

SPICED PUMPKIN & BLUE CHEESE TOAST



1 serving



Prep Time: 10 minutes



Cooking Time: 20 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	370 kcal
Total Fats	23g
Saturated Fats	11g
Protein	20g
Carbohydrates	9.8g
Dietary Fiber	1.5g
Sugar	7.1g



INGREDIENTS

- 2 slices whole grain or sourdough bread (about 60g)
- 1/2 cup (75g) pumpkin, peeled and diced into small cubes
- 1 tsp extra-virgin olive oil
- 1/4 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/4 tsp smoked paprika (optional for warmth)
- Pinch of sea salt & black pepper
- 1 1/2 oz (40g) crumbled blue cheese
- Fresh thyme leaves (for garnish)

INSTRUCTIONS

- 01.** Preheat the oven to 200°C. Line a small baking sheet with parchment paper.
- 02.** In a small bowl, toss the diced pumpkin with olive oil, cinnamon, nutmeg, paprika (if using), salt, and pepper until well coated.
- 03.** Spread pumpkin in a single layer on the prepared baking sheet. Roast for 18–20 minutes, turning halfway, until tender and lightly caramelized.
- 04.** While the pumpkin bakes, lightly toast your bread slice until crisp.
- 05.** Top the toast with the warm roasted pumpkin cubes, sprinkle with crumbled blue cheese, and finish with fresh thyme leaves.
- 06.** Serve immediately, enjoying the sweet-spiced pumpkin against the tangy blue cheese for the perfect autumn bite.

TOP TIP: For extra flavor, roast the pumpkin with a few unpeeled garlic cloves – once baked, squeeze out the soft garlic and spread it on the toast before adding the toppings. It adds a rich, mellow sweetness that pairs beautifully with the blue cheese.

PUMPKIN PECAN SPICED OATMEAL



1 serving



Prep Time: 5 minutes



Cooking Time: 6 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	380 kcal
Total Fats	16g
Saturated Fats	1.5g
Protein	9.1g
Carbohydrates	55g
Dietary Fiber	7.8g
Sugar	20g

INGREDIENTS

- 1/2 cup (40g) rolled oats
- 1 cup (240ml) unsweetened almond milk
- 1/3 cup (80g) pumpkin puree
- 1/2 tsp pumpkin pie spice (see notes)
- 1 tbsp pure maple syrup or honey (optional, adjust to taste)
- Pinch of sea salt
- 2 tbsp chopped pecans (plus a few whole pecans for garnish)
- Extra almond milk for serving



INSTRUCTIONS

- 01.** In a small saucepan, combine the rolled oats, almond milk, pumpkin puree, pumpkin pie spice, sweetener (if using), and salt. Stir to combine.
- 02.** Bring to a gentle boil over medium heat, then reduce to low and simmer for 5–6 minutes, stirring occasionally, until the oats are creamy and tender.
- 03.** Stir in half of the chopped pecans during the last minute of cooking for a warm, toasty crunch.
- 04.** Pour into a bowl, drizzle with extra almond milk, sprinkle with the remaining pecans, and top with a dusting of pumpkin spice if desired.

TOP TIP: For extra richness, stir in 1–2 teaspoons of almond butter before serving — it makes the oatmeal creamier and adds healthy fats to keep you full longer.

PUMPKIN PECAN PANCAKES WITH MAPLE SYRUP



2 servings



Prep Time: 10 minutes



Cooking Time: 10 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	434 kcal
Total Fats	20g
Saturated Fats	4.1g
Protein	14g
Carbohydrates	55g
Dietary Fiber	10g
Sugar	5.1g



INGREDIENTS

- 1 cup (120g) GF flour or almond meal
- 1 tsp coconut sugar or brown sugar (optional)
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1 tsp pumpkin pie spice (see notes)
- Pinch of sea salt
- 1 cup (240ml) unsweetened almond milk
- 1/2 cup (120g) pumpkin puree
- 1 large egg
- 1 tsp coconut oil, melted (plus more for cooking)
- 1/3 cup (35g) chopped pecans
- Greek Yoghurt for serving

INSTRUCTIONS

- 01.** In a medium bowl, whisk together flour, sugar (if using), baking powder, baking soda, pumpkin pie spice, and salt.
- 02.** In another bowl, whisk almond milk, pumpkin puree, egg, and melted coconut oil until smooth.
- 03.** Pour the wet mixture into the dry ingredients and stir gently until just combined (do not overmix).
- 04.** Heat a non-stick skillet or griddle over medium heat and lightly grease with coconut oil or butter. Pour about 1/4 cup batter per pancake and cook for 2–3 minutes per side, until golden and cooked through.
- 05.** Stack pancakes, dollop greek yoghurt, and top with pecans.

TOP TIP: For extra fluffiness, separate the egg and beat the white until soft peaks form, then fold it into the batter just before cooking.

PUMPKIN CHIA OVERNIGHT OATS



2 servings



Prep Time: 10 minutes



Cooking Time: 0 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	358 kcal
Total Fats	16g
Saturated Fats	1.7g
Protein	9.7g
Carbohydrates	46g
Dietary Fiber	11g
Sugar	8.9g



INGREDIENTS

- 1 cup (80g) rolled oats
- 2 tbsp (20g) chia seeds
- 1 cup (240ml) unsweetened almond milk
- 1/2 cup (120g) pumpkin puree
- 1 tsp (15g) maple syrup or honey
- 1 tsp pumpkin pie spice (see notes)
- 1/2 tsp cinnamon
- 1/2 tsp vanilla extract
- 1/4 cup (25g) chopped walnuts
- Pinch of salt

INSTRUCTIONS

- 01.** In a medium mixing bowl or large jar, combine oats, chia seeds, almond milk, pumpkin puree, maple syrup, pumpkin pie spice, cinnamon, vanilla, and salt.
- 02.** Stir until fully combined and chia seeds are evenly distributed.
- 03.** Cover and refrigerate for at least 4 hours, preferably overnight, to allow oats and chia seeds to absorb the liquid.
- 04.** When ready to serve, stir the mixture, then divide it into two jars or bowls.
- 05.** Top each serving with half of the chopped walnuts for crunch.

TOP TIP: For extra creaminess, replace half of the almond milk with Greek yogurt. You can swap pecans for walnuts or pumpkin seeds.

GOLDEN PUMPKIN SMOOTHIE BOWL



1 serving



Prep Time: 10 minutes



Cooking Time: 0 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	439 kcal
Total Fats	22g
Saturated Fats	3g
Protein	15g
Carbohydrates	52g
Dietary Fiber	11g
Sugar	19g



INGREDIENTS

For the smoothie base:

- 1/4 cup (60g) pumpkin puree
- 1/2 small frozen banana
- 1/2 cup (120ml) unsweetened almond milk
- 1/4 cup (60g) Greek yogurt
- 1 tsp maple syrup
- 1/2 tsp pumpkin pie spice (see notes)
- 1/4 tsp cinnamon

For the toppings:

- 2 tbsp (20g) pecans
- 2 tbsp (18g) pumpkin seeds
- 1 tbsp (10g) dried cranberries
- 2 tbsp (20g) blueberries
- 1 tsp chia seeds
- Pinch of ground cinnamon

INSTRUCTIONS

- 01.** Add pumpkin puree, frozen banana, almond milk, yogurt, maple syrup, pumpkin pie spice, and cinnamon to a blender.
- 02.** Blend until smooth and creamy, adjusting liquid for desired thickness.
- 03.** Pour into a bowl.
- 04.** Arrange pecans, pumpkin seeds, cranberries, blueberries, and chia seeds neatly on top.
- 05.** Sprinkle with a pinch of cinnamon and enjoy immediately.

TOP TIP: For extra protein, add 1 scoop of vanilla protein powder to the base before blending. Swap cranberries for goji berries or raisins for a different twist. Keep toppings fresh until serving to maintain crunch.

SPAGHETTI SQUASH WITH TOMATO SAUCE & HERBS



1 serving



Prep Time: 10 minutes



Cooking Time: 40 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	300 kcal
Total Fats	12g
Saturated Fats	3g
Protein	8g
Carbohydrates	45g
Dietary Fiber	10g
Sugar	16g

INGREDIENTS

- 1 small spaghetti squash (about 500g)
- 1 tsp olive oil
- Salt & pepper, to taste
- 1/2 cup (120g) marinara or tomato sauce
- 2 tbsp shredded mozzarella or parmesan cheese (optional)
- 1 tbsp fresh parsley, chopped



INSTRUCTIONS

- 01.** Preheat oven to 200°C. Cut the spaghetti squash in half lengthwise and scoop out the seeds.
- 02.** Brush the inside with olive oil and season with salt and pepper. Place cut side down on a baking sheet lined with parchment paper.
- 03.** Roast for 35–40 minutes, or until the flesh is tender and strands easily with a fork.
- 04.** Use a fork to gently scrape the inside of the squash, creating spaghetti-like strands. Keep them inside the squash shell for serving.
- 05.** Heat the marinara sauce in a small pan. Pour over the squash, sprinkle with cheese, and garnish with parsley. Serve warm.

TOP TIP: For more flavor, add sautéed garlic or onions to the sauce.

Make it protein-rich by adding cooked chicken, turkey, or lentils to the marinara. The squash can also be microwaved for a faster version (about 10–12 minutes total).

MEDITERRANEAN STUFFED SPAGHETTI SQUASH



2 servings



Prep Time: 10 minutes



Cooking Time: 40 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	344kcal
Total Fats	22g
Saturated Fats	7.5g
Protein	9.1g
Carbohydrates	30g
Dietary Fiber	6.9g
Sugar	10g



INGREDIENTS

- 1 small spaghetti squash
- 1 tsp olive oil
- Salt & pepper, to taste
- 1/3 cup (55g) cooked chickpeas (rinsed & drained if canned)
- 1 medium red bell pepper, diced
- 2 tbsp (20g) diced red onion
- 1/2 cup (75g) crumbled feta cheese
- For the herb topping:
 - 1/4 cup (10g) fresh parsley
 - 1 small garlic clove
 - 1 tbsp lemon juice
 - 1 1/2 tbsp olive oil
 - Pinch of salt & pepper

INSTRUCTIONS

- 01.** Preheat the oven to 200°C. Cut spaghetti squash in half lengthwise and scoop out the seeds. Brush with olive oil, season with salt and pepper, and place cut side down on a parchment-lined baking sheet.
- 02.** Roast for 35–40 minutes, until tender.
- 03.** While the squash bakes, blend parsley, garlic, lemon juice, olive oil, salt, and pepper in a small food processor until finely chopped.
- 04.** Once baked, use a fork to scrape the inside into spaghetti-like strands, keeping them inside the shell for serving.
- 05.** Top the squash with chickpeas, red bell pepper, and red onion. Spoon over the herb topping and sprinkle with feta cheese.
- 06.** Serve warm.

TOP TIP: For extra protein, add grilled chicken or shrimp on top. Swap feta for goat cheese or dairy-free feta if needed. The herb topping can be made in advance and stored for 3–4 days in the fridge.

ROASTED BUTTERNUT SQUASH & ARUGULA SALAD



1 serving



Prep Time: 10 minutes



Cooking Time: 20 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	220 kcal
Total Fats	15g
Saturated Fats	2.1g
Protein	2.8g
Carbohydrates	22g
Dietary Fiber	4.3g
Sugar	5.1g



INGREDIENTS

- 1 cup (140g) butternut squash, peeled and diced into 1-inch cubes
- 1 tablespoon olive oil
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1/8 teaspoon ground allspice
- Pinch of sea salt and black pepper
- 1 cup (20g) fresh arugula
- 1 tablespoon pumpkin seeds
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon maple syrup

INSTRUCTIONS

- 01.** Preheat oven to 200°C.
- 02.** Toss diced squash with olive oil, cinnamon, nutmeg, allspice, salt, and pepper. Spread on a baking sheet.
- 03.** Roast for 18–20 minutes, flipping halfway, until tender and lightly caramelized.
- 04.** In a small bowl, whisk apple cider vinegar and maple syrup to make the dressing.
- 05.** Place arugula on a plate, top with roasted squash and pumpkin seeds, then drizzle with dressing.
- 06.** Finish with an extra pinch of black pepper before serving.

TOP TIP: After roasting, sprinkle squash with a pinch of smoked paprika and drizzle with a little honey or maple syrup for extra warmth and depth.

ROASTED BUTTERNUT SQUASH WITH YOGURT-MINT DRESSING



1 serving



Prep Time: 10 minutes



Cooking Time: 20 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	280 kcal
Total Fats	19g
Saturated Fats	2.4g
Protein	6.3g
Carbohydrates	27g
Dietary Fiber	5g
Sugar	9.8g



INGREDIENTS

- 1 cup (150g) butternut squash, peeled and diced
 - 1/2 cup (75g) cherry tomatoes, halved
 - 2 teaspoons olive oil, divided
 - Pinch of cinnamon, nutmeg, and allspice
 - Sea salt & black pepper, to taste
 - 1 cup (20g) fresh arugula
 - 1 tablespoon pecans
- Dressing:
- 2 tablespoons Greek yogurt
 - 1 teaspoon fresh mint, chopped
 - 1 teaspoon lemon juice
 - 1/2 teaspoon honey or maple syrup
 - Pinch of salt & pepper

INSTRUCTIONS

- 01.** Preheat oven to 200°C. Toss squash with 1 teaspoon olive oil, cinnamon, nutmeg, allspice, salt, and pepper. On a separate section of the baking sheet, toss cherry tomatoes with the remaining olive oil and a pinch of salt. Roast for 18–20 minutes, flipping the squash halfway, until tender and lightly caramelized.
- 02.** In a small bowl, whisk together yogurt, mint, lemon juice, honey, salt, and pepper until smooth.
- 03.** Arrange arugula on a plate. Top with roasted squash, roasted tomatoes, pumpkin seeds, and pecans.
- 04.** Drizzle with yogurt-mint dressing and finish with an extra crack of black pepper.

TOP TIP: Toast the pecans in the oven for 3–4 minutes at 175°C until fragrant. This brings out their natural oils, intensifies their nutty flavor, and adds a warm crunch that pairs perfectly with the sweet squash and creamy dressing.

ROASTED BUTTERNUT SQUASH & CHICKPEAS WITH KALE



1 serving



Prep Time: 10 minutes



Cooking Time: 25 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	290 kcal
Total Fats	7.6g
Saturated Fats	1g
Protein	7.8g
Carbohydrates	55g
Dietary Fiber	12g
Sugar	18g



INGREDIENTS

- 1 cup (150g) butternut squash, peeled and diced
- 1/3 cup (80g) canned chickpeas, rinsed and drained
- 1 teaspoon olive oil, divided
- 1/4 teaspoon cinnamon
- 1/4 teaspoon smoked paprika
- Pinch of salt & pepper
- 1 cup (30g) fresh kale, stems removed and chopped
- 1/2 small apple, thinly sliced
- 1 tablespoon dried cranberries
- 1 tablespoon pumpkin seeds

INSTRUCTIONS

- 01.** Preheat oven to 200°C.
- 02.** Toss butternut squash cubes with 1/2 teaspoon olive oil, cinnamon, salt, and pepper. Spread on one side of a baking sheet.
- 03.** On the other side of the sheet, toss chickpeas with remaining olive oil, smoked paprika, and a pinch of salt. Roast everything for 20–25 minutes, shaking halfway, until squash is tender and chickpeas are crisp.
- 04.** While roasting, place kale in a bowl and massage with a small drizzle of olive oil and a pinch of salt for 1–2 minutes until softened.
- 05.** Arrange kale on a plate. Top with roasted squash, crispy chickpeas, apple slices, cranberries, and pumpkin seeds.
- 06.** Enjoy warm or at room temperature.

TOP TIP: For even crispier chickpeas, dry them well with a towel before seasoning and roast them in a single layer without overcrowding.

BLACK BEAN & SWEET POTATO QUESADILLAS



3 servings



Prep Time: 15 minutes



Cooking Time: 20 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	330 kcal
Total Fats	12g
Saturated Fats	6g
Protein	13g
Carbohydrates	42g
Dietary Fiber	10g
Sugar	4g



INGREDIENTS

- 1 cup (200g) sweet potato, peeled and diced
- 1 teaspoon olive oil
- 1/2 teaspoon ground cumin
- 1/4 teaspoon smoked paprika
- Pinch of salt & pepper
- 1 cup (165g) canned black beans, rinsed and drained
- 1/2 cup (60g) shredded cheddar or Mexican blend cheese
- 3 medium tortillas of choice

INSTRUCTIONS

- 01.** Place diced sweet potato in a small pot, cover with water, and boil for 8–10 minutes until fork-tender. Drain and mash lightly.
- 02.** Heat olive oil in a skillet over medium heat. Add mashed sweet potato, cumin, smoked paprika, salt, and pepper. Stir in black beans and cook for 2–3 minutes until heated through.
- 03.** Spread filling evenly over half of each tortilla. Sprinkle with cheese, fold over, and press gently.
- 04.** Heat a non-stick skillet over medium heat. Cook each quesadilla for 2–3 minutes per side until golden brown and the cheese is melted.
- 05.** Slice into wedges and enjoy warm.

TOP TIP: For extra crispiness, lightly brush the outside of each tortilla with olive oil or melted butter before cooking. This helps them brown evenly, develop a golden crust, and adds a subtle richness that complements the sweet potato and black bean filling.

CHICKEN & KALE STUFFED BELL PEPPERS



2 servings



Prep Time: 15 minutes



Cooking Time: 40 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	403 kcal
Total Fats	19g
Saturated Fats	6.5g
Protein	30g
Carbohydrates	32g
Dietary Fiber	5g
Sugar	7.1g



INGREDIENTS

- 4 large bell peppers
- 1 teaspoon olive oil
- 1/2 medium onion, finely chopped
- 1 clove garlic, minced
- 225g ground chicken
- 1 cup (30g) chopped kale, stems removed
- 1/2 cup (90g) cooked brown rice
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cumin
- Salt & pepper, to taste
- 1/3 cup (40g) shredded cheddar cheese
- Fresh parsley, for garnish

INSTRUCTIONS

- 01.** Preheat the oven to 190°C. Slice the tops off bell peppers, remove seeds and membranes, and place them in a baking dish.
- 02.** Heat olive oil in a skillet over medium heat. Sauté onion and garlic for 2–3 minutes until softened. Add ground chicken and cook until browned, breaking it up as it cooks.
- 03.** Stir in kale, rice, cinnamon, nutmeg, cumin, salt, and pepper. Cook for 2–3 minutes until kale is wilted and flavors are combined.
- 04.** Spoon filling into each pepper. Top with cheddar cheese.
- 05.** Cover loosely with foil and bake for 25–30 minutes, removing foil for the last 5–10 minutes to lightly brown the tops.
- 06.** Garnish with parsley and enjoy warm.

TOP TIP: For sweeter, softer peppers, roast them empty before stuffing. Brush the insides lightly with olive oil, place them cut-side up in a baking dish, and roast at 375°F (190°C) for about 10 minutes. This step enhances their natural sweetness and makes the texture more tender.

CHICKEN SAUSAGE & BROWN RICE STUFFED ACORN SQUASH



2 servings



Prep Time: 15 minutes



Cooking Time: 50 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	367 kcal
Total Fats	13g
Saturated Fats	4.1g
Protein	22g
Carbohydrates	43g
Dietary Fiber	5.8g
Sugar	2.4g



INGREDIENTS

- 1 medium acorn squash, halved and seeds removed
- 1 teaspoon olive oil, divided
- 1/4 teaspoon cinnamon
- Salt & pepper, to taste
- 1/2 cup (100g) cooked brown rice
- 140g chicken sausage, casings removed
- 1/2 small onion, finely chopped
- 1/4 cup (60g) diced red bell pepper
- 1/2 cup (40g) shredded mozzarella cheese

INSTRUCTIONS

- 01.** Preheat the oven to 200°C. Brush squash halves with 1/2 teaspoon olive oil, and sprinkle with salt and pepper. Place cut-side down on a baking sheet and roast for 25–30 minutes until tender.
- 02.** While the squash roasts, heat the remaining oil in a skillet over medium heat. Add onion and cook 2–3 minutes until softened. Add chicken sausage, breaking it up as it cooks. Stir in bell pepper and cook for another 3–4 minutes until sausage is fully browned.
- 03.** Stir in cooked brown rice, season with salt and pepper, and mix until heated through.
- 04.** Turn roasted squash halves cut-side up, fill with the sausage-rice mixture, and sprinkle with cheese. Return to oven for 10 minutes, until cheese is melted and filling is hot.

TOP TIP: For a sweet-savory contrast, drizzle each squash half with about 1/2 teaspoon pure maple syrup before roasting. The heat caramelizes the sugars, giving the squash a richer flavor and golden edges.

ROASTED SWEET POTATO WITH ARUGULA WALNUTS & FETA



1 serving



Prep Time: 10 minutes



Cooking Time: 20 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	325 kcal
Total Fats	17g
Saturated Fats	4.2g
Protein	7.6g
Carbohydrates	37g
Dietary Fiber	6.1g
Sugar	10g



INGREDIENTS

- 1 cup (150g) sweet potato, peeled and diced
- 1 teaspoon olive oil
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- Pinch of cayenne pepper
- Salt & black pepper, to taste
- 1 cup (20g) fresh arugula
- 2 tablespoons walnuts, roughly chopped
- 2 tablespoons feta cheese, crumbled
- 1 teaspoon balsamic vinegar
- 1/2 teaspoon maple syrup

INSTRUCTIONS

01. Preheat oven to 200°C.
02. Toss sweet potato cubes with olive oil, cinnamon, nutmeg, cayenne (if using), salt, and pepper. Spread on a baking sheet and roast for 18–20 minutes, flipping halfway, until tender and lightly caramelized.
03. In a small bowl, whisk balsamic vinegar and maple syrup until combined.
04. Place arugula on a plate. Top with roasted sweet potato, walnuts, and feta. Drizzle with the dressing.
05. Finish with an extra crack of black pepper.

TOP TIP: Toast the walnuts in a dry skillet over medium heat for 3–4 minutes until fragrant. This enhances their crunch and brings out a richer, nuttier flavor that pairs beautifully with the sweet potatoes and feta.

DILL & LEMON SALMON WITH POTATOES AND MUSHROOMS



1 serving



Prep Time: 10 minutes



Cooking Time: 25 minutes

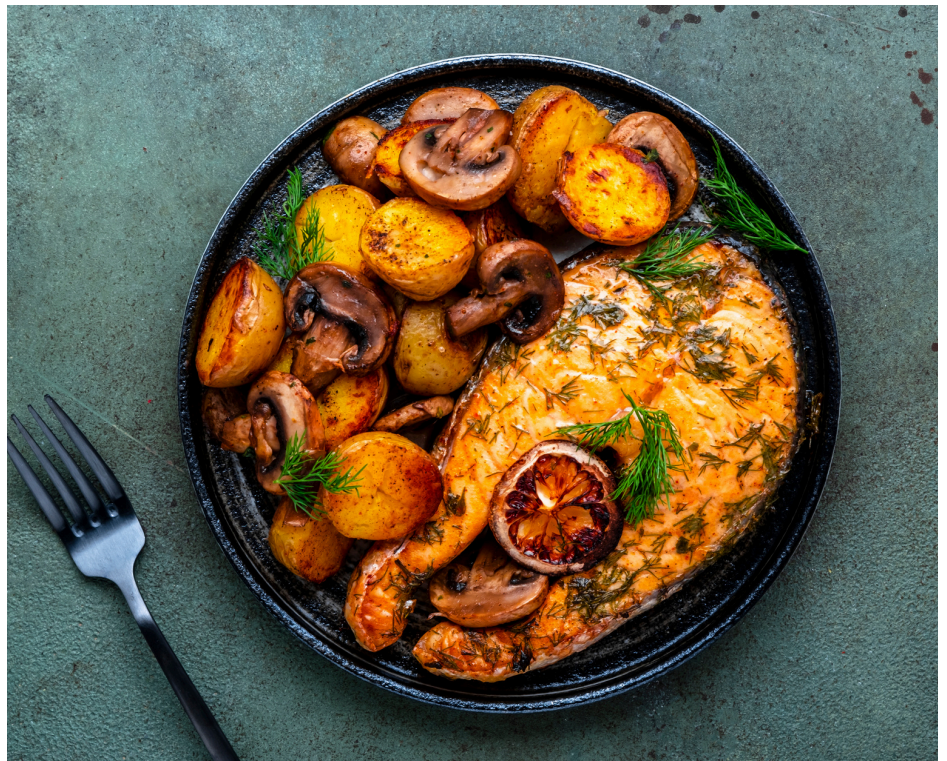
NUTRITIONAL VALUE

PER SERVING

Calories	510 kcal
Total Fats	27g
Saturated Fats	4.7g
Protein	37g
Carbohydrates	32g
Dietary Fiber	4.8g
Sugar	3.1g

INGREDIENTS

- 1 salmon steak (about 140g)
- 1 cup (150g) baby potatoes, halved
- 1 cup (80g) button mushrooms, halved
- 2 teaspoons olive oil, divided
- 1 tablespoon fresh dill, chopped (plus extra for garnish)
- 1/2 lemon (sliced, plus extra wedges for serving)
- Salt & black pepper, to taste



INSTRUCTIONS

- 01.** Preheat oven: Set to 200°C.
- 02.** Toss potatoes and mushrooms with 1 teaspoon olive oil, salt, and pepper. Spread on a baking sheet and roast for 15 minutes.
- 03.** Rub salmon with remaining olive oil, season with salt, pepper, and dill. Place a lemon slice on top.
- 04.** After 15 minutes, push potatoes and mushrooms to the sides of the baking sheet. Place salmon in the center and roast for another 10–12 minutes, or until salmon flakes easily with a fork and potatoes are golden.
- 05.** Transfer to a plate, garnish with fresh dill, and serve with extra lemon wedges.

TOP TIP: For deeper flavor, roast the lemon slices alongside the salmon — the caramelized citrus will add a rich, tangy sweetness to the dish.

BUCKWHEAT BOWL WITH CHICKEN & BUTTERNUT SQUASH



1 serving



Prep Time: 15 minutes



Cooking Time: 25 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	396 kcal
Total Fats	9.4g
Saturated Fats	1.7g
Protein	39g
Carbohydrates	43g
Dietary Fiber	8.7g
Sugar	4.8g



INGREDIENTS

- 1/6 cup (30g) dry buckwheat groats
- 140g chicken breast, skinless and boneless
- 1 cup (150g) butternut squash, peeled and diced
- 1/2 cup (45g) broccoli florets
- 1/4 cup (20g) shredded red cabbage
- 1 teaspoon olive oil, divided
- 1/4 teaspoon smoked paprika
- Salt & black pepper, to taste
- Fresh parsley, for garnish

INSTRUCTIONS

- 01.** Rinse buckwheat under cold water. Bring 1 cup (240 ml) of water to a boil, add buckwheat, a pinch of salt, reduce the heat, cover, and simmer for 12–15 minutes until tender. Fluff with a fork.
- 02.** Preheat oven to 400°F (200°C). Toss butternut squash with 1/2 teaspoon olive oil, smoked paprika, salt, and pepper. Roast for 18–20 minutes.
- 03.** Steam broccoli florets for 4–5 minutes until bright green and tender-crisp.
- 04.** Season chicken breast with salt and pepper. Heat remaining olive oil in a skillet or grill pan over medium heat. Cook chicken for 5–6 minutes per side until golden and cooked through.
- 05.** Add buckwheat to a bowl. Arrange chicken, roasted squash, broccoli, and red cabbage on top. Garnish with fresh parsley.

TOP TIP: Toast the buckwheat groats in a dry skillet over medium heat for 3–4 minutes before cooking. This step deepens their nutty flavor and gives them a slightly firmer texture, making the whole bowl more aromatic and satisfying.

BLACK BEAN, SWEET POTATO & QUINOA CHILI



3 serving



Prep Time: 15 minutes



Cooking Time: 35 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	287 kcal
Total Fats	6g
Saturated Fats	0.9g
Protein	11g
Carbohydrates	50g
Dietary Fiber	12g
Sugar	10g



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 medium carrot, diced
- 2 cups (300g) sweet potato, peeled and diced into small cubes
- 1 cup (185g) canned black beans, rinsed and drained
- 1 cup (240g) canned crushed tomatoes
- 1/2 cup (90g) cooked quinoa
- 1 cup (240ml) vegetable broth
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg
- Salt & black pepper, to taste

INSTRUCTIONS

- 01.** In a large pot, heat olive oil over medium heat. Add onion, garlic, carrot, and bell pepper. Cook for 5–6 minutes until softened.
- 02.** Stir in sweet potato, cumin, smoked paprika, cinnamon, nutmeg, allspice (if using), salt, and pepper. Cook for 2–3 minutes until spices are fragrant.
- 03.** Add black beans, crushed tomatoes, quinoa, and vegetable broth.
- 04.** Bring to a boil, then reduce the heat and simmer for 15–20 minutes, stirring occasionally, until thickened.
- 04.** Ladle chili into bowls, and top with optional green onions and red pepper flakes.

TOP TIP: For extra richness, stir in a splash of unsweetened apple cider near the end of cooking — it adds a subtle autumn sweetness that balances the smoky spices.

HEARTY CHICKEN CHILI



4 servings



Prep Time: 10 minutes



Cooking Time: 30 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	410 kcal
Total Fats	19g
Saturated Fats	5.8g
Protein	33g
Carbohydrates	30g
Dietary Fiber	12g
Sugar	6.8g



INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 medium red bell pepper, diced
- 450g ground chicken
- 2 tablespoons tomato paste
- 1 can (400g) diced tomatoes
- 1 can (1425g) black beans, rinsed and drained
- 1 cup (240ml) chicken broth
- 1 tablespoon chili powder
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon cayenne pepper
- Salt & black pepper, to taste
- 1/2 cup (60g) shredded cheddar cheese

INSTRUCTIONS

- 01.** Heat olive oil in a large pot over medium heat. Add onion, garlic, and bell pepper, cooking for 4–5 minutes until softened.
- 02.** Add ground chicken and cook, breaking it up, until browned and fully cooked.
- 03.** Stir in tomato paste, chili powder, cumin, smoked paprika, cayenne (optional), salt, and pepper. Cook for 1 minute until fragrant.
- 04.** Add diced tomatoes, black beans, and chicken broth. Stir well, bring to a boil, then reduce the heat and simmer uncovered for 20 minutes, stirring occasionally, until thickened.
- 05.** Divide chili into bowls. Top with shredded cheddar and chopped green onions.

TOP TIP: For deeper flavor, cook the chili on low heat for an extra 30–40 minutes — the longer simmer helps the spices meld and the texture become richer

LENTIL STEW WITH TURKEY SAUSAGE



4 servings



Prep Time: 15 minutes



Cooking Time: 40 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	421 kcal
Total Fats	13g
Saturated Fats	2.5g
Protein	35g
Carbohydrates	45g
Dietary Fiber	9.5g
Sugar	6.5g



INGREDIENTS

- 1 tablespoon olive oil
- 340g chicken sausages, sliced
- 1 medium onion, diced
- 2 cloves garlic, minced
- 2 medium carrots, diced
- 2 celery stalks, diced
- 1 cup (200g) dried lentils, rinsed
- 4 cups (960ml) low-sodium chicken broth
- 1 can (400g) diced tomatoes
- 1 teaspoon smoked paprika
- 1/2 teaspoon dried thyme
- 1/2 teaspoon ground cumin
- Salt & black pepper, to taste
- 2 tablespoons fresh parsley, chopped (for garnish)

INSTRUCTIONS

- 01.** Heat olive oil in a large pot over medium heat. Add turkey sausage pieces and cook for 4–5 minutes until lightly browned. Remove and set aside.
- 02.** In the same pot, add onion, garlic, carrots, and celery. Cook for 5–6 minutes until softened.
- 03.** Stir in smoked paprika, thyme, cumin, salt, and pepper. Cook for 1 minute until fragrant.
- 04.** Add lentils, chicken broth, and diced tomatoes. Bring to a boil, then reduce the heat, cover, and simmer for 25–30 minutes until lentils are tender.
- 05.** Return sausage to the pot, stir well, and heat through for 5 minutes.
- 06.** Ladle into bowls and garnish with fresh parsley.

TOP TIP: For deeper flavor, brown the sausages well before removing them from the pot - the caramelized bits left behind add richness to the stew base when you sauté the vegetables.

CREAMY PUMPKIN & POTATO SOUP



3 servings



Prep Time: 15 minutes



Cooking Time: 25 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	297 kcal
Total Fats	18g
Saturated Fats	8.8g
Protein	5g
Carbohydrates	34g
Dietary Fiber	4.9g
Sugar	9.8g

INGREDIENTS

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 cups (450g) pumpkin, peeled and diced
- 1 cup (150g) potato, peeled and diced
- 1 medium carrot, diced
- 1/2 cup (75g) parsnip, diced
- 3 cups (720 ml) low-sodium vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon smoked paprika
- Salt & black pepper, to taste
- 1/2 cup (120 ml) coconut milk



INSTRUCTIONS

- 01.** Heat olive oil in a large pot over medium heat. Add onion and cook for 3–4 minutes until softened. Stir in garlic and cook for 1 minute.
- 02.** Add pumpkin, potato, carrot, and parsnip. Season with cinnamon, nutmeg, smoked paprika, salt, and pepper. Stir to coat with spices.
- 03.** Pour in vegetable broth. Bring to a boil, then reduce heat and simmer for 15–20 minutes until vegetables are tender.
- 04.** Use an immersion blender (or transfer in batches to a blender) to puree until smooth.
- 05.** Stir in coconut milk. Adjust seasoning if needed.
- 06.** Ladle into bowls, swirl with extra cream, and top with pumpkin seeds and fresh thyme.

TOP TIP: Roast the pumpkin and potato cubes at 200°C for 20 minutes before adding them to the soup. This caramelizes their natural sugars, giving the soup a richer, deeper flavor.

PUMPKIN SPICE MUFFINS



6 servings



Prep Time: 10 minutes



Cooking Time: 20 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	170 kcal
Total Fats	7.2g
Saturated Fats	4.8g
Protein	3.7g
Carbohydrates	24g
Dietary Fiber	2.5g
Sugar	9.5g



INGREDIENTS

- 3/4 cup (90 g) oat flour
- 1/2 teaspoon baking soda
- 1 teaspoon baking powder
- 1 teaspoon pumpkin pie spice
- Pinch of salt
- 1/2 cup (120 g) pumpkin puree
- 1/4 cup (60 ml) maple syrup
- 1 large egg
- 2 tablespoons coconut oil
- 1 teaspoon vanilla extract
- Crumble topping:
 - 2 tablespoons rolled oats
 - 1 tablespoon almond flour
 - 1 teaspoon coconut sugar
 - 1 teaspoon coconut oil

INSTRUCTIONS

- 01.** Preheat oven to 175°C. Line a 6-cup muffin tin with paper liners or lightly grease with oil.
- 02.** Mix dry muffin ingredients in one bowl and wet ingredients in another. Combine gently until just mixed.
- 03.** Stir crumble topping ingredients in a small bowl.
- 04.** Divide batter between muffin cups, sprinkle crumble on top.
- 05.** Place in the preheated oven and bake for 18–20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
- 06.** Let muffins cool in the pan for 5 minutes, then transfer to a wire rack.
- 07.** Serve warm or at room temperature.

TOP TIP: For bakery-style domes, start baking at 190°C for the first 5 minutes, then lower to 175°C for the remaining time. This quick heat boost helps the muffins rise higher.

PUMPKIN OAT BARS



9 servings



Prep Time: 10 minutes



Cooking Time: 30 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	216 kcal
Total Fats	3.7g
Saturated Fats	1g
Protein	6.6g
Carbohydrates	41g
Dietary Fiber	4.6g
Sugar	16g



INGREDIENTS

- 3 cups (250g) rolled oats
- 1 1/2 tsp baking powder
- 1 1/2 tsp pumpkin pie spice
- Pinch of salt
- 1 1/2 cups (360g) pumpkin puree
- 1/2 cup (120ml) maple syrup or honey
- 2 large eggs
- 1 1/2 tsp vanilla extract
- 3/4 cup (180ml) milk (dairy or non-dairy)
- 3/4 cup (75g) fresh or frozen berries
- 3 tbsp pumpkin seeds

INSTRUCTIONS

- 01.** Preheat oven to 175°C. Line an 8×8 baking dish with parchment paper.
- 02.** In a large bowl, mix oats, baking powder, pumpkin pie spice, and salt.
- 03.** In another bowl, whisk pumpkin puree, maple syrup, egg, vanilla, and milk until smooth.
- 04.** Pour wet ingredients into the dry and stir until combined. Fold in berries and pumpkin seeds.
- 05.** Spread the mixture evenly in the prepared dish.
- 06.** Bake 25–30 minutes, until set and golden at the edges.
- 07.** Cool completely before slicing into 9 squares.

TOP TIP: For natural sweetness and extra moisture, mash 1 ripe banana into the wet ingredients before mixing. It blends well with the pumpkin and spices while reducing the need for added sweetener.

PUMPKIN TART WITH ALMOND-OAT CRUST



4 servings



Prep Time: 15 minutes



Cooking Time: 10 minutes

NUTRITIONAL VALUE

PER SERVING

Calories	368 kcal
Total Fats	20g
Saturated Fats	9.1g
Protein	7.5g
Carbohydrates	46g
Dietary Fiber	6.3g
Sugar	22g



INGREDIENTS

Almond-Oat Crust:

- 1 cup (100g) rolled oats
- 1/2 cup (60g) almond flour or finely ground almonds
- 2 tbsp coconut oil, melted
- 2 tbsp maple syrup or honey
- 1/2 tsp cinnamon
- Pinch of salt

Pumpkin Filling:

- 1 cup (240g) pumpkin puree
- 3 tbsp maple syrup or honey
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 1/4 cup (60ml) coconut milk or Greek yogurt

INSTRUCTIONS

- 01.** Preheat the oven to 175°C.
- 02.** In a food processor, pulse oats until coarse. Add almond flour, coconut oil, maple syrup, cinnamon, and salt. Pulse until the mixture sticks together.
- 03.** Press mixture firmly into 4 tart pans (bottom & sides). Bake for 8–10 minutes until lightly golden. Let cool.
- 04.** In a bowl, whisk pumpkin puree, maple syrup, cinnamon, nutmeg, and coconut milk/Greek yogurt until smooth.
- 05.** Spoon the filling into cooled crusts and spread evenly.
- 06.** Refrigerate at least 1 hour before serving. Garnish with coconut flakes, oats, or a dusting of cinnamon.

TOP TIP: Before making the crust, toast the oats in a dry skillet over medium heat for 3–4 minutes, stirring often until they turn lightly golden and smell nutty. This step intensifies their flavor, adds a subtle crunch, and makes the almond-oat crust taste richer and more aromatic.