



OCTOBER

Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL



Contents & Key

1. Make-Ahead Egg, Spinach & Feta Wraps	GF	Gluten Free
2. Fluffy Egg White Omelet	DF	Dairy Free
3. Ground Beef & Eggs	LC	Low Carb (<20g per serve)
4. Pumpkin Spice Pancakes	MP	Meal Prep/Freezer Friendly
5. Noodle Stir Fry	HP	High Protein (>20g per serve)
6. Salmon Salad	V	Vegetarian
7. Maple Roasted Pumpkin with Chili & Feta	Q	Quick (under 30 mins)
8. Pumpkin Quinoa Soup	N	Contains Nuts
9. Pumpkin Turkey Chili		
10. Bolognese Spaghetti		
11. Chicken Fajita Tacos		
12. High Protein Pumpkin Smoothie		
13. Pumpkin Bread (Starbucks Style)		
14. Flapjacks		
15. Cashew & Ginger Energy Balls		
16. Bonus: Pumpkin Purée		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Make-Ahead Egg, Spinach & Feta Wraps	Salmon Salad	Cashew & Ginger Energy Balls	Pumpkin Turkey Chili
Tuesday	Make-Ahead Egg, Spinach & Feta Wraps	Salmon Salad	Flapjacks	Pumpkin Turkey Chili
Wednesday	Fluffy Egg white Omelet	Maple Roasted Pumpkin with Chili & Feta	Pumpkin Bread	Bolognese Spaghetti
Thursday	Ground Beef & Eggs	Maple Roasted Pumpkin with Chili & Feta	High Protein Pumpkin Smoothie	Bolognese Spaghetti
Friday	Pumpkin Spice Pancakes	Pumpkin Quinoa Soup	Pumpkin Bread	Noodle Stir Fry
Saturday	Pumpkin Spice Pancakes	Pumpkin Quinoa Soup	Cashew & Ginger Energy Balls	Meal Out - Enjoy!
Sunday	Ground Beef & Eggs	Noodle Stir Fry	High Protein Pumpkin Smoothie	Chicken Fajita Tacos

Weekly Shopping List

Produce	Protein & Dairy	Dry Goods	Staples & Misc
• 4 yellow onions • 3 red onions • 7 green onions (scallions) • garlic • 2 red bell peppers • 1 lemon • 1 lime • 3 celery stalks • 1425g green cabbage • 200g red cabbage • 900g pumpkin • 140g baby spinach • 30g asparagus • 1 banana (frozen) • fresh parsley • fresh chives • fresh cilantro (coriander) • fresh dill	• 900g lean ground beef • 600g Chicken mince • 400g skinless chicken breasts • 400g skinless, boneless chicken thighs • 2 slices prosciutto 20g • 680g salmon fillets • 21 large eggs (including 3 egg whites) • 30g un flavoured or vanilla protein powder • cream cheese • 50g smoked pancetta • 120g feta • Parmesan cheese	• 500g udon noodles • 300g dried spaghetti • chilli powder • ground cumin • pumpkin spice blend • pumpkin pie spice • ground ginger • ground cinnamon • paprika • vanilla extract • 7 spice blend • dried chili flakes • pumpkin seeds • ground flax seeds • dates • self-raising flour • all-purpose flour • baking powder • baking soda • porridge oats • 100g mixed dried fruit and nuts • 8 medjool dates • 200g coconut sugar • tortillas • fajita seasoning • quinoa • cashews	• Butter – approx 315g • Greek yogurt • 240ml whole milk • 240ml unsweetened almond milk • 120ml canned full-fat coconut milk • sun-dried tomatoes, in oil • capers • almond butter • 180g Bolognese sauce • 1.2 kg canned chopped tomatoes • 425g canned black beans (drained weight) • 950ml vegetable stock • 240ml chicken stock • fish sauce • kecap manis (sweet soy sauce)



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.





Make-Ahead Egg, Spinach & Feta Wraps

Serves 5

30 Minutes

4 tbsp. sundried tomatoes, chopped

1 tbsp. oil from sun-dried tomatoes

1 onion, chopped

140g baby spinach

10 eggs

90g feta, crumbled

5 tortillas

4 tbsp. cream cheese

Preheat the oven to 190°C. Grease a baking dish with ½ tsp oil. Line with parchment, leaving to overhang, and spray the parchment with another ½ tsp oil.

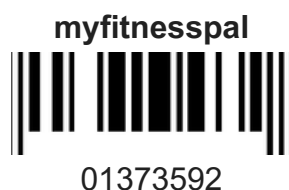
In a large pan, heat sun-dried tomato oil over medium heat. Cook onion for 8-10 minutes until golden. Add sun-dried tomatoes and cook for 2 minutes. Add spinach and cook, stirring, just until wilted. Season with salt and pepper. Remove from heat.

Whisk eggs with 1 tsp salt and ¼ tsp pepper in a large bowl. Stir in the spinach mix. Pour into a baking dish, top with feta, and bake for 10-15 minutes until set. Let cool for 2 minutes.

Lift the frittata out and cut into 5 equal pieces. Spread some cream cheese on each tortilla. Place one egg slice near the bottom, fold in the sides, then roll up tightly.

Heat pan over medium heat. Cook seam-side down for 3-4 minutes per side until warm and lightly golden.

To store: Wrap in foil. Keep in the fridge for up to 3 days or freeze for up to 3 months. Reheat in the microwave, skillet, or 175°C oven.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	440kcal	35g	21g	24g



Fluffy Egg White Omelet

Serves 1

10 Minutes

2 slices prosciutto 20g, torn

2 tsp. unsalted butter

3 egg whites

½ tsp. chives, finely
chopped + extra for garnish

2 tbsp. Parmesan cheese,
shredded

30g asparagus, thinly sliced

Heat 1 tsp olive oil in a small pan. Cook asparagus until soft, then add prosciutto for 30 seconds. Remove and set aside.

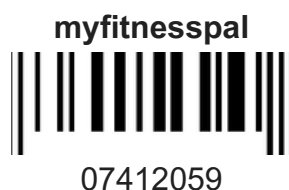
Melt butter in the same pan over low heat.

Whisk egg whites with chives, salt, and pepper. Pour into the pan. Stir gently for 10 seconds, then stop.

Cover with a lid and cook 2-3 minutes until the top looks set.

Add asparagus, prosciutto, and Parmesan on one side. Fold over and cook 30 seconds more.

Slide onto a plate, garnish with chives, and serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	285kcal	2g	22g	21g



Ground Beef & Eggs

Serves 4

15 Minutes

1 clove garlic, minced

150g lean ground beef

1 tsp. 7 spice blend

½ tsp. cinnamon

½ tsp. paprika

8 large eggs

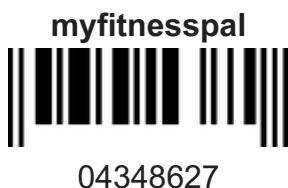
Heat 1 tsp olive oil in a large nonstick skillet over medium-high heat. Add garlic and cook for 1 minute until fragrant.

Add ground beef, 7 spice, cinnamon, paprika, salt, and pepper. Cook for 3-4 minutes until browned.

Crack the eggs directly into the skillet. Reduce heat to medium. Gently fold with a spatula for 5 minutes until eggs are nearly set with some liquid remaining.

Transfer to a serving dish and enjoy.

Serving suggestion: garnish with fresh chopped parsley.



GF	DF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	219kcal	2g	19g	15g



Pumpkin Spice Pancakes

Serves 4

25 Minutes

130g all-purpose flour

1 tbsp. baking powder

1½ tsp. pumpkin spice blend

240ml whole milk

80g pumpkin purée (bonus recipe or store-bought)

1 large egg

2 tbsp. maple syrup

2 tbsp. unsalted butter, melted, plus more for cooking

½ tsp. vanilla extract

In a medium bowl, mix flour, baking powder, pumpkin spice, and ¼ tsp salt.

In a large bowl, whisk together milk, pumpkin purée, egg, maple syrup, melted butter, and vanilla extract until smooth.

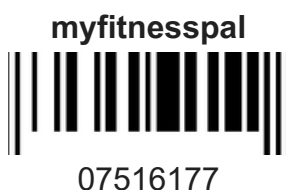
Add the dry ingredients to the wet ingredients and stir until just combined.

Heat a nonstick pan over medium-low heat. Lightly grease with butter.

Pour 6 tbsp batter per pancake onto the pan. Cook for 2-3 minutes until bubbles form and edges look firm. Flip and cook for 1-2 minutes until cooked through.

Serve immediately.

Serving suggestion: butter and maple syrup.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	253kcal	36g	7g	9g



Noodle Stir Fry

Serves 4

15 Minutes

400g skinless, boneless chicken thighs, thinly sliced

500g udon noodles

2 cloves garlic, minced

7 green onions, cut into 2-inch (5cm) pieces (white & green parts separated)

425g green cabbage, sliced

Sauce:

2 tbsp. tamari soy

4 tbsp. fish sauce

pinch of black pepper

Mix sauce ingredients in a small bowl. Toss chicken with 1 tbsp of the sauce.

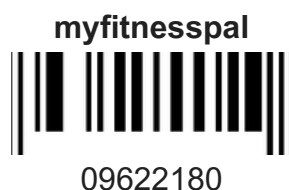
Heat 1 tbsp olive oil in a large nonstick pan over high heat. Cook chicken for 2 minutes. Add garlic and white parts of onion and stir-fry for 30 seconds. Add cabbage and cook for 1½ minutes until slightly softened.

Add noodles and half the remaining sauce. Toss for 45 seconds until absorbed.

Add the rest of the sauce and toss for another minute until evenly coated.

Stir in green parts of the onion and toss for 20 seconds until wilted.

Serve immediately.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	446kcal	42g	29g	18g



Salmon Salad

Serves 4

30 Minutes

680g salmon filets

4 tbsp. Greek yogurt

1 large lemon, zest & juice

3 tbsp. fresh dill, chopped

4 tbsp. capers with brine

3 celery stalks, finely
chopped

4 green onions, finely
chopped

Pat salmon dry with paper towels. Season with salt and pepper.

Heat 1 tbsp olive oil in a large skillet over medium-high heat. Place salmon skin side down and cook for 5-7 minutes. Flip and cook 2-3 minutes more, until fully cooked.

Let cool slightly. Discard the skin and flake salmon into bite-sized pieces.

In a large bowl, whisk together 3 tbsp olive oil, Greek yogurt, lemon zest and juice, and dill.

Add salmon, capers, celery, and green onions. Gently toss to combine.

Chill for 30 minutes before serving.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	484kcal	4g	36g	36g



Maple Roasted Pumpkin with Chili & Feta

Serves 4

40 Minutes

1 kg pumpkin, peeled & cut into 2.5cm cubes

1 red onion, cut into 1cm wedges

50g walnuts, roughly chopped

3 tbsp. maple syrup

1-1½ tsp. dried chili flakes, to taste

100g feta, crumbled

Preheat the oven to 200°C.

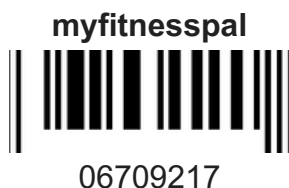
Place pumpkin, onion, and walnuts on a large parchment-lined baking tray. Drizzle with 3 tbsp olive oil and maple syrup. Toss well by hand to coat.

Sprinkle with chilli flakes and ¾ tsp salt. Toss again, then spread everything out in a single layer—avoid overcrowding.

Roast for 30 minutes, tossing once at the 20-minute mark, until the pumpkin is browned and tender.

Remove from the oven and gently toss. Transfer to a platter or bowl.

Top with crumbled feta, parsley, and minced chilli before serving, if using.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	370kcal	36g	7g	22g



Pumpkin Quinoa Soup

Serves 5

35 Minutes

1 yellow onion, diced
4 cloves garlic, minced
1275g pumpkin
170g quinoa
½ tsp. ground cinnamon
pinch of red pepper flakes
950ml vegetable stock
120ml canned full-fat coconut milk
4 tbsp. pumpkin seeds, toasted

In a large Dutch oven or heavy pot, heat 2 tbsp olive oil over medium heat. Add onion, garlic, and ½ tsp salt. Cook for 8-10 minutes until the onion is translucent.

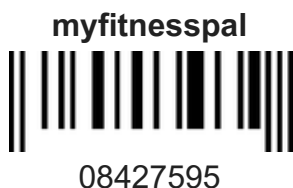
While the onion cooks, boil quinoa according to package instructions. Add pumpkin, cinnamon, red pepper flakes, and black pepper to the pot. Stir well.

Pour in vegetable stock, bring to a boil, then reduce to a simmer. Cook until pumpkin is soft.

Stir in coconut milk. Remove from heat and let cool slightly. Blend soup using an immersion blender then return to the pot and stir in cooked quinoa and reheat gently.

Ladle into bowls, top with pumpkin seeds, and serve.

Serving suggestion: toasted pumpkin seeds.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	360kcal	44g	10g	16g



Pumpkin Chicken Chili

Serves 5

55 Minutes

1 medium yellow onion,
diced

2 cloves garlic, minced

600g chicken mince

800g canned chopped
tomatoes (with liquid)

425g pumpkin purée (bonus
recipe or store-bought)

425g canned black beans,
drained

240ml chicken stock

2 tbsp. chilli powder

2½ tsp. ground cumin

Heat 2 tbsp olive oil in a large pot over medium-high heat. Add onion and sauté for 5 minutes until softened. Stir in garlic and cook for 30 seconds.

Add chicken mince. Break up with a spatula and cook for 6-7 minutes until no longer pink.

Add pumpkin purée, tomatoes with their liquid, black beans, chicken stock, chilli powder, cumin, salt, and pepper. Stir to combine.

Bring to a simmer, reduce heat to low, cover, and cook for 20-30 minutes, stirring occasionally.

Top with desired garnishes and serve.

Serving suggestion: jalapeño, avocado, rice, yogurt.



GF	DF	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	356kcal	28g	25g	16g



Bolognese Spaghetti

Serves 4

55 Minutes

500g ground beef

50g smoked pancetta,
roughly chopped

180g Bolognese sauce,
store-bought

400g canned chopped
tomatoes

300g dried spaghetti

Heat 1 tbsp olive oil in a casserole pan over medium heat. Add beef and pancetta. Cook for 10 minutes, stirring regularly, until browned.

Stir in Bolognese paste and cook for 1 minute.

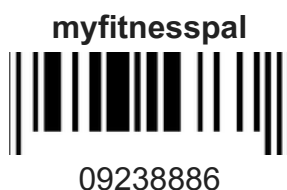
Add tomatoes and pour in 300ml water. Stir.

Bring to a boil, cover, and simmer for 45 minutes. Season with salt and pepper to taste.

With 10 minutes left, cook spaghetti in salted boiling water according to package directions. Drain.

Toss spaghetti with the sauce, divide between bowls, and serve.

Serving suggestion: grated Parmesan cheese.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	621kcal	61g	38g	25g



Chicken Fajita Tacos

Serves 4

30 Minutes

200g red cabbage, grated

400g skinless chicken
breasts, chopped

1 red bell pepper, sliced

1 large red onion, sliced

2 tbsp. fajita seasoning

8 small flour tortillas

Toss cabbage with 1 tbsp wine vinegar in a bowl and set aside to lightly pickle.

Heat 1 tbsp olive oil in a large frying pan over medium heat. Cook chicken for 6-8 minutes, until golden and cooked through. Remove from the pan and set aside.

Add 1 tbsp olive oil to the same pan. Cook red bell pepper and onion, covered, for 2 minutes until slightly softened. Uncover and sauté until lightly golden.

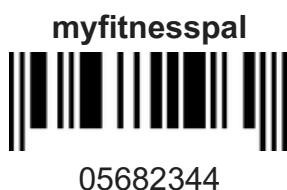
Stir in fajita seasoning. Return chicken to the pan and cook for a few minutes until heated through, adding a splash of water if needed. Season to taste.

Warm tortillas per package instructions.

Serve tortillas with chicken mixture and pickled cabbage.

Serving suggestion:

- 1 lime, cut into wedges
- natural yogurt, for serving
- fresh cilantro



DF		HP		
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	381kcal	41g	25g	13g



High Protein Pumpkin Smoothie

Serves 1

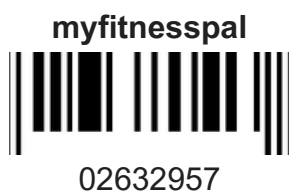
7 Minutes

4 tbsp. pumpkin purée
1 small frozen banana
240ml unsweetened almond milk
1 tbsp. almond butter
30g un flavoured protein powder (or vanilla)
2 tbsp. ground flax seeds
1 tsp. pumpkin pie spice
1 pitted date

Add all ingredients to a high-speed blender. Blend on high until smooth and creamy.

Pour into a glass and enjoy.

Serving suggestion: granola.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	330kcal	38g	31g	6g



Pumpkin Bread

Serves 12

1 Hour 10 Minutes

190g all-purpose flour

1 tbsp. pumpkin pie spice

1 tsp. baking soda

115g unsalted butter, room temperature

200g coconut sugar

4 large eggs

240g pumpkin purée

½ tsp. vanilla extract

30g pumpkin seeds

175°C. Spray a loaf pan with nonstick cooking spray.

In a medium bowl, whisk together flour, pumpkin pie spice, baking soda, and ¼ tsp salt.

In a stand mixer or with a hand mixer, butter, coconut sugar, until light and fluffy (about 2 minutes).

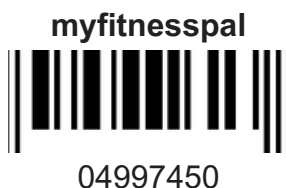
Add eggs one at a time, mixing until incorporated. Stir in pumpkin purée and vanilla extract.

Add dry ingredients and mix until just combined.

Pour batter into the prepared loaf pan. Sprinkle with pumpkin seeds, if using.

Bake for 50-55 minutes, or until a toothpick inserted in the center comes out clean.

Cool completely in the pan on a wire rack before slicing.



MP

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	239kcal	31g	4g	11g



Flapjacks

Makes 16 squares

29 Minutes

100g unsalted butter, room temperature

100g mixed dried fruit & nuts

100g porridge oats

100g self-raising flour

100g maple syrup

Preheat the oven to 180°C.

Line a deep 20 cm square baking tin with parchment paper and lightly oil it.

Pulse butter, dried fruit and nuts, oats, and flour in a food processor until combined.

Add maple syrup and pulse until fully incorporated.

Press the mixture evenly into the prepared tin.

Bake for 15-20 minutes until golden.

Remove from the oven, score into 16 squares, and let cool in tin for 5 minutes.

Transfer to a wire rack and cool completely before serving.



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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	139kcal	17g	2g	7g



Cashew & Ginger Energy Balls

Makes 12 balls

15 Minutes

200g cashews

8 medjool dates, pitted

2 tsp. ground ginger

50g oats

Pulse cashews and oats in a food processor until they resemble flour.

Add dates and ground ginger. Blend until a sticky dough forms.

Roll mixture into 12 equal balls.

Chill in the fridge for 1 hour before serving. Store in an airtight container in the fridge.



GF	DF	LC	MP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	156kcal	18g	3g	8g



Pumpkin Purée

1kg

50 Minutes

1.8kg pumpkin, deseeded & halved

Oven Method:

Preheat the oven to 200°C. Line a baking sheet with parchment.

Remove the pumpkin stem. Cut in half and scoop out seeds and fibers.

Place flesh-side down on the baking sheet.

Roast for 30-45 minutes until a knife inserts easily.

Let cool for 1 hour. Scoop out the flesh and blend until smooth.

Stove Top Method:

Peel, deseed, and chop the pumpkin into chunks.

Boil in water for 20-25 minutes, until soft. Drain well and cool slightly.

In a food processor, blend until smooth.



GF	DF	LC	MP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	32kcal	7g	1g	0g