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# JUNE RECIPE PACK

*Discover 18 easy, healthy and tasty  
recipes, including breakfast, lunch, dinner,  
treat and smoothie options.*











# TABLE OF CONTENTS

1	TOMATO QUICHE
2	SPINACH AND KIWI SMOOTHIE
3	MENEMEN (TURKISH SCRAMBLED EGGS)
4	FRITTATA WITH BURRATA AND PESTO
5	GRILLED HALLOUMI AND TOMATO SALAD
6	VIETNAMESE SPRING ROLLS WITH PEANUT SAUCE
7	ROMESCO SALSA
8	TUNA SALAD WITH ROMESCO SALSA
9	SALMON AND POTATOES WITH ROMESCO SALSA
10	OVEN ROASTED CHICKEN SHAWARMA
11	BUCKWHEAT RISOTTO
12	SLOW COOKER TERIYAKI CHICKEN
13	STRAWBERRY COCONUT CHIA PUDDING
14	NO BAKE PROTEIN COOKIES
15	MINI RASPBERRY YOGURT CHEESECAKES
16	VANILLA PROTEIN BAKED OATMEAL
17	STICKY TOFU & AUBERGINE NOODLES
18	BEAN BURRITO BOWL



## RECIPE KEY

Look for these helpful icons throughout the file.

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

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# SAMPLE WEEKLY MEAL PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BREAKFAST</b> Tomato Quiche	<b>BREAKFAST</b> Tomato Quiche	<b>BREAKFAST</b> Menemen (Turkish Scrambled Eggs)	<b>BREAKFAST</b> Frittata with Burrata and Pesto	<b>BREAKFAST</b> Spinach and Kiwi Smoothie	<b>BREAKFAST</b> Strawberry Coconut Chia Pudding	<b>BREAKFAST</b> Menemen (Turkish Scrambled Eggs)
<b>LUNCH</b> Grilled Halloumi and Tomato Salad	<b>LUNCH</b> Grilled Halloumi and Tomato Salad	<b>LUNCH</b> Leftover Salmon and Potatoes with Romesco Salsa	<b>LUNCH</b> Vietnamese Spring Rolls with Peanut Sauce	<b>LUNCH</b> Frittata with Burrata and Pesto	<b>LUNCH</b> Tuna Salad with Romesco Salsa	<b>LUNCH</b> Tuna Salad with Romesco Salsa
<b>SNACK</b> E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	<b>SNACK</b> E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	<b>SNACK</b> E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	<b>SNACK</b> E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	<b>SNACK</b> E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	<b>SNACK</b> E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes	<b>SNACK</b> E.g. Spinach and Kiwi Smoothie, Strawberry Coconut Chia Pudding, No Bake Protein Cookies, Mini Raspberry Yogurt Cheesecakes
<b>DINNER</b> Slow Cooker Teriyaki Chicken	<b>DINNER</b> Salmon and Potatoes with Romesco Salsa	<b>DINNER</b> Buckwheat Risotto	<b>DINNER</b> Oven Roasted Chicken Shawarma	<b>DINNER</b> Oven Roasted Chicken Shawarma	<b>DINNER</b> Meal Out - Enjoy!	<b>DINNER</b> Slow Cooker Teriyaki Chicken

# WEEKLY SHOPPING LIST



## FRUITS & VEGETABLES

### *Fruits*

- 6x kiwis
- 3x lemons
- 16 oz. (450g) strawberries

### *Vegetables*

- 3x onions (white or brown)
- 2x red onions
- 1 bunch spring onions
- 1 leek
- 1x green bell pepper
- 2x red bell peppers
- 2x garlic heads
- root ginger
- bag of baby spinach
- 2x tomatoes
- 10.5 oz. (300g) cherry tomatoes
- 1 bunch asparagus
- 6x baby cucumbers
- 1 cucumber
- 2x lettuces
- ¼ head red cabbage
- ⅓ head savoy cabbage
- 2x carrots
- 1 lb. (5oz.) (680g) baby potatoes
- \_\_\_\_\_
- \_\_\_\_\_

## PROTEIN, DAIRY AND HERBS

### *Meats*

- 2 lbs. (900g) chicken legs
- 2 lbs. (900g) chicken thighs
- 7 oz. (200g) chicken breast

### *Fish and Seafood*

- 16 oz. (450g) cooked prawns
- 1 lb. 3 oz. (600g) salmon fillets

### *Cold*

- 17x eggs
- almond milk
- cheddar cheese
- Parmesan
- vanilla Greek yogurt
- Greek yogurt
- oat milk
- butter
- halloumi
- 1x large burrata
- cream cheese
- natural yogurt

### *Fresh Herbs*

- rosemary
- 2x parsley
- mint
- basil
- coriander
- \_\_\_\_\_
- \_\_\_\_\_

## SEEDS, BAKING AND SPICES

### *Grains*

- buckwheat groats
- rolled oats

### *Nuts and Seeds*

- flaked almonds
- sesame seeds
- chia seeds

### *Baking*

- whole wheat flour
- all purpose flour
- cornstarch
- vanilla extract

### *Dried Herbs and Spices*

- thyme
- oregano
- red chili flakes
- ground cumin
- paprika
- turmeric
- ground cinnamon
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANS, CONDIMENTS & MISC

### *Oils*

- olive oil
- sesame oil
- Sweeteners*
- coconut sugar
- honey
- maple syrup

### *Boxed, Canned & Condiments*

- 1x can chopped tomatoes
- tomato puree
- green pesto
- red wine vinegar
- vermicelli noodles
- sheets rice paper
- peanut butter (smooth)
- rice vinegar
- mirin
- balsamic vinegar
- tamari or soy sauce
- green olives
- 2x cans tuna
- anchovies
- raspberry jam

### *Other*

- bread
- vanilla protein powder
- white chocolate chips
- digestive biscuits

# TOMATO QUICHE



# TOMATO QUICHE



Serves: 6  
Prep: 20 mins  
Rest: 1 hr  
Cook: 40 mins



Nutrition per serving:  
386 kcal  
18g Fats  
45g Carbs  
11g Protein



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## WHAT YOU NEED

### For the Crust:

- 1  $\frac{3}{4}$  cup (200g) whole wheat flour
- 1 cup (115g) all-purpose flour
- $\frac{3}{4}$  tsp. salt
- $\frac{1}{4}$  (60ml) olive oil
- $\frac{3}{4}$  (165ml) water
- 2 tsp. lemon juice

### For the quiche:

- 1 tbsp. olive oil
- $\frac{1}{2}$  onion, finely chopped
- 3 cloves garlic, minced
- 14 oz. (400g) can chopped tomatoes
- 2 tbsp. tomato puree/paste
- pinch of sugar
- 1 sprig fresh rosemary
- $\frac{1}{2}$  tsp. dried thyme
- 2 eggs
- 2 egg yolks
- $\frac{3}{4}$  cup (180ml) almond milk, unsweetened
- $\frac{1}{2}$  cup (56g) cheese, grated
- $\frac{1}{4}$  cup (25g) Parmesan cheese, grated
- salt and pepper

## WHAT YOU NEED TO DO

### For the crust:

In a large bowl, combine the flours and salt. Make a well in the center, add the olive oil and mix with a fork. Next, add the water and lemon juice and mix well until the dough forms a ball.

Place the dough onto a lightly floured work surface, and work the dough until smooth and easy to shape into a ball. Do not overwork or the pastry will become tough. Divide the dough in half, shape each half into a ball, press gently and wrap in clingfilm. Place the pastry in the fridge and allow to rest for 1 hour.

Preheat the oven to 350°F (180°C).

When ready to bake the quiche remove one of the balls of dough from the fridge. Dust the work surface and rolling pin with flour and roll the dough out into a circle wide enough to line an 8-inch/20cm tart tin. Using a fork pierce the base of the pastry case a few times. Place a sheet of baking parchment into the tin and fill with ceramic pastry beans and place in the oven to blind bake for 15 minutes.

After 15 minutes, remove the pastry case from the oven. Carefully remove the ceramic baking beans (they will be hot) and discard the baking parchment.

### To fill the quiche:

Heat the olive oil over medium heat in a saucepan and add the onion. Cook gently for 2 to 3 minutes, stirring until softened. Add the garlic and cook for around 30 seconds until fragrant. Add the canned tomatoes, tomato paste, pinch of sugar, rosemary, thyme and season with salt and pepper. Simmer for 15 minutes, stirring often, until the tomatoes have reduced.

Remove the rosemary sprig and allow to cool slightly. There should be approximately 1 cup of the sauce.

Preheat the oven to 350°F (180°C). Beat the eggs and egg yolks in a bowl. Brush the bottom of the pastry crust with a small amount of the beaten egg and pre-bake for 10 minutes. Remove from the oven and allow to cool for 5 minutes.

Beat the milk into the eggs, add  $\frac{1}{2}$  teaspoon salt, freshly ground pepper to taste and whisk together. Stir in the grated cheeses and tomato sauce and mix well. Pour the mixture into the crust.

Bake for 30 to 35 minutes, until the quiche has set in the middle. Remove from the heat and allow to rest for 15 minutes before serving.

### Tips and storage:

This recipe makes enough dough to make 2 quiches.

Once the pastry dough is formed it can be stored in the refrigerator for up to 3 days or frozen for up to 3 months. If you do not have ceramic baking beans you can use dried beans, dried pasta or rice to hold down the baking parchment while blind baking the pastry case. This quiche can be served warm or cold.

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A glass of vibrant green smoothie is the central focus, garnished with a fresh kiwi slice. The smoothie is served in a clear glass with a wooden straw. The glass sits on a rustic wooden cutting board, which also holds several other kiwi slices and a few spinach leaves. The background is a light, neutral-toned surface, possibly a marble countertop, which provides a clean and bright backdrop for the drink.

## **SPINACH AND KIWI SMOOTHIE**

# SPINACH AND KIWI SMOOTHIE



Serves: 2  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
260 kcal  
6g Fats  
39g Carbs  
17g Protein



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## WHAT YOU NEED

- 6 kiwis, peeled, chopped
- 1 cup (280g) Greek vanilla yogurt
- 1 cup (250ml) almond milk, unsweetened
- 2 cups (60g) baby spinach

## WHAT YOU NEED TO DO

*Place all the ingredients a blender and blend until smooth.*

*Pour smoothie into 2 serving glasses and serve immediately.*

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**MENEMEN (TURKISH  
SCRAMBLED EGGS)**

# MENEMEN (TURKISH SCRAMBLED EGGS)



Serves: 2  
Prep: 15 mins  
Cook: 15 mins



Nutrition per serving:  
324 kcal  
24g Fats  
14g Carbs  
15g Protein



09158290

## WHAT YOU NEED

- 2 tbsp. olive oil
- 1 medium onion, diced
- ½ tsp. dried oregano
- 1 green bell pepper, diced
- 2 tomatoes, chopped
- 4 eggs
- ¼ cup (12g) chopped fresh parsley, plus more for garnish
- salt and pepper

## WHAT YOU NEED TO DO

*Heat the olive oil in a medium non-stick frying pan over medium-high heat. Add the onion, oregano, season with salt and pepper and cook for 5-6 minutes until the onion has softened. Add in the green pepper and cook until for another 5 to 7 minutes.*

*In the meantime, purée half the tomatoes in a food processor or blender.*

*Once the onions and peppers have softened, add the remaining chopped tomatoes and ¼ of the parsley and continue cooking.*

*In a bowl, whisk together the eggs and the puréed tomatoes.*

*Now reduce the heat to low, and add the egg mixture to the frying pan. Cook, stirring occasionally, until the eggs are set but still soft, around 3 to 4 minutes. Taste and add a little more salt, pepper and oregano if desired. Serve immediately garnished with the remaining parsley.*

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**FRITTATA WITH  
BURRATA AND PESTO**

# FRITTATA WITH BURRATA AND PESTO



Serves: 4  
Prep: 10 mins  
Cook: 10 mins



Nutrition per serving:  
396 kcal  
33g Fats  
4g Carbs  
18g Protein



07400872

## WHAT YOU NEED

- 4 oz. (115g) asparagus, tough bottoms removed
- 4 tbsp. green pesto
- 2 tbsp. olive oil
- 8 eggs, lightly beaten
- ¼ cup (05g) grated Parmesan
- 1 large burrata, room temperature (5oz./150g)
- basil leaves, to garnish
- salt and pepper

## WHAT YOU NEED TO DO

*Remove and discard the woody ends of the asparagus spears by cutting off 1-inch off the base of each stem. Cut the asparagus spears into 1-inch (92.5cm) pieces and set aside.*

*Heat the olive oil in a non-stick frying pan over medium-high heat. Add asparagus and season with salt and pepper. Cook for a minute then quickly pour in eggs and stir everything together with a wooden spoon. Tilt the pan and lift mixture at the edges to allow any runny egg from the top to reach its way to the bottom of the pan. Cook the eggs for 3-4 minutes until the frittata is almost set. Sprinkle some Parmesan cheese over the top of the egg.*

*Place a lid over the frying pan and turn off the heat. Leave to stand for 2-3 minutes until the frittata is just set.*

*Remove the frittata from the pan onto a warm plate and place the whole burrata in the center of the frittata. Pierce with the tip of a knife and spoon the burrata over the frittata. Drizzle with the pesto and cut into wedges. Garnish with basil leaves and serve immediately.*

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**GRILLED HALLOUMI  
AND TOMATO SALAD**

# GRILLED HALLOUMI AND TOMATO SALAD



Serves: 6  
Prep: 10 mins  
Cook: 15 mins



Nutrition per serving:  
375 kcal  
27g Fats  
16g Carbs  
17g Protein



07940798

## WHAT YOU NEED

### For the croutons:

- 4 slices bread, thickly chopped
- 2 tbsp. olive oil
- salt

### For the salad:

- 6 baby cucumbers, sliced
- 2 cups (300g) cherry tomatoes, halved
- 8 oz. (225g) halloumi
- 2 cloves garlic
- 4 tbsp. olive oil
- 2 tbsp. red onion thinly sliced
- 2 tbsp. fresh mint, coarsely chopped
- 2 tbsp. fresh basil, coarsely chopped
- 2 tbsp. red wine vinegar
- salt and pepper

## WHAT YOU NEED TO DO

### For the croutons:

Heat oven to 400°F (200°C). Place the chopped bread in a baking dish, drizzle with 1 tablespoon of olive oil and season with salt, then toss until evenly coated. Place the tray in the oven and bake until golden brown and crunchy on the outside. This will take approximately 13-15 minutes, turn the croutons halfway through so they brown evenly. Remove from the oven and set aside to cool.

### For the salad:

Place the sliced cucumbers in a colander and sprinkle with ½ teaspoon of salt and leave to drain.

In a large bowl, combine the tomatoes with about ½ teaspoon of salt.

Smash and peel the garlic cloves and combine with the remaining 2 tablespoons of olive oil in a small bowl, leave to rest.

Pour off excess liquid from the tomatoes. Add the drained cucumbers, red onion, fresh herbs and 2 tablespoons of vinegar, mix well to combine. Remove and discard the garlic cloves from the olive oil and add the oil to the tomatoes.

Add half the croutons to the salad and toss so they absorb the liquid. Taste and adjust the salt, pepper, and vinegar to your liking.

Slice the halloumi about ¼-inch thick, then cut into bite-size pieces. Heat the remaining 1 tablespoon of oil in a non-stick frying pan over medium-high. Cook the halloumi on both sides until golden-brown and crusty, approximately 1 minute per side. Add the halloumi to the salad along with the remaining croutons, mix gently and serve immediately.

### Tip:

Halloumi is a type of Mediterranean cheese available in blocks at cheese shops and in the dairy section of many supermarkets.

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**VIETNAMESE SPRING ROLLS  
WITH PEANUT SAUCE**

# VIETNAMESE SPRING ROLLS WITH PEANUT SAUCE



Makes: 8  
Prep: 40 mins  
Cook: 5 mins



Nutrition per  
serving:  
158 kcal  
6g Fats  
17g Carbs  
10g Protein



09650929

## WHAT YOU NEED

### Spring Rolls:

- 2 oz. (55g) vermicelli rice noodles
- 1 tsp. toasted sesame oil
- ¼ tsp. salt
- 1 cup (75g) lettuce, leaves torn
- 1 cup (90g) red cabbage, shredded
- 2 medium carrots, peeled, cut into matchsticks
- 1 cucumber, sliced into strips
- ¼ cup (125g) spring onions, sliced
- ¼ cup (12g) coriander, chopped
- ¼ cup (12g) mint, chopped
- 16 oz. (450g) cooked prawns
- 8 sheets rice paper (spring roll wrappers)

### Peanut Sauce:

- ⅓ cup (80g) smooth peanut butter
- 2 tbsp. rice vinegar
- 2 tbsp. tamari or soy sauce
- 2 tbsp. honey
- 1 tbsp. toasted sesame oil
- 2 cloves garlic, minced
- 2-3 tablespoons water, as needed

## WHAT YOU NEED TO DO

### For the spring rolls:

Prepare the noodles according to instructions on packaging. Drain and rinse them under cool water, and place in a bowl. Toss the noodles with the sesame oil and salt and set aside.

Fill a shallow pan or container with an inch of water. Fold a lint-free tea towel in half and place it next to the dish. Make sure you have prepared all the other ingredients and have them close by.

Place one rice paper in the water and let it soak for about 10-20 seconds. Remove it from the water and carefully lay it flat on the towel. Leaving about 1 inch of the rice paper around the edges, cover the lower third of the paper with 2-3 prawns, a few pieces of butter lettuce, followed by all the other ingredients. Sprinkle generously with a mixture of the herbs. Ensure that there is not too much filling as you want to be able to fold the rice paper.

Fold the lower edge up over the fillings, rolling upward just until the filling is compactly enclosed. Fold over the short sides like you would to make a burrito. Lastly, roll it up. Repeat with the remaining ingredients.

### For the peanut sauce:

In a small bowl, whisk together the peanut butter, rice vinegar, tamari, honey, sesame oil, and garlic. Whisk in 2-3 tablespoons of water, just enough to achieve a dip-like consistency.

Serve the spring rolls with peanut sauce on the side as a dip. Serve them whole, or sliced in half on the diagonal with a sharp chef's knife.

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**ROMESCO SALSA**

# ROMESCO SALSA



Serves: 10  
(2 tbsp. per serving)  
Prep: 5 mins  
Cook: 25 mins



Nutrition per  
serving:  
52 kcal  
5g Fats  
2g Carbs  
1g Protein



03332894

## WHAT YOU NEED

- 2 red bell peppers
- 4 tbsp. flaked almonds
- 2 tbsp. olive oil (if avoiding oil, sub water)
- 2 tbsp. lemon juice
- 2 garlic cloves, roughly chopped
- ¼ tsp. sea salt
- ¼ tsp. red chili flakes

## WHAT YOU NEED TO DO

Heat an oven to 500°F (260°C) and line a baking tray with aluminum foil. Roast the peppers (whole) for about 20 minutes, or until nearly blackened on all sides. Remove from the oven and either wrap the peppers in aluminum foil or place them in a sealed bag and allow them to steam for a few minutes.

In the meantime, toast the almonds in a dry pan over medium-low heat, until golden brown. This will take about 5 minutes, take care not to burn the nuts. Set aside.

Now unwrap the peppers and remove and discard the skin, stems, and seeds.

Place the flesh of the peppers into a food processor or blender along with the toasted almonds, olive oil, lemon juice, garlic, salt, and chili flakes.

Blend until creamy and smooth then taste and adjust the flavorings, adding more lemon, garlic, salt and chili flakes to taste.

Once cooled, store this salsa in an airtight container in the refrigerator for 5-7 days.

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**TUNA SALAD WITH  
ROMESCO SALSA**

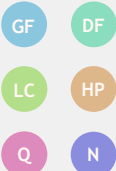
# TUNA SALAD WITH ROMESCO SALSA



Serves: 4  
Prep: 10 mins  
Cook: 0 mins



Nutrition per  
serving:  
208 kcal  
13g Fats  
6g Carbs  
20g Protein



06522524

## WHAT YOU NEED

- 1 head lettuce, leaves torn
- ½ cup (90g) green olives
- 2x 5 oz. (140g) cans tuna, drained, flaked
- 16 anchovies, drained, rinsed
- 1 white onion, sliced
- 8 tbsp. Romesco salsa
- sea salt flakes, to taste
- ground black pepper, to taste

## WHAT YOU NEED TO DO

*Divide the salad leaves and olives between 4 plates. Place ½ can of tuna flakes and 4 anchovies over each salad. Top with sliced onion and drizzle with the Romesco salsa.*

*Season to taste with sea salt flakes and freshly ground black pepper.*

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**SALMON AND POTATOES  
WITH ROMESCO SALSA**

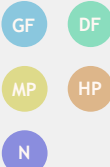
# SALMON AND POTATOES WITH ROMESCO SALSA



Serves: 4  
Prep: 5 mins  
Cook: 35 mins



Nutrition per serving:  
457 kcal  
22g Fats  
32g Carbs  
34g Protein



03957370

## WHAT YOU NEED

- 1 lb. 3 oz. (600g) salmon fillet (4 fillets)
- 1 lb. 5 oz. (680g) baby potatoes halved lengthwise
- 2 tbsp. olive oil
- 8 tbsp. Romesco salsa
- 2 tbsp. parsley, chopped, to garnish

## WHAT YOU NEED TO DO

*Preheat the oven to 400°F (200°C) and line a baking tray with parchment paper.*

*Place the potatoes on the baking sheet, drizzle with olive oil, season with salt and pepper and toss until potatoes are coated. Place the tray in the oven and bake for 20 minutes.*

*Spread 4 tablespoons of the Romesco salsa on top of the salmon fillets (1 tablespoon per fillet).*

*Remove the baking sheet from the oven, push the potatoes to one side of the tray and place the salmon on the baking tray. Cook for another 15 minutes, until the salmon is cooked through.*

*In a bowl, combine the roasted potatoes with another 4 tablespoons of the Romesco salsa and divide between 4 plates, placing a fillet of salmon on each plate and garnishing with parsley.*

*Serve with choice of greens, steamed broccoli or cooked green beans.*

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**OVEN ROASTED  
CHICKEN SHAWARMA**

# OVEN ROASTED CHICKEN SHAWARMA



Serves: 6  
Chill: 1 hr  
Cook: 40 mins



Nutrition per serving:  
442 kcal  
37g Fats  
3g Carbs  
25g Protein



06847852

## WHAT YOU NEED

- 2 lemons, juiced
- ¼ cup (60ml), plus 1 tbsp. olive oil
- 6 cloves garlic, minced
- 1 tsp. salt
- 2 tsp. ground black pepper
- 2 tsp. ground cumin
- 2 tsp. ground paprika
- ½ tsp. turmeric
- pinch ground cinnamon
- chili flakes, to taste
- 2 lbs. (900g) chicken legs
- 1 red onion, peeled and quartered
- 2 tbsp. chopped fresh parsley

## WHAT YOU NEED TO DO

*Prepare the marinade by combining the lemon juice, ½ cup olive oil, garlic, salt, pepper, cumin, paprika, turmeric, cinnamon and chili flakes in a large bowl, then whisk to combine. Add the chicken and toss well to coat in the marinade. Cover and store in the refrigerator for at least 1 hour, or up to 12 hours.*

*Heat oven to 425°F (220°C). Use the remaining 1 tablespoon of olive oil to grease roasting tin.*

*Add the quartered onion to the chicken and marinade.*

*Remove the chicken and onion from the marinade and place in the roasting tin. Roast in the oven until golden and cooked through, approximately 30 to 40 minutes. Remove from the oven, allow to rest for 5 minutes, then shred the chicken into pieces.*

*To serve garnish the chicken with the parsley over the top.*

### **Serving suggestions:**

*Tomato, cucumbers and chickpea salad, warm pitta bread, hot sauce and olives.*

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**BUCKWHEAT  
RISOTTO**

# BUCKWHEAT RISOTTO



Serves: 2  
Prep: 10 mins  
Cook: 25 mins



Nutrition per serving:  
445 kcal  
11g Fats  
57g Carbs  
33g Protein



05543960

## WHAT YOU NEED

- 1 tbsp. olive oil
- 1 garlic clove, chopped
- 1 leek, sliced
- 7 oz. (200g) chicken breast, chopped
- 2 tsp. dried oregano
- 3.5 oz. (100g) buckwheat groats
- $\frac{3}{4}$  cup (180ml) boiling water
- 2 tbsp. tamari, or soy sauce
- 1 tbsp. balsamic vinegar
- $\frac{1}{3}$  head savoy cabbage, finely chopped
- salt and pepper

## WHAT YOU NEED TO DO

*Heat the oil in a large frying pan over medium heat and add the garlic and leek. Season with salt and pepper and fry for 2 minutes, stirring every now and then. Cover the pan and continue to cook for a further 2-3 minutes until the leek has softened.*

*Season the chicken breast with salt, pepper and dried oregano. Move the leek to the side of the pan and place the chicken on the other side. Cook the chicken for 6-7 minutes, turning often, until cooked through and golden browned.*

*Add in the buckwheat groats and mix in all the remaining ingredients. Cook for 1-2 minutes and then add the hot water along with tamari (or soy sauce) and balsamic vinegar, bring to a boil. Cover the pan, turn the heat down to low and simmer gently for around 5 minutes.*

*Add the chopped cabbage, mix through and cover. Cook for a further 3 minutes then remove the lid and cook uncovered for another 3 minutes. Serve immediately.*

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**SLOW COOKER  
TERIYAKI CHICKEN**

# SLOW COOKER TERIYAKI CHICKEN



Serves: 8  
Prep: 15 mins  
Cook: 6 hrs



Nutrition for  
serving:  
224 kcal  
6g Fats  
18g Carbs  
25g Protein



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## WHAT YOU NEED

- 2 lbs. (900g) boneless, skinless chicken thighs
- ½ cup (120ml) tamari, or soy sauce
- ⅓ cup (115g) honey
- ⅓ cup (80ml) water
- ¼ cup (60ml) mirin
- 2 cloves garlic minced
- 2 tsp. root ginger, grated
- 2 tbsp. cornflour (cornstarch)
- 2-3 tbsp. water
- 2 tbsp. sesame seeds
- 4 spring onions, chopped

## WHAT YOU NEED TO DO

*Place the tamari sauce, honey, water, mirin, garlic and ginger into the slow cooker. Stir until combined, then add the chicken and mix to coat. Place the lid on the slow cooker, and cook on low setting for 4-5 hours.*

*In a small bowl, mix together the cornflour and water, then mix into the sauce in the slow cooker. Replace the lid and cook on high for a further 30 minutes to 1 hour, until the sauce has thickened.*

*Remove the chicken from the slow cooker, shred, then return to the sauce and mix gently. Serve with rice and garnish with the spring onions and sesame seeds.*

*To store: Cool completely and place in an airtight container in the refrigerator for up to 4 days. Freeze for up to 3 months.*

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capable*

A close-up photograph of a glass bowl filled with a pink, speckled chia pudding. The pudding is topped with a halved strawberry, several thin slices of coconut, and a few almond flakes. In the background, another similar bowl is visible, and a whole strawberry sits on the surface in the bottom right corner. The text "STRAWBERRY COCONUT CHIA PUDDING" is overlaid in a white box on the right side of the image.

**STRAWBERRY COCONUT  
CHIA PUDDING**

# STRAWBERRY COCONUT CHIA PUDDING



Serves: 8  
Prep: 5 mins  
Chill: 4 hrs



Nutrition per  
serving:  
131 kcal  
5g Fats  
19g Carbs  
4g Protein



00660884

## WHAT YOU NEED

- 16 oz. (450g) strawberries, chopped
- 1 cup (240ml) oat milk
- ½ cup (120g) natural yogurt
- 1 tsp. vanilla extract
- ¼ cup (85g) maple syrup
- ½ cup (80g) chia seeds

## WHAT YOU NEED TO DO

*Add the strawberries, milk, yogurt, vanilla extract, and maple syrup to a food processor or blender and blend until smooth. Add the chia seeds and mix well.*

*Refrigerate for at least 4 hours (or overnight), until the mixture reaches a thick pudding-like consistency.*

*Serve garnished with additional fresh strawberries or other fruit of choice.*

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A top-down photograph of several round, no-bake protein cookies. Each cookie is made of a dark brown, textured mixture of oats and protein powder. In the center of each cookie, there is a dollop of light-colored frosting, and a single pecan nut is pressed into the frosting. The cookies are arranged on a piece of light brown parchment paper. In the upper right corner, a portion of a white surface with a gold-colored grid pattern is visible. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text "NO BAKE PROTEIN COOKIES" in a bold, black, sans-serif font.

**NO BAKE  
PROTEIN COOKIES**

# NO BAKE PROTEIN COOKIES



Makes: 24  
Prep: 20 mins  
Chill: 30 min



Nutrition per  
serving:  
124 kcal  
7g Fats  
14g Carbs  
3g Protein



06762148

## WHAT YOU NEED

- 2 cups (160g) rolled oats
- ½ cup (50g) vanilla protein powder
- 1 cup (260g) natural peanut butter
- ½ cup (120ml) honey
- 1 tsp. vanilla extract
- ¼ cup (60ml) water
- ⅓ cup (55g) white chocolate chips

## WHAT YOU NEED TO DO

*Place all ingredients in a high-speed blender and blend for 2-3 minutes, stopping to scrape the sides as needed.*

*If necessary, add a little more water by the tablespoon to form a doughy ball. The cookies should hold shape, but also be soft enough so that you can press your thumb in the middle. Use 1½ tablespoons of dough to form cookies using your hands.*

*Roll into balls and place on a baking sheet. Using a teaspoon, or your finger press a hole in each cookie to create the thumbprint.*

*Next, melt the white chocolate in a microwave and place ½ teaspoon of melted chocolate into the center of each thumbprint.*

*Place the baking sheet into the freezer and chill for 30 minutes until the chocolate has set. Remove and place in an airtight container. Store on the counter top for up to 5 days.*

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capable*





**MINI RASPBERRY  
YOGURT CHEESECAKES**

# MINI RASPBERRY YOGURT CHEESECAKES



Makes: 12  
Prep: 20 mins  
Cook: 20 mins



Nutrition per  
serving:  
141 kcal  
10g Fats  
10g Carbs  
3g Protein



04507093

## WHAT YOU NEED

### **For the crust:**

- 6 digestive biscuits
- 3 tbsp. butter, room temperature

### **For the filling:**

- 8 oz. (230g) cream cheese, room temperature
- ½ cup (120g) Greek yogurt
- 4 tbsp. honey
- 1 large egg white
- 1 tsp. vanilla extract
- 4 tbsp. raspberry jam

## WHAT YOU NEED TO DO

*Preheat the oven to 350°F (180°C) and line a muffin tin with paper muffin liners.*

*Next, prepare the digestive cookie crust. Place the cookies and butter into a high-speed blender or food processor and blitz until the mixture forms a crumble.*

*Spoon 2 tablespoons of the crumble into each muffin liner and gently press down. Place the tray in the oven and bake the crust for 5 minutes.*

*Meanwhile, prepare the filling. Place the softened cream cheese, yogurt, honey, egg white, and vanilla extract into a high-speed blender or food processor and blitz until smooth.*

*Top the baked crust with around 2 tablespoons of the mixture and add 1 teaspoon of raspberry jam on top. Use a toothpick or knife to swirl the jam through the cheesecake mixture. Return the tray to the oven and bake for 10-12 minutes, or until firm to the touch.*

*Remove the tray from the oven and allow the cheesecakes to cool for at least 15 minutes before removing from the muffin tin. Place in an airtight container and store in the refrigerator to chill for 2 hours before serving.*

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capable*



**VANILLA PROTEIN  
BAKED OATMEAL**

# VANILLA PROTEIN BAKED OATMEAL



Serves: 1  
Prep: 5 mins  
Cook: 20 mins



Nutrition per  
serving:  
422 kcal  
13g Fats  
55g Carbs  
21g Protein  
11g Fiber



GF

V

DF

Q

HP

## WHAT YOU NEED

- ½ ripe banana
- 40g oats
- 15g vanilla protein powder
- 150ml oat milk (any milk works fine)
- 2 tsp chia seeds
- 1 tsp baking powder
- 1 tsp vanilla extract
- 10g dark chocolate chips
- optional toppings:  
strawberries, peanut butter,  
chocolate sauce

## WHAT YOU NEED TO DO

*Preheat oven to 180C*

*Mash up half a ripe banana, add oats, protein powder, milk, chia seeds, baking powder, and vanilla*

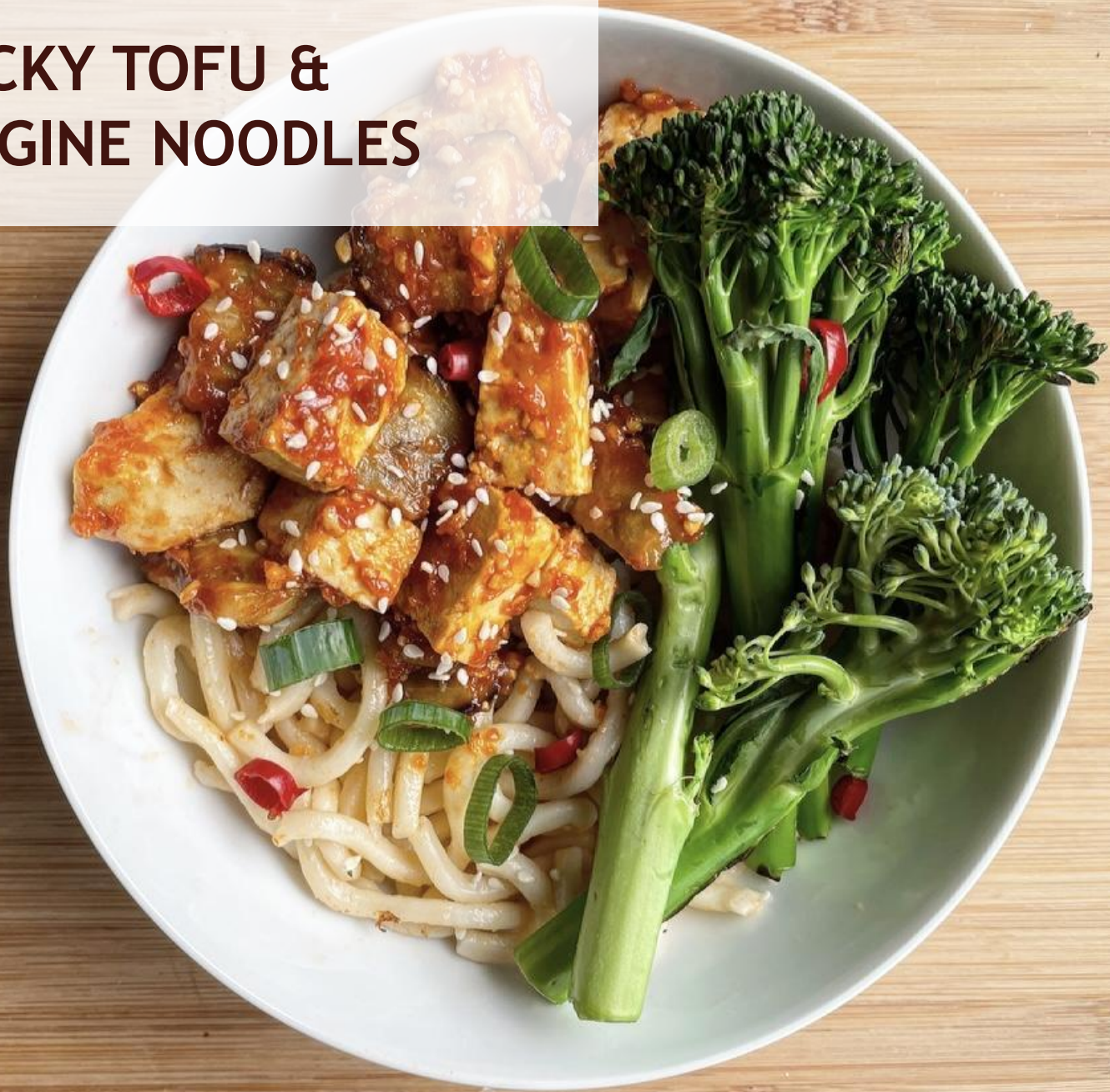
*Pour into an oven proof dish and cook for 20 minutes*

*Once cooked, take out and let rest for 10 minutes*

*Add your toppings and enjoy!*

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# STICKY TOFU & AUBERGINE NOODLES



# STICKY TOFU & AUBERGINE NOODLES



Serves: 4  
Prep: 15 mins  
Cook: 30 mins



Nutrition per  
serving:  
391 kcal  
9g Fats  
61g Carbs  
19g Protein  
7g Fiber



DF

HP

LC

V

MP

Q

## WHAT YOU NEED

- 1 block extra firm tofu
- 600g of noodles
- 1 aubergine/eggplant
- 3 tbsp cornstarch
- 3-4 tbsp maple syrup
- 2 tsp ginger
- 2 tsp garlic
- 2 ½ tbsp soy sauce
- ½ cup water
- 2 tbsp lemon juice
- 1 head of broccoli
- 1 tbsp olive oil

optional: spring onion, chillies,  
sesame seeds

## WHAT YOU NEED TO DO

*Chop aubergine into small bite sized pieces and cook in a frying pan with olive oil on low heat*

*Chop tofu into small pieces and cover in cornstarch, and add to frying pan with the aubergine*

*Cook noodles according to package instructions*

*Make sticky sauce by chopping ginger and garlic and add maple syrup, soy sauce, water, and lemon juice and mix well*

*Add sticky sauce to frying pan and coat aubergine and tofu and add broccoli and cook for 3 minutes*

*Add noodles and sticky tofu mixture to a bowl and top with spring onion, chillies and sesame seeds*

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# BEAN BURRITO BOWL



# BEAN BURRITO BOWL



Serves: 2  
Prep: 15 mins  
Cook: 20 mins



Nutrition per serving:  
529 kcal  
13g Fats  
79g Carbs  
18g Protein  
15g Fiber



GF

V

DF

Q

MP

## WHAT YOU NEED

- ½ head of lettuce
- ½ red onion
- 1 bell pepper
- 1 can of black beans
- 1 tbsp olive oil
- 1 tsp paprika
- 1 tsp chilli powder
- ½ can sweet corn
- 250g brown rice
- optional toppings: salsa, guacamole, lime, cilantro

## WHAT YOU NEED TO DO

*Heat olive oil and fry red onion and bell pepper for 5 minutes, once cooked add black beans, paprika and chilli powder and cook for another 5 minutes and remove from heat*

*Cook rice according to package instructions*

*Chop lettuce and place in bowl with sweetcorn, bean mixture and rice once it's cooked*

*Top with guacamole, salsa and cilantro and a squeeze of lime!*

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