



SEPTEMBER

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

1. Zucchini Frittata	GF	Gluten Free
2. Chicken Rice Porridge	DF	Dairy Free
3. Leek & Bacon Quiche	LC	Low Carb (<20g per serve)
4. Crispy Parmesan Eggs	MP	Meal Prep/Freezer Friendly
5. Ginger–Green Onion Steamed Salmon	HP	High Protein (>20g per serve)
6. Korean BBQ Meatballs	V	Vegetarian
7. Chicken & Chickpea Traybake	Q	Quick (under 30 mins)
8. Crusted Pork Tenderloin	N	Contains Nuts
9. Herb Baked Fish		
10. Cold Vegetable & Tuna Salad		
11. Grilled Zucchini Salad		
12. Peanut Butter Noodles		
13. Healthy Cinnamon Rolls		
14. High-Protein Tiramisu Parfait		
15. PB Coffee Smoothie		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Zucchini Frittata	Ginger-Green Onion Steamed Salmon	PB Coffee Smoothie	Crusted Pork Tenderloin with Grilled Zucchini Salad
Tuesday	Zucchini Frittata	Ginger-Green Onion Steamed Salmon	High-Protein Tiramisu Parfait	Leek & Bacon Quiche
Wednesday	Crispy Parmesan Eggs	Korean BBQ Meatballs	High-Protein Tiramisu Parfait	Herby Baked Cod
Thursday	Chicken Rice Porridge	Korean BBQ Meatballs	PB Coffee Smoothie	Herby Baked Cod
Friday	Chicken Rice Porridge	Chicken & Chickpea Traybake	PB Coffee Smoothie	Cold Vegetable & Tuna Salad
Saturday	Leek & Bacon Quiche	Cold Vegetable & Tuna Salad	Healthy Cinnamon Rolls	Meal Out - Enjoy!
Sunday	Leek & Bacon Quiche	Cold Vegetable & Tuna Salad	Healthy Cinnamon Rolls	Crusted Pork Tenderloin with Grilled Zucchini Salad

Weekly Shopping List

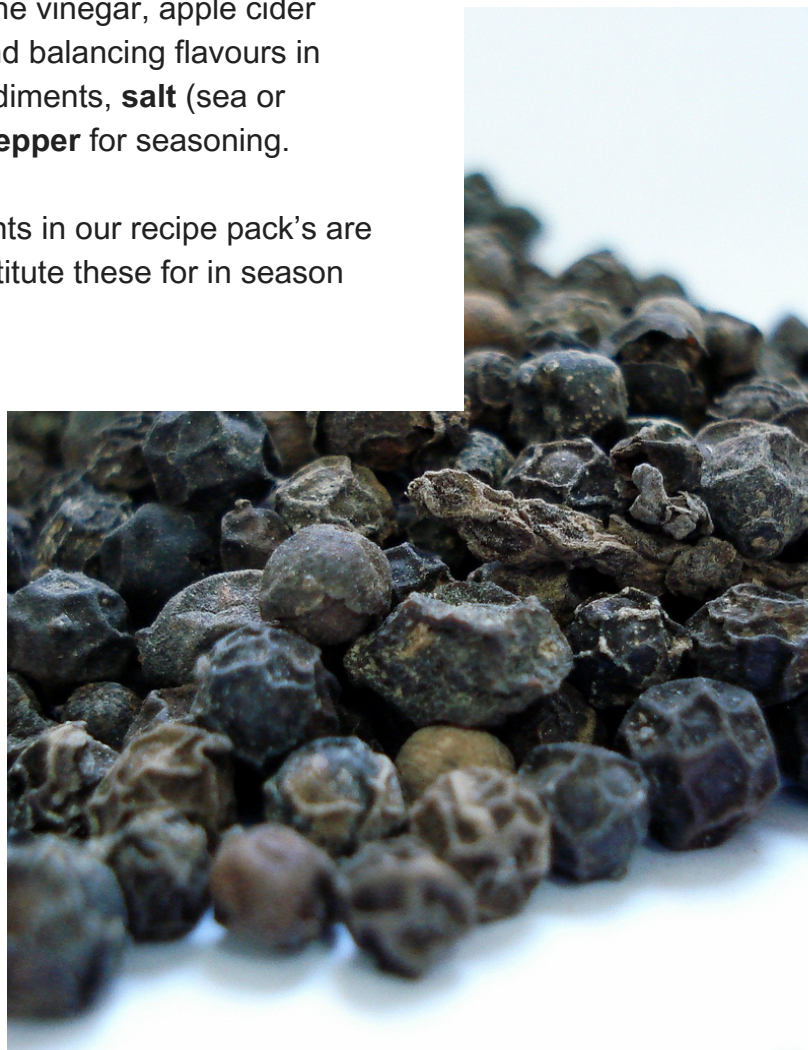
Produce	Protein & Dairy	Dry Goods	Staples & Misc
• 5 zucchinis • 1 shallot • 2 carrots • 1 celery stalk • 4 mushrooms • 2 leeks • bunch green onions • 1 head garlic • 4 red bell peppers • 1kg potatoes • 3 medium tomatoes • 1 avocado • 1-inch piece fresh ginger • 2 lemons • 100g beetroot • 275g baby potatoes • fresh dill • fresh chives • fresh cilantro • 2 bananas • 200g frozen mixed fruit	• 11 eggs • 454g ground beef • 600g pork loin steaks (6 total) • 450g pulled chicken breast (cooked) • 8 bone-in, skin-on chicken thighs about 1.47 kg • 680g salmon filets • 4 fish fillets 680 g • 320g tuna in brine • 300g Greek yogurt • Cheddar cheese • Parmesan cheese • 200g butter • 30g protein powder (mocha or vanilla) • milk of choice • almond milk	• Ritz crackers • wheat crackers or biscuits • udon noodles or rice noodles • short-grain rice • whole wheat flour • coconut sugar • Moroccan spice mix • cacao powder • 150g pitted dates • dried yeast • ground cinnamon • coffee • 200g breadcrumbs	• sesame oil • tamari • gherkins • capers • green olives • applesauce • mustard • chicken stock • 320g savoury pie dough or GF pastry • mayonnaise • Ghee



Pantry Staples

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

Please note - some ingredients in our recipe pack's are out of season. You can substitute these for in season foods, get creative.





Zucchini Frittata

Serves 3

45 Minutes

2 zucchinis
1 shallot, diced
6 eggs
100ml milk

80g cheddar cheese, grated

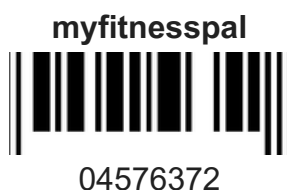
Wash and coarsely grate zucchinis. Place in a mesh sieve, sprinkle with salt, and set aside to drain. Preheat the oven to 170°C.

Heat ½ tbsp olive oil in a pan, fry shallots for 3 minutes. Squeeze liquid from zucchinis, add to pan, sauté for 6 minutes.

Whisk eggs and milk in a bowl, season with salt and pepper. Stir the cheese into egg mixture along with zucchini.

Brush casserole dish or baking pan with ½ tbsp olive oil, pour in mixture. Bake for 25-30 minutes until set.

Serving suggestion: Serve with yogurt and chopped chives (optional).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	367kcal	9g	22g	27g



Chicken Rice Porridge

Serves 4

1 Hour 55 Minutes

200g short-grain rice

1.42L chicken stock

450g pulled chicken breast,
cooked

1 medium carrot, finely
chopped

1 celery stalk, finely
chopped

4 mushrooms, finely
chopped

2 tbsp. Ghee

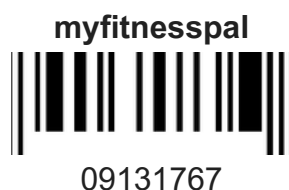
Soak rice in water for 1 hour, then drain.

Heat ghee in a medium pot. Add rice, stir-fry until translucent. Pour in chicken stock, bring to boil, then simmer for 20-25 minutes, stirring occasionally.

Reduce heat, add chopped vegetables, cover, and cook for 10-15 minutes until soft.

Stir in chicken during the final minutes. Season with salt and pepper. Serve hot.

Serving suggestion: garnish with sliced green onions and sesame seeds (optional).



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	440kcal	43g	40g	12g



Leek & Bacon Quiche

Serves 6

55 Minutes

320g savoury pie dough or
GF puff pastry

2 leeks, sliced

250g lean bacon strips

3 medium eggs

250ml milk

75g grated cheese

Preheat the oven to 200°C. Grease a pie pan, line with
pastry.

Fry bacon until golden, drain on paper towels. Cook the leek
in bacon fat for 5 minutes over high heat.

In a bowl, beat eggs with milk, mix in cheese, bacon, leek,
and season with ground black pepper. Pour into a pie dish,
bake for 25-30 minutes until golden and set.

Cool 5-10 minutes before slicing.



HP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	408kcal	28g	20g	24g



Crispy Parmesan Eggs

Serves 1

10 Minutes

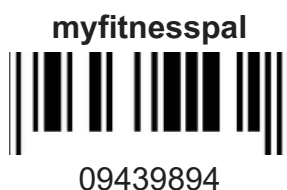
3 tbsp. Parmesan cheese,
coarsely grated

3 eggs

Brush 1 tsp olive oil over the bottom of a 10-inch nonstick or cast-iron skillet, heat on medium. Evenly sprinkle 2 tbsp Parmesan over the base, cook for 2 minutes until starting to melt.

Crack eggs on top, cover, and cook 2-3 minutes until starting to set.

Uncover, increase heat to medium-high, cook 1-2 minutes until edges are crisp. Avoid over-browning cheese. Season with salt and pepper. Serve sprinkled with remaining Parmesan.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	351kcal	1g	26g	27g



Ginger-Green Onion Steamed Salmon

Serves 4

25 Minutes

680g salmon filets, cut into 1-inch cubes

4 green onions, sliced, (white & green parts separated)

1-inch piece fresh ginger, cut into matchsticks

2 tbsp. tamari

1 tbsp. coconut sugar

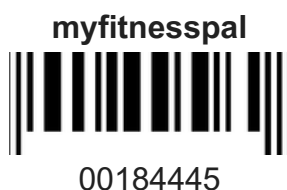
Mix 240ml water with fish and 1 tbsp salt in a bowl, let stand for 10 minutes.

In a large pot/skillet with lid, combine 120ml water, white onion segments, ginger, tamari, and sugar. Simmer for 5-7 minutes until reduced by half.

Lower heat, add fish, coat in sauce, arrange evenly, cover, and steam 8-12 minutes until cooked through.

Taste sauce, adjust salt/sugar as needed. Serve fish with the sauce and sliced green onions.

Serving suggestion: Stir-fried broccoli, rice or your favourite vegetables.



GF	DF	LC	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	363kcal	4g	35g	23g



Korean BBQ Meatballs

Serves 4

20 Minutes

454g ground beef

50g Ritz crackers

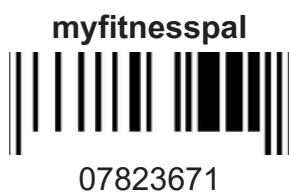
50g green onions, chopped

2 tbsp. tamari

2 tbsp. garlic, minced

Heat oven to 220°C. In a large bowl, combine beef, crackers, green onions, tamari, garlic, 1 tsp salt, and 1 tsp black pepper. Mix gently by hand. Shape into walnut-sized balls.

Arrange on a greased rimmed baking sheet. Bake for 15 minutes until golden and cooked through. Serve warm, over rice (optional).



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	221kcal	10g	25g	9g



Chicken & Chickpea Traybake

Serves 8 | 1 Hour 15 Minutes

- 8 bone-in, skin-on chicken thighs 1.47 kg
- 2 tbsp. Moroccan spice mix
- 3 potatoes, cut into 1-inch (2.5cm) wedges
- 240g canned chickpeas, drained
- 3 medium tomatoes, quartered
- 3 red bell peppers, sliced
- 1 head garlic, top ½ inch (1cm) removed
- 7g cilantro, roughly chopped

Heat oven to 190°C. Season chicken with spice blend, 2 tsp salt, and some black pepper and place on a large baking sheet. Let marinate for 10 minutes.

Add potatoes, chickpeas, tomatoes, peppers, garlic, 120ml olive oil, and 1 tbsp apple cider vinegar. Toss to coat, spread evenly.

Place chicken on top, skin-side up. Bake for 30 minutes, shake the pan, then bake another 35 minutes until browned and tender.

Squeeze garlic cloves from skins, crush with tomatoes, mix into sauce. Sprinkle with cilantro, drizzle with 1 tbsp vinegar before serving.



GF	DF	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	671kcal	30g	41g	43g



Crusted Pork Tenderloin

Serves 6

40 Minutes

600g pork loin steaks

2 eggs

200g Bread crumbs

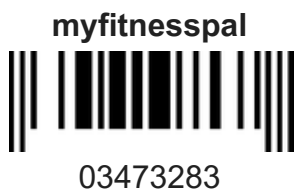
Flatten each steak with a meat mallet or rolling pin. Season with salt and pepper.

Beat eggs in a shallow bowl. Dip each steak in eggs, then in bread crumbs. Place on a plate.

Heat a large skillet over medium, add 1 tbsp butter and 1 tbsp olive oil.

Fry half the pork 2-3 minutes per side until golden and cooked through. Add another 1 tbsp butter and 1 tbsp olive oil and repeat with the remaining pork.

Serve with your favorite sides.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	381kcal	22g	26g	21g



Herb Baked Fish

Serves 4 | 28 Minutes

- 4 skinless fish fillets 170g each
- 1 tbsp. fresh dill, minced
- 1 tbsp. chives, minced
- 1 clove garlic, minced
- 1 lemon, zested

Heat oven to 200°C. Pat fish dry, season with salt and pepper.

In a bowl, combine 3 tbsp olive oil, herbs, garlic and lemon zest. Brush herb mixture over fish, coating both sides. Squeeze half the lemon over fish, cut the remaining half into wedges.

Bake for 14-18 minutes until the fish flakes easily. Serve with lemon wedges.



GF

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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	223kcal	1g	30g	11g



Cold Vegetable & Tuna Salad

Serves 4

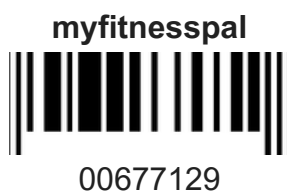
1 Hour 15 Minutes

500g potatoes, skin on
1 carrot, peeled
320g tuna in brine, drained
40g gherkins, chopped
20g capers, chopped
40g olives, chopped
100g mayonnaise
100g Greek yogurt

Boil carrot and potatoes until tender, set aside. Once cooled, peel the potatoes, then chop them and the carrot into small cubes, and season with salt and pepper.

Combine potatoes, carrot, tuna, chopped gherkins, capers and olives with mayonnaise and yogurt. Mix gently.

Chill 30 minutes before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	411kcal	26g	25g	23g



Grilled Zucchini Salad

Serves 4

30 Minutes

275g Baby potatoes

3 zucchinis, sliced

½ lemon, juiced

1 tbsp. mustard

1 avocado, diced

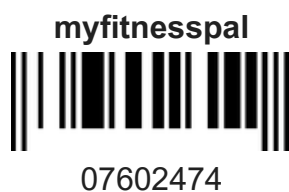
Slice potatoes into 1.25 cm pieces. Boil in salted water for about 10 minutes until tender. Drain and set aside to dry.

Toss zucchinis with 1 tbsp olive oil, salt, and pepper. Heat a grill pan, cook zucchinis 3-4 minutes each side until charred and softened. Set aside.

Whisk lemon with mustard and 1 tbsp olive oil. Season with salt and pepper.

Arrange potatoes, zucchinis, and avocado in a bowl. Drizzle with dressing and serve.

Serving suggestion: Garnish with garden cress (optional).



GF	DF	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	221kcal	22g	4g	13g



Peanut Butter Noodles

Serves 2

20 Minutes

113g udon or rice noodles

2 tbsp. creamy peanut butter

1 tbsp. unsalted butter

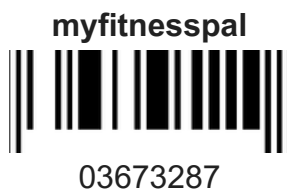
1 tbsp. Parmesan cheese, finely grated (plus extra for serving)

1 tsp. tamari

Cook udon according to package directions. Once cooked, reserve a few tbsp of cooking water.

Add peanut butter, butter, Parmesan, and tamari to the pot. Stir vigorously, adding reserved water 1-2 tbsp at a time until the sauce is glossy and coats the noodles.

Season with salt if needed. Top with extra Parmesan to serve.



MP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	343kcal	41g	11g	15g



Cinnamon Rolls

Serves 12

1 Hour 50 Minutes

180ml milk

200g butter, room temperature

3 tbsp. unsweetened applesauce

7g dried yeast

300g whole wheat flour

3 tbsp. ground cinnamon

150g pitted dates

1 egg

Heat milk until warm, remove from heat. Stir in 2 tbsp butter, 1 tbsp applesauce, and yeast. Let sit for 10 minutes until slightly bubbly.

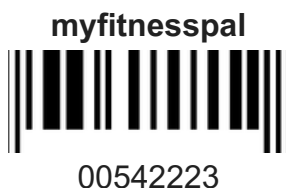
In a large bowl, combine flour and ½ tbsp cinnamon. Fold in milk mixture, knead 4-5 minutes until smooth. Add flour if the dough is too wet. Form into ball, return to bowl.

In a food processor or blender, blend dates, remaining butter, remaining applesauce, and cinnamon into a paste.

Roll dough into a 14 x 14 inch (36 x 36 cm) square. Spread cinnamon paste evenly. Roll into a log, pinch seam.

Cut into 12 slices (about 1¼ inches / 3 cm thick). Place close together in a baking dish. Cover, let rise for 1 hour in a warm place.

Preheat the oven to 190°C. Beat egg, brush rolls, bake 25 minutes until golden. Cool briefly before serving.



MP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	275kcal	30g	5g	15g



High-Protein Tiramisu Parfait

Serves 1

10 Minutes

30g protein powder (mocha or vanilla flavour)

200g Greek yogurt

3 tbsp. unsweetened almond milk

80ml coffee

4 GF crackers or biscuits

1 tsp. cacao powder, for garnish

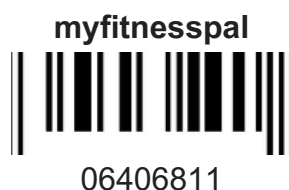
In a mixing bowl, whisk together whey protein powder, Greek yogurt, and almond milk until smooth.

Pour coffee into a small bowl. Dip crackers/biscuits for 10-15 seconds each—just enough to flavor them without making them soggy.

In a jar or bowl, layer 2 dipped biscuits at the bottom, top with half the protein yogurt mix, then place the remaining 2 biscuits, and the yogurt mix.

Dust with cacao powder. Serve immediately.

Note: Can be made ahead for meal prep, but biscuits will soften considerably.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	362kcal	32g	45g	6g



PB Coffee Smoothie

Serves 1

5 Minutes

250ml cooled coffee

2 tbsp peanut butter

180g frozen ripe bananas

30g protein powder (vanilla or chocolate)

5-8 tbsp. almond milk, unsweetened (to adjust consistency)

Add coffee, peanut butter, bananas, protein powder, milk, and ice (optional) to a blender.

Blend until smooth and creamy. Adjust thickness with more coffee or milk if needed.

Pour into a glass and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	515kcal	51g	35g	19g