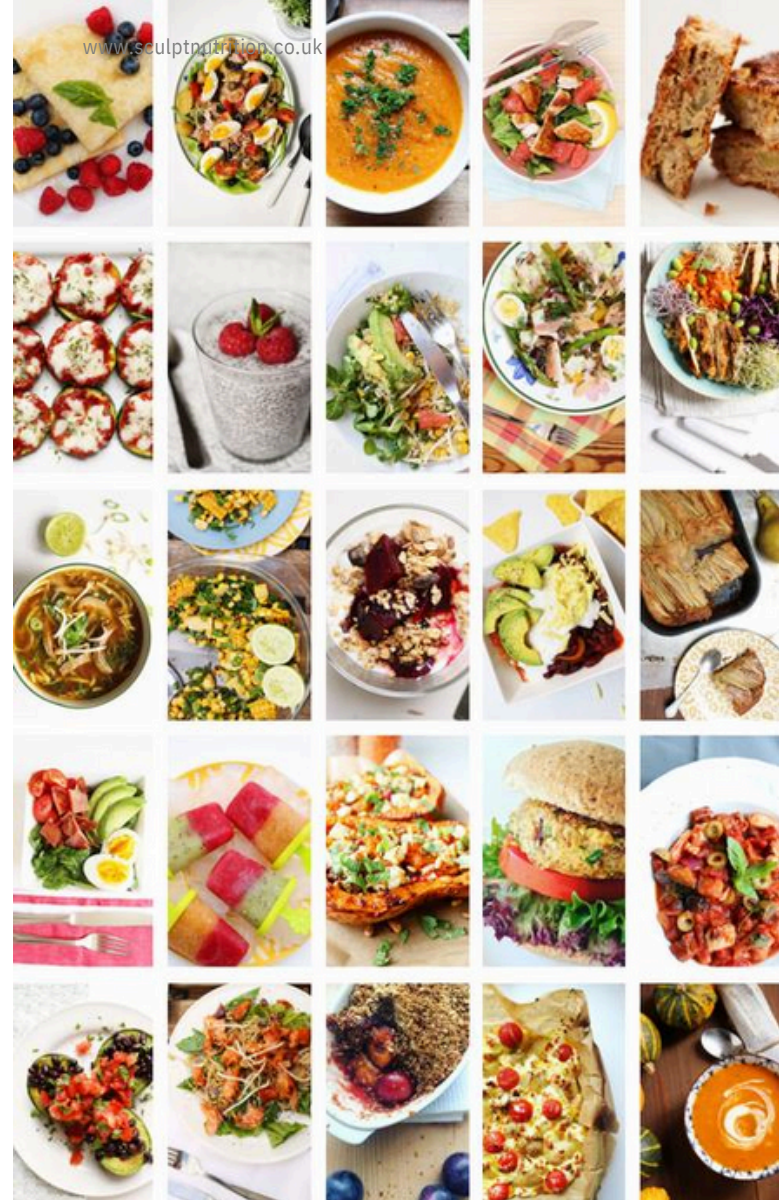


# Vanlife Eats

100 CLEAN EATING RECIPES

[www.sculptnutrition.co.uk](http://www.sculptnutrition.co.uk)

**Q** Quick (under 30 minutes)







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# BREAKFAST RECIPES

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Vanlife Eats

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## BOOSTER SMOOTHIE



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
135 kcals      0g Fats  
30g Carbs     2g Protein

### WHAT YOU NEED:

- 1 small pineapple
- 1 apple
- 1 cucumber
- 4 basil stems (leaves only)

### WHAT YOU NEED TO DO:

Prepare the pineapple and apple (peel, remove core and chop). Peel the cucumber and halve it in length. Remove the seeds and cut into pieces. Place everything in a blender and blend until smooth. If you require a thinner texture add some water.

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# HOMEMADE GRANOLA



Makes: >3lbs (1.5 kb)

Prep: 5 mins

Cook: 40 mins



Nutrition per 1.5 oz. (40g):

166 kcals

4g Fats

28g Carbs

5g Protein

## WHAT YOU NEED:

- Apple compote from 4 big apples
- 1/3 cup (120g) honey
- 1 ½ tsp. vanilla extract
- 2 tsp. cinnamon
- ¼ tsp. salt
- 2 ¼ lb. (1kg) oats
- ¼ cup (100g) brazil nuts, chopped
- ¼ cup (60g) flaked almonds
- scant ½ cup (80g) dates, chopped
- 10 (80g) dried apricots, chopped
- 2/3 cup (100g) golden raisins (sultans)

## APPLE COMPOTE:

To make apple compote, stew four big, peeled, cored and chopped cooking apples in a little water until they turn into mush. Then mash the up with a fork (or use a food processor).

## WHAT YOU NEED TO DO:

Preheat oven to 160C (320F).

In a large bowl, beat together the apple compote, honey, vanilla, cinnamon, and salt. Add the oats and stir well to combine. Spread the mixture onto two large baking sheets; bake for 10 min.

Remove from the oven and stir well, then return to the oven and bake for another 10 min. Repeat, but this time add the nuts. Return to oven for another 10 min. Then stir again and bake for a final 10 min.

Remove from the oven and mix in the fruit. Store in an airtight jar.



# BUCKWHEAT BANANA PANCAKES



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
237 kcals      11g Fats  
36g Carbs      5g Protein

## WHAT YOU NEED:

- 1 cup (130g) buckwheat flour
- 1 tsp. baking powder (GF if possible)
- pinch salt 1 1/2 cup (350ml) coconut
- milk 1 tsp. vanilla paste 2 medium
- bananas, sliced 2 tbsp. coconut oil
- toppings of choice
- 

## WHAT YOU NEED TO DO:

Mix all the dry ingredients together in a large bowl. Then add the milk and vanilla paste and mix well until a smooth mixture has formed. If necessary add extra milk or water.

Heat half a tbsp. of coconut oil in a non-stick pan and add the pancake mixture with a tablespoon (about 2 1/2 for one pancake). Cook for about 1 minute and then layer 3-4 banana slices on top of each pancake. Cook for another 1-2 min until the bottom has set and bubbles start to appear on the surface.

At this point flip the pancakes over and cook for another 1-2 min. Repeat this with the remaining pancake mixture.

Top pancakes with your favorite toppings. Walnuts, cinnamon and maple syrup work great with these pancakes.



# CREAMY MUSHROOMS ON TOAST



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per serving:  
225 kcals      11g Fats  
16g Carbs      6g Protein

## WHAT YOU NEED:

- 1 slice wholegrain bread
- 2 tbsp. soft cream cheese
- 3 handfuls, sliced mushrooms
- 1/2 tsp. coconut oil
- 1 small garlic clove, crushed
- 2 tbsp. coconut/almond milk
- 1/2 tsp. wholegrain mustard
- 1 tbsp. chives, chopped
- salt & pepper, to taste

## WHAT YOU NEED TO DO:

Toast the bread and spread with a little bit of cheese. In the meantime, heat the coconut oil in a small pan, and add the garlic. Cook for 1 min.

Now add the mushrooms, and cook for a further 4-5 min until soft and browned. Add in the milk, remaining cheese and mustard. Stir well until mushrooms are coated with the cheese. Season with salt and pepper.

Top the toast with the mushrooms and sprinkle with chives. Serve hot, with a ham or prosciutto (optional).





## MINTY FETA & PEA SMASH ON TOAST



Serves: 1  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
328 kcals      15g Fats  
21g Carbs      12g Protein

### WHAT YOU NEED:

- 3.5 oz. (100g) feta cheese, crumbled
- 3.5 oz. (100g) frozen peas, defrosted
- 2 slices whole wheat or gluten free bread
- zest and juice of ½ lemon
- 2 tbsp. mint, chopped
- 2 handfuls watercress

### WHAT YOU NEED TO DO:

In a small bowl mix together the feta, peas, mint, lemon juice and zest. Season to taste with pepper and salt. Toast the bread. Then divide the mixture between the two toasts and serve with a handful of watercress.



# BREAKFAST BRUSCHETTA



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
293 kcals      14g Fats  
29g Carbs      6g Protein

## WHAT YOU NEED:

- 4 slices buckwheat bread, or other

### For avocado bruschetta:

- 1 medium avocado
- juice of ½ lime
- salt & pepper
- 1 tbsp. chopped parsley

### For tomato bruschetta:

- 1 large tomato
- 1 garlic clove, minced
- 1 tsp. olive oil
- salt & pepper

## WHAT YOU NEED TO DO:

Half the avocado and scoop out the flesh into a bowl. Add lime juice and then mash roughly, using a fork, and season to taste.

Chop the tomatoes and mix with the minced garlic, then season with salt and pepper. Drizzle with olive oil and mix again.

Toast the bread and top 2 slices with avocado, then 2 with tomatoes. Sprinkle the avocado with parsley and serve.



# MAS HUNI (MALDIVIAN BREAKFAST)



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
276 kcals      7g Fats  
28g Carbs      25g Protein

## WHAT YOU NEED:

- 11.2 oz. (320g) canned tuna in water
- 1 small red onion
- 1 red chili pepper
- 1 lime, zest and juice
- 3/8 cup (25g) ground coconut
- 1 baby Romanian lettuce
- 4 mini pitta breads

## WHAT YOU NEED TO DO:

Drain the tuna and transfer into a medium size bowl. Finely chop the onion, halve the chili, remove the seeds and chop finely, then add both onion and chili to the tuna. Next add in the zest and juice of the lime and the coconut. Mix all the ingredients with a fork until you have a tuna salad with a nice texture. Prepare the lettuce leaves. Toast the pitta bread. Cut them open as an envelope and fill them with lettuce and tuna salad. Or serve the tuna in lettuce wraps and the pitta on the side.

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## HERBY SAUSAGES



Makes: 6  
Prep: 5 mins  
Cook: 15 mins



Nutrition per sausage:  
59 kcals 3g Fats  
0g Carbs 9g Protein

### WHAT YOU NEED:

- 8.8 oz. (250g) ground lean pork
- ½ tsp. salt ½ tsp. black pepper
- 2 tsp. fresh sage, chopped 2
- tsp. fresh basil, chopped ½ tsp.
- coconut oil

### WHAT YOU NEED TO DO:

In a large bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into six sausages.

Heat the coconut oil in a large nonstick frying pan and cook the sausages on medium heat until well browned and thoroughly cooked. Serve hot or store in the refrigerator for later.

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# BREAKFAST TURKEY BURGER



Serves: 3  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
311 kcals      18g Fats  
5g Carbs      32g Protein

## WHAT YOU NEED:

- 10.5 oz. lean ground turkey
- 1 tbsp. mixed herbs
- salt & pepper
- 1 tbsp. coconut oil
- 1 large ripe avocado
- juice of ½ lime
- 3 eggs
- salad leaves, to serve

## WHAT YOU NEED TO DO:

Season the ground turkey with herbs and salt & pepper, then form three burgers. Heat ½ the coconut oil in a pan and cook the burgers for about 10 min turning half way, until browned and cooked throughout.

In the meantime prepare the avocado mash.

Remove the stone and scoop out the avocado flesh into a bowl. Mash it with a fork and mix with the lime juice.

Lastly, fry up the eggs using the remaining coconut oil.

Stack it all up by adding mashed avocado on top of the burger and then the fried egg. Serve on a bed of salad leaves.

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# SPANISH OMELETTE



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per serving:  
308 kcals      16g Fats  
20g Carbs      19g Protein

## WHAT YOU NEED:

- 8 whole eggs, lightly beaten
- 14 oz. (400g) baby potatoes
- 7 oz. (200g) cherry tomatoes
- 3 small onions, cut into wedges
- 3.5 oz. (100g) feta cheese, crumbled
- handful fresh parsley, chopped
- 1 tsp. coconut oil

## WHAT YOU NEED TO DO:

Firstly prepare the potatoes by cooking or steaming them until soft. Or use leftover potatoes.

Preheat the oven to 360F (180C). Heat the coconut oil in a pan and fry the onions. Season with pepper and salt.

Whisk the eggs in a bowl and also season with pepper and salt.

Line a 9x9 inch baking dish with baking paper and scatter the potatoes and onions. Then top with the beaten eggs, cherry tomatoes and feta.

Place the dish in the oven and bake for 25-30 mins until eggs have set and top has browned slightly.

Serve with fresh parsley.

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GF





# LEEK & MUSHROOM OMELETTE



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
283 kcals      20g Fats  
8g Carbs      18g Protein

## WHAT YOU NEED:

- 1 tsp. coconut oil
- ½ cup (45g) leek, chopped (green part only)
- 1 tsp. dried thyme
- 2 cups mushrooms (150g), sliced
- 6 eggs

## WHAT YOU NEED TO DO:

Heat the oil in the frying pan and fry the leeks and thyme for about 3 min, on medium heat.

Meanwhile, slice the mushrooms and cook with the leeks for another 5 minutes. Season with salt and pepper.

Beat the eggs and pour over the vegetables. Put the lid on the pan and leave for about 10 min. until cooked.

Cut the omelet into quarters and serve garnished with fresh herbs (optional).

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# EGG FREE BUCKWHEAT PANCAKES



Serves: 3  
Prep: 20 mins  
Cook: 20 mins



Nutrition per serving:  
228 kcals      9g Fats  
36g Carbs      5g Protein

## WHAT YOU NEED:

- 2 tbsp. chia seeds
- ½ cup (100g) buckwheat flour
- 1 medium banana ½ cup plant
- milk (150ml) 1 tsp. ground
- cardamom 1 tsp. vanilla paste
- zest of 1 lemon 4 tsp. honey 1
- tbsp. coconut oil
- 
- 

## WHAT YOU NEED TO DO:

In a small cup combine 2 tablespoons of chia seeds with 4 tablespoons of water and leave in the fridge for about 20 mins.

Zest the whole lemon and set aside half for the topping. Mash the banana in a bowl and add in the chia seeds, flour, milk, cardamom, vanilla, half the lemon zest and 1 tsp. honey. Whisk everything well until a thick batter has formed.

Heat some of the coconut oil in a non-stick pan then pour the batter forming small pancakes (about ¼ cup per pancake). Fry until bubbles appear on the surface and then flip and cook for another minute. Repeat with the rest of the batter adding more coconut oil when required. You should be able to make about 6 small pancakes.

Combine 3 tsp. of honey and the rest of the lemon zest to make the drizzle.

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GF

# STRAWBERRY & MINT PROTEIN SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
213 kcals      2g Fats  
11g Carbs      12g Protein

## WHAT YOU NEED:

- 7 oz. (200g) strawberries, washed
- 4 mint leaves
- 1 ¼ cup (200g) lean quark
- 1 cup (240ml) milk of choice

## WHAT YOU NEED TO DO:

Place all ingredients into a blender and blend until smooth. Add more milk if necessary to achieve desired texture.

Q

LC

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# BREAKFAST FAJITA



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
335 kals    19g Fats  
29g Carbs    12g Protein

## WHAT YOU NEED:

- 1 large avocado
- 1 tbsp. lime juice
- 1 tbsp. coconut oil
- 1 red & 1 green pepper, sliced
- 1 onion, sliced
- fajita or Mexican seasoning
- 1 garlic clove, crushed
- juice of ½ lime
- 4 large eggs
- 4 corn tortillas
- Handful of cilantro, chopped
- Salsa (optional)

## WHAT YOU NEED TO DO:

Prepare a quick guacamole by mashing the avocado flesh and mixing it with 1 tbsp. lime juice. Season with salt & pepper. Heat the oil over medium heat and add the peppers, onion and seasoning. Mix well and cook, stirring occasionally for about 10 min. Next add in the garlic and cook for another minute. Remove the pan from the heat and drizzle with lime juice, season with salt and pepper. While the vegetables are cooking go ahead and fry the eggs in a separate pan. Transfer the eggs onto a plate and cover with tin foil to keep warm. In the same pan warm the tortillas. Assemble the fajitas, spread guacamole on each tortilla, then top each with an egg, followed by some veggies. Season with ground pepper and top with salsa (optional). Serve warm.



# GOATS CHEESE, SPINACH & PESTO FRITTATA



Serves: 4  
Prep: 5 mins  
Cook: 20-25 mins



Nutrition per serving:  
255 kcs      17g Fats  
3g Carbs      12g Protein

## WHAT YOU NEED:

- 1 tsp. coconut oil
- 1 small onion, finely sliced
- ½ cup spinach (100g)
- 4 whole organic eggs
- 2 egg whites
- 1/3 cup (75g) soft goats cheese
- 2 tbsp. Basil pesto

## WHAT YOU NEED TO DO:

Heat the coconut oil in a medium pan and sauté the onion until soft. Heat the grill to medium. When the onion is soft, add in the spinach and cook until wilted.

In a bowl whisk the eggs and egg whites and season with salt and pepper. Pour the eggs over the spinach and onions, covering it evenly.

Cook for 5-6 mins, until the sides have started to set.

Top the eggs with the goats cheese and place the pan under the grill for about 10-15 mins, allowing the eggs to set.

Shake the pan gently to check if the eggs are set, if it looks runny, then return under the grill for another 2-3 mins.

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# EGGS BAKED IN AVOCADO



Serves: 2  
Prep: 5 mins  
Cook: 20 mins



Nutrition per serving:  
239 kcals      19g Fats  
9g Carbs      8g Protein

## WHAT YOU NEED:

- 11 large avocado
- 2 eggs
- 1/2 lime, juiced
- salt & pepper
- chili flakes

## WHAT YOU NEED TO DO:

Preheat oven to 180C (355F). Half the avocado and remove the stone. With a spoon scoop out a bit of the flesh to make some more room for the eggs.

Place the avocado on a baking tray and drizzle the avocado halves with the lime juice and season with salt and pepper.

Break an egg into the center of each avocado and bake for about 15-20 min or until the egg is cooked.

Once ready season with salt & pepper, top with some lime juice and chili flakes, and serve.



# BEET THE BLUES SMOOTHIE



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
232 kcals      5g Fats  
54g Carbs      5g Protein

## WHAT YOU NEED:

- 2/3 cup (150ml) plant milk
- ½ cup (100g) cooked beetroot
- ½ cup (50g) blueberries
- ½ banana
- ½ apple
- 1 tsp. chia seeds
- 1 tsp. maca powder

## WHAT YOU NEED TO DO:

Using a high-power blender, blend all ingredients together until smooth.

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# DILL & SMOKED SALMON OMELET



Serves: 1  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
370 kcals      22g Fats  
13g Carbs      26g Protein

## WHAT YOU NEED:

- 2 tsp. coconut oil
- 1/2 onion, chopped
- ¼ cup (40g) frozen peas
- 2 eggs
- 1 tbsp. dill, chopped
- 2 oz. (55g) smoked salmon
- lemon wedges, to serve

## WHAT YOU NEED TO DO:

Heat the oil in a small pan and sauté the onion for 5 min. Next add in the frozen peas and cook for another 1-2 min. Take the vegetables off the pan and set aside for later.

Whisk the eggs and season with salt and pepper. Heat the remaining oil in the same pan and pour in the egg mixture. Cook the eggs for 5-7 min. until nearly set.

Add in the earlier prepared vegetables and throw in the dill. Fold the omelet in half and cook for another minute.

Serve with smoked salmon and lemon wedges. Season with pepper.

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# SCOTCH EGGS



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per serving:  
340 kcals      12g Fats  
6g Carbs      39g Protein

## WHAT YOU NEED:

- 1.1 lbs. (500g) chicken breasts
- 1 garlic clove, crushed
- 4 sage leaves
- 1 small onion
- 4 eggs
- 2 tbsp. ground almonds
- 2 tbsp. buckwheat flour
- 1 egg, beaten
- 2 tbsp. coconut oil
- 2 tbsp. mayonnaise
- 1 tsp. wholegrain mustard

## WHAT YOU NEED TO DO:

Bring a pan of water to the simmer and boil the eggs to your liking (6 minutes to leave the eggs a little runny in the middle). Once cooked cover with cold water.

Place the chicken breast, garlic, sage and onion leaves in a food processor, season with salt & pepper. Blitz until well combined then set aside.

Place the ground almonds, flour and beaten egg into separate bowls. Peel the eggs and roll them in the flour.

Using wet hands, wrap each egg in the chicken

mixture, and then carefully roll in the flour, beaten egg and ground almonds. Heat the coconut oil in a non-stick frying pan and fry the eggs for about 10 min, turning occasionally, until cooked throughout and browned. If necessary do this in two batches. Place the scotch eggs on kitchen paper to drain excess oil. In a small bowl mix together the mayo and mustard for the dip. Serve warm or cold with the dip.





# BUCKWHEAT VEGGIE PATTIES



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
274 kcals      15g Fats  
29g Carbs      8g Protein

## WHAT YOU NEED:

- 1 large avocado
- ¼ cup (65g) natural soy or coconut yogurt
- zest of 1 lime and 2 tbsp. of juice
- 2 garlic cloves, crushed
- 1 cup (120g) buckwheat flour
- 1 tsp. baking powder (GF if possible)
- ½ cup (120 ml) plant milk
- 1 egg
- ½ cup (90g) broccoli florets
- 3/8 cup (95g) sweet corn
- 1 tsp. ground cumin
- handful chopped parsley
- 1 tbsp. coconut oil

## WHAT YOU NEED TO DO:

Make the avocado cream by mashing the flesh in a bowl. Add in the yogurt, lime zest and juice, garlic, season with salt & pepper and mix well. Cover and set aside.

To make the patties, place all ingredients apart from coconut oil in a food processor and blitz until smooth.

Heat ½ tbsp. of the coconut oil in a pan until sizzling hot. Add 2 tbsp. of the mixture to make 1 patty. Fry for 2-3 minutes then flip and cook for another 1-2 minutes until golden. The mixture should make about 8 medium sized patties.

Serve the patties warm with the avocado cream or freeze for later use.

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# EGG WHITE OMELET WITH SMOKED TROUT



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
265 kcals      9g Fats  
17g Carbs      28g Protein

## WHAT YOU NEED:

- 2 handfuls lambs lettuce
- 4 egg whites, whisked
- 1 tbsp. water
- 1 tsp. coconut oil
- 4 tbsp. cottage cheese
- 1 tbsp. horseradish
- 4.4 oz. (125g) smoked trout
- 2 slices whole meal or gluten free bread

## WHAT YOU NEED TO DO:

Remove tough stems from the lambs lettuce and set aside. In a small bowl whisk the egg whites with the tablespoon of water.

Heat the coconut oil in a small frying pan over medium heat, then add in the eggs whites and cook for 4 minutes. Next cover the frying pan with a lid and leave for another 2-3 minutes, until cooked.

Meanwhile, stir the cottage cheese with the horseradish, season with salt and pepper. Cut the trout into pieces and toast the bread. Once omelet is cooked cut it into half. Spread the cottage cheese onto the toast, top with half the omelet, trout pieces and watercress. Season with salt and pepper, and serve.



# SWEET PEPPER & SPINACH SCRAMBLED EGGS



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
331 kcals      22g Fats  
7g Carbs      25g Protein

## WHAT YOU NEED:

- 2 sweet pointed peppers
- 1 tsp. coconut oil
- 8 eggs, beaten lightly
- 80g baby spinach or kale

## WHAT YOU NEED TO DO:

Cut the top of the peppers off, and remove the seeds, then cut into rings.

Heat the coconut oil in a frying pan and cook the peppers for 2-3 mins on medium heat. In the meantime beat the eggs and season with pepper and salt. Add the eggs into the pan and mix vigorously. Add the spinach before the eggs set. Stir well and serve imminently once eggs are set.

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# RASPBERRY SMOOTHIE BOWL



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
186 kcals      5g Fats  
34g Carbs      4g Protein

## WHAT YOU NEED:

- 1 medium ripe banana
- 1 cup frozen raspberries (230g)
- ½ cup plant milk (150ml)
- 2 tbsp. chia seeds
- toppings of choice

## WHAT YOU NEED TO DO:

Slice the banana and place it in a high speed blender or food processor, along with the frozen raspberries, milk and chia seeds. Blend until smooth.  
Serve immediately in a bowl with your favourite toppings.

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GF



# GRILLED AVO WITH BLACK BEANS & SALSA



Serves: 4  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
300 kcals      14g Fats  
32g Carbs      12g Protein

## WHAT YOU NEED:

- 2 avocados, halved, stone removed
- 1 medium tomato
- zest and juice of 1 lime
- 1 cup (184g) black beans, drained
- 1 clove garlic, crushed
- 2 tbsp. coriander, chopped
- 2 tbsp. smoked almonds, chopped

## WHAT YOU NEED TO DO:

Heat the grill to high or prepare the barbecue. Finely chop the tomatoes and combine with zest of whole lime and juice of  $\frac{1}{2}$  lime. Mix in the chopped coriander and season with salt & pepper.

In a separate bowl, mix together the black beans and crushed garlic. Season with salt and pepper.

Place the avocados on the grill or bbq and cook for about 3 mins or until slightly browned. To serve fill the avocado halves with black beans and top with the tomato salsa, almonds and more coriander.

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## BLT BREAKFAST BOWL



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
289 kcals      22g Fats  
7g Carbs      12g Protein

### WHAT YOU NEED:

- 2 eggs
- 4 strips smoked bacon
- 4 handfuls baby spinach
- 1 tsp. apple cider vinegar
- 2 tsp. olive oil
- ½ avocado, sliced
- 10 cherry tomatoes, halved

### WHAT YOU NEED TO DO:

Cook the eggs and bacon to your liking. In the meantime, in a medium sized bowl mix together the spinach, olive oil, vinegar and season with salt & pepper. Rub the olive oil and seasoning into the spinach leaves for 2-3 mins. Divide the spinach between two bowls, top with halved eggs, chopped bacon, tomatoes, and avocado. Season with salt and pepper before serving.

LC

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GF





# BRAIN JUICER SMOOTHIE



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
199 kcals      2g Fats  
36g Carbs      13g Protein

## WHAT YOU NEED:

- ½ cup (100g) pineapple, cubed
- 1 medium banana
- 1 kiwi
- 1/3 cup (50g) zucchini, chopped
- 2 leaves chard
- 2 leaves savoy cabbage
- ½ cup (83g) mango
- 2 mint springs
- 1 tbsp. goji berries
- 1 tsp. spirulina
- 1 scoop unflavored whey
- 2/3 cup (150ml) plant milk

## WHAT YOU NEED TO DO:

Wash and prepare all the fruit and vegetables.  
Place all the ingredients in a high-speed blender  
and blend until smooth.  
Pour into 2 glasses and serve.

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# PROTEIN CREPS



Serves: 4  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
152 kcals      7g Fats  
12g Carbs      10g Protein

## WHAT YOU NEED:

- ½ cup (65g) buckwheat flour
- 1 scoop (0.8 oz./25g) whey powder
- ¼ tsp. baking soda
- 2 eggs
- 2 tsp vanilla paste
- ½ cup plant based milk
- 1 tbsp. coconut oil

## WHAT YOU NEED TO DO:

In a bowl combine all ingredients and mix well. Heat a pan and grease with some coconut oil. Pour batter into skillet and move it around so it spreads out thin. Once the batter starts slightly bubbling flip the crepe and cook on the other side for another minute. Transfer on a plate and repeat the process until you use up all the batter. Stuff with your favorite toppings and serve.

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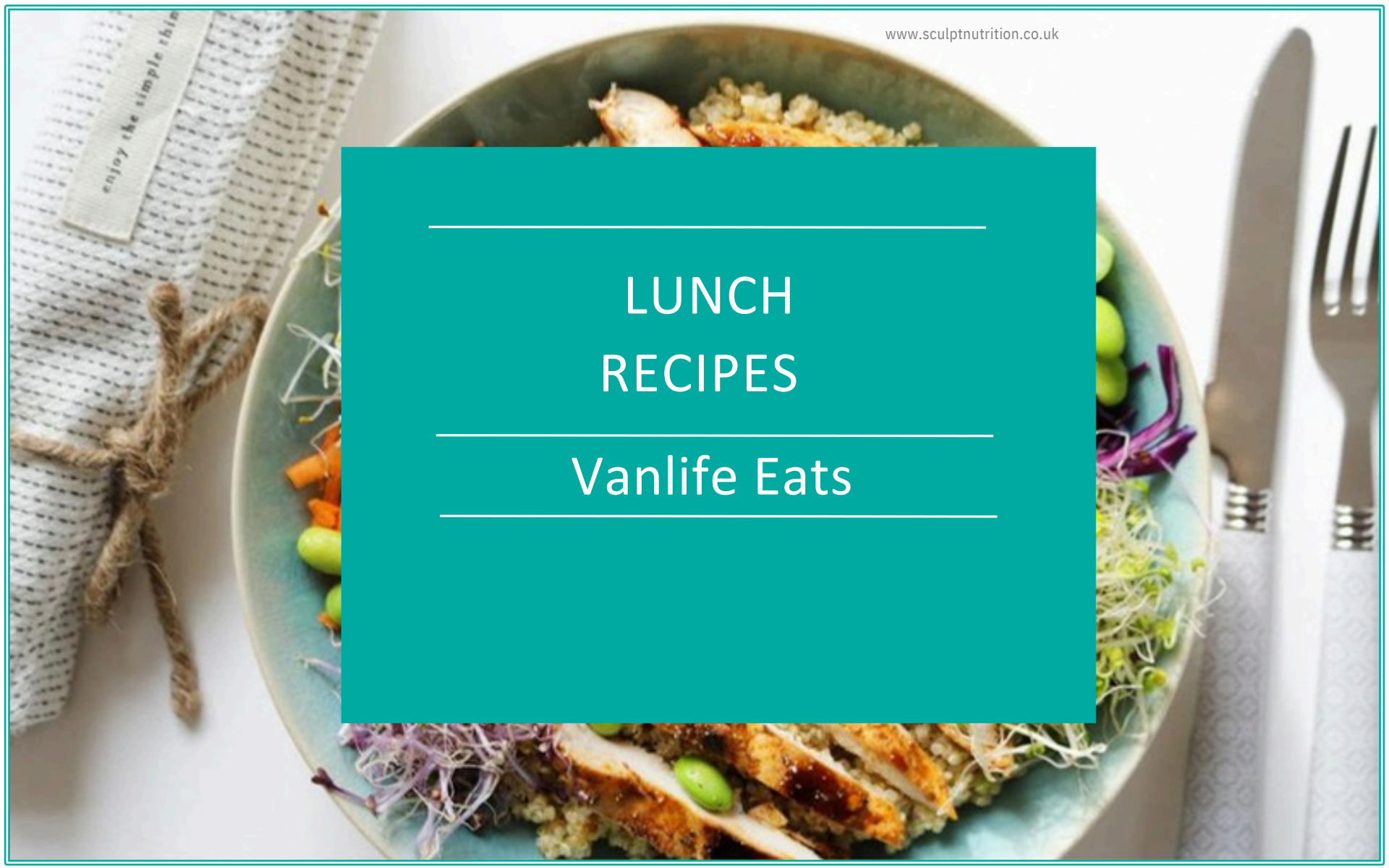
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# LUNCH RECIPES

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Vanlife Eats

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## RAINBOW QUINOA SALAD WITH GRILLED TURKEY



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
498 kcals      22g Fats  
38g Carbs      37g Protein

### WHAT YOU NEED:

- 1 cup (185g) cooked quinoa
- 1 tbsp. coconut oil
- 8.1 oz. (230g) turkey fillet
- 1 small carrot, grated
- ½ cup (50g) red cabbage, shredded
- 2/3 cup (50g) edamame beans
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1 tbsp. sesame oil
- handful sprouting alfalfa (or similar)
- 1 tbsp. sesame seeds

### WHAT YOU NEED TO DO:

Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm. In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.

Mix the quinoa with the carrot, cabbage and soybeans.

Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.

Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.

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GF



## MEXICAN WRAPS WITH GRILLED CHICKEN & AVOCADO



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
540 kcals      20g Fats  
38g Carbs      36g Protein

### WHAT YOU NEED:

- 7 oz. (200g) chicken breast 1 tbsp.
- olive oil 1 tsp. Mexican taco
- seasoning 1/2 avocado ½ cup
- (125g) corn ½ cup (90g) black beans
- ½ lime, zest and juice
- 1/3 cup (85g) Greek yogurt (0% fat)
- 100g iceberg lettuce
- 2 whole wheat tortilla wraps
- few drops tabasco (optional)

### WHAT YOU NEED TO DO:

Rub the chicken breasts with the oil and the Mexican mix. Season with salt if necessary. Heat the pan and cook the chicken for about 8 minutes, until golden brown and cooked throughout.

In the meanwhile cut the avocado in half, remove the pit, scoop out the flesh and chop it. Rinse and drain the corn and beans. Mix the yogurt with the lime zest and juice then season with pepper and salt.

Cut the cooked chicken into strips. Divide the lettuce, avocado, corn, beans, chicken strips, yogurt and tabasco over the wraps. Fold the outside of the tortillas inwards and roll up. Halve the wraps and serve.

# BALSAMIC BEETROOT SALAD WITH FETA



Serves: 4  
Prep: 20 mins  
Cook: 0 mins



Nutrition per serving:  
225 kcals      18g Fats  
17g Carbs      7g Protein

## WHAT YOU NEED:

- 14 oz. (400g) cooked baby beetroot,
- cut into pieces
- 1 small red onion, finely chopped
- 1 tbsp. balsamic vinegar
- salt and pepper to taste
- 1 apple, copped
- 1/3 cup (30g) walnuts
- 3.5 oz. (100g) feta, diced
- 1 tbsp. olive oil, to serve

## WHAT YOU NEED TO DO:

Put the cut beets in a bowl and top with the chopped red onion and a spoonful of balsamic vinegar. Mix well and season with salt and pepper to taste. Leave for 10 minutes, then drain.

Mix in the chopped apple, half the walnuts and half the feta. Divide between four plates and garnish with the remaining walnuts and feta.

Season with some extra pepper and drizzle with olive oil before serving.

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# MEXICAN SALAD WITH ROASTED SWEET POTATO



Serves: 4  
Prep: 15 mins  
Cook: 25 mins



Nutrition per serving:  
540 kcals      28g Fats  
54g Carbs      11g Protein

## WHAT YOU NEED:

- 27 oz. (750g) sweet potatoes
- 1 tsp. smoked paprika
- 2 tbsp. olive oil
- 14 oz. (400g) can black beans
- 5 oz. (150g) sweet corn
- 2 small red onions
- 10 cherry tomatoes
- 2 avocados
- lime wedges, to serve

## WHAT YOU NEED TO DO:

Preheat the oven to 200 °C. Cut the unpeeled potatoes into 3 cm. wedges and spread on a baking sheet.

Mix together the paprika, olive oil, salt & pepper and rub into the wedges until well covered.

Bake the potatoes at the center of the oven for about 25 min. until golden brown.

Meanwhile, place the beans and sweet corn in a colander, rinse under cold water and drain. Chop the onion and mix in with the beans and corn.

Cut the tomatoes into quarters and season with salt & pepper. Cut the avocado in half lengthways; remove the pit and scoop out the flesh. Cut the flesh into chunks.

Divide the potatoes, tomatoes, avocado and bean mixture between 4 bowls and serve with lime wedges.

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# CHILI WITH AVOCADO & TORTILLA CHIPS



Serves: 6  
Prep: 15 mins  
Cook: 10 mins



Nutrition per serving:  
378 kcals      20g Fats  
35g Carbs      12g Protein

## WHAT YOU NEED:

- 2 medium onions
- 2 x 14 oz. (800g) can kidney beans
- 14 oz. (400g) can black beans
- 1 tbsp. coconut oil
- 2 tsp. Mexican spice mix
- 14 oz. (400g) canned chopped tomatoes
- 2 avocados
- 3/8 cup (100g) fat free natural or soya yogurt
- 1/4 cup (25g) grated cheese
- 3.5 oz. (100g) natural tortilla chips

## WHAT YOU NEED TO DO:

Cut the onion into rings. Put the beans in a colander, rinse under cold water and leave to drain.

Heat the oil in a frying pan and fry the onion with the spices for 3 minutes. Add the chopped tomatoes and bring to the boil. Cook for 5 min. on medium heat until slightly thickened.

Next add in the beans, season with salt and pepper, and cook for another 3 minutes.

Meanwhile, cut the avocados in half lengthwise. Remove the pit and scoop out the flesh. Cut the flesh into slices.

Ladle the chili into bowls and spread 1 tbsp. of yogurt over each bowl. Top with avocado and cheese, and serve with tortilla chips.

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# CHICKPEA BURGER



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
266 kcal      10g Fats  
29g Carbs      10g Protein

## WHAT YOU NEED:

- 1 can chick peas( 240g), drained and mashed
- 1 medium red onion, thinly chopped
- 1 cup oats, I use gluten free
- 1 zucchini, grated
- 2 tbsp nut butter, like almond, peanut, cashew
- 3 tbsp red wine vinegar
- 3 tbsp. Sriracha chili sauce
- 1 tsp garlic powder
- 1 tsp ground cumin
- 2 handfuls coriander, chopped
- 1 tbsp coconut oil salt & pepper, to taste

## WHAT YOU NEED TO DO:

Simply mix all the ingredients(apart from coconut oil) to get her, until a batter has been formed.

Divide the mixture into 4 and form burgers.

Wet your hands for each burger, this will allow them to form perfectly shaped burgers.

Heat half the coconut oil in a large pan and fry the buyers 3-5 mins each side, until browned.

Add the other half of the coconut oil when you flip the burgers over.

Serve imminently with a side salad or in a toasted bun, or store in the fridge for up to 4 days. our in the dressing and mix well.

Divide the salad mix between 3 portions and do the same with the lentils, butter nut squash and goats' cheese.

Serve on its own or in a bun.

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# SMOKED TROUT, ASPARAGUS & EGG SALAD



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
185 kcals      10g Fats  
15g Carbs      16g Protein

## WHAT YOU NEED:

- 4 eggs, boiled
- 12.3 oz. (350g) green asparagus
- 1 tbsp. peanut oil
- 2 cups (150g) mushrooms, sliced
- 1 red onion, sliced
- 1/2 red bell pepper, sliced
- 2 tsp. dried tarragon
- 4.4 oz. (125g) smoked trout fillet
- 2 cups (150g) salad leaves
- 2 tbsp. capers
- fresh herbs for garnish (optional)

## WHAT YOU NEED TO DO:

Firstly, boil the eggs for 6 min. Rinse them under cold running water, then peel and halve. Meanwhile, remove the woody bottom of the asparagus and cut them in half. Heat the oil in a frying pan and fry the asparagus, mushrooms, onion, pepper and tarragon for 6 min. on medium heat. Stir regularly. Divide the trout into pieces and arrange the lettuce on a large flat dish. Toss the vegetables with capers and trout onto the salad. Arrange the halved eggs and sprinkle with fresh herbs.



## WINTER BEAN SALAD



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
146 kcals      7g Fats  
15g Carbs      5g Protein

### WHAT YOU NEED:

- 2 medium red onions
- 2 tbsp. olive oil
- 2x 14 oz. (400g) can butter beans, drained
- 3 cups (450g) cherry tomatoes, halved
- 2 handfuls coriander
- 1 lemon
- 1 tbsp. balsamic vinegar
- 1 tsp. ground cumin
- 12 falafels , to serve (optional, not included in nutritional information above)

### WHAT YOU NEED TO DO:

Cut the onions into rings. Heat 1/2 tbsp. of the oil in a pan and fry the onions for 3 minutes. In the meantime, drain the beans and rinse them under cold running water, add to the onion and cook for another 6 minutes, on low heat. Stir occasionally. Halve the tomatoes and add into the pan in the last two minutes.

Meanwhile, heat 1/2 tbsp. of the remaining oil in a frying pan and fry the falafels 6 min until heated through and browned, or according to packaging.

Chop the coriander and squeeze the lemon. Make the dressing by mixing together 2 tbsp. of lemon juice, the remaining oil, vinegar, cumin, pepper and salt.

Mix the dressing with the bean-tomato mixture and cilantro. Serve with falafels (optional).

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## QUICK THAI PRAWNS



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
127 kcals      2g Fats  
5g Carbs      21g Protein

### WHAT YOU NEED:

- ¼ cup (15g) coriander, chopped
- 2 cloves garlic, minced
- 1 tsp. white peppercorns
- 2 tsp. brown sugar
- 2 tbsp. fish sauce
- 8 large shrimps
- 1 tsp. coconut oil
- 1 lime, cut into wedges

### WHAT YOU NEED TO DO:

Chop the coriander leaves coarsely and place in a small bowl. Add in the garlic, peppercorns, sugar and fish sauce. Mix until well combined.

Add the shrimps and stir until they are completely covered with the paste.

Heat the coconut oil in a pan and cook the prawns on high heat 2-3 min each side, until pink and fragrant.

Sprinkle with some more fresh coriander leaves and serve with lime wedges.

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# GOATS CHEESE & STRAWBERRY SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
161 kcals      19g Fats  
5g Carbs      7g Protein

## WHAT YOU NEED:

- 1 ¼ cup (250g) strawberries
- 6-8 handfuls watercress or other greens
- 2 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- ½ clove of garlic, crushed
- scant ½ cup (100g) soft goat's cheese
- ¼ cup (30g) walnuts, chopped

## WHAT YOU NEED TO DO:

Remove the stems from the strawberries and cut them into quarters lengthwise. Put the watercress in a bowl and toss with the strawberries.

Make the dressing by whisking together olive oil, balsamic vinegar and garlic. Season with salt and pepper.

Drizzle the dressing over the salad and crumble the goat's cheese on top, sprinkle with nuts.

This salad is perfect served with grilled chicken.

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# CHICKEN SALAD WITH AVOCADO DRESSING



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per serving:  
433 kcals      28g Fats  
6g Carbs      35g Protein

## WHAT YOU NEED:

- ¼ cup (50g) edamame beans
- 4.2 oz. (120g) cooked chicken breast,
- chopped
- 1/4 cucumber, peeled, deseeded and
- chopped
- 1/2 avocado
- Tabasco sauce, to taste
- juice of 1/2 lemon
- 2 tsp. extra-virgin olive oil
- 2 handfuls iceberg lettuce, chopped
- 1 tsp. mixed seed

## WHAT YOU NEED TO DO:

Put the chicken, beans and cucumber in a bowl. Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.

Layer a bowl with the iceberg lettuce and spoon the chicken mixture over it, sprinkle with the seeds.

Serve imminently or chill until lunch, then serve with a lemon wedge.

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# SUN-DRIED TOMATO HUMMUS



Serves: 8  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
165 kcals      7g Fats  
19g Carbs      6g Protein

## WHAT YOU NEED:

- 1 15oz. (425g) can chickpeas, drained
- and rinsed
- ¼ cup (15g) sundried tomatoes
- 2 tbsp. tahini
- 1 clove garlic, crushed
- juice of 1 lemon
- 2 tbsp. oil from tomatoes

## WHAT YOU NEED TO DO:

Using a food processor or high speed blender combine together all the ingredients until a smooth paste has formed. If necessary add water to bring it to the consistency that you like. Season with salt and pepper to taste.

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# BBQ MEXICAN CORN SALAD



Serves: 8  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
94 kcal      3g Fats  
16g Carbs    2g Protein

## WHAT YOU NEED:

- 4 corn cobs
- 1 tbsp. olive oil
- 4 spring onions, chopped
- big handful coriander, chopped
- 1 jalapeno pepper, seeds removed, chopped
- 1 garlic clove, finely chopped
- juice of 1 lime

## WHAT YOU NEED TO DO:

Prepare your barbeque.

Drizzle the corn with olive oil and season with salt and pepper.

Place the corn on the BBQ and cook for about 7-10 mins, until golden brown, turn regularly. Once cooked, place the corn upright in a bowl and cut the kernels off with a knife.

Next add in the chopped spring onions, coriander, pepper and garlic. Drizzle everything with lime juice, season with salt and pepper to taste and mix well. Serve lukewarm.

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# SUNSHINE SALAD



Serves: 2  
Prep: 8 mins  
Cook: 10 mins



Nutrition per serving:  
328 kcals      17g Fats  
17g Carbs      9g Protein

## WHAT YOU NEED:

- 2 oz. (60g) quinoa, uncooked
- 1 grapefruit
- ½ avocado
- ½ cup (90g) sweet corn, drained
- 2 mint springs, leaves only, chopped
- ¼ cup (25g) pistachio kernels
- 1 tbsp. olive oil
- ½ cup (50g) bean sprouts
- 2 handfuls lambs lettuce

## WHAT YOU NEED TO DO:

Cook the quinoa according to instructions on packaging, and then cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a bowl.

Cut the avocado in half, remove the pit and scoop out the flesh, then cut into strips and lay in the grapefruit juice.

In a bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season with salt and pepper.

Place a handful of lettuce on a serving dish and spoon the quinoa on top. Divide the avocado and grapefruit segments on top.

Served drizzled with the grapefruit juice and top with pistachio nuts.

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# GRILLED CHICKEN & GRAPEFRUIT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
328 kcals      18g Fats  
15g Carbs      27g Protein

## WHAT YOU NEED:

- 1 tsp. coconut oil
- 7 oz. (200g) chicken breasts
- 1 cup (150g) green beans
- 1 grapefruit
- 4 handfuls salad leaves
- 1/2 lemon, juiced
- 2 tbsp. olive oil

## WHAT YOU NEED TO DO:

Season the chicken with salt & pepper and heat the coconut oil in a frying pan.

Fry the chicken on medium heat until browned and cooked throughout.

In the meantime, place the beans in a pan of boiling water and boil gently for 3-5 min until tender, and then set aside.

Peel the grapefruit by using a sharp knife.

Separate the skin from the flesh then cut out the grapefruit segments.

Please the salad leaves in a bowl and mix together with the green beans and grapefruit. Drizzle the salad with olive oil and lemon juice.

Divide the salad between two plates and place the chicken on top. Season with salt & pepper and serve.





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# DETOX SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
259 kcal  
11g Carbs  
23g Fats  
3g Protein

## WHAT YOU NEED:

- 5 oz. (140g) arugula
- 1 red onion, chopped
- 2 avocados, chopped
- 1 cup (150g) grapes, halved
- 2 tbsp. apple cider vinegar
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds
- salt and pepper

## WHAT YOU NEED TO DO:

In a large bowl mix together the rocket, onion, avocado and grapes.

In a separate bowl mix the vinegar, lemon juice and olive oil for the dressing. Season with salt and pepper.

Pour the dressing over the salad and sprinkle with sesame seeds before serving.



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# MANGO & CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
414 kcals      17g Fats  
29 Carbs      33g Protein

## WHAT YOU NEED:

- 7 oz. (200g) salad leaves
- $\frac{3}{4}$  cup (150g) soy beans
- $\frac{1}{2}$  cup (90g) sweet corn, drained
- $\frac{1}{2}$  mango, cubed
- 7 oz. leftover cooked chicken breast or thighs, shredded
- 3 tbsp. natural yogurt
- 1 tbsp. cress, chopped

## WHAT YOU NEED TO DO:

In a bowl mix together the salad leaves, soybeans, sweet corn and mango.

In a separate bowl or glass mix together the yogurt and cress for the dressing. Pour over the salad and mix well.

Divide the salad between two plates and top with the leftover chicken. Chicken can be served hot or cold.



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# SPINACH SALAD WITH CHERRIES & BASIL



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
267 kcal  
17g Carbs  
13g Fats  
8g Protein

## WHAT YOU NEED:

- ¼cup (15g) basil
- 3 tbsp. white wine vinegar
- 2 tbsp. extra virgin olive oil
- 2 small red onions
- ½ cup (50g) walnuts or hazelnuts
- 1 tsp. coconut oil
- 1 1/3 cup (200g) green beans
- 1 1/3 cup (300g) spinach
- ¾ cup (100g) feta cheese
- 1 ¾ cup (400g) of cherries, pitted

## WHAT YOU NEED TO DO:

Place the basil, vinegar and olive oil in a high speed blender and blitz to make dressing. Season with pepper and salt. Cut the onions into thin rings and chop the nuts coarsely. Heat the coconut oil in a frying pan and fry the shallots 2 minutes. Add in the nuts, beans, and season well. Cook for about 6 mins on medium heat, stirring regularly. Now add the half the spinach to the pan and allow for it to wilt, then transfer into a serving plater. Mix in the rest of the fresh spinach and drizzle with the earlier made dressing. Top the salad with crumbled feta and cherries. Serve with grilled meats.





# AVOCADO & BASIL TOMATOES ON TOAST



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
332 kcals      19g Fats  
35g Carbs      10g Protein

## WHAT YOU NEED:

- 4 medium slices of whole wheat bread
- 10 cherry tomatoes
- handful fresh basil leaves
- 1 tsp. olive oil
- 1 avocado

## WHAT YOU NEED TO DO:

Toast the bread in a toaster or oven.  
Cut the tomatoes in half and chop the basil, then place in a small bowl. Drizzle with olive oil and season with salt and pepper.  
Half the avocado, remove the pit and spoon out the flesh, then cut into thin slices.  
Add the avocado slices and season with pepper and a little salt. Top with the tomatoes and serve.



# TUNA & POTATO SALAD WITH ORANGE DRESSING



Serves: 4  
Prep: 20 mins  
Cook: 20 mins



Nutrition per serving:  
429 kcals      19g Fats  
34g Carbs      30g Protein

## WHAT YOU NEED:

- 17.6 oz. baby potatoes (500g)
- 1 cup green beans (180g)
- juice of 1 orange
- 2 tbsp. mustard
- 4 tbsp. olive oil
- 1 medium red onion
- 3 eggs, boiled
- lettuce leaves
- 4 small tomatoes
- 11.2 oz. tuna pieces, in water, drained (320g)
- 10 black olives

## WHAT YOU NEED TO DO:

Halve the potatoes and cook in water with salt for 15 minutes. Add in the green beans in the last 5 min. In the meanwhile, make the dressing by mixing together the orange juice, mustard and olive oil. Season with salt & pepper. Cut the onion into thin rings and mix through the dressing. Drain the potatoes and beans, and mix with the dressing. Allow to cool a little. In the meantime, cook the eggs and wash a few lettuce leaves. Cut the tomatoes into quarters. Place the lettuce leaves on a serving platter and then place the potato and bean mix on top. Top this with the eggs, tomato's, tuna and black olives.



# MEXICAN LETTUCE WRAPS



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
246 kcals      8g Fats  
20g Carbs      22g Protein

## WHAT YOU NEED:

- 1 onion, chopped
- 1 tbsp. coconut oil
- 10.5 oz. lean ground beef (300g)
- 14 oz. Mexican stir-fry vegetables (400g) (corn, green beans, red pepper, leek)
- 2 tsp. Mexican spice mix
- 14 oz. can kidney beans (400g)
- lettuce leaves

## WHAT YOU NEED TO DO:

Heat the oil in a wok and fry the onion for 2-3 mins on low heat. Add the meat, turn up the heat and cook for 3 min. Add in the vegetables and Mexican spices and stir fry for another 4 min, stirring often.

In the meantime, drain the beans & rinse under cold running water. Turn the heat to low, add the beans and cook for 2 mins. Season with pepper and salt if necessary. Wash and dry the lettuce leaves.

Serve the Mexican stir fry wrapped in lettuce leaves with a dollop of crème fraiche and salsa (optional).

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## PESTO ZOODLES WITH PROSCIUTTO



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
299 kcals      23g Fats  
9g Carbs      15g Protein

### WHAT YOU NEED:

- 2 medium zucchinis, spiralized
- juice from  $\frac{1}{2}$  lemon
- 2 tbsp. pesto
- 10 olives, sliced
- $\frac{1}{4}$  cup (15g) sundried tomatoes, chopped
- $\frac{1}{4}$  cup (30g) walnuts, chopped
- 4 slices prosciutto
- basil leaves, to serve

### WHAT YOU NEED TO DO:

Spiralize the zucchini and toss it with the lemon juice. Add in the pesto and mix until well coated.

Mix in the olives, sundried tomatoes and walnuts.

Heat a dry non-stick pan over medium heat and fry the prosciutto until crispy. Chop it up and mix in with the noodles.

Divide the zoodles between two bowls and garnish with fresh basil.

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# CHICKEN MADRAS



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per serving:  
323 kcals      16g Fats  
6g Carbs      38g Protein

## WHAT YOU NEED:

- 4 skinless, boneless chicken thighs
- juice of ½ lemon
- 1 tsp. garam masala
- 1 tbsp. coconut oil
- 1 large onion, finely chopped
- 2-5 tbsp. madras curry paste, depending on taste
- 14 oz. (400g) can chopped tomatoes
- 2oz. (50g) desiccated coconut
- fresh coriander, chopped

## WHAT YOU NEED TO DO:

Cut the chicken into bite-size pieces, season with salt, mix with the lemon juice and garam masala.

Heat the oil in a frying pan or saucepan over a medium heat and cook the onion for 6-7 minutes until soft. Add in the chicken and fry for another 3-4 minutes.

Next stir in the curry paste and cook for a further 2-3 minutes. Add the chopped tomatoes and coconut, then cover with a lid and simmer for about 20 minutes. Serve hot, scattered with coriander, with a side of white rice.

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# TURKEY & QUINOA WITH SWEET TOMATO SAUCE



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
510 kcals      16g Fats  
58g Carbs      36g Protein

## WHAT YOU NEED:

- 6 tomatoes
- 1 sweet apple
- 1 onion
- 1 clove garlic
- 1 chicken bullion cube
- 1 tsp. curry paste or powder
- 2 eggs, boiled
- 14 oz. (400g) turkey breast
- 1 tbsp. coconut oil
- 4 cups (740g) quinoa, cooked
- 1 avocado

## WHAT YOU NEED TO DO:

Bring a large pan of water to boil. Cut the tomatoes crosswise and prick them on a fork one by one, then dip in the boiling water for 20 sec. Remove the skin, chop and place in a pot.

Peel, core and chop the apple, chop the onion and slice the garlic. Add the apple, onion, garlic, bouillon cube and curry powder in with the tomatoes and bring to a boil. Simmer for 15 minutes. Season with salt and pepper. Meanwhile, cook the quinoa according to instructions on the packaging. Heat the oil in a pan and cook the turkey until browned. In the meantime cook the quinoa.

Remove the avocado flesh and cut into cubes, peel the eggs and chop then in quarters. Puree the apple-tomato sauce with a hand blender until smooth.

Divide the quinoa and turkey on the plates. Spoon over the sauce and serve avocado and boiled eggs.

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# CAESAR SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
457 kcsals      24g Fats  
13g Carbs      46g Protein

## WHAT YOU NEED:

- 2 bread slices
- 1 tbsp. olive oil
- mixed herbs
- 2 smoked bacon rashers
- 4 quail eggs
- 1 tsp. coconut oil
- 10.5 oz. (300g) chicken breasts
- 2 big handfuls Romanian lettuce, chopped

## FOR THE DRESSING:

- 1 garlic clove, crushed
- 4 tbsp. mayonnaise (low fat)
- 1 tbsp. white wine vinegar

## WHAT YOU NEED TO DO:

Heat the oven to 390F (200C). Chop the bread into small squares and rub the oil and herbs

into it. Season with salt and bake for 6-8 mins, until browned, turning halfway. At the same time place the bacon onto a baking dish and cook in the oven until browned and crispy. Heat the coconut oil in a pan over medium heat. Season the chicken breasts with salt and pepper then lay it in the pan. Cook the chicken for about 8-10 mins turning a few times, until cooked throughout.

In the meantime, cook the eggs. Bring a small pot of water to the boil then add the eggs and cook for 2,5 mins. Rinse with cold water, peel, cut in half and set aside.

Make the dressing by mixing together all the dressing ingredients. Season with salt and pepper. Divide the lettuce between 2 plates. Once chicken is ready, cut it into bite-size strips and scatter over the salad. Do the same with the crispy bacon and croutons, then drizzle with the dressing and top with quail eggs to serve.

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# TORTILLA WITH SMOKED PEPPER HUMMUS



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
203 kcals      6g Fats  
28g Carbs      6g Protein

## WHAT YOU NEED:

For the hummus:

- 14oz. (400g) can chickpeas, drained
- and rinsed 1 clove garlic, crushed ½
- juiced lemon 2 tbsp. olive oil 2 tbsp.
- tahini ½ tsp. smoked paprika ½ tsp.
- cumin water
- 
- 
- 

For the tortillas:

- 4 tortilla wraps
- 4 tbsp. smoked paprika hummus
- 2 handfuls romaine lettuce, cut into strips
- 1/2 cucumber, halved and sliced
- 1 red pepper, cut into strips
- handful bean sprouts

## WHAT YOU NEED TO DO:

To make the hummus, add all ingredients to a food processor and blend until smooth adding water until a desired consistency is achieved.

Heat the tortillas according to the instructions on packaging. Spread a tbsp. of hummus on each and top with lettuce, cucumbers and peppers. Spread the bean sprouts on top and serve.

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# PORK IN SATAY SAUCE WITH ASIAN NOODLES



Serves: 4  
Prep: 5 mins  
Cook: 25 mins



Nutrition per serving:  
509 kcals      15g Fats  
55g Carbs      37g Protein

## WHAT YOU NEED:

- 1 lb. (500g) diced pork 2 tbsp.
- sesame oil 14 oz. (400g)
- Chinese stir fry vegetable mix
- 8 oz. (225g) rice noodles 2
- tbsp. crunchy peanut butter ½
- tbsp. honey 1 tbsp. tamari 1
- tbsp. lime juice ½ cup (120ml)
- water
- 

## WHAT YOU NEED TO DO:

Cook the noodles according to instructions on packaging.

Heat half the oil in a wok and fry the Chinese vegetables for 8 min. Meanwhile, season the pork with salt and pepper.

Heat the remaining oil in a frying pan and fry the meat over medium heat for 8 min. until golden brown.

Meanwhile, mix the peanut butter, honey, tamari sauce and lime juice with water in a saucepan and bring to a boil. Turn the heat to low and cook for 4 minutes. Add the sauce to the meat and toss.

Add the cooked noodles to the vegetables and toss well. Serve the noodles topped with the satay sauce and a wedge of lime.

HP

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# HOT SMOKED SALMON & QUINOA SALAD



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
458 kcals      24g Fats  
35g Carbs      26g Protein

## WHAT YOU NEED:

- 1 cup (185g) cooked quinoa
- 1 tsp. coconut oil
- 1 small red onion, chopped
- ½ cup (75g) Mangetout
- 2 handfuls bean sprouts
- 2 large Romanian lettuce leaves
- 6.3 oz. (180g) hot smoked salmon fillet

## FOR THE DRESSING:

- 1 tbsp. olive oil
- 1 tbsp. tamari sauce
- 1 tbsp. rice wine vinegar
- 1 tsp. grated ginger
- 1 tbsp. honey

## WHAT YOU NEED TO DO:

Heat the coconut oil in a pan and stir fry the onion for about 3 mins. Then add in the mangetout and cook for another 2 mins. Take the pan off the heat and stir in the bean sprouts. Now add in the cooked quinoa, season with salt and pepper and mix well.

Divide the salmon fillets into bite size pieces. Chop the lettuce and divide it between two plates, making a bedding for the salad. Now divide the quinoa between the plates and top it with the smoked salmon pieces.

Combine all the dressing ingredients and drizzle 2 tbsp. over each salad to serve.

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## ZUCCHINI PIZZA BITES



Serves: 8  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
54 kcals      3g Fats  
3g Carbs      4g Protein

### WHAT YOU NEED:

- 1 tbsp. olive oil
- 3 medium zucchini
- 1/3 cup (75g) tomato puree
- 4 oz. (115g) light mozzarella, grated
- Italian herb seasoning

### WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C).

Slice the zucchini into ¼-inch thick rounds. Heat the olive oil in a large frying pan and cook the zucchini in batches for about 2 mins each side. Season with salt & pepper.

Place cooked the zucchini on a large baking sheet and top with the tomato purée and grated mozzarella.

Cook this in the oven for about 2-3 minutes or until the cheese has melted. Remove from the oven and sprinkle with Italian herb seasoning and freshly ground pepper before serving.

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# ASIAN BEEF SOUP



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
266 kcals      16g Fats  
10g Carbs      22g Protein

## WHAT YOU NEED:

- 12 oz. (340g) beef sirloin steak
- 1 tbsp. coconut oil
- 1 medium onion, sliced
- 13 oz. (380g) mixed Asian style vegetables (shitake mushrooms, carrots, pak choy)
- 2 cloves garlic, crushed
- 2 tsp. ginger, grated
- 5 cups (1.2 liter) beef stock
- 2 tbsp. tamari sauce
- 2 tsp. fish sauce
- 2 medium zucchini, spiralized
- handful basil
- handful coriander
- 2 spring onions, sliced
- lime wedges, to serve

## WHAT YOU NEED TO DO:

Place the steak into the freezer for about 15 mins, this will make it easier to slice.

In the meantime, heat the coconut oil in a large pot over medium heat. Add in the onion and cook for about 2 mins. Then add the vegetables and cook for another 3 mins. Next add in the garlic and ginger, cook for about 1 min and then add in the beef stock, tamari, fish sauce and season with salt & pepper. Bring to boil, reduce the heat and simmer for 5 mins.

Meanwhile, spiralize the zucchini and slice the beef into thin strips. Add the zoodles (zucchini noodles) into the soup and cook for about 2 mins. Next add in the beef and cook for 1 min.

To serve, ladle the soup into bowls and top with fresh basil, coriander, sliced green onions and lime juice.





# CHICKEN BRUSCHETTA



Serves: 4  
Prep: 15 mins  
Cook: 10 mins



Nutrition per serving:  
293 kcals      11g Fats  
6g Carbs      38g Protein

## WHAT YOU NEED:

- 4 chicken breasts about 5 oz. (150g) each
- small red onion, chopped
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- 3 medium tomatoes
- 2 cloves garlic, crushed
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil
- 4 oz. (115g) light mozzarella, diced

## WHAT YOU NEED TO DO:

Firstly, prepare the chicken. Slice each breast lengthwise, so that you have 8 thin cutlets. Season with salt and pepper. Combine the chopped onion with the olive oil, balsamic vinegar and salt & pepper. Set aside for a few minutes. Chop the tomatoes and combine them with the crushed garlic, basil and onion mix. Season with salt & pepper and set aside. In the meantime, heat the coconut oil in a large frying pan and cook the chicken for 3-4 mins. each side or until cooked throughout and browned. You can also grill the chicken on the bbq instead. Combine the tomatoes with the mozzarella before serving. Place the grilled chicken on a platter and top with the bruschetta to serve.

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# SOUP RECIPES

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# FULL MOON PUMPKIN SOUP



Serves: 8  
Prep: 10 mins  
Cook: 30 mins



Nutrition per serving:  
165 kcals      6g Fats  
14g Carbs      5g Protein

## WHAT YOU NEED:

- 2 onions
- 1 tbsp. olive oil
- 1.7 lbs. (800g) pumpkin cubes
- chili flakes, to taste
- 3 1/3 cup (800ml) of water
- 2 chicken bouillon cubes
- 10.5 oz. (300g) grilled peppers (jar)
- 10.5 oz. (300g) corn kernels
- 14.1 oz. (400g) black beans
- ½ cup (125g) crème fraîche or soy alternative

## WHAT YOU NEED TO DO:

Chop the onions. Heat the oil in a saucepan and fry them for 3 minutes on low heat. Add the pumpkin and chili flakes and cook for another 5 minutes on medium heat.

Add the water and the bouillon tablets and bring to the boil. Reduce the heat and gently simmer for 20 minutes.

Add the grilled peppers along with the liquid from the jar and cook for another 5 minutes. Purée the soup with a hand blender until smooth.

Meanwhile, rinse and drain the corn and black beans. Add them to the soup and heat for another 2 minutes.

Divide the soup into the bowls and add 1 tsp. of cream in each. Stir gently to create a swirl and serve.

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# CURRY ASPARAGUS SOUP



Serves: 4  
Prep: 15 mins  
Cook: 45 mins



Nutrition per serving:  
121 kcals      5g Fats  
18g Carbs      4g Protein

## WHAT YOU NEED:

- 1 lb. (450g) white asparagus
- 2 shallots
- 1 tbsp. coconut oil
- 1 medium potato
- 2 vegetable stock cubes
- 1 tbsp. curry powder
- 2 tbsp. soya single cream

In the meantime peel and chop the potato in small cubes.

Pour the bullion through a sieve and make sure you squeeze out all the liquids with a spoon.

Add the potato to the bullion and gently simmer it for another 15 mins until the potato is soft.

Once cooked blend the soup with a hand

blender, season with salt and pepper and serve with chopped parsley.

## WHAT YOU NEED TO DO:

Peel the asparagus and cut off the bottoms, but keep it for the bullion. Chop the asparagus into smaller pieces. Chop the shallots and heat the olive oil in a large pot. Fry the shallots with the curry powder for 2-3 mins, then add the asparagus shavings and bottoms. Cover this with 1 litre of water, add the stock cubes, bring to boil and simmer on low heat for 30 mins.

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# SWEET POTATO SOUP



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
100 kcals      1g Fats  
21g Carbs      2g Protein

## WHAT YOU NEED:

- 1 tsp. coconut oil
- 2 large sweet potatoes, peeled and
- chopped
- 2 carrots, peeled and chopped
- 1 red pepper, chopped
- 2 red onions, chopped
- 3 cloves garlic, sliced
- curly parsley, to serve
- 2 vegetable stock cubes

## WHAT YOU NEED TO DO:

Heat the oil in a large pot and fry the onion and garlic for 3 minutes on low heat. Add in the sweet potato, carrot and bell pepper and cook for 5 minutes on high. Stir occasionally.

Add the water and the vegetable stock cubes, bring to boil and simmer the soup for 20 minutes.

Puree the soup with a hand blender, and season with salt and pepper.

Pour the soup in bowls and garnish with chopped parsley.

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## GARDEN PEA & LEEK SOUP



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
293 kcals      6g Fats  
40g Carbs      16g Protein

### WHAT YOU NEED:

- 2 chicken stock cubes
- 4 cups (1l) boiling water
- 2 medium white potatoes, peeled and chopped
- 2 leeks, chopped
- 3 cups (450g) frozen garden peas
- 8 bacon strips, baked to crispy, chopped into strips

### WHAT YOU NEED TO DO:

Dissolve the chicken stock cubes in the boiling water. Add in the potato and cook for 5 minutes. Next add the sliced leek and let everything boil for 10 minutes. Lastly add in the peas and cook for a further 5 min. Puree everything with a hand blender.

Top the soup with the bacon strips and season with salt and pepper.

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# CELERIAC SOUP WITH PARSLEY OIL



Serves: 8  
Prep: 15 mins  
Cook: 30 mins



Nutrition per serving:  
270 kcals      20g Fats  
14g Carbs      4g Protein

## WHAT YOU NEED:

- 3 lbs. 5 oz. (1½ kg) celeriac
- 2 cloves garlic 2 onions 2 tbsp.
- (25g) butter 1 tsp. ground
- nutmeg 2 chicken stock
- cubes 5 cups (1250ml) of
- water 2 pears ½ cup (125ml)
- cream 1 cup (25g) parsley,
- chopped 6 tbsp. olive oil 3
- tbsp. apple cider vinegar
- 
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## WHAT YOU NEED TO DO:

Peel the celeriac and cut into 2 cm pieces. Slice the garlic and cut the onion into rings. Heat the butter in a heavy saucepan and fry the celery and onion for 5 minutes, stirring frequently.

Add the garlic, nutmeg, pepper and salt and cook for a further 3 minutes. Add the stock cubes and water, bring to boil and simmer 15 min. on low heat.

Meanwhile, peel the pears, cut into quarters, remove the core and chop. Remove the pan from the heat, add the pear, then puree with a hand blender. Add in the cream, season with pepper and salt and cook for another 5 min. Meanwhile, chop the parsley, and place it in a high bowl along with the oil and then mash with a hand blender. Season with pepper and salt.

Divide the soup into bowls and sprinkle with

the parsley oil.

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# PUMPKIN SOUP



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
249 kcals      4g Fats  
30g Carbs      2g Protein

## WHAT YOU NEED:

- 4 cups (560g) butternut squash or pumpkin, cubes
- 2 medium carrots
- 3 shallots
- 3 garlic cloves
- 1 apple
- 1 orange
- 1 inch ginger
- 1 tbsp. coconut oil
- 2 vegetable stock cubes
- 4 cups (1l) water
- salt and pepper, to taste

## WHAT YOU NEED TO DO:

Prepare and wash the vegetables. Peel the butternut squash and half it, then remove seeds and cut into pieces. Peel and cut the carrot into pieces. Peel and chop the shallots and garlic. Peel the ginger and dice it finely. Peel the apple, remove the core and cut into pieces. Juice the orange.

Heat the oil in a large pan and fry the onion, garlic and ginger for 3 minutes on low heat. Add the pumpkin and carrot and cook for 5 min.

Add the water, vegetable stock cubes, apple and orange juice, then bring to boil, reduce the heat and simmer for 20 minutes.

Puree the soup with a hand blender and serve.

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# BEETROOT SOUP



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per serving:  
115 kcals      3g Fats  
19g Carbs      2g Protein

## WHAT YOU NEED:

- 6 beetroot 1 apple 2
- red onions 2 garlic
- cloves 2 vegetable stock
- cubes 3 cups (750ml)
- water handful curly
- parsley
- 

## WHAT YOU NEED TO DO:

Prepare the vegetables. Peel the beets and apple, core the apple and cut the beets and apple into pieces. Peel and chop the onions and garlic. Heat the oil in a large pan and fry the onion and garlic for 3 minutes on low heat. Add the beet and apple and cook for 5 minutes on medium-high heat. Stir the mixture occasionally. Add the water and the vegetable stock cubes, bring to boil, then reduce heat and cover for 30 minutes. Puree the soup with a hand blender and serve.





# SPICED PARSNIP SOUP



Serves: 6  
Prep: 5 mins  
Cook: 25 mins



Nutrition per serving:  
174 kcals      3g Fats  
33g Carbs      4g Protein

## WHAT YOU NEED:

- 2.2 lbs. (1 kg) parsnips, peeled and chopped
- 1 onion, finely chopped
- 2 garlic cloves
- 6 1/3 cups (1,5 litre) vegetable stock
- 1/3 cup (80ml) coconut cream
- 1 tsp ground cumin
- 1 tsp ground coriander
- chilli flakes, to taste
- salt & pepper, to taste
- 1 tsp coconut oil
- 2 tbsp pumpkin seeds toasted

## WHAT YOU NEED TO DO:

Heat the coconut oil in a large pot, and sauté the onion for 4-5 mins adding some salt & pepper. Add the garlic and spices and cook for another 2-3mins. Add the parsnips and vegetable stock, bring to boil and then simmer for 20-25 mins.

Remove the soup from the heat and blend with a hand blender until smooth (if the soup is too thick then add more stock). Mix in the coconut cream and stir well.

Taste for seasoning, and add more chili flakes, spices or salt & pepper if required. Serve hot, sprinkled with pumpkin seeds and a side of toast.

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# CREAMY CARROT & ORANGE SOUP



Serves: 4  
Prep: 15 mins  
Cook: 25 mins



Nutrition per serving:  
193 kcals      6g Fats  
36g Carbs      3g Protein

## WHAT YOU NEED:

- 1 tbsp. coconut oil 1 onion,
- chopped 2 garlic cloves, crushed 4
- cups (600g) carrots, chopped 1
- tbsp. ground cumin 1 red chili,
- deseeded and chopped 7 oz.
- (200g) baby new potatoes, halved
- 4 ¼ cups(1 litre) vegetable stock 3
- oranges, zest & juice 4 tbsp.
- coconut cream chili flakes, to
- serve
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## WHAT YOU NEED TO DO:

Heat the coconut oil in a large saucepan; add the onion, garlic, carrots, cumin and red chili. Sauté for 10 min covered with a lid. Now add the new potatoes, pour over the vegetable stock, cover, and leave to simmer for 15 min, until vegetables are tender. Next stir in the orange zest and juice through the soup then, using a stick blender or food processor, blend until smooth and creamy. Return to the pan and heat slightly if necessary. Divide the soup between four bowls and add a tablespoon of coconut cream in each. Season with pepper and chili flakes .

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## DHAL SOUP WITH CURRIED PRAWN SKEWERS



Serves: 3  
Prep: 15 mins  
Cook: 20 mins



Nutrition per serving:  
309 kcals      8g Fats  
31g Carbs      22g Protein

### WHAT YOU NEED:

- 1 tbsp. coconut oil
- 1 red onion, chopped
- 2 tbsp grated ginger
- 1 red chili, chopped
- 2 tsp. mustard seeds
- 2 tsp. garam masala
- 1 clove garlic, minced
- 1 can (14.5 oz.) chopped tomatoes
- salt, to taste
- 1 cup (200g) yellow split peas, cooked
- 2 ½ cup (600ml) chicken stock
- 18 tiger prawns
- 2 tsp. curry powder
- 3-4 handfuls spinach
- juice of 1 lime

### WHAT YOU NEED TO DO:

Soak 6 bamboo skewers in water; this will prevent them from burning.

Heat the coconut oil in a large saucepan and fry the onion, ginger, chili, mustard seeds and garam masala for a few minutes, until softened. Add the garlic, chopped tomatoes, and season with salt, cook for another 5 minutes. Next add the split peas and cook for another 2-3 min. Add in the stock, bring to boil, and simmer for 10 minutes. Remove the soup from the heat and blend some of it with a hand blender, leaving a chunky texture. Return the soup on low heat. Thread the prawns onto the skewers and heat the grill to high. Cover the prawns lightly in oil, and then season with curry powder. Grill the prawns for 2-3 min on each side. In the meantime add the spinach and lime juice to the soup and turn up the heat. Cover with a lid and let the spinach wilt. Stir well then taste for seasoning. Serve the soup topped with natural yogurt, fresh chili and coriander, with the prawn skewers on the side.





# CHICKEN CURRY SOUP



Serves: 6  
Prep: 10 mins  
Cook: 30 mins



Nutrition per serving:  
367 kcals      15g Fats  
32g Carbs      24g Protein

## WHAT YOU NEED:

- 1 onion, chopped
- 3 chicken legs
- 2 tbsp. korma curry paste
- 6 medium carrots, grated
- 1/2 cup (100g) split red lentils
- 13.5 oz. (400ml) can reduced-fat coconut milk
- 4 1/2 cups (1 l) chicken stock
- 1/2 cup (95g) uncooked white rice
- 1 tsp. coconut oil
- pinch dried chili flakes
- coriander, to serve
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## WHAT YOU NEED TO DO:

Heat the coconut oil in a large saucepan, add the onion and cook for a few minutes until soft. Add the curry paste, chili flakes and cook for another few minutes. Add the coconut milk, stock, chicken legs, grated carrots and lentils. Simmer everything for 15 min until lentils are soft. Add the rice and season with salt and pepper. Cook everything for a further 15 min, until rice and chicken are cooked.

Once ready, take off the hob and remove the chicken legs. Take the meat off the bones, and then set aside in a separate dish.

Blend the soup with a hand mixer until smooth. Check soup for seasoning and serve hot with scattered coriander leaves and topped with chicken meat.

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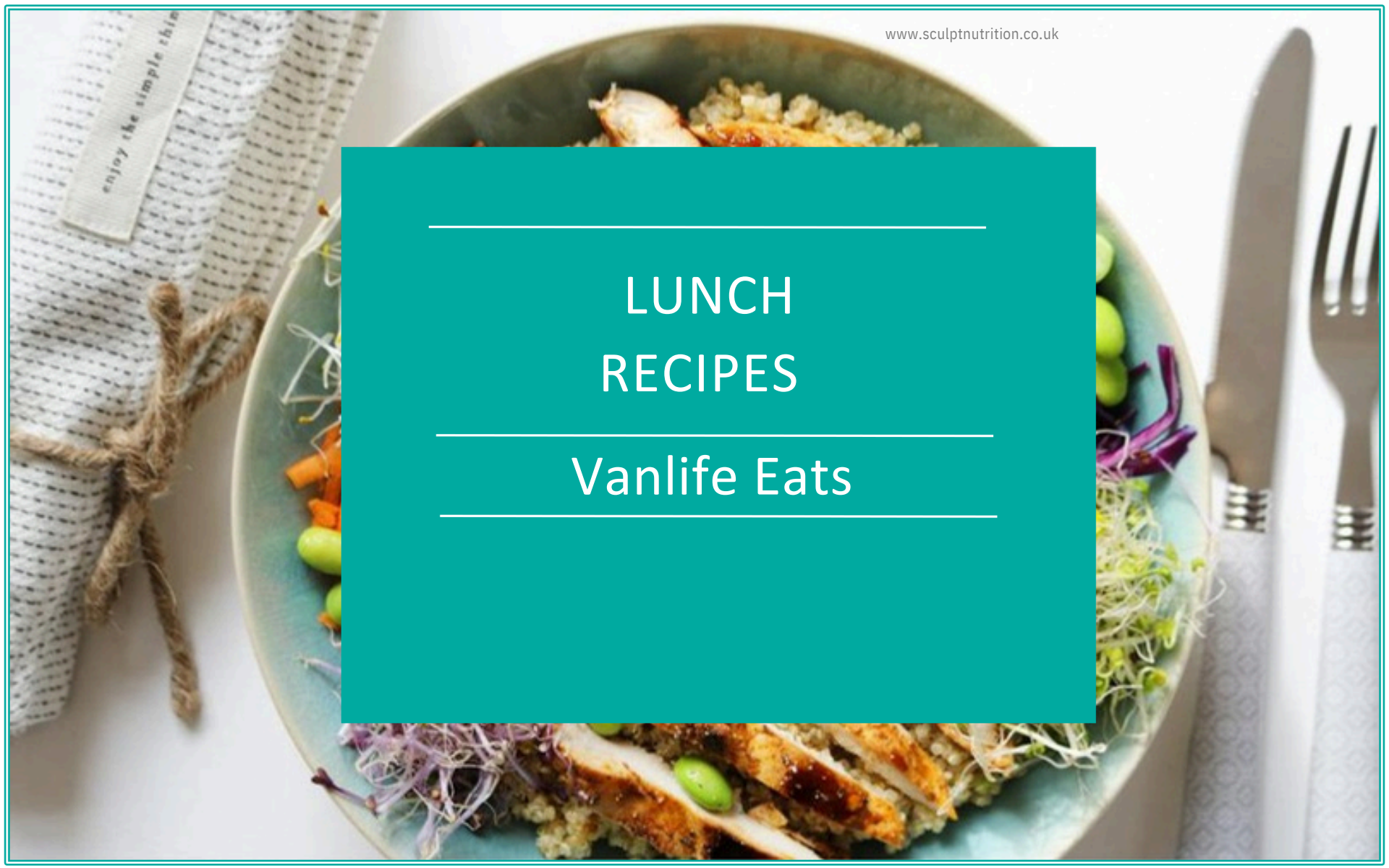
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# LUNCH RECIPES

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## RAINBOW QUINOA SALAD WITH GRILLED TURKEY



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
498 kcals      22g Fats  
38g Carbs      37g Protein

### WHAT YOU NEED:

- 1 cup (185g) cooked quinoa
- 1 tbsp. coconut oil
- 8.1 oz. (230g) turkey fillet
- 1 small carrot, grated
- ½ cup (50g) red cabbage, shredded
- 2/3 cup (50g) edamame beans
- 1 tbsp. honey
- 1 tbsp. soy sauce
- 1 tbsp. sesame oil
- handful sprouting alfalfa (or similar)
- 1 tbsp. sesame seeds

### WHAT YOU NEED TO DO:

Cook the quinoa according to the instructions on the package. Allow to cool to lukewarm. In the meanwhile, season the turkey fillets with salt and pepper. Heat the coconut oil in pan and cook the turkey for about 8 minutes turning regularly. Once cooked, cut into strips.

Mix the quinoa with the carrot, cabbage and soybeans.

Mix together all the dressing ingredients (honey, soy sauce, sesame oil) and pour over the quinoa salad.

Put the turkey on the salad and sprinkle with almonds, alfalfa and sesame seeds to serve.

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## MEXICAN WRAPS WITH GRILLED CHICKEN & AVOCADO



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
540 kcsals      20g Fats  
38g Carbs      36g Protein

### WHAT YOU NEED:

- 7 oz. (200g) chicken breast 1 tbsp.
- olive oil 1 tsp. Mexican taco
- seasoning 1/2 avocado ½ cup
- (125g) corn ½ cup (90g) black beans
- ½ lime, zest and juice
- 1/3 cup (85g) Greek yogurt (0% fat)
- 100g iceberg lettuce
- 2 whole wheat tortilla wraps
- few drops tabasco (optional)

### WHAT YOU NEED TO DO:

Rub the chicken breasts with the oil and the Mexican mix. Season with salt if necessary. Heat the pan and cook the chicken for about 8 minutes, until golden brown and cooked throughout.

In the meanwhile cut the avocado in half, remove the pit, scoop out the flesh and chop it. Rinse and drain the corn and beans. Mix the yogurt with the lime zest and juice then season with pepper and salt.

Cut the cooked chicken into strips. Divide the lettuce, avocado, corn, beans, chicken strips, yogurt and tabasco over the wraps. Fold the outside of the tortillas inwards and roll up. Halve the wraps and serve.

# BALSAMIC BEETROOT SALAD WITH FETA



Serves: 4  
Prep: 20 mins  
Cook: 0 mins



Nutrition per serving:  
225 kcals      18g Fats  
17g Carbs      7g Protein

## WHAT YOU NEED:

- 14 oz. (400g) cooked baby beetroot,
- cut into pieces
- 1 small red onion, finely chopped
- 1 tbsp. balsamic vinegar
- salt and pepper to taste
- 1 apple, copped
- 1/3 cup (30g) walnuts
- 3.5 oz. (100g) feta, diced
- 1 tbsp. olive oil, to serve

## WHAT YOU NEED TO DO:

Put the cut beets in a bowl and top with the chopped red onion and a spoonful of balsamic vinegar. Mix well and season with salt and pepper to taste. Leave for 10 minutes, then drain.

Mix in the chopped apple, half the walnuts and half the feta. Divide between four plates and garnish with the remaining walnuts and feta.

Season with some extra pepper and drizzle with olive oil before serving.

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# MEXICAN SALAD WITH ROASTED SWEET POTATO



Serves: 4  
Prep: 15 mins  
Cook: 25 mins



Nutrition per serving:  
540 kcals      28g Fats  
54g Carbs      11g Protein

## WHAT YOU NEED:

- 27 oz. (750g) sweet potatoes
- 1 tsp. smoked paprika
- 2 tbsp. olive oil
- 14 oz. (400g) can black beans
- 5 oz. (150g) sweet corn
- 2 small red onions
- 10 cherry tomatoes
- 2 avocados
- lime wedges, to serve

## WHAT YOU NEED TO DO:

Preheat the oven to 200 °C. Cut the unpeeled potatoes into 3 cm. wedges and spread on a baking sheet.

Mix together the paprika, olive oil, salt & pepper and rub into the wedges until well covered.

Bake the potatoes at the center of the oven for about 25 min. until golden brown.

Meanwhile, place the beans and sweet corn in a colander, rinse under cold water and drain.

Chop the onion and mix in with the beans and corn.

Cut the tomatoes into quarters and season with salt & pepper. Cut the avocado in half lengthways; remove the pit and scoop out the flesh.

Cut the flesh into chunks.

Divide the potatoes, tomatoes, avocado and bean mixture between 4 bowls and serve with lime wedges.

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# CHILI WITH AVOCADO & TORTILLA CHIPS



Serves: 6  
Prep: 15 mins  
Cook: 10 mins



Nutrition per serving:  
378 kcals      20g Fats  
35g Carbs      12g Protein

## WHAT YOU NEED:

- 2 medium onions
- 2 x 14 oz. (800g) can kidney beans
- 14 oz. (400g) can black beans
- 1 tbsp. coconut oil
- 2 tsp. Mexican spice mix
- 14 oz. (400g) canned chopped tomatoes
- 2 avocados
- 3/8 cup (100g) fat free natural or soya yogurt
- 1/4 cup (25g) grated cheese
- 3.5 oz. (100g) natural tortilla chips

## WHAT YOU NEED TO DO:

Cut the onion into rings. Put the beans in a colander, rinse under cold water and leave to drain.

Heat the oil in a frying pan and fry the onion with the spices for 3 minutes. Add the chopped tomatoes and bring to the boil. Cook for 5 min. on medium heat until slightly thickened.

Next add in the beans, season with salt and pepper, and cook for another 3 minutes.

Meanwhile, cut the avocados in half lengthwise. Remove the pit and scoop out the flesh. Cut the flesh into slices.

Ladle the chili into bowls and spread 1 tbsp. of yogurt over each bowl. Top with avocado and cheese, and serve with tortilla chips.

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# CHICKPEA BURGER



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
266 kcals      10g Fats  
29g Carbs      10g Protein

## WHAT YOU NEED:

- 1 can chick peas( 240g), drained and mashed
- 1 medium red onion, thinly chopped
- 1 cup oats, I use gluten free
- 1 zucchini, grated
- 2 tbsp nut butter, like almond, peanut, cashew
- 3 tbsp red wine vinegar
- 3 tbsp. Sriracha chili sauce
- 1 tsp garlic powder
- 1 tsp ground cumin
- 2 handfuls coriander, chopped
- 1 tbsp coconut oil salt & pepper, to taste

## WHAT YOU NEED TO DO:

Simply mix all the ingredients(apart from coconut oil) to get her, until a batter has been formed.

Divide the mixture into 4 and form burgers.

Wet your hands for each burger, this will allow them to form perfectly shaped burgers.

Heat half the coconut oil in a large pan and fry the buyers 3-5 mins each side, until browned.

Add the other half of the coconut oil when you flip the burgers over.

Serve imminently with a side salad or in a toasted bun, or store in the fridge for up to 4 days. our in the dressing and mix well.

Divide the salad mix between 3 portions and do the same with the lentils, butter nut squash and goats' cheese.

Serve on its own or in a bun.

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# SMOKED TROUT, ASPARAGUS & EGG SALAD



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
185 kcals      10g Fats  
15g Carbs      16g Protein

## WHAT YOU NEED:

- 4 eggs, boiled
- 12.3 oz. (350g) green asparagus
- 1 tbsp. peanut oil
- 2 cups (150g) mushrooms, sliced
- 1 red onion, sliced
- 1/2 red bell pepper, sliced
- 2 tsp. dried tarragon
- 4.4 oz. (125g) smoked trout fillet
- 2 cups (150g) salad leaves
- 2 tbsp. capers
- fresh herbs for garnish (optional)

## WHAT YOU NEED TO DO:

Firstly, boil the eggs for 6 min. Rinse them under cold running water, then peel and halve. Meanwhile, remove the woody bottom of the asparagus and cut them in half. Heat the oil in a frying pan and fry the asparagus, mushrooms, onion, pepper and tarragon for 6 min. on medium heat. Stir regularly. Divide the trout into pieces and arrange the lettuce on a large flat dish. Toss the vegetables with capers and trout onto the salad. Arrange the halved eggs and sprinkle with fresh herbs.

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## WINTER BEAN SALAD



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
146 kcals      7g Fats  
15g Carbs      5g Protein

### WHAT YOU NEED:

- 2 medium red onions
- 2 tbsp. olive oil
- 2x 14 oz. (400g) can butter beans, drained
- 3 cups (450g) cherry tomatoes, halved
- 2 handfuls coriander
- 1 lemon
- 1 tbsp. balsamic vinegar
- 1 tsp. ground cumin
- 12 falafels , to serve (optional, not included in nutritional information above)

### WHAT YOU NEED TO DO:

Cut the onions into rings. Heat 1/2 tbsp. of the oil in a pan and fry the onions for 3 minutes. In the meantime, drain the beans and rinse them under cold running water, add to the onion and cook for another 6 minutes, on low heat. Stir occasionally. Halve the tomatoes and add into the pan in the last two minutes.

Meanwhile, heat 1/2 tbsp. of the remaining oil in a frying pan and fry the falafels 6 min until heated through and browned, or according to packaging.

Chop the coriander and squeeze the lemon. Make the dressing by mixing together 2 tbsp. of lemon juice, the remaining oil, vinegar, cumin, pepper and salt.

Mix the dressing with the bean-tomato mixture and cilantro. Serve with falafels (optional).

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# QUICK THAI PRAWNS



Serves: 2  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
127 kcsals      2g Fats  
5g Carbs      21g Protein

## WHAT YOU NEED:

- ¼ cup (15g) coriander, chopped
- 2 cloves garlic, minced
- 1 tsp. white peppercorns
- 2 tsp. brown sugar
- 2 tbsp. fish sauce
- 8 large shrimps
- 1 tsp. coconut oil
- 1 lime, cut into wedges

## WHAT YOU NEED TO DO:

Chop the coriander leaves coarsely and place in a small bowl. Add in the garlic, peppercorns, sugar and fish sauce. Mix until well combined.

Add the shrimps and stir until they are completely covered with the paste.

Heat the coconut oil in a pan and cook the prawns on high heat 2-3 min each side, until pink and fragrant.

Sprinkle with some more fresh coriander leaves and serve with lime wedges.



# GOATS CHEESE & STRAWBERRY SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
161 kcals      19g Fats  
5g Carbs      7g Protein

## WHAT YOU NEED:

- 1 ¼ cup (250g) strawberries
- 6-8 handfuls watercress or other greens
- 2 tbsp. extra virgin olive oil
- 1 tbsp. balsamic vinegar
- ½ clove of garlic, crushed
- scant ½ cup (100g) soft goat's cheese
- ¼ cup (30g) walnuts, chopped

## WHAT YOU NEED TO DO:

Remove the stems from the strawberries and cut them into quarters lengthwise. Put the watercress in a bowl and toss with the strawberries.

Make the dressing by whisking together olive oil, balsamic vinegar and garlic. Season with salt and pepper.

Drizzle the dressing over the salad and crumble the goat's cheese on top, sprinkle with nuts.

This salad is perfect served with grilled chicken.

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# CHICKEN SALAD WITH AVOCADO DRESSING



Serves: 1  
Prep: 5 mins  
Cook: 5 mins



Nutrition per serving:  
433 kcals      28g Fats  
6g Carbs      35g Protein

## WHAT YOU NEED:

- ¼ cup (50g) edamame beans
- 4.2 oz. (120g) cooked chicken breast, chopped
- 1/4 cucumber, peeled, deseeded and chopped
- 1/2 avocado
- Tabasco sauce, to taste
- juice of 1/2 lemon
- 2 tsp. extra-virgin olive oil
- 2 handfuls iceberg lettuce, chopped
- 1 tsp. mixed seed

## WHAT YOU NEED TO DO:

Put the chicken, beans and cucumber in a bowl. Blitz the avocado, Tabasco, lemon juice and oil in a food processor or with a hand blender. Season, pour into the bowl and mix well to coat.

Layer a bowl with the iceberg lettuce and spoon the chicken mixture over it, sprinkle with the seeds.

Serve imminently or chill until lunch, then serve with a lemon wedge.

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# SUN-DRIED TOMATO HUMMUS



Serves: 8  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
165 kcals      7g Fats  
19g Carbs      6g Protein

## WHAT YOU NEED:

- 1 15oz. (425g) can chickpeas, drained
- and rinsed
- ¼ cup (15g) sundried tomatoes
- 2 tbsp. tahini
- 1 clove garlic, crushed
- juice of 1 lemon
- 2 tbsp. oil from tomatoes

## WHAT YOU NEED TO DO:

Using a food processor or high speed blender combine together all the ingredients until a smooth paste has formed. If necessary add water to bring it to the consistency that you like. Season with salt and pepper to taste.

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# BBQ MEXICAN CORN SALAD



Serves: 8  
Prep: 5 mins  
Cook: 10 mins



Nutrition per serving:  
94 kcal      3g Fats  
16g Carbs    2g Protein

## WHAT YOU NEED:

- 4 corn cobs
- 1 tbsp. olive oil
- 4 spring onions, chopped
- big handful coriander, chopped
- 1 jalapeno pepper, seeds removed, chopped
- 1 garlic clove, finely chopped
- juice of 1 lime

## WHAT YOU NEED TO DO:

Prepare your barbeque.

Drizzle the corn with olive oil and season with salt and pepper.

Place the corn on the BBQ and cook for about 7-10 mins, until golden brown, turn regularly. Once cooked, place the corn upright in a bowl and cut the kernels off with a knife.

Next add in the chopped spring onions, coriander, pepper and garlic. Drizzle everything with lime juice, season with salt and pepper to taste and mix well. Serve lukewarm.

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# SUNSHINE SALAD



Serves: 2  
Prep: 8 mins  
Cook: 10 mins



Nutrition per serving:  
328 kcals      17g Fats  
17g Carbs      9g Protein

## WHAT YOU NEED:

- 2 oz. (60g) quinoa, uncooked
- 1 grapefruit
- ½ avocado
- ½ cup (90g) sweet corn, drained
- 2 mint springs, leaves only, chopped
- ¼ cup (25g) pistachio kernels
- 1 tbsp. olive oil
- ½ cup (50g) bean sprouts
- 2 handfuls lambs lettuce

## WHAT YOU NEED TO DO:

Cook the quinoa according to instructions on packaging, and then cool slightly. In the meantime, peel the grapefruit and using a sharp knife cut out the segments, collecting the juice in a bowl.

Cut the avocado in half, remove the pit and scoop out the flesh, then cut into strips and lay in the grapefruit juice.

In a bowl, mix together the cooked quinoa, sweet corn, mint, olive oil and bean sprouts. Season with salt and pepper.

Place a handful of lettuce on a serving dish and spoon the quinoa on top. Divide the avocado and grapefruit segments on top.

Served drizzled with the grapefruit juice and top with pistachio nuts.

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# GRILLED CHICKEN & GRAPEFRUIT SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
328 kcals      18g Fats  
15g Carbs      27g Protein

## WHAT YOU NEED:

- 1 tsp. coconut oil
- 7 oz. (200g) chicken breasts
- 1 cup (150g) green beans
- 1 grapefruit
- 4 handfuls salad leaves
- 1/2 lemon, juiced
- 2 tbsp. olive oil

## WHAT YOU NEED TO DO:

Season the chicken with salt & pepper and heat the coconut oil in a frying pan.

Fry the chicken on medium heat until browned and cooked throughout.

In the meantime, place the beans in a pan of boiling water and boil gently for 3-5 min until tender, and then set aside.

Peel the grapefruit by using a sharp knife.

Separate the skin from the flesh then cut out the grapefruit segments.

Please the salad leaves in a bowl and mix together with the green beans and grapefruit. Drizzle the salad with olive oil and lemon juice.

Divide the salad between two plates and place the chicken on top. Season with salt & pepper and serve.



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# DETOX SALAD



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
259 kcals      23g Fats  
11g Carbs      3g Protein

## WHAT YOU NEED:

- 5 oz. (140g) arugula
- 1 red onion, chopped
- 2 avocados, chopped
- 1 cup (150g) grapes, halved
- 2 tbsp. apple cider vinegar
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tbsp. sesame seeds
- salt and pepper

## WHAT YOU NEED TO DO:

In a large bowl mix together the rocket, onion, avocado and grapes.

In a separate bowl mix the vinegar, lemon juice and olive oil for the dressing. Season with salt and pepper.

Pour the dressing over the salad and sprinkle with sesame seeds before serving.





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# MANGO & CHICKEN SALAD



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
414 kcals      17g Fats  
29 Carbs      33g Protein

## WHAT YOU NEED:

- 7 oz. (200g) salad leaves
- $\frac{3}{4}$  cup (150g) soy beans
- $\frac{1}{2}$  cup (90g) sweet corn, drained
- $\frac{1}{2}$  mango, cubed
- 7 oz. leftover cooked chicken breast or thighs, shredded
- 3 tbsp. natural yogurt
- 1 tbsp. cress, chopped

## WHAT YOU NEED TO DO:

In a bowl mix together the salad leaves, soybeans, sweet corn and mango.

In a separate bowl or glass mix together the yogurt and cress for the dressing. Pour over the salad and mix well.

Divide the salad between two plates and top with the leftover chicken. Chicken can be served hot or cold.



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# SPINACH SALAD WITH CHERRIES & BASIL



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
267 kcal  
17g Carbs  
13g Fats  
8g Protein

## WHAT YOU NEED:

- ¼cup (15g) basil
- 3 tbsp. white wine vinegar
- 2 tbsp. extra virgin olive oil
- 2 small red onions
- ½ cup (50g) walnuts or hazelnuts
- 1 tsp. coconut oil
- 1 1/3 cup (200g) green beans
- 1 1/3 cup (300g) spinach
- ¾ cup (100g) feta cheese
- 1 ¾ cup (400g) of cherries, pitted

## WHAT YOU NEED TO DO:

Place the basil, vinegar and olive oil in a high speed blender and blitz to make dressing. Season with pepper and salt. Cut the onions into thin rings and chop the nuts coarsely. Heat the coconut oil in a frying pan and fry the shallots 2 minutes. Add in the nuts, beans, and season well. Cook for about 6 mins on medium heat, stirring regularly. Now add the half the spinach to the pan and allow for it to wilt, then transfer into a serving plater. Mix in the rest of the fresh spinach and drizzle with the earlier made dressing. Top the salad with crumbled feta and cherries. Serve with grilled meats.



# AVOCADO & BASIL TOMATOES ON TOAST



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
332 kcals      19g Fats  
35g Carbs      10g Protein

## WHAT YOU NEED:

- 4 medium slices of whole wheat bread
- 10 cherry tomatoes
- handful fresh basil leaves
- 1 tsp. olive oil
- 1 avocado

## WHAT YOU NEED TO DO:

Toast the bread in a toaster or oven.  
Cut the tomatoes in half and chop the basil, then place in a small bowl. Drizzle with olive oil and season with salt and pepper.  
Half the avocado, remove the pit and spoon out the flesh, then cut into thin slices.  
Add the avocado slices and season with pepper and a little salt. Top with the tomatoes and serve.





# TUNA & POTATO SALAD WITH ORANGE DRESSING



Serves: 4  
Prep: 20 mins  
Cook: 20 mins



Nutrition per serving:  
429 kcals      19g Fats  
34g Carbs      30g Protein

## WHAT YOU NEED:

- 17.6 oz. baby potatoes (500g)
- 1 cup green beans (180g)
- juice of 1 orange
- 2 tbsp. mustard
- 4 tbsp. olive oil
- 1 medium red onion
- 3 eggs, boiled
- lettuce leaves
- 4 small tomatoes
- 11.2 oz. tuna pieces, in water, drained (320g)
- 10 black olives

## WHAT YOU NEED TO DO:

Halve the potatoes and cook in water with salt for 15 minutes. Add in the green beans in the last 5 min. In the meanwhile, make the dressing by mixing together the orange juice, mustard and olive oil. Season with salt & pepper. Cut the onion into thin rings and mix through the dressing. Drain the potatoes and beans, and mix with the dressing. Allow to cool a little. In the meantime, cook the eggs and wash a few lettuce leaves. Cut the tomatoes into quarters. Place the lettuce leaves on a serving platter and then place the potato and bean mix on top. Top this with the eggs, tomato's, tuna and black olives.



# MEXICAN LETTUCE WRAPS



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
246 kcals      8g Fats  
20g Carbs      22g Protein

## WHAT YOU NEED:

- 1 onion, chopped
- 1 tbsp. coconut oil
- 10.5 oz. lean ground beef (300g)
- 14 oz. Mexican stir-fry vegetables (400g) (corn, green beans, red pepper, leek)
- 2 tsp. Mexican spice mix
- 14 oz. can kidney beans (400g)
- lettuce leaves

## WHAT YOU NEED TO DO:

Heat the oil in a wok and fry the onion for 2-3 mins on low heat. Add the meat, turn up the heat and cook for 3 min. Add in the vegetables and Mexican spices and stir fry for another 4 min, stirring often.

In the meantime, drain the beans & rinse under cold running water. Turn the heat to low, add the beans and cook for 2 mins. Season with pepper and salt if necessary. Wash and dry the lettuce leaves.

Serve the Mexican stir fry wrapped in lettuce leaves with a dollop of crème fraiche and salsa (optional).

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# PESTO ZOODLES WITH PROSCIUTTO



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
299 kcals      23g Fats  
9g Carbs      15g Protein

## WHAT YOU NEED:

- 2 medium zucchinis, spiralized
- juice from ½ lemon
- 2 tbsp. pesto
- 10 olives, sliced
- ¼ cup (15g) sundried tomatoes, chopped
- ¼ cup (30g) walnuts, chopped
- 4 slices prosciutto
- basil leaves, to serve

## WHAT YOU NEED TO DO:

Spiralize the zucchini and toss it with the lemon juice. Add in the pesto and mix until well coated.

Mix in the olives, sundried tomatoes and walnuts.

Heat a dry non-stick pan over medium heat and fry the prosciutto until crispy. Chop it up and mix in with the noodles.

Divide the zoodles between two bowls and garnish with fresh basil.

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# CHICKEN MADRAS



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per serving:  
323 kcals      16g Fats  
6g Carbs      38g Protein

## WHAT YOU NEED:

- 4 skinless, boneless chicken thighs
- juice of ½ lemon
- 1 tsp. garam masala
- 1 tbsp. coconut oil
- 1 large onion, finely chopped
- 2-5 tbsp. madras curry paste, depending on taste
- 14 oz. (400g) can chopped tomatoes
- 2oz. (50g) desiccated coconut
- fresh coriander, chopped

## WHAT YOU NEED TO DO:

Cut the chicken into bite-size pieces, season with salt, mix with the lemon juice and garam masala.

Heat the oil in a frying pan or saucepan over a medium heat and cook the onion for 6-7 minutes until soft. Add in the chicken and fry for another 3-4 minutes.

Next stir in the curry paste and cook for a further 2-3 minutes. Add the chopped tomatoes and coconut, then cover with a lid and simmer for about 20 minutes. Serve hot, scattered with coriander, with a side of white rice.

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# TURKEY & QUINOA WITH SWEET TOMATO SAUCE



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
510 kcals      16g Fats  
58g Carbs      36g Protein

## WHAT YOU NEED:

- 6 tomatoes
- 1 sweet apple
- 1 onion
- 1 clove garlic
- 1 chicken bullion cube
- 1 tsp. curry paste or powder
- 2 eggs, boiled
- 14 oz. (400g) turkey breast
- 1 tbsp. coconut oil
- 4 cups (740g) quinoa, cooked
- 1 avocado

## WHAT YOU NEED TO DO:

Bring a large pan of water to boil. Cut the tomatoes crosswise and prick them on a fork one by one, then dip in the boiling water for 20 sec. Remove the skin, chop and place in a pot.

Peel, core and chop the apple, chop the onion and slice the garlic. Add the apple, onion, garlic, bouillon cube and curry powder in with the tomatoes and bring to a boil. Simmer for 15 minutes. Season with salt and pepper. Meanwhile, cook the quinoa according to instructions on the packaging. Heat the oil in a pan and cook the turkey until browned. In the meantime cook the quinoa.

Remove the avocado flesh and cut into cubes, peel the eggs and chop then in quarters. Puree the apple-tomato sauce with a hand blender until smooth.

Divide the quinoa and turkey on the plates. Spoon over the sauce and serve avocado and boiled eggs.

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# CAESAR SALAD



Serves: 2  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
457 kcsals      24g Fats  
13g Carbs      46g Protein

## WHAT YOU NEED:

- 2 bread slices
- 1 tbsp. olive oil
- mixed herbs
- 2 smoked bacon rashers
- 4 quail eggs
- 1 tsp. coconut oil
- 10.5 oz. (300g) chicken breasts
- 2 big handfuls Romanian lettuce, chopped

## FOR THE DRESSING:

- 1 garlic clove, crushed
- 4 tbsp. mayonnaise (low fat)
- 1 tbsp. white wine vinegar

## WHAT YOU NEED TO DO:

Heat the oven to 390F (200C). Chop the bread into small squares and rub the oil and herbs

into it. Season with salt and bake for 6-8 mins, until browned, turning halfway. At the same time place the bacon onto a baking dish and cook in the oven until browned and crispy. Heat the coconut oil in a pan over medium heat. Season the chicken breasts with salt and pepper then lay it in the pan. Cook the chicken for about 8-10 mins turning a few times, until cooked throughout.

In the meantime, cook the eggs. Bring a small pot of water to the boil then add the eggs and cook for 2,5 mins. Rinse with cold water, peel, cut in half and set aside.

Make the dressing by mixing together all the dressing ingredients. Season with salt and pepper. Divide the lettuce between 2 plates. Once chicken is ready, cut it into bite-size strips and scatter over the salad. Do the same with the crispy bacon and croutons, then drizzle with the dressing and top with quail eggs to serve.

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# TORTILLA WITH SMOKED PEPPER HUMMUS



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
203 kcals      6g Fats  
28g Carbs      6g Protein

## WHAT YOU NEED:

For the hummus:

- 14oz. (400g) can chickpeas, drained
- and rinsed 1 clove garlic, crushed ½
- juiced lemon 2 tbsp. olive oil 2 tbsp.
- tahini ½ tsp. smoked paprika ½ tsp.
- cumin water
- 
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For the tortillas:

- 4 tortilla wraps
- 4 tbsp. smoked paprika hummus
- 2 handfuls romaine lettuce, cut into strips
- 1/2 cucumber, halved and sliced
- 1 red pepper, cut into strips
- handful bean sprouts

## WHAT YOU NEED TO DO:

To make the hummus, add all ingredients to a food processor and blend until smooth adding water until a desired consistency is achieved.

Heat the tortillas according to the instructions on packaging. Spread a tbsp. of hummus on each and top with lettuce, cucumbers and peppers. Spread the bean sprouts on top and serve.

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# PORK IN SATAY SAUCE WITH ASIAN NOODLES



Serves: 4  
Prep: 5 mins  
Cook: 25 mins



Nutrition per serving:  
509 kcals      15g Fats  
55g Carbs      37g Protein

## WHAT YOU NEED:

- 1 lb. (500g) diced pork 2 tbsp.
- sesame oil 14 oz. (400g)
- Chinese stir fry vegetable mix
- 8 oz. (225g) rice noodles 2
- tbsp. crunchy peanut butter ½
- tbsp. honey 1 tbsp. tamari 1
- tbsp. lime juice ½ cup (120ml)
- water
- 

## WHAT YOU NEED TO DO:

Cook the noodles according to instructions on packaging.

Heat half the oil in a wok and fry the Chinese vegetables for 8 min. Meanwhile, season the pork with salt and pepper.

Heat the remaining oil in a frying pan and fry the meat over medium heat for 8 min. until golden brown.

Meanwhile, mix the peanut butter, honey, tamari sauce and lime juice with water in a saucepan and bring to a boil. Turn the heat to low and cook for 4 minutes. Add the sauce to the meat and toss.

Add the cooked noodles to the vegetables and toss well. Serve the noodles topped with the satay sauce and a wedge of lime.

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# HOT SMOKED SALMON & QUINOA SALAD



Serves: 2  
Prep: 10 mins  
Cook: 5 mins



Nutrition per serving:  
458 kcals      24g Fats  
35g Carbs      26g Protein

## WHAT YOU NEED:

- 1 cup (185g) cooked quinoa
- 1 tsp. coconut oil
- 1 small red onion, chopped
- ½ cup (75g) Mangetout
- 2 handfuls bean sprouts
- 2 large Romanian lettuce leaves
- 6.3 oz. (180g) hot smoked salmon fillet

## FOR THE DRESSING:

- 1 tbsp. olive oil
- 1 tbsp. tamari sauce
- 1 tbsp. rice wine vinegar
- 1 tsp. grated ginger
- 1 tbsp. honey

## WHAT YOU NEED TO DO:

Heat the coconut oil in a pan and stir fry the onion for about 3 mins. Then add in the mangetout and cook for another 2 mins. Take the pan off the heat and stir in the bean sprouts. Now add in the cooked quinoa, season with salt and pepper and mix well.

Divide the salmon fillets into bite size pieces. Chop the lettuce and divide it between two plates, making a bedding for the salad. Now divide the quinoa between the plates and top it with the smoked salmon pieces.

Combine all the dressing ingredients and drizzle 2 tbsp. over each salad to serve.

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## ZUCCHINI PIZZA BITES



Serves: 8  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
54 kcals      3g Fats  
3g Carbs      4g Protein

### WHAT YOU NEED:

- 1 tbsp. olive oil
- 3 medium zucchini
- 1/3 cup (75g) tomato puree
- 4 oz. (115g) light mozzarella, grated
- Italian herb seasoning

### WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C).

Slice the zucchini into ¼-inch thick rounds. Heat the olive oil in a large frying pan and cook the zucchini in batches for about 2 mins each side. Season with salt & pepper.

Place cooked the zucchini on a large baking sheet and top with the tomato purée and grated mozzarella.

Cook this in the oven for about 2-3 minutes or until the cheese has melted. Remove from the oven and sprinkle with Italian herb seasoning and freshly ground pepper before serving.

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# ASIAN BEEF SOUP



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
266 kcals      16g Fats  
10g Carbs      22g Protein

## WHAT YOU NEED:

- 12 oz. (340g) beef sirloin steak
- 1 tbsp. coconut oil
- 1 medium onion, sliced
- 13 oz. (380g) mixed Asian style vegetables (shitake mushrooms, carrots, pak choy)
- 2 cloves garlic, crushed
- 2 tsp. ginger, grated
- 5 cups (1.2 liter) beef stock
- 2 tbsp. tamari sauce
- 2 tsp. fish sauce
- 2 medium zucchini, spiralized
- handful basil
- handful coriander
- 2 spring onions, sliced
- lime wedges, to serve

## WHAT YOU NEED TO DO:

Place the steak into the freezer for about 15 mins, this will make it easier to slice.

In the meantime, heat the coconut oil in a large pot over medium heat. Add in the onion and cook for about 2 mins. Then add the vegetables and cook for another 3 mins. Next add in the garlic and ginger, cook for about 1 min and then add in the beef stock, tamari, fish sauce and season with salt & pepper. Bring to boil, reduce the heat and simmer for 5 mins.

Meanwhile, spiralize the zucchini and slice the beef into thin strips. Add the zoodles (zucchini noodles) into the soup and cook for about 2 mins. Next add in the beef and cook for 1 min.

To serve, ladle the soup into bowls and top with fresh basil, coriander, sliced green onions and lime juice.



# CHICKEN BRUSCHETTA



Serves: 4  
Prep: 15 mins  
Cook: 10 mins



Nutrition per serving:  
293 kcals      11g Fats  
6g Carbs      38g Protein

## WHAT YOU NEED:

- 4 chicken breasts about 5 oz. (150g) each
- small red onion, chopped
- 1 tbsp. olive oil
- 1 tbsp. balsamic vinegar
- 3 medium tomatoes
- 2 cloves garlic, crushed
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil
- 4 oz. (115g) light mozzarella, diced

## WHAT YOU NEED TO DO:

Firstly, prepare the chicken. Slice each breast lengthwise, so that you have 8 thin cutlets. Season with salt and pepper. Combine the chopped onion with the olive oil, balsamic vinegar and salt & pepper. Set aside for a few minutes. Chop the tomatoes and combine them with the crushed garlic, basil and onion mix. Season with salt & pepper and set aside. In the meantime, heat the coconut oil in a large frying pan and cook the chicken for 3-4 mins. each side or until cooked throughout and browned. You can also grill the chicken on the bbq instead. Combine the tomatoes with the mozzarella before serving. Place the grilled chicken on a platter and top with the bruschetta to serve.

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# DINNER RECIPES

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Vanlife Eats

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# VEGETARIAN LASAGNE



Serves: 6  
Prep: 20 mins  
Cook: 40 mins



Nutrition per serving:  
353 kcals      8g Fats  
52g Carbs      16g Protein

## WHAT YOU NEED:

- 1 tbsp. coconut oil
- 1 celery stalk, chopped
- 1 onion, chopped
- 2 carrots, chopped
- 1 red pepper, chopped
- 2 garlic cloves
- 1 bay leaf
- 2 cups red split lentils, cooked (300g)
- 1 tbsp. tomato puree
- 1 lb passata (500g)
- 9 oz. lasagne sheets (250g)
- 1 cup cottage cheese, pureed (225g)
- ½ cup grated cheese, (50g)
- 2 tomatoes sliced

## WHAT YOU NEED TO DO:

Cook the lentils according to instructions on packaging. Heat oil in large saucepan and sauté the onions, celery, carrots and garlic on low heat for 5 mins. Add in the pepper and continue to cook for a further 5 mins. Stir in the lentils, tomato puree, passata, bay leaf and one cup of stock. Reduce heat and simmer for 10mins. Season with salt and pepper to taste. Pre heat the oven to 350F (180C). Spread a third of the lentil mixture to the bottom of a baking dish (approx. 9" x 7"), then cover with a single layer of lasagne sheets. Repeat this for another 2 layers. Spread the pureed cottage cheese on top and then sprinkle with the cheese. Top with the sliced tomatoes. Bake for 30-40 mins, until heated throughout and browned on top.



# MEAT FREE SPAGHETTI



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
375 kcals      8g Fats  
53g Carbs      19g Protein

## WHAT YOU NEED:

- 10.5 oz. whole wheat spaghetti, or a gluten free alternative (300g)
- 3 sweet pointed peppers
- 1 tbsp. oil
- 1 onions
- 1 tsp. Italian herbs
- 14 oz. can chopped tomatoes (400g)
- 12 vegetable balls (store bought)
- 2 tbsp. capers
- 4 tbsp. black olives, sliced

## WHAT YOU NEED TO DO:

Cook the spaghetti according to the directions on the packaging. In the meantime, halve the peppers, remove the stalk and seeds and cut in half-rings. Chop the onion.

Heat half the oil in a pan and fry the onion and Italian herbs for 3 min on low heat. Add in the peppers and cook for another 2 min. Next add the tomatoes and allow to cook for 5 minutes on low heat. Season with salt and pepper.

In the meantime, heat the rest of the oil in a separate frying pan and heat the vegetable balls for 5 minutes on medium heat.

To serve, divide the spaghetti into bowls and pour the tomato sauce over, topping with olives, capers and the vegetable balls.

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## FISH & PUMPKIN STEW



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
415 kcals      13g Fats  
49g Carbs      22g Protein

### WHAT YOU NEED:

- 1 onion
- 1 tbsp. olive oil
- 14.1 oz. (400g) pumpkin cubes
- 2 tsp garam masala
- 14.1 oz. (400g) canned lentils
- 14.1 oz. (400g) chopped tomatoes
- 8.8 oz. (250g) cod fillets
- 4 mini naans or brown rice
- handful flat parsley, chopped

### WHAT YOU NEED TO DO:

Cut the onion in half rings. Heat the oil in a deep-bottomed pan and fry the onion for 1 min on high heat. Add the pumpkin and garam masala and cook for 2 min.

In the meanwhile rinse and drain the lentils. Add the lentils and tomato cubes to the pan. Leave the lid on the pan and simmer on medium heat for 10 minutes. Stir regularly.

Cut the fish into pieces and add to the pan to cook for another 5 mins.

Bring the stew to taste with pepper and salt and sprinkle with the parsley. Serve with naan bread or rice.

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# APPLE-SPROUT POTATOES WITH SAUSAGE



Serves: 4  
Prep: 10 mins  
Cook: 30 mins



Nutrition per serving:  
517 kcal 20g Fats  
66g Carbs 20g Protein

## WHAT YOU NEED:

- 2.2 lbs. (1 kg) potatoes
- 1 tbsp. coconut oil
- 4 pork or vegetarian sausages
- 1.1 lbs. (500g) sprouts
- 2 tbsp. (30g) butter
- ¼ tsp. ground nutmeg
- ½ cup (60g) apple chips
- salt and pepper

## WHAT YOU NEED TO DO:

Peel the potatoes and cut into pieces. Boil in salted water for about 20 min. Once cooked, drain. Heat the oil in a frying pan and fry the sausage until cooked throughout.

Meanwhile, cut the bottom of the sprouts and remove the outer leaves. Cut them in half and cook for about 8 min. then drain. Mash the potatoes with the butter, season with nutmeg, pepper and salt. Add in the sprouts and cut the apple chips into small pieces and stir gently with the sprouts and potatoes. Serve with the sausage.



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# STUFFED PEPPERS



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
210 kals      12g Fats  
21g Carbs      8g Protein

## WHAT YOU NEED:

- 2 red peppers
- 1 tbsp. olive oil
- 1/8 cup (15g) pine nuts
- 1 tsp. coconut oil
- 2 garlic cloves, crushed
- 1/2 cup (60g) canned black beans, drained
- 6 chestnut mushrooms, chopped
- handful parsley, chopped
- juice of ½ lime
- 2 tbsp. tahini

## WHAT YOU NEED TO DO:

Preheat oven to 320F (160C).

Halve the peppers and take out the seeds. Place them on a baking tray and drizzle with the oil, then bake for 10 mins.

Heat a dry frying pan and toast the pine nuts until golden, then set aside. In the same pan heat the coconut oil and add in the garlic, mushrooms and season with salt and pepper. Sauté this for about 5 mins and then add the black beans.

Once cooked and soft, mix in the pine nuts, parsley, lime juice, tahini and season to taste.

Take the pepper out of the oven and stuff with the mixture, then place them back in and bake for about 15 mins.





## TERIYAKI KEBABS WITH RICE AND VEG



Serves: 4  
Prep: 15 mins  
Cook: 15 mins



Nutrition per serving:  
424 kcals      6g Fats  
64g Carbs      25g Protein

### WHAT YOU NEED:

- 10.5 oz. (300g) chicken breast
- ½ cup (125ml) teriyaki sauce
- 1 1/4 cup (280g) rice
- 1 tbsp. sesame oil
- 14 oz. (400g) Japanese style vegetables (sugar snaps, red onion, cabbage, bean sprouts)
- zest of 1/2 lime

### WHAT YOU NEED TO DO:

Prepare the barbeque or oven grill.

Cut the chicken into cubes and stick them onto skewers. Place them in a large container or dish and cover with the sauce. Leave refrigerated for 15 mins.

In the meantime, cook the rice according to instructions on packaging. Place the Chicken skewers on the barbeque and grill for about 8-10 mins turning regularly.

Heat the oil in a wok or a pan and stir-fry the vegetables for about 3 mins on high heat. Once rice is cooked add in the lime zest and stir well.

Divide the rice, vegetables and chicken skewers between 4 portions and serve with lime wedges.

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# VEGETABLE PAD THAI



Serves: 4  
Prep: 15 mins  
Cook: 10 mins



Nutrition per serving:  
430 kcals      15g Fats  
58g Carbs      13g Protein

## WHAT YOU NEED:

- 7 oz. (200g) flat rice noodles, or soya
- bean noodles
- 4 tbsp. tamarind sauce
- 2 tbsp. fish sauce
- 1 tbsp. brown sugar
- 1/2-1 tsp. chili flakes
- 2 tbsp. coconut oil
- 2 garlic cloves, finely chopped
- 2 large eggs, lightly beaten
- 11.2 oz. (320g) stir fry vegetables
- 3/8 cup (50g) roasted peanuts
- 1 lime, quartered

## WHAT YOU NEED TO DO:

Prepare the noodles according to instructions on packaging. In the meantime, mix the tamarind, soy sauce, sugar and chili flakes together. Heat the oil in a large frying pan or wok and cook the garlic for 1 min, and then add the sauce mixture. Let this bubble for a minute, and then transfer to a bowl.

In the same pan, on medium-high heat, add the beaten eggs. Let them set for a minute, without stirring. Once set, break vigorously with a wooden spoon. Add the stir-fry vegetables and cook for 2 minutes. Then add the noodles, pour over the sauce, stir well and cook for another minute or two. Serve sprinkled with peanuts and a squeeze of lime.

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# THAI GREEN CURRY WITH LENTILS



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
394 kcals      12g Fats  
60g Carbs      15g Protein

## WHAT YOU NEED:

- 1 onion, finely chopped
- 1 garlic clove, chopped
- 1 tsp. ginger, grated
- 1 tbsp. coconut oil
- 2-3 tbsp. Thai green curry paste
- juice and zest of 1 lime
- 14 oz. (400ml) can light coconut milk
- 1 large or 2 small bok choy, cut into small pieces
- 14 oz. (400g) can lentils, drained and rinsed
- salt, to taste
- coriander, to serve
- 8 Oz. (225g) cooked rice noodles, to serve

## WHAT YOU NEED TO DO:

Fry the onion, garlic and ginger in coconut oil for a few minutes then add the curry paste and cook for another 5 min.

Next add in the lime zest and juice, and the coconut milk, mixing well.

Add in the lentils and bok choy and allow to simmer for about 5 min. Season with salt if needed.

Serve with a portion of rice noodles and fresh coriander.

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## SALMON IN POMEGRANATE GLAZE



Serves: 2  
Prep: 25 mins  
Cook: 20 mins



Nutrition per serving:  
348 kcals      20g Fats  
7g Carbs      31g Protein

### WHAT YOU NEED:

- scant ½ cup (100ml) pomegranate juice
- 2 tbsp. soy sauce
- 1 garlic clove, sliced
- 10.5 oz. (300g) fresh salmon fillets
- seeds of ½ pomegranate

### WHAT YOU NEED TO DO:

Make the marinade by mixing the pomegranate juice, soy sauce and garlic, and pour it into a shallow dish. Add the salmon and turn a few times, leave to marinate for 15 minutes. Heat the oven to 190C (375F) and prepare a baking tray covered in foil. Place the salmon on the tray. Pour the marinade into a small pan and heat for 2-3 minutes until it thickens. When the marinade is ready pour it over the salmon and oven bake for 5 min, then turn and sprinkle the fish with the marinade from the baking tray. Repeat 2 more times, baking it 15-20 min. in total, until salmon is cooked throughout. Serve sprinkled with pomegranate seeds.

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# EASY TOFU CURRY



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
162 kcals      8g Fats  
17g Carbs      9g Protein

## WHAT YOU NEED:

- 1 tbsp. coconut oil 1 lbs.
- (450g) broccoli 1 medium
- onion, chopped 7 oz. (200g)
- smoked tofu 3-4 tbsp. red
- curry paste 3 tbsp. water 2
- medium tomatoes, chopped
- handful coriander, chopped
- 

## WHAT YOU NEED TO DO:

Divide the broccoli into florets and slice them evenly.

Heat the coconut oil in pan and add in the broccoli and onion, cook for 2-4 minutes on medium heat.

Now add in the tofu and cook for another 6 minutes. Next spoon in the curry paste and water and add in the tomatoes, cooking for another 3 minutes until warm through.

Once ready serve with rice or quinoa and sprinkle with chopped coriander.





# ONE-POT PORK PAELLA



Serves: 6  
Prep: 5 mins  
Cook: 30 mins



Nutrition per serving:  
389 kcals      11g Fats  
49g Carbs      22g Protein

## WHAT YOU NEED:

- 1 tbsp. coconut oil 1.1 lbs.
- (500g) lean pork mince 1
- onion, finely chopped 1 sachet
- paella seasoning 1 ½ cup
- (300g) paella rice 1 cup (125g)
- frozen peas

## WHAT YOU NEED TO DO:

Warm the oil in a large frying pan. Add the pork and chopped onion and fry for 5 minutes, stirring frequently until the meat is browned. Add the rice to the mince and onion, fry for 2 minutes until you can hear the rice crackling slightly. Pour in 700ml hot water from the kettle along with the paella mix.

Stir to combine all of the ingredients, cover with a lid, add more water if necessary, reduce the heat to low and cook for 15 minutes, or until the rice is tender.

Now add in the peas and mix them into the paella. Cook for another 5 minutes until peas are warm through. Remove the paella from the heat, and allow to rest for 5 minutes, season with salt and pepper before serving.

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# EDAMAME & RICE NOODLE POT



Serves: 2  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
323 kcals      11g Fats  
20g Carbs      11g Protein

## WHAT YOU NEED:

For the salad:

- 4.7 oz. (135g) vermicelli noodles
- 1 cup (150g) edamame beans
- 2 handfuls of watercress
- 1 tsp. sesame seeds
- 1 red chili, deseeded and sliced

For the dressing:

- 2 tbsp. tamari
- 1 tsp. sesame oil
- 2 tsp. grated ginger

## WHAT YOU NEED TO DO:

Prepare the noodles by placing them in a bowl and cover with boiling water. Then let them stand for 5-6 minutes, next rinse the noodles in cold water.

In the meantime make the dressing by combining all dressing ingredients together. Mix together the noodles, edamame beans and pour over the dressing, then toss until well combined. Top the noodles with watercress, sesame seeds and chili. Serve at room temperature.

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## ITALIAN STYLE CHICKEN



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
260 kcals      10g Fats  
16g Carbs      28g Protein

### WHAT YOU NEED:

- 14.1 oz. (400g) chicken breasts 1
- tbsp. coconut oil 1 red onion,
- sliced 1 cup (250g) eggplant,
- cubed 1 can 14.5 oz. (400g)
- chopped tomatoes 1 cup (100g)
- sun-dried tomatoes, drained,
- chopped ¼ cup (50g) olives, sliced
- 2 handfuls basil, chopped salt &
- pepper

### WHAT YOU NEED TO DO:

Cut the chicken breasts into bite size chunks. Heat the coconut oil in a pan and fry the chicken until browned and cooked throughout. Add in the onion and eggplant and cook for another 2-3 min. until onion is soft. Then add the chopped tomatoes and reduce the heat. Cover and simmer for 10 min. Once eggplant is soft add the sun-dried tomatoes, olives and basil. Season with salt and pepper. Serve garnished with fresh basil and rice or pasta.



# STUFFED BUTTERNUT SQUASH



Serves: 2  
Prep: 15 mins  
Cook: 60 mins



Nutrition per serving:  
458 kcals      24g Fats  
55g Carbs      13g Protein

## WHAT YOU NEED:

- 1 medium butternut squash
- 1/2 cups (30g) quinoa, uncooked
- 1 medium onion, chopped
- 1 garlic clove, minced
- 1/2 cups (55g) feta, crumbled
- 1 red chili, chopped
- 3 tbsp. pine nuts
- 3 sprigs mint, chopped
- 1 tbsp. coconut oil, melted
- salt & pepper, to taste

## WHAT YOU NEED TO DO:

Preheat oven to 220C (430F, gas mark 6).  
Cut the squash in half and remove the pips with a spoon. Scoop out a bit of the flesh (and set aside), leaving around 1 cm around the edges.  
Place the squash on a baking tray and now

score the flesh with a knife. Drizzle the squash with half of the oil, then season with salt & pepper, and cook for 40 min.

In the meantime, prepare the filling by cooking the quinoa until fluffy. Then set aside.

Roughly chop the scooped out flesh of the butternut squash then, heat the rest of the oil in a pan and sauté the onion along with the squash for 5-6 min until soft and browned. Then add the minced garlic and cook for another 3 min, season to taste. Once ready mix in with the quinoa and set aside, this will be your filling.

Remove the squash from the oven once cooked, and spoon the filling into the cavities. Scatter over the feta, fresh chili and pine nuts. Then return into the oven for another 10-15 min, until pine nuts have browned. Finally scatter over the mint leaves and serve hot.

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# CHICKEN, COCONUT & KALE CURRY



Serves: 4  
Prep: 15 mins  
Cook: 40 mins



Nutrition per serving:  
251 kcals      11g Fats  
5g Carbs      33g Protein

## WHAT YOU NEED:

- 1 tbsp. coconut oil
- 1 onion, finely diced
- 1 green chili, seeded and diced
- 2 garlic cloves, minced
- ¼ cup (15g) fresh ginger, chopped
- 2 tbsp. medium curry powder
- 2 star anise
- 1 cup (250ml) chicken stock
- 1 cup (250ml) light coconut milk
- 1 1/2 tbsp. lime juice
- 1.1 lbs. (500g) chicken breast, cut into cubes
- 1 cup (200g) tender stem broccoli
- 2/3 cup (100g) green beans, trimmed and halved
- 1 ½ cup (100g) chopped kale

## WHAT YOU NEED TO DO:

Heat the oil in a frying pan over a medium heat. Add the onion, chili, garlic and ginger and fry for 5 minutes.

Add curry powder and star anise, and then stir well. Pour in the chicken stock and let it bubble for 10 minutes, or until reduced by half.

Stir in the coconut milk and lime juice, then add the chicken pieces and simmer the curry for 15 minutes.

Add the broccoli, green beans, and kale and cook for a further 10 minutes until the chicken is cooked through with no pink meat remaining. Remove the star anise and serve immediately with rice or with rice.



# CHICKEN MEATBALLS WITH PEACHES & BEANS



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
580 kcsals      22g Fats  
71g Carbs      21g Protein

## WHAT YOU NEED:

- 10.5 oz. (300g) minced chicken
- 2 tbsp. sesame oil
- 3 medium onions, sliced
- 1 tsp. ground cumin
- 1.1 lbs. (500g) of chopped green beans (frozen)
- 2 3/8 cups (600g) basmati rice, cooked
- 1 ½ cup (340g) canned peaches
- 2 tbsp. raisins

## WHAT YOU NEED TO DO:

Using wet hands, form 16 balls the size of a small walnut. Heat half the oil in a frying pan and fry the meatballs for 10 min. on medium heat until golden brown and cooked throughout. Meanwhile, heat the remaining oil in a large frying pan and fry the onions with the cumin for 2 min. Add the green beans and cook for a further 6 min. Next add in the cooked rice and season with salt and pepper. Drain the juice from the peaches and cut them into pieces, then add to the rice along with the raisins. Place the meatball on top of the rice and serve.

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# FISH IN OAT COATING WITH AVOCADO SALSA



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
345 kcals      12g Fats  
16g Carbs      43g Protein

## WHAT YOU NEED:

- 2 tbsp. plant milk
- 4 tbsp. oats
- 2 cod fillets, fresh
- 1 tsp. coconut oil
- salt & pepper
- lemon wedges, to serve

## For the salsa:

- 1 tomato, diced
- ½ avocado, diced
- ½ green bell pepper, diced
- 1 spring onion, chopped
- 1 small garlic clove, crushed
- Tabasco, to taste

## WHAT YOU NEED TO DO:

Mix all the salsa ingredients together and set aside. Season the cod fillets with salt and pepper.

Pour the milk into a flat container and dip in the fish. Spread the oats in a separate dish and dip the fish into them, until they are covered on both sides.

Heat the coconut oil in a pan, fry the fish for 3 min each side until the batter is crispy and browned and fish is cooked.

Serve with a side of earlier made avocado salsa and lemon wedges.

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## BROCCOLI PIZZA BASE



Serves: 2  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
182 kcals      7g Fats  
22g Carbs      10g Protein

### WHAT YOU NEED:

- 1 small broccoli head (around 3 cups)
- chopped/300g)
- 2 onions, chopped
- 4 garlic cloves, crushed
- 1 egg
- 3 tbsp. flaxseeds
- salt & pepper

### WHAT YOU NEED TO DO:

Preheat oven to 390F (200C).

In a food processor combine the onions, broccoli and garlic. Add the egg, flax seeds and season with salt and pepper. Pulse until well combined.

Place the broccoli dough on a baking tray covered with baking paper and spread out until you have an even crust (about ¼ inch thick). Make sure the edges are a bit thicker; this will prevent them from burning. Bake for 15 min, until starting to golden.

Top with your favorite toppings and bake for another 8-10 min. Serve with homemade sauces and side salad.

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# TAMARI AND HONEY CHICKEN DRUMSTICKS



Serves: 6  
Prep: overnight chill  
Cook: 40-50 mins



Nutrition per serving:  
445 kcal      33g Fats  
3g Carbs      32g Protein

## WHAT YOU NEED:

- 4 tbsp. tamari (for GF) or soy sauce
- 2 tbsp. honey
- 1 tbsp. sesame oil
- 4 garlic cloves, crushed
- 1 tbsp. minced ginger
- 12 chicken drumsticks
- parsley & pomegranate seeds, to serve

## WHAT YOU NEED TO DO:

Combine the tamari sauce, honey, sesame oil, olive, oil, garlic and ginger in a large bowl or container. Place the chicken drumstick in the sauce and splash the chicken well until covered. Marinate the chicken for about 6 hours or overnight, turn the drumsticks a few times during that time.

To cook the chicken, preheat the oven to 360F (180C). Transfer the chicken with the sauce into a baking dish and roast for 40-50 mins, until cooked throughout and browned. Once cooked, scatter over the parsley and pomegranate seeds and serve.

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## BROCCOLI & CHICKEN STIR FRY



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
544 kcal      19g Fats  
57g Carbs      38g Protein

### WHAT YOU NEED:

- 1 broccoli head, around 14oz. (400g)
- 1 large pak choi 2 yellow peppers 2
- garlic cloves 2 tsp. minced fresh
- ginger 8 oz. egg noodles (230g) 4
- skinless chicken thighs 1 lime 2 tbsp.
- coconut oil 1/3 cup oyster sauce
- (80ml) 2 tbsp. water
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### WHAT YOU NEED TO DO:

Cut the broccoli into small roses and the pak choi into strips. Halve the peppers, remove the seeds and cut into strips. Chop the garlic finely, peel and grate the ginger. Cook the noodles for 5 minutes in salted water, and once cooked drain and set aside. In the meantime cut the chicken into strips and heat the oil in a wok. Stir fry the garlic, ginger and chicken strips for 2 mins. Add in the broccoli, paprika, oyster sauce, water and stir fry for 5 mins. Add the pak choi cook for another 1 min. Add the noodles and heat for another 1 min. Season with pepper. Serve with lime wedges.





# LOW CARB SHEPHARD'S PIE



Serves: 4  
Prep: 10 mins  
Cook: 40 mins



Nutrition per serving:  
431 kcals      32g Fats  
13g Carbs      26g Protein

## WHAT YOU NEED:

- 1 large cauliflower (2 lb. / 900g)
- 2 garlic cloves
- 2 tbsp. butter
- 1.1 lb. ground lamb
- 1 cup (150g) mixed frozen vegetables
- 3 tbsp. tomato puree
- splash Worcestershire sauce
- 1 ½ cup (350ml) beef stock
- 1 tbsp. smoked paprika
- ½ tbs. thyme
- 1 tsp. cinnamon

## WHAT YOU NEED TO DO:

Heat oven to 400F (200C).

Prepare the cauliflower puree by steaming or boiling the cauliflower along with the garlic. Once soft puree both garlic and cauliflower with a hand blender and mix in the butter. Season to taste with salt and pepper. In the meantime, heat a large, dry non-stick pan and fry the lamb for about 5 min. until browned, then get rid of excess fat. Add in the frozen vegetables, tomato puree, Worcestershire sauce and fry for another 5 min. Pour in the beef stock and add in the seasoning, bring to a simmer and cook for about 10 min.

Place the mixture to 4 mini baking tins or 1 medium baking tin. Top with the cauliflower puree and bake in the oven for 20 min.

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# CREAMY COCONUT CURRY POTATOES



Serves: 6  
Prep: 10 mins  
Cook: 30 mins



Nutrition per serving:  
195kcal 6g Fats  
29g Carbs 4g Protein

## WHAT YOU NEED:

- ½ tbsp. coconut oil
- 1 leek, sliced and washed
- 1 garlic clove, crushed
- 1 tbsp. curry powder
- 2.20lb (1kg) baby potatoes, halved and cooked
- 13.5oz. (400ml) can light coconut milk

## WHAT YOU NEED TO DO:

Heat the coconut oil in a pan over medium heat. Add in the leek and garlic and cook for about 5 minutes, stirring often. Next add the curry powder and season with salt and pepper. Add in the cooked potatoes, mix well and cook for 2-3 minutes before adding the coconut milk. Cook for another 5-6 minutes until everything is heated through. Season with salt and pepper to taste and serve.

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# CHILLI CON CARNE



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per serving:  
245 kcal      7g Fats  
12g Carbs    31g Protein

## WHAT YOU NEED:

- 1 tsp. coconut oil
- 1 onion, chopped
- 2 garlic cloves, crushed
- 2 chilli's, deseeded and chopped
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. paprika
- pinch cayenne pepper
- 14 oz. (400g) tin chipped tomatoes
- 1 tbsp. tomato puree
- 1 cup (240ml) beef stock
- 1.10lb (500g) lean beef mince (5% fat)
- 7 oz. (200g) canned peas, drained
- chopped parsley, to serve

## WHAT YOU NEED TO DO:

Heat the coconut oil in a frying pan and cook the onions gently over a low heat for 6-8 minutes, until softened and golden. Add the mince and fry for 5-6 minutes. Next add the garlic, chillies and all the spices and continue frying, for another 2-3 minutes, stirring occasionally. Add the tomatoes, tomato purée and stock and bring to the boil. Reduce the heat and simmer gently for 15 minutes. Season with salt and pepper and add the peas. Heat through for about 5 minutes and serve scattered with parsley with a side of rice or a jacket potato.

LC

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GF





## CLASSIC BOLOGNESE SAUCE



Serves: 4  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
282 kcals      10g Fats  
10g Carbs      36g Protein

### WHAT YOU NEED:

- 1 lb. (500g) ground lean beef
- 1 onion, chopped
- 1 carrot, chopped
- 1 clove garlic, crushed
- 1 ½ cups (400g) chopped tomatoes
- 1 scant cup (200ml) beef stock
- 1 tsp. dried mixed herbs
- 1 tbsp. coconut oil
- pinch stevia

### WHAT YOU NEED TO DO:

Heat ½ tsp. coconut oil in a large pan and add the onion, carrots and garlic. Cook for 5 min, until onion is soft, then set aside.

To the same pan, add the beef and cook for 2-3 mins. until browned.

Return the vegetables to the pan, along with the chopped tomatoes, beef stock and herbs, bring to boil and simmer for 10 min.

Season to taste with some stevia or other sweetener and salt and pepper.

Serve with spaghetti or for a low carb version with zucchini noodles.

HP

DF

GF



# VEG AND MANGO RICE WITH STICKY CHICKEN



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
520 kcals      22g Fats  
70g Carbs      31g Protein

## WHAT YOU NEED:

- 2/3 cup (100g) white rice
- 7 oz. (200g) chicken breast, cut into pieces
- 1/2 tbsp. Jamaican jerk spice mix
- 1 tbsp. sesame seeds
- 3 tbsp. sweet child sauce
- 2/3 cup (100g) mange tout
- 1 tbsp. sesame seed oil
- 1/2 mango, cubed
- 1 small red onion

## WHAT YOU NEED TO DO:

Cook the rice and set aside in a bowl once ready. Mix the chicken with the spice blend, half the sesame seeds and a little more than half of the chili. Heat a non-stick pan without oil or butter and fry the chicken for 10 min, on medium heat until golden brown, stirring regularly. In the meantime, cut the mange tout into half and boil for about 4 min. Drain and leave aside. Whisk the oil and the rest of the chili sauce to make dressing. Peel the mango and cube the flesh. Cut the onion into thin rings. Mix the rice with the rest of the sesame seeds, mange tout, mango, onion and dressing. To serve divide the rice between two bowl/plates and place the chicken on top.

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# VEGETABLE FIRED RICE NOODLES



Serves: 4  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
437 kcals      16g Fats  
55g Carbs      16g Protein

## WHAT YOU NEED:

- 8 oz. (225g) rice noodles, or rice
- 1 onion
- 2 tbsp. sesame oil
- 1 inch fresh ginger
- 4 cloves garlic
- 2 tbsp. chili sauce
- 6.4 oz. (180g) tofu, chopped
- 14 oz. (400g) Chinese stir fry vegetable mix
- 3 tbsp. tamari sauce
- 4 eggs, fried
- pickled vegetables (optional)

## WHAT YOU NEED TO DO:

Cook the rice noodles according to package instructions. Meanwhile, finely chop the onion. Heat 1 tbsp. of the oil in a wok and fry the onion over medium heat for 5 minutes. Peel then finely chop the ginger as well as the garlic. Add the ginger, garlic and chili paste to the onion and cook for 3 minutes. Next add in the tofu and heat for another 3 minutes. Turn the heat to high, add the Chinese vegetable mix along with the tamari sauce and stir-fry for 5 minutes. Meanwhile, heat the remaining oil in a large frying pan and fry the eggs. Add the rice noodles to the vegetable and tofu mixture and toss. Serve the with a fried egg on top and pickled vegetables (optional).

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# CHICKEN AND BANANA CURRY



Serves: 4  
Prep: 5 mins  
Cook: 15 mins



Nutrition per serving:  
309 kcals      14g Fats  
11g Carbs      35g Protein

## WHAT YOU NEED:

- 1 banana, chopped
- 1 lb. (500g) chicken breast, chopped
- ¼ cup (30g) flaked almonds
- 1 tbsp. sesame oil
- 2 tbsp. curry madras
- 1 cup (250ml) reduced fat coconut milk
- scant ½ cup (100ml) water
- 2 cups (300g) mange tout

## WHAT YOU NEED TO DO:

Heat the oil in a large frying pan and fry the chicken with curry madras 3 min. on medium heat.

Add in the coconut milk and water and simmer on low heat for 5 minutes.

Meanwhile, cook the beans in salted water

until al dente (about 4-5 min).

Add the chopped banana to the chicken curry and cook for 1 minute. Season with pepper and salt.

Serve the curry sprinkled with flaked almonds alongside a portion of brown rice and mange tout.

Q

HP

DF

GF



# KOREAN CHICKEN WRAPS



Serves: 4  
Prep: 1 hr  
Cook: 10 mins



Nutrition per serving:  
233 kcals      4g Fats  
21g Carbs      29g Protein

## WHAT YOU NEED:

- 1 lbs. (450g) chicken breast
- ¼ cup (60ml) tamari sauce
- ¼ cup (60g) apple sauce
- 1 medium onion, finely chopped
- 1 tsp. sesame oil
- 1 tsp. ginger, grated
- 1 tbsp. honey
- 2 cloves garlic, crushed
- chilli flakes, to taste
- 2 tsp. sesame seeds
- 1 tsp. coconut oil
- 2 cups cooked brown rice
- lettuce leaves
- 2 spring onions, sliced

## WHAT YOU NEED TO DO:

Firstly, prepare the chicken. Slice each breast lengthwise, so that you have thin chicken cutlets.

In a medium bowl, combine the tamari apple sauce, onion, sesame oil, ginger, honey, garlic, chilli flakes and 1 tsp. sesame seeds. Put aside ¼ cup of the marinade and place the rest in a Ziploc bag along with the chicken. Leave the chicken to marinate in the fridge for 1 hour.

Heat the coconut oil in a pan and fry the chicken for 4-5 mins, then turn and spoon the remaining marinade over the chicken. Cook for a further 4-5 mins, until cooked throughout.

Once cooked chop into pieces.

To serve, fill a lettuce leaf with 1 tbsp. brown rice and a few chicken pieces, then top with spring onions and some more sesame seeds.

DF

GF



# ITALIAN SHRIMP AND PESTO PASTA



Serves: 2  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
463 kcals      14g Fats  
49g Carbs      28g Protein

## WHAT YOU NEED:

- 5 oz. (140g) buckwheat fusilli
- 10 cherry tomatoes, halved
- ½ red pepper, cut into strips
- 1 tbsp. olive oil
- 150g shrimps
- 1 clove garlic, crushed
- Italian herbs
- 1 tbsp. pesto
- ¼ cup (15g) sun-dried tomatoes, drained
- 4 handfuls rocket

## WHAT YOU NEED TO DO:

Cook the fusilli according to instructions on packaging.

Heat the grill to high. Place the tomatoes and pepper in a baking dish and cover with olive oil. Roast for about 8-10 mins.

Season the shrimps with salt and pepper, Italian herb and crushed garlic. Place them in a baking dish and cook under the grill for about 4-5 mins. Mix the cooked pasta with the pesto, sun-dried tomatoes and rocket. Then toss in the roasted tomatoes, peppers and shrimps. Mix well season with salt and pepper, and serve warm.



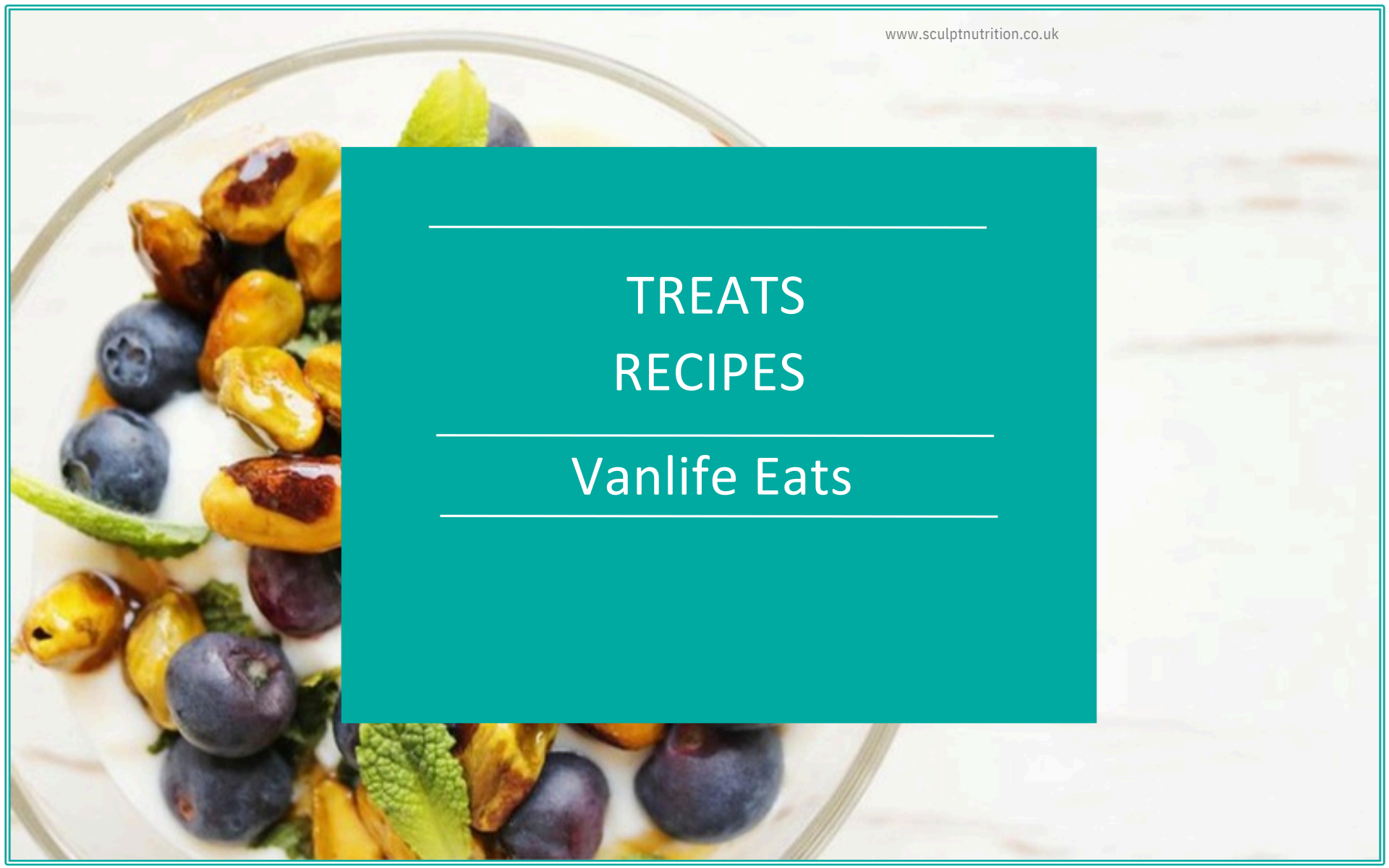
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# TREATS RECIPES

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Vanlife Eats

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## CHIA SEED PUDDING



Serves: 2  
Prep: 5 mins  
Chill: 6-8 hrs



Nutrition per serving:  
214 kcal      12g Fats  
21g Carbs      6g Protein

### WHAT YOU NEED:

- 4 tbsp. chia seeds
- 1 cup coconut milk (250ml)
- 1 tbsp. maple syrup
- 2 tbsp. coconut yogurt
- raspberries, to serve

### WHAT YOU NEED TO DO:

Place the chia seeds, maple syrup and the coconut yoghurt in a jar or bowl and pour in the milk. Stir everything together, cover and place in the fridge.

Store in the fridge overnight (or approx. 6-8 hours). Once the pudding reaches a jelly like texture, divide between 2 dishes and serve with fresh raspberries.

V

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# YOGURT, MANGO AND GRANOLA CUP



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
278 kcals      12g Fats  
38g Carbs      6g Protein

## WHAT YOU NEED:

- 1 mango
- 2 tbsp. maple syrup
- 1 cup (250g) yogurt (Greek, coconut or soy)
- 2 granola bars, chopped
- 2 square dark chocolate, grated

## WHAT YOU NEED TO DO:

Peel the mango and cut the meat into small cubes. Mix the mango with the maple syrup. Divide  $\frac{3}{4}$  of the mango over 4 glasses and then top with yogurt. Top the yogurt with the rest of the mango, chopped granola bars and grated chocolate. Serve straight away.





# CREAMY PEAR CAKE



Serves: 12  
Prep: 20 mins  
Cook: 35-45 mins



Nutrition per serving:  
249 kcals      15g Fats  
25g Carbs      4g Protein

## WHAT YOU NEED:

- 7/8 cup (200g) butter, unsalted or soy
- ½ cup (100g) coconut sugar (or alternative)
- 3 eggs
- 1 1/3 cup (200g) buckwheat flour
- 2 tsp. baking powder (GF if possible)
- 3 tbsp. quark (or coconut yogurt)
- 2 pears

## WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C). Beat the butter with the sugar until creamy. Beat the eggs in a separate bowl.

Sift the flour with the baking powder over the bowl and mix with the butter. Fold in the beaten eggs and mix until a smooth batter has formed.

Prepare a greased baking tray (11 x 7 inch / 28 x 18cm) and fold in the batter.

Peel the pears, halve them in length and remove the core. Slice the pears into thin pieces. Divide the sliced pear over the batter.

Bake the cake in the preheated oven for 35-45 minutes until golden brown and cooked. Allow the pear cake to cool in the tray before serving.

V

GF



# PUMPKIN PROTEIN BARS



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
191 kcals      9g Fats  
11g Carbs      12g Protein

## WHAT YOU NEED:

- 1/4 cup (60g) pumpkin puree
- 1/4 cup (65g) cashew or almond
- butter
- 4 tbsp pea protein powder
- 4 tsp coconut sugar
- 1 tbsp almond milk
- 1 tsp pumpkin spice
- 2 squares dark chocolate

## WHAT YOU NEED TO DO:

Mix all the ingredients (except the chocolate) together until you get a dough that you can shape with your hands.

Divide your dough into 4 balls then shape into bars.

Melt the chocolate in a bain-marie or in a microwave and coat each bar.

Chill in the refrigerator until chocolate has set.

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## PRE-WORKOUT BEET GRANOLA



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
249 kcals      3g Fats  
39g Carbs      17g Protein

### WHAT YOU NEED:

- 4 baby beetroot, cooked
- 1 cup (250g) Greek yogurt (non-fat)
- ½ cup (60g) granola
- 1 tbsp. honey

### WHAT YOU NEED TO DO:

Cut the beets into wedges.

Divide the yogurt, granola and beetroot between two bowls. Mix gently and drizzle with honey, then serve.





V DF GF

# FRUIT POPS



Serves: 4  
Prep: 10 mins  
Chill: 3 hrs



Nutrition per serving:  
101 kcals      1g Fats  
24g Carbs      2g Protein

## WHAT YOU NEED:

- 9 tbsp. boiling water 2 tbsp.
- sweetener of choice 2
- kiwifruit 2 peaches 6 oz.
- (170g) raspberries
- 

## WHAT YOU NEED TO DO:

Boil the kettle and make the syrup by combining water and your chosen sweetener (coconut sugar, honey, stevia etc.) in a cup and set aside.

Puree fruit separately in the blender and set aside in 3 bowls. Mix in 3 tbsp. of the syrup into each fruit puree. Equally fill four small 5 oz. (140ml) cups with the raspberry puree and place in the freezer, leave for one hour. Add the next puree, insert the sticks and freeze at least 2 hours.



# STRAWBERRIES & CREAM PROTEIN BARS



Serves: 4  
Prep: 15 mins  
Cook: 0 mins



Nutrition per serving:  
98 kcals 5g Fats  
6g Carbs 7g Protein

## WHAT YOU NEED:

- ¼ cup (30g) strawberries & cream
- whey
- 2 tbsp. coconut flour
- 1 tsp. coconut oil, melted
- 2 tbsp. (25ml) plant milk, or as required
- 2/3 oz. (20g) dark chocolate
- 2 strawberries, halved

## WHAT YOU NEED TO DO:

Combine all ingredients (except the chocolate), and add coconut milk until a desired dough texture is achieved. Shape into 4 bars.

Melt the dark chocolate in a bain-marie or in the microwave and coat each bar. Place half a strawberry on top. Chill in the fridge until chocolate has set.

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GF



## YOGURT & FRUIT SWIRL



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
206 kcals      6g Fats  
23g Carbs      15g Protein

### WHAT YOU NEED:

- 1 cup (245g) non-fat Greek yoghurt
- 1 tbsp. strawberry jam
- 100g tropical fruit (mango, melon, papaya), chopped
- ¼ cup (30g) cashews
- mint leaves, to serve
- lime wedges, to serve

### WHAT YOU NEED TO DO:

Divide the yogurt between 2 bowls.  
Dilute the jam with 1 tsp. of water and then spoon it to each bowl stirring gently to form a 'swirl'.  
Divide the fruit and cashews between the 2 bowls and serve garnished with mint leaves and lime wedges.

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## BAKED PEACHES



Serves: 4  
Prep: 10 mins  
Cook: 20 mins



Nutrition per serving:  
117 kcals      7g Fats  
13g Carbs      2g Protein

### WHAT YOU NEED:

- 2 tbsp. maple syrup
- 2 ripe peaches, halved and stoned
- 1 tbsp. unsalted butter
- ¼ cup (25g) salted mixed nuts, chopped

### WHAT YOU NEED TO DO:

Preheat the oven to 200°C (390°F).

Prepare tin foil big enough to wrap the peaches. Place the peach halves, cut-side-up, in the middle of the foil and dot with the butter. Then drizzle with maple syrup and top with the salted nuts.

Wrap the peaches tightly in the tin foil and place on a baking tray. Oven bake (or barbecue) for 20-25 minutes.

Once ready, unwrap and arrange on four plates. Drizzled with the cooking juices and serve.

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GF



## FRUIT & COCONUT YOGURT CUP



Serves: 1  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
351 kcals      13g Fats  
52g Carbs      18g Protein

### WHAT YOU NEED:

- 1 small apple, grated
- 1/2 cup (120g) natural soya yogurt
- 2 tbsp. vanilla whey
- 3 tsp. honey
- 1/2 medium banana, sliced
- 1 tbsp. desiccated coconut
- 1 tsp. chia seeds

### WHAT YOU NEED TO DO:

Grate the apple and mix with the soya yogurt and vanilla whey.

Transfer 1/3 of the mixture into a tall glass and layer with 1 tsp. of honey, half the sliced banana, and half the desiccated coconut.

Repeat this once more and then finish with the yogurt mixture and 1 tsp. of honey.

Sprinkle 1 tsp. chia seeds on top and serve.

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GF



# BLACK BEAN BROWNIES



Serves: 12  
Prep: 10 mins  
Cook: 20-25 mins



Nutrition per serving:  
92 kcals 5g Fats  
8g Carbs 3g Protein

## WHAT YOU NEED:

- 14 oz. (400g) can black beans, rinsed and drained
- 2 tsp. linseed
- 1/3 cup (80ml) of boiling water
- 3 ½ tbsp. coconut oil, melted
- ½ cup (70g) unsweetened cocoa powder
- 1/4 tsp. salt
- 1 tsp. vanilla extract
- ¼ cup (90g) of agave syrup
- 1 1/2 tsp. baking powder

## WHAT YOU NEED TO DO:

Preheat the oven to 175 °C.

Mix the linseed with the boiling water in a food processor bowl and leave to stand for 5 min. Then pulse until well grinded.

Add the remaining ingredients into the bowl and blend. Add some water if the batter is too thick.

Divide the batter between 12 muffin tins.

Bake for 20-25 minutes in the oven (the middle of the brownie has to be still soft) and allow to cool for about 30 minutes in the mold before serving.





# NO-BAKE BLUEBERRY PROTEIN CHEESECAKE



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per serving:  
200 kcals      7g Fats  
20g Carbs      13g Protein

## WHAT YOU NEED:

- ½ cup (50g) pistachio nuts
- 2½ tbsp. honey
- 4 mint springs, leaves
- 2 cups (400g) quark, naturally fat free
- 1/2 tsp. ground cardamom
- 1 ½ cup (150g) blueberries

## WHAT YOU NEED TO DO:

Heat a dry frying pan and toast the pistachios over medium heat for about 3min.

Add half the honey and cook for another 2 min. until caramelized. Add the cardamom to the quark and mix well and divide between 4 bowls. Chop half the mint and sprinkle it over the quark then drizzle with the rest of the honey. Next divide the pistachio and blueberries between the 4 bowls and garnish with the remaining mint leaves. Serve straight away and enjoy.

V

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# SIMPLE APPLE & YOGURT TREAT



Serves: 2  
Prep: 5 mins  
Cook: 0 mins



Nutrition per serving:  
236 kcals      10g Fats  
28g Carbs      10g Protein

## WHAT YOU NEED:

- 1 medium green apple
- $\frac{3}{4}$  cup (170g) Total 0% fat geek yogurt
- $\frac{1}{4}$  cup (25g) pecans, roasted
- 1 passion fruit
- 1 tbsp. honey

## WHAT YOU NEED TO DO:

Core the apple with an apple corer, or go straight to slicing the apple into 1/2cm slices and then cut out the middle.  
Layer the apple slices onto two plates and top it with the yogurt.  
Heat a dry frying pan and roast the pecan until golden, then sprinkle the nuts over the apple and yogurt.  
Spoon the passion fruit over the top and drizzle with honey. Serve immediately.

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GF



# CHOCOLATE ISLANDS



Serves: 8  
Prep: 10 mins  
Chill: 30 mins



Nutrition per serving:  
75 kcals 6g Fats  
5g Carbs 1g Protein

## WHAT YOU NEED:

- 1 ½ oz. (40g) 85% chocolate, melted
- 8 almonds
- 4 brazil nuts, halved
- 4 walnuts
- 1 ½ tbsp. raisins
- 2 tbsp. dried Gojiberries

## WHAT YOU NEED TO DO:

Melt the chocolate using a bain-marie or in the microwave, and prepare a sheet of waxed paper. With a spoon, form eight 'islands' of chocolate on the waxed paper. Set aside for 5 min. Place the fruit and nuts on top of the chocolate. Chill in the refrigerator for 20-30 min. before serving.

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# WHITE CHOCOLATE ALMOND PROTEIN BARS



Serves: 6  
Prep: 25 mins  
Cook: 0 mins



Nutrition per serving:  
139 kcals      7g Fats  
7g Carbs      6g Protein

## WHAT YOU NEED:

- ¼ cup (25g) vanilla whey
- 2 tbsp. flaked almonds
- ¼ cup (30g) ground almonds
- 1 ½ tbsp. coconut flour
- ¼ cup (60ml) plant milk
- 2 oz. (60g) white chocolate, melted
- 2/3 oz. (20g) dark chocolate, melted

## WHAT YOU NEED TO DO:

Combine all ingredients (except the chocolate), and add the milk until the desired dough texture is achieved. Shape into bars.

Melt the white chocolate (in a bain-marie or microwave) and coat each bar in a thin layer, allow to set. Melt the dark chocolate and drizzle it over the top of the bars, then sprinkle with flaked almonds (optional).

Chill the bars in the refrigerator before serving.

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GF



# PROTEIN CHOCOLATE ICE-CREAM



Serves: 2  
Prep: 5 mins  
Chill: 2 hrs



Nutrition per serving:  
137 kcals      1g Fats  
35g Carbs      2g Protein

## WHAT YOU NEED:

- 1 bananas, sliced
- 1 tbsp. maple syrup
- 1 tbsp. natural cocoa powder
- 1 tsp. vanilla essence
- almonds, chopped (optional)
- plant milk

## WHAT YOU NEED TO DO:

Line a tray with baking paper, then place the sliced bananas over a single layer. Pop into the freezer for 1 hour.

Once bananas are frozen, transfer them into a high-speed blender. Add in the maple syrup, cocoa powder and vanilla essence, and then blend. Add in a splash of milk if necessary, to get the blender going. Blend until smooth. Serve in bowls topped with chopped almonds or your favorite toppings.

V

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GF

# ALMOND & CHERRY CHOCOLATE



Serves: 12  
Prep: 10 mins  
Chill: 2-3 hrs



Nutrition per serving:  
178 kcals      18g Fats  
8g Carbs      1g Protein



## WHAT YOU NEED:

- ¼ cup(35g) dried cherries
- ¼ cup (35g) almonds
- 7 oz. (200g) cacao butter
- ¼ cup (25g) natural cacao powder
- ¼ (60ml) cup maple syrup

## WHAT YOU NEED TO DO:

Melt the cacao butter on low heat. Then stir in the cacao powder and maple syrup. Once melted, whisk for a minute and take off the heat. Mix in the cherries and almonds. Line a baking tin with parchment paper and pour the mix in, spreading it out evenly. Refrigerate for a couple of hours until set, then chop into chunks and enjoy.

V

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DF

GF





## LOW-CARB PLUM CRUMBLE



Serves: 6  
Prep: 15 mins  
Cook: 30-40 mins



Nutrition per serving:  
192 kcals      6g Fats  
33g Carbs      4g Protein

### WHAT YOU NEED:

- 1 cup (90g) gluten free oats
- 1/2 cup (50g) Quinoa flakes
- 3-4 tbsp. maple MySyrup (from MyProtein.com or other low calorie brand)
- 2 tbsp. coconut oil, melted
- 1 lbs. 12 oz. (800g) plums, halved & pitted
- 2 tbsp. Xylitol
- 1/2 lemon, juiced

### WHAT YOU NEED TO DO:

Preheat the oven to 180C (355F). Place the oats, quinoa flakes, maple syrup and coconut oil in a bowl and mix until a breadcrumb consistency is achieved. Leave this to one side until required. Now prep the plums. Once halved and pitted, place in a bowl with lemon juice and Xylitol, mixing well.

Transfer the plums with the sauce into a 9-inch oven proof dish and cover with a layer of the crumble mix.

Bake for 30-40 min until the fruit is bubbling and crumble on top has browned. If you find the crumble is starting to burn, cover with tin foil until plums are ready.

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## SPICED APPLE BAKE



Serves: 8  
Prep: 5 mins  
Cook: 20 mins



Nutrition per serving:  
202 kcals      5g Fats  
34g Carbs      7g Protein

### WHAT YOU NEED:

- 1 tsp. coconut oil
- 2 ¼ cups (200g) porridge oats
- 1 cup (250ml) plant milk
- ¾ cup (200g) natural yogurt
- 3 eggs
- 2 tbsp. honey
- 1 1/2 tsp. baking powder
- 1 tbsp. cinnamon
- 1/2 tsp. ground ginger
- 3 apples, peeled, cored and chopped

### WHAT YOU NEED TO DO:

Preheat the oven to 170C (340F) and grease a 25cmx20cm (10in x 8in) baking pan with coconut oil.

In a large bowl mix together all the ingredients except the apples. Once well combined fold in the chopped apples and mix well.

Transfer the mixture into the baking tray and bake for 40-50 minutes or until golden on top and firm to the touch.

Leave to cool and then slice into 8 squares.  
Serve hot or cold.