



FEBRUARY RECIPE PACK

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

www.pcosfoodies.com



TABLE OF CONTENTS



1	EGG AND TUNA BREAKFAST SALAD
2	AVOCADO, SCRAMBLED EGG AND SMOKED SALMON TOAST
3	CREAMY BROCCOLI SALAD WITH BACON
4	AVOCADO, MANGO AND MATCHA SMOOTHIE
5	BEEF LETTUCE WRAPS
6	CARROT AND GINGER SOUP
7	SUPERCHARGED COLESLAW
8	HOMEMADE BURGER BUNS
9	SLOW COOKER PULLED PORK
10	CURRIED COD IN TOMATO SAUCE
11	CHICKEN AND BOK CHOY STIR FRY
12	SLOW COOKER HONEY GARLIC BEEF BOWL
13	HONEY AND PEANUT BUTTER ENERGY BALLS
14	SPICY CHEESY KALE CRISPS
15	BERRY PROTEIN FLUFF



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 Avocado, Scrambled Egg and Smoked Salmon Toast	BREAKFAST Avocado, Scrambled Egg and Smoked Salmon Toast	BREAKFAST Avocado, Mango and Matcha Smoothie	BREAKFAST Avocado, Mango and Matcha Smoothie	BREAKFAST Egg and Tuna Breakfast Salad	BREAKFAST Creamy Broccoli Salad with Bacon	BREAKFAST Creamy Broccoli Salad with Bacon
LUNCH Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw	LUNCH Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw	LUNCH Carrot and Ginger Soup	LUNCH Carrot and Ginger Soup	LUNCH Beef Lettuce Wraps	LUNCH Egg and Tuna Breakfast Salad	LUNCH Slow Cooker Pulled Pork, Homemade Burger Buns and Supercharged Coleslaw
SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie	SNACK E.g. Honey and PB Energy Balls, Spicy Cheesy Kale Crisps, Berry Protein Fluff, Avocado, Mango & Matcha Smoothie
DINNER Curried Cod in Tomato Sauce	DINNER Curried Cod in Tomato Sauce	DINNER Slow Cooked Honey Garlic Beef Bowl	DINNER Slow Cooker Honey Garlic Beef Bowl	DINNER Chicken and Bok Choy Stir Fry	DINNER Meal Out – Enjoy!	DINNER Chicken and Bok Choy Stir Fry

A photograph of an egg and tuna breakfast salad. The salad is served in a clear glass bowl and consists of diced hard-boiled eggs, tuna, and a creamy dressing. It is garnished with fresh green herbs. In the background, there are several red radishes and a wooden cutting board with two sandwiches made with the salad. The scene is set on a rustic wooden surface.

EGG AND TUNA BREAKFAST SALAD

EGG AND TUNA BREAKFAST SALAD



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
218 kcal
16g Fats
2g Carbs
17g Protein
0g Fiber



GF

DF

LC

MP

Q

WHAT YOU NEED

- 4 hard boiled eggs, peeled and chopped
- 1 can tuna in brine (about 5 oz./150g), drained
- 5 radishes, diced
- 3 tbsp. mayonnaise
- 2 tbsp. tomato ketchup
- 2 tsp. Dijon mustard
- 2 tbsp. parsley, chopped
- salt and pepper

WHAT YOU NEED TO DO

Mix all the ingredients in a bowl and season with a little salt and pepper to taste. Serve with gluten free bread or mixed salad.



98022396





**AVOCADO, SCRAMBLED EGG
AND SMOKED SALMON TOAST**

AVOCADO, SCRAMBLED EGG AND SMOKED SALMON TOAST



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
305 kcal
19g Fats
18g Carbs
17g Protein
5g Fiber



31719073

WHAT YOU NEED

- 6 eggs
- 2 tbsp. oat cream
- 1 tbsp. coconut oil
- 4 slices gluten free bread, toasted
- 1 avocado, halved and pitted
- 1 tbsp. lemon juice
- 3.5 oz. (100g) smoked salmon
- bean sprouts, to garnish
- salt and pepper

WHAT YOU NEED TO DO

In a medium bowl whisk together the eggs and oat cream, season to taste with salt and pepper.

Heat the coconut oil in a non-stick frying pan over a medium-low heat. Add the egg mixture and cook, occasionally scraping the bottom of the pan with a spatula, until the egg is just barely set, approximately 3-4 minutes. Set aside.

Scoop the avocado into a bowl, mash with a fork, and drizzle with lemon juice. Season with salt and pepper to taste.

Spread the avocado over the slices of toast and top with the cooked eggs. Arrange the salmon slices over the top. Garnish with bean sprouts, and season to taste with pepper.





**CREAMY BROCCOLI
SALAD WITH BACON**

CREAMY BROCCOLI SALAD WITH BACON



Serves: 6
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
267 kcal
16g Fats
20g Carbs
13g Protein
6g Fiber



11809672

WHAT YOU NEED

For the salad dressing:

- 1 cup (285g) mashed avocado
- 4 tbsp. apple cider vinegar
- 1 clove garlic, minced
- salt and pepper

For the salad:

- 1 broccoli head, cut into bite-size florets
- 1 pomegranate, seeded
- 1/3 cup (50g) almonds, chopped
- 1/2 small red onion, diced
- 6 bacon rashers

WHAT YOU NEED TO DO

Place all the ingredients for the salad dressing into a medium sized bowl. Season to taste with salt and pepper, give a good stir to combine and set aside until needed.

Bring a pot of water to the boil and cook the broccoli florets for 3-4 minutes, until just tender, then rinse in cold water, drain and place in a serving bowl.

Cook the bacon on a dry, non-stick pan over medium heat until brown and crispy. Set aside to cool, then break into smaller pieces.

Add the pomegranate seeds, almonds, onion and crispy bacon to the serving bowl. Drizzle with the salad dressing and mix until well combined. To serve, season with freshly ground black pepper.





**AVOCADO, MANGO AND
MATCHA SMOOTHIE**

AVOCADO, MANGO AND MATCHA SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
246 kcal
12g Fats
33g Carbs
4g Protein
8g Fiber



GF

DF

V

Q

N

WHAT YOU NEED

- 1 mango, peeled, flesh only
- ½ avocado
- ½ tsp. vanilla extract
- 1 tbsp. chia seeds
- 2 cups (240ml) almond milk
- 1 tsp. matcha powder

WHAT YOU NEED TO DO

Place all the ingredients into a blender and blend together until really smooth. Serve immediately.



myfitnesspal

14960172





**BEEF LETTUCE
WRAPS**

BEEF LETTUCE WRAPS



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
243 kcal
9g Fats
17g Carbs
24g Protein
2g Fiber



14762514

WHAT YOU NEED

- 4 servings Slow Cooker Honey Garlic Beef (see separate recipe card in pack)
- 1 cucumber, cut into matchsticks
- 2 carrots, cut into matchsticks
- 8 radishes, sliced
- 16 lettuce leaves
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Gently reheat the honey garlic beef in a frying pan, over medium heat, until warmed through.

Assemble the wraps by topping the lettuce leaves with beef, cucumber, carrots and radishes and sprinkle with sesame seeds to serve.

Note: Nutrition for 1 portion of Slow Cooker Honey Garlic Beef

Note: Nutrition for 1 portion of Salad Wrap



CARROT AND GINGER SOUP



CARROT AND GINGER SOUP



Serves: 6
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
187 kcal
13g Fats
18g Carbs
2g Protein
1g Fiber



86979304

WHAT YOU NEED

- 1tbsp.olive oil
- 1onion, chopped
- 2clovesgarlic, minced
- 2tbsp.ginger, grated
- 23 oz. (650g) carrots,peeled, chopped
- 4cups(960ml) vegetable stock
- 1tsp.salt
- ½tsp. whitepepper
- 1tsp. thyme leaves, dried
- 14oz. (400ml) cancoconut milk, full fat
- ½ lime, juice

WHAT YOU NEED TO DO

Heat the olive oil in a large pan, over a medium heat. Cook the onion for 5-6 minutes, until soft. Add the garlic and ginger, and cook for a further 1-2 minutes.

Add the carrots, vegetable stock, salt, pepper and dried thyme, and stir well to combine. Simmer for 20-30 minutes, until the carrots have softened.

Allow to cool slightly and blend until smooth using either a hand blender or a food processor.

Finally, stir in coconut milk and lime juice, and serve.

This soup can be stored in an air tight container in the fridge for up to 4 days.





**SUPERCHARGED
COLESLAW**

SUPERCARGED COLESLAW



Serves: 6
Prep: 20 mins
Cook: 0 mins



Nutrition per
serving:
191 kcal
14g Fats
13g Carbs
6g Protein
3g Fiber



GF

LC

MP

V

Q

WHAT YOU NEED

- 3 carrots, peeled and grated
- ½ medium red cabbage, shredded
- ¼ tsp. coconut sugar
- 2 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 4 tbsp. mayonnaise
- 1 apple, peeled, cored and grated
- 1 cup (115g) vegan cheddar, grated
- salt and pepper

WHAT YOU NEED TO DO

Coarsely grate the carrots and finely shred the cabbage and transfer into a large bowl. Season with salt, then add the sugar and vinegar and mix everything together. Leave to stand for 20 minutes.

Add in the grated apple and cheese. Then stir in the mustard and mayonnaise mixing well until combined. Season to taste with salt and pepper and serve immediately.



83128311





**HOMEMADE
BURGER BUNS**

HOMEMADE BURGER BUNS



Makes: 4
Prep: 5mins
Cook: 25 mins



Nutrition per
serving:
176 kcal
4g Fats
29g Carbs
6g Protein
10g Fiber



MP

V



72883961

WHAT YOU NEED

- 3/4 cup cassava flour Anthony's Goods brand for best results.
- 3 tablespoons psyllium husk powder
- 4 large eggs
- 1/2 cup apple sauce
- 1 teaspoon baking powder
- 1/2 teaspoon sea salt

Toppings

- egg wash to make the egg wash, just whip one egg.
- black sesame seeds for sprinkling on top

WHAT YOU NEED TO DO

Preheat oven to 400F. Line a baking sheet with parchment paper.

In a food processor combine all the ingredients for the hamburger buns.

Puree until the dough is smooth.

Divide the dough into four equal parts and shape into a round ball (if the dough is sticking, coat your hands in water and then shape the dough). Pat the round buns down into a dome shape. Brush the buns with egg wash and then sprinkle with sesame seeds.

Bake on 400F for about 22-25 minutes until golden brown.



SLOW COOKER PULLED PORK



SLOW COOKER PULLED PORK



Serves: 12
Prep: 10 mins
Cook: 8 hrs



Nutrition per
serving:
166 kcal
4g Fats
9g Carbs
23g Protein
0g Fiber



98702737

WHAT YOU NEED

- 14 oz. (400g) can diced tomatoes
- 1 tbsp. chili powder
- 1 tsp. cumin
- 1 tsp. salt
- 1 tsp. chipotle chili paste
- 1 tsp. garlic powder
- ½ tsp. onion powder
- ⅓ cup (80ml) apple cider vinegar
- ⅓ cup (113g) honey
- 2.6 lb. (1.2kg) pork shoulder

WHAT YOU NEED TO DO

Place all ingredients except the pork into the base of your slow cooker and stir until well combined. Add in the pork shoulder and turn a few times to coat the pork thoroughly in the sauce. Cook on the low setting of your slow cooker for 8 hours.

Once cooked, place pork shoulder in a bowl. Remove and discard the fat using tongs, then shred the meat using two forks.

Add cooking juices to the shredded pork, according to preference. Or simply return the pork to the slow cooker and mix well.

Once cooled the pork can be stored in an airtight container in the fridge for up to 4 days.





**CURRIED COD IN
TOMATO SAUCE**

CURRIED COD IN TOMATO SAUCE



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
303 kcal
6g Fats
30g Carbs
32g Protein
9g Fiber



07823340

WHAT YOU NEED

- 1 tbsp. oliveoil
- 1onion,chopped
- 2 tbsp. curry powder
- 2 tbsp. ginger,finely grated
- 3garlic cloves,crushed
- 2 x 14oz. (400g) cansdiced tomatoes
- 1 x 14 oz. (400g)can chickpeas, drained
- 4codfillets (5 oz./140g each)
- zest 1lemon,then cut into wedges
- handful fresh coriander,to serve
- salt and pepper

WHAT YOU NEED TO DO

Heat the olive oil over a high heat in a large pan. Use a pan that has a lid!

Cook the onion for 5 minutes, then stir in the curry powder, ginger and garlic. Cook for another 1-2 minutes until fragrant. Now, add in the tomatoes, chickpeas and season with salt and pepper.

Cook for 8-10 minutes until the sauce has thickened. Add in the cod fillets and cover them with the sauce. Cover the pan with a lid and cook for 5-10 minutes until the fish is cooked through.

Once cooked, sprinkle over the grated lemon zest and chopped coriander. Serve immediately with lemon wedges.

Serving suggestions:

- Rice
- Boiled potatoes





**CHICKEN AND BOK
CHOY STIR FRY**

CHICKEN AND BOK CHOY STIR FRY



Serves: 4
Prep: 20 mins
Cook: 5 mins



Nutrition per serving:
288 kcal
18g Fats
11g Carbs
22g Protein
2g Fiber



18135562

WHAT YOU NEED

- 2tbsp. tamari or soy sauce
- 2tbsp. rice wine vinegar
- 1 ½tbsp. sesame oil
- 2tsp. coconut sugar
- 12 oz. (340g) chicken breast, cut into strips
- 2tbsp. ginger, finely chopped
- 2cloves garlic, finely chopped
- 3tbsp. olive oil
- 8 oz. (230g) bok choy, trimmed and sliced
- 2leeks, halved lengthwise and thinly sliced
- 1 cup (30g) bean sprouts
- ¼ tsp. chili flakes
- salt and pepper

WHAT YOU NEED TO DO

In a medium bowl, whisk together the soy sauce, vinegar, sesame oil, and sugar. Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let the chicken sit for 20 minutes to marinate.

Heat a large pan over high heat, add 1 teaspoon of olive oil to the pan and add the chicken. Cook, stirring constantly, for about 3 minutes, then remove the chicken from the pan and transfer onto a plate. Set aside.

Add the remaining olive oil to the pan. Add the bok choy and cook 1 minute. Then add in the leeks, bean sprouts and chili flakes. Cook, for a further minute until the bok choy and leeks are tender.

Stir in the rest of the marinade and season with salt. Move the vegetables to one side of the pan. Add the remaining ginger and garlic to the centre of the pan and cook for 30 seconds, until fragrant.

Return the chicken to the pan and combine with the rest of the ingredients. Heat for 1 furthermore minute and then take off the heat. Serve immediately.

Serving suggestion:

- White rice





**SLOW COOKER HONEY
GARLIC BEEF BOWL**

SLOW COOKER HONEY GARLIC BEEF BOWL



Serves: 4
Prep: 10 mins
Cook: 8 hrs



Nutrition per serving:
622 kcal
9g Fats
38g Carbs
26g Protein
2g Fiber



56576373

WHAT YOU NEED

For the beef (serves 12):

- 1 cup (240ml) beef stock
- 4 tbsp. honey
- 4 tbsp. coconut sugar
- 2 tbsp. tamari sauce
- 1 tsp. Worcestershire sauce
- 6 cloves garlic, minced
- 3 lbs. (1.3kg) beef chuck roast

Rice salad to serve (serves 4):

- 4.2 oz. (120g) basmati rice, raw
- 2 carrots, peeled, julienned
- 1 cucumber, julienned
- 1 bell pepper, julienned
- 1 tbsp. sesame seeds, to garnish

WHAT YOU NEED TO DO

Firstly, prepare and cook the beef.

In the bottom of a 5 or 6 quart (5-6 liter) slow cooker, combine the stock, honey, sugar, tamari, Worcestershire sauce and garlic. Mix until well combined.

Cut the beef in half lengthwise. Place in the slow cooker and turn to coat the beef with sauce on all sides. Place the lid on the pot and cook the beef on a low setting for 8 hours.

Once the beef has cooked, remove it from the slow cooker and place in a large bowl. Gently pull the beef apart using two forks, then return the beef back into the slow cooker and mix with the cooking juices.

Cook the rice according to instructions on packaging and prepare the vegetables. Assemble the bowls by dividing the rice, beef and vegetables between serving bowls. Sprinkle with sesame seeds to serve.

Once cooled you can store the beef in an air tight container in the fridge for up to 4 days. Alternatively you can freeze the beef for up to 3 months.

Note: The slow cooker honey garlic beef recipe makes enough for 12 servings. The bowl ingredients are for 4 servings. Meaning that you can use the rest of the beef as you wish with other dishes, like the beef lettuce wraps.

Note: Nutrition for 1 portion of Honey Garlic Beef

Note: Nutrition for 1 portion of Rice Salad



HONEY AND PEANUT BUTTER ENERGY BALLS



HONEY AND PEANUT BUTTER ENERGY BALLS



Makes: 20
Prep: 10 mins
Chill: 20 mins



Nutrition per
serving:
113 kcal
6g Fats
14g Carbs
3g Protein
2g Fiber



48805617

WHAT YOU NEED

- 2 medjool dates, pitted (220g)
- 1 tbsp. honey
- 1 tsp. ground cinnamon
- ½ cup (130g) crunchy peanut butter, natural
- ½ cup (60g) almond meal
- ¼ cup (25g) desiccated coconut
- ¼ cup (37g) raisins
- ¼ cup (37g) peanuts, chopped

WHAT YOU NEED TO DO

Place the dates, honey, cinnamon, peanut butter, almond meal, coconut, raisins and peanuts in a food processor. Blitz until well combined, the mixture should be a thick paste-like consistency.

Roll level tablespoons of the mixture into balls and place on a plate. Refrigerate for 20 minutes to set or until firm.

Store the balls in an airtight container in the fridge for up to 1 week.





**SPICY CHEESY
KALE CRISPS**

SPICY CHEESY KALE CRISPS



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
139 kcal
9g Fats
10g Carbs
7g Protein
7g Fiber



99709161

WHAT YOU NEED

- ½ bunch kale leaves (approx. 7 oz./200g)
- 1 tbsp. olive oil
- 1.5 tbsp. nutritional yeast
- 1 tsp. paprika
- ¾ tsp. chilli powder
- ½ tsp. onion powder
- ½ tsp. smoked paprika
- ¼ tsp. sea salt
- ⅛ tsp. cayenne pepper

WHAT YOU NEED TO DO

Preheat the oven to 300°F (150°C). Line a large baking tray with parchment paper.

Remove the leaves from the stems of the kale and roughly tear into large pieces, placing in a large bowl. Discard the stems

Massage the oil into the kale leaves with your hands then sprinkle with the spices/seasonings and toss to combine.

Spread the kale out on the baking tray and bake for 10 minutes. Remove from the oven and stir gently, then return to the oven to bake for a further 12-15 minutes until the kale begins to crisp. Check the kale every now and then to avoid it from burning.

Cool for 3 minutes and serve.





**BERRY
PROTEIN FLUFF**

BERRY PROTEIN FLUFF



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
165 kcal
1g Fats
17g Carbs
24g Protein
5g Fiber



66436903

WHAT YOU NEED

- 1 cup (150g) frozen berries
- ¼ cup (25g) vanilla vegan protein powder
- ¼ cup (60ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place all ingredients in a bowl and, using a hand blender, blend together until smooth.

Using an electric whisk, whisk the mixture for 5-8 minutes until it gains in volume.

Serve immediately.

