



JANUARY RECIPE PACK

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

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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 Raspberry and Coconut Muesli Bircher	BREAKFAST Raspberry and Coconut Muesli Bircher	BREAKFAST Egg and Tuna Toast with Honey Mustard	BREAKFAST Egg and Tuna Toast with Honey Mustard	BREAKFAST Simple Chickpea and Tuna Salad	BREAKFAST BLT Breakfast Salad	BREAKFAST BLT Breakfast Salad
LUNCH Malaysian Chicken Soup	LUNCH Malaysian Chicken Soup	LUNCH Leftover Chicken Alla Diavola	LUNCH Simple Chickpea and Tuna Salad	LUNCH Lamb and Chickpea Stuffed Peppers	LUNCH Lamb and Chickpea Stuffed Peppers	LUNCH Power Salad
SNACK E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	SNACK E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	SNACK E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	SNACK E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	SNACK E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	SNACK E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake	SNACK E.g. Green Pancakes, Papaya and Turmeric Smoothie, Cinnamon Roll Protein Bars, Keto Lemon Mug Cake
DINNER One-Pot Sea Bass and Thai Rice	DINNER Chicken Alla Diavola	DINNER Sesame Almond Chicken with Miso Pumpkin Puree	DINNER Sesame Almond Chicken with Miso Pumpkin Puree	DINNER Slow Cooker Korean Beef	DINNER Meal Out – Enjoy!	DINNER Slow Cooker Korean Beef

An overhead view of three glass jars filled with a pink, creamy bircher muesli, topped with golden-brown flakes. The jars are arranged on a light-colored wooden tray. The background is a white marble surface with scattered golden-brown flakes, a gold spoon, and a few fresh raspberries.

**RASPBERRY AND COCONUT
MUESLI BIRCHER**

RASPBERRY AND COCONUT MUESLI BIRCHER



Serves: 6
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
334 kcal
7g Fats
56g Carbs
13g Protein
8g Fiber



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WHAT YOU NEED

- 3 cups (270g) gluten free rolled oats
- 1 apple, cored and coarsely grated
- 1 cup (280g) Greek style coconut yogurt
- 1 cup (250ml) apple juice
- $\frac{3}{4}$ cup (185ml) coconut milk
- 1 tsp. vanilla extract
- 1 tsp. ground cinnamon
- 1 cup (280g) raspberry yogurt, to serve

For the raspberry jam:

- 9 oz. (250g) raspberries, quartered
- 2 tbsp. coconut sugar
- 1 tbsp. lemon juice

WHAT YOU NEED TO DO

Combine the oats, grated apple, vanilla yogurt, apple juice, coconut milk, vanilla extract and cinnamon in a bowl. Cover the bowl and place in the fridge to soak overnight.

Meanwhile, to make the raspberry jam, combine the raspberries, sugar and lemon juice in a saucepan. Place over a medium heat, and cook, stirring occasionally, for 7-8 minutes, until it has a jam like consistency. Remove from the heat and set aside to cool.

Divide the jam among serving jars or glasses. Top with the oat mixture and raspberry yogurt and serve immediately. Store covered in the refrigerator for up to 3 days.

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 protein 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.

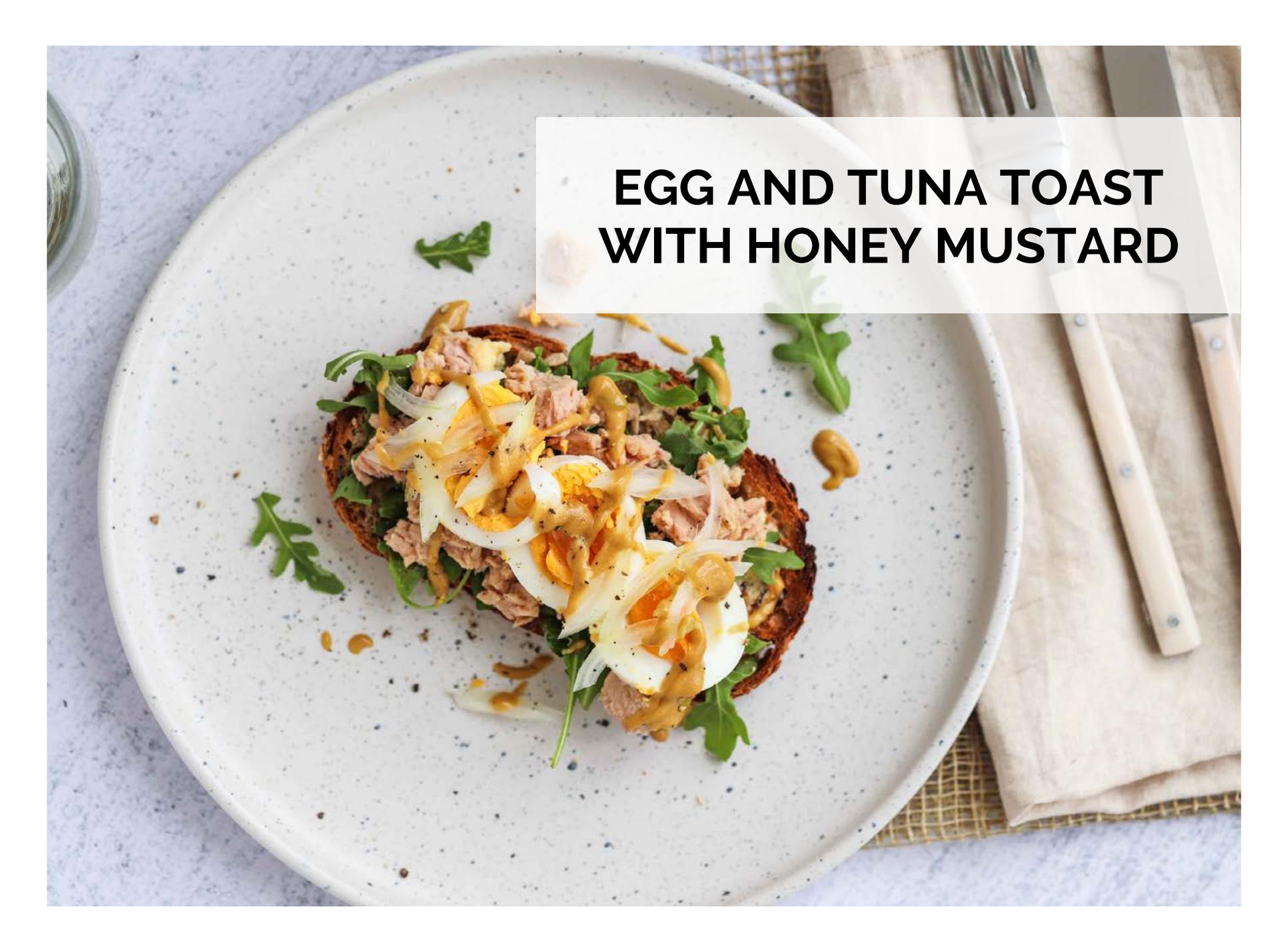
Stir in the mashed banana and add the blueberries. If the pancake mixture seems too thick, add a splash of almond milk to thin it.

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.

A top-down photograph of a single piece of toast on a white speckled plate. The toast is topped with a layer of green arugula, a generous amount of chunky tuna, sliced hard-boiled eggs, and a drizzle of honey mustard. The plate is set on a light blue textured surface. To the right, a beige napkin holds a silver fork and a knife with a light-colored handle. A small glass jar is partially visible on the left edge.

**EGG AND TUNA TOAST
WITH HONEY MUSTARD**

EGG AND TUNA TOAST WITH HONEY MUSTARD



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
212 kcal
7g Fats
18g Carbs
18g Protein
2g Fiber



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WHAT YOU NEED

- 2 slices gluten free bread
- 1 tsp. butter
- handful rocket
- 5 oz. (145g) can tuna in brine, drained
- 1 egg, boiled to your liking
- 1 tbsp. Dijon mustard
- ½ tbsp. honey
- ¼ small onion, sliced
- salt and pepper

WHAT YOU NEED TO DO

Boil the egg to your liking. Toast the bread and spread with the butter.

Top the toast with rocket, pieces of tuna and egg slices.

Mix the mustard with the honey and drizzle over the egg. Finally top with the sliced onion and season with salt and pepper, to taste. Serve immediately.



BLT BREAKFAST SALAD

BLT BREAKFAST SALAD



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
397 kcal
33g Fats
6g Carbs
19g Protein
1g Fiber



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WHAT YOU NEED

- 4 oz. (125g) pancetta, chopped
- ½ lettuce, leaves torn
- 1 cup (150g) cherry tomatoes, halved
- ¼ small onion, sliced
- 3 tbsp. mayonnaise
- 2 tsp. lemon juice
- 1 clove garlic, crushed
- 2 boiled eggs, quartered
- salt and pepper

WHAT YOU NEED TO DO

Chop the pancetta into small cubes and place in a non-stick frying pan. Heat the pancetta over a low heat for about 10 minutes, until the fat has melted and the pancetta starts to brown.

In the meantime, boil the eggs to your liking. Mix the mayonnaise, crushed garlic and lemon juice to make the salad dressing.

To serve, arrange the lettuce on 2 plates, add the halved cherry tomatoes and sliced onion. Season with salt and pepper. Top with the browned pancetta and boiled egg, then drizzle with the dressing and serve immediately.



POWER SALAD

POWER SALAD



Serves: 4
Prep: 20 mins
Cook: 15 mins



Nutrition per
serving:
306 kcal
10g Fats
43g Carbs
14g Protein
10g Fiber



WHAT YOU NEED

- 14 oz. (400g) can chickpeas, rinsed, drained
- 1 cup (170g) quinoa, rinsed, drained
- 1 broccoli, trimmed, cut into florets
- 1 cup (155g) frozen edamame beans, cooked
- 1 cup (150g) cherry tomatoes, halved
- 4 radishes, sliced
- handful fresh mint leaves, plus extra, to serve
- 2 tbsp. pumpkin seeds
- 2 tbsp. apple cider vinegar
- 2 tbsp. extra virgin olive oil
- 1 tbsp. honey
- ½ cup (70g) blueberries
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Line a baking tray with baking paper and spread the chickpeas over the tray. Rub the chickpeas with 1 tablespoon of olive oil and season with salt and pepper. Place the tray in the oven and bake for 15 minutes until golden.

Meantime, cook the quinoa according to the instructions on the packaging and drain well. Cook the broccoli until just tender and drain well.

Combine the cooked grains, broccoli, edamame, tomato, radish, mint and pumpkin seeds in a large bowl. Season with salt and pepper.

Whisk together the vinegar, oil and maple syrup in a small bowl. Add the dressing to the salad and gently toss to combine. Top with the roasted chickpeas, blueberries and extra mint leaves and serve immediately.



**SIMPLE CHICKPEA
AND TUNA SALAD**

SIMPLE CHICKPEA AND TUNA SALAD



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
186 kcal
6g Fats
18g Carbs
15g Protein
5g Fiber



WHAT YOU NEED

- 14 oz. (400g) can chickpeas, rinsed, drained
- 5 oz. (145g) can tuna in olive oil
- 1 oz. (30g) cocktail gherkins, sliced
- ½ red bell pepper, diced
- ¼ red onion, diced
- 2 eggs, cooked, chopped
- 1 tbsp. parsley chopped, to serve
- salt and pepper

WHAT YOU NEED TO DO

Combine all ingredients, including the oil from the tuna, in a bowl and mix well. Season well to taste with salt and pepper and serve sprinkled with fresh parsley.



LAMB AND CHICKPEA STUFFED PEPPERS

LAMB AND CHICKPEA STUFFED PEPPERS



Serves: 4
Prep: 15 mins
Cook: 60 mins



Nutrition per serving:
436 kcal
26g Fats
32g Carbs
22g Protein
9g Fiber



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WHAT YOU NEED

- 4 bell peppers
- 1 tbsp. olive oil
- 1 white onion, finely chopped
- 2 garlic cloves, crushed
- 3 tsp. Moroccan spice mix
- 1 tsp. ground paprika
- ½ tsp. dried chili flakes
- 9 oz. (250g) lamb mince
- 4 tbsp. tomato paste
- 14 oz. (400g) can chickpeas, rinsed, drained
- 2 tbsp. parsley, chopped
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Grease a large roasting tray.

Cut the capsicums in half lengthways. Use a small sharp knife to carefully remove the seeds and membrane. Place the capsicum halves, cut-side up, in the tray.

Heat the olive oil in a large deep frying pan and place over a medium heat. Add the onion and cook for 5 minutes or until soft, then add the garlic and cook for a further minute.

Stir in the Moroccan spice mix, paprika and chili. Add the lamb mince, stirring constantly to break up the mince, and cook for 5 minutes until the meat has browned. Add in the tomato paste and chickpeas, mix well and remove from heat. Cool slightly and season to taste with salt and pepper.

Add the feta cheese into the lamb mixture and stir to combine. Divide the mixture evenly between each of the peppers. Cover the dish loosely with tinfoil and bake for 45 minutes or until the peppers are tender.

Divide between 4 serving plates. Serve immediately with freshly chopped parsley.



**MALAYSIAN
CHICKEN SOUP**

MALAYSIAN CHICKEN SOUP



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per
serving:
392 kcal
13g Fats
53g Carbs
19g Protein
1g Fiber



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WHAT YOU NEED

- 1 tsp. coconut oil
- 1 tbsp. red curry paste
- 17.5 oz. (500g) potatoes, peeled, chopped
- 4 cups (1l) chicken stock
- ¾ cup (180ml) coconut milk, can
- 17.5 oz. (500g) sweet potatoes, peeled, chopped
- 2 chicken thighs (8oz./230g), skinless, boneless, chopped
- 2 tbsp. fish sauce
- 1 lime, juiced
- chili flakes, to serve
- 4 tbsp. coriander, chopped, to serve

WHAT YOU NEED TO DO

In a large saucepan, heat the coconut oil and the curry paste for 1-2 minutes, stirring constantly with a wooden spoon.

Add the potatoes and chicken stock to the pan and bring to boil. Now turn the heat down and simmer for 10-15 minutes until the potatoes are tender. Take the pan off the heat and blend the soup in a food processor or with a hand blender until smooth.

Now, return the soup to the pan.

Add the sweet potatoes and coconut milk and bring to the boil. Add the chicken to the soup and cook for 15 minutes until the sweet potatoes are tender, stir occasionally.

When ready to serve, add in the fish sauce and lime juice. Serve with chili flakes and fresh chopped coriander.



**ONE-POT SEA BASS
AND THAI RICE**

ONE-POT SEA BASS AND THAI RICE



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per
serving:
487 kcal
16g Fats
57g Carbs
31g Protein
9g Fiber



WHAT YOU NEED

For the paste:

- 1 oz. (30g) coriander, leaves picked, stalks reserved
- 1 thumb-sized pieces ginger, peeled
- 2 cloves garlic, peeled
- 1 red chillies, deseeded
- 1 tbsp. sesame oil
- 3 tbsp. tamari soy sauce
- 1 lime, juice and zest
- 7 oz. (200ml) can coconut milk

For the rice:

- 7 oz. (200g) basmati rice
- 4 x 3.5 oz. (100g) sea bass fillets, skin scored
- 2 cups (200g) green beans
- 4 spring onions, finely sliced
- 1 red chili, deseeded, sliced
- 1 lime, to serve

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C).

Place all the paste ingredients into a food processor or high-speed blender, adding only half of the coriander leaves, and blitz to a smooth consistency. Set aside until needed.

Cook the rice until just cooked, then drain. Transfer the rice into a baking tray and cover with the paste, mix well to combine. Top the rice with the fish fillets and the green beans, then cover with tinfoil and bake in the oven for around 20 minutes, or until fish is cooked through and beans are tender.

To serve, divide between 4 plates, sprinkle with the spring onions, chili and remaining coriander leaves. Serve immediately.

A top-down view of a light blue ceramic plate with a double-line rim. The plate is set on a piece of light brown burlap fabric. The dish consists of a thick, smooth, orange-colored puree spread across the center. Two pieces of breaded chicken are placed on top of the puree; one is a larger, vertical piece, and the other is a smaller, horizontal piece. Both are coated in a golden-brown, textured breading and topped with white sesame seeds. To the left of the puree, there are five bright green snow peas. To the right, there is a small, fresh broccoli floret. The background is a plain, light-colored surface.

**SESAME ALMOND CHICKEN
WITH MISO PUMPKIN PUREE**

SESAME ALMOND CHICKEN WITH MISO PUMPKIN PUREE



Serves: 4
Prep: 15 mins
Cook: 35 mins



Nutrition per serving:
417 kcal
19g Fats
28g Carbs
39g Protein
7g Fiber



WHAT YOU NEED

- 26.5 oz. (750g) pumpkin, peeled, cut into cubes
- 1 tbsp. olive oil
- ½ cup (55g) almond meal
- 2 tbsp. corn flour
- 1 tbsp. sesame seeds
- ½ tsp. Chinese five spice mix
- ⅓ cup (80ml) light coconut milk
- 17.5 oz. (500g) chicken tenderloins
- 2 tsp. coconut oil
- 2 tsp. white miso paste
- 7 oz. (200g) broccolini
- 7 oz. (200g) green beans
- lemon wedges, to serve
- salt and pepper

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C). Line 2 baking trays with baking paper. Place the pumpkin on one of the trays and rub with 1 tablespoon of olive oil. Place the tray in the oven and bake the pumpkin for 25 minutes or until tender.

Meanwhile, combine the almond meal, cornflour, sesame seeds and Chinese five spice mix in a large dish. Place the coconut milk in a separate dish. Taking 1 tenderloin at a time, dip it into the coconut milk to coat, and then dip the chicken into the almond mixture to coat. Place on the earlier prepared tray. Repeat this process with the remaining chicken tenderloins.

Heat the coconut oil in a large non-stick frying pan over medium-high heat. Cook chicken for 2-3 minutes on each side, until cooked through.

Cook the broccolini and green beans in slightly salted water for around 5-7 minutes, until tender.

Place the roasted pumpkin and miso paste in a food processor and blitz until smooth. Season to taste with salt and pepper.

Serve the chicken with the pumpkin puree, cooked beans and broccolini, and lemon wedges.



CHICKEN ALLA DIAVOLA

CHICKEN ALLA DIAVOLA



Serves: 6
Prep: 15 mins
Cook: 45 mins + 1 hr



Nutrition per
serving:
529 kcal
42g Fats
2g Carbs
33g Protein
0g Fiber



WHAT YOU NEED

- 6 chicken legs (2.6 lb./1.2kg)
- 1 tbsp. ground black pepper
- 1 tsp. chili flakes
- 4 tbsp. olive oil
- ¼ lemon
- 4 garlic cloves, crushed
- 2 sprigs rosemary
- salt

WHAT YOU NEED TO DO

Place the chicken legs on a roasting tray and drizzle with lemon juice, then rub with salt, pepper, chili flakes, crushed garlic, and olive oil.

Add chopped rosemary sprigs and set aside to marinate for about 1 hour.

Preheat the oven to 350°F (180°C). Place the chicken in the oven and bake the chicken for 25 minutes, then turn over and bake for a further 20 minutes until golden brown. Once cooked, pour the roast juices over the chicken.

Divide the chicken into 6 portions and serve immediately with your favorite side dishes, e.g. potatoes, salad.



**SLOW COOKER
KOREAN BEEF**

SLOW COOKER KOREAN BEEF



Serves: 8
Prep: 10 mins
Cook: 8.5 hrs



Nutrition per serving:
305 kcal
10g Fats
18g Carbs
38g Protein
1g Fiber



WHAT YOU NEED

- 3 lb. (1.3kg) stewing beef, cut into chunks
- 2 tbsp. cornstarch
- 1 tbsp. sesame seeds
- 6 spring onions, thinly sliced

For the sauce:

- 1 cup (240ml) beef stock
- ½ cup (120ml) tamari soy sauce
- ½ cup (100g) coconut sugar
- 4 cloves garlic, minced
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 1 tbsp. ginger, grated
- 1 tsp. Sriracha sauce
- ½ tsp. onion powder
- ½ tsp. black pepper

WHAT YOU NEED TO DO

In a large bowl, mix together all the sauce ingredients and stir well to combine.

Place the beef in the slow cooker and cover with the sauce mixture. Place the lid on the slow cooker and cook on a low heat for 8 hours or on a high heat for 4 hours.

Once the beef has finished cooking, mix the cornstarch and ¼ cup water and stir into the slow cooker to thicken the sauce.

Cover and cook on high heat for another 30 minutes, or until the sauce has thickened.

Serve immediately, garnished with green onions and sesame seeds.

Serving suggestion:

- Rice
- Steamed vegetables



PAPAYA AND TURMERIC SMOOTHIE

PAPAYA AND TURMERIC SMOOTHIE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
262 kcal
4g Fats
48g Carbs
13g Protein
3g Fiber



WHAT YOU NEED

- ½ medium papaya (5 oz. / 150g) peeled, chopped
- 1 banana
- 1 ½ cup (350ml) coconut milk, carton
- ½ tsp. ground turmeric
- ½ lime, juice
- 2 tbsp. honey
- 1 scoop (25g) vanilla protein powder
- 1 cup ice

WHAT YOU NEED TO DO

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

Divide between 4 glasses and serve immediately.



**CINNAMON ROLL
PROTEIN BARS**

CINNAMON ROLL PROTEIN BARS



Makes: 16
Prep: 15 mins
Chill: 30 mins



Nutrition per
serving:
98 kcal
6g Fats
8g Carbs
5g Protein
1g Fiber



WHAT YOU NEED

- ½ cup (45g) plant based protein powder
- 1 cup (90g) gluten free rolled oats
- 1 tsp. ground cinnamon
- 2 tbsps. coconut oil, melted
- ½ cup (100g) almond butter
- ¼ cup (60g) honey
- ½ tsp. vanilla extract
- sea salt flakes to garnish

WHAT YOU NEED TO DO

Place the protein powder, cinnamon and rolled oats into a food processor and blitz together until the oats turn into powder.

Add the melted coconut oil, almond butter, honey and vanilla extract into the food processor and blitz again until it forms a sticky dough. If it feels too dry, add 1 tablespoon of water and blitz again.

Line a 20x30cm baking tin with parchment paper and scoop the protein bar mixture into the tray, pressing it down with a spoon. Sprinkle with sea salt flakes and place in the freezer for 30 minutes.

Cut the mixture into 16 protein bars and store in an airtight container, in the fridge for up to 7 days.



**KETO LEMON
MUG CAKE**

KETO LEMON MUG CAKE



Serves: 1
Prep: 5 mins
Cook: 2 mins



Nutrition per
serving:
469 kcal
35g Fats
19g Carbs
14g Protein
10g Fiber



WHAT YOU NEED

- 2 tbsp. butter, melted, cooled
- 1 egg
- 1 tsp. grated lemon rind
- ¼ cup (25g) coconut flour
- 1 tbsp. ground almonds
- 2 tsp. xylitol
- ½ tsp. baking powder
- 2 tbsp. almond milk
- 1 tbsp. lemon juice
- 2 tbsp. coconut yogurt, to serve

WHAT YOU NEED TO DO

Whisk together the melted, cool butter, egg and lemon rind in a small bowl. Add the flour, almond, xylitol, baking powder, milk and juice. Stir well to combine.

Transfer the mixture into a 1 cup (240ml) sized heat proof mug and microwave on high for 2 minutes. Remove from the microwave and set aside for 30 seconds.

Top with the coconut yogurt and serve immediately.