



APRIL RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

www.pcosfoodies.com











TABLE OF CONTENTS

1	BEEETROOT BERRY SMOOTHIE BOWLS
2	SWEET POTATO TOASTS
3	SUPER GREEN SMOOTHIE
4	FRIED EGG SPINACH PESTO TOAST
5	SWEET POTATO PANCAKES
6	SANTA FE CHICKEN SALAD
7	TURKEY CHILI
8	ZUCCHINI, QUINOA AND BALSAMIC SALAD
9	ROASTED VEGETABLE AND ZA'ATAR CHICKEN SALAD
10	ROASTED TOMATO BALSAMIC CHICKEN BREAST
11	SALMON BURGERS
12	BLACKENED FISH TACOS WITH CHIPOTLE YOGURT SAUCE
13	LENTIL AND ZUCCHINI PASTA
14	SEEDY GRANOLA BARS
15	CHOCOLATE ENERGY PROTEIN BALLS



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Egg, Bacon and Avo Bowls	BREAKFAST Egg, Bacon and Avo Bowls	BREAKFAST Fried Egg Spinach Pesto Toast	BREAKFAST Fried Egg Spinach Pesto Toast	BREAKFAST Sweet Potato Toasts	BREAKFAST Summer Smoothie Protein Bowl	BREAKFAST Summer Smoothie Protein Bowl
LUNCH Santa Fe Chicken Salad	LUNCH Santa Fe Chicken Salad	LUNCH Turkey Chili	LUNCH Low Carb Turkey Salad	LUNCH Low Carb Turkey Salad	LUNCH Roasted Vegetable and Za'atar Chicken Salad	LUNCH Roasted Vegetable and Za'atar Chicken Salad
SNACK E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes	SNACK E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes	SNACK E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes	SNACK E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes	SNACK E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes	SNACK E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes	SNACK E.g. Seedy Granola Bars, Chocolate Energy Protein Balls, Sweet Potato Toasts and Sweet Potato Pancakes
DINNER Roasted Tomato Balsamic Chicken Breast	DINNER Roasted Tomato Balsamic Chicken Breast	DINNER Salmon Burgers	DINNER Salmon Burgers	DINNER Lentil and Zucchini Salad	DINNER Meal Out – Enjoy!	DINNER Warm Salmon and Quinoa Salad

A top-down view of a white ceramic bowl filled with a salad. The salad consists of cubed avocado, sliced hard-boiled eggs, crumbled cooked bacon, and diced red bell peppers. The bowl is placed on a light-colored wooden surface. To the left of the bowl is a silver metal fork. In the background, a brown paper bag is partially visible. A semi-transparent white text box is overlaid on the upper right portion of the bowl.

**EGG, BACON &
AVOCADO BOWL**

EGG, BACON & AVOCADO BOWL



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
378 kcal
32g Fats
14g Carbs
23g Protein



WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- ½ large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

WHAT YOU NEED TO DO

Fry the bacon until crisp on a non-stick pan. Let it cool slightly and chop.

Combine the bacon, eggs, avocado, onion and bell pepper in a bowl.

Season with salt and pepper to serve.



SWEET POTATO TOASTS



SWEET POTATO TOASTS



Serves: 2
Prep: 2 mins
Cook: 6 mins



Nutrition per
serving:
403 kcal
18g Fats
57g Carbs
10g Protein



02400778

WHAT YOU NEED

- 1 large sweet potato
- 4 tbsp. nut butter of choice
- 1 ½ cups (285g) chopped berries of choice
- 1 tsp. of honey for drizzle (optional)

WHAT YOU NEED TO DO

Cut the sweet potato into 4 slices, roughly 5cm thick. Use a large kitchen knife to do this, you want each slice of sweet potato for "bread slices".

Place the sliced potatoes into the toaster and cook on the longest setting. This will take approximately 6 minutes. The sweet potato is done when the edges are golden brown and the middle still has a bit of crunch.

While the sweet potatoes are cooking, cut up the berries, strawberries, blueberries, blackberries, or raspberries are a great choice.

Once the sweet potatoes have cooked, spread each slice with 1 tablespoon of nut butter and topped with berries. Add a little drizzle of honey and serve immediately.





**SUMMER SMOOTHIE
PROTEIN BOWL**

SUMMER SMOOTHIE PROTEIN BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
252 kcal
5g Fats
36g Carbs
18g Protein



WHAT YOU NEED

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- $\frac{3}{4}$ cup (190g) natural yoghurt
- $\frac{1}{2}$ cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

Optional toppings:

- fresh berries
- Goji berries
- walnuts
- chia seeds
- muesli

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 2 bowls, add your favourite toppings and serve straight away.

NOTE:

Toppings are not included in macronutrient information, or shopping list.



FRIED EGG SPINACH PESTO TOAST



FRIED EGG SPINACH PESTO TOAST



Serves: 2
Prep: 5 mins
Cook: 5 mins



Nutrition per serving:
342 kcal
19g Fats
29g Carbs
19g Protein



01916637

WHAT YOU NEED

- 2 cups (60g) spinach packed
- 2 slices of gluten free bread
- 4 sundried tomatoes rehydrated
- 2 eggs
- 3 tsp. pesto
- salt and pepper

WHAT YOU NEED TO DO

Rehydrate sun-dried tomatoes by covering them with hot water and letting them stand on the counter for 5 minutes.

Add the spinach and 1 teaspoon of water to a small saucepan and cover with a lid. Allow the spinach to steam on medium-low heat for 3 minutes. Stir and once the spinach has wilted, remove from heat.

While the spinach is cooking, spray a frying pan with a little oil. Place the pan over a medium heat. Crack the two eggs into the pan and lightly season with salt and pepper. For a runny yolk, cook the eggs for 2-3 minutes and for a firm set yolk flip the egg and cook for another minute.

Meanwhile, toast the bread in the toaster.

To assemble, chop the sundried tomatoes and spinach. Spread 1 ½ teaspoon of pesto on each slice of toast, top with the wilted spinach and sundried tomatoes and lastly place an egg on each.

Tip: To reduce carbs further, replace the bread with sliced pieces of sweet potatoes and toast them in the toaster.



HIGH PROTEIN BLUEBERRY PANCAKES



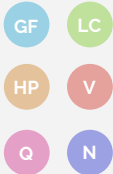
HIGH PROTEIN BLUEBERRY PANCAKES



Serves: 1
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
257 kcal
5g Fats
18g Carbs
36g Protein



WHAT YOU NEED

- ¼ cup liquid egg whites (around 4 eggs)
- 1 scoop (25g) of vanilla vegan powder
- ½ banana, mashed
- almond milk, if needed
- ¼ cup (25g) fresh or frozen blueberries
- ½ tsp. coconut oil

WHAT YOU NEED TO DO

Whisk together the egg whites and protein powder.

Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

Heat the coconut oil in a pan to low-medium. Pour in the pancake mixture and cook until little bubbles form (about 5 minutes).

Make sure the pancake has set enough before you try flipping it, then flip over. Cook the pancake for another 2-3 minutes.

You can also make 3 small pancakes instead of 1 large.

Serve with your favourite toppings.



SANTA FE CHICKEN SALAD



SANTA FE CHICKEN SALAD



Serves: 3
Prep: 20 mins
Cook: 15 mins



Nutrition per
serving:
480 kcal
23g Fats
41g Carbs
34g Protein



07934865

WHAT YOU NEED

- 2x 5 oz. (280g) skinless, boneless chicken breast
- 4 cups (170g) mixed greens
- ½ cup (250g) canned sweetcorn
- ½ diced red onion, chopped
- ½ cup (75g) baby tomatoes, chopped
- ½ cup (90g) chopped dates, chopped
- 2 limes
- 1 avocado

Chicken Spice Rub:

- ¾ tsp. paprika
- ½ tsp. cayenne pepper
- ¼ tsp. powdered garlic powder
- ¼ tsp. powdered onion powder
- ¼ tsp. dried thyme
- ¼ tsp. ground allspice
- ½ tsp. salt and pepper

Dressing:

- 2 tbsp. olive oil
- 2 tbsp. freshly squeezed lime juice
- 2 tsp. honey or agave
- 1 garlic clove, crushed
- 1 tbsp. chopped coriander leaf
- small pinch salt and pepper

WHAT YOU NEED TO DO

Preheat the BBQ grill.

Mix the chicken rub spices together in a small bowl. Rub on both sides of the chicken breasts with a spoon or with your hands.

Place the chicken on the grill for 5-8 minutes on each side. The chicken is done when the internal temperature reaches 165°F (75°C).

While the chicken is cooking put 2 cups of greens into two separate bowls. Chop the onion, dates and baby tomatoes and divide equally into each bowl. Drain and rinse the sweetcorn from the can and measure out ¼ cup for each bowl.

Slice the avocado in half, remove the pit, peel off skin and slice. Cut the lime in ½ and squeeze the juice onto the avocados to stop them from browning.

To make the dressing, finely chop the coriander and garlic. Juice the limes to measure out ½ of a cup. Mix the oil, lime juice, garlic, coriander and honey, and season to taste with salt and pepper.

Slice the cooked chicken and place on top of the salad. Pour the dressing over the two bowls. Serve immediately with an extra lime wedge and some fresh coriander.

Tip: *This is a great prep ahead dish. Make this dish the day before and keep the chicken and dressing separate until ready to serve. Don't slice avocado until ready to eat.*





TURKEY CHILI

TURKEY CHILI



Serves: 4
Prep: 15 mins
Cook: 20 mins



Nutrition per
serving:
390 kcal
17g Fats
32g Carbs
32g Protein



07091698

WHAT YOU NEED

- 16 oz. (450g) turkey mince
- 1 medium onion, chopped
- 1 yellow pepper, chopped
- 1 cup (100g) celery, chopped
- 1 cup (130g) carrots, chopped
- 19 oz. (650ml) can of kidney beans
- 28 oz. (828ml) can of fire-roasted tomatoes or chopped tomatoes
- 3 cups (700ml) chicken stock
- $\frac{2}{3}$ cup (160ml) can of tomato paste
- 1 tbsp. chili powder
- 1 $\frac{1}{2}$ tsp. ground cumin
- $\frac{1}{4}$ tsp. ground cinnamon
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{8}$ tsp. pepper
- $\frac{1}{8}$ - $\frac{1}{4}$ tsp. cayenne pepper, optional
- $\frac{1}{8}$ cup fresh chopped coriander

WHAT YOU NEED TO DO

Drain the can of kidney beans and rinse with cold water. Set aside.

Chop all the vegetables into small even sized pieces. Keep the onions separate.

Place a non-stick frying pan over a medium-high heat. Sauté the onions in 1 tablespoon of oil and season with salt and pepper for 2 minutes. Now add in the turkey, mince and cook until the mince has browned. Now add in the rest of the vegetables and cook for 2 minutes.

Add in the chicken stock, canned tomatoes, garlic, chili powder, kidney beans, ground cumin, tomato paste, and ground cinnamon. Stir well to combine, bring to a boil then turn down to simmer and simmer gently for 20 minutes.

With 5 minutes of cooking time left, add in freshly chopped coriander and stir through.

Tip:

- *A great make ahead dish, cook the night before for an easy grab and go lunch.*
- *Freeze the chili into individual-sized portions for easy weekly meal planning.*



A top-down view of a white ceramic bowl filled with a colorful low-carb turkey salad. The salad contains shredded turkey, sliced cherry tomatoes, shredded purple cabbage, green onions, and fresh green herbs. The bowl is set on a light-colored wooden surface. A semi-transparent white text box is overlaid on the right side of the bowl.

**LOW CARB
TURKEY SALAD**

LOW CARB TURKEY SALAD



Serves: 5
Prep: 25 mins
Cook: 0 mins



Nutrition per
serving:
348 kcal
18g Fats
15g Carbs
32g Protein



WHAT YOU NEED

For the salad:

- 1lb. (450g) cooked turkey breast, sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- 1/3 cup (30g) almonds, chopped

For the dressing:

- 1/4 cup (60ml) tahini
- 1/4 cup (60ml) water
- 1/4 cup (60ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Place the shredded cabbage, turkey breast, peppers, radishes, sliced onions, grated carrot, coriander and almonds in a large bowl. Mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.





**ROASTED VEGETABLE AND
ZA'ATAR CHICKEN SALAD**

ROASTED VEGETABLE AND ZA'ATAR CHICKEN SALAD



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
466 kcal
20g Fats
44g Carbs
30g Protein



GF

MP

HP



04584944

WHAT YOU NEED

- 1 medium red onion
- 1 large red bell pepper
- 1 large orange bell pepper
- 2 heaped cups (130g) chopped cauliflower
- 6 small carrots
- 1 ½ tbsp. za'atar spice
- 1 tbsp. olive oil
- 2 small chicken breasts

Dressing:

- 1 tbsp. of apple cider vinegar
- ½ tbsp. water
- ½ tbsp. olive oil
- ¼ tsp. za'atar spice

To serve:

- ¼ cup (40g) vegan feta cheese
- ¼ cup (12g) chopped parsley

WHAT YOU NEED TO DO

Preheat the BBQ and preheat the oven to 400°F (200°C).

Prepare and cut the vegetables into large bite-sized pieces. Keeping them uniform for even cooking.

Once the vegetables are chopped, place onto a baking sheet and drizzle with oil and sprinkle with za'atar spice, mix well to coat thoroughly.

Place the tray in the oven and cook for 25 minutes.

Season the chicken breasts with za'atar spice and a little salt and pepper. Place the chicken on the BBQ grill. Cook the chicken for 5-8 minutes each side. Chicken is done when internal temperature reaches 165°F (75°C).

While the chicken and vegetables are cooking, place the salad dressing ingredients into a bowl and give a good mix to combine.

Remove the vegetables from the oven once they are cooked and a little brown on the edges.

Place the vegetables into two separate bowls or salad jars if taking to work. Slice the chicken breast and place on top. Sprinkle with the feta cheese and chopped parsley and drizzle over the salad dressing.

Serve immediately. Alternatively place it in the fridge for lunch the next day.

Tip: This is a great meal prep dish for easy workweek lunches.



ROASTED TOMATO BALSAMIC CHICKEN BREAST



ROASTED TOMATO BALSAMIC CHICKEN BREAST



Serves: 4
Prep: 15 mins
Cook: 30 mins



Nutrition per
serving:
500 kcal
16g Fats
36g Carbs
50g Protein



06996369

WHAT YOU NEED

- 4 cups (530g) sweet potato, chopped
- 4 cups (350g) Brussels sprouts, halved
- 1 tbsp. oil (avocado works excellent for high heat)
- 1 tbsp. maple syrup
- 1 clove of garlic
- 1 tbsp. balsamic vinegar
- 1 tsp. fresh thyme
- 1/8 tsp. salt
- 1/8 tsp. pepper

Chicken:

- 3 large breasts with skin on and bone-in
- 3 cloves garlic
- 3 tsp. fresh thyme
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 1 1/2 tsp. oil (avocado or olive)
- 3 tsp. balsamic vinegar
- 18 cherry tomatoes

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C).

Peel and chop sweet potatoes into similar sized pieces as the Brussels sprouts for an even cooking time.

Cut the ends off the Brussels sprouts and cut in half if they are medium- large sized.

Remove the thyme leaves from the stem and crush. Peel and crush the garlic.

In a small bowl, mix the maple syrup with one of the crushed garlic cloves and add in the balsamic vinegar, 1 teaspoon of thyme and season with a little salt and pepper.

Place the sweet potatoes and Brussels sprouts onto a large cooking sheet and mix well with balsamic marinade. Set aside.

In a separate bowl, mix the remaining 3 crushed garlic cloves with 3 teaspoon of thyme, oil, balsamic vinegar, and salt and pepper. Stir to combine and spread over the chicken breasts, covering both sides.

Place a non-stick frying pan over a medium heat. Place the chicken into the hot pan and sear for 3-4 minutes on each.

Now place the chicken into an ovenproof dish along with the cherry tomatoes. Sprinkle the cherry tomatoes with a little salt and pepper and balsamic vinegar. Place chicken in the oven and roast for 30 minutes.

After the chicken has been in the oven for 5 minutes, place the tray with the sweet potatoes and Brussels sprouts into the oven.

The chicken is cooked when the internal temperature reaches 165°F (75°C). Remove both dishes from the oven and serve immediately.





SALMON BURGERS

SALMON BURGERS



Serves: 4
Prep: 25 mins
Cook: 25 mins



Nutrition per serving:
(without fries)
464 kcal
23g Fats
21g Carbs
43g Protein



Nutrition per serving:
(with fries)
597 kcal
30g Fats
44g Carbs
48g Protein



MP HP



09726895

WHAT YOU NEED

Salmon Patties:

- 22 oz. (620g) fresh salmon fillet
- ½ cup (75g) yellow onion, chopped
- ½ cup (75g) red bell pepper, chopped
- 1 garlic clove, crushed
- ⅛ tsp. salt and pepper
- 2 tbsp. fresh dill, chopped
- ½ lemon juiced
- ½ cup (60g) gluten free bread crumbs
- 1 egg

Burger Toppings:

- 8 pieces of green leaf lettuce
- 1 large tomato
- 1 small red onion

Yogurt Dill Sauce:

- 1 cup (245g) plain coconut yogurt
- 2 tbsp. fresh dill, chopped
- ½ lemon juiced
- 2 cloves of garlic, crushed
- ½ tsp. onion powder
- pinch of cayenne pepper (optional)
- pinch of salt and pepper

Sweet Potato Fries:

- 4 medium sweet potatoes
- 1 tbsp. olive oil
- ½ tsp. garlic powder
- ¼ tsp. salt
- ⅛ tsp. pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Season the salmon fillets with a little salt and pepper and place onto a baking tray with parchment paper.

Peel and cut the sweet potatoes into fries, try to make them of equal size to ensure an even bake. Place the sweet potatoes onto a baking sheet lined with parchment paper. Drizzle with oil and sprinkle with salt, pepper and garlic powder.

Place the salmon on the top rack of the oven and the sweet potato fries on the middle rack and bake for 15 minutes.

While the salmon is cooking, slice the tomato and half a red onion for the burger toppings. Also rinse 8 lettuce leaves. Set aside on a serving tray.

Place a non-stick frying pan over a medium heat and sauté the onions, red bell pepper and garlic for 3 minutes. Then transfer to a large mixing bowl.

Add the egg, panko crumbs, dill, lemon, salt and pepper to the bowl and mix.

Remove salmon from the oven and set it aside to cool for 5 minutes.

Stir the sweet potato fries and pop the tray back into the oven to cook for another 5-10 minutes after this time turn off the oven to keep them warm.

While the salmon is cooling, make the sauce by adding yogurt, dill, lemon juice, onion powder, and spices to a bowl and mixing well to combine.

Once the salmon has cooled, remove the skin and flake the salmon into smaller pieces. Add the flaked salmon to a bowl along with the panko breadcrumbs, egg, and onion mixture. Mix well to combine, breaking up any clumps. Form this mixture into 4 salmon patties. Ensure to press them firmly or they will split.

Quickly rinse the pan used to cook the onion mixture. Spray lightly with oil and then place the patties in the pan and cook on each side for approximately 4 minutes, or until golden brown.

To assemble, place a piece of green lettuce on the plate. Top with salmon burger patty, sauce, tomato and then the onion. Top with another piece of lettuce. Using a knife and fork is the easiest way to eat these burgers.

Tip: Want to save time? Omit the dill sauce and replace with store-bought tzatziki instead.

Substitution: Omit the lettuce leaves and replace with a regular burger bun instead.

Allergy: For a gluten-free diet use Gluten Free Panko crumbs.



WARM SALMON & QUINOA SALAD



WARM SALMON & QUINOA SALAD



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
325 kcal
26g Fats
17g Carbs
28g Protein



WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 ½ cup (200g) sugar snaps
- 4 cups boiling water (1l)
- 1 ½ cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

In the meantime, cut the peppers into strips. Heat the oil in a pan on medium heat and stir fry the pepper for 5 minutes.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place sugar snaps in a colander and pour over the boiling water. Then add the sugar snaps and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.





**LENTIL AND
ZUCCHINI PASTA**

LENTIL AND ZUCCHINI PASTA



Serves: 3
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
300 kcal
5g Fats
19g Carbs
59g Protein



09850491

WHAT YOU NEED

- ½ medium onion, chopped
- 1 tsp. olive oil
- 2 cloves garlic, crushed
- ½ tbsp. Italian herbs
- ¼ tsp. salt
- ⅛ tsp. pepper
- 2x 14 oz. (400g) canned chopped tomatoes
- 5 oz. (156ml) canned tomato paste
- ½ cup (95g) red split lentils
- ½ cup (120ml) vegetable stock or water
- ½ tbsp. sugar or maple syrup
- 10 cups zucchini noodles

WHAT YOU NEED TO DO

Spiralise the zucchini into noodles using a spiraliser. Alternatively buy store-bought zucchini noodles. Place the noodles into a large bowl, sprinkle with ¼ teaspoon of salt, mix well and set aside to sit.

Place a saucepan over a medium-high heat, add the oil and sauté the onions for 3 minutes, stirring often. Add the garlic, salt and pepper and spices and stir well for a further minute.

Add the crushed tomatoes, red split lentils, vegetable stock or water, and sugar or maple syrup and mix well. Bring to a boil and then reduce heat to a simmer. Cover the pan with a lid and simmer for 15 minutes.

Remove the lid from the pan and add in the can of tomato paste and the fresh parsley and basil. Cook for another 5 minutes uncovered.

Take the zucchini noodles and place some of them into the middle of a tea towel. Fold the sides up and grab, slowly twist the tea towel to wring out the excess water into the sink. Do this for all the zucchini noodles and then place into a large frying pan. Cook on high for 3-5 minutes, depending on the thickness of the noodles.

Once the zucchini noodles are cooked place them into a large bowl and top with sauce. Sprinkle with more fresh herbs and a little parmesan cheese.

Tip: Replace the zucchini noodles with 320 grams of pasta.



SEEDY GRANOLA BARS



SEEDY GRANOLA BARS



Serves: 12 bars
Prep: 10 mins
Cook: 8 mins



Nutrition per serving:
163 kcal
8g Fats
23g Carbs
3g Protein



08405951

WHAT YOU NEED

- 2 cups (35g) puffed quinoa or puffed rice
- ½ cup (75g) whole almonds
- ½ cup (75g) pecans
- ½ cup (65g) dried cranberries
- 2 tbsp. roasted sesame seeds
- 2 tbsp. roasted sunflower seeds
- 2 tbsp. hemp seeds
- ½ cup (120g) almond butter or peanut butter
- ⅔ cup (225g) malt rice syrup or honey
- ½ tsp. vanilla extract
- ¼ tsp. salt (omit if nut butter is salted)

WHAT YOU NEED TO DO

Preheat the oven to 375°F (190°C).

Line a 8inch x 12inch (20cmx30cm) baking tray with parchment paper. (if you don't have parchment paper, grease the pan instead).

Chop the almonds and pecans into small pieces and place onto a baking sheet. Place in the oven, on the middle rack, and bake for 8 minutes, until the nuts are roasted.

While the nuts are roasting, place the rice or quinoa puffs into a bowl along with the cranberries, sesame seeds, hemp seeds, and salt. Mix well to combine.

Place the nut butter, vanilla extract, and rice syrup or honey into a small saucepan. Place the pan on the stove over a low heat, stir gently until hot.

Place the roasted nuts into a bowl along with the quinoa puff mixture and stir. Pour in the hot nut butter syrup and mix well.

Pour into the lined dish and use the back of a spoon to press the mixture into the pan until even and smooth.

Place the dish into the fridge for 30-60 minutes until the mixture sets hard. Once hard remove from the fridge and cut into 12, 1 ½ inch wide bars. Store in an airtight container in the fridge.

Tip: Don't want to roast the nuts? No problem these bars can also be made with raw nuts.





**CHOCOLATE ENERGY
PROTEIN BALLS**

CHOCOLATE ENERGY PROTEIN BALLS



Serves: 10
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
108 kcal
1g Fats
23g Carbs
5g Protein



09531253

WHAT YOU NEED

- ½ cup (50g) chocolate protein powder of choice
- 2 cups (350g) soft dates
- 1 tbsp. cocoa powder
- ⅛ tsp. salt
- ½ tbsp. coconut oil

WHAT YOU NEED TO DO

Make sure the dates are soft. If not, measure out the dates and place them into a bowl and cover with hot water. Allow the dates to soak for 5 minutes, then drain the water and towel dry the dates.

Place the protein powder, dates, cocoa powder, salt and coconut oil into a food processor. And pulse until well combined.

If the mixture looks too dry, add a teaspoon of coconut oil. If the mixture is too wet, add an extra teaspoon of protein powder.

Roll out the balls into roughly 1.5 inch balls. Place in the fridge for 15 minutes. Roll in more cocoa powder (optional).

Tip: *Want a crunch in the energy protein balls, add in some puffed rice cereal.*

