



AUGUST

Recipe Pack



15 TASTY RECIPES FOR EVERY MEAL



Contents & Key

1. Baked Tomato, Bean & Egg Skillet	GF	Gluten Free
2. Chia & Cottage Cheese Pudding	DF	Dairy Free
3. Maldivian Tuna & Coconut Breakfast	LC	Low Carb (<20g per serve)
4. Spinach, Zucchini & Pea Frittata	MP	Meal Prep/Freezer Friendly
5. Spinach-Dill Egg Wraps	HP	High Protein (>20g per serve)
6. Spicy Kimchi Chicken Cups	V	Vegetarian
7. Tuna Rice Bowl	Q	Quick (under 30 mins)
8. One-Pot Lemon Chicken Gnocchi	N	Contains Nuts
9. Sweet Chili Halloumi Couscous Bowl		
10. Foil-Baked Salmon & Tomatoes		
11. Sweet n' Spicy Harissa Pork Roast		
12. Zesty Citrus & Fennel Salad		
13. Banana Loaf		
14. Coconut-Peanut Power Balls		
15. Kale & Pineapple Smoothie		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Monday	Baked Tomato, Bean & Egg Skillet	Tuna Rice Bowl	Coconut-Peanut Power Balls	Foil-Baked Salmon & Tomatoes
Tuesday	Baked Tomato, Bean & Egg Skillet	Tuna Rice Bowl	Coconut-Peanut Power Balls	Foil-Baked Salmon & Tomatoes
Wednesday	Chia & Cottage Cheese Pudding	Spicy Kimchi Chicken Cups	Banana Loaf	Sweet n' Spicy Harissa Pork Roast
Thursday	Maldivian Tuna & Coconut Breakfast	Spicy Kimchi Chicken Cups	Banana Loaf	Sweet n' Spicy Harissa Pork Roast
Friday	Maldivian Tuna & Coconut Breakfast	Spinach-Dill Egg Wraps	Kale & Pineapple smoothie	One-Pot Lemon Chicken Gnocchi
Saturday	Spinach, Zucchini & Pea Frittata	Spinach-Dill Egg Wraps	Banana Loaf	Meal Out - Enjoy!
Sunday	Kale & Pineapple smoothie	Spinach, Zucchini & Pea Frittata	Coconut Peanut Power Balls	One-Pot Lemon Chicken Gnocchi

Weekly Shopping List

Produce	Protein	Dry Goods	Staples & Misc
• 7 bananas • 6 oranges • 2 grapefruits • 1½ limes • 4 lemons • 1-inch fresh ginger • 2 shallots • 2 fennel bulbs • 1 red onion • 2 green onions • ½ zucchini (courgette) • ½ head broccoli • 12 cherry tomatoes • kale • 21 oz (600g) baby spinach • 2.8 oz (80g) frozen pineapple chunks • 1 avocado • fresh dill • fresh parsley • fresh mint • fresh basil • garlic • 2.5 oz (74g) blueberries	• 18 eggs • 7 oz (200g) smoked ham • 10.5 oz (300g) chicken breast • 1 lb (450g) ground chicken thighs • 3.5 oz (100g) tuna in oil • 14 oz (100g) tuna in brine • 2 lb (900g) salmon filet • 1.25 lb (560g) pork tenderloin • 7.5 oz (210g) cottage cheese • 2 oz (60g) feta cheese • 2 oz (60g) ricotta • 2 oz (60g) sour cream • crème fraîche • 7 oz (200g) halloumi • 4 oz (115g) butter • whole milk	• 9 oz (250g) all-purpose flour • 4.25 oz (120g) couscous • 5.2 oz (150g) cooked white rice • 3.5 tbsp (48g) chia seeds • 8 tbsp desiccated coconut • 5.25 oz (150g) brown sugar • 2.75 oz (80g) pitted dates • 1 oz (30g) coconut flakes • 1 tsp ground cinnamon • 1 tsp ground coriander • ½ tsp baking soda • curry powder • almonds • cashews • walnuts (optional) • pinch crushed • red pepper flakes • sesame seeds	• 2x 14 oz (400g) cans plum tomatoes • 10 fl oz. (300ml) chicken stock • 1.5 oz (45g) green olives • 14 oz (400g) can mixed bean salad • 14 oz (400g) gnocchi • 2.75 oz (80ml) banana nectar • vanilla extract • toasted sesame oil • tamari • hoisin sauce • harissa paste • kimchi • honey • sweet chili sauce • peanut butter



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.





Baked Tomato, Bean & Egg Skillet

Serves 2

25 Minutes

2x 14 oz. (400g) cans plum tomatoes

1x 14 oz. (400g) can mixed bean salad, drained

7 oz. (200g) baby spinach

4 eggs

1.75 oz. (50g) smoked ham, thinly sliced & torn

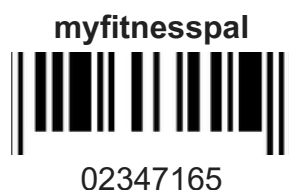
Add tomatoes and beans to an ovenproof skillet or shallow ovenproof dish. Simmer for 10 minutes, until slightly reduced.

Stir in spinach and cook for 5 more minutes, until wilted.

Preheat broiler (grill) to medium. Create 4 wells in the mixture and crack an egg into each.

Nestle ham among the eggs. Broil (grill) for 4 to 5 minutes, until egg whites are set and yolks are still runny.

Serving suggestion: bread, if desired



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	459kcal	43g	38g	15g



Chia & Cottage Cheese Pudding

Serves 2

5 Minutes

12.6 oz. (360g) cottage cheese

4 fl oz (120ml) whole milk

3½ tbsp. (48g) chia seeds

2 tbsp. (42g) honey

1 tsp. vanilla extract

2.5 oz. (74g) blueberries

Mix cottage cheese, milk, chia seeds, honey, vanilla extract, and a pinch of salt in a bowl.

Let sit for 5 to 10 minutes, then stir again. Cover and refrigerate for at least 1 hour.

Divide between bowls and top with blueberries. Serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	434kcal	33g	26g	22g



Maldivian Tuna & Coconut Breakfast

Serves 1

10 Minutes

14 oz. (100g) tuna in brine, drained weight

8 tbsp. desiccated coconut

1 lime, juiced

1 red onion, finely chopped

In a bowl, mix chopped onion with a pinch of salt.

Add tuna, coconut, and lime juice.

Mix well, breaking up large chunks of tuna.

Serving suggestion: toasted pita



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	437kcal	24g	29g	25g



Spinach, Zucchini & Pea Frittata

Serves 3

30 Minutes

9 eggs

2.8 oz. (80g) zucchini,
sliced

2 oz. (60g) feta cheese,
crumbled

2 oz. (60g) ricotta cheese

3.5 oz. (100g) baby
spinach, divided

1.75 oz. (50g) frozen green
peas

2 green onions, finely sliced

Preheat the oven to 430°F (220°C).

Wash and drain spinach. Blend 8 eggs, ricotta, and three-quarters of the spinach, and 1 tbsp olive oil until smooth. Season with salt and pepper.

Grease a small casserole dish with oil (1 tbsp). Pour in egg mixture.

Top with zucchini, green onions, and peas. Bake for 15 to 20 minutes.

Add feta cheese and bake for 5 more minutes, then serve.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	415kcal	6g	28g	31g



Spinach-Dill Egg Wraps

Serves 2

30 Minutes

14 oz. (400g) baby spinach

4 eggs

2 tbsp. crème fraîche

0.2 oz. (5g) fresh dill,
chopped

1 tsp. ground coriander

Preheat the oven to 390°F (200°C). Prepare a baking tray lined with baking paper.

Rinse spinach and pour boiling water over it. Drain and squeeze out excess liquid.

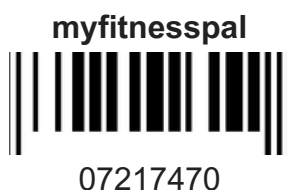
Blend spinach until smooth. Add eggs, salt, and pepper, and blend again.

Spread mixture thinly on a lined baking sheet. Bake for 15 minutes, until firm.

In a bowl, mix crème fraîche, dill, and coriander. Season to taste with salt and pepper.

Carefully remove wrap from baking paper.

Once slightly cooled, spread with filling. Roll up and slice.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	231kcal	5g	19g	15g



Spicy Kimchi Chicken Cups

Serves 4

25 Minutes

10 oz. (285g) kimchi

Finely chop kimchi or pulse in a food processor.

1 lb. (450g) ground chicken thighs

Heat 1 tbsp. olive oil in a skillet over medium-high. Cook chicken with salt and pepper for 5 minutes, breaking it up.

3 tbsp. hoisin sauce, plus extra for serving

Add hoisin sauce and kimchi. Cook for 4 more minutes, until glossy and cooked through.

1 head leaf lettuce

Serve in lettuce wraps with cooked rice (optional).



GF	DF	LC	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	288kcal	10g	26g	16g



Tuna Rice Bowl

Serves 1

5 Minutes

3.5 oz. (100g) tuna in oil,
drained weight

2 tbsp. mayonnaise

1 tsp. toasted sesame oil

½ tsp. tamari

5.2 oz. (150g) cooked white
rice

½ tsp. sesame seeds, to
serve

In a bowl, mix tuna, mayonnaise, sesame oil, and tamari.

Spoon over cooked rice to top with sesame seeds.

Serve suggestion: cucumber slices



GF	DF	MP	HP	Q
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	624kcal	44g	31g	36g



One-Pot Lemon Chicken Gnocchi

Serves 3

30 Minutes

14 oz. (400g) gnocchi
10.5 oz. (300g) boneless, skinless chicken breast
4 tbsp. crème fraîche
2 oz. (30g) Parmesan cheese, grated
2 oz. (60g) baby spinach
1 lemon, ½ sliced + ½ juice
1 tsp. curry powder
2 cloves garlic, minced
10 fl oz. (300ml) chicken stock

Heat 2 tbsp olive oil in a skillet. Sear chicken on both sides for 6 to 8 minutes. Remove.

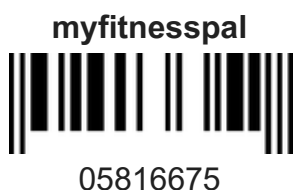
Sauté gnocchi and garlic for 2 minutes.

Add stock, lemon juice, crème fraîche, curry powder, and season with salt and pepper.

Return chicken and add lemon slices. Simmer for 5 minutes.

Stir in spinach and Parmesan. Simmer for 1 more minute.

Remove lemon slices. Serve hot.



MP		HP		
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	414kcal	33g	30g	18g



Sweet Chili Halloumi Couscous Bowl

Serves 3

20 Minutes

4.25 oz. (120g) couscous

7 oz. (200g) halloumi,
cubed

½ head broccoli, cut into
florets

2 oranges, peeled &
quartered

3 tbsp. (45ml) sweet chili
sauce

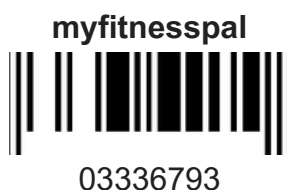
Juice of 1 lemon

0.5 oz. (15g) fresh parsley,
chopped

Cook couscous per package instructions. Boil broccoli for 4 to 5 minutes. Drain.

Heat 1 tbsp olive oil over medium heat and fry halloumi for 3 to 4 minutes. Toss oranges with sweet chili sauce.

Mix couscous with lemon juice, parsley, and season with salt, and pepper. Serve with broccoli, halloumi, and orange-chili dressing.



MP		HP		
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	429kcal	49g	20g	17g



Foil-Baked Salmon & Tomatoes

Serves 4

22 Minutes

2 lbs. (900g) salmon filet,
cut into 4 pieces

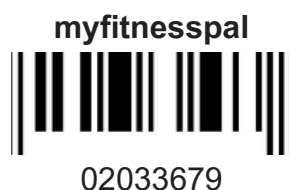
12 cherry tomatoes, halved

16 basil leaves

Place two 12-inch-long sheets of aluminum foil on top of one another (per salmon piece). Brush with ½ tbsp. olive oil.

Layer salmon, tomatoes, basil, season with salt, pepper, and drizzle with another ½ tbsp. olive oil. Seal tightly.

Bake at 500°F (260°C) for 10 to 12 minutes. Let rest for 1 minute. Open and serve with juices.



Nutrition Per Serve	Energy	Carbs	Protein	Fat
	480kcal	2g	46g	32g



Sweet n' Spicy Harissa Pork Roast

Serves 3

30 Minutes

4 tbsp. harissa paste

2 tbsp. honey

1.25 lbs. (560g) pork
tenderloin, halved

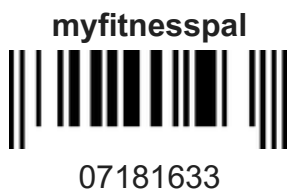
Preheat the oven to 375°F (190°C).

Season pork with salt and pepper, then rub with harissa and honey.

Heat 2 tsp oil over medium-high heat in an oven-proof skillet for 2 to 4 minutes per side. Place in the heated oven and roast for 8-12 minutes, until internal temp is 140-145°F (60–63°C).

Rest for 10 minutes. Slice and serve with juices.

Serving suggestions: Zesty Citrus & Fennel Salad - recipe in this pack.



GF	DF	LC	MP	HP
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	328kcal	14g	41g	12g



Zesty Citrus & Fennel Salad

Serves 6

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30 Minutes

- 4 oranges
- 2 grapefruits
- 2 large shallots, thinly sliced
- 2 small fennel bulbs, thinly sliced
- 1.5 oz. (45g) green olives, chopped
- small handful mint or basil leaves
- pinch of crushed red pepper flakes

Peel citrus, remove all white pits then slice into segments. Reserve juice.

Arrange citrus on plates. Top with shallot, fennel, and olives.

Drizzle with 6 tbsp olive oil and citrus juice. Garnish with mint, chili flakes, and flaky salt.



GF

DF

LC

Nutrition Per Serve	Energy	Carbs	Protein	Fat
	215kcal	18g	2g	15g



Banana Loaf

Serves 12

1 Hour

2 eggs

2 oz. (60g) sour cream

2.75 fl oz. (80ml) banana nectar

4 ripe bananas

9 oz. (250g) all-purpose flour

1 tsp. baking soda

½ tsp. ground cinnamon

5.25 oz. (150g) brown sugar

1 tsp. vanilla extract

4 oz. (115g) butter, softened

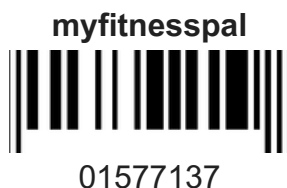
Optional:
walnuts, chopped

Preheat the oven to 340°F (170°C). Grease a loaf pan.

In a bowl, mash bananas with the banana nectar until smooth. In a separate bowl, mix flour, baking soda, cinnamon, and ¼ tsp. salt.

Beat butter and brown sugar, then add in eggs one at a time, still beating. Add banana mash, sour cream, and vanilla extract. Mix.

Fold in dry ingredients, plus walnuts if using and mix until combined. Pour into the pan and bake for 45-50 minutes. Remove from the oven and cool.



MP		N		
Nutrition Per Serve	Energy	Carbs	Protein	Fat
	245kcal	37g	4g	9g



Coconut-Peanut Power Balls

Serves 4

20 Minutes

1 oz. (30g) peanut butter

2.75 oz. (80g) pitted dates

1 oz. (30g) coconut flakes

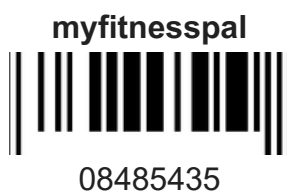
1.5 oz. (40g) almonds

¼ tsp. ground cinnamon

Toast coconut flakes in a dry pan until golden. Set aside.

In a food processor, blitz dates, almonds, cinnamon, and peanut butter until sticky. Form into balls.

Roll in toasted coconut. Serve.



GF	DF	LC	MP	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	205kcal	17g	5g	13g



Kale & Pineapple Smoothie

Serves 2

5 Minutes

2 handfuls kale

½ avocado

Juice of ½ lime

2.8 oz. (80g) frozen
pineapple chunks

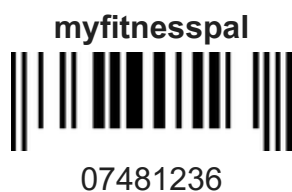
1-inch piece fresh ginger,
peeled

1 tbsp. cashews

1 banana

Add all ingredients to a blender with a splash of water.

Blend until smooth. Adjust water for consistency. Serve immediately.



GF	DF	Q	N
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Nutrition Per Serve	Energy	Carbs	Protein	Fat
	205kcal	26g	5g	9g