OUTWRK

MONTHLY RECIPE BOOK

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Welcome to your monthly recipe guide! Full of delicious, nutritious recipes specifically designed to help you meet your goals

For those using MyFitnessPal, each recipe can be scanned into your diary using the given barcode unique to each recipe featured

Let us know what you think of these and we really hope you enjoy them!

Jamie
Head Diet Nerd at OUTWRK

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DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.

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KEY

- V — VEGETARIAN
- VE — VEGAN
- DF — DAIRY FREE
- GF — GLUTEN FREE
- N — CONTAINS NUTS
- Q — QUICK

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Spinach has it's very own National day, its the 26th of March.

SPINACH PROTEIN PANCAKES

SERVES: 12

TOTAL TIME: 40 MINUTES

GF V

INGREDIENTS

284ml pot **buttermilk**

1 **egg**, beaten, plus 2 poached **eggs** per person, to serve (optional)

200g **spinach**

175g **buckwheat flour**

1 tsp **gluten-free baking powder**

Pinch of **paprika**

Rapeseed oil, for frying

INSTRUCTIONS

First, boil the kettle, and put the buttermilk and beaten egg in a food processor.

Put the spinach in a colander and pour over boiling water to wilt it. Squeeze out any excess water, add spinach to the processor and blitz to a smooth purée.

Next, put all the dry ingredients, plus 1 tsp of salt, in a bowl and gradually mix in the purée. If it's a little too thick, add 1 tbsp water to loosen it into the consistency of batter.

Heat a drizzle of oil in a large, non-stick pan over a medium heat and spoon in two or three ladlefuls of batter. Cook for 1-2 minutes or until bubbles appear, then flip over for 1 minute more or until cooked. Repeat until you have 12 pancakes.

Serve topped with poached eggs, if you like.

MACROS PER PORTION

CALORIES	234	PROTEIN	17
CARBS	10	FATS	14
FIBRE	2		

ASPARAGUS AND SOFT EGGS ON TOAST

SERVES: 4

TOTAL TIME: 20 MINUTES

V Q

INGREDIENTS

4 slices **rustic country bread**

455g **asparagus**, tough ends trimmed

2 tbsp **olive oil**

Kosher salt and black pepper

8 **large eggs**

1 tsp **vinegar**

28g **Parmesan**

INSTRUCTIONS

Start by preheating the grill.

Place the bread and asparagus on a baking sheet, drizzle with the oil and season with 1/2 tsp each salt and pepper.

Grill until the bread is toasted, about 1 to 2 minutes per side and then place the bread on your four serving plates.

Continue grilling the asparagus, tossing once, for about 4 to 8 minutes more, or until tender.

At the same time, you'll need to poach your eggs.

Bring a pan of water, at least 5cm deep, to a bare simmer, add vinegar. Crack your egg into a bowl and add them to the water, one by one. While you're pouring your eggs in, stir the water gently to make a little whirlpool. Cook for 3-4 minutes or until the white has set. Remove from the water with a slotted spoon.

Serve toast with asparagus, eggs and parmesan cheese.

MACROS PER PORTION

CALORIES	348	PROTEIN	20
CARBS	22	FATS	20
FIBRE	2		

Plum's could be one of the oldest fruits, remains have been found in Neolithic age archaeological sites.

PLUM AND ALMOND OATS

SERVES: 2

TOTAL TIME: 10 MINUTES ~~PLUS SOAKING OVERNIGHT~~

V VE DF GF Q

INGREDIENTS

60g **rolled oats** (or gluten free **rolled oats**)

1 tbsp **chia seeds**

300ml **almond milk**

Couple drops **vanilla extract**

Small pinch **nutmeg**, freshly grated

3 **plums**, ripe, stoned and chopped into chunky cubes

1 tbsp **almonds**, roughly chopped

Drizzle **honey or agave**, to serve

INSTRUCTIONS

The night before, mix the oats, chia seeds, almond milk, vanilla extract and nutmeg together in a medium sized bowl. Stir through 2 of the cubed plums, cover and leave in the fridge overnight.

The next morning, give the oats a good stir, they should be creamy and soft.

Divide between 2 bowls and top with the remaining plum, some almonds and honey or agave to sweeten.

MACROS PER PORTION

CALORIES	226	PROTEIN	9
CARBS	25	FATS	10
FIBRE	7		

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POACHED EGGS WITH MUSHROOMS AND TOMATOES

SERVES: 4

TOTAL TIME: 20 MINUTES

V Q

INGREDIENTS

2 tsp **white vinegar**

1 tbsp plus 1 tsp **olive oil**

2 medium **tomatoes**, quartered

Kosher salt and black pepper

455g assorted **mushrooms**, sliced

1 tbsp **fresh thyme leaves**

8 **large eggs**

4 slices **country bread**, toasted

28g **parmesan**, shaved

2 tbsp **fresh chives**, chopped

INSTRUCTIONS

Firstly, you'll need to fill a large, deep skillet with 3 inches of water. Add the vinegar and bring to a bare simmer.

Meanwhile, heat 1 tsp of the oil in a large nonstick skillet over medium-high heat. Add the tomatoes, season with ¼ tsp each salt and pepper, and cook until just tender, about 1 to 2 minutes per side.

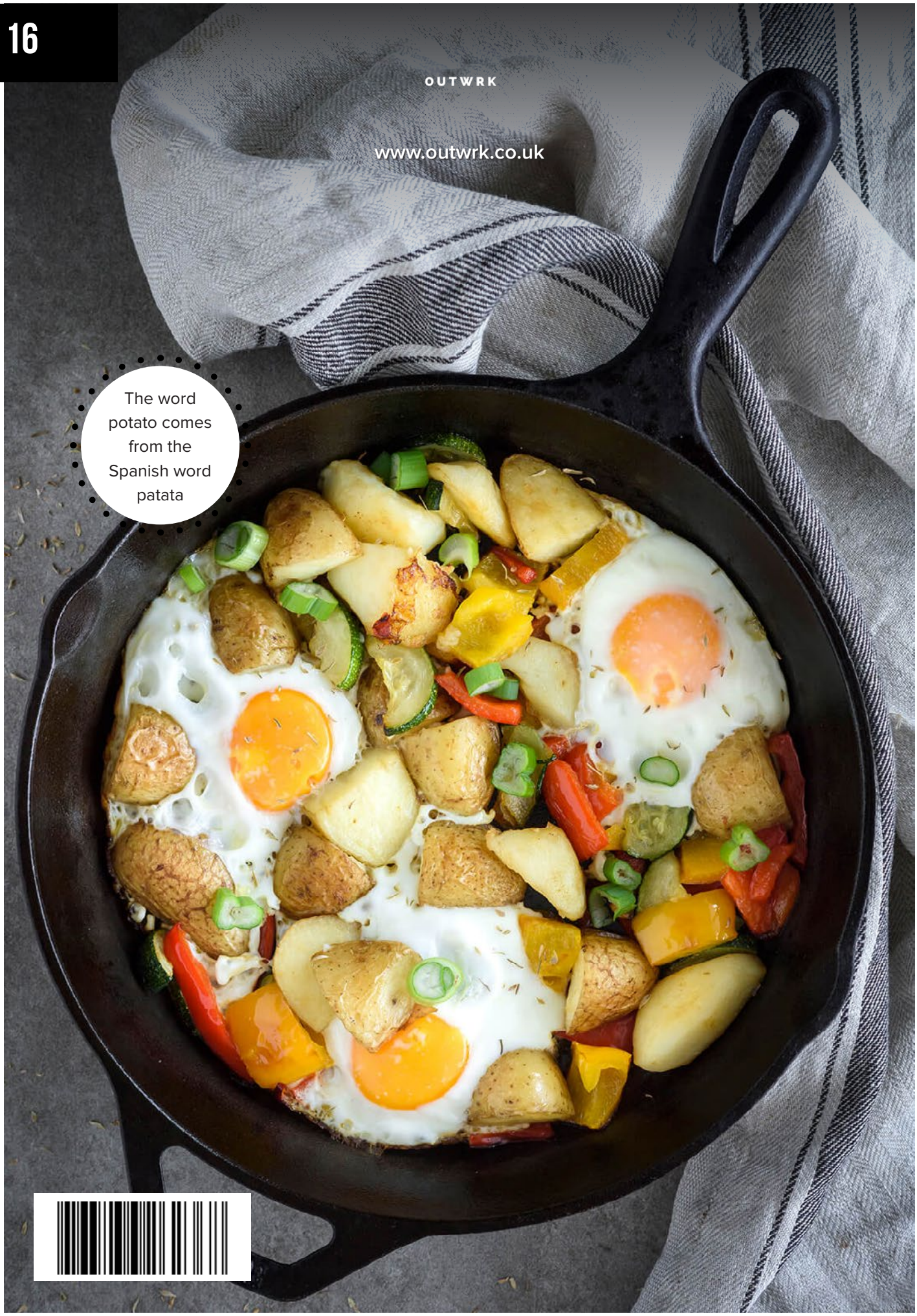
Add the remaining tbsp of oil to the skillet and heat over medium-high heat. Add the mushrooms, thyme, ½ tsp salt, and ¼ teaspoon pepper. Cook, tossing occasionally, for about 6 to 7 minutes or until golden brown and tender.

Meanwhile, you can poach your eggs, crack each one into a bowl and add them to the simmering water, one by one (four at a time). While you're pouring your eggs in, stir the water to make a gentle whirlpool. Cook for 3 to 4 minutes or until the white has set. Remove from the water with a slotted spoon.

Dividing evenly, top the bread with the tomatoes, mushrooms, eggs, Parmesan, and ¼ tsp each salt and pepper. Sprinkle with the chives.

MACROS PER PORTION

CALORIES	362	PROTEIN	22
CARBS	28	FATS	18
FIBRE	3		



The word potato comes from the Spanish word patata

PAN COOKED EGGS AND VEGETABLES

SERVES: 2

TOTAL TIME: 30 MINUTES

V GF Q

INGREDIENTS

300g **baby new potatoes**, halved
½ tbsp **rapeseed oil**
1 knob **butter**
1 **courgette**, cut into small chunks
1 **yellow pepper**, cut into small chunks
1 **red pepper**, cut into small chunks
2 **spring onions**, finely sliced
1 **garlic clove**, crushed
1 sprig **thyme**, leaves picked
4 **eggs**
Toast (or gluten free **bread**) to serve

INSTRUCTIONS

Start by bringing a large pot of water to boil. Cook the potatoes for 8 minutes, then drain.

Next, heat the oil and butter in a large non-stick frying pan and add the courgette, peppers, boiled potatoes and a little salt and pepper. Cook for 10 minutes, stirring from time to time, until everything begins to brown. Add the spring onions, garlic and thyme and cook for another 2 minutes.

Make four spaces in the pan and crack in the eggs. Cover with foil or a lid and cook for about 4 minutes, or until the eggs are cooked (with the yolks soft for dipping into). Sprinkle with more thyme leaves and ground black pepper.

Serve on two plates with toast.

MACROS PER PORTION

CALORIES	340	PROTEIN	17
CARBS	32	FATS	16
FIBRE	6		

FRITTATINE WITH RICOTTA

SERVES: 6

TOTAL TIME: 35 MINUTES

V GF

INGREDIENTS

4 **eggs**
Small handful flatleaf **parsley**, finely chopped, plus extra sprigs to serve
Handful **chives**, finely snipped
1 small **garlic clove**, finely chopped
50g **parmesan**, freshly grated
Olive oil, for frying
For the filling
250g tub **ricotta**
handful **fresh basil**, torn
50g **parmesan**, freshly grated

INSTRUCTIONS

Firstly, beat the eggs with 2 tbsp water and season. Mix in the parsley, chives, garlic and parmesan.

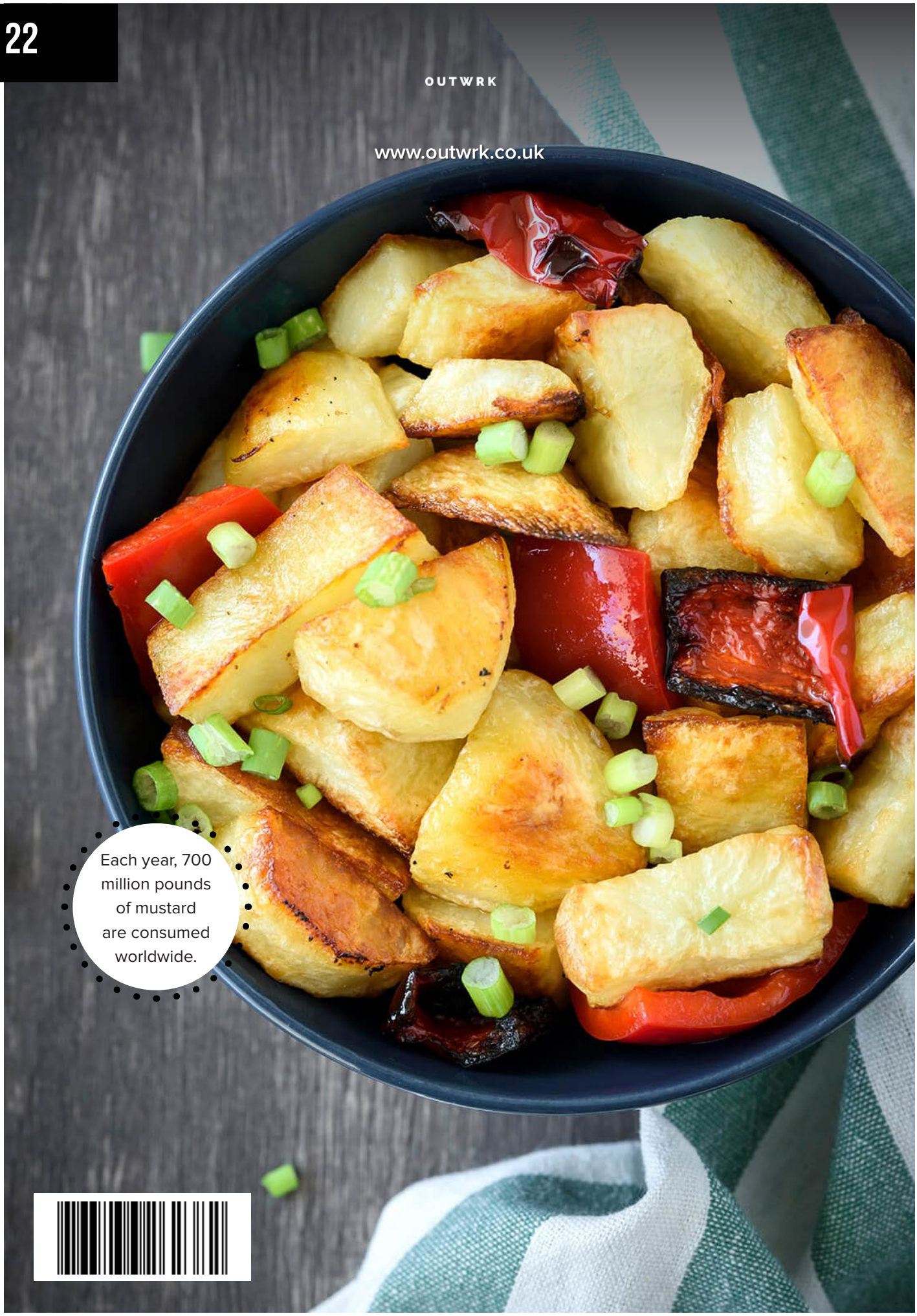
Heat a 23cm heavy-based frying pan on a medium heat with a little oil. Once the oil is hot, add one ladleful (about a third) of the egg mixture and tip the pan so it covers the base. Reduce the heat and cook the omelette until it's just firm, then flip it over and cook the other side. Keep warm while you repeat to make three omelettes in total, adding a little extra oil to the pan each time.

Meanwhile, make the filling by combining the ricotta, basil, parmesan and some pepper. Spread mixture over each omelette, roll up loosely like a cigar and cut into thickish slices.

Serve with a sprinkling of parsley.

MACROS PER PORTION

CALORIES	239	PROTEIN	16
CARBS	1	FATS	19
FIBRE	1		



Each year, 700 million pounds of mustard are consumed worldwide.

ROASTED POTATO SALAD WITH DIJON VINAIGRETTE

SERVES: 8

TOTAL TIME: 45 MINUTES

V DF GF

INGREDIENTS

910g **Yukon potatoes**, scrubbed clean and cut into 5cm chunks

1 **bell pepper**, cut into 2.5cm chunks

4 tbsp **olive oil**, divided

3/4 tsp **kosher salt**, divided

3/4 tsp freshly **ground black pepper**, divided

1 1/2 tbsp **apple cider vinegar**

1 tsp **Dijon mustard**

1 tsp **wholegrain mustard**

Spring onion or parsley, **to garnish** (optional)

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6. Line a baking tray with baking paper.

Combine potatoes, bell peppers, 2 tbsp oil, 1/2 tsp salt and 1/2 tsp black pepper in a large bowl and stir to coat. Evenly spread the vegetables across the tray and bake for 15 minutes, turn the potatoes and bake for another 15 minutes or until crispy.

Add remaining 2 tbsp oil, 1/4 tsp salt, 1/4 tsp pepper, apple cider vinegar and mustard in a small bowl, stirring well with a whisk.

When the potatoes come out of the oven, pour over the dressing and stir to combine (If you use a spatula to mix from the bottom of the pan up so it will help to avoid damage the crispy potatoes).

Serve in a large bowl with spring onions or parsley, to garnish.

MACROS PER PORTION

CALORIES	135	PROTEIN	3
CARBS	15	FATS	7
FIBRE	3		

QUICK VEGETABLE FRITTATA

SERVES: 4

TOTAL TIME: 25 MINUTES

V GF Q

INGREDIENTS

4 **large eggs**

1/2 tsp **salt**

1 medium **tomato**, chopped

1/2 **green bell pepper**, chopped

1 tbsp **fresh chives**, finely chopped (or 1 tsp dried **chives**)

60g **cheddar cheese**, shredded

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Spray a large skillet with cooking spray and set aside.

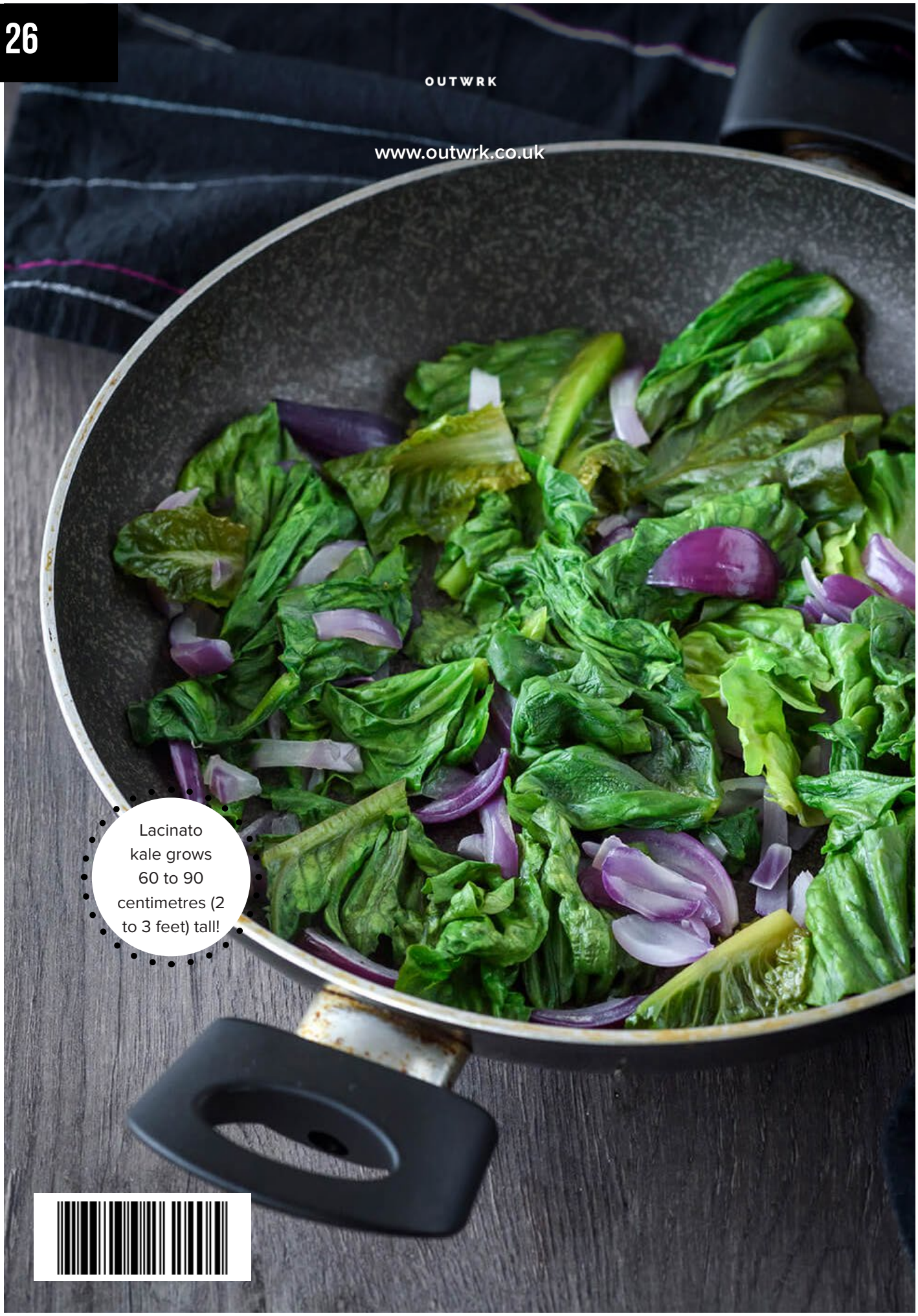
In a bowl whisk the eggs and salt, then add in the chopped vegetables and chives, plus half the cheddar cheese and whisk to combine. Pour into prepared skillet and sprinkle remaining cheddar cheese on top.

Bake for 15 minutes, then remove from oven and allow to cool for 5 minutes.

Slice and serve on four plates.

MACROS PER PORTION

CALORIES	142	PROTEIN	10
CARBS	3	FATS	10
FIBRE	1		



Lacinato kale grows 60 to 90 centimetres (2 to 3 feet) tall!

WILTED KALE WITH TOASTED SHALLOTS

SERVES: 2

TOTAL TIME: 10 MINUTES

V VE GF DF Q

INGREDIENTS

1 tbsp **olive oil**

2 **shallots**, thinly sliced

455g **lacinato kale**, stemmed and chopped

¼ tsp each **kosher salt** and freshly **ground pepper**

INSTRUCTIONS

Start by heating olive oil in a large skillet over medium-high heat. Next, add shallots and sauté for 2 minutes or until golden brown. Add kale, cook for another 3 minutes or until wilted. Sprinkle with salt and pepper.

MACROS PER PORTION

CALORIES	204	PROTEIN	25
CARBS	8	FATS	8
FIBRE	5		

CRISPY ROSEMARY POTATOES

SERVES: 4

TOTAL TIME: 40 MINUTES

V VE GF DF

INGREDIENTS

680g **red potatoes**, cut into 2cm chunks

1 tbsp **olive oil**

1 tbsp **fresh rosemary**, chopped

Salt and black pepper to taste

INSTRUCTIONS

Preheat oven to 220°C/425°F/Gas 7.

Toss the potatoes with the oil, rosemary, a generous amount of salt and pepper and spread out evenly on a baking sheet.

Roast until brown and crispy on the outside and tender inside, about 30 minutes.

Eat them while they're hot!

MACROS PER PORTION

CALORIES	160	PROTEIN	3
CARBS	28	FATS	4
FIBRE	3		

According a writer named Warren Bobrow, the Tuna Melt was invented in Charleston, South Carolina.

TUNA MELT SANDWICH

SERVES: 2

TOTAL TIME: 30 MINUTES

INGREDIENTS

1 can (125g) **tuna** (in **water**), drained
15g **carrots**, minced
15g **celery**, minced
1 tbsp **red onion**, minced
1 tbsp light **mayonnaise**
1 tsp **red wine vinegar**
Salt and pepper
2 slices **whole wheat bread**
2 slices, 2% reduced fat **cheddar**
2 slices **tomato**

INSTRUCTIONS

To begin, add tuna, carrots, celery, onion, mayonnaise, vinegar, salt and pepper to a bowl and mix to combine.

Heat a large skillet over low heat. Spray skillet with oil, and place two slices of bread on top.

Top bread with cheese, followed by tuna salad and tomato. Cook on low heat until cheese melts and bread gets nice and toasty.

Divide on to two plates and serve immediately.

MACROS PER PORTION

CALORIES	231	PROTEIN	28
CARBS	15	FATS	7
FIBRE	3		

SALMON & SOYA BEAN SALAD

SERVES: 2

TOTAL TIME: 25 MINUTES

DF GF Q

INGREDIENTS

1 **large egg**

200g frozen **soya beans**, defrosted

1 **lemon**, zest and juice

2 tbsp **flax seed oil**

250g **puy lentils**

Small bunch **spring onions**, sliced

2 **salmon fillets**, pre- poached, skin removed

INSTRUCTIONS

Start by cracking the egg into a fry pan, cover with cold water and bring to the boil. Cook for 4 minutes (or 8 for hard-boiled). Add soya beans to the pan for the final minute, then drain and run under cold water to cool. Shell the egg and cut it into 6 wedges, then set aside.

Mix the lemon zest and juice with the oil, season, then stir through the soya beans, lentils and spring onions.

Divide between 2 plates, then gently break the salmon into large flakes and put on top of the lentils along with the egg.

Serve with seeded brown bread, if you like

MACROS PER PORTION

CALORIES	630	PROTEIN	49
CARBS	41	FATS	30
FIBRE	14		

Quinoa is gluten-free, high in protein and one of the few plant foods that contain sufficient amounts of all nine essential amino acids.

TURKEY WITH TABBOULEH & TAHINI DRESSING

SERVES: 4

TOTAL TIME: 35 MINUTES

GF

INGREDIENTS

200g **quinoa**
½ **cucumber**, cut into 1cm chunks
175g **cherry tomato**, halved
3 **spring onions**, finely sliced
Handful **parsley**, roughly chopped
Handful **coriander**, roughly chopped
1 tbsp **olive oil**, plus 1 tsp
1 **lemon**, juiced
4 **turkey steaks**
For the tahini dressing
1½ tbsp (gluten free) **tahini paste**
1½ tbsp **low-fat yogurt**
½ **lemon**, juiced
½ **garlic clove**, crushed
½ tsp clear **honey**

INSTRUCTIONS

Firstly, tip the quinoa into a saucepan and pour over 600ml water. Cover with a lid and bring to the boil. Once boiling, turn down and simmer until the water has evaporated, about 20 minutes. Take off the lid and leave to cool while you prepare the turkey and salad.

Tip the cucumber, tomatoes, spring onions and herbs into a large mixing bowl. Pour over 1 tbsp olive oil and lemon juice, season well and mix everything together.

Heat a griddle pan and, when smoking hot, rub the turkey steaks with 1 tsp olive oil. Cook for about 5 minutes on each side, depending on thickness.

Meanwhile, stir together all the dressing ingredients along with 3 tbsp water.

Toss the quinoa together with the salad and arrange on 4 plates.

Cut the turkey into thick slices, pile on top of the quinoa and drizzle over the dressing.

MACROS PER PORTION

CALORIES	407	PROTEIN	46
CARBS	31	FATS	11
FIBRE	1		

CAJUN SHRIMP IN FOIL

SERVES: 4

TOTAL TIME: 35 MINUTES

GF

INGREDIENTS

1 tbsp **Cajun or Creole seasoning**

Salt & black pepper

450g cleaned, **large shrimp**

85g fully cooked **turkey/chicken Andouille sausage**, very thinly sliced

1 medium **courgette**, sliced into 1/4-inch thick rounds

1 large **red bell pepper**, seeded and cut into thin strips

260g **corn kernels**

5g **fresh Italian parsley** leaves, chopped

5g **fresh basil leaves**, chopped

60ml **dry white wine**, such as Pinot Grigio

2 tbsp **olive oil**

INSTRUCTIONS

In a medium bowl, combine the Cajun or Creole seasoning, salt and pepper. Add the shrimp and toss to coat.

Place 4 large pieces of heavy-duty aluminum foil on a flat surface.

Divide the sausage, courgette, bell peppers, and corn among the foil pieces, placing the vegetables in the center of each. Top each with shrimp (about 6), sprinkle each with 1 tbsp of the parsley and 1 tbsp of the basil.

Drizzle each with 1 tbsp of the wine and about 1/2 tbsp of the oil. Fold each piece of the foil to form a packet, sealing tightly and leaving a little room inside for air to circulate in the packet.

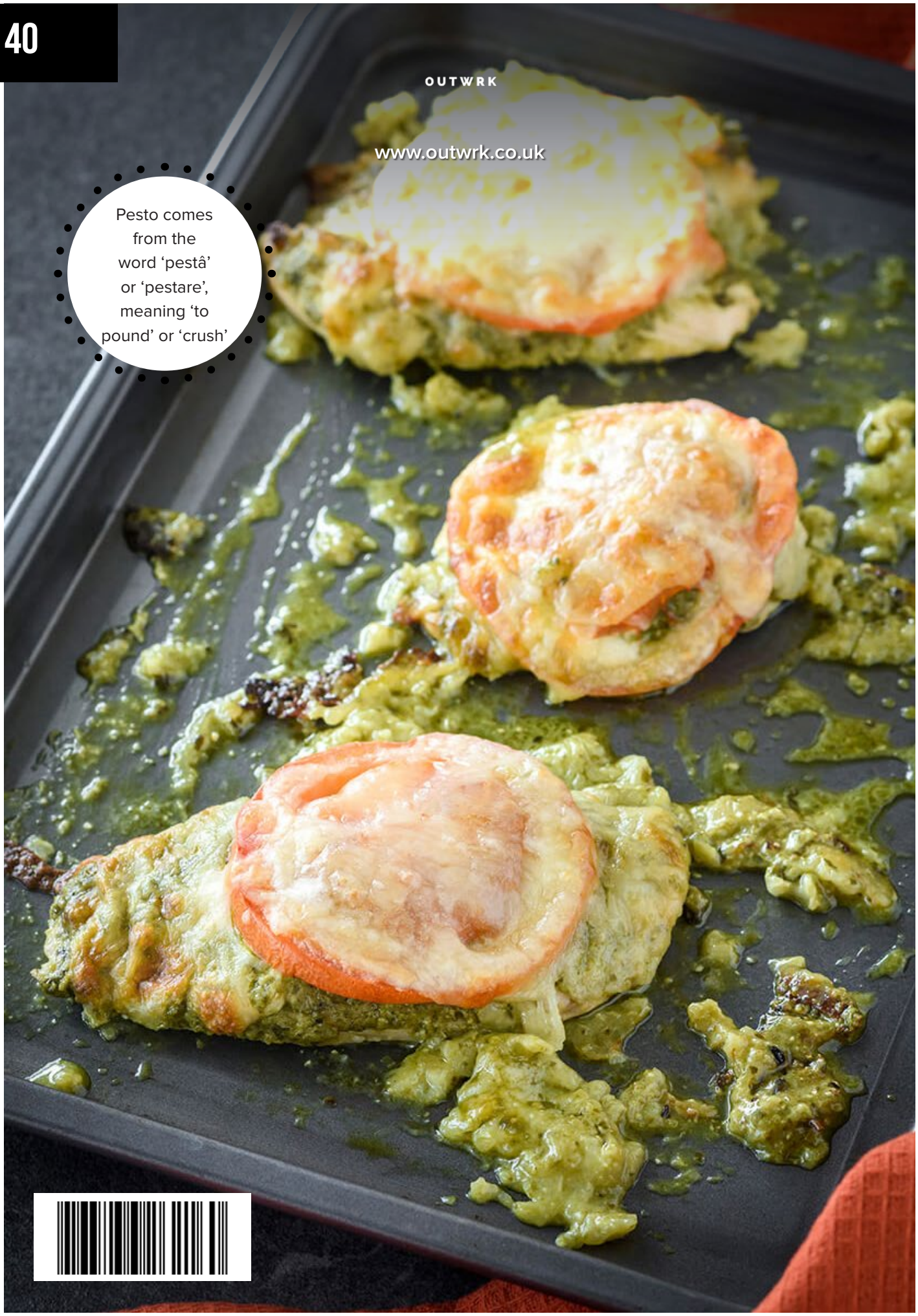
To cook, preheat the oven to 202°C/425°F/Gas 7. Arrange the packets on a baking sheet and cook for about 10 minutes, until the shrimp is cooked through and the vegetables are crisp.

Open the packets slowly, being careful of the hot steam. Transfer the shrimp, vegetables, and sauce that has accumulated to four individual bowls or rimmed plates.

MACROS PER PORTION

CALORIES	308	PROTEIN	29
CARBS	21	FATS	12
FIBRE	3		

Pesto comes from the word ‘pestâ’ or ‘pestare’, meaning ‘to pound’ or ‘crush’



PESTO BAKED CHICKEN

SERVES: 4

TOTAL TIME: 32 MINUTES

GF

INGREDIENTS

4 (about 455g) boneless, skinless **chicken breasts**, flattened

4 tsp **basil pesto**

30g **mozzarella cheese**, shredded

4 Roma **tomatoes**, thinly sliced

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Flatten chicken breasts (about 2.5cm thickness) and place in a casserole dish (sprayed with non-stick cooking spray).

Spread 1 tsp basil pesto sauce on each chicken breast and bake, uncovered, for about 15 minutes.

Remove chicken from oven, add thinly sliced tomato and 1 tbsp of mozzarella cheese to each.

Place back in oven for about 5 to 7 minutes (until cheese is melted).

Divide on to four plates and serve immediately.

MACROS PER PORTION

CALORIES	187	PROTEIN	28
CARBS	3	FATS	7
FIBRE	1		

HONEY SRIRACHA CHICKEN

SERVES: 2

TOTAL TIME: 27 MINUTES

GF DF Q

INGREDIENTS

680g boneless, **chicken breast**, skinless (2–3 large)
120ml **tamari** (or coconut aminos or **soy sauce**)
120ml **honey**
120ml **sriracha**
2 tbsp minced **garlic**
1.5 tbsp **cornstarch** (optional)

INSTRUCTIONS

Firstly, prepare the sauce by whisking together tamari, honey, sriracha, and minced garlic.

Place chicken breasts on the bottom of a slow cooker and then pour sauce on top.

Set slow cooker to high heat and cook for 2 to 3 hours OR set slow cooker to low heat and cook for 6 to 8 hours (recommended).

Once your chicken is easily shreddable, remove from slow cooker and use 2 forks to shred chicken breast.

Now, if you want to thicken the sauce, add 1.5 tbsp of cornstarch. Whisk until dissolved.

Add shredded chicken back into sauce and stir. Let sit for 10 minutes before serving.

MACROS PER PORTION

CALORIES	242	PROTEIN	27
CARBS	29	FATS	2
FIBRE	1		

A one-cup serving of mango provides 100% of your daily vitamin C, 35% of your daily vitamin A and 12% of your daily fiber.

SPICY CHICKEN BURGERS WITH MANGO SALSA

SERVES: 4

TOTAL TIME: 35 MINUTES

INGREDIENTS

2 large **chicken breasts**, skinless, halved horizontally

4 **pitta breads**

2 tbsp roasted **red peppers** or peppers from a jar, drained and diced

2 **spring onions**, chopped

For the marinade

1 **lemon**, juiced

3 tbsp **korma or mild curry paste**

125g low-fat natural **yogurt**

2 tbsp **fresh coriander**, chopped

For the salsa

1 small **mango**, diced

1 ripe **avocado**, diced

1 **red onion**, diced

2 tbsp **fresh coriander**, chopped

4 tbsp **sweet chilli sauce**

Squeeze of **lime** or **lemon juice**

INSTRUCTIONS

Start by putting the chicken between 2 pieces of cling film or in a plastic bag and flatten with a rolling pin to an even thickness. Cut the flattened chicken into wide strips and put in a non-metallic bowl.

In another bowl, combine the marinade ingredients, then pour over the chicken and mix to coat. Cover, then transfer to the fridge to marinate for up to 3 hours.

Meanwhile, mix all the salsa ingredients together in a bowl and set aside.

A the same time, preheat the barbecue. Cook the marinated chicken strips for 4 to 5 minutes on each side or until cooked through.

Warm the pitta breads, then split them open. Fill each with chicken, then top with a dollop of mango salsa, the peppers and spring onions.

MACROS PER PORTION

CALORIES	420	PROTEIN	30
CARBS	48	FATS	12
FIBRE	5		

SHEET PAN TERIYAKI SALMON AND VEGETABLES

SERVES: 2

TOTAL TIME: 35 MINUTES

GF DF

INGREDIENTS

350g **broccoli florets**, bite-sized

10 mini **sweet rainbow peppers**, seeded and halved

1 tbsp **sesame oil**

¼ tsp **kosher salt**

Freshly **ground black pepper**, to taste

For salmon:

2, 115g wild **salmon filets**

1 tsp **sesame oil**

1 **garlic clove**, grated

½ tsp **ginger**, grated

2 tbsp reduced sodium **soy sauce**, or gluten-free soy

1 tsp **rice vinegar**

1 tsp **brown sugar**

For garnish

½ tsp **sesame seeds**, toasted

1 **spring onion**, chopped

INSTRUCTIONS

Preheat oven to 200°C/400°F/Gas 6. Cover a large sheet pan with foil, spray it lightly with olive oil and set aside.

Meanwhile you can prepare the marinade. Combine sesame oil, garlic, ginger, soy sauce, vinegar and brown sugar in a small bowl and mix. Pour into a large ziplock bag add the salmon and marinate for 10 minutes.

In a medium bowl, toss broccoli and peppers with 1 tbsp sesame oil, ¼ tsp salt and pepper. Spread them evenly on prepared sheet pan and roast for 10 minutes.

Remove the vegetables from the oven, toss, and move them over slightly to make room for the salmon. Place the salmon on the sheet pan, reserving the marinade and return to oven, roast for an additional 7 to 8 minutes, or until salmon is just cooked through.

While salmon is cooking, heat a small skillet over low heat. Add the remaining marinade to the pan and simmer, stirring until the sauce has thickened slightly, about 1 to 2 minutes.

Brush salmon with the sauce and sprinkle fillets with sesame seeds and scallions.

Divide salmon onto two plates and serve with veggies on the side.

MACROS PER PORTION

CALORIES	329	PROTEIN	27
CARBS	17	FATS	17
FIBRE	4		

Spaghetti squash is a fantastic gluten-free, low carb alternative to pasta.

BEEF AND MUSHROOM MARINARA WITH SPAGHETTI SQUASH

SERVES: 4

TOTAL TIME: 145 MINUTES

GF DF

INGREDIENTS

1 large **spaghetti squash**
455g grass fed **ground beef**
225g **mushrooms**, sliced
900ml **tomato sauce**
2-3 tbsp **Italian seasoning**
Salt and black pepper, to taste

INSTRUCTIONS

Start by preheating the oven to 177°C/350°F/Gas 4. Pierce the spaghetti squash with a knife.

Roast whole for about 1½ to 2 hours (or until a knife easily pierces the skin).

Carefully slice squash in half, allowing heat to escape and set aside to allow for cooling.

Remove seeds from cooked and cooled spaghetti squash and discard seeds. Scoop out squash using a fork.

In a large pan, add the ground beef (breaking it apart) and sliced mushrooms and sauté for 15 minutes, stirring occasionally.

Add the tomato sauce, Italian seasoning, salt, and black pepper to taste.

Divide the squash over four plates or bowls, top with sauce and serve immediately.

MACROS PER PORTION

CALORIES	442	PROTEIN	28
CARBS	42	FATS	18
FIBRE			

SLOW ROASTED HALIBUT WITH GREMOLATA

SERVES: 4

TOTAL TIME: 45 MINUTES

GF DF

INGREDIENTS

1 small bunch **flat-leaf parsley**

1 **clove garlic**

1 **Lemon**

Salt & pepper

680g **halibut filets**

2 tbsp **olive oil**

2 pints **cherry tomatoes**

INSTRUCTIONS

First, preheat oven to 150°C/300°F/Gas 2.

Remove the parsley leaves from the stalk and finely chop the leaves and garlic. Squeeze the juice from the lemon over the top and stir to combine. Season with salt and pepper.

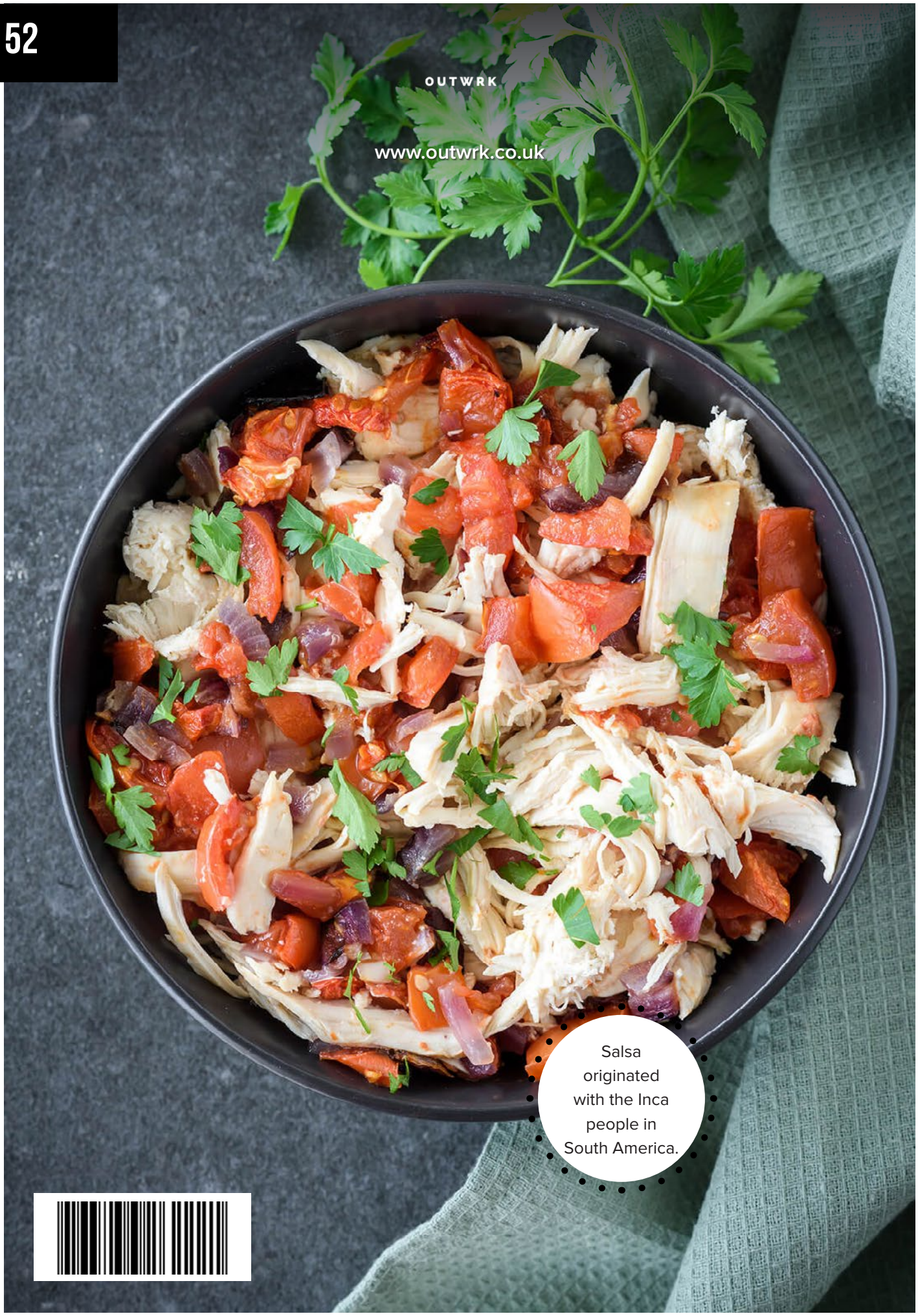
Place an ovenproof skillet over medium-high heat. Season the halibut generously with salt and pepper. Add the oil to the hot pan and then add the halibut, skin-side up. Cook just long enough to sear the fish. Turn the fish so the skin-side is down, sprinkle the cherry tomatoes around the fish and transfer to the oven. Bake for about 20 to 30 minutes, or until the fish is cooked through and the tomatoes are starting to burst.

Remove from the oven and spread the gremolata over the halibut.

Divide on to four plates and serve immediately.

MACROS PER PORTION

CALORIES	286	PROTEIN	35
CARBS	14	FATS	10
FIBRE	4		



Salsa originated with the Inca people in South America.

SALSA CHICKEN

SERVES: 5

TOTAL TIME: 40 MINUTES

GF DF

INGREDIENTS

4 skinless, boneless **chicken breasts**
600g **salsa**

INSTRUCTIONS

Preheat oven to 190°C/375°F/Gas 5.

Arrange chicken on a baking pan and pour salsa generously on top .

Bake for 25-30 minutes, until chicken is no longer pink on the inside.

Let it cool for little bit, then shred it using forks and serve immediately.

MACROS PER PORTION

CALORIES	208	PROTEIN	34
CARBS	9	FATS	4
FIBRE			

THAI PEANUT BEEF

SERVES: 4

TOTAL TIME: 20 MINUTES

GF DF Q

INGREDIENTS

2-3 tsp **olive oil**

680g **beef**, cut into thin strips (suggestion: **flank steak** or stir fry **beef** strips)

For the sauce

125g creamy **peanut butter**

2 tsp **soy sauce**

1 tsp **brown sugar**

2 tsp **Sriracha hot sauce**

65g **peanuts**, chopped (optional)

To Garnish

2 tbsp **spring onion**

INSTRUCTIONS

Start by thoroughly mixing together all sauce ingredients, excluding peanuts and set aside.

Next, add the oil to large pan or skillet and heat over medium-high heat until hot. Add beef strips and cook for 8-10 minutes, stirring throughout to ensure even cooking.

When Beef has browned around the edges and cooked to your preference, add 1/2 of the sauce to the pan. Stir and cook 1-2 minutes longer.

Serve beef hot, topped with remaining sauce, chopped peanuts and sliced spring onions.

MACROS PER PORTION

CALORIES	479	PROTEIN	44
CARBS	14	FATS	28
FIBRE	4		

Whole wheat pasta takes 2-4 minutes longer to cook to al dente than white pasta.

CHICKEN FETA PASTA

SERVES: 6

TOTAL TIME: 35 MINUTES

GF

INGREDIENTS

2 tbsp **olive oil**
680g boneless skinless **chicken breasts**, halved lengthways
1 tsp **kosher salt**, divided
1/4 tsp freshly **ground black pepper**
2 cans (400g) **diced tomatoes with basil, garlic and oregano**
500ml **water**
455g whole wheat (or gluten free) fettuccine **pasta** (or substitute another long, straight pasta, like spaghetti)
110g reduced-fat **feta cheese**, divided
Fresh basil, finely chopped (optional)

INSTRUCTIONS

Bring a large, deep pan to high heat and add olive oil, followed by the chicken breast halves. Sprinkle with 1/2 tsp each salt and black pepper.

Cook the chicken on one side for 8 minutes, moving it around in the pan a little to prevent sticking, but not too much, so that a nice crust will form. Lower the heat as needed if the chicken seems to be cooking too quickly. Flip, sprinkle with the remaining 1/2 tsp salt, then cook for an additional 5 minutes, or until the chicken is cooked through.

Add the diced tomatoes and water. Stir in the pasta and cook, uncovered, for 5 minutes. Cover and cook for an additional 10 minutes.

Remove the lid, stir, then add 3/4 of the feta. Stir once more, then let cook uncovered for 5 additional minutes.

Serve warm, sprinkled with the remaining feta cheese and fresh basil.

MACROS PER PORTION

CALORIES	399	PROTEIN	19
CARBS	56	FATS	11
FIBRE	6		

MANGO CHICKEN PATTIES

SERVES: 4

TOTAL TIME: 20 MINUTES

GF DF Q

INGREDIENTS

1 1/2 tbsp, plus 2 tsp **olive oil**
75g **onion**, very finely diced
480g **ground chicken**
165g **fresh mango**, finely diced
1 tbsp **fresh chives**, minced
1/4 tsp **red pepper flakes**
3/4 tsp **salt**

INSTRUCTIONS

In a heavy skillet, heat the 2 tsp of the olive oil over medium heat. Add onion and saute for 5 minutes until soft and tender.

Next, scrape onion into a medium bowl and let cool for 5 minutes. Add chicken, mango, chives, red pepper flakes and salt. Using clean hands, mix everything together, making sure to get the mango distributed throughout.

Using wet hands, form the chicken into 8 equal sized patties, pushing down to flatten a little bit and laying on baking paper.

Heat the same skillet over medium high heat and add remaining oil. Gently place patties in the pan, in batches if needed for about 3-4 minutes on each side, until golden brown on each side and cooked through.

MACROS PER PORTION

CALORIES	299	PROTEIN	33
CARBS	8	FATS	15
FIBRE	1		

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Turkeys can actually fly! Although they rarely leave the ground, they can in fact soar for short bursts at up to 55 mph.

SWEET POTATO TURKEY CHILLI

SERVES: 4

TOTAL TIME: 40 MINUTES

GF DF

INGREDIENTS

1 tbsp **olive oil**
1 **yellow onion**, sliced
680g **ground turkey**
2 tbsp **chili powder**
2 tbsp **taco seasoning** (gluten free if required)
3 **sweet potatoes**, chopped into small pieces
3 cloves **garlic**
500ml **water**
500-750ml **broth** (start with 500)
1 can (400g) **black beans**
1/4 tsp **cayenne** for spice (more to taste!)

INSTRUCTIONS

Firstly, heat the oil over medium high heat in a heavy, deep pot. Add the onion, turkey, 1 tbsp chili powder, and 1 tbsp taco seasoning. Add water as needed to keep the turkey moist and moving around in the pan. When the turkey is browned and crumbled and the onions are soft, remove from the pan and set aside.

Next, add the sweet potatoes to the same pot with the remaining spices and stir to combine. When the sweet potatoes have browned just slightly, add the garlic, water, and broth. Bring to a low boil and simmer for 10 minutes or so, until the sweet potatoes are very soft. Using an immersion blender, puree the mixture until it reaches your desired consistency (you can also transfer to a regular blender and puree that way).

Divide the sweet potato puree onto four bowls or plates, add the browned turkey, black beans, and cayenne and stir to combine.

MACROS PER PORTION

CALORIES	406	PROTEIN	35
CARBS	35	FATS	14
FIBRE	10		

CHICKEN A LA KING

SERVES: 6

TOTAL TIME: 6 HOURS 10 MINUTES

INGREDIENTS

1 can (300g) reduced-fat reduced-sodium **condensed cream of chicken soup**, undiluted
3 tbsp **all-purpose flour**
1/4 tsp **pepper**
Dash **cayenne pepper**
450g boneless skinless **chicken breasts**, cubed
1 **celery** stalk, chopped
90g **green pepper**, chopped
75g **onion**, chopped
1 package (280g) **frozen peas**, thawed
2 tbsp **pimientos**, diced and drained
Hot cooked **rice**

INSTRUCTIONS

In a 3-qt. slow cooker, combine the soup, flour, pepper and cayenne, mix until smooth. Stir in chicken, celery, green pepper and onion.

Cover and cook on low for 7-8 hours or until meat is no longer pink.

Add the peas and pimentos and cook for an additional 30 minutes longer or until heated through.

Serve with rice.

MACROS PER PORTION

CALORIES	167	PROTEIN	19
CARBS	16	FATS	3
FIBRE	3		

Apparently the brownie originated when a housewife didn't have baking powder, so she improvised and made her guests "flattened cakes"

RASPBERRY CHOCOLATE CHIP PROTEIN BROWNIES

SERVES: 12

TOTAL TIME: 30 MINUTES

V GF Q

INGREDIENTS

25g **rolled oats** (gluten free if required)
50g **unsweetened cocoa powder**
55g **whey chocolate protein powder**
120ml unsweetened **applesauce**
1 **egg**
1 tbsp **honey**
1 tsp **vanilla extract**
160ml **almond milk**, unsweetened
45g **chocolate chips**, plus 2 tbsp for topping
65g **raspberries**, broken up into large pieces

INSTRUCTIONS

Firstly, preheat oven to 177°C/350°F/Gas 4. Spray 8x8 inch baking pan with nonstick cooking spray.

Place oats in a blender and blend for one minute or until they resemble the consistency of flour. Transfer oat flour to a medium bowl then whisk in cocoa powder and protein powder, set aside.

Whisk together applesauce, egg, honey, vanilla and almond milk until smooth and well combined. Add to dry ingredients and mix together until just combined.

Next, heat coconut oil and the chocolate chips (save 2 tbsp) in a small saucepan over very low heat. Stir continuously until all chocolate chips and coconut oil have melted together. (You can also heat them in a microwave safe bowl for 30-45 seconds.) Gently stir into brownie batter.

Pour mixture into prepared pan. Sprinkle remaining 2 tbsp of chocolate chips and raspberries on top and bake for 18-22 minutes or until just cooked through and the top has set.

Transfer pan to wire rack to cool completely.

Once cool, cut into 12 bars. The bars should be kept covered in the refrigerator and enjoyed cold!

MACROS PER PORTION

CALORIES	114	PROTEIN	5
CARBS	11	FATS	6
FIBRE	2		

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CHOCOLATE PEANUT BUTTER PUDDING

SERVES: 1

TOTAL TIME: 45 MINUTES

V GF

INGREDIENTS

1 scoop (30g) **chocolate peanut butter protein powder**
(or just plain **chocolate protein powder**)
1/4 tsp **vanilla extract**
120ml **vanilla almond milk**, unsweetened
1 tbsp **chia seeds**
Stevia drops to taste (about 4 drops)
1 tbsp dark chocolate shavings (optional)

INSTRUCTIONS

Combine all ingredients in small glass container or cup

Cover and refrigerate for at least 30 minutes (or overnight) to allow the chia seeds to expand and thicken the mixture

Optional: add dark chocolate shavings on top before eating.

This should last 2-3 days covered in the fridge.

MACROS PER PORTION

CALORIES	201	PROTEIN	29
CARBS	10	FATS	5
FIBRE			

Not only does protein contribute to muscle growth, it also helps to repair damaged muscles and tissues.

PROTEIN RICE KRISPIE TREATS

SERVES: 14

TOTAL TIME: 40 MINUTES

V

INGREDIENTS

100g **crispy rice cereal**

55g **protein powder**

65g creamy **almond butter**

1 tbsp **coconut oil**

150g **brown rice syrup**

Optional: 2-3 tbsp **chocolate chips**, for drizzling

INSTRUCTIONS

Start by preparing an 8×8 baking pan by spraying it with cooking spray.

In a medium-sized bowl, combine the cereal and protein powder. Set aside.

In a small pan over medium-high heat, add almond butter, coconut oil, and brown rice syrup. Bring to a boil, stirring frequently to avoid burning, before removing from heat and allowing to cool slightly.

Pour nut and syrup mixture into the cereal mix. Stir until everything is fully combined and all the cereal is well coated.

Transfer to prepared baking dish. Using the spatula or your hands, spread the mixture evenly in the pan, pressing down firmly.

Place chocolate into a microwave safe bowl and nuke on high in 20 second intervals, mixing between each. When chocolate is fully melted, drizzle over the top of the packed cereal mixture using a spoon.

Place pan into fridge and allow to cool for 30 minutes before cutting into squares.

MACROS PER PORTION

CALORIES	145	PROTEIN	4
CARBS	21	FATS	5
FIBRE	1		

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DARK CHOCOLATE CHERRY PROTEIN BITES

SERVES: 12

TOTAL TIME: 35 MINUTES

V GF

INGREDIENTS

175g **pitted dates**

2 tbsp **nut butter** of choice

225g **dried sour cherries**

1 scoop **chocolate protein powder**

50g **rolled oats** (gluten free if required)

45g **dark chocolate chips**

INSTRUCTIONS

Soak the dates in a cup of warm water for about 20 minutes before you begin.

Once the dates have been soaked, drain the water.

In a food processor, blend the dates and nut butter to create a paste. The dates might stick to the sides of the food processor, so just stop halfway through, scrape down the sides, and continue processing it.

Add in the sour cherries, protein powder, and oats until blended thoroughly.

In a bowl, mix together the dough and the chocolate chips.

Roll the mixture into small balls.

For best results, store in the refrigerator or freezer.

MACROS PER PORTION

CALORIES	176	PROTEIN	4
CARBS	31	FATS	4
FIBRE	108		

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MONTHLY RECIPE BOOK