



SEPTEMBER RECIPE PACK

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

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TABLE OF CONTENTS

1	ACAI BOWL
2	MANGO AND ALMOND BUTTER PROTEIN SMOOTHIE
3	SPANISH TORTILLA
4	HIGH PROTEIN BLUEBERRY PANCAKES
5	VEGAN TUNA SALAD
6	GREEN BEANS, CHICKEN AND GRAPEFRUIT SALAD
7	MEDITERRANEAN TUNA SALAD
8	CAJUN BEEF AND VEG RICE
9	EGGPLANT BEEF MARINARA
10	SESAME TEMPEH STIR FRY
11	SALMON PAPILOTTE
12	TURKEY AND BROCCOLI STIR FRY
13	ZUCCHINI BANANA BREAD
14	CHOCOLATE ZUCCHINI MUFFINS
15	LEMON RASPBERRY CHIA PUDDING



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

WEEKLY MEAL PLANNER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Acai Bowl	BREAKFAST Mango & Almond Butter Protein Smoothie	BREAKFAST Spanish Tortilla	BREAKFAST Spanish Tortilla	BREAKFAST High Protein Blueberry Pancakes	BREAKFAST Acai Bowl	BREAKFAST High Protein Blueberry Pancakes
LUNCH Vegan Tuna Salad	LUNCH Vegan Tuna Salad	LUNCH Leftover Eggplant Beef Marinara	LUNCH Green Beans, Chicken & Grapefruit Salad	LUNCH Green Beans, Chicken & Grapefruit Salad	LUNCH Mediterranean Tuna Salad	LUNCH Mediterranean Tuna Salad
SNACK E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	SNACK E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	SNACK E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	SNACK E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	SNACK E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	SNACK E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding	SNACK E.g. Zucchini Banana Bread, Chocolate Zucchini Muffins, Lemon Raspberry Chia Pudding
DINNER Cajun Beef and Veg Rice	DINNER Eggplant Beef Marinara	DINNER Sesame Tempeh Stir fry	DINNER Sesame Tempeh Stir Fry	DINNER Salmon Papillote	DINNER Meal Out – Enjoy!	DINNER Turkey and Broccoli Stir Fry



ACAI BOWL

ACAI BOWL



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
373 kcal
5g Fats
65g Carbs
22g Protein



GF

HP

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WHAT YOU NEED

- 2 tbsp. acai powder
- 1 cup (160g) frozen mango
- 1 medium banana
- ½ cup (50g) frozen blueberries
- ½ cup (120ml) unsweetened almond milk
- 4 tbsp. vanilla protein powder

WHAT YOU NEED TO DO

Place all ingredients into a powerful high-speed blender and blitz until smooth, adding more milk or water as needed.

Pour the frozen smoothie into a bowl and top with your favorite toppings.

NOTE:

Toppings are not included in the nutrition information.



A top-down photograph of a smoothie. In the center, a glass jar filled with a thick, light-brown smoothie sits on a folded, light-colored cloth with blue and white stripes. To the right, a banana with its yellow peel partially removed lies on a white wooden surface. Several almonds are scattered around the jar and the banana. In the upper left, another glass jar containing the same smoothie is partially visible. The overall scene is brightly lit, creating soft shadows.

**MANGO & ALMOND
BUTTER PROTEIN SMOOTHIE**

MANGO AND ALMOND BUTTER PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
349 kcal
11g Fats
43g Carbs
25g Protein



GF

HP

V

Q

N

WHAT YOU NEED

- 1 cup (160g) frozen mango
- ½ banana, sliced
- ½ cup (120ml) unsweetened almond milk
- 1 tbsp. almond butter
- 1 scoop (25g) vanilla protein powder

WHAT YOU NEED TO DO

Blitz all ingredients in a blender until smooth. Serve immediately.





SPANISH ZUCCHINI TORTILLA

SPANISH ZUCCHINI TORTILLA



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per serving:
377 kcal
22g Fats
22g Carbs
21g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked. Remove from heat and serve.

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 vegan vanilla 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.



VEGAN 'TUNA' SALAD

VEGAN 'TUNA' SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
255 kcal
9g Fats
35g Carbs
10g Protein



WHAT YOU NEED

- 2 ½ cups (400g) chickpeas, drained
- 2 nori sheets
- 2 tbsp. vegan mayo (or tahini)
- 2 tbsp. lemon juice
- 1 cup (175g) sweetcorn, drained
- 1 small onion, finely diced

WHAT YOU NEED TO DO

Place chickpeas in a bowl and mash them with a fork, leaving some bigger parts for more texture.

Blend the nori sheet in a high-speed blender until you get nori flakes. And add it to the chickpeas. Add the rest of the ingredients and stir until well combined.

Serve on its own, or a filling for sandwiches and jacket potatoes. Store in the fridge for up to 4-5 days.

**GREEN BEANS, CHICKEN
AND GRAPEFRUIT SALAD**



GREEN BEANS, CHICKEN AND GRAPEFRUIT SALAD



Serves: 2
Prep: 10 mins
Cook: 12 mins



Nutrition per serving:
344 kcal
17g Fats
18g Carbs
31g Protein



WHAT YOU NEED

- 9 oz. (250g) chicken breast
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 2 tbsp. extra virgin olive oil
- 1 ½ cups (220g) green beans, trimmed
- 1 grapefruit
- 1 head green lettuce

WHAT YOU NEED TO DO

Season the chicken with salt and pepper. Heat 1 tablespoon of oil in a pan over medium-high heat and fry the chicken until cooked through and browned; about 5-6 minutes on each side.

Cook the green beans in slightly salted water until they are crisp-tender. Remove from heat, drain and rinse with cold water.

Cut off the skin of the grapefruit and divide it into segments. Do this over a bowl, so you keep all the juice for dressing.

To serve, divide the lettuce leaves between plates, then top them with green beans, grapefruit, and chicken. Drizzle with the grapefruit juice and season with salt and pepper to serve.



MEDITERRANEAN TUNA SALAD

MEDITERRANEAN TUNA SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
364 kcal
17g Fats
24g Carbs
31g Protein



WHAT YOU NEED

- 1 ½ cans tuna in brine (5.2 oz./150g)
- 1 stalk celery
- ¼ cup (40g) roasted red peppers, chopped
- ½ can (7 oz./200g) artichoke hearts, chopped
- ½ red onion, diced
- 4 tbsp. parsley, chopped
- 4 tbsp. basil leaves, chopped
- 2 tbsp. capers, drained
- 1 tbsp. lemon juice
- 2 tbsp. extra virgin olive oil
- ¼ tsp. sea salt
- ¼ tsp. black pepper
- 2 slices gluten free bread

WHAT YOU NEED TO DO

In a medium bowl, add the tuna, celery, roasted red pepper, artichokes, red onion, parsley, basil and capers. Drizzle with lemon juice and 1 tablespoon of olive oil. Gently toss to combine. Season with salt and pepper.

Toast your bread and then pile the tuna salad on top of each piece of toast. Serve immediately.



CAJUN BEEF & VEG RICE

CAJUN BEEF & VEG RICE



Serves: 3
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
503 kcal
13g Fats
55g Carbs
40g Protein



GF

DF

MP



WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 large carrots, sliced
- 2 peppers, sliced
- 4 spring onions, sliced
- 1 lb. (500g) 5% fat beef mince
- 2 tsp. Cajun seasoning
- 1 tbsp. tomato purée
- 1 lb. (500g) cooked rice

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the carrots, peppers and white parts of the spring onions. Sauté for 10 minutes until the vegetables start to soften.

Add in the minced beef and season with salt and pepper. Cook for 10 minutes, until the meat is browned.

Add the Cajun seasoning and tomato purée then stir well. Add in the cooked rice along with 4 tbsp. of water.

Stir well to combine all of the ingredients and continue cooking for about 3-4 minutes.

Sprinkle with the green parts of the spring onions and serve.

EGGPLANT BEEF MARINARA



EGGPLANT BEEF MARINARA



Serves: 4
Prep: 15 mins
Cook: 40 mins



Nutrition per serving:
359 kcal
18g Fats
24g Carbs
27g Protein



GF MP
HP



WHAT YOU NEED

- 2 eggplants
- 1 tbsp. extra virgin olive oil
- 14 oz. (400g) extra lean ground beef
- 1 medium yellow onion, chopped
- 2 garlic, minced
- 1 cup (200g) diced tomatoes
- 2 tbsp. tomato paste
- 1 tsp. dried rosemary
- ½ cup (50g) vegan cheddar cheese, grated (otherwise omit if you do not have cheese)

WHAT YOU NEED TO DO

Preheat oven to 400°F (200°C).

Cut each eggplant in half lengthwise. Using a knife, cut the flesh of each eggplant in a cross-hatch pattern; be careful not to cut through the skin. Place the eggplant halves on a baking tray, flesh side up. Drizzle with olive oil and season with salt and pepper. Then, bake for about 30 minutes until soft.

In the meantime, prepare the beef marinara sauce. Heat a dry, non-stick pan over medium-high heat and cook the ground beef for 5-6 minutes until browned. Add in the onion and garlic, and cook for another 3-4 minutes.

Next, add in the diced tomatoes, tomato paste, and rosemary, then bring to a boil. After bringing to a boil, reduce heat to low. Continue simmering until eggplant is ready, which should take around 20 minutes.

Remove the eggplant from the oven, and scoop out the center, leaving enough meat inside the skin to hold its shape. Chop the removed flesh, and add to the beef, mixing well.

Spread ¼ of the beef marinara sauce over each eggplant half, and sprinkle each with cheese.

Place the stuffed eggplant back into the oven, and continue to cook for about 10 more minutes until lightly browned.



**SESAME TEMPEH
STIR-FRY**

SESAME TEMPEH STIR-FRY



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
507 kcal
13g Fats
54g Carbs
17g Protein



WHAT YOU NEED

- 7 oz. (200g) tempeh, cut into cubes
- 1 tbsp. olive oil
- 1 tbsp. ginger, grated
- 2 cloves garlic, crushed
- 1 tbsp. sesame oil
- 1 tbsp. rice wine vinegar
- 3 tbsp. tamari (or soy sauce)
- 2 tbsp. maple syrup
- 2 carrots, chopped or cut into thin strips
- ½ broccoli head, florets
- 1 bell pepper, sliced
- 1 tbsp. sesame seeds, to garnish
- spring onion or chives, to garnish
- 3 cups (585g), brown rice, cooked

WHAT YOU NEED TO DO

Heat the olive oil in a pan over medium-high heat and cook the tempeh for about 6 minutes, occasionally stirring until browned on each side.

In the meantime, prepare the sauce by mixing ginger, garlic, sesame oil, rice wine vinegar, soy sauce, and maple syrup in a bowl.

Add half the sauce to the pan with the tempeh, mix until coated, then remove it from the pan and set it aside.

Add the carrots, broccoli and pepper, and remaining sauce to the pan and cook for about 5 minutes, or until veggies are tender.

Next, add in the tempeh and cook for another 3-5 minutes or until the vegetables are cooked through.

Once ready, serve with ¾ cup cooked brown rice, sesame seeds, and sliced spring onion or chives.



SALMON PAPILOTE

SALMON PAPILOTE



Serves: 4
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
253 kcal
14g Fats
11g Carbs
22g Protein



WHAT YOU NEED

- 2 garlic, minced
- ½ cup (15g) parsley, finely chopped
- 2 tbsp. extra virgin olive oil
- 1 bunch asparagus
- 1 red bell pepper, sliced
- 2 medium carrots, peeled and cut into sticks
- 1 medium yellow onion, wedges
- 1 zucchini, cut into sticks
- 14 oz. (400g) salmon fillet

WHAT YOU NEED TO DO

Preheat oven to 450°F (200°C).

In a small bowl or blender, mix garlic, parsley, olive oil, salt, and pepper. Set aside until needed.

Prepare the vegetables and distribute evenly over an 18x15-inch pieces of baking paper or tin foil.

Place the salmon on top and cover it with the already prepared parsley and oil mixture.

Place the pouches (papillote) on a baking tray and bake for 10 minutes. When ready, the parchment paper should puff up and brown slightly.

Remove from the oven and serve immediately. Transfer the envelope to a plate. Carefully cut open and serve.

TURKEY & BROCCOLI STIR FRY



store washed
pure linen.

TURKEY & BROCCOLI STIR FRY



Serves: 2
Prep: 10 mins
Cook: 20 mins



Nutrition per
serving:
494 kcal
16g Fats
56g Carbs
42g Protein



WHAT YOU NEED

- 3.5 oz. (100g) black rice noodles
- 7 oz. (200g) turkey fillet, chopped
- 1 broccoli, diced into florets
- 1 tbsp. olive oil
- 4 tbsp. soy or tamari sauce
- 2 tsp. sesame oil
- 1 tbsp. rice vinegar
- 1 tbsp. grated ginger
- 2 tbsp. spring onion, chopped
- handful coriander, to serve

WHAT YOU NEED TO DO

Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.

In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).

In the meantime, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.

Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.

Serve with chopped spring onions and coriander leaves.



ZUCCHINI BANANA BREAD

ZUCCHINI BANANA BREAD



Serves: 12
Prep: 10 mins
Cook: 60 mins



Nutrition per
serving:
196 kcal
7g Fats
29g Carbs
5g Protein



WHAT YOU NEED

- 1 zucchini, grated
- 1 medium banana
- $\frac{3}{4}$ cup (150g) cane sugar
- $\frac{1}{4}$ cup (60ml) extra virgin olive oil
- 1 tsp. vanilla extract
- 2 eggs
- 2 cups (200g) oat flour
- 1 tsp. cinnamon
- 1 tsp. baking soda

WHAT YOU NEED TO DO

Preheat the oven to 350°F (180°C). Line a 9x5-inch loaf pan with parchment paper.

In a large bowl, stir together zucchini, banana, sugar, oil, vanilla, and egg. In a medium bowl, whisk together flour, cinnamon, baking soda, and salt. Add the flour mixture to the zucchini mixture, and stir well to combine.

Spoon batter into prepared pan. Bake for 55-60 minutes until an inserted wooden spoon comes out clean. Cool in the tin for 10 minutes, then remove from the pan and cool on a wire rack.



**CHOCOLATE
ZUCCHINI MUFFINS**

CHOCOLATE ZUCCHINI MUFFINS



Makes: 12
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
181 kcal
12g Fats
15g Carbs
7g Protein



WHAT YOU NEED

- 2 cups (240g) almond meal
- 4 tbsp. coconut flour
- ½ cup (50g) unsweetened cocoa powder
- ½ tsp. baking soda
- 1 tsp. baking powder, gluten free
- ½ tsp. sea salt
- 1 large ripe banana, mashed
- ¼ cup (60ml) unsweetened almond milk
- 3 eggs
- ¼ cup (60ml) honey
- 1 tsp. vanilla extract
- 1 zucchini, grated (about 1 cup)

WHAT YOU NEED TO DO

Preheat oven to 350°F (180°C).

In a large bowl, combine almond meal, coconut flour, cocoa powder, baking soda, baking powder, and sea salt.

In a separate bowl, combine mashed banana, almond milk, eggs, honey, and vanilla extract.

Add the wet mixture to the dry mixture and stir to combine.

Place grated zucchini between two layers of paper towel and squeeze out excess liquid, and then add to the batter.

Grease a 12-cup muffin tin or place a muffin liner in each and distribute batter evenly between cups. Bake for 25 minutes or until the tops spring back when touched.

Let cool for 10 minutes before removing and placing onto a wire rack to cool completely.





**LEMON RASPBERRY
CHIA PUDDING**

LEMON RASPBERRY CHIA PUDDING



Serves: 2
Prep: 5 mins
Chill: 8 hrs



Nutrition per
serving:
339 kcal
19g Fats
39g Carbs
10g Protein



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WHAT YOU NEED

- 2 cups (470ml) unsweetened almond milk
- ½ cup (85g) chia seeds
- ½ lemon, zest and juice
- ½ tsp. vanilla extract
- 1 cup (65g) raspberries, fresh or frozen
- 1 tbsp. honey

WHAT YOU NEED TO DO

Combine all ingredients in a large, sealable container. Make sure all chia seeds are mixed in well.

Let sit overnight or for at least eight hours. Serve cold with toppings of choice.