



NOVEMBER

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

1.	Sweet Berry Cottage Cheese Bowl	GF	Gluten Free
2.	Protein-Packed Scrambled Eggs	DF	Dairy Free
3.	Low-Carb Granola	LC	Low Carb (<20g per serve)
		MP	Meal Prep/Freezer Friendly
4.	Herbed Egg Toast	HP	High Protein (>20g per serve)
5.	High Protein Broccoli Soup	V	Vegetarian
6.	Chicken Burrito Bowl	Q	Quick (under 30 mins)
7.	Herbed Couscous Salmon	N	Contains Nuts
8.	Ground Beef & Cabbage		
9.	One Pot Rice & Salmon		
10.	Pork Fried Rice		
11.	Burger Salad		
12.	Ham & Broccoli Pasta		
13.	Apple Raisin & Cinnamon Oat Bar		
14.	Blueberry Muffins		
15.	Citrus Green Smoothie		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Sweet Berry Cottage Cheese Bowl	High Protein Broccoli Soup	Citrus Green Smoothie	Ground Beef & Cabbage
Tuesday	Protein-Packed Scrambled Eggs	Ground Beef & Cabbage	Blueberry Muffins	Pork Fried Rice
Wednesday	Protein-Packed Scrambled Eggs	Chicken Burrito Bowl	Apple Raisin & Cinnamon Oat Bar	Pork Fried Rice
Thursday	Herbed Egg Toast	Chicken Burrito Bowl	Citrus Green Smoothie	Salmon & Broccoli Pasta
Friday	Herbed Egg Toast	One Pot Rice & Salmon	Apple Raisin & Cinnamon Oat Bar	Salmon & Broccoli Pasta
Saturday	Low-Carb Granola	Burger Salad	Blueberry Muffins	Meal Out - Enjoy!
Sunday	Sweet Berry Cottage Cheese Bowl	Burger Salad	Blueberry Muffins	Herbed Couscous Salmon

Weekly Shopping List

Produce	Protein & Dairy	Dry Goods	Staples & Misc
• 5 onions • 1 shallot • 2 bulbs garlic • 2 carrots • 1 celery stalk • 2 lemons • 2 limes • 7 tomatoes • 1 avocado • 1 head Romaine lettuce • 450g iceberg lettuce • 2 red onions • 285g green cabbage • 535g broccoli • 60g baby spinach • 2 oranges • chives • dill • cilantro (coriander) • parsley • basil • ginger • 2X Brown Bananas	• 900g cottage cheese • 185g cheddar cheese • 1450g Greek yogurt • 17 large eggs • 4 egg whites • 1340g cooked chicken breast • 285g lean pork loin • 900g ground beef • 250g smoked salmon • 6 salmon filets 150–200g each • 115g unsalted butter	• 140g sliced almonds • 115g walnuts • 85g flaked unsweetened coconut • 355g all-purpose flour • 300g millet or quinoa. • 300g penne pasta • 150g basmati rice • 185g long-grain white rice • 510g cooked rice • 205g oats • stock cube • baking powder • ground cumin • 7 spice (or allspice) • garlic powder • turmeric • dried apple	• 60ml coconut oil • 140g sweetcorn, canned • 425g kidney beans, canned • 425g chickpeas, canned • 150ml oat cream • Dijon mustard • maple syrup • burger sauce • sesame oil • vanilla extract • pickles • rice wine • oyster sauce • tamari



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.





Sweet Berry Cottage Cheese Bowl

Serves 1

5 Minutes

225g cottage cheese

130g mixed berries of choice

1 serving Low-Carb Granola (Find the recipe on page 11.)

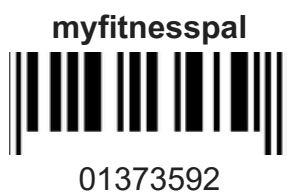
1 tbsp. peanut butter

1 tsp. maple syrup

pinch of cinnamon

Add cottage cheese to a bowl. Top with berries, granola, peanut butter, maple syrup, and cinnamon.

Enjoy!



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	545kcal	37g	34g	29g



Protein-Packed Scrambled Eggs

Serves 2

10 Minutes

4 large eggs
2 egg whites
115g cottage cheese
1 tbsp. butter

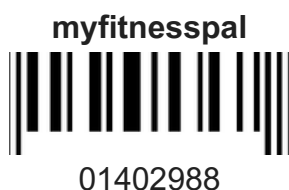
In a medium bowl, whisk together the eggs and egg whites with a pinch of salt and pepper. Stir in the cottage cheese.

Heat the butter in a medium skillet over medium heat until melted. Pour the egg mixture into the center of the pan and let it cook undisturbed for about 30-60 seconds.

When the edges begin to set, use a spatula to gently push the cooked eggs from the edges toward the center.

Continue to cook, gently folding the eggs every few seconds, until mostly set.

Serve immediately, optionally with tomatoes, toast or rice cakes.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	257kcal	3g	23g	17g



Low-Carb Granola

Serves 16

26 Minutes

140g sliced almonds

115g walnuts

85g flaked unsweetened coconut

60ml coconut oil

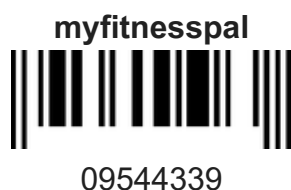
2 large egg whites

Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.

Add the almonds, walnuts, coconut, and coconut oil to a food processor. Pulse until the mixture reaches your preferred granola texture. Add the egg whites and pulse just until combined.

Spread the mixture evenly on the prepared baking sheet. Bake for 14-16 minutes, or until golden and crisp. Let cool completely, then break into bite-sized clusters.

Store in an airtight container at room temperature for up to 1 week.



GF	DF	LC	MP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	176kcal	4g	4g	16g



Herbed Egg Toast

Serves 4

20 Minutes

8 large eggs, hard-boiled, sliced

1 clove garlic, minced

1 medium lemon (zest & juice)

2 tbsp. fresh dill, finely chopped, plus extra for garnish

2 tbsp. fresh chives, finely chopped, plus extra for garnish

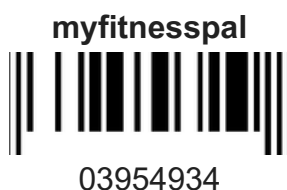
(450g) plain Greek yogurt

4 slices bread, toasted

In a medium bowl, combine the garlic, lemon zest and juice, chopped dill & chives, Greek yogurt, 2 tbsp olive oil, pinch of salt, and pepper. Stir well.

Spread a generous layer of the yogurt mixture on each slice of toast.

Top each with two boiled eggs. Finish with a sprinkle of salt, pepper, and extra herbs. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	380kcal	26g	24g	20g



High Protein Broccoli Soup

Serves 4

35 Minutes

1 yellow onion, diced
2 carrots, peeled & diced
1 celery stalk, diced
2 cloves garlic, minced
4 tbsp. all-purpose flour
(or gluten-free flour)
710ml chicken stock
285g broccoli, chopped
475ml almond milk,
unsweetened
115g cheddar cheese,
shredded
340g cottage cheese,
blended until smooth

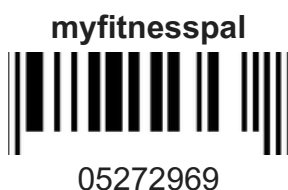
In a large pot, heat 1 tbsp olive oil over medium heat. Cook onion, carrots, and celery for 10 minutes, stirring often, until softened. Stir in the garlic and cook for 1 more minute.

Add the flour and stir well to coat the vegetables. Cook for 1 minute.

Pour in the stock and add the broccoli. Bring to a simmer and continue cooking for 10 minutes. Stir in the milk and warm gently—do not let it boil.

Add the blended cottage cheese and shredded cheddar. Stir gently until fully melted.

For a creamier texture, use an immersion blender to lightly blend the soup to your desired consistency. Season with salt and pepper to taste. Serve warm.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	328kcal	24g	22g	16g



Chicken Burrito Bowl

Serves 4

50 Minutes

For the cilantro lime rice:

185g long-grain white rice, rinsed
1 lime, zested, plus 2 tbsp juice
4 tbsp. cilantro, chopped

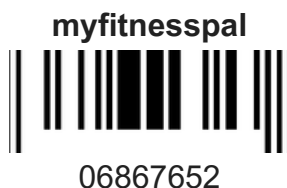
To assemble:

1 head Romaine lettuce, chopped
140g tomatoes, diced
1 avocado, flesh chopped
140g sweetcorn, drained
425g kidney beans, rinsed & drained
340g cooked adobo or fajita chicken breast, sliced
½ small red onion, diced

Cook rice in salted water according to package instructions.

Once cooked, fluff with a fork and toss in lime zest, lime juice, cilantro, and season with salt to taste.

To assemble, arrange rice and lettuce in a bowl, then top with chicken, tomatoes, avocado, corn, beans, and red onion.



GF	DF	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	470kcal	67g	28g	10g



Herbed Millet Salmon

Serves 4

40 Minutes

For the salmon:

4 salmon filets (170g each)
½ tsp. garlic powder
4 tbsp. herb sauce or salsa verde (store-bought or homemade)

For the couscous:

300g millet (or quinoa)
1 can (425g) chickpeas, drained
4 tbsp. basil, finely chopped
4 tbsp. dill, finely chopped
4 tbsp. parsley, finely chopped
4 tbsp. cilantro, finely chopped
2 shallots, diced
1 tsp. lemon zest
1 tsp. garlic powder

Season salmon with garlic powder, salt, and pepper.

Heat 1 tbsp olive oil in a large skillet over medium heat. Cook salmon until browned and cooked through. Remove salmon and set aside.

To the same pan, add another 1 tbsp olive oil and cook shallots for 1-2 minutes. Set aside.

Make millet according to package instructions. Then mix in the earlier-cooked shallots, as well as lemon zest, spices, herbs, and chickpeas. Season with salt and pepper and stir to combine.

Serve salmon alongside couscous and topped with herb sauce.



DF	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	802kcal	75g	49g	34g



Ground Beef & Cabbage

Serves 4

35 Minutes

1 onion, chopped
3 cloves garlic, minced
450g lean ground beef
2 tsp. ground cumin
1 tsp. 7 spice (or allspice blend)
(285g) green cabbage, chopped
Juice of 1 lemon

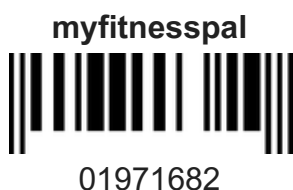
Heat 1 tbsp olive oil in a large skillet over medium heat. Add the onion and cook until soft, about 3-4 minutes. Stir in the garlic and cook for 30 seconds, until fragrant.

Add the ground beef and break it apart. Cook for 5-6 minutes, until browned.

Stir in the cumin, 7 spice, and season with salt and pepper. Add the chopped cabbage, cover the pan, and simmer for 10-12 minutes, stirring occasionally, until the cabbage is tender.

Remove from heat. Stir in the lemon juice and adjust seasoning if necessary. Serve warm.

Serving suggestions: rice, yogurt, chopped parsley.



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	319kcal	10g	27g	19g



One Pot Rice & Salmon

Serves 2

35 Minutes

150g basmati rice
1 stock cube (vegetable, fish, or chicken)
2 tbsp. (30ml) rice wine
2 tbsp. (30ml) oyster sauce
2 tbsp. (15ml) tamari
1 tbsp. (15ml) sriracha
2 tsp. (10ml) sesame oil
2 cloves garlic, minced
2 large salmon fillets (150–200g each)
2 fried eggs (optional)

Rinse the rice thoroughly. Place it in a bowl, cover with cold water, and stir well. Let soak for 10 minutes. Drain into a sieve and rinse under cold running water until the water runs clear. This removes excess starch and helps the rice cook evenly. Transfer to a saucepan.

In a separate bowl, whisk the 15 oz. (450ml) boiling water with the stock cube until dissolved. Stir in the rice wine, oyster sauce, tamari, sriracha, sesame oil, and minced garlic.

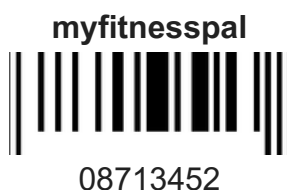
Pour the liquid mixture over the rice in the saucepan. Bring to a boil over medium heat.

Nestle the salmon fillets on top of the rice. Cover with a lid, reduce the heat to low, and allow to simmer gently for about 20 minutes, or until the liquid is absorbed and the salmon is cooked through.

Once done, remove from the heat and let rest, covered, for 5 minutes. Serve immediately, with a fried egg.

Suggested serving: chopped green onion and a drizzle of chili oil.

Note: If the rice needs more time, remove the salmon and cook the rice for another 5 minutes.



DFMPHP				
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	778kcal	68g	50g	34g



Pork Fried Rice

Serves 4

25 Minutes

510g cooked rice

285g lean pork loin, cut into ½-inch cubes

½ white onion, chopped

2 cloves garlic, minced

1 tbsp. fresh ginger, grated

140g frozen carrots & peas

3 large eggs, beaten

2 tbsp. tamari

Heat a large skillet or wok over medium-high heat. Add 1 tbsp olive oil. Season pork with salt and pepper, then add to the skillet. Cook for 3-4 minutes, stirring occasionally, until browned and cooked through. Remove and set aside.

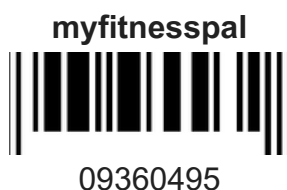
Add 1 tsp more oil to the skillet. Sauté the onion, garlic, and ginger for 1 minute until fragrant. Add the frozen carrots and peas and cook for 2-3 minutes until the vegetables are warmed through and the onion is softened. Remove from the skillet and set aside.

Add another 2 tsp of oil to the empty skillet. Reduce heat to medium. Add the cooked rice in an even layer and let fry undisturbed for 1-2 minutes until lightly crisped. Stir the rice, then push it to the edges, forming a well in the center.

Pour the beaten eggs into the well. Let cook undisturbed for 1 minute, then stir gently until 90% cooked.

Mix the eggs into the rice. Immediately add the cooked pork, vegetables, and tamari. Stir or toss everything together to combine and heat through. Serve hot.

Serving suggestion: chopped green onion, chili oil.



GF	DF	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	407kcal	43g	25g	15g



Burger Salad

Serves 4

25 Minutes

For the burgers:

450g ground beef

For the salads:

450g iceberg lettuce,
chopped

½ medium red onion,
thinly sliced

2 tomatoes, chopped

2 dill pickles, thinly sliced

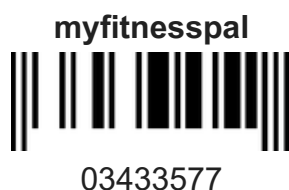
4 tbsp. burger sauce

Divide ground beef into 4 patties. Season both sides with salt and pepper.

Heat 1 tbsp olive oil in a skillet over medium-high heat. Cook burgers 3 minutes per side, remove and let rest.

In bowls, arrange lettuce, onion, tomatoes, and pickles. Top with patties and burger sauce.

Finish with ground pepper and serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	369kcal	9g	27g	25g



Salmon & Broccoli Pasta

Serves 4

30 Minutes

300g) penne pasta (I use GF)
250g broccoli, cut into small florets

1 onion, finely chopped

2 cloves garlic, crushed

250g smoked salmon, cut into chunks Or tinned salmon.

150ml cream or coconut cream

1 tbsp. Dijon mustard

70g cheddar cheese, grated

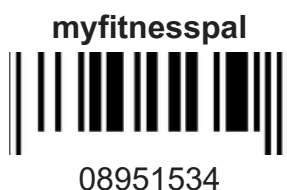
Cook the pasta according to package instructions, adding the broccoli florets for the final 4 minutes of cooking. Drain and set aside.

Meanwhile, heat 1 tbsp oil in a large pan over medium heat. Add the onion and cook for 5 minutes until softened. Stir in the garlic and cook for 1 minute more.

Add the salmon, cream, and mustard. Bring to a gentle boil, then reduce the heat to a simmer.

Add the drained pasta and broccoli to the pan. Stir in the grated cheddar until melted and everything is well coated in the sauce.

Serve warm, with extra black pepper.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	551kcal	65g	30g	19g



Apple Raisin & Cinnamon Oat Bar

Serves 12

30 Minutes

70g raisins

2 tbsp. dried apple pieces, chopped

135g porridge oats

70g jumbo oats

1 tbsp. coconut oil

6 tbsp. maple syrup

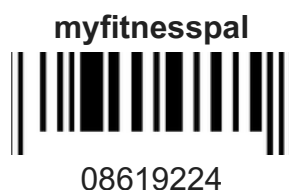
1 pinch ground cinnamon

Preheat the oven to 180°C. Line a baking sheet with parchment.

In a large bowl, mix raisins, apple, oats, and cinnamon.

Melt coconut oil, 1 tbsp olive oil, and maple syrup in a pan over medium heat until just bubbling. Pour over oat mixture and stir well.

Press into the baking tray and spread evenly. Bake for 12-14 minutes until golden. Let cool before slicing into bars.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	127kcal	23g	2g	3g



Blueberry Muffins

Makes 12 muffins

45 Minutes

115g unsalted butter,
softened

2 X brown bananas
mashed

2 large eggs

1 tsp. vanilla extract

240g all-purpose GF
flour

2 tsp. baking powder

120ml milk of choice

280g fresh blueberries

Preheat the oven to 190°C. Line a 12-cup standard muffin tin with paper liners or use a silicon tray.

In a large mixing bowl, mix the softened butter and mashed bananas together until light and fluffy.

Add the eggs one at a time, beating well after each addition. Stir in the vanilla extract.

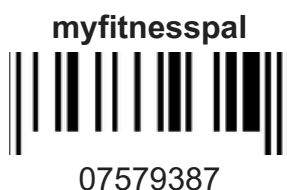
In a separate bowl, sift together the flour, ½ tsp salt, and baking powder.

Add the dry ingredients to the creamed mixture in batches, alternating with the milk. Mix just until combined—do not over mix.

Lightly crush about 60g of the blueberries with a fork and stir them into the batter. Gently fold in the remaining whole blueberries.

Divide the batter evenly among the muffin cups. Bake for 30–35 minutes, or until a toothpick inserted into the center comes out clean.

Remove the muffins from the tin and let cool on a wire rack for at least 30 minutes before enjoying.



MP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	257kcal	40g	4g	9g



Citrus Green Smoothie

Serves 2

5 Minutes

170g Greek yogurt

1 tbsp. lemon juice

2 oranges, peeled

¼ tsp. ground turmeric

1 tsp. fresh ginger, grated

60g baby spinach

Add all ingredients to a blender.

Blend until smooth and creamy, and add ice cubes if desired. Serve immediately.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	138kcal	22g	8g	2g