

NOVEMBER 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.

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



SAMPLE WEEKLY MEAL PLANNER

TUESDAY THURSDAY FRIDAY SATURDAY MONDAY WEDNESDAY **BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST BREAKFAST** Berry Breakfast Breakfast Breakfast **Bacon Wrapped** Bacon Wrapped Berry Breakfast Cake Protein Protein Egg Cups Egg Cups Cake Smoothie Smoothie LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH Leftover Curry Chicken Curry Chicken Southwest Southwest Asian Broccoli Mexican Beef Chicken Salad Chicken Salad salad salad Salad Skillet SNACK SNACK SNACK SNACK SNACK **SNACK** E.g. Peanut Butter Energy Balls, Lemon Bread with Bread with Bread with Bread with Bread with Bread with Strawberries & Strawberries & Strawberries & Strawberries & Strawberries & Strawberries & Cream Swirl, Carrot Cream Swirl. Carrot Orange Ginger Juice Orange Ginger Juice

DINNER

Thai Broccoli Soup with Coconut

DINNER

Mexican Beef Skillet

DINNER

Thai Basil Beef

DINNER

Thai Basil Beef

DINNER

Cod in Tomato Sauce

DINNER

Meal Out – Enjoy!

BREAKFAST

SUNDAY

Chocolate Chai Seed Pudding

LUNCH

Tuna Egg Salad

SNACK

Peanut Butter
gy Balls, Lemon
Bread with
rawberries &
m Swirl, Carrot
ge Ginger Juice

E.g. Peanut Butter
Energy Balls, Lemon
Bread with
Strawberries & Cream
Swirl, Carrot Orange
Ginger Juice

DINNER

Cod in Tomato Sauce



BACON WRAPPED EGG CUPS



Makes: 12 Prep: 15 mins Cook: 25 mins



Nutrition per serving: 185 kcal 16g Fats og Carbs 10g Protein





WHAT YOU NEED

- 12 strips smoked bacon
- 12 medium eggs
- 1 tsp. coconut oil

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and lightly grease a muffin tin with coconut oil.

Wrap the bacon on the inside of each muffin so that it covers the sides completely and creates a basket for the eggs. Using a pair of scissors, cut the bacon that sticks out of the tin. Use those pieces of bacon for the bottom of the basket.

Place the bacon in the oven for around 7-8 minutes. Remove it before it starts to get crispy.

Next, crack 1 egg inside of each basket and place the baskets back into the oven. Bake for another 10–15 minutes, depending on how you like your eggs cooked.

Once ready, season with ground black pepper and enjoy.

Nutrition info for 1 muffin.





TROPICAL GLUTEN FREE GRANOLA



Makes: 7 cups Prep: 20 mins Cook: 2 hrs



Nutrition per serving: 173 kcal 14g Fats 10g Carbs 4g Protein











WHAT YOU NEED

- 1 cup (165g) pineapple, cubed
- 5 Medjool dates, pitted and roughly chopped
- orange, 2 tbsp. juice
- 1 tbsp. vanilla extract
- 1 tsp. ground cinnamon
- ¼ cup (60ml) coconut oil, melted
- 3 cups (400g) almonds, roughly chopped
- 1 cup (150g) cashew nuts, roughly chopped
- 3 cups
 (90g) unsweetened coconut flakes
- ½ cup (70g) sunflower seeds
- ½ tsp. salt

Note:

Nutrition information is given per serving size of \(^{1}\)4 cup – 28 grams.

WHAT YOU NEED TO DO

Pre-heat oven to 250°F (120°C) and prepare 2 racks lined with baking sheets.

In a food processor or high-speed blender, add the pineapple, dates, orange juice, vanilla extract and cinnamon. Blend until smooth. Next, add in the coconut oil and blend again. Set aside.

Chop up the almonds and cashew nuts and transfer into a large bowl. Add the coconut flakes, sunflower seeds, salt and mix well.

Fold in the pineapple mix into the nuts and mix well until combined.

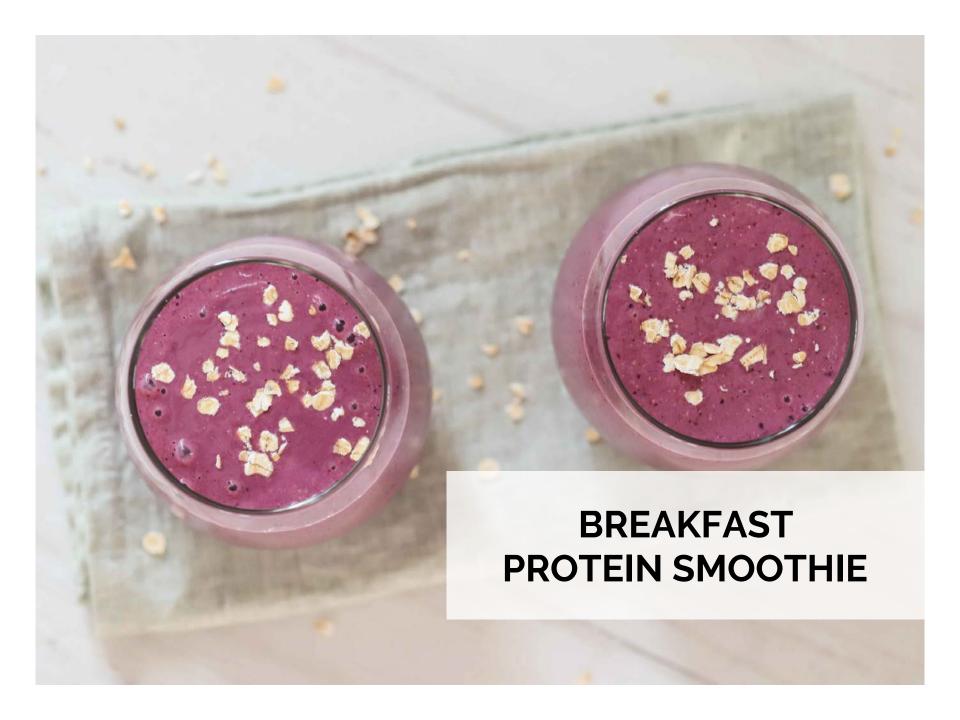
Divide the wet granola between the two prepared baking sheets and spread into a thin layer.

Place into the oven and bake for around 2 hours. Give the granola a mix every 20 minutes and rotate the trays after 60 minutes of baking.

In the last 30 minutes, keep a close eye on the granola to prevent burning. Finish baking as granola turns golden brown. Cool to room temperature and transfer into airtight containers.

The granola can be kept for a couple of weeks.





BREAKFAST PROTEIN SMOOTHIE



Serves: 2 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 230 kcal 6g Fats 32g Carbs 15g Protein





WHAT YOU NEED

- 1 frozen chopped banana
- 1 cup (155g) berries, frozen
- 2 tbsp. rolled oats
- ¼ cup (25g) vanilla protein powder
- 1 tbsp. peanut butter
- 1 cup (240ml) almond milk, unsweetened

WHAT YOU NEED TO DO

Place everything into a high-speed blender.

Blend, stopping to scrape the sides as needed, until smooth. Serve immediately.





CHOCOLATE CHIA SEED PUDDING



Serves: 2 Prep: 5 mins Chill: 6 hrs



Nutrition per serving: 306 kcal 14g Fats 47g Carbs 7g Protein





WHAT YOU NEED

- 4 tbsp. cocoa powder
- · 4 tbsp. chia seeds
- 4 tbsp. maple syrup
- 2 cups (470ml) almond milk, unsweetened
- pinch of sea salt
- ½ cup (120g) vanilla coconut yogurt

WHAT YOU NEED TO DO

Place all ingredients in a medium-size bowl and whisk until the cocoa powder has dissolved.

Leave in the refrigerator for around 6 hours or overnight, until mixture thickens. Stir a few times during this process.

Divide the coconut yogurt between 2 glasses, and then layer the chia seed pudding on top.





SOUTHWEST CHICKEN SALAD



Serves: 4 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 311 kcal 5g Fats 25g Carbs 43g Protein









WHAT YOU NEED

For the salad:

- 1 lb. (450g) cooked, shredded chicken breast
- 1 cup (150g) sweet corn, canned
- 1 cup (170g) black beans, canned, drained, rinsed
- 1 small red onion, diced
- ¼ cup (4g) coriander, chopped
- 1 red bell pepper, diced

For the dressing:

- ½ cup (120g) avocado
- 1 lime, juiced
- ½ tsp. ground cumin
- ½ tsp. chili powder
- ½ tsp. salt
- 2 tsp. sriracha

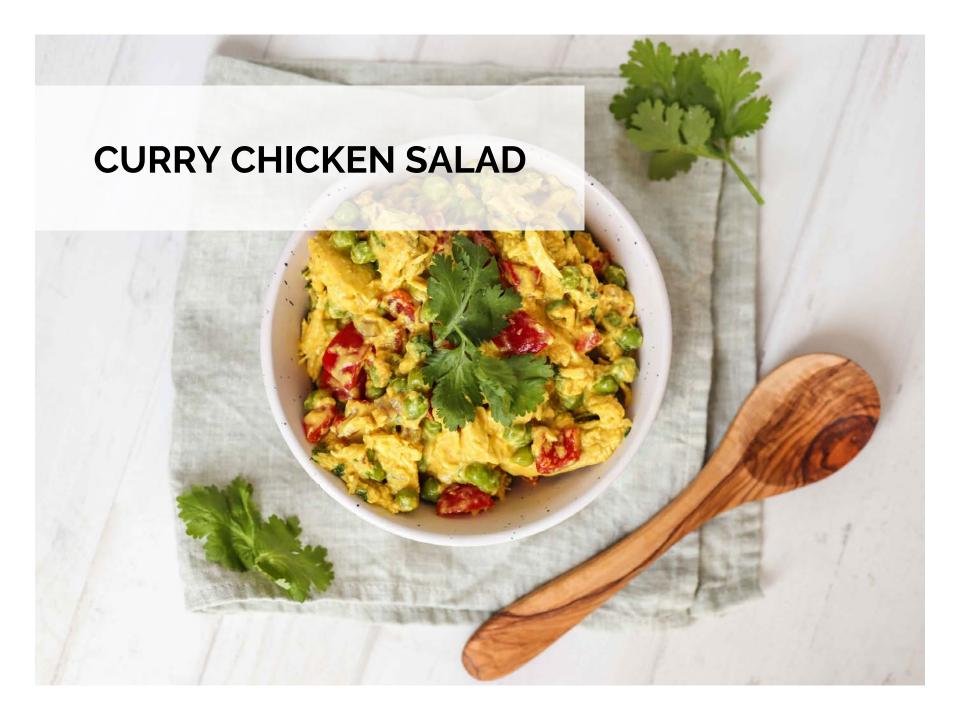
WHAT YOU NEED TO DO

Place the shredded chicken, sweet corn, black beans, red onion, fresh cilantro, and red pepper into a large bowl. Mix and set aside.

Make the dressing by mixing all the dressing ingredients in a cup.

Add dressing to the salad and mix until well combined.





CURRY CHICKEN SALAD



Serves: 6 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 438kcal 27g Fats 23g Carbs 29g Protein











WHAT YOU NEED

For the dressing:

- 2 cups raw cashews
- 1 cup water
- 2 tablespoons lime juice
- 2 cloves garlic
- 1 tablespoon curry powder
- 1/4 cup canned coconut milk (shake can very well before opening and measuring out the coconut milk)
- Pinch red pepper flakes

For the salad:

- 1 lb. (450g) cooked, shredded chicken breast
- 1 cup (160g) green peas, defrosted
- 1 red bell pepper, chopped
- 1 small red onion, diced
- salt and pepper, to taste
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

In a medium bowl, cover your cashews with water and soak for about 2 hours

Drain the cashews and add to your food processor (or high powered blender)

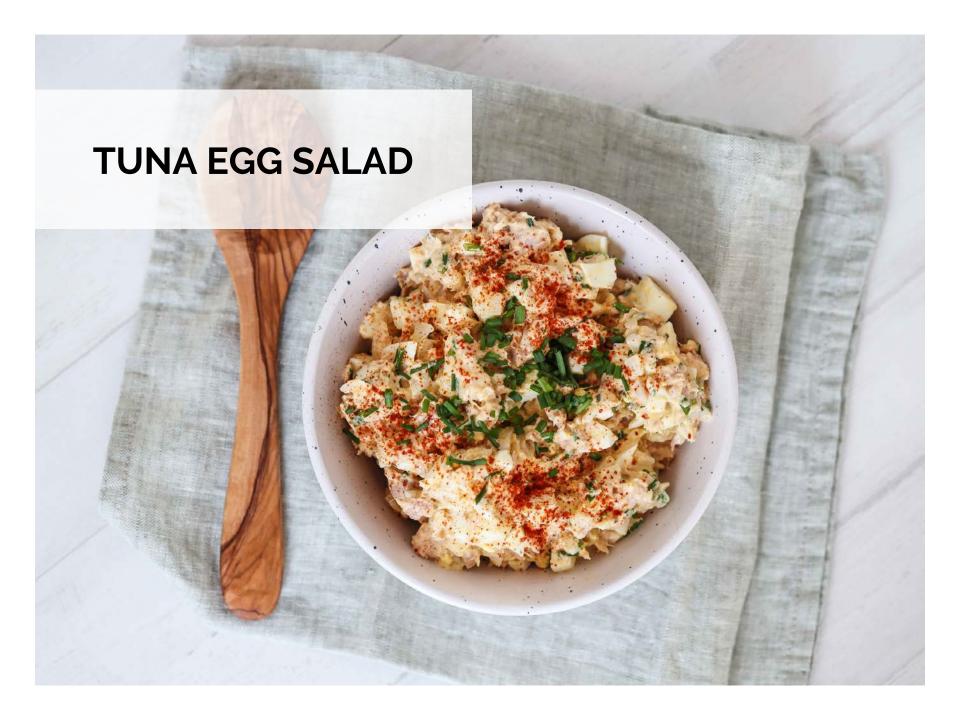
To the cashews, add your lime juice, garlic, curry powder, coconut milk, pepper flakes, and some salt. Add 1/2 cup of water and blend until the mixture is very smooth and creamy. Keep adding water until you reach the consistency you want.

Season to taste with salt, and store in jars or tupperwares in your fridge!

Place all the salad ingredients in a large bowl, add the curry dressing, and mix until well combined.

To serve, season with ground black pepper and sprinkle with sesame seeds.





TUNA EGG SALAD



Serves: 4 Prep: 10 mins Cook: 10 mins



Nutrition per serving: 191 kcal 8g Fats 3g Carbs 25g Protein











WHAT YOU NEED

- 4 eggs, hard-boiled
- 2x 5 oz. (145g) cans tuna, in brine
- 2 tbsp. red onion, finely diced
- 2 tbsp. chives, finely chopped
- 1/3 cup (115g) vegan Greek yogurt
- 2 tbsp. mayonnaise
- 2 tsp. Dijon mustard
- ½ tsp. sriracha
- ½ tsp. smoked paprika

WHAT YOU NEED TO DO

First, hard boil the eggs. Once the eggs are cooked, transfer them into cold water and allow to cool for 10 minutes (in the meantime, prepare the salad and dressing). Once cooled, peel and chop into small, bitesized pieces and place them in a bowl.

Drain the canned tuna and add to the eggs along with the red onion and chives.

In a small bowl, mix the Greek yogurt, mayonnaise, dijon mustard, and sriracha. Add the sauce to the eggs and tuna, season with salt and pepper, and mix well.

To serve, season with smoked paprika.

Serving suggestions: toast, or on its own





ASIAN BROCCOLI SALAD



Serves: 4 Prep: 20 mins Cook: 25 mins



Nutrition per serving: 377 kcal 24g Fats 38g Carbs 11g Protein













WHAT YOU NEED

For the dressing:

- ½ cup (75g) cashews, soaked
- 2 tsp. sesame oil
- 2 tsp. soy sauce
- 2 tsp. maple syrup
- ¼ cup (60ml) water
- 1 tbsp. lemon juice
- 2 tbsp. olive oil

For the salad:

- 1 head broccoli, separated to florets
- 2 tbsp. olive oil
- 1 clementine, peeled, segments divided, halved
- ½ cup (70g) raisins
- ½ small red onion, diced
- 1/3 cup (35g) slivered almonds
- 1 tbsp. sesame seeds

WHAT YOU NEED TO DO

Preheat the oven to 400°F (200°C) and spread the broccoli florets out on the baking sheet. Drizzle with 2 tablespoons of olive oil. Roast in the oven for 20-25 minutes or until the broccoli has browned slightly.

Next, place the halved clementine segments, raisins, red onion, slivered almonds, and sesame seeds into a large bowl and set aside.

Prepare the salad dressing by placing all the dressing ingredients in a high-speed blender and blend until smooth.

Remove broccoli from the oven, let it cool completely, and then add it to the rest of the salad ingredients and mix.

Drizzle over the salad dressing and mix gently until well coated. Serve straight away or store in the fridge until later.





MEXICAN BEEF SKILLET



Serves: 6 Prep: 10 mins Cook: 40 mins



Nutrition per serving: 406 kcal 14g Fats 48g Carbs 25g Protein





WHAT YOU NEED

- 1 tbsp. olive oil
- 3 cloves garlic, minced
- 1 small yellow onion, finely diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1 lb. (450g) ground beef, 5% fat
- ½ cup (125g) tomato passata
- 1 1/3 cup (235g) canned black beans, drained
- 1 cup (195g) white rice, raw
- 1½ cups (355ml) beef stock
- ½ cup (55g) vegan cheddar cheese, shredded

Taco seasoning:

- 1 tbsp. paprika
- 1 tsp. garlic powder
- 1 tsp. cumin
- 1 tsp. oregano
- ½ tsp. smoked paprika
- ½ tsp. onion powder
- ½ tsp. red chili flakes
- ½ tsp. salt, or to taste
- ½ tsp. black pepper, or to taste

WHAT YOU NEED TO DO

Heat olive oil in a large skillet over medium-high heat. Add the garlic, onion, and bell peppers. Sauté for 3-5 minutes.

Move vegetables to one side and add in ground beef. Cook the beef for 8-9 minutes, or until cooked through and browned. Next, mix everything together in the skillet.

Add taco seasoning, tomato passata, and black beans. Cook for a 2-3 minutes. Then, add in the rice and broth. Bring to a boil, and reduce the heat to low.

Cover and allow to simmer for 15-20 minutes or until the rice has softened and absorbed the majority of the liquid.

Sprinkle cheese on top of skillet and either let melt naturally or place it in the heated oven at 400°F (200°C) for a few minutes.





THAI BROCCOLI SOUP WITH COCONUT



Serves: 4 Prep: 15 mins Cook: 20 mins



Nutrition per serving: 308 kcal 14g Fats 42g Carbs 10g Protein











WHAT YOU NEED

- 2 tbsp. olive oil
- 2 shallots, chopped
- 4 cloves garlic, chopped
- 2 tsp. ginger, chopped
- 1 jalapeño pepper, sliced
- 1 lemongrass, chopped
- 4 cups (950ml) vegetable stock
- ¾ tsp. salt
- 4 kefir lime leaves (optional)
- 1 head broccoli
- 2 medium potatoes, peeled, and chopped
- ½ cup (120ml) coconut milk, full-fat.
- 1 tsp. sugar
- 7 oz. (200g) spinach
- 1 bunch coriander
- 3 tbsp. fresh lime juice
- 2 tsp. fish sauce
- roasted peanuts, to garnish (optional)

WHAT YOU NEED TO DO

Heat oil in a pot over medium heat. Add the shallots, and sauté for 3 minutes. Then, add the garlic, ginger, and jalapeño pepper. Sauté for another 3 minutes then. Add the lemongrass, and sauté for another 1-2 minutes.

Add the vegetable stock, kefir lime leaves (if using), salt, broccoli, and potatoes. Bring to a boil. Lower the heat and cover with lid. Gently simmer, covered for 10-12 minutes.

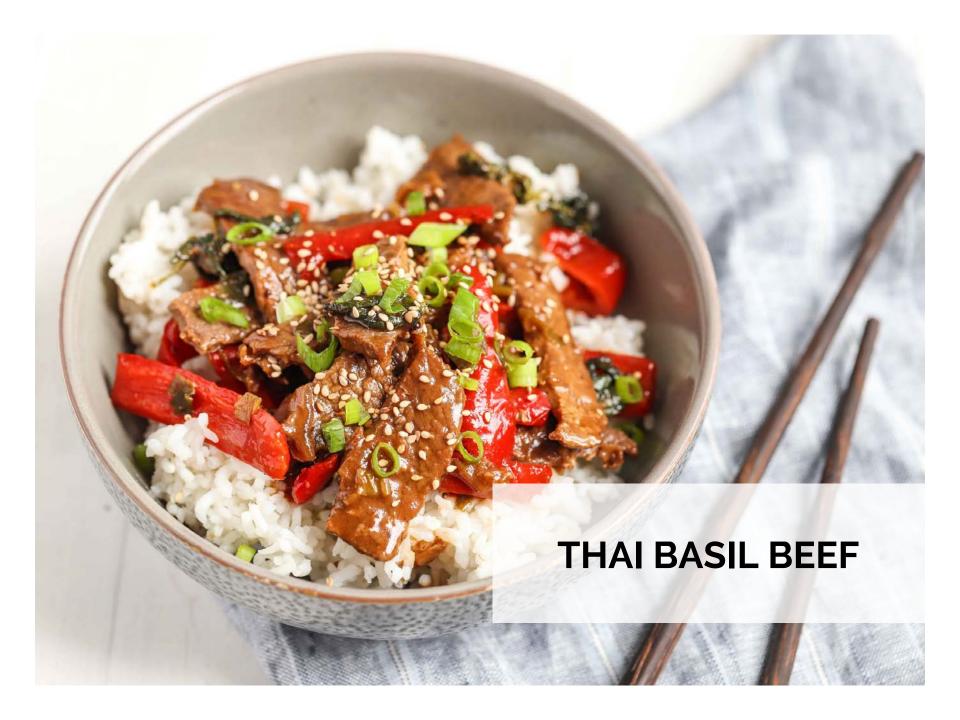
Once vegetables are tender, take the pot off the heat. Add in the spinach and coriander. Blend with a hand-blender or in a food processor until very smooth.

Place the blended soup back in the pot, over low heat, stir in the coconut, add in sugar, and stir until warmed through. Do not boil.

Lastly, add the lime juice, and fish sauce to taste.

Divide between the bowls, and garnish with additional coriander leaves and roasted peanuts (optional).





THAI BASIL BEEF



Serves: 4 Prep: 40 mins Cook: 10 mins



Nutrition per serving: 260 kcal 13g Fats 10g Carbs 25g Protein











WHAT YOU NEED

For the beef:

- 1 lb. (450g) flank steak, sliced in thin strips
- 1 tsp. water
- 1 tsp. cornstarch
- 1 tsp. soy sauce
- 1 tbsp. coconut oil
- 1 red bell pepper, sliced
- 2 green onions, sliced
- 3 cloves garlic, minced
- 1 cup (24g) Thai basil leaves (or regular Basil)

For the sauce:

- 2 tbsp. soy sauce
- 1 tbsp. fish sauce
- 1 tbsp. oyster sauce
- 4 tbsp. water
- 2 tbsp. brown sugar

WHAT YOU NEED TO DO

In a medium bowl, place the beef, water, corn-starch, and soy sauce. Toss everything to coat and marinate for 10-30 minutes.

Heat coconut oil in a large skillet over high heat. Remove the beef from the marinade and sear the beef until browned, (2-3 minutes), then set it aside.

Add the bell pepper and green onion to the same pan and cook for 2-3 minutes. Next, add in the garlic, and cook for another 1 more minute.

Return the beef back to the pan along with the sauce. Cook until thickens, about 2-3 minutes.

Lastly, add in the Thai (or regular) basil and cook until it is just wilted. Serve immediately, garnished with green onions and sesame seeds alongside rice.





COD IN TOMATO SAUCE



Serves: 4 Prep: 10 mins Cook: 30 mins



Nutrition per serving: 309 kcal 5g Fats 41g Carbs 29g Protein









WHAT YOU NEED

- 4 cod fillets (1lb./450g)
- 2 eggs, hard boiled
- 2 tbsp. all-purpose gluten free flour
- 1 tbsp. olive oil
- 3 cloves garlic, sliced
- 1 medium white onion, chopped
- ¼ tsp. smoked paprika
- 2 cups (500g) tomato passata
- 2 tsp. sugar
- 1 cup (160g) green peas, frozen
- 7 oz. (200g) roasted peppers, from the jar
- fresh parsley

WHAT YOU NEED TO DO

Rinse and pat dry the cod fillets. Then season with salt and coat in a thin layer of flour.

Hard boil 2 eggs.

Heat olive oil in a large skillet, over medium-high heat and fry the cod fillets for 1-2 minutes on each side. Then set aside.

Using the same pan, add the garlic and onion into the pan and mix them with the oil, scraping up anything that was left from the cod, and cook for about 3-4 minutes.

Season everything with salt, freshly cracked black pepper, and a generous ¼ teaspoon of smoked paprika. Mix everything together, then add the tomato passata, sugar, and green peas. Mix it all together until well combined and then lower the heat to low.

After leaving the sauce to simmer for 5 minutes, add the fillets back into the pan and simmer for another 15 minutes.

In the last few minutes of cooking, add in the roasted peppers. Check the seasoning, and garnish with fresh, chopped parsley and serve with a boiled egg.





PEANUT BUTTER ENERGY BALLS



Makes: 20 Prep: 20 mins Cook: 0 mins



Nutrition per serving: 84 kcal 4g Fats 12g Carbs 2g Protein











WHAT YOU NEED

- 8 pitted Medjool dates (½ cup)
- 1 cup (80g) rolled oats
- ½ cup (130g) peanut butter, drippy
- 4 tbsp. honey
- 1 tsp. vanilla extract
- pinch of sea salt

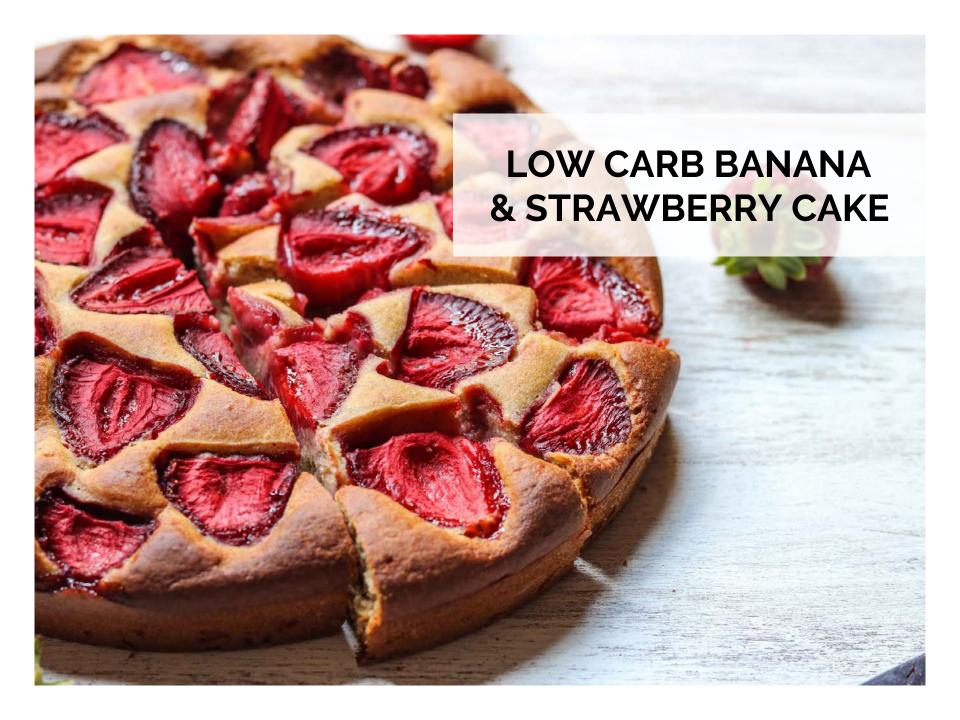
WHAT YOU NEED TO DO

Place the oats in a food processor or high-speed blender and blitz until you have oat flour.

Then, add the rest of the ingredients and process for 1–2 minutes until the dough is formed.

Using a tablespoon, scoop out dough and roll with your hands to form balls.





LOW CARB BANANA & STRAWBERRY CAKE



Serves: 16 Prep: 10 mins Cook: 60 mins



Nutrition per serving: 104 kcal 5g Fats 16g Carbs 2g Protein











WHAT YOU NEED

- 4 small ripe bananas
- 1 cup (130g) gluten free flour
- ½ cup (60g) buckwheat flour
- ½ cup (60ml) coconut oil
- 2 tbsp. stevia/xylitol
- 1 egg
- 1 tsp. baking powder
- 10 strawberries, halved

WHAT YOU NEED TO DO

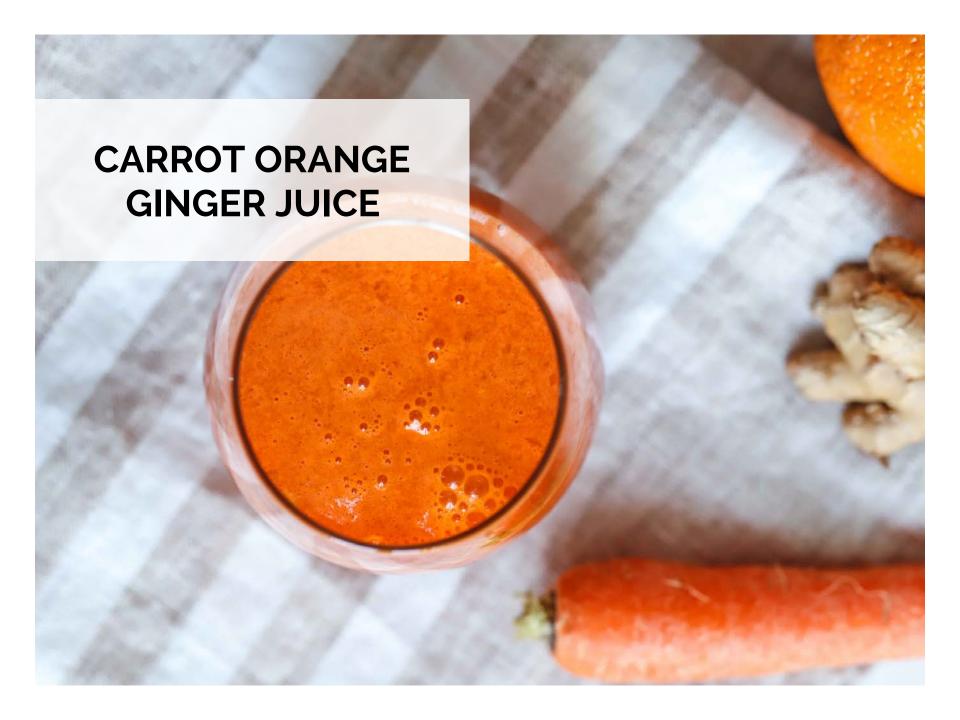
Pre-heat oven to 350°F (180°C).

Peel the bananas and place them in a food processor or high-speed blender. Blitz until smooth.

Add in the egg, oil and xylitol, then mix again. Next, add in the flours and baking powder, and blitz until a smooth batter is formed.

Transfer the batter into a greased or silicon cake tray. Place the halved strawberries on top and bake for around 60 minutes, until the cake is golden brown and cooked through.





CARROT ORANGE GINGER JUICE



Serves: 4 Prep: 5 mins Cook: 5 mins

Nutrition per serving: 191 kcal 1g Fats 48g Carbs 4g Protein





WHAT YOU NEED

- 8 medium carrots
- 8 medium oranges
- 3-inch (7½cm) knob fresh ginger, peeled

WHAT YOU NEED TO DO

Scrub the carrot and cut off the tops. Peel oranges and ginger.

Place all ingredients in a juicer and process.

Serve immediately or store in the fridge for up to 2-3 days.

