



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.

-  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 Breakfast Protein Smoothie	BREAKFAST Berry Breakfast Cake	BREAKFAST Bacon Wrapped Egg Cups	BREAKFAST Bacon Wrapped Egg Cups	BREAKFAST Berry Breakfast Cake	BREAKFAST Breakfast Protein Smoothie	BREAKFAST Chocolate Chai Seed Pudding
LUNCH Southwest Chicken Salad	LUNCH Southwest Chicken Salad	LUNCH Leftover Mexican Beef Skillet	LUNCH Curry Chicken salad	LUNCH Curry Chicken salad	LUNCH Asian Broccoli Salad	LUNCH Tuna Egg Salad
SNACK E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice	SNACK E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice	SNACK E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice	SNACK E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice	SNACK E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice	SNACK E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot Orange Ginger Juice	SNACK E.g. Peanut Butter Energy Balls, Lemon Bread with Strawberries & Cream Swirl, Carrot 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!	DINNER Cod in Tomato Sauce



**BACON WRAPPED
EGG CUPS**

BACON WRAPPED EGG CUPS



Makes: 12
Prep: 15 mins
Cook: 25 mins



Nutrition per
serving:
185 kcal
16g Fats
0g 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



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 ¼ 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**

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**

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**

SOUTHWEST CHICKEN SALAD



Serves: 4
Prep: 15 mins
Cook: 0 mins



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



GF

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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
- ¼ 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



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



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
- 1/2 tsp. sriracha
- 1/8 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, bite-sized 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

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
- ⅓ 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**

MEXICAN BEEF SKILLET



Serves: 6
Prep: 10 mins
Cook: 40 mins



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



GF MP
HP



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 ⅓ cup (235g) canned black beans, drained
- 1 cup (195g) white rice, raw
- 1 ½ 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**

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
- $\frac{3}{4}$ tsp. salt
- 4 kefir lime leaves (optional)
- 1 head broccoli
- 2 medium potatoes, peeled, and chopped
- $\frac{1}{2}$ 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

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**

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**

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**

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
- ¼ 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



CARROT ORANGE GINGER JUICE



Serves: 4
Prep: 5 mins
Cook: 5 mins



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



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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.

