F/Gas Mark 0.5

Combine the hoisin, ketchup and sriracha in a large bowl. Reserve two tablespoons in a separate small bowl. Season the ribs and add them to the bowl and coat well. Transfer the ribs to a baking tray lined with foil. Place another sheet of foil on top and seal the bottom and top pieces to form a tight foil 'bag'. Cook in the oven for 2 hours.

Remove the ribs from the oven. Turn the oven up to 200C/400F/Gas Mark 6.

Remove the top layer of foil, being careful because the steam inside the bag will be hot. Line the baking tray with another clean piece of foil. Transfer the ribs to the newly lined baking tray and brush each rib with the sauce you reserved. Place the tray back into the oven, uncovered, for 8 minutes until the edges of the ribs are just starting to char.

Remove the ribs from the oven and pile onto a serving plate.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 348 | PROTEIN | 24 |
| CARBS | 27 | FATS | 16 |
| FIBRE | 1 | | |



GRILLED PRAWN AND AVOCADO SALAD

SERVES: 2

TOTAL TIME: 15 MINUTES

GF DF C LC

INGREDIENTS

300g raw prawns
1 tbsp olive oil
1 lime, juice of 1 half, 1 half cut into wedges
1 iceberg lettuce, shredded
1 large, ripe avocado, sliced

INSTRUCTIONS

Pre heat an oven grill to high.

Add the prawns to a bowl with the lime juice and olive oil with seasoning.

Lay the prawns onto a roasting or grill tray and cook for 2-3 minutes per side until pink and opaque.

Meanwhile, shred the lettuce and slice the avocado and divide between two bowls. Add the cooked prawns and any pan juices.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 370 | PROTEIN | 30 |
| CARBS | 4 | FATS | 26 |
| FIBRE | 5 | | |



BROCCOLI SPAGHETTI

SERVES: 2

TOTAL TIME: 20 MINUTES



INGREDIENTS

300g broccoli, roughly chopped
2 cloves of garlic, peeled only
150g spaghetti
100g ricotta
50g parmesan

INSTRUCTIONS

Boil a kettle and empty the contents into a large saucepan over high heat, bring to the boil. Add the broccoli and garlic, then cook for two minutes. Add the spaghetti and cook for another 10 minutes, then drain, reserving 1/4 cup of the water.

In a large bowl combine the ricotta and most of the parmesan. Remove the garlic from the pasta and mash it into the ricotta with a pinch of salt. Toss the drained pasta and broccoli through the ricotta mixture and add any cooking water to help make a sauce. Add the remaining cheese and serve.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 533 | PROTEIN | 31 |
| CARBS | 64 | FATS | 17 |
| FIBRE | 7 | | |



STEAK WITH POTATOES AND QUICK CHIMMICHURRI

SERVES: 2

TOTAL TIME: 30 MINUTES

DF GF

INGREDIENTS

2 sirloin steaks (450g), fat removed
450g white potatoes, sliced into 1cm thick chips
1 clove of garlic, unpeeled
Zest of 1 lime + halves
3 tbsp + 2 tsp olive oil

INSTRUCTIONS

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

Add the cut potatoes to large baking tray. Add 1 tbsp of olive oil, season and toss. Spread into a single layer. Add to the oven for 25 minutes. Turn halfway through.

Meanwhile, add garlic into a small piece of tin foil with 1 tsp of oil and enclose it. Add the parcel to the baking tray with the potatoes for 10 minutes, then remove from the oven.

While everything roasts, zest the lime. In a small bowl, add 2 tbsp of olive oil with the lime zest and mix until combined. Remove the garlic from the tray and allow to cool for 2 minutes. Cut the end of the garlic with scissors, squeeze it out of the skin and mash into the oil. Set aside.

Heat a large frying pan on medium-high heat (no oil). Once hot, add the lime halves, segment-side down, and cook for 3 minutes until charred. Set aside.

Place a non-stick frying pan over high heat with 1 tsp of oil. Season then add the steaks and fry for 1 minute on each side. Lower to medium high and cook for another 1-2 mins on each side for medium-rare. Transfer to a plate and coat with the olive oil mixture and cover loosely with foil for two minutes. Slice the steaks into 1cm slices and transfer to plates. With any leftover resting juices and oil.

Remove the chips from the oven and serve with the steaks and charred lime.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 657 | PROTEIN | 54 |
| CARBS | 45 | FATS | 29 |
| FIBRE | 2 | | |



MISO GREEN BEANS AND LASAGNE SHEETS

SERVES: 4

TOTAL TIME: 30 MINUTES



INGREDIENTS

30g butter
45g miso paste
1.5 tsp tamari
300g lasagne sheets
200g green beans, trimmed

INSTRUCTIONS

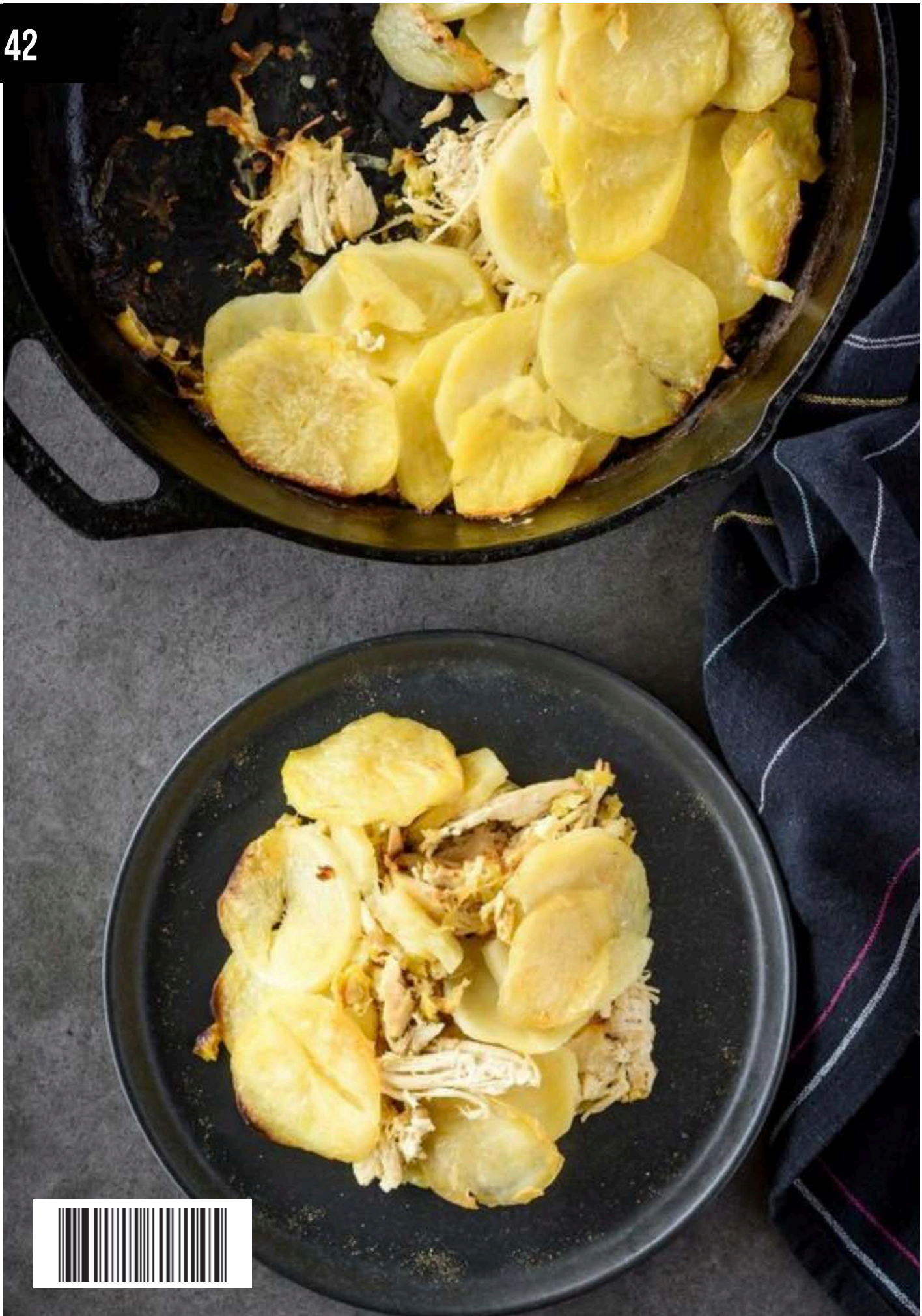
Boil a kettle and add it's contents to a large saucepan with a pinch of salt. Add the lasagne sheets and cook for 3 minutes, add the green beans and cook for another 4 minutes, collect a mugful of cooking water before draining thoroughly.

Meanwhile, melt the butter in a large frying pan over medium low heat, add a pinch of salt, miso, tamari and 60g of water and cook for 3-4 minutes.

Tip the pasta and beans straight into the sauce, stir and add enough cooking water to coat the pasta in sauce; season and divide between four.

MACROS PER PORTION

| | | | |
|-----------------|------------|----------------|-----------|
| CALORIES | 360 | PROTEIN | 11 |
| CARBS | 61 | FATS | 8 |
| FIBRE | 5 | | |



CHICKEN AND LEEK POT PIE

SERVES: 2

TOTAL TIME: 45 MINUTES

GF LF C

INGREDIENTS

300g chicken breast
1 chicken stock cube
500g white potatoes, sliced into discs
80g light cream cheese
80g leek, sliced and thoroughly washed

INSTRUCTIONS

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

Boil a full kettle and add it's contents to a saucepan, add the potato slices and a pinch of salt. Boil for 10 minutes until starting to soften. When done, drain and remove the potatoes, set aside.

Meanwhile, add the chicken breasts to a baking tray with a pinch of salt and place in the oven for 20 minutes until cooked. Remove from the oven and transfer the chicken to a clean board and shred it apart using two forks, reserving any resting juices.

Meanwhile, heat a large non-stick frying pan over a medium heat, add the sliced leek with 1/2 cup of water and a pinch of salt and cook for 6-8 minutes until starting to soften and the water evaporated. Re-boil the kettle and dissolve the chicken stock mix in 250ml of water with the cream cheese and black pepper. Add the stock mixture to the leeks and cook for 4-5 min or until thick. Add the pulled chicken to the leeks.

Transfer the chicken filling to an oven-proof dish and top with the softened potatoes.

Put the dish in the oven for 20 minutes until bubbling and the potatoes fully cooked through.

MACROS PER PORTION

| | | | |
|-----------------|------------|----------------|-----------|
| CALORIES | 455 | PROTEIN | 46 |
| CARBS | 52 | FATS | 7 |
| FIBRE | 4 | | |



BAKED SAUSAGE AND BEANS

SERVES: 4

TOTAL TIME: 55 MINUTES

DF LF C

INGREDIENTS

800g butternut squash, peeled, deseeded and cut into small chunks
2 tsp olive oil
12 reduced fat pork sausages
2 x 400g cans baked beans
250g tomatoes, cut into wedges

INSTRUCTIONS

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

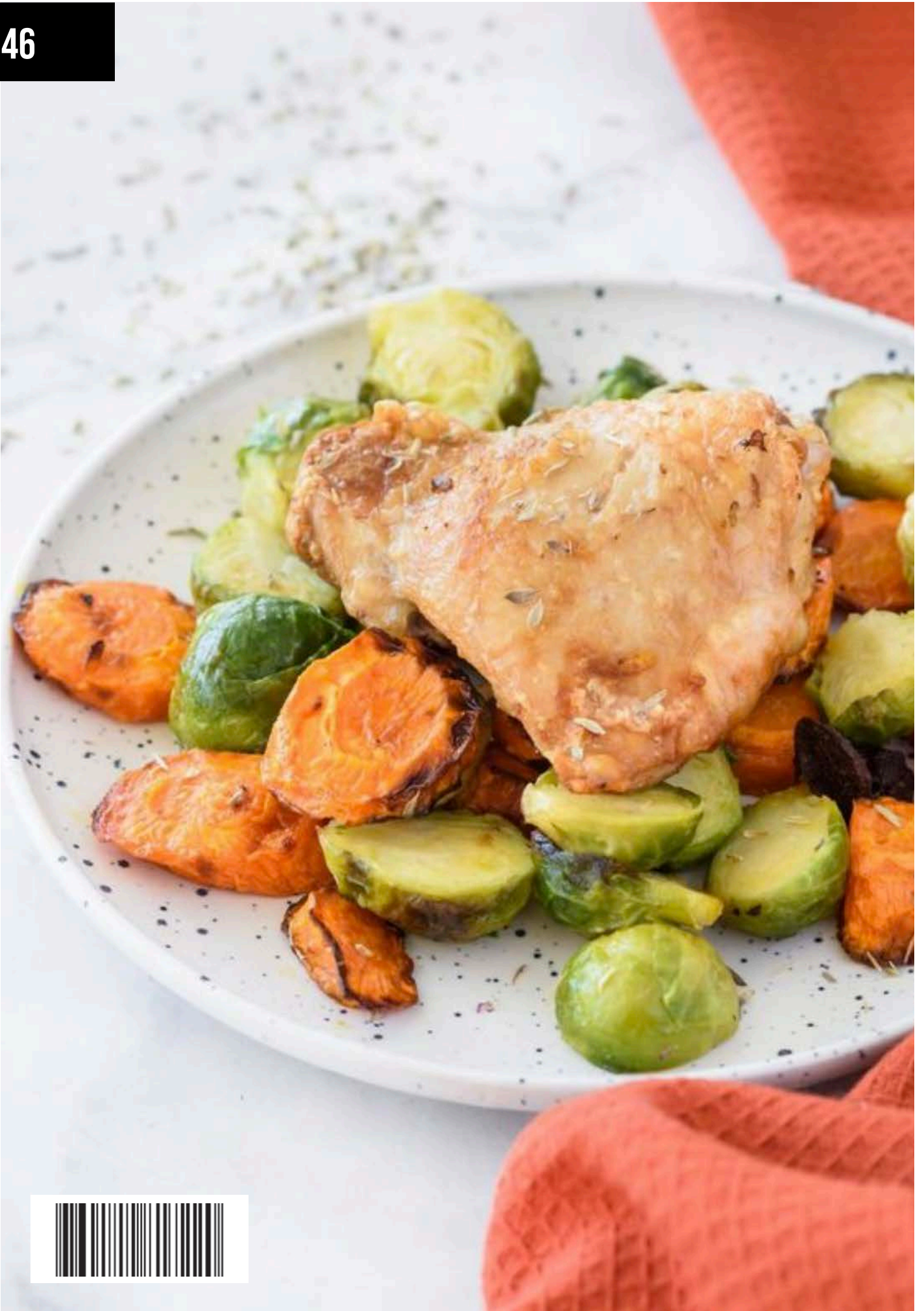
Add the squash to a large non-stick roasting tin, season and add the olive oil. Toss well and roast for 15 minutes.

Meanwhile, spray a non-stick frying pan with low-calorie cooking spray and place over a medium-high heat. Add the sausages and cook for a few minutes to brown and soften. Cut into chunks, add to the squash and roast for 15 minutes.

Mix the beans with 3 tbsp water, then add the beans into the tin. Add the tomatoes and roast for 15-20 minutes.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 446 | PROTEIN | 30 |
| CARBS | 59 | FATS | 10 |
| FIBRE | 14 | | |



TRAYBAKED CHICKEN AND BRUSSELS

SERVES: 2

TOTAL TIME: 40 MINUTES

GF DF C

INGREDIENTS

320g chicken thighs, skinless and boneless
120g brussel sprouts, trimmed and halved
300g carrots cut at angles 1cm thick
2 tbsp olive oil
1 tsp mixed herbs

INSTRUCTIONS

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

Add the thighs and vegetables to a bowl and add the olive oil and herbs, season. Mix well and place separated on a roasting tray.

Roast for 35 minutes until the juices run clear from the chicken and serve.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 398 | PROTEIN | 36 |
| CARBS | 14 | FATS | 22 |
| FIBRE | 6 | | |



BRIE LINGUINE

SERVES: 4

TOTAL TIME: 2 HOURS 15 MINUTES



INGREDIENTS

320g ripe tomatoes, cut into cubes
250g brie, rind removed, torn into pieces
25g basil
3 cloves of garlic, peeled and finely diced
300g linguine pasta

INSTRUCTIONS

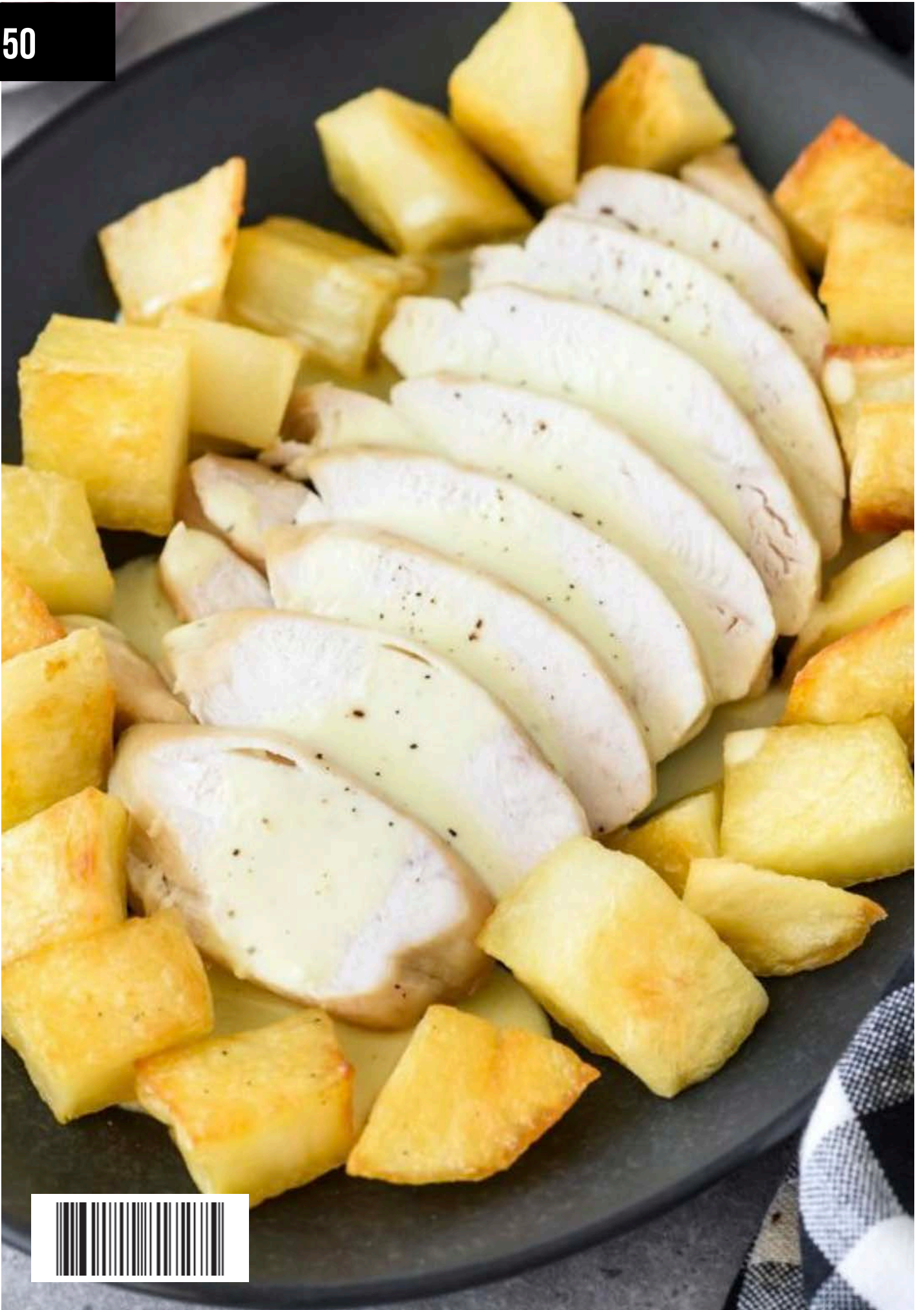
2 hours prior combine tomatoes, basil, brie and garlic in a large bowl, then season.

Boil a kettle and empty the contents into a large saucepan over high heat, bring to the boil. Add the linguine and cook for 10 minutes.

Drain and toss through the bowl of brie and tomato mixture. Add black pepper and serve.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 512 | PROTEIN | 22 |
| CARBS | 61 | FATS | 20 |
| FIBRE | 4 | | |



CHICKEN AND CRISPY POTATOES

SERVES: 2

TOTAL TIME: 40 MINUTES

GF LF C

INGREDIENTS

300g chicken breast
50g cream cheese
450g white potatoes cut into 1" chunks
1 chicken stock cube
1 tbsp olive oil

INSTRUCTIONS

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

Add the potatoes to a baking tray with 1 tbsp olive oil, season with a pinch of salt and mix together. Roast in the oven for 15 minutes.

Remove the tray and push the potatoes to one side, add the chicken to the other. Return to the oven for 20 minutes until the chicken is cooked through and the potatoes crisp.

Meanwhile, boil a full kettle and dissolve the chicken stock mix in 150ml boiled water.

Heat a large, wide-based non-stick pan over a medium-low heat and add the chicken stock, boil for 2-3 min until slightly thickened, then add the soft cheese and combine into a creamy sauce.

Remove the chicken and potatoes from the oven, slice the cooked chicken then spoon the creamy sauce over the chicken. Add the potatoes to the plate and a crack of black pepper.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 474 | PROTEIN | 42 |
| CARBS | 45 | FATS | 14 |
| FIBRE | 2 | | |



SMOKED SALMON GARDEN SALAD

SERVES: 2

TOTAL TIME: 10 MINUTES

GF C LC

INGREDIENTS

100g plain greek yoghurt
1 tbsp fresh dill, minced
180g smoked salmon
240g tomatoes, cut into quarters and de seeded
120g cucumber, cut into 1" chunks, seeds removed

INSTRUCTIONS

In a small bowl, whisk together the yoghurt and dill until combined. Season with salt and pepper to taste. Spread the yoghurt mixture onto a plate and top with the smoked salmon, chunky cucumber and tomatoes.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 263 | PROTEIN | 25 |
| CARBS | 7 | FATS | 15 |
| FIBRE | 2 | | |



PORK STIR FRY WITH BRUSSELS AND APPLE

SERVES: 2

TOTAL TIME: 15 MINUTES

GF DF P C

INGREDIENTS

450g pork tenderloin, sliced
400g brussel sprouts, trimmed and halved
2 apples, core removed, diced
2 tbsp apple cider vinegar
1 tbsp honey

INSTRUCTIONS

Place a frying pan with 2 tsp olive oil in a non-stick frying pan over medium heat. Add the pork slices and cook for 3 to 4 minutes, stirring occasionally.

Add the brussel sprouts and apples. Continue cooking for 3 to 4 minutes.

Add the cider vinegar, and honey. Bring to a boil. Season with salt and pepper.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 506 | PROTEIN | 57 |
| CARBS | 29 | FATS | 18 |
| FIBRE | 10 | | |



BACON AND EGG FRIED RICE

SERVES: 2

TOTAL TIME: 15 MINUTES

DF N C

INGREDIENTS

2 eggs + 2 whites
2 tsp soy sauce
2 tsp sesame oil
4 rashers of back bacon, chopped
1 pouch of microwave wholegrain rice

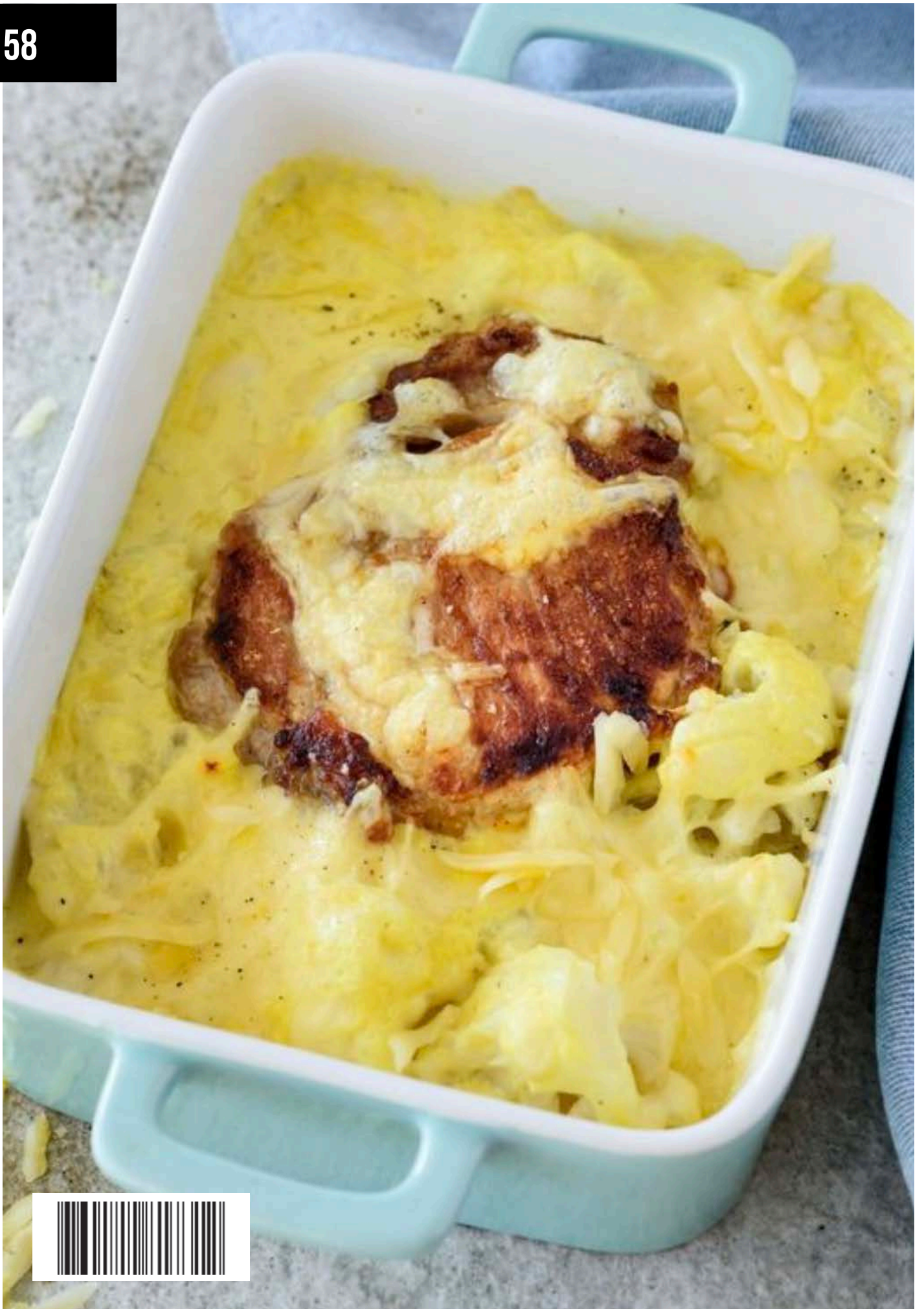
INSTRUCTIONS

Whisk the eggs, soy sauce and sesame oil in a bowl and set aside. Place a frying pan over a medium heat. Add the bacon and fry for four minutes until crisp.

Add the pouch of rice into the pan and make a hole in the centre. Pour in the egg mixture and fry for two minutes without moving until the edges cook. Stir the eggs through the rice keeping some chunkier bigger pieces. Divide between two and serve.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 462 | PROTEIN | 27 |
| CARBS | 39 | FATS | 22 |
| FIBRE | 2 | | |



GAMMON AND CAULIFLOWER CHEESE

SERVES: 4

TOTAL TIME: 30 MINUTES

GF LC C

INGREDIENTS

4 small, raw gammon steaks
300g cauliflower florets
100g half-fat crème fraîche
85g reduced fat cheddar, grated
1 tbsp wholegrain mustard

INSTRUCTIONS

Heat an oven grill to high. Snip the sides of the gammon steaks with kitchen scissors along the edge so it doesn't curl up too much when they cook.

Place the gammon onto a baking tray and grill on one side for about 10 mins until the fat is crisp.

Meanwhile, boil a kettle and add it's contents to a saucepan with a pinch of salt, cook the cauliflower in boiling water for 5 mins until tender. Drain and tip into a bowl and add mustard, crème fraîche and two-thirds of the cheese and combine.

When the gammon is crisp, flip it over and cook on the other side for about 10 mins.

Spoon the cauliflower mix over the gammon, sprinkle with the remaining cheese, then grill for 5 minutes until bubbling and golden.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 448 | PROTEIN | 44 |
| CARBS | 5 | FATS | 28 |
| FIBRE | 2 | | |



ROASTED TOMATO AND GARLIC SPAGHETTI

SERVES: 4

TOTAL TIME: 35 MINUTES



INGREDIENTS

800g fresh tomatoes, halved
1 bulb of garlic, halved
4 tbsp olive oil
400g spaghetti
110g parmesan

INSTRUCTIONS

Pre heat oven at 200C/400F/Gas Mark 6 and fill a large saucepan with a pinch of salt and water over high heat to a boil.

Add the halved tomatoes to a deep roasting tray with the garlic bulb, skin on, nestled into the tomatoes. Add the olive oil then add to the oven for 25 minutes until lightly charred.

Add the pasta to the boiling water and cook for 10-12 minutes, reserve 1/2 cup of the pasta water and then drain thoroughly.

Remove the garlic and tomatoes from the oven and squeeze the cloves of garlic out of their skins, stir them into the tomatoes. Toss the spaghetti into the tray with a splash of the pasta water.

Divide between four and top with 30g parmesan over each plate.

MACROS PER PORTION

| | | | |
|-----------------|------------|----------------|-----------|
| CALORIES | 621 | PROTEIN | 24 |
| CARBS | 84 | FATS | 21 |
| FIBRE | 6 | | |







ROASTED STRAWBERRIES AND RICE PUDDING

SERVES: 3

TOTAL TIME: 40 MINUTES



INGREDIENTS

175g strawberries, halved
50g white sugar
85g pudding rice
325g oat milk
50g single cream

INSTRUCTIONS

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

In a bowl, add 20g sugar with the strawberries and combine. Roast for 15 minutes until caramelised.

Wash the rice under cold water in a sieve for 5 minutes. Add to a saucepan along with the oat milk, cream and remaining 30g sugar then bring to a simmer over low heat for 30 minutes.

Divide the pudding between three and top with equal amounts of strawberries and their syrup.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 287 | PROTEIN | 4 |
| CARBS | 52 | FATS | 7 |
| FIBRE | 2 | | |



RASPBERRY TRIFLES

SERVES: 2

TOTAL TIME: 2 HOURS

V GF C

INGREDIENTS

1 sachet sugar free raspberry jelly
60g raspberries
150g banana flavoured yoghurt
1 tsp hundreds & thousands sprinkles
4 tbsp (70g) reduced fat dairy spray cream

INSTRUCTIONS

Boil a kettle and add the jelly sachet into a jug/bowl. Add 1 cup of boiling water and stir until dissolved. Add 1 cup of cold water, stir then pour into your serving glasses. Add half of your raspberries to the top. Allow to cool, then refrigerate to set for 1.5 hours.

Remove from the fridge and spoon over the yoghurt and then layer with spray cream, hundreds and thousands and add the remaining raspberries to the top of each trifle.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 146 | PROTEIN | 9 |
| CARBS | 14 | FATS | 6 |
| FIBRE | 1 | | |



PEANUT BUTTER PROTEIN COOKIES

SERVES: 12

TOTAL TIME: 20 MINUTES



INGREDIENTS

90g oats
50g whey protein vanilla flavoured
100g peanut butter
25g unsweetened applesauce
40g honey

INSTRUCTIONS

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

Place oats and protein powder into a small bowl and combine.

In a separate bowl mix together the peanut butter, applesauce and honey. Add the wet peanut butter mixture to the dry mixture and mix. Use hands to knead the dough near the end. If it's too crumbly, add 1 tbsp water.

Form the the dough into one inch balls and place onto a parchment lined baking sheet, press the ball down into a cookie shape with a fork and bake for 10 minutes.

Remove from oven and allow to fully cool.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 105 | PROTEIN | 6 |
| CARBS | 9 | FATS | 5 |
| FIBRE | 1 | | |



STRAWBERRY AND ELDERFLOWER SORBET

SERVES: 4

TOTAL TIME: 25 MIN-
UTES + FREEZING

V VE C

INGREDIENTS

75g sugar
250g strawberries, chopped
50g elderflower cordial
1 lemons juice

INSTRUCTIONS

Heat 1/2 cup water with the sugar in a saucepan over medium heat. Stir to dissolve the sugar. Take off the heat and cool completely.

Using a food processor, blend the strawberries and elderflower cordial into a puree. Sieve the mixture to remove the seeds then add the lemon juice and set aside.

Stir the syrup into the strawberry mix and add to a broad shallow container, then cover and freeze for at least 6 hours. Every 2 hours beat the mixture with a food processor or blender to make the mixture smooth.

Freeze until firm, divide and serve.

MACROS PER PORTION

| | | | |
|----------|-----|---------|---|
| CALORIES | 112 | PROTEIN | 1 |
| CARBS | 27 | FATS | 0 |
| FIBRE | 1 | | |



PROTEIN FUDGE

SERVES: 10

TOTAL TIME: 2 HOURS 10 MINUTES

V GF N C

INGREDIENTS

180g 70% dark chocolate
120g smooth peanut butter
30g chocolate whey protein

INSTRUCTIONS

Break the chocolate and add to a bowl with the peanut butter. Melt in a microwave on high in short 15s bursts until fully melted.

Fold the protein powder through the mixture and mix until smooth.

Transfer to silicon moulds and refrigerate for 2 hours until set.

MACROS PER PORTION

| | | | |
|----------|-----|---------|----|
| CALORIES | 175 | PROTEIN | 6 |
| CARBS | 13 | FATS | 11 |
| FIBRE | 1 | | |

Balance.

**MONTHLY
RECIPE
BOOK**