JW METHOD

# High-Protein Recipe Pack



52 HEALTHY TASTY RECIPES FOR EVERY MEAL













# Contents


1. Spanish Omelet with Zucchini
2. Stuffed Omelet Roll-ups
3. Turkey & Egg Stuffed Peppers
4. Omelet with Smoked Salmon & Feta
5. The Best Blueberry Protein Pancakes
6. Tomato-Tuna Egg Nest
7. Summer Protein Smoothie Bowl
8. Green Spinach & Mushroom Shakshuka
9. Salmon, Avocado & Mango Tartar
10. Tuna Salad Lettuce Boats
11. Chicken Salad with Orange & Walnuts
12. Peachy Salmon Salad
13. Tuna Broccoli Salad
14. Tropical Grilled Chicken Salad
15. Crunchy Waldorf Chicken Salad
16. Tuna & Quinoa Salad Bowl
17. Salmon Couscous Salad
18. Cottage Cheese Potato Protein Pancakes
19. Miso Salmon Zoodles
20. Moroccan Inspired Cod & Bulgur Salad
21. Turkey Broccoli Stir-Fry
22. Wholesome Salmon Quinoa Zoodles
23. Hoisin Rice with Chicken Thighs
24. Chinese Inspired Pork Stir-Fry
25. Slow Cooker Chicken Fajita Filling
26. Chicken, Mushroom & Tomato Pasta
27. Cajun Beef One Pot Rice
28. Chinese Style Shrimps & Veg
29. Zesty Turkey Meatballs With Couscous Salad
30. Honey & Lime Glazed Salmon With Pineapple Rice

# Contents


31. Easy Chicken Curry with Saffron Rice
32. One Pot Turkey & Rice Chili
33. Salmon, Rice & Tomato Tray Bake
34. Tex-Mex Rice
35. Beef & Green Beans Pasta Bowl
36. Tropical Chicken Mango Stir-Fry
37. Teriyaki Salmon with Green Beans & Sweetcorn Rice
38. Zesty Chicken Stir-Fry
39. Pesto Tuna Pasta
40. Asian Sweet & Sour Pork Stir-Fry
41. Peppery Steak Stir Fry
42. Bacon Wrapped Meatballs
43. Speedy Beef Chow Mein
44. Chili & Sweet Potato Bowl
45. Cherry Bliss Sorbet
46. Protein-Packed Fruit Bowls
47. Matcha Infused Chia Pudding
48. Raspberry Blast Protein Smoothie
49. Mega Green Protein Smoothie
50. Morning Pick-Me-Up Protein Shake
51. Blueberry Bliss Protein Smoothie
52. Cinnamon Roll Protein Shake




# Key

| | |
|---|---|
| GF | Gluten Free |
| DF | Dairy Free |
| LC | Low Carb (<20g per serve) |
| MP | Meal Prep/Freezer Friendly |
| HP | High Protein (>20g per serve) |
| V | Vegetarian |
| Q | Quick (under 30 mins) |
| N | Contains Nuts |



# Sample Weekly Meal Planner One

| | Breakfast | Lunch | Snack | Dinner |
|---|---|---|---|---|
| **Monday** | Spanish Omelet with Zucchini | Chicken Salad with Orange & Walnuts | E.g. Protein-Packed Fruit Bowls | Chinese Inspired Pork Stir-Fry |
| **Tuesday** | Stuffed Omelet Roll-ups | Tuna Broccoli Salad | E.g. Protein-Packed Fruit Bowls | Salmon, Rice & Tomato Tray Bake |
| **Wednesday** | Turkey & Egg Stuffed Peppers | Leftover Salmon, Rice & Tomato Tray Bake | E.g. Protein-Packed Fruit Bowls | Beef & Green Beans Pasta Bowl |
| **Thursday** | Stuffed Omelet Roll-ups | Chicken Salad with Orange & Walnuts | E.g. Protein-Packed Fruit Bowls | Leftover Beef & Green Beans Pasta Bowl |
| **Friday** | Turkey & Egg Stuffed Peppers | Tuna Broccoli Salad | E.g. Protein-Packed Fruit Bowls | Crunchy Waldorf Chicken Salad |
| **Saturday** | Cinnamon Roll Protein Shake | Leftover Crunchy Waldorf Chicken Salad | E.g. Protein-Packed Fruit Bowls | Meal Out - Enjoy! |
| **Sunday** | Spanish Omelet with Zucchini | Cinnamon Roll Protein Shake | E.g. Protein-Packed Fruit Bowls | Chinese Inspired Pork Stir-Fry |

# Weekly Shopping List One

| Produce | Protein | Dry Goods | Staples & Misc |
|---|---|---|---|
| • 4 lemons<br>• 2 oranges<br>• 1 pomegranate<br>• 2 bananas<br>• 1 apple<br>• 1 mango<br>• strawberries<br>• 1 potato<br>• 3 onions<br>• garlic<br>• 1 zucchini<br>• watercress<br>• 1 bag spinach<br>• 1 bag rocket<br>• 2 bags salad leaves<br>• bunch radishes<br>• iceberg lettuce<br>• 5 bell peppers<br>• 1 chili pepper<br>• ginger<br>• 1 broccoli<br>• cherry tomatoes<br>• celery<br>• spring onion<br>• parsley<br>• basil<br>• Frozen green beans | • 3.5 oz. (100g) smoked salmon<br>• 14 oz. (400g) salmon fillet<br>• 1 lb. (450g) ground turkey<br>• 10 oz. (300g) chicken breast<br>• 10 oz. (300g) beef steak<br>• 14 oz. (400g) pork tenderloin<br>• cottage cheese<br>• cheddar cheese<br>• parmesan<br>• natural yogurt, 0% fat<br>• natural quark<br>• 20 eggs<br>• soy milk<br>• almond milk | • Jasmine rice<br>• whole-wheat pasta<br>• potato starch<br>• white rice<br>• pecans<br>• walnuts<br>• coconut chips<br>• raisins<br>• mixed herbs<br>• oregano<br>• cumin<br>• cinnamon<br>• paprika<br>• curry<br>• chili flakes<br>• self-raising flour<br>• baking powder | • coconut oil<br>• mustard<br>• 1 can tuna in water<br>• soy sauce<br>• mayonnaise<br>• pineapple chunks<br>• rice vinegar<br>• honey<br>• bread<br>• beef stock<br>• granola<br>• vanilla protein powder |

# Sample Weekly Meal Planner Two

| | Breakfast | Lunch | Snack | Dinner |
|---|---|---|---|---|
| **Monday** | Blueberry Protein Pancakes | Tropical Grilled Chicken Salad | E.g. Matcha Infused Chia Pudding | Turkey Broccoli Stir-Fry |
| **Tuesday** | Tomato-Tuna Egg Nest | Leftover Tropical Grilled Chicken Salad | E.g. Matcha Infused Chia Pudding | Teriyaki Salmon with Green Beans |
| **Wednesday** | Tomato-Tuna Egg Nest | Leftover Teriyaki Salmon with Green Beans | E.g. Matcha Infused Chia Pudding | Bacon Wrapped Meatballs Served With Rice & Veg |
| **Thursday** | Blueberry Protein Pancakes | Tuna Salad Lettuce Boats | E.g. Matcha Infused Chia Pudding | Leftover Bacon Wrapped Meatballs Served With Rice & Veg |
| **Friday** | Green Spinach & Mushroom Shakshuka | Leftover Tuna Salad Lettuce Boats | E.g. Matcha Infused Chia Pudding | Tropical Chicken Mango Stir-Fry |
| **Saturday** | Green Spinach & Mushroom Shakshuka | Leftover Tropical Chicken Mango Stir-Fry | E.g. Matcha Infused Chia Pudding | Meal Out - Enjoy! |
| **Sunday** | Summer Protein Smoothie Bowl | Blueberry Bliss Protein Smoothie | E.g. Matcha Infused Chia Pudding | Turkey Broccoli Stir-Fry |

# Weekly Shopping List Two

| Produce | Protein | Dry Goods | Staples & Misc |
|---|---|---|---|
| • 2 bananas<br>• 2 peaches<br>• 2 limes<br>• 1 mango<br>• 1 tomato<br>• 2 white onions<br>• 2 red onions<br>• 1 granny smith apple<br>• 1 lettuce<br>• 2 bulbs garlic<br>• 10 oz. (300g) mushrooms<br>• 1 bag spinach<br>• 1 bag salad leaves<br>• ginger<br>• 2 red bell peppers<br>• 1 red chili<br>• 1 broccoli<br>• spring onion<br>• frozen blueberries<br>• frozen green beans<br>• parsley<br>• mint<br>• coriander | • salmon fillets<br>• 1 lb. (650g) chicken breast<br>• 7 oz. (200g) turkey fillet<br>• 1 lb. (500g) lean ground beef<br>• 12 slices streaky bacon<br>• natural yogurt<br>• 7 eggs<br>• almond milk | • brown rice<br>• buckwheat flour<br>• black rice noodles<br>• oregano<br>• chili flakes<br>• cinnamon<br>• sesame seeds<br>• chia seeds | • coconut oil<br>• olive oil<br>• sesame oil<br>• 2 cans tuna in brine<br>• 2 cans tuna in olive oil<br>• pineapple<br>• tabasco<br>• sweetcorn<br>• soy sauce<br>• tomato puree<br>• rice vinegar<br>• honey<br>• maple syrup<br>• vanilla protein powder<br>• coconut powder<br>• matcha powder |





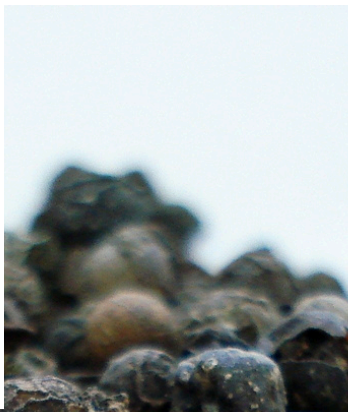




# Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.









# Spanish Omelet with Zucchini

**Serves 2** | **35 Minutes**

1 small potato, peeled & chopped

1 small onion, chopped

½ small zucchini, thinly sliced

6 eggs

Heat 1 tbsp. Olive oil in a non-stick pan over medium-high heat.

Add the potato and onion, and cook for about 4 minutes, until slightly softened.

Add the zucchini and continue to sauté for another 4 minutes. In a bowl, whisk the eggs and season with salt and pepper. Transfer the sautéed vegetables into the egg mixture and stir to combine.

Pour the egg and vegetable mixture into the same pan, ensuring an even distribution. Cook over low heat. After about 3 minutes, use a spatula to gently loosen the edges of the tortilla from the pan.

Continue cooking for 8-10 minutes. To flip the tortilla, place a large plate over the pan, invert it onto the plate, then slide it back into the pan to cook the other side.

Cook for 5-6 minutes or until the tortilla is fully set. Remove from heat and serve immediately.

myfitnesspal



06976903

GF | DF | MP | HP | V

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 329kcal | 14g | 21g | 21g |



# Stuffed Omelet Roll-ups

**Serves 4** | **25 Minutes**

7 oz. (200g) cottage cheese

4 handfuls of watercress

peel of 1 lemon

6 eggs

4 tbsp. soy milk

1 tsp. mixed herbs

4 tsp. coconut oil

3.5 oz. (100g) smoked salmon, chopped

Combine the cottage cheese, watercress, and lemon peel in a high-sided bowl. Puree with a hand blender or food processor until a smooth paste is formed.

In a separate bowl, beat the eggs with the soy milk and mixed herbs.

Heat 1 teaspoon of coconut oil in a medium-sized frying pan over medium heat. Pour ¼ of the egg mixture into the pan. Cook for 2 minutes or until the egg sets, then flip and cook the other side for 30 seconds.

Remove the omelet from the pan and set aside. Repeat the process with the remaining egg mixture and coconut oil to make three more omelets.

To assemble, spread the cottage cheese paste evenly over each omelet. Top with chopped smoked salmon. Roll each omelet into a wrap and cut it in half.

**myfitnesspal**



06745626

GF | DF | LC | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 235kcal | 4g | 21g | 15g |



# Turkey & Egg Stuffed Peppers

**Serves 4** | **25 Minutes**

- 4 eggs
- 4 egg whites
- 2 tbsp. almond milk
- 1 tsp. coconut oil
- 1 small onion, chopped
- 1 lb. (450g) lean ground turkey
- 2 tsp. oregano
- 1 tsp. cumin
- 2.1 oz. (60g) spinach, chopped
- 4 medium red bell peppers
- 1.7 oz. (50g) cheese, grated
- chopped parsley, for garnish

Preheat the oven to 400°F (200°C).

Beat the eggs, egg whites, and almond milk; set aside.

Heat the coconut oil in a pan over medium heat. Add the onion and sauté for 3 minutes, until softened and lightly browned.

Add the turkey, oregano, and cumin; season with salt and pepper. Cook for about 5 minutes or until the meat is thoroughly cooked. Stir in the spinach and cook until it wilts approximately 2 minutes.

Increase the heat to medium-high and add the egg mixture to the pan. Use a spatula to gently pull the eggs across the pan, scrambling them, for about 3 minutes or until fully cooked; remove pan from heat.

Cut the bell pepper tops off and remove the seeds. Stuff each pepper with the turkey and egg mixture.

Place the stuffed peppers in a baking dish and top each with grated cheese.

Bake in the oven for 15 minutes or until the cheese is melted and the peppers are slightly browned on the edges.

Garnish with chopped parsley before serving.

GF | LC | MP | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 356kcal | 12g | 32g | 20g |

myfitnesspal

08735959



# Omelet with Smoked Salmon & Feta

**Serves 2** | **25 Minutes**

4 oz. (125g) asparagus

1 tsp. coconut oil

3 large eggs

5 tbsp. milk (plant-based or dairy)

2.1 oz. (60g) smoked salmon, cut into pieces

4 tbsp. feta cheese, cubed

5 cherry tomatoes, halved

dill, for garnish

Preheat the oven to 350°F (180°C).

Wash the asparagus and snap off the tough ends (they naturally break at the right point). Slice the tender stalks diagonally into ½ cm pieces.

Boil the asparagus in lightly salted water for 2 minutes, then drain and set aside.

Whisk together the eggs and milk in a bowl with a pinch of salt and pepper. Stir in the asparagus, smoked salmon, and cubed cheese until well combined.

Heat the coconut oil in a 24cm diameter pan over medium heat. Pour in the egg mixture, rearranging the toppings as needed. Place the cherry tomatoes on top, cut side up. Cover and cook on the stovetop until the mixture sets, about 5 minutes.

Remove the lid and transfer to the oven. Bake for 6-10 minutes or until fully set. Garnish with fresh dill and freshly ground black pepper before serving.

**Note:** Cooking time may vary depending on pan size and omelet thickness.

**myfitnesspal**



08976295

GF | LC | MP | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 243kcal | 7g | 20g | 15g |



# The Best Blueberry Protein Pancakes

**Serves 1** | **15 Minutes**

4 egg whites

1 oz. (28g) vanilla whey protein powder

½ banana, mashed

almond milk (optional, as needed)

4 tbsp. fresh or frozen blueberries

½ tsp. coconut oil

Whisk together the egg whites and protein powder in a mixing bowl until smooth.

Stir in the mashed banana and blueberries. If the mixture is too thick, add a splash of almond milk to achieve a pourable consistency.

Heat a non-stick skillet over low-medium heat and grease with coconut oil. Pour in the pancake mixture to form one large or three small pancakes.

Cook for about 5 minutes or until bubbles form on the surface and the edges appear set. Carefully flip the pancake(s) and cook for 2-3 minutes until golden and cooked.

Serve hot with your choice of toppings.

myfitnesspal

08946007

GF | LC | HP | V | Q | N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 238kcal | 19g | 36g | 2g |



# Tomato-Tuna Egg Nest

**Serves 1** | **10 Minutes**

1 large tomato

1 tsp. coconut oil

2 eggs

3 oz. (85g) tuna in brine, drained amount

pinch of oregano

pinch of chili flakes (optional)

chopped parsley, for garnish

Peel the tomato and chop it into cubes.

Heat the coconut oil in a small frying pan over high heat. Add the chopped tomato and fry for about 3 minutes.

Make two gaps in the tomato mixture and crack an egg into each. Season with salt and pepper.

Arrange the tuna pieces on top. Sprinkle with oregano and, if desired, chili flakes.

Continue frying for 3 minutes until the egg whites are set.

Garnish with chopped parsley before serving.

**myfitnesspal**

06353995

GF | DF | LC | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 287kcal | 4g | 34g | 15g |



# Summer Protein Smoothie Bowl

**Serves 2** | **10 Minutes**

2 medium peaches, chopped & frozen

1 medium banana, sliced & frozen

6 oz. (170g) natural yogurt

4 oz. (120ml) coconut water

1 oz. (28g) vanilla protein powder

**Optional Toppings:**
fresh berries
goji berries
walnuts
chia seeds
muesli

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

Pour the smoothie into a bowl.

Add your favorite toppings. (Optional toppings aren't included in the macro information.)

Serve immediately.

**myfitnesspal**

07592355

GF HP V Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 263kcal | 36g | 23g | 3g |



# Green Spinach & Mushroom Shakshuka

**Serves 2** | **25 Minutes**

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 10.5 oz. (300g) mushrooms, sliced
- 1 lbs. (450g) spinach leaves
- 4 eggs
- handful of chopped parsley

Heat the coconut oil in a large pan over medium heat. Add the onion and garlic, cooking for 2-3 minutes until soft, stirring occasionally.

Add the mushrooms and cook for another 3-4 minutes. Season with salt and black pepper to taste.

Add the spinach in batches, covering the pan with a lid to let it wilt. Repeat until all the spinach is added. Stir well and taste for seasoning.

Create four wells in the spinach mixture and break an egg into each well. Cover with a lid and cook for 5-6 minutes until the egg whites are set.

Garnish with chopped parsley and serve immediately.

myfitnesspal

01454737

GF | DF | LC | HP | V | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 338kcal | 20g | 24g | 18g |



# Salmon, Avocado & Mango Tartar

**Serves 2** | **10 Minutes**

- 3.5 oz. (100g) salmon fillet, cubed
- ¼ avocado, cubed
- 1 oz. (30g) mango, cubed
- 1 tbsp. lime juice
- ⅓ tsp. honey
- chili pepper, to taste
- handful of chopped coriander

Wash and pat dry the salmon fillet before cubing.

In a mixing bowl, combine salmon, avocado, and mango cubes.

Add lime juice, honey, chili pepper, and chopped coriander to the bowl. Season with salt and pepper to taste, and mix thoroughly.

Refrigerate the mixture for at least 10 minutes to chill.

Serve chilled with toast (toast not included in nutritional information).

**myfitnesspal**

07621813

GF | DF | LC | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 361kcal | 21g | 22g | 21g |



# Tuna Salad Lettuce Boats

**Serves 2** | **10 Minutes**

10 oz. (280g) tuna in olive oil, drained

1 tbsp. tomato puree

1 small red onion, finely chopped

½ Granny Smith apple

8 lettuce leaves

Combine the tuna and half of the oil from the can in a bowl with the tomato puree.

Finely chop the red onion and add it to the bowl. Halve the apple, remove the core, and chop it into small cubes; add it to the bowl. Mix all ingredients thoroughly.

Divide the tuna mixture evenly among the 8 lettuce leaves, spooning it into the center of each leaf. Fold or wrap the leaves to enclose the filling and serve immediately.

**myfitnesspal**

08550385

GF | DF | LC | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 295kcal | 10g | 39g | 11g |



# Chicken Salad with Orange & Walnuts

**Serves 2** | **20 Minutes**

**Dressing:**
3 tbsp. honey

2 tbsp. mustard

1 tbsp. olive oil

1 tbsp. lemon juice

2 tbsp. orange juice

⅓ tsp. cinnamon

**Salad:**
7 oz. (200g) chicken breast

2 oz. (60g) arugula (rocket)

¼ iceberg lettuce, roughly chopped

1 orange

⅓ pomegranate, seeds only

1 oz. (30g) pecans, roasted

Peel the orange, separate the pulp, and set aside. Squeeze the juice and save it.

Mix the dressing ingredients and season with salt and pepper.

Cut the chicken breast into four pieces. Season, coat with olive oil, and grill for four minutes on each side. Drizzle with 1 tbsp of dressing and grill for 1.5 minutes on lower heat. Flip, drizzle with another 1 tbsp, and grill for another minute. Remove, cool slightly, then slice.

Mix salad leaves and divide between two plates. Top with orange, chicken, pomegranate seeds, and pecans. Drizzle with dressing and serve.

**myfitnesspal**

01770502

GF | DF | HP | Q | N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 473kcal | 44g | 27g | 21g |



# Peachy Salmon Salad

**Serves 2** | **45 Minutes**

2 salmon filets (5 oz./140g each)

1 cob of corn, cooked

4 oz. (120g) salad leaves

1 peach, sliced

10 cherry tomatoes, halved

1 tbsp. balsamic vinegar

**Marinade:**
2 tbsp. apple cider vinegar
1 tbsp. olive oil
1 tbsp. tamari
1 tsp. maple syrup
½ tsp. ground black pepper

Mix the marinade ingredients in a bowl.

Put the salmon filets, skinless side down, in a dish. Pour the marinade over the salmon. Refrigerate and marinate for 20-30 minutes.

While the salmon marinades, grill the corn in the oven or on a grill pan until charred. Let it cool, then slice off the kernels. Set aside.

Preheat the oven to 400°F (200°C).

Place the marinated salmon on a baking tray. Bake for 8-10 minutes, or until fully cooked.

Divide the salad leaves between two bowls. Top with sliced peach, halved tomatoes, and grilled corn kernels.

Place a cooked salmon filet on each salad.

Drizzle each serving with balsamic vinegar. Season with salt and black pepper to taste.

**myfitnesspal**



04757894

GF DF MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 462kcal | 24g | 33g | 26g |



# Tuna Broccoli Salad

**Serves 2** | **10 Minutes**

2 oz. (60g) salad leaves

3 radishes, thinly sliced

4 oz. (120g) tuna in water, drained

2 slices of bread

3.5 oz. (100g) broccoli, chopped

2 tsp. Parmesan cheese, grated

**Dressing:**
2 tbsp. olive oil
3 tbsp. lemon juice
1 tsp. honey

Divide the salad leaves between two plates. Top with sliced radishes and tuna.

Toast the bread slices, cut into cubes, and add to the salads.

Boil the broccoli in water for 5 minutes or until tender but crisp. Drain well.

Whisk together olive oil, lemon juice, honey, salt, and black pepper until combined.

Drizzle the dressing over the salads. Sprinkle with grated Parmesan cheese and serve immediately.

**myfitnesspal**

03158661

HP Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 326kcal | 21g | 20g | 18g |



# Tropical Grilled Chicken Salad

**Serves 2** | **23 Minutes**

7 oz. (200g) chicken breast

4 slices canned pineapple

2 oz. (60g) salad leaves

5 tbsp. mint leaves

½ small onion, finely chopped

**Dressing:**
2 tbsp. olive oil
1 tsp. grated ginger
1 clove garlic, minced
1 lime, juiced
1 tsp. honey

Prepare the dressing in a large salad bowl by mixing olive oil, grated ginger, minced garlic, lime juice, and honey. Season with salt.

Add the salad and mint leaves to the dressing and set aside to marinate.

Slice the chicken breast horizontally to create four fillets. Heat a grill pan over medium heat and grill the chicken fillets topped with a pineapple slice each. Season with black pepper. Grill for 6-8 minutes, then flip and grill for another 5 minutes. Remove the pineapple and let it grill separately.

Remove the chicken from the grill and let it rest for 3 minutes. Then, cut the chicken into strips.

Add the chicken, pineapple, and finely chopped onion to the salad. Toss well before serving.

**myfitnesspal**

02929378

GF DF HP Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 321kcal | 18g | 24g | 17g |



# Crunchy Waldorf Chicken Salad

**Serves 2** | **10 Minutes**

3.5 oz. (100g) chicken, cooked, shredded or chopped

3 celery stalks, chopped

1 apple, peeled, deseeded, chopped

4 tbsp. raisins

4 tbsp. walnuts, chopped

1 tbsp. mayonnaise

1 tbsp. natural low fat yogurt

1 tbsp. lemon juice

3 oz. (90g) mixed salad leaves

Place the chicken, chopped celery, apple, raisins, and walnuts in a bowl.

Add the mayonnaise, yogurt, and lemon juice. Season with salt and pepper, and mix well.

Divide the salad leaves between bowls and top with the filling. Serve with freshly ground black pepper.

**myfitnesspal**



06985345

GF | MP | HP | Q | N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 373kcal | 34g | 21g | 17g |



# Tuna & Quinoa Salad Bowl

**Serves 2** | **20 Minutes**

6.5 oz. (185g) cooked quinoa

4 tbsp. (50g) chickpeas, rinsed & drained

½ cucumber, chopped

1 tbsp. crumbled feta cheese

10 cherry tomatoes, halved

2 cans tuna (7 oz/200g each, drained)

**Dressing:**
1 tbsp. olive oil
2 tsp. red wine vinegar
1 tsp. fresh lemon juice
1 tsp. Dijon mustard

Cook the quinoa according to the package instructions.

Mix all the dressing ingredients together in a bowl.

In a separate bowl, combine all salad ingredients.

Drizzle the dressing over the salad and toss gently to coat.

**myfitnesspal**

02472702

GF MP HP Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 359kcal | 33g | 32g | 11g |



# Salmon Couscous Salad

**Serves 2** | **30 Minutes**

2 pieces salmon, 4 oz. (115g) each

2 tsp. lemon juice

5 oz. (150g) iceberg lettuce, chopped

5.6 oz. (160g) couscous, cooked

½ red onion, chopped

10 cherry tomatoes, chopped

2 tbsp. feta cheese

**Dressing:**
1 tbsp. olive oil
1 tbsp. fresh lemon juice
½ tsp. Dijon mustard
½ tsp. maple syrup or honey (optional, not included in nutrition info)

Preheat the oven to 400°F (200°C).

Rub salmon with olive oil and season with salt and pepper. Place skin-side down on a baking tray and drizzle with lemon juice. Roast for 10-12 minutes or until fully cooked.

Next, whisk together the dressing ingredients (including maple syrup if using). Add a pinch of salt and pepper to taste.

Assemble the salad by dividing chopped lettuce into bowls, then topping with cooked couscous, red onion, tomatoes, and feta cheese.

Once the salmon is done, place it on the salad. Drizzle the dressing over the salads and serve immediately.

**myfitnesspal**



04446484

MP | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 463kcal | 33g | 31g | 23g |



# Cottage Cheese Potato Protein Pancakes

**Serves 1** | **20 Minutes**

4.9 oz. (140g) potatoes, peeled & grated

1.7 oz. (50g) zucchini, grated (roughly a quarter of an average zucchini)

1 egg

½ shallot, finely chopped

2 tbsp. dill, chopped

2 tbsp. spelt flour

4 tbsp. (50g) cottage cheese

1 tbsp. natural yogurt

2 radishes, finely chopped

1 tbsp. dill, chopped

½ shallot, finely chopped

Combine the grated potatoes, zucchini, egg, shallot, dill, spelt flour, and a pinch of salt and pepper in a bowl. Mix well to form pancake batter.

Heat a non-stick pan over medium heat. Spoon small amounts of batter into the pan. Fry for 3 minutes on one side, then flip and fry for 1 minute or until golden brown.

Mix cottage cheese, yogurt, radishes, dill, and shallot for the topping. Add salt and pepper to taste.

Serve warm pancakes with the cottage cheese mixture on top.

**myfitnesspal**

09677908

V Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 352kcal | 51g | 19g | 8g |



# Miso Salmon Zoodles

2 salmon fillets, 4.5 oz. each (130g)

2 tbsp. miso paste

2 tbsp. honey

4 tbsp. tamari

2 tbsp. grated ginger

2 tbsp. apple cider vinegar

1 tbsp. sesame oil

2 tsp. sesame seeds

**Noodles:**
14 oz. (400g) zucchini noodles

6 radishes, sliced

2 tsp. sesame oil

2 tsp. grated ginger

1 tsp. honey

2 tbsp. tamari

juice of 1 lime

**Serves 2** | **35 Minutes**

Mix miso paste, honey, tamari, ginger, vinegar, and sesame oil in a bowl. Coat the salmon fillets in the marinade and refrigerate for 20 minutes.

Combine zucchini noodles and radishes in a bowl. Whisk sesame oil, ginger, honey, tamari, and lime juice to make the dressing. Pour the dressing over the salad and refrigerate.

Preheat the oven to 350°F (180°C). Place the salmon in a dish, drizzle with any remaining marinade, and bake for 12 minutes. Broil for 2-3 minutes until the top is browned, checking often.

Serve the salmon with the zucchini salad and sprinkle with sesame seeds.

GF DF HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 531kcal | 35g | 37g | 27g |

**myfitnesspal**

07398292



# Moroccan Inspired Cod & Bulgur Salad

**Serves 2** | **1 Hour**

- 10.5 oz. (300g) cod fillets
- 1 tbsp. lemon juice
- 2 cloves garlic, crushed
- ½ tsp. turmeric
- ½ tsp. paprika
- ½ tsp. cumin
- pinch of saffron
- 2 tbsp. olive oil
- 3.5 oz. (100g) bulgur
- 1 tomato, chopped
- ¼ onion, chopped
- 15 green olives, halved
- 3 sprigs of parsley, chopped
- lemon wedges, for serving

Drizzle lemon juice over the cod, season with salt and pepper, then rub with garlic, turmeric, paprika, cumin, and saffron. Coat with 1 tbsp olive oil and marinate for 30 minutes.

Cook the bulgur in salted boiling water for 15 minutes, then drain.

Combine tomato, onion, olives, and parsley in a bowl. Season with salt and pepper, mix.

Heat a pan over medium heat and fry the cod for 3-4 minutes on each side until cooked. Remove from the pan.

Reheat the bulgur in the same pan with the cod juices. Divide bulgur among plates.

Serve the cod on the bulgur, topped with the tomato salad. Add lemon wedges.

**myfitnesspal**

03316276

DF HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 465kcal | 45g | 24g | 21g |



# Turkey Broccoli Stir-Fry

**Serves 2** | **30 Minutes**

3.5 oz. (100g) black rice noodles

7 oz. (200g) turkey fillet, chopped

1 head of broccoli, cut into florets

4 tbsp. tamari

2 tsp. sesame oil

1 tbsp. rice vinegar

1 tbsp. grated ginger

2 tbsp. chopped spring onions

handful of coriander, chopped

Cook the noodles as directed. Strain, rinse with cold water, and set aside.

Mix 1 tbsp of tamari, sesame oil, rice vinegar, and grated ginger in a small bowl to make the sauce. Set aside.

Heat 1 tbsp olive oil in a wok over medium heat. Sauté the turkey for 3-4 minutes. Add broccoli and cook for 1-2 minutes. Then, add half a cup of water and 3 tbsps of tamari. Cook until the water evaporates and the broccoli is tender, about 10 minutes.

Add noodles to the turkey and broccoli. Heat for 2-3 minutes, stirring gently.

Remove from heat, pour the sauce over, and toss to combine.

Garnish with chopped spring onions and coriander. Serve and enjoy!

**myfitnesspal**



06807243

GF | DF | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 523kcal | 59g | 38g | 15g |



# Wholesome Salmon Quinoa Zoodles

**Serves 2** | **1 Hour 25 Minutes**

2 salmon fillets (4.4 oz / 125g each)

3.5 oz (100g) quinoa, cooked

1 zucchini

1 garlic clove, crushed

2.5 oz. (70g) sundried tomatoes, rinsed & chopped

**Marinade:**
2 tbsp. tamari

½ tbsp. olive oil

½ tsp. sweet paprika

½ tsp. hot paprika

1 tbsp. rice vinegar

1 tsp. honey

1 tbsp. black sesame seeds

Combine all marinade ingredients in a bowl. Cover the salmon with the marinade and let it sit for 1 hour.

Preheat the oven to 480°F (250°C).

While the salmon marinate, spiralize zucchini into noodles.

Heat 1/2 tbsp olive oil in a pan over medium heat. Sauté garlic for 1-2 minutes. Add zoodles and cook for 3-4 minutes, then mix in chopped sundried tomatoes. Season with salt and pepper.

Place salmon on a baking tray and bake for 7 minutes.

Let the salmon rest briefly. Stir the baking tray juices into the quinoa.

Serve quinoa and zoodles on plates, top with salmon.

**myfitnesspal**

04628569

GF | DF | LC | HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 638kcal | 60g | 41g | 26g |



# Hoisin Rice with Chicken Thighs

**Serves 2** | **55 Minutes**

2 tbsp. coconut oil

8 skinless, boneless chicken thighs

7 oz. (200g) jasmine rice

4 spring onions, chopped

4 cloves garlic, sliced

6.7 fl. oz. (200ml) white wine

16.9 fl. oz. (500ml) chicken stock

4 tbsp. dried cranberries

**Sauce:**
3 tbsp. tamari
2 tbsp. rice vinegar
1 tbsp. peanut butter
1 tsp. chili flakes
1 tsp. honey
1 tsp. sesame oil

Preheat the oven to 375°F (190°C). Heat coconut oil in a large pan over medium heat.

Season chicken thighs with salt and pepper. Fry for 5 minutes on each side until golden brown. Remove and set aside on a plate. Discard most of the fat, leaving about 1 tbsp in the pan.

Add garlic and spring onions to the same pan; sauté for 1 minute. Stir in rice and cook for 1 minute. Add wine and simmer for 2 minutes until most of the liquid evaporates.

Add hoisin sauce ingredients, chicken stock, and cranberries; bring to a boil.

Transfer the rice mixture to an oven-safe dish and place chicken thighs on top. Bake for 30 minutes.

Serve immediately or cool and store in the refrigerator for up to 3 days.

myfitnesspal

02781516

GF | DF | LC | MP | HP | N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 302kcal | 27g | 26g | 10g |



# Chinese Inspired Pork Stir-Fry

**Serves 4** | **30 Minutes**

14 oz. (400g) pork tenderloin

1 tbsp. potato starch

3.5 oz. (100g) white rice

4.7 oz. (135g) pineapple chunks, in juice (keep juice for the sauce)

1 red bell pepper, sliced

½ onion, sliced

2 garlic cloves, minced

½ chili pepper, seeded & finely chopped

1-inch fresh ginger, grated

2 tbsp. coconut oil

2 spring onions, chopped

**Sauce:**
2.7 fl. oz. (80ml) pineapple juice
5 tbsp. tamari
3 tbsp. rice vinegar

Slice the pork tenderloin thin. Season with salt, pepper, and coat with potato starch.

Cook the rice as per package instructions.

Prepare the vegetables: slice the bell pepper and onion, mince the garlic, chop the chili, and grate the ginger.

Mix pineapple juice, tamari, and rice vinegar in a bowl.

Heat 1 tbsp of coconut oil in a wok/pan over high heat. Stir-fry the bell pepper, onion, garlic, chili, and ginger for 3 minutes. Add pineapple chunks and fry for 2 minutes then transfer everything onto a plate. Set aside.

In the same pan, add the remaining coconut oil. Fry the pork for 3 minutes, stirring constantly.

Return the vegetables and pineapple to the pan. Pour in the sauce and cook for 2 minutes until thickened.

Sprinkle with spring onions and serve with the rice.

GF | DF | MP | HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 241kcal | 16g | 24g | 9g |

**myfitnesspal**

08399977



# Slow Cooker Chicken Fajita Filling

**Serves 8** | **4 Hours 10 Minutes**

- 2 lbs. (900g) chicken breast
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- juice of 1 lime
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp. salt
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 8.4 oz. (240g) chopped tomatoes

Place half of the sliced peppers and onions in the bottom of the slow cooker.

Add the chicken on top and coat with honey, 1 tbsp olive oil, lime juice, seasonings, and chopped tomatoes.

Cover with the remaining peppers and onions and cook on high for 4 hours.

Remove the chicken, shred it with a fork, and return it to the slow cooker.

Stir well and cook on low for another 10 minutes.

**Serve Suggestion:** Fajita filling is fantastic with tortillas, sour cream, guacamole, and cilantro.

myfitnesspal

09346642

GF | DF | LC | MP | HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 197kcal | 11g | 27g | 5g |



# Chicken Mushroom & Tomato Pasta

**Serves 3** | **30 Minutes**

5.2 oz. (150g) penne pasta

12.3 oz. (350g) chicken breast

1 tsp. wheat flour

1 tsp. dried oregano

1 small onion, diced

2 garlic cloves, sliced

10.5 oz. (300g) mushrooms, sliced

6 sun dried tomatoes, chopped

8 tbsp. plant-based oat cream (or regular heavy cream)

2 oz. (60g) spinach

basil leaves, for garnish

Cook the pasta as directed.

Cut the chicken, season with salt and pepper, and dredge in flour. Heat 1 tbsp olive oil in a large pan over medium heat. Cook the chicken until done, season with oregano, then set aside.

In the same pan, sauté diced onion and sliced garlic. Add sliced mushrooms, cook for 5-7 minutes until tender, then add chopped sundried tomatoes and cook for another minute.

Return the chicken to the pan, add cream and spinach. Bring to a boil, then simmer until the spinach wilts. Season with salt and pepper.

Stir in the cooked pasta until well combined. Serve with basil leaves.

**myfitnesspal**

02947396

DF MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 486kcal | 60g | 39g | 10g |



# Cajun Beef One Pot Rice

**Serves 3** | **35 Minutes**

1 tbsp. coconut oil

3 large carrots, sliced

2 bell peppers, sliced

4 spring onions, sliced, greens & whites separated

1 lb. (450g) beef mince, 5% fat

2 tsp. Cajun seasoning

1 tbsp. tomato purée

1.1 lb. (500g) cooked rice

Heat coconut oil in a large pan over medium heat. Add carrots, bell peppers, and the white parts of the spring onions. Sauté for 10 minutes until softened.

Add the beef and pinch of salt and pepper. Cook for 10 minutes until browned.

Stir in Cajun seasoning and tomato purée. Mix in cooked rice and 4 tbsp of water. Cook for 3-4 minutes until heated through.

Garnish with the green parts of the spring onions.

**myfitnesspal**

01436002

GF DF MP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 565kcal | 49g | 27g | 29g |



# Shrimp & Vegetable Stir-Fry

**Serves 3** | **30 Minutes**

6.5 oz. (185g) rice

1 carrot, peeled & sliced

1 bell pepper, chopped

1 small onion, sliced

3 garlic cloves, sliced

1 small zucchini, sliced

1 ½ tbsp. grated ginger

pinch of chili flakes

8.8 oz. (250g) shrimps, peeled & deveined

2 tbsp. tamari

1 tsp. potato flour

5.4 fl. oz. (160ml) water

1 tbsp. coconut palm sugar

Cook the rice as directed on the package.

Heat 1 tbsp of olive oil over medium heat in a wok or large frying pan. Sauté the carrots, bell pepper, and garlic for 3 minutes. Add the zucchini and stir for another 5 minutes. Add ginger, pinch of salt, and chili flakes.

Push the vegetables to the edge of the pan. Add 1 tbsp of olive oil and cook the shrimp in the center for about 1 minute, stirring constantly. Mix the shrimp with the vegetables and cook for 1 minute.

In a small bowl, whisk together tamari, potato flour, water, and sugar until smooth. Pour the mixture into the pan, bring to a boil, and simmer for 1 minute, stirring frequently. Serve the shrimp and vegetables over the cooked rice.

**myfitnesspal**

08358387

GF DF MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 454kcal | 65g | 26g | 10g |



# Turkey Meatballs with Couscous Salad

**Serves 4** | **50 Minutes**

- 2 tbsp. coconut oil
- 1 onion, finely chopped
- ¼ tsp. chili flakes
- 3 garlic cloves, minced, keep separate
- 1 lb. (450g) turkey thigh mince
- 2 handfuls mint leaves, finely chopped
- zest & juice of 1 lemon
- 7 oz. (200g) 0% fat Greek yogurt
- 7 oz. (200g) couscous
- 8.4 fl.oz. (250ml) vegetable stock, from stock cube
- 7 oz. (200g) frozen peas
- 8 radishes, finely sliced

Heat 1 tbsp oil in a pan over medium heat. Sauté onion for 5 minutes. Add chili flakes and 2 minced garlic cloves; cook for 1 minute. Cool in a bowl for 5 minutes.

Mix turkey mince, half the mint, half the lemon zest, salt, and pepper with the onion. Shape into 16 meatballs and freeze for 15 minutes.

Pour hot stock over couscous with remaining lemon zest. Cover and let stand for 15 minutes.

Blanch peas in boiling water for 2 minutes. Drain and set aside.

Combine yogurt, 1 minced garlic clove, remaining mint, and half the lemon juice for the sauce. Season.

Fluff couscous and stir in peas, radishes, and remaining lemon juice. Season.

Heat the remaining oil in the pan over medium heat. Fry the meatballs, turning until browned, about 10 minutes. Reduce the heat, cover, and cook for 5 minutes.

Serve meatballs with couscous salad and yogurt sauce.

**myfitnesspal**

04863496

MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 488kcal | 54g | 41g | 12g |



# Citrus Honey Glazed Salmon, Pineapple Rice

**Serves 4** | **2 Hours**

1.3 lbs. (600g) salmon, 4 fillets

5.2 oz. (150g) rice

7 oz. (200g) sweetcorn

8.8 oz. (250g) pineapple, chopped

7 oz. (200g) cucumber, chopped

1 lime, juiced

2 tbsp. honey

6 tbsp. coriander leaves

**Marinade:**
3 tbsp. honey
3 tbsp. lime juice
3 tbsp. tamari
1 tbsp. olive oil
3 tbsp. grated ginger
2 garlic cloves, crushed

Remove the salmon skin and discard. Rinse and pat dry the salmon with a paper towel.

Combine all marinade ingredients in a bowl. Coat the salmon with the marinade in a dish and let it sit for 1 hour.

Cook the rice per package instructions in salted water, then cool it on a large plate.

Drain sweetcorn. Cut pineapple and cucumber into small pieces. Add to rice with salt, lime juice, honey, and coriander (or mint). Mix well.

Preheat the oven to 410°F (210°C).

Bake marinated salmon for 18 minutes or until cooked.

Serve the salmon with pineapple rice.

**myfitnesspal**



06793180

GF DF HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 644kcal | 70g | 37g | 24g |



# Easy Chicken Curry with Saffron Rice

**Serves 4** | **1 Hour**

8 skinless chicken thigh fillets

1 large onion, diced

1 tbsp. ginger, minced

5 cloves garlic, minced

3 large tomatoes, chopped

1 ½ tsp. turmeric

pinch of saffron threads (roughly ⅛ tsp.)

8 oz. (225g) basmati rice

1 tsp. coconut oil

½ tsp. onion powder

10.6 fl. oz. (315ml) vegetable stock

Season the chicken thighs with salt and ½ tsp black pepper.

Heat 1 tbsp. vegetable/olive oil in a pan over medium heat and fry the chicken until golden brown. Remove and set aside.

In the same pan, sauté the onion, garlic, and ginger for 3-4 minutes. Add turmeric, more black pepper, tomatoes, and ¼ cup of water. Season with salt and bring to a boil.

Return the chicken to the pan, cover, and simmer for 30-45 minutes until tender.

For the rice, steep saffron threads in 4 tbsp boiling water for 5 minutes. Combine saffron water, rice, coconut oil, onion powder, ¼ tsp salt, and vegetable stock in a pot. Bring to a boil, then simmer for 15 minutes. Turn off the heat and let sit, covered, for 10 minutes.

Serve two chicken thighs per person with sauce and saffron rice.

**Note:** The rice can also be prepared in a rice cooker. Prepare the saffron as described above, then combine with the rice and other ingredients and follow your rice cooker's instructions.

**myfitnesspal**

04396236

GF DF HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 538kcal | 51g | 52g | 14g |



# One Pot Turkey & Rice Chili

**Serves 4** | **35 Minutes**

10 oz. (300g) minced turkey filet

4 oz. (115g) rice

1 medium onion, finely chopped

2 cloves garlic, minced

1 tbsp. oil

7 oz. (200g) chopped tomatoes

1 red bell pepper, chopped

8.4 fl. oz. (250ml) vegetable broth

2 oz. (60g) red kidney beans, drained

3 oz. (85g) sweet corn, drained

**Spices:**
1 tsp. dried oregano
1 tsp. cumin
1 tsp. sweet paprika
½ tsp. chili powder
½ tsp. salt
⅓ tsp. ground black pepper

Heat 1 tbsp of oil in a large pan over medium heat. Sauté the onion and garlic for 3-4 minutes until translucent.

Add the turkey and cook for 5 minutes until browned and cooked.

Stir in the spices, then add the uncooked rice and mix well. Add the chopped bell pepper, kidney beans, sweet corn, chopped tomatoes, and vegetable broth. Stir and bring to a boil.

Reduce heat to low, cover, and simmer for 17-20 minutes or until the rice is cooked. Serve hot.

**Note:** If using cheese (not included in nutrition details), sprinkle 1 oz (30g) grated cheese over the chili, cover, and cook for 2 minutes or until the cheese is melted.

**myfitnesspal**

08797384

GF MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 357kcal | 38g | 22g | 13g |



# Salmon, Rice & Tomato Tray Bake

**Serves 4** | **35 Minutes**

14 oz. (400g) salmon fillet, skin removed

4 lemon slices

7 oz. (200g) jasmine rice

5.2 oz. (150g) cherry tomatoes

handful of basil leaves

chili flakes

4 tbsp. 0% fat natural yogurt

**Marinade:**
2 tsp. paprika
½ tsp. curry powder
1 tsp. oregano
1 tsp. honey
2 tbsp. tamari
2 tbsp olive oil
2 tbsp. lemon juice

Cut the salmon into 4 pieces. Rinse, pat dry, and place in a bowl.

Combine all marinade ingredients in a seperate bowl. Cover the salmon with the marinade and let it sit.

Preheat the oven to 400°F (200°C).

Cook the rice as directed. Drain and spread in a baking dish.

Place the salmon on the rice. Add cherry tomatoes and basil leaves around the salmon. Sprinkle with chili flakes. Top each fillet with a lemon slice and drizzle with the remaining marinade.

Bake for 15 minutes or until the salmon is cooked through.

Serve with a dollop of natural yogurt.

**myfitnesspal**

08901262

GF MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 472kcal | 47g | 26g | 20g |



# Tex-Mex Rice

**Serves 4** | **40 Minutes**

7 oz. (200 g) chicken breast

2 cloves garlic, crushed

3.5 oz. (100g) white rice

2 tbsp. coconut oil

½ red onion, chopped

1 red pepper, diced

3.5 oz. (100g) sweetcorn

3.5 oz. (100g) kidney beans

1 tomato, peeled & chopped

1 diced avocado

1 tbsp. lime juice

½ chili, chopped

fresh coriander

**Spices:**
1 tsp. oregano
1 tsp. paprika
1 tsp. ground cumin
½ tsp. chili flakes

Drain the canned sweetcorn and red kidney beans; set aside.

**To peel the tomato easily:** blanch it by pouring boiling water over it and letting it sit for about 1 minute. The skin should peel off effortlessly.

Chop the chicken into cubes and season with salt, pepper, spices, and crushed garlic.

Cook the rice as instructed, then drain and cool.

Heat coconut oil in a pan over medium-high heat. Fry the chicken for 3-4 minutes. Add onion and red pepper, and cook for 3-4 minutes.

Stir in sweetcorn, kidney beans, and rice. Cook for 2 more minutes, stirring well.

Remove from heat and mix in the tomato.

To serve, divide the rice among four plates. Top with diced avocado, drizzle with lime juice, and garnish with chili and a handful of fresh chopped coriander leaves.

**myfitnesspal**



03189153

GF | DF | MP | HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 409kcal | 40g | 24g | 17g |



# Beef & Green Beans Pasta Bowl

**Serves 2** | **25 Minutes**

4 oz. (120g) whole-wheat pasta

10 oz. (300g) beef steak

4 spring onions

2 cloves garlic

1 tbsp. coconut oil

2 tbsp. tamari

2.7 fl.oz (80ml) beef stock

3.5 oz. (100g) green beans, frozen

Cook the pasta according to instructions on the packaging.

Thinly slice the beef. Diagonally slice the spring onions into 1-1.5 inch pieces. Peel and finely slice the garlic.

Heat coconut oil in a large pan over medium-high heat. Cook the beef for 3 minutes, then transfer to a plate and drizzle with 1 tbsp tamari.

In the same pan, sauté the garlic and spring onions for 3 minutes or until softened. Return the beef to the pan, add the remaining tamari, beef stock, and green beans, and cook for 2-3 minutes.

Add the cooked pasta and stir. Cook for 2 minutes, stirring occasionally. Serve and enjoy!

**myfitnesspal**



01668704

DF | MP | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 611kcal | 52g | 40g | 27g |



# Tropical Chicken Mango Stir-Fry

**Serves 4** | **20 Minutes**

1 lb. (450g) chicken breasts, cut into strips

1 tbsp. buckwheat flour

1 mango, peeled and cut into strips

1 red bell pepper, sliced

1 red onion, chopped

2 cloves garlic, minced

1 small chili pepper, deseeded & chopped

2 tbsp. ginger, grated

2 tbsp. coconut oil

**Sauce:**
3 tbsp. rice vinegar
3 tbsp. water
5 tbsp. tamari
2 tbsp. honey

Make the sauce: Mix rice vinegar, water, tamari, and honey in a bowl. Set aside.

Next, season the chicken strips with salt and pepper, then coat with buckwheat flour; set aside.

Heat 1 tbsp coconut oil in a wok or large pan over high heat. Stir-fry the red bell pepper, red onion, chili pepper, garlic, and ginger for 3 minutes. Add mango strips and cook for 2 minutes. Remove from the pan and set aside.

Add 1 tbsp of coconut oil to the pan. Stir-fry the chicken for 3 minutes until cooked. Return the mango and vegetables to the pan. Add the sauce and mix well. Cook on high for 2 minutes, stirring occasionally, until the sauce thickens.

Serve hot with rice (rice not included in nutrition info).

**myfitnesspal**



02450292

GF | DF | MP | HP | Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 306kcal | 25g | 29g | 10g |



# Salmon Teriyaki

## with Green Beans & Sweetcorn Rice

**Serves 4** | **1 Hour 15 Minutes**

4 salmon fillets (5 oz. each/150g each)

5 oz. (150g) frozen green beans

5 oz. (150g) sweetcorn

3.5 oz. (100g) brown rice

2 tbsp. sesame seeds

1 tbsp. sesame oil

**Sauce:**
8 tbsp. tamari
3 tbsp. maple syrup
1 tbsp. lime juice
4 tbsp. grated ginger
2 cloves garlic, grated

Combine the sauce ingredients in a bowl and season with salt and pepper. Set aside.

Remove the salmon skin, rinse, pat dry, and marinate in the sauce for 1 hour.

Cook the rice as instructed. Four minutes before it's done, add the green beans, drain, and stir in the sweetcorn.

Preheat the oven to 450°F (230°C).

Place the salmon in an oven-safe dish, reserving the marinade. Bake for 8-10 minutes. Three minutes before the end, sprinkle sesame seeds on the salmon.

Heat the reserved marinade in a small saucepan until it thickens. Remove from heat and stir in the sesame oil.

Serve the rice and salmon, drizzling with the thickened sauce.

**myfitnesspal**

09803819

GF DF MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 571kcal | 44g | 38g | 27g |



# Zesty Chicken Stir-Fry

**Serves 4** | **35 Minutes**

1 tbsp. coconut oil

1 lb. (450g) chicken breast, chopped

1 tbsp. garlic, minced

3 sprigs green onion, chopped

5.2 oz. (150g) snap peas or mangetout

1 red bell pepper, chopped

1 lb. (450g) cooked brown rice

1 carrot, grated

1 tbsp. sesame seeds

1 tsp. orange zest

**Sauce:**
Fresh juice of 1 orange
3.5 oz. (100g) low-sugar marmalade
4 tbsp. tamari
1 tsp. sriracha (or to taste)
1 tbsp. buckwheat flour

Mix all the sauce ingredients. Add water if needed to thin it slightly.

Heat coconut oil in a large pan over high heat. Cook the chicken breast for 4-5 minutes until done. Remove from the pan and set aside.

Lower the heat and add garlic and green onions. Cook for 1 minute, stirring to prevent burning.

Add snap peas and bell pepper. Cook for 3-4 minutes. Add the cooked rice and mix with the vegetables.

Add the cooked chicken, grated carrot, and sauce. Stir well.

Garnish with sesame seeds and extra green onions before serving.

**myfitnesspal**

02568946

GF | DF | MP | HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 425kcal | 54g | 32g | 9g |



# Pesto Tuna Pasta

**Serves 4** | **20 Minutes**

10.5 oz. (300g) gluten-free fusilli pasta

14 oz. (400g) green beans, halved

8.4 oz. (240g) tuna in water, drained (2 tins)

1 oz. (30g) roasted almonds, coarsely chopped

4.5 oz. (130g) green pesto

Cook the pasta as directed on the package. While the pasta cooks, boil the green beans for 5 minutes, then drain.

When the pasta is done, drain it and return it to the pot. Stir in the pesto and green beans until well coated.

Divide the pasta into four bowls. Top each with an equal amount of tuna.

Garnish with chopped almonds and season with black pepper to taste.

**myfitnesspal**

03634316

GF DF HP Q N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 530kcal | 66g | 26g | 18g |



# Asian Sweet & Sour Pork Stir-Fry

**Serves 4** | **25 Minutes**

7 oz. (200g) basmati rice

10 oz. (300g) pork loin, sliced

2 garlic cloves, finely chopped

4 spring onions, sliced diagonally

1 tbsp. coconut oil

3 tbsp. ginger syrup

juice of 1 lime

7 oz. (200g) sugar snap peas

8.8 oz. (250g) cherry tomatoes

8.8 oz. (250g) pineapple, canned or fresh, chopped

Cook the rice according to the package instructions.

While the rice cooks, heat coconut oil in a wok over high heat. Add sliced pork, chopped garlic, ginger syrup, lime juice, and a pinch of salt. Stir-fry for 2 minutes.

Reduce the heat to low. Add sugar and snap peas, and stir-fry for another 4 minutes.

Add cherry tomatoes and pineapple. Stir-fry for 4 more minutes, then remove from heat. Mix in the spring onions.

Serve the stir-fry over the cooked rice, divided evenly among 4 plates.

**myfitnesspal**



03680829

GF DF HP Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 429kcal | 56g | 22g | 13g |



# Peppery Steak Stir-Fry

**Serves 4** | **15 Minutes**

12 oz. (340g) round beef, trimmed

7 tbsp. tamari

1 tbsp. rice wine

5 tsp. buckwheat flour, divided

2 tsp. coconut oil

1 large onion, sliced into strips

1 red bell pepper, sliced into strips

Slice the beef into thin strips and combine it with 4 tsp tamari, 1 tbsp rice wine, 1 tsp buckwheat flour, and ½ tsp black pepper. Stir to coat.

Mix 3 tbsp tamari, 1 tbsp water, and 2 tsp buckwheat flour in a bowl. Set aside.

Heat 1 tsp coconut oil in a pan over high heat. Cook the beef for 20 seconds until it starts to brown, then stir and cook for another 2 minutes. Transfer to a plate. Reduce heat to medium, add 1 tsp coconut oil, and cook onions and bell peppers for 4-5 minutes until tender.

Return the beef to the pan, and add the tamari mixture (and red chili pepper flakes if desired). Stir-fry for 30-60 seconds until the sauce thickens.

Serve with rice (rice is optional and not included in nutrition info).

**Meal-prep:** Refrigerate in an airtight container for up to 4 days.

**myfitnesspal**



09198322

GF | DF | LC | MP | HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 202kcal | 7g | 21g | 10g |



# Bacon Wrapped Meatballs

**Serves 4** | **35 Minutes**

1 lb. (450g) lean ground beef

1 small onion, finely diced

2 garlic cloves, minced

1 red pepper, diced

1 egg

1 oz. (30g) buckwheat flour

4 tbsp. chopped coriander

1 tsp. dried oregano

12 slices of streaky bacon

Preheat the oven to 400°F (200°C).

Use your hands to mix the ground beef, onion, garlic, red pepper, egg, buckwheat flour, coriander, and oregano in a large bowl. Season with salt and pepper.

Shape the mixture into 12 golf ball-sized meatballs (use a ¼ cup measure).

Wrap each meatball with a slice of bacon and place on a baking sheet.

Bake for 20 minutes, then broil for 4-5 minutes to crisp the bacon.

**myfitnesspal**

02606226

GF DF LC HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 360kcal | 7g | 20g | 28g |



# Speedy Beef Chow Mein

**Serves 4** | **20 Minutes**

- 5.5 oz. (160g) egg noodles
- 7 oz. (200g) beef tenderloin
- 1 tbsp. sesame oil
- 1 clove garlic, minced
- 1 tbsp. grated ginger
- ½ leek, sliced (mostly white parts)
- 1 red bell pepper, sliced
- 3 mushrooms, sliced
- pinch of sugar
- 3 tbsp. tamari
- 2 tbsp. chopped spring onions

Cook the noodles as directed on the package.

Slice the beef into thin strips.

In a wok over medium heat, warm the sesame oil. Add the garlic and ginger, cooking for 1 minute. Add the beef and stir occasionally for 2 minutes.

Add the leeks, bell pepper, and mushrooms, stirring frequently and cooking for about 5 minutes.

Add the noodles, season with a pinch of white pepper and sugar, pour in the tamari and 2 tbsp water, then stir well and cook for another 2 minutes.

Serve the chow mein in individual dishes and garnish with chopped spring onions.

**myfitnesspal**

05903713

DF MP Q

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 352kcal | 34g | 18g | 16g |



# Chili Sweet Potato Bowl

**Serves 4** | **50 Minutes**

- 3 medium sweet potatoes
- 2 tsp. garlic powder
- 1 tsp. onion powder
- 2 tbsp. buckwheat flour
- 1 lb. (450g) lean ground beef
- 1 tbsp. chili flakes
- 1 can (14 oz/400g) chopped tomatoes
- 6 fl oz. (170ml) water
- 2 tbsp. chopped coriander
- 1 avocado, mashed

Preheat the oven to 420°F (215°C).

Wash and cut the sweet potatoes into chips. Toss with garlic powder, onion powder, salt and pepper, and buckwheat flour. Drizzle with 1 tbsp olive oil.

Spread the chips on a baking tray. Bake for 40 minutes, stirring after 20 minutes.

While baking, heat a skillet over medium-high heat. Cook ground beef for 2-3 minutes until browned. Season with chili flakes.

Add tomatoes and water. Simmer on low for 20 minutes until most liquid evaporates.

Serve the chips topped with chili, mashed avocado, and coriander.

myfitnesspal

03966990

GF DF MP HP

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 507kcal | 33g | 24g | 31g |



# Cherry Bliss Sorbet

**Serves 4** | **1 Hour 10 Minutes**

14 oz. (400g) frozen pitted cherries

2 tbsp. honey

1 tbsp. lemon juice

4 tbsp. vanilla soy yogurt

4 tbsp. water

mint leaves

Blend all ingredients (except mint leaves) in a high-speed blender until smooth.

Move the mixture to a freezer-proof container and freeze for 1 hour.

To serve, scoop the sorbet into serving glasses and garnish with mint leaves.

*Approximately 8 scoops of sorbet, 2 scoops per serving.

**myfitnesspal**



08204303

GF DF V

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 84kcal | 20g | 1g | 0g |



# Protein-Packed Fruit Bowls

**Serves 2** | **20 Minutes**

14 oz. (400g) natural quark, divided

¼ mango, chopped

5 strawberries, halved

½ banana, sliced

2 tbsp. granola

1 tbsp. coconut chips

Divide the quark evenly between two bowls or glasses.

Garnish with chopped mango and 1 tablespoon of granola for the mango bowl.

For the strawberry bowl, garnish with halved strawberries, sliced banana, and 1 tablespoon of coconut chips.

Serve immediately.

## Strawberry Protein-Packed Fruit Bowl

HP V Q

**myfitnesspal**

08028026

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 252kcal | 29g | 25g | 4g |

## Mango Protein-Packed Fruit Bowl

HP V Q

**myfitnesspal**

07508196

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 223kcal | 24g | 25g | 3g |



# Matcha Infused Chia Pudding

**Serves 2**

1 oz. (30g) chia seeds

12 fl. oz. (360ml) unsweetened almond milk

2 tsp. maple syrup

1.4 oz. (40g) vanilla whey protein powder

1 tsp. matcha powder

3.5 oz. (100g) fresh or frozen berries, for serving

Combine chia seeds and almond milk in a bowl. Refrigerate for 1 hour, then stir and refrigerate overnight.

The next day, add maple syrup, vanilla whey protein powder, and matcha powder. Stir until well mixed.

Divide the pudding into two bowls and top with berries before serving.

GF DF LC V N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 211kcal | 18g | 19g | 7g |

**myfitnesspal**

08967190



# Raspberry Blast Protein Smoothie

**Serves 1** | **5 Minutes**

½ ripe banana

4.4 oz. (125g) frozen raspberries

8 fl. oz. (240ml) unsweetened almond milk

2 tbsp. whey protein powder

1 tbsp. smooth almond butter

handful of ice cubes

Blend all ingredients in a high-speed blender until smooth.

GF HP V Q N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 349kcal | 34g | 24g | 13g |

**myfitnesspal**

07758300



# Mega Green Protein Smoothie

**Serves 1** | **5 Minutes**

1 small banana

1 oz. (30g) spinach

1 oz. (30g) kale

1 tbsp. almond butter

5 fl. oz. (150ml) coconut water

1 oz. (25g) vanilla whey protein

Blend all ingredients in a high-speed blender until smooth.

GF HP V Q N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 363kcal | 40g | 26g | 11g |

myfitnesspal

08947550



# Morning Pick-Me-Up Protein Shake

**Serves 2** | **10 Minutes**

4 tbsp. espresso

13.5 fl. oz. (400ml) almond milk

1.7 oz. (50g) vanilla whey protein

2 tsp. cinnamon

2 tbsp. flaxseeds

A handful of ice

Blend all ingredients in a high-speed blender until smooth.

GF | LC | HP | V | Q | N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 156kcal | 5g | 25g | 4g |

**myfitnesspal**

02707280



# Blueberry Bliss Protein Smoothie

**Serves 1** | **5 Minutes**

4.2 oz. (125ml) coconut water

4.2 oz. (125ml) unsweetened almond milk

1 oz. (25g) vanilla whey protein

1.7 oz. (50g) frozen blueberries

1 tsp. ground cinnamon

1 tsp. chia seeds

Blend all ingredients in a high-speed blender until smooth.

**myfitnesspal**

07050572

GF | LC | HP | V | Q | N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 187kcal | 16g | 24g | 3g |



# Cinnamon Roll Protein Shake

**Serves 2** | **5 Minutes**

1 banana

1.7 oz. (50g) vanilla protein powder

1 tsp. cinnamon

8 fl.oz. (240ml) almond milk

ice cubes

Blend all ingredients in a high-speed blender until smooth.

myfitnesspal

03731838

GF | LC | HP | V | Q | N

| Nutrition Per Serve | Energy | Carbs | Protein | Fat |
|---|---|---|---|---|
| | 178kcal | 16g | 24g | 2g |