



## SET YOURSELF UP FOR SUCCESS

### PERFECT BALANCE RECIPES – FOR MEAL PLAN A

#### BREAKFAST

##### POACHED EGGS WITH AVOCADO SMASH ON TOAST (SERVES 1)

###### Ingredients

1-2 eggs  
1 slice of bread, toasted (rye, wholegrain or sourdough work well)

###### Avocado Smash

½ a ripe avocado (keep the other half of avocado mash for next day or freeze)  
A good squeeze of lime juice  
Sprinkle of Sea salt  
Sprinkle of chilli flakes

###### Optional extras

1 tbsp. of crumbled feta optional  
4 cherry tomatoes, halved

###### Method

- Poach egg/s in boiling water
- Peel & mash the avocado with a fork, season with salt & chilli flakes, add a good squeeze of lime juice (refrigerate or freeze one half for another time).
- Spread the avocado mash on a slice of toast. Sprinkle over some feta & halved cherry tomatoes if using.
- Top with poached eggs and enjoy.

##### ULTIMATE BREAKFAST SMOOTHIE

###### Ingredients

120g of fresh/frozen strawberries  
300 ml of unsweetened almond milk  
1 small banana (ideally sliced then frozen)  
1tbsp almond butter  
1/3 cup of oats  
1 scoop (25g) vanilla flavoured protein powder Or 2 tbsp. of flaxseed or shelled hemp seed.  
1tsp cinnamon

**Method:** Blend all of the ingredients together and enjoy.

##### SUPERFOOD SMOOTHIE

###### Ingredients

1 cup of packed baby spinach leaves  
½ cup blueberries  
½ banana  
1 cup of coconut milk  
½ tsp vanilla extract

**Method:** Blend together until smooth, serve cold.



### GENUINELY SUGAR-FREE GRANOLA (MAKES 12 SERVINGS)

It is virtually impossible to buy a nice granola that is *genuinely* sugar free. Even a lot of seemingly 'healthy' granola recipes contain lots of sugar in the form of dried fruit, honey or sugar substitutes. The protein, fibre and essential fats in this granola will stave off sugar cravings and supercharge your energy levels at any time of the day.

#### Ingredients

¼ cup coconut oil  
1 cup oats  
1 cup sunflower seeds  
1 cup pumpkin seeds  
1 cup chopped almonds (you can chop them in a food processor or use a knife)  
2 teaspoons ground cinnamon  
1 teaspoon almond extract or vanilla extract (I use both)  
Tiny pinch of sea salt

#### Method

- Preheat the oven to 190°C. Line two baking trays with baking paper or grease lightly with coconut oil.
- Melt the coconut oil in a small saucepan, set aside.
- Place all of the remaining ingredients in a large bowl and mix together. Make a well in the middle and add the melted coconut oil. Mix thoroughly until everything is lightly coated with the oil.
- Divide the granola evenly between the two trays and spread out in a thin layer. Bake in the oven for about 15 minutes until lightly toasted and golden. Stir half way through to avoid burning.
- Allow to cool, then store in an airtight container for up to 1 month.

**Tip:** Take care not to overcook as these ingredients burn easily and will taste bitter if cooked for too long. I find that the baking tray that's placed on the lower shelf of the oven cooks a little quicker than the one on the upper shelf, so I take it out a few minutes earlier.

### BANANA, OAT & BLUEBERRY PANCAKE (SERVES 1)

These healthy pancakes are worth getting out of bed for. The protein and fibre content will keep you full for hours and kids love them too!

#### Ingredients

½ banana, mashed well  
1 egg  
3 tbsp porridge oats  
Pinch cinnamon  
Handful of blueberries

#### Method

- Mash the banana in a bowl, add in the egg and cinnamon and whisk together well.
- Add the oats and mix through till well combined.
- Bring a non-stick pan to medium heat, add a drizzle of oil or a tiny knob of butter.
- Pour the mixture into the pan, and cook for 3-4 minutes. Press in the blueberries all around the top of the pancake. Flip carefully using a large flat spatula, and cook the other side for 2-3 mins. Allow to cool for a few minutes then enjoy





## SNACKS/ TREATS

### OATY BAKE BISCUITS (MAKES 8)

These oaty biscuits really hit the spot for a mid-morning or afternoon treat with a cuppa.

As biscuits go, these are pretty healthy & wholesome giving you plenty of slow release energy & fibre. The protein and healthy fats from the almonds and coconut oil will prevent these biscuits from spiking your blood sugar levels, just make sure to only eat one!

#### Ingredients:

##### Wet:

80g coconut oil  
75ml brown rice  
syrup  
2tsp vanilla extract  
60ml almond milk

##### Dry:

100g oats  
50g ground  
almonds  
10 almonds,  
roughly sliced  
1 heaped tsp  
cinnamon  
1 level tsp  
ground ginger  
35g desiccated  
coconut  
Tiny pinch of salt

#### Method

- Line a baking tray with baking paper & preheat oven to 180 degrees Celsius, gas mark 6.
- Melt the coconut in a small pot, remove from heat then add the syrup and vanilla followed by the almond milk and stir well.
- Add all the dry ingredients to a large bowl and stir to combine. Pour the wet ingredients into the dry and stir until well combined.
- Use your hands to scoop and shape the mixture into a ball (one at a time), place onto your baking tray and then flatten down with your fingers, shaping the edges into a circle. Repeat for 8 even sized biscuits.
- Bake for 15-18 minutes until golden brown. Allow to cool completely before eating. The biscuits harden once properly cooled.

### NATURALLY HEALTHY GRANOLA BARS (MAKES APPROX. 12 BARS)

#### Ingredients

190g oats  
1tbsp pumpkin seeds  
2tbsp sunflower seeds  
6 medjool dates, finely chopped  
2tbsp of peanut butter  
2 tbsp coconut oil  
1tbsp honey

#### Method

- Preheat oven to 165 °C. Line a 9 X 9 inch square baking pan with parchment paper, leave extra overhang on all sides to make taking them out easier.
- In a large bowl, combine the oats, coconut flakes, nuts and dried fruit.
- In a mug, combine the oil followed by the honey and vanilla extract.
- Add the wet ingredients to the dry and stir until well combined.
- Spread the mixture into the lined baking pan. Make sure to press down very firmly with the back of a spatula or the palm of your hand for up to a minute.
- Bake in oven for approx. 30 minutes.
- Allow to cool completely in the baking pan for a least one hour.
- Using the parchment paper as handles, remove from the baking pan onto a cutting board.
- Cut into approx. 12 rectangular bars and store in an air tight container.



## CHOCOLATE PROTEIN SMOOTHIE (SERVES 1)

This smoothie really hits the spot if you're craving something sweet. A great energy & mood booster! Good option for after a workout, bear in mind that it clocks in at about 200 calories.

### Ingredients

½ avocado (freeze the other half or make double recipe & refrigerate 2<sup>nd</sup> smoothie)  
½ banana (freeze the other half or make double recipe & refrigerate 2<sup>nd</sup> smoothie)  
1tbsp raw cacao powder  
1 scoop of peanut butter powder or protein powder (vanilla or choc flavours)  
2 cups almond milk  
Squirt of honey (optional)  
Handful Spinach (optional)

### Method

Put all ingredients into a blender & blitz until smooth. If you like it colder use frozen banana & cold almond milk or refrigerate before drinking.

## SPICED SEEDS

### Ingredients

100g pumpkin seeds  
100g sunflower seeds  
1tsp coconut oil  
1tbsp tamari  
1tsp of smoked paprika  
1/8 tsp mild chilli powder

### Method

- Preheat oven to 150 degrees Celsius and line a baking tray with baking paper.
- Place the seeds in a large bowl.
- Melt the coconut oil in a separate bowl then add the tamari and whisk together.
- Pour over the seeds and mix through until well coated. Sprinkle over the spices and toss to coat again before tipping into the prepared baking tray. Bake in the oven for about 30 minutes until brown and crunchy. Give the tray a good shake a few times during cooking time.
- Store in an air tight container. Eat a palmful for a tasty snack or sprinkle over salads for an extra bit of texture





## LUNCH

### CARROT, LENTIL & GINGER SOUP (SERVES 4-6)

#### Ingredients

1tbsp coconut oil  
1 medium white onion  
2 carrots, thinly sliced  
2 garlic cloves, peeled & thinly sliced  
1tbsp fresh ginger, finely chopped  
1 tin of green puy lentils, drained & rinsed

3 cups of low salt vegetable stock  
1 tbsp. of fresh coriander leaves, chopped  
¼ tsp sea salt & ¼ tsp of black pepper (reduce salt if using a salty stock)

#### Method

- Melt the coconut oil in a large pot over medium heat. Add the onion and carrot and sauté for 3 minutes, then add the ginger & garlic and sauté for another couple of minutes.
- Add the stock to the pot and bring to a boil. Reduce to a simmer and cook for about 5 minutes until the carrots are tender.
- Add the lentils, seasoning and coriander. Stir for a minute or so then serve as is for a chunky soup or allow to cool and blend with a hand blender for a smooth consistency.

### CREAMY BROCCOLI SOUP (SERVES 6)

#### Ingredients

2tbsp coconut oil  
2 garlic cloves, minced  
1 leek, sliced  
2 heads of broccoli, broken into florets  
A fistful of spinach leaves  
2tsp ground cumin  
1.25 litres of low salt vegetable stock/bouillon  
400ml of full fat coconut milk  
Sea salt & black pepper to taste

#### Method

- Melt the coconut oil in a large pot over medium heat. Add the leek and sauté for around 5 minutes until softened.
- Add the cumin and garlic and cook for another 2 minutes, stirring so the garlic doesn't burn.
- Pour in the vegetable stock and add the broccoli, bring to a boil, then reduce heat and allow to simmer for around 10-15 minutes.
- Add the spinach and coconut milk and simmer uncovered for a few minutes until soup thickens and spinach wilts.
- Blend until smooth then season to taste.





### CHICKEN WALDORF SALAD (SERVES 2)

You can get two meals out of this super tasty & filling salad.

#### Ingredients

2tbsp natural Greek yogurt  
1tsp mild curry powder  
1 tablespoon fresh lemon juice  
A good pinch of sea salt & black pepper  
1 red apple, cored and cut into ½ inch pieces  
1 stick celery, thinly sliced  
6 red seedless grapes, halved  
6 Gem lettuce leaves  
8 walnuts, halved  
1-2 cooked chicken breasts or left over roast chicken, thinly sliced

#### Method

- In a salad bowl mix together the yogurt, curry powder, lemon juice and seasoning.
- Add the celery, apple, grapes and walnuts. Toss to coat with dressing.
- Divide the salad in half and serve each portion on top of 3 gem lettuce leaves.
- Place the sliced chicken on top & enjoy.

**Serving suggestion:** You can eat this salad alone as a low carb option or serve with one slice of wholegrain bread or a couple of oat cakes/wholegrain crackers.



### SPRING OMELETTE WITH MUSHROOM, MOZZARELLA & ASPARAGUS

#### Ingredients (serves 1)

2 eggs, beaten  
50ml milk  
4 small asparagus spears, quartered  
5 button mushrooms, halved  
1 spring onion, chopped  
A handful of mozzarella/parmesan cheese  
2 tsp olive oil  
Sea Salt & Black Pepper.

#### Method

- Fry the onion, mushroom and asparagus in a little olive oil for 3-4 mins.
- Meanwhile, whisk the eggs and milk together in a bowl, add some seasoning then pour in the sautéed vegetables and give it a stir.
- Pour the mixture back into the pan and cook over medium heat for a few minutes. When almost cooked, sprinkle the parmesan cheese over, allow to melt a little, then fold the omelette in half and serve with a mixed leaf & cherry tomato salad.

### AVOCADO SMASH

½ a ripe avocado (keep the other half of avocado mash for next day or freeze)

A good squeeze of lime juice  
Pinch of Sea salt  
Sprinkle of chilli flakes

#### Optional extras

A tbsp of crumbled feta optional  
4 cherry tomatoes, halved

#### Method

Mash the avocado with a fork, season, squeeze in lime juice, mix through then add chilli flakes if desired. Lovely spread on a sesame-seed ryvita or on wholegrain toast with poached egg.



## BUILD YOUR OWN SALAD BOWL

Follow the steps below to build a tasty & nutritionally balanced salad bowl

**Step 1: Choose a protein (you can combine a couple of these)**  
e.g. 100g cooked chicken/turkey, 120g tinned/cooked fish  
e.g. tuna, 50-100g smoked salmon, 1-2 hard-boiled egg, 150g tofu, 130g beans e.g. chick peas, 40g cheese, 70g hummus.

**Step 2: Choose your greens**  
100g of mixed leaves e.g. lambs lettuce, ruby chard, rocket, baby spinach, kale, steamed broccoli

**Step 3: Add colourful veggies**  
Grated carrot, onion, peppers, courgette, tomatoes, cucumber, ½ an avocado, beetroot, leftover roasted veg e.g. butternut squash

**Step 4: Add a grain (optional)**  
60g cooked quinoa or brown rice

**Step 5: Add a dressings**  
See recipes for dressing like this simple balsamic dressing  
e.g. 1 tbsp. of virgin olive oil & 1tbsp of quality balsamic vinegar

**Optional toppings:**  
1 tbsp. of seeds/nuts e.g. pumpkin seeds or pine nuts, 50g pomegranate seeds, 40g blueberries/strawberries.

**Chick Pea, Tomato & Avocado Salad (serves 1)**  
Add tuna or feta to increase protein & make more filling. A tasty nutritious salad, very easy to throw together and bring to work.

**Ingredients**  
130g tin of chickpeas, drained  
½ a ripe avocado, sliced (freeze the other half in a little lemon juice)  
1 large vine tomato, cut into wedges

4 thick slices of cucumber, cut into half moons  
1tbsp of red onion, finely chopped  
**Optional:** 120g tin of tuna, drained or 40g Feta cheese, crumbled

**Dressing:**  
1tbsp of extra virgin olive oil  
1-2 tsp. of balsamic vinegar or fresh lemon juice  
Sea salt & black pepper to taste

**Method:**  
Add all the ingredients to a bowl and mix through dressing when ready to serve.





## DINNER

### CHILLI CON VEGGIE (ONE POT WONDER)

#### Ingredients

2tbsp olive oil  
1 red onion, finely chopped  
½ yellow pepper, finely chopped  
2 garlic cloves, minced  
1 cup uncooked quinoa (200g)  
2 cups vegetable stock/bouillon  
1tsp chilli powder  
1tsp smoked paprika  
250g butternut squash, peeled & cubed  
2 X 400g tin chopped tomatoes  
400g tin kidney beans  
1tbsp coriander leaves chopped

**Optional toppings:** 1 tbsp of Natural Greek yogurt drizzled with 1tsp of my **5 minute sweet chilli sauce**. Avocado chunks/smash seasoned with salt & lime juice also makes for a nice topping.

#### Method

- Add the quinoa to a bowl and cover with boiling water from kettle, set aside to soak while you prepare remainder of ingredients
- Heat the oil in a large pot then add the onion & peppers and fry for a few minutes, add the garlic and spices and stir fry for another 2 minutes.
- Stir in the butternut squash and cook for 5 minutes then add the tinned tomatoes and simmer for 15 minutes
- Drain the quinoa and add it to the pot along with 2 cups of vegetable stock. Bring to a boil, then simmer for 15-20 minutes until the quinoa is cooked & the squash is tender.
- Add the kidney beans and allow to warm through before serving with a dollop of Greek yogurt, a teaspoon of my natural sweet chilli sauce (see 5 minute recipe) and a scattering of coriander leaves, these toppings take this dish to another level!

### NATURAL SWEET CHILLI SAUCE (5 MINS TO MAKE)

#### Ingredients

1/3 cup maple syrup  
1/4 cup apple cider vinegar  
1/4 cup water  
3 garlic cloves, minced  
2 tsp chilli flakes  
1 tbsp. ground arrowroot powder

#### Method

- Add the maple syrup, vinegar and water to a small pot over medium heat.
- Let the mixture come to a boil then add the garlic and chili flakes. Allow to simmer for a couple minutes.
- Put the arrowroot powder into a small bowl then add a splash of water and stir to dissolve. Add it to the chili sauce and stir for a minute until thickened.
- Pour the sauce into a jar with a lid and store in the fridge for up to 2 weeks.





### BALSAMIC CHICKEN (SERVES 4)

#### Ingredients

4 skinless chicken breasts  
2 garlic cloves, minced  
1tbsp olive oil  
1 heaped tsp. paprika  
½ tsp of fresh/dried rosemary  
3tbsp balsamic vinegar  
4 tbsp. water  
Ground black pepper

#### Method

- In a bowl, combine the oil, paprika, garlic, rosemary and a few shakes of black pepper. Mix well until it becomes a paste then rub onto both sides of each chicken breast.
- Place the chicken breasts onto a lined roasting tin and drizzle a little water over each one.
- Bake in a preheated oven (190°C) for about 20 minutes until the chicken is cooked through.
- Remove from oven, then drizzle over the balsamic vinegar. Transfer chicken to serving plates then stir the liquid in the roasting tin and drizzle over the chicken.

**Serving Suggestion:** For a low carb option, serve with the chunky ratatouille recipe below or steamed greens/mixed salad. For a higher carb meal, add a moderate portion of brown basmati rice or baby potatoes if desired.

### CHUNKY RATATOUILLE (SERVES 4)

The beauty of ratatouille is its versatility, it works well served alongside any kind of meat, fish, chicken or with pasta/quinoa. It keeps in the fridge for 3 days and freezes for up to 3 months, a really handy number to have on hand.

#### Ingredients

2 tbsp olive oil  
1 courgette, sliced into thick half moons  
1 aubergine, sliced into thick quarter moons  
2 garlic cloves, minced  
1 red onion, finely sliced  
1 yellow pepper, diced  
4 large plum tomatoes, diced  
2 tsp balsamic vinegar  
A handful basil leaves, finely chopped

#### Method

- Heat the oil in a large pan. Add the onions and cook for a couple of minutes until softened.
- Add the aubergines, stir and cook for a couple of minutes. Repeat with the courgettes, followed by the garlic and yellow pepper.
- Stir in the tomatoes along with 4 tbsp of water then bring to the boil. Turn the heat down to medium-low, then cover and simmer for 12-15 minutes until the vegetables are softened.
- Stir through the balsamic vinegar and chopped basil, then season with salt and black pepper to taste.



### MEDITERRANEAN VEGETABLE FRITTATA (SERVES 2-4)

This reduced carb veggie frittata keeps in the fridge for a couple of days so you can leave some over for lunch/supper the following day.

#### Ingredients

- ½ small red onion, finely chopped
- 2 tbsp. olive oil
- 8 button mushrooms
- ½ a yellow pepper, finely chopped
- 4 pre-cooked baby potatoes, cooled and sliced into rounds
- ¼ cup frozen petit pois
- 2 cloves garlic, crushed
- 6 cherry tomatoes, halved
- 4 large eggs, beaten
- 50g feta cheese, crumbled
- 1 tsp herbs de provence
- ¼ tsp chilli flakes, 1/4 tsp salt, ¼ tsp black pepper

#### Method

- Boil the baby potatoes until tender then allow to fully cool.
- Chop the pepper & onion. Heat the oil in a large frying pan. Fry the onion for 2 minutes then add the pepper, mushroom and garlic along with the herbs and chilli flakes and fry for another 3 minutes until softened. Stir through the peas.
- Beat the eggs in a large bowl and season with salt & pepper. Add the veggies from the pan into the bowl with the egg mixture. Add in the sliced potato and stir to combine.
- Put your pan back on the cooker over medium heat. Gently pour the mixture back into the pan and scatter the cherry tomatoes & feta on top.
- Cook on the hob for a few minutes until the eggs are starting to set and then put under a medium-hot grill to finish off. Serve with a green leafy salad.

### ONE PAN BAKED SALMON WITH VEGGIES (SERVES 2)

This is a quick & easy meal to throw into the oven. Minimal prep & clean up but very tasty & nutritious.

#### Ingredients

- 2 salmon fillets
- 6-8 small baby potatoes
- 2tbsp olive oil
- 1tbsp Balsamic vinegar
- 8 Long Asparagus spears (trimmed each end)
- 8 cherry tomatoes
- A handful basil leaves, chopped
- A pinch of sea salt & black pepper

#### Method

- Heat oven to 200C. Tip the potatoes into a large oven dish, sprinkle some salt over & drizzle with 1tbsp oil and roast for approx. 15 mins.
- Add the salmon fillets and asparagus, drizzle with the remaining oil and bake for 10 minutes further.
- Finally add the tomatoes, drizzle the balsamic vinegar over, and return to the oven for a final 5-10 minutes.
- Serve immediately, spooning the juice from the oven dish over and garnish with fresh basil & seasoning.





### LEMON & HERB COD

A simple, light and appetising meal bursting with natural flavours.

#### Ingredients

- 2 cod fillets/loins
- 1 tbsp. extra virgin olive oil
- 1½ tbsp. lemon juice
- 1 large garlic clove, minced
- 1 tsp fresh thyme, chopped
- ½ tsp paprika (ideally sweet variety e.g. Hungarian)
- Sea salt & black pepper

#### Method

- Preheat the oven to 200°C. Place the cod fillets in an oven proof dish.
- Pour the olive oil and lemon juice into a cup. Then add the minced garlic, thyme, salt, pepper and paprika. Stir then spoon mixture evenly over the cod fillets.
- Bake for approx. 15 minutes until the flesh is opaque in colour.

**Serving Suggestion:** Serve with basmati rice or baby potatoes, spooning the juices from the pan over. Goes well with steamed asparagus, green beans and petit pois.

### THAI BEEF STIR FRY (SERVES 4)

#### Ingredients

- 1tbsp of oil of choice
- 350g lean beef steak, thinly stripped
- 1 red pepper, thinly sliced
- 1 green pepper, thinly sliced
- 1 red onion, sliced
- 150g mange tout
- 150g button mushrooms, halved
- 2 garlic cloves, crushed
- ½ a red chilli, deseeded & finely chopped
- A thumb of fresh ginger, peeled & finely chopped/grated
- 3 tbsp. oyster sauce or tamari
- A handful of chopped coriander.

#### Method

- Heat the oil in a wok/large pan over high heat. Add the beef and stir fry for 3-4 minutes. Remove the meat from the wok and transfer to a plate to keep warm.
- Meanwhile, return the wok to medium heat, add the garlic, chilli and ginger and fry for 1 minute to release flavours. Add 3 tbsp. of water, turn up the heat to high then stir fry the vegetables together for 3 minutes.
- Return the beef to wok, pour in the oyster sauce and simmer for 1-2 mins. Garnish with fresh coriander and serve immediately.

**Serving Suggestion:** With ½ a cup of cooked basmati rice/quinoa or 70g soba noodles.





## BUILD YOUR OWN STIR – FRY

Quick, easy and oh so versatile, stir fries are my go-to meal when I'm short on time or need to use up all of the left over veg in my fridge.

### Step 1: Choose Your Protein (allow approx. 150g for meat/fish or the size of the palm of your hand p.p.)

Chicken/Turkey breast strips, beef/pork/lamb strips, prawns, cod, salmon, tofu, tempeh, nuts/seed e.g. cashews, sesame seeds, edamame beans.

In a wok/large pan, melt 1 tsp of coconut oil or 1 tbsp. of olive oil and stir fry your protein until almost cooked through, remove from the wok and set aside.

### Step 2: Build your base flavour

Add a little extra oil (if required) and stir fry some or all of the following for a couple of minutes:

1 clove garlic, thinly sliced  
½ a thumb size piece of fresh ginger, thinly sliced or grated  
1 red/white onion or 2 spring onions or ½ a leek - sliced

### Step 3: Add a variety of veggies

Add approx. 300g of chopped vegetables and stir fry for 3-4 mins. (Use a variety of colours)

e.g. mange tout, snap peas, baby corn, carrot, broccoli, mushrooms, peppers, courgette, green beans, bean sprouts, cabbage, pak choi, celery, cauliflower florets

### Step 4: Choose a healthy carb

Place the protein back into the wok and add your choice of healthy carbohydrate

(Your carb portion should make up no more than ¼ of the meal e.g. ½ cup cooked rice p.p.)

**Noodles:** Soba/buckwheat noodles, whole-wheat egg noodles, brown rice noodles, konjac noodles

**Rice:** basmati rice, jasmine rice, cauliflower rice,

### Step 5: Flavour it up by adding some of the following:

1-2tbsp of tamari (healthier alternative to soy sauce), 2tbsp of my 5 minute sweet chilli sauce, 2 tbsp. of lemon/lime juice or zest.

**Optional Topping:** a handful of coriander, 1tsp of chopped fresh chilli or chilli flakes, a palmful of cashew nuts or sesame seeds, a handful of bean sprouts or pea shoots.

## RED LENTIL & COCONUT DAHL (SERVES 4-6, FREEZES WELL)

### Ingredients

2tsp coconut oil  
1 tsp mustard seeds  
1tsp cumin seeds  
½ tsp turmeric  
1 white onion, finely chopped  
2 garlic cloves, minced  
250g red split lentils  
400g tin of coconut milk (full fat)  
400g tin of chopped tomatoes

**To Garnish:** 1tbsp chopped coriander, 1tbsp of natural Greek Yogurt, a tsp. of my 5 minute sweet chilli sauce p.p.

### Method

- Heat the coconut oil in a large pot over medium heat then add the mustard seeds and cumin seeds. Cook for a couple of minutes until the mustard seeds start to 'pop'.
- Add the onion, turmeric and garlic and cook for another 3-4 mins.
- Pour in the lentils, coconut milk, chopped tomatoes and 100mls of water and stir.
- Bring to the boil and simmer for 25-30 minutes, stirring occasionally to prevent the lentils from sticking to the pot. Season to taste then serve with fresh coriander and optional toppings above.

**Serving suggestion:** serve with a small portion of basmati rice and/or steamed cauliflower.



## 'HEALTHY MASH'

These can be made in bulk to do as a side dish for few meals across a week or frozen into portions for future use

### LOW CARB CAULIFLOWER MASH

#### Ingredients

- 1 large head cauliflower, cut into florets
- 2 cloves garlic, sliced
- 3 tbsp of extra virgin olive oil
- $\frac{3}{4}$  tsp salt &  $\frac{1}{4}$  tsp black pepper
- 1tbsp of fresh sage, finely chopped

#### Method

- Steam the cauliflower until very tender, approx. 10-12 minutes.
- Meanwhile, heat the oil in a small pan over medium heat. Reduce heat and add the garlic. Cook, stirring, until the garlic starts to brown around the edges, 1 to 2 minutes.
- Remove from heat. Transfer to a food processor along with the steamed cauliflower, salt and pepper. Process until very smooth. Transfer to a bowl and stir in sage.

Note: Keeps in fridge for up to 3 days.

### BROCCOLI MASH

#### Ingredients

- 2 heads of Broccoli, roughly chopped
- 75ml of milk of choice
- 1tbsp of extra virgin olive oil
- 1tbsp lemon juice
- 1tbsp grated parmesan
- Sea Salt & Black pepper to season

#### Method

- Steam the broccoli until very tender. Allow to cool before blitzing it in a food processor to a mash consistency.
- Add the oil, milk and lemon juice plus seasoning and process until blended. Sprinkle with parmesan to serve.

Note: alternatively, you can use a potato masher or stick blender





## PERFECT BALANCE RECIPES – FOR MEAL PLAN B

### BREAKFAST

#### EASY OVERNIGHT OATS WITH RASPBERRY & ALMONDS (SERVES 1)

##### Ingredients

- 40g rolled oats
- 1tbsp desiccated coconut
- 100ml coconut milk (or milk of choice)
- 14 raspberries (10 chopped, 4 left whole for topping)
- 6 almonds, roughly chopped

##### Method

- In a bowl or jar with lid, mix together the oats, coconut and milk, then stir through the chopped raspberries.
- Cover with lid and refrigerate overnight (the oats will turn pink).
- In the morning top the oats with the chopped almonds & remaining raspberries & enjoy.

#### WARM BERRY COMPOTE

##### Ingredients

- 1 tsp coconut oil
- 1tsp honey
- ½ cup strawberries, sliced
- ½ cup raspberries

##### Method

- Melt one teaspoon of coconut oil in a pan over medium heat.
- Once melted, stir in the honey then add in the berries and cook for 2 minutes until warmed through.
- Pour the berries & juice over whatever you like. I like it over pancakes or Greek yogurt.

#### YOGURT & GRANOLA FRUIT CUP

##### Ingredients

- 2 tbsp. oats
- 6 almonds, chopped
- 1 tbsp. granola (I use Lizi's Low sugar granola or my own sugar free granola recipe)
- 30ml boiled water, slightly cooled
- 2 tbsp. Natural Greek Yogurt
- 1tsp honey (optional)
- 4 red grapes, halved or 8 blueberries.
- 1 small apple or a few strawberries, sliced (pink lady or jazz apples work well)

##### Method

- Combine the oats, almonds and granola in a bowl, add the water and set aside to soak for 10 minutes.
- Place in a wide glass, then layer with yogurt, a drizzle of honey and top with fruit of choice.

#### SUPERFOOD SMOOTHIE

##### Ingredients

- 1 cup of packed baby spinach leaves
- ½ cup blueberries
- ½ banana
- 1 cup of coconut milk
- ½ tsp vanilla extract

##### Method

- Blend together until smooth, serve cold.



### PROTEIN PANCAKES (MAKES 4 SMALL AMERICAN STYLE PANCAKES)

#### Ingredients

- ½ cup oats
- 20g of vanilla whey protein powder
- 3 egg whites
- ½ banana
- ¼ tsp cinnamon
- 1 tsp baking powder

**Optional extras to serve:** fresh berries, Greek yogurt, a drizzle of maple/brown rice syrup

#### Method

- Blitz oats in a blender for a few seconds until they reach a fine oat flour consistency.
- Add the egg whites, banana, protein powder, cinnamon and baking powder and blend until smooth.
- Add a little butter/oil to a hot pan and measure out about 1/3 of a cup per pancake. Cook for about 2 minutes on first side, then another minute on the other side.
- Serve with topping of choice, I like fresh berries or my warm berry compote (this takes 3 minutes to prepare and you can use the same pan, see recipe.)

### GREEN GODDESS SMOOTHIE

#### Ingredients

- ½ ripe avocado, (freeze the other half)
- 1 cup Spinach leaves
- 1 banana (room temp. or frozen)
- 1 scoop protein powder (I recommend a vanilla flavoured plant based protein powder)
- 1 cup of cold almond milk.
- 1tsp honey, optional

#### Method

Blend together until smooth & enjoy

### SUPER FILLING SMOOTHIE

The healthy fats & fibre within the avocado makes this smoothie super filling & give a nice creamy taste. The addition of the Greek yogurt adds extra protein to help you stay fuller for longer & the berries give you nice hit of immune boosting vitamins & anti-oxidants.

#### Ingredients

- ½ an avocado (you can freeze the other half or use frozen avocado, thawed)
- 1 cup strawberries (frozen fruit is fine, allow to thaw a little before using)
- ½ cup blueberries
- ½ cup of natural Greek Yogurt or Alpro High Protein soy yogurt
- 1 cup of milk of choice
- 1tsp of brown rice syrup or honey

#### Method

- Add all of the above ingredients to a blender & blend until smooth
- Serve immediately or refrigerate for up to 2 days.





### **EASY FRENCH TOAST WITH WARM BERRY COMPOTE (SERVES 1)**

An easy but satisfying weekend treat!

#### **Ingredients**

1 egg  
Splash of milk  
½ tsp ground cinnamon  
¼ tsp vanilla extract  
1 slice of whole-wheat bread  
Small knob of butter  
100g frozen mixed berries  
1tsp honey (optional)

#### **Method**

- In a wide bowl, beat the egg, then add the milk, cinnamon and vanilla and whisk through till combined.
- Heat a small knob of butter in a pan over medium/high heat. Dip both sides of the bread into the egg mixture, making sure each side is coated well. Cook for 2-3 minutes on each side until golden brown.
- Allow the French toast to cool down on a plate covered with a piece of kitchen roll.
- Meanwhile, add 2 tablespoons of water to the same pan, add the berries and bring mixture to the boil. Cook for 3 minutes or until mixture thickens slightly. Stir in a teaspoon of honey if desired. Remove from heat and pour over the French toast, enjoy!





## LUNCH

### HEARTY HAM, EGG & POTATO SALAD (SERVES 2)

#### Ingredients:

250g baby new potatoes  
40g carved ham from deli counter, cut into strips  
2 medium eggs  
1 bag of crisp mixed salad leaves (e.g. Cos leaves)  
8 cherry tomatoes, halved  
1 tbsp. of fresh chives or spring onion, chopped

#### Dressing:

1 tsp Dijon mustard  
1 tbsp. mayonnaise or full fat natural yogurt  
A pinch of salt & pepper  
1 tbsp. white wine vinegar

#### Method:

- Boil the potatoes in a pot of lightly salted boiling water for about 10 minutes until just tender.
- While the potatoes are cooking, hard boil the eggs for about 8 minutes.
- Drain both the potatoes and eggs, rinse in cold water then allow to fully cool before cutting into quarters.
- For the dressing, get a small bowl and whisk together the mustard, mayonnaise and seasoning until well combined. Add the vinegar and whisk until smooth.
- Empty the salad leaves into a large bowl, add the potatoes, eggs, tomatoes and ham, pour over the dressing and toss lightly to coat. Sprinkle over the chives and enjoy.

### MEXICAN CHICKEN SALAD (SERVES 1)

#### Ingredients

2 tbsp. of Cajun chicken from deli (approx. ½ a measuring cup)  
½ tbsp. of finely diced red onion  
1 tbsp. of finely diced green pepper  
1tbsp of kidney beans (Bonduelle steamed tinned beans are very firm & crisp, sold in SuperValu)  
1tbsp of sweet corn  
1tbsp of grated white cheddar (optional)  
A handful of shredded lettuce

#### Dressing:

1 tbsp. olive oil  
1 tsp lime/lemon juice  
½ tsp honey

#### Method

- Place the lettuce in a large bowl. Scatter over all of the remainder of ingredients.
- For the dressing, pour the oil into a small cup, add the lime juice and honey & stir together
- Pour the dressing over the salad, mix through & serve.



### **STRAWBERRY, AVOCADO & SPINACH SALAD WITH HONEY BALSAMIC DRESSING (SERVES 2)**

#### **Salad Ingredients**

- 4 fistfuls of baby spinach leaves (100g approx.)
- 10 strawberries, sliced in half
- 1 ripe avocado, sliced
- 10 mint leaves
- 10 pecans
- 100g goats/feta cheese, crumbled (optional)

#### **For the balsamic dressing**

- 2tbsp extra virgin olive oil
- 3 tbsp. balsamic vinegar
- 1 tbsp. honey
- 1.5 tbsp. lemon juice
- Pinch of sea salt

#### **Method**

- Place the spinach leaves in a large salad bowl and top with the remainder of salad ingredients.
- In a small jam jar with lid, shake the dressing ingredients until well combined.
- Pour the dressing over the salad right before serving & enjoy!



### **WHOLEMEAL PITTA FILLED WITH HOUMOUS, ROASTED RED PEPPERS, CHERRY TOMATOES & ROCKET LEAVES**

#### **Ingredients**

- 1 wholemeal pitta pocket
- 2 tbsp. houmous
- 1-2 Roasted Red Peppers, sliced (I use ones from a jar)
- 2-3 cherry tomatoes, sliced
- A handful of mixed leaves
- A drizzle of balsamic vinegar (optional)

#### **Method**

- Slice your pitta bread in half and spread with houmous.
  - Top with roasted peppers, tomatoes and mixed leaves.
  - Drizzle a little balsamic vinegar or lemon juice over the leaves, fold over & enjoy.
- Substitute the hummus with chicken or tuna if you prefer**

### **CUCUMBER & DILL SALAD (SERVES 4) (PAIR WITH 50G OF SMOKED SALMON PER PERSON)**

#### **Ingredients**

- 1 cucumber, thinly sliced
- 1tbsp extra virgin olive oil
- 2 tbsp. red wine vinegar
- 1tbsp fresh dill, chopped
- ¼ small red onion, thinly sliced (sweet variety ideally)
- ½ tsp. sea salt & ¼ tsp. cracked pepper

#### **Method**

In a large salad bowl, whisk together the oil, vinegar, salt & pepper. Add the cucumber, onion & dill and toss to combine. Keeps in the fridge for a day or two. Serve with 50g of smoked salmon per person.



### LIGHTLY SPICED SWEET POTATO SOUP (SERVES 8)

This invigorating, antioxidant rich soup will boost your immunity and add a warm rosy glow to your cheeks. It's a real winter warmer packed with flu fighting nutrients!

#### Ingredients

2 tbsp. olive oil  
1 large white onion, finely chopped  
2 garlic cloves, minced  
2tbsp of fresh ginger, finely chopped/grated/minced  
1/2 red chilli, de-seeded and finely chopped  
4 medium sized sweet potatoes, peeled and diced  
½ tsp ground nutmeg (optional)  
1 litre of vegetable bouillon  
1 tsp of sea salt  
½ can coconut milk  
Juice of ½ a lemon

#### Method

- Peel and dice the sweet potatoes and set aside.
- Heat the oil in a large pot then fry the onions over a medium heat until softened.
- Add the ginger, chilli and garlic, giving them a stir and cook for a couple of minutes.
- Add the sweet potato, nutmeg and salt. Cook and stir for a few minutes.
- Pour in the stock and cover. Simmer until the sweet potato is tender, around 20 mins.
- Liquidise the soup with a hand held blender.
- Stir through the coconut milk and lemon juice and serve piping hot.

### MIGHTY MINSTRONE SOUP (THIS IS MEAL IN A BOWL, SERVES 6)

#### Ingredients

1tbsp olive oil  
1 large white onion  
1 courgette  
2 large carrots  
4 sticks celery  
2 garlic cloves, minced  
¼ tsp dried chilli flakes  
½ tsp dried oregano  
½ tsp dried basil  
1 tin of chopped tomatoes  
1 tin of cannellini beans, rinsed & drained  
100g of whole-wheat pasta e.g. shells or broken up spaghetti  
1.5 litres vegetable stock  
2 handfuls of baby spinach

#### Method

- If you have a food processor place the carrot, onion, celery & courgette into it and chop into small pieces. If not, chop finely by hand with a knife.
- Heat the oil in a large pot and gently sauté the vegetables for 3-4 minutes followed by the garlic & chilli for a further minute or two.
- Add the tinned tomatoes, pasta and stock and bring to the boil. Reduce heat & simmer for about 10 minutes.
- Stir through the beans & spinach, and heat for a further couple of minutes until the spinach has wilted.



## EASY CAPRESE SALAD (SERVES 2)

### Ingredients

10 cherry tomatoes, halved  
125g Mozzarella Ball, cubed  
1 small 225g tin of chickpeas, rinsed & drained  
4 basil leaves, torn  
6 slices of cucumber, slice into half moons  
Good pinch of sea salt

**Dressing:** 2 tbsp. extra virgin olive oil, 1 tbsp. of quality balsamic vinegar (optional)

### Method

- Place the tomatoes, mozzarella, chickpeas, cucumber and basil into a large bowl and season with a good pinch of salt.
- Spoon over the olive oil & vinegar (if using)

### Optional extras:

- Sliced red/spring onion and/or black olives add extra flavour.
- Add 2tbsp. tuna or ½ an avocado or 2 tbsp. of leftover quinoa/whole-wheat pasta – more filling.
- To increase nutritional value, serve on a bed of mixed leaf salad/baby spinach/rocket.

**Tip:** Tastes best when ingredients are at room temperature not cold straight from fridge.





## VARIOUS JAM JAR SALAD DRESSINGS

(Makes approx. 8-10 portions to keep in fridge)

### HONEY-LIME DRESSING (MAKES APPROX. 10 SERVINGS)

- 5 tablespoons extra virgin olive oil
- 3 tablespoons lime juice
- 1 tablespoon honey
- Pinch of sea salt & black pepper

**Method:** Shake/Mix ingredients together in a jam jar or bowl, season to taste & refrigerate.

### CLASSIC FRENCH DRESSING

- ¼ clove garlic minced
- 1 teaspoon Dijon mustard
- 2 tablespoons white or red wine vinegar
- 6 tablespoons extra virgin olive oil
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

**Method:** Shake/Mix ingredients together in a jam jar or bowl, season to taste & refrigerate.

### YOGHURT DRESSING

- 1/3 cup natural yoghurt
- 2 tablespoons white or red wine vinegar
- 1 tablespoon extra virgin olive oil
- 1 pinch sea salt
- 1 pinch freshly ground black pepper

**Method:** Shake/Mix ingredients together in a jam jar or bowl, season to taste & refrigerate.

### LIGHT LEMON DRESSING

- 6 tablespoons extra virgin olive oil
- 1 pinch sea salt
- 1 pinch freshly ground black pepper
- 1 lemon juiced

**Method:** Shake/Mix ingredients together in a jam jar or bowl, season to taste & refrigerate.

### SIMPLE OLIVE OIL & BALSAMIC DRESSING

- 6 tablespoons extra virgin olive oil
- 2 tablespoons of quality balsamic vinegar
- Pinch of sea salt & black pepper

**Method:** Shake/Mix ingredients together in a jam jar or bowl, season to taste & refrigerate.





## DINNER

### HERB ROASTED HADDOCK/COD (SERVES 4)

#### Ingredients

- 4 Haddock/Cod Fillets
- 1 heaped tbsp. chopped parsley
- 2tbsp olive oil
- 2 garlic cloves, crushed
- 2tsp lemon juice & 1 tsp grated rind
- ¼ tsp chilli flakes (optional)
- ½ tsp sea salt

#### Method

- In a large bowl, combine the oil, garlic, lemon juice, rind, parsley, salt and chilli.
- Pat the fish fillets dry then immerse them into the mixture and coat both sides.
- Place fish on a lined baking tray and roast in the oven at 200°C for 10-15 minutes.

**Serving Suggestion:** For a low carb option serve with steamed asparagus /garden peas or a green leaf salad. Add a few baby new potatoes for a higher carb meal.



### SUPER HEALTHY SPAG BOL (SERVES 6)

This healthy spag bol is high in fibre and nutrients due to the addition of the extra vegetables and lentils. This is a great way to gently introduce lentils into you and your family's diet virtually unnoticed.

#### Ingredients

- 2 tsp olive oil
- 1 large onion, chopped
- 1 large carrot, finely diced
- 1 courgette, quartered then sliced
- 1/2 red pepper, finely diced
- 500g lean beef mince
- 1/2 cup dry red lentils
- 700ml tomato passata
- 2 ½ cups vegetable stock
- 1 tsp dried oregano leaves
- 2 tbsp. of chopped fresh basil
- 500g whole wheat spaghetti

#### Method

- Heat oil in a large pan, add onion, pepper, courgette and carrot and sauté for about 5 minutes until vegetables have softened.
- Add the mince, cook over medium/high heat until mince is browned all over, breaking up any large pieces with a wooden spoon.
- Stir in the lentils, passata, stock and oregano and bring to a gentle boil. Reduce heat then simmer covered for 10 minutes.
- Uncover pot and simmer for a further 15 minutes (stirring occasionally) until sauce has reduced and thickened slightly and the lentils are soft.
- Remove from the heat and stir in the basil.
- Serve with a moderate portion of whole wheat spaghetti or quinoa



### CHICKPEAS & SPINACH (SERVES 2-4)

#### Ingredients

2tbsp olive oil  
1 small onion, finely chopped  
2 garlic cloves, minced  
1 level tsp of cumin powder/seeds  
½ tsp paprika (optional)  
1 tbsp. tomato puree  
1 can chick-peas, (pref. organic), drained & rinsed  
1 large bag baby spinach leaves  
250ml of veg/chicken stock  
Pinch of sea salt & black pepper  
¼ lemon (optional)

#### Method

- Heat the olive oil in a large pot over medium heat, add the onion & fry for a few minutes.
- Add the garlic, cumin, tomato paste and a pinch of salt, gently fry for a few minutes.
- Add the chickpeas & stock and bring to a soft boil. Reduce heat, simmer for 10 mins, lid on.
- Add the spinach, one handful at a time, stirring until each portion wilts. Add salt & pepper to taste followed by a good squeeze of lemon juice. #
- **Serving Suggestion:** Serve with ½ a cup of whole-wheat couscous or with a cod/chicken fillet.



### QUINOA WITH ROASTED VEG & CRUMBLLED FETA (SERVES 4)

Quinoa is loaded with protein, fibre & iron so it's a real super food. It's delicious paired with these Mediterranean flavours. Keep leftovers in the fridge for a tasty and handy lunch the following day.

#### Ingredients

1 courgette, sliced into thick half moons  
1 red onion, sliced into small wedges  
1 yellow pepper, thickly sliced  
1 handful cherry tomatoes  
2 garlic cloves, unpeeled  
2 tbsp. olive oil + seasoning  
1tbsp of fresh lemon juice  
½ pack of feta cheese (100g), crumbled  
200g quinoa  
500ml vegetable stock  
1 tbsp. fresh basil/parsley, finely chopped  
A handful of pitted black olives (optional)

#### Method

- Place the onion, courgette, pepper and garlic on a baking tray, season and drizzle with olive oil. Bake in pre-heated oven (180C) for about 20-25 mins. Shake the tray to turn the vegetables about 15 minutes in and add the tomatoes at this point.
- Meanwhile, rinse the quinoa under cold water. Add to a pot with the vegetable stock, bring to a boil, cover and simmer for about 15 mins until cooked through. Fluff with a fork and let cool.
- For the dressing, get a small bowl and squeeze the roasted garlic cloves out of their skin, mash with a fork and season. Add 1 tbsp. of olive oil and 1tbsp of lemon juice to the garlic and mix together.
- Add the quinoa & vegetables to a large salad bowl. Drizzle the dressing over and stir to combine. Top with crumbled feta, basil and olives.

**Tip:** make a little extra to keep for lunch the following day.



**LOW CARB CHICKEN, COURGETTE &  
MOZZARELLA BAKE  
(SERVES 2 AS A MAIN, 4 WITH A SIDE DISH)**

**Ingredients**

2 free range chicken breasts  
1-2 tbsp. olive oil  
¼ tsp garlic powder  
A good pinch of salt  
A good pinch of black pepper  
1 large or 2 small courgette  
1 beef tomato, diced  
½ tsp. dried oregano  
½ tsp. dried basil  
½ cup grated mozzarella cheese

**Method**

- On a chopping board, butterfly slice each chicken breast in half to make four thin pieces. Season each side with the garlic powder, salt & pepper.
- Heat 1 tbsp. of olive oil in a large pan over medium heat. Brown the chicken slices for a couple of minutes on each side. Place in medium sized baking dish and set aside.
- Pre-heat the oven to 160 degrees Celsius.
- Lightly fry the courgette in a little olive oil for a couple of minutes. Add the diced tomato, oregano & basil. Season with salt & pepper and cook for another minute or so. Pour this over the chicken. Bake in the oven for about 15 minutes. Top with the grated mozzarella then bake for an additional 5 minutes. Serve piping hot.

**THAI RED CURRY WITH CHICKEN & VEG  
(SERVES 4)**

**Ingredients**

1tsp coconut oil  
2 cloves garlic, thinly sliced  
1 onion, cut into thin half moons  
1 yellow/red pepper, cut into strips  
1 carrot, cut into thin half moons  
100g button mushrooms  
100g baby corn  
150g sugar snaps or mange tout  
3-4 chicken breasts, cut into thin strips  
2 tsp of their red curry paste (I use Thai Gold)  
1 tin of coconut milk (full fat)  
½ lime, juiced  
1 tbsp. of fresh coriander, chopped

**Serving Suggestion:** Serve with basmati rice or quinoa

**Method**

- Melt 1 teaspoon of coconut oil in a large pot over medium heat.
- Add the onion, pepper & carrot and sauté over medium heat for about 3 minutes, until tender.
- Add the mushroom and garlic and sauté for another 2-3 mins.
- Add the chicken, sauté for about 5-10 minutes until cooked through.
- Stir through the curry paste then add the coconut milk.
- Bring to a boil then reduce to simmer for 10 minutes.
- Meanwhile, steam the baby corn and sugar snaps. (If you are serving the curry with rice, you can steam these veggies whilst cooking the rice if you have a pot with a colander to steam veg on top).
- Add the steamed vegetables to the curry, squeeze in the lime juice and stir through.
- Serve with a small portion (e.g. 1/2 cup) of basmati rice/quinoa and garnish with coriander.



### TASTY NOODLE STIR FRY

#### Ingredients

160g soba (buckwheat) noodles  
2 cloves of garlic, finely chopped  
2 scallions or ½ a small onion, thinly sliced  
½ a red pepper, thinly sliced  
100g mushrooms, sliced (shitake mushrooms work well)  
1 carrot, thinly sliced or julienned  
100g sugar snap peas and/or 2/3 cup edamame beans (fresh or frozen)  
1 green chili, thinly sliced (milder than red chillies)  
2tsp sesame oil

#### Sauce

3 tbsp. of tamari or light soy sauce  
1 tsp sesame oil  
1tsp honey or maple syrup  
1 inch piece of ginger, finely chopped/grated or  
1 tbsp. ginger paste

**Optional Topping:** 1 tbsp. of chopped fresh coriander, 1 tsp sesame seeds,

#### Method

- In a bowl combine the tamari/soy sauce, sesame oil, honey and ginger. Mix well and set aside.
- Prep all of your vegetables.
- Bring a large pot of water to a boil. Add the noodles and cook for the time stated on packaging.
- Heat 2tsp. of sesame oil in a large wok/pan over medium heat. Add the onion, garlic, chilli, pepper, carrot and mushroom and stir fry for about 4 minutes. Add the snap peas/edamame beans and stir fry for another minute or two.
- Add the sauce and cooked noodles to the wok and give it a good stir to make sure the noodles and sauce are well combined with the veggies.
- Serve hot and sprinkle with sesame seeds & chopped coriander if desired.

### ONE POT SPANISH RICE WITH PRAWNS (SERVES 4)

#### Ingredients

1tbsp olive oil  
1 red pepper, chopped  
1 onion, chopped  
2 cloves garlic, crushed  
1tsp paprika  
50g chorizo, sliced  
1 tin chopped tomatoes  
1 cup frozen peas  
250g long grain rice (approx. 1 cup)  
500ml chicken stock  
200g raw peeled prawns

#### Method

- Heat the oil in a large non-stick pan or pot with a lid. Fry the onion, peppers and garlic for a couple of minutes followed by the chorizo for another few minutes.
- Stir in the paprika, followed by the rice, stock and tomatoes and gently boil for 10 mins over medium heat (stir regularly to avoid rice sticking to bottom of pan).
- Stir in the peas and prawns, then cook for another 4-5 minutes until the prawns are nicely pink and the rice is tender.





## SNACKS/ TREATS

### MANGO & RASPBERRY DELIGHT (MAKES 4 SERVINGS)

#### Ingredients

- 1 very ripe mango, peeled and stone removed
- 200g punnet fresh raspberries
- 1-2 tsp honey (optional)
- 400g natural Greek yoghurt (full fat) or Almond Yoghurt.
- 1 tbsp. of flaked almonds

#### Method

- Place the mango in a blender and blend until smooth.
- Mash half of the raspberries in a bowl with the honey and set aside.
- Place a spoonful of mango purée at the bottom of four wide glasses
- Top with a spoonful of yogurt, then a spoonful of raspberry purée. Scatter 3 of the whole raspberries on top of the mashed raspberry and continue layering in this way once again for all 4 glasses.
- Decorate with the flaked almonds, chill for 15 minutes then serve.



### CINNAMON STEWED APPLE (SERVES 2-4, KEEPS IN FRIDGE FOR 2 DAYS)

#### Ingredients

- 4 apples (royal gala are naturally sweet)
- 1 teaspoon of ground cinnamon
- 1 teaspoon of vanilla essence - optional
- 1/2 cup of boiling water

#### Method

- Peel, core and chop the apples into chunks
- Add the apples to a large pot and mix through the cinnamon.
- Pour the hot water over the apples, add the vanilla and stir to combine.
- Pop the lid on and leave to simmer for about 20 minutes on medium heat, or until apples are fully cooked. Serve chunky or mash the cooked apples with a fork and voila!

**Serving Suggestion:** You can serve it hot or cold over anything you like but it works particularly well served with natural Greek yogurt topped with flaked almonds or a spoonful of granola.



## WHOLESUME BANANA MUFFINS / BREAD

### Ingredients

- 3 ripe bananas, mashed
- ½ cup maple syrup
- 2 tbsp. coconut oil, melted
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1.5 cups spelt flour
- 1.5 tsp. baking soda
- ¼ tsp salt
- ½ cup walnuts/pecans, chopped

### Method

- Heat oven to 180 degrees. Grease a muffin tray/loaf tin.
- In a bowl mash the bananas well then add the maple syrup, melted coconut oil and vanilla.
- In a separate bowl, sift the dry ingredients together, adding the nuts last.
- Add the wet ingredients to the dry ingredients and mix well.
- Pour into the muffin tray or loaf tin and make for approx. 40 minutes.
- Allow to cool, then enjoy.

Note: store in an airtight container for 3-4 days.

## NO BAKE CHOCOLATE & PEANUT BUTTER ENERGY BALLS (MAKES APPROX. 20)

### Ingredients

- 1 cup oats
- ½ cup coconut flakes (available in health stores)
- ½ cup peanut butter
- ½ cup ground flaxseed
- 1tbsp chia seeds
- ¼ cup honey
- 1tsp vanilla extract
- ¼ cup raw cacao powder

### Method

- Add all the ingredients to a large bowl and stir until well combined.
- Cover & chill in the fridge for at least 30 mins. This makes it easier to mould them into balls.
- Once chilled, roll into balls of about 1 inch in diameter.
- Store in an air tight container, keeps refrigerated for up to one week.

