December Recipe Pack

Discover 15 easy, healthy and tasty recipes, including: breakfast, lunch, dinner, treat and smoothies.

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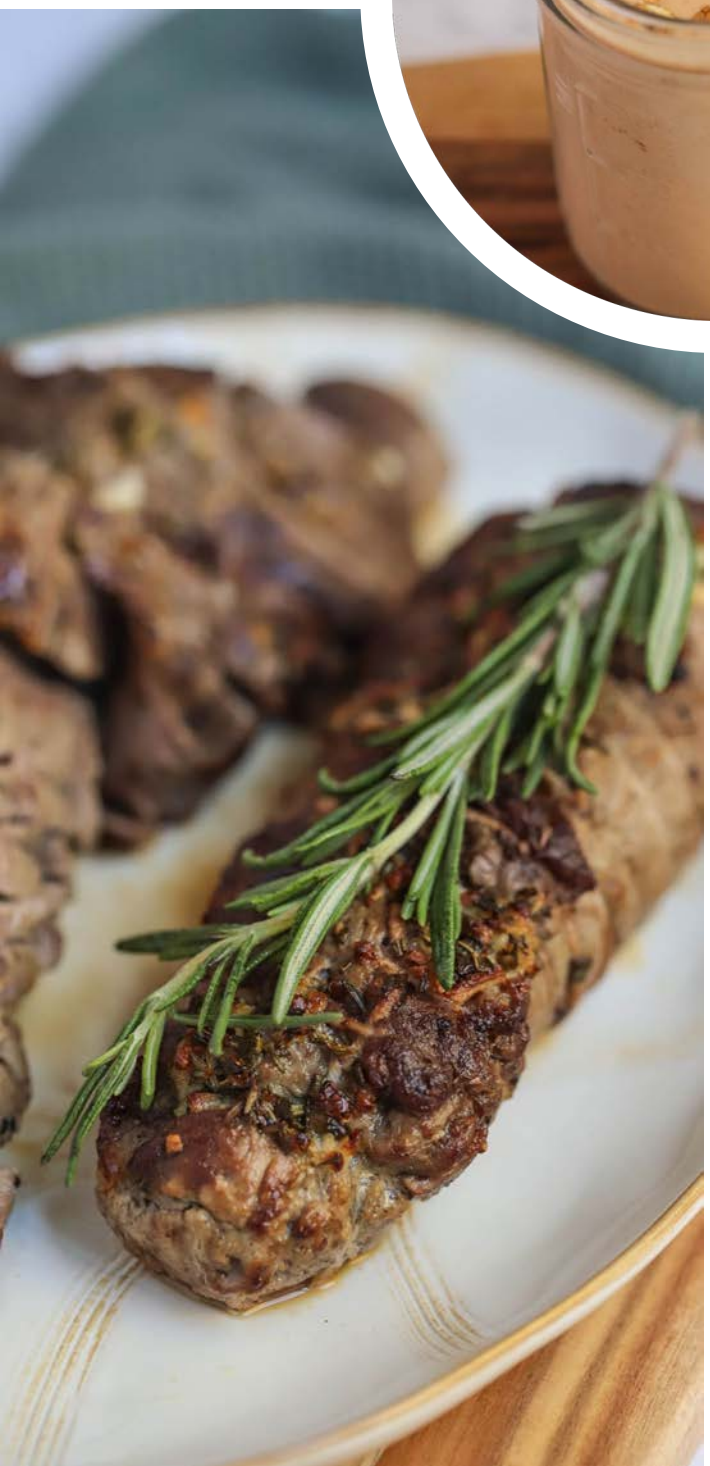

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

Weekly Shopping List

Fruits, Vegetables

Fruits
1 banana
3 apples
2 lemons
1 pomegranate
7 oranges
3 limes

Vegetables
baby spinach
salad leaves
3 sweet potatoes
1 red onion
2 zucchinis (courgettes)
2 white onions
1 yellow onion
2 bulbs of garlic
13 oz. (360g) brussels sprouts
cherry tomatoes
ginger root
bunch green onions

Fresh Herbs
chives
basil
rosemary
thyme

Frozen Foods
spinach

Protein & Dairy

Meats
3.9 lbs. (1kg 780g) chicken breast
14 x slices smoked bacon
4 oz. (115g) chopped bacon
4 lbs. (1.8kg) boneless pork shoulder
4 lbs (1.8kg) center-cut beef tenderloin, trimmed and tied

Fish & Seafood
4 salmon filets (approx. 4.5 oz. (130g) each)

Cold
18 eggs
almond milk
butter
Greek yogurt
feta cheese
parmesan cheese
strong cheddar cheese
cream cheese
garlic-herb cream cheese

Seeds, Baking, Spices

Grains
cornstarch (cornflour)
all-purpose flour
oat flour
quinoa

Nuts & Seeds
ground flaxseed
chia seeds
sesame seeds

Baking
baking powder
vanilla extract

Dried Herbs & Spices
black pepper
curry powder
ground cinnamon
ground nutmeg
ground cumin
paprika
chili powder
red chili flakes
garlic powder
dried parsley
dried basil
dried oregano
Italian seasoning (Italian dried herbs)

Cans, Condiments, Misc

Oils
olive oil

Sweeteners
honey

Boxed, Canned & Condiments
low fat mayonnaise
almond butter
harissa paste
chili paste
chipotle chili paste
tomato paste (puree)
1x 14 oz. (400g) can chopped tomatoes
1x 14 oz. (400g) can chickpeas
1x 5.6 oz. (160g) can sweetcorn
1x 14 oz. (400g) can coconut milk
green olives
vegetable broth (stock)
panko breadcrumbs
tamari sauce
rice vinegar
jar roasted red peppers
can/jar artichoke hearts
pack dried spaghetti

Misc/Other
sea salt

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Chicken & Egg Salad Toast	Creamy Spicy Spaghetti	E.g. Cinnamon Sweet Potato Smoothie, Paprika Cheese Dip, Spinach Artichoke Dip, Flaxseed Crackers	Roast Beef with Garlic Butter and Sweet & Spicy Brussels Sprouts
Tue	Chicken & Egg Salad Toast	Creamy Spicy Spaghetti	E.g. Cinnamon Sweet Potato Smoothie, Paprika Cheese Dip, Spinach Artichoke Dip, Flaxseed Crackers	Sheet Pan Harissa Chicken with Chickpeas & Sweet Potatoes
Wed	Bacon, Spinach & Egg Cups	Leftover Sheet Pan Harissa Chicken with Chickpeas & Sweet Potato	E.g. Cinnamon Sweet Potato Smoothie, Paprika Cheese Dip, Spinach Artichoke Dip, Flaxseed Crackers	Lighter Orange Chicken
Thu	Bacon, Spinach & Egg Cups	Air Fryer Zucchini Corn Fritters	E.g. Cinnamon Sweet Potato Smoothie, Paprika Cheese Dip, Spinach Artichoke Dip, Flaxseed Crackers	Lighter Orange Chicken
Fri	Quinoa Power Porridge	Air Fryer Zucchini Corn Fritters	E.g. Cinnamon Sweet Potato Smoothie, Paprika Cheese Dip, Spinach Artichoke Dip, Flaxseed Crackers	Slow Cooker Carnitas
Sat	Quinoa Power Porridge	Creamy Tuscan Salmon	E.g. Cinnamon Sweet Potato Smoothie, Paprika Cheese Dip, Spinach Artichoke Dip, Flaxseed Crackers	Meal Out - Enjoy!
Sun	Cinnamon Sweet Potato Smoothie	Creamy Tuscan Salmon	E.g. Cinnamon Sweet Potato Smoothie, Paprika Cheese Dip, Spinach Artichoke Dip, Flaxseed Crackers	Slow Cooker Carnitas

Chicken & Egg Salad Toast

Serves 4

10.5 oz. (300g) chicken breasts
3 eggs, hard boiled
2 tbsp. low fat mayonnaise
1 tsp. curry powder
1 tbsp. chives, chopped

What you need to do

Preheat the oven to 360°F (180°C). Line a baking sheet with baking paper.

Place the chicken onto the baking sheet and bake in the hot oven for about 20 minutes, or until the chicken has cooked through.

Meanwhile, place the eggs into a pan and cover with cold water. Bring the water to the boil and boil the eggs for 8 minutes. Run under cold running water then when cool enough to handle, peel the eggs and set aside.

Once the chicken and eggs have cooked and cooled, cut both into bite-sized pieces and place in a bowl. Add the mayonnaise, curry powder and chives, and mix until well combined.

Serving suggestion: toasted bread and/or fresh salad leaves (not included in nutritional breakdown).

GF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	192	11	1	22	0

*Nutrition per serve

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Bacon, Spinach & Egg Cups

Serves 6

6 slices smoked bacon
1 cup (30g) baby spinach
6 eggs
salt & pepper

What you need to do

Preheat the oven to 375°F (190°C). Prepare a silicone muffin cup tray.

Line the bottom and sides of each cup with a slice of bacon, cutting the bacon into strips if required to ensure coverage.

Now press 4-5 spinach leaves into the bottom of each cup. Then crack one egg into each cup and season with a little salt and pepper.

Place the muffin tray into the hot oven, on the middle rack and cook for about 15 minutes, or longer depending on how set you like the eggs cooked.

Remove the muffin tin from the oven and allow it to cool slightly before serving.

Leftovers can be stored in an airtight container in the refrigerator for 3-4 days.

GF | LC | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	183	15	1	10	0

*Nutrition per serve

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Cinnamon Pie Smoothie

Serves 1

1 cup (130g) sweet potato, cubed, cooked
1 banana, sliced, frozen
¾ cup (180ml) almond milk, unsweetened
½ cup (140g) Greek yogurt
1 tbsp. almond butter
1 tsp. vanilla extract
½ tsp. ground cinnamon
⅛ tsp. ground nutmeg

What you need to do

Place all the ingredients in a high-speed blender and blitz until smooth and creamy. Pour into a tall glass and serve straight away.

Serving suggestion: top with granola (not included in nutritional breakdown).

GF | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mina	0 min	445	14	64	19	9

*Nutrition per serve

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Quinoa Power Porridge

Serves 2

½ cup (85g) dried quinoa
1 cup (240ml) water
1 cup (240ml) almond milk, unsweetened
2 apples, chopped
½ tsp. ground cinnamon
1 tsp. vanilla extract
1 tbsp. ground flaxseed

What you need to do

Rinse the quinoa under cold running water, then place in a small pot and add the water. Bring to the boil, then reduce heat, and cook for 10 minutes.

Now add the almond milk, apple, cinnamon, vanilla extract and flaxseed to the quinoa and cook for a further 5 minutes until creamy.

Divide the porridge between 2 bowls and serve immediately.

GF | DF | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	283	5	54	8	9

*Nutrition per serve

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Sheet Pan Harissa Chicken with Chickpeas & Sweet Potatoes

Serves 6

1½ lbs. (680g) chicken breasts
4 tbsp. olive oil
1 lemon, juice & zest + 1 lemon, sliced
2 tbsp. harissa paste
1 tbsp. honey
salt & pepper
2 sweet potatoes, cut into chunks
1 red onion, sliced
1x 14 oz. (400g) can chickpeas, drained
½ cup (80g) crumbled feta
⅓ cup (60g) green olives

What you need to do

Preheat the oven to 425°F (220°C).

Place the chicken breasts onto a baking tray and add 2 tablespoons of the olive oil, along with the lemon juice, lemon zest, harissa paste, and honey. Season with salt and pepper and toss together until the chicken is well coated.

Add the sweet potatoes, onion and chickpeas to the tray, and toss with the remaining 2 tablespoons of olive oil. Arrange everything in an even layer, lay the lemon slices over the chicken and place the tray into the hot oven.

Roast for 40-45 minutes, tossing halfway through, until the chicken is cooked through and the potatoes are golden.

Serve warm, topped with the feta cheese and olives.

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	378	17	25	32	5

*Nutrition per serve

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Air Fryer Zucchini Corn Fritters

Serves 3 (4 fritters per serving)

2 medium zucchinis
1 cup (160g) canned sweet corn
¼ cup (25g) parmesan cheese, grated
1 small onion, grated
1 clove garlic, minced
1 tbsp. dried parsley
½ tsp. dried basil
½ tsp. dried oregano
1 tsp. salt
½ tsp. freshly ground black pepper
¼ tsp. paprika
2 eggs, beaten
1 cup (120g) all-purpose flour
1 tsp. baking powder

What you need to do

Shred the zucchini using the large holes on the grater and transfer onto a kitchen towel. Wrap the towel around the zucchini and squeeze out as much moisture as possible. Now place the zucchini into a large bowl.

Add the sweetcorn, parmesan, onion, garlic, parsley, basil, oregano, salt, pepper, paprika and beaten eggs to the bowl, and stir to combine.

Now add the flour and baking powder to the mixture, and stir until well combined. If the mixture is too wet, add a little more flour. The drier the zucchini, the less flour you'll need to use. Shape the mixture into 12 even sized patties.

Place the patties onto a tray and place the tray into the freezer for around 5 to 8 minutes to firm the patties up a little. In the meantime, preheat the Air Fryer to 360°F (180°C).

Working in batches, place the patties in the air fryer basket in a single layer and cook for 6 minutes, then flip over and continue cooking for a further 6-8 minutes, until golden. Continue cooking the fritters until all the batter has been used up.

MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	312	7	52	13	9

*Nutrition per serve

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Sweet & Spicy Brussels Sprouts

Serves 4

4 cups (360g) brussels sprouts
2 tbsp. olive oil
4 oz. (115g) bacon, chopped
3 tbsp. honey
4 tbsp. pomegranate seeds
½ tbsp. red chili flakes

What you need to do

Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with baking paper.

Rinse, pat dry and cut each brussel sprout in half. Place the sprouts onto the baking sheet and drizzle with the olive oil.

Add the chopped bacon to the baking tray and combine with the brussels sprouts, spreading the mixture evenly across the sheet. Place the baking sheet into the hot oven to roast for 15 minutes.

Remove the sheet from the oven and drizzle over the honey and toss to coat the brussels sprouts. Return the sheet to the hot oven and roast for a further 5-8 minutes, until the brussels sprouts are tender and slightly golden.

Remove the sheet from the oven, place into a serving bowl, top with pomegranate seeds and chili flakes and serve immediately.

GF DF MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	208	11	22	8	4

*Nutrition per serve

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Creamy Spicy Spaghetti

Serves 4

10.5 oz. (300g) spaghetti
1 tbsp. olive oil
3 garlic cloves, chopped
2 tbsp. chili paste
1 tbsp. tomato paste
10.5 oz. (300g) canned diced tomatoes
1 cup (240ml) water
½ tsp. salt
3 egg yolks
½ cup (45g) parmesan cheese, grated
½ tsp. ground black pepper

What you need to do

Cook the spaghetti according to the instructions on packaging.

Meanwhile, heat the olive oil in a pot over a medium/high heat and cook the garlic for 1-2 minutes, until fragrant. Now add chili paste and tomato paste and cook for a further 30 seconds.

Add the diced tomatoes, water, and season with salt. Mix together to combine, bring to a gentle simmer and allow to cook for 3 minutes.

In a separate bowl, whisk together the egg yolks, parmesan cheese and black pepper.

Add the pasta to the sauce together with the egg & parmesan cheese mixture and cook for a further 2-3 minutes, until the sauce becomes smooth and creamy.

Finally add the cooked spaghetti to the pot and stir until the pasta is completely covered in the creamy sauce. Serve immediately.

DF | MP | V | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	15 mins	414	12	59	17	9

*Nutrition per serve

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Creamy Tuscan Salmon

Serves 4

4 salmon filets (approx. 4.5 oz. (130g) each)
salt & pepper
1 tsp. garlic powder
2 tbsp. olive oil
1 white onion, diced
4 cloves garlic, minced
¾ cup (180ml) vegetable broth
1 cup (150g) cherry tomatoes, halved
1 cup (240ml) coconut milk, canned, full fat
2 tsp. Italian seasoning
1 tsp. all purpose flour
2 cups (60g) fresh spinach, chopped
½ cup (15g) basil leaves, chopped

What you need to do

Season the salmon filets with salt, pepper and garlic powder. Heat 1 tablespoon of the olive oil in a large skillet over a medium/high heat.

Sear the salmon filets skin side up for 2-3 minutes. Flip the filets over and cook the other side for 3 more minutes. Once cooked, remove the filets from the skillet and set aside.

In a separate pot, add the remaining 1 tablespoon of olive oil and cook the white onion and garlic over a medium heat, for 3-4 minutes until soft.

Ensure the coconut milk is mixed together and smooth. Then add the vegetable broth, cherry tomatoes, coconut milk and Italian seasoning to the pot with the onion. Mix well and simmer on a low heat for 5 minutes.

While the sauce is simmering, add one teaspoon of flour to the sauce and immediately whisk it into the liquid. The sauce should begin to thicken.

Add in the chopped spinach and basil, followed by the seared salmon filets and continue to cook for a further 5 minutes until the spinach has wilted. Serve immediately.

DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	377	26	7	28	1

*Nutrition per serve

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Lighter Orange Chicken

Serves 6

For the chicken:
1.75 lbs. (800g) chicken breast, cut into even-sized pieces
salt & pepper
1 cup (90g) oat flour
4 egg whites, whisked
2 cups (120g) panko breadcrumbs

For the sauce:
1½ cups (360ml) orange juice
1½ tbsp. orange zest
1 tbsp. ginger
¼ apple, peeled, grated
1½ tbsp. tamari sauce
1 tbsp. rice vinegar
1 tbsp. red chili flakes
1 tbsp. cornstarch

To serve:
2 tsp. sesame seeds
2 green onions, sliced

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What you need to do

Heat the oven to 420°F (220°C). Prepare a baking sheet lined with baking paper.

Place the chicken in a bowl and season to taste with salt and pepper. To crumb the chicken, dip each piece of chicken first into the flour, then into the whisked egg white and finally into the panko breadcrumbs. Place the crumbed chicken on the baking sheet and continue this process until all the chicken is breadcrumbed.

Place the baking sheet into the hot oven and bake for 15-20 minutes, until golden and the chicken has cooked through.

In the meantime, place all the sauce ingredients, apart from the cornstarch, into a pot and mix together. Bring to a gentle simmer then add the cornstarch and mix immediately. Simmer for a further few minutes until the sauce has thickened.

Once the chicken has cooked, add it to the orange sauce and stir to coat. Serve the chicken garnished with sesame seeds and green onions.

Serving suggestion: white steamed rice (not included in nutritional breakdown).

DF | MP | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	383	7	38	40	3

*Nutrition per serve

Slow Cooker Carnitas (Meal Prep)

Serves 10

4 lbs. (1.8kg) boneless pork shoulder
1 tbsp. salt
½ cup (120ml) orange juice, freshly squeezed
¼ cup (60ml) lime juice, freshly squeezed
3 cloves garlic, minced
1 tbsp. chipotle chili paste
2 tsp. ground cumin
2 tsp. dried oregano
1 tsp. chili powder
½ tsp. ground black pepper
1 yellow onion, diced

What you need to do

Trim the excess fat from the joint of pork and then cut the meat into 3-4 inch cubes. Season the pork with salt.

In a bowl, combine the orange juice, lime juice, garlic, chipotle chili paste, cumin, oregano, chili powder, and black pepper.

Place the onion in the bottom of the slow cooker. Add the pork on top and then pour over the sauce. Mix with a wooden spoon until well combined.

Cover with a lid and cook on LOW for 5 hours or HIGH for 4 hours, until the pork is tender and shreds easily with a fork.

Preheat the oven's broiler (grill) to high. Line a large rimmed baking tray/dish with tin foil.

Shred the pork in the slow cooker using two forks and stir it in the sauce. Then using a slotted spoon transfer the pork onto the prepared baking tray, and spread the pork across the tray in an even layer.

Place the tray under the broiler, and broil the pork for 3-5 minutes, until it begins to brown.

Remove the tray from the broiler and spoon some of the sauce from the slow cooker over the top. Return to the oven and broil for a further 3-5 minutes. Enjoy hot, inside warm tortillas or over steamed rice (not included in nutritional breakdown).

Storage: Refrigerate in an airtight container for up to 4 days. Or freeze in an airtight storage container for up to 3 months.

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 hrs & 10 mins	244	6	3	41	0

*Nutrition per serve

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Roast Beef with Garlic Butter

Serves 12

For the Roast Beef:
4 lbs. (1.8kg) center-cut beef tenderloin, trimmed & tied
2 tsp. salt
1 tsp. freshly ground black pepper
2 tbsp. olive oil

For the garlic butter:
6 tbsp. butter, softened
6 garlic cloves, minced
1 tsp. fresh rosemary, leaves finely chopped
1 tsp. fresh thyme, leaves finely chopped

What you need to do

Remove the beef tenderloin from the refrigerator and allow it to come to room temperature.

Preheat the oven to 425°F (220°C).

In a small bowl, mix together the butter, garlic, rosemary, and thyme. Set aside.

Slice the beef tenderloin in half, then trim and tie it up (or ask this to be done by the butcher). Season both sides of the roasting joint with salt and pepper.

Heat the olive oil in a large ovenproof pot over a medium/high heat. Add the beef and sear until brown on all sides, this will take around 10 minutes.

Spread the herb butter over the top side of the beef, then place the entire pot into the oven. Roast the beef for 15-20 minutes, depending on how you like your meat cooked.

Remove the pot from the oven and place the beef onto a cutting board. Allow the beef to rest for 10 to 15 minutes before slicing and serving.

GF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	482	41	0	27	0

*Nutrition per serve

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06532888

Paprika Cheese Dip

Serves 8

8 oz. (225g) strong cheddar cheese, shredded
4 oz. (115g) cream cheese
4 tbsp. low fat mayonnaise
7 oz. (200g) jar roasted red peppers, drained
1 tsp. salt

What you need to do

Place half of the cheddar cheese into a food processor and add the cream cheese, mayonnaise, peppers and salt. Blitz together until smooth and creamy.

Transfer the mixture to a bowl, and add the remaining cheddar cheese, stir to combine. Cover the bowl and set the dip aside in the refrigerator to chill for 30 minutes before serving.

GF | LC | MP | V

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	208	19	2	8	0

*Nutrition per serve

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06432946

Spinach Artichoke Dip

Serves 12

8 slices smoked bacon
10 oz. (280g) frozen spinach, thawed & drained
1x 14 oz. (400g) can artichoke hearts, drained
5 oz. (140g) garlic-herb cream cheese
1 cup (90g) parmesan, grated
8 oz. (225g) Greek yogurt
½ cup (115g) low fat mayonnaise

What you need to do

Preheat the oven to 400°F (200°C).

Fry the bacon in a large skillet over a medium-high heat until crispy.

Combine the spinach, artichoke hearts, cream cheese, parmesan cheese, yogurt and mayonnaise in a bowl. Mix in the bacon.

Pour the mixture into a 7×11 inch baking dish and place in the hot oven to bake for 20 minutes, until the top is golden brown. Remove from the oven and serve warm.

GF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	228	20	3	9	1

*Nutrition per serve

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Flaxseed Crackers

Serves 16

1 cup (135g) ground flaxseed
2 tbsp. chia seeds
½ tsp salt
2 tsp. Italian seasoning
½ cup (120ml) water

What you need to do

Preheat the oven to 350°F (180°C). Prepare a large baking sheet lined with baking paper.

Combine all dry ingredients together in a bowl and slowly add the water, mixing until a dough forms.

Place the dough on the lined baking tray and using your fingers, press it out to an even layer ¼ inch (5mm) thick. If it breaks up just press it back together.

Using a sharp knife, score the dough into the desired cracker shapes as this helps them to break evenly once they are baked and cooled.

Place the tray into the hot oven and bake the crackers for 30-35 minutes. Remove the tray from the oven and set aside to cool completely, before breaking into individual crackers.

Storage: Crackers can be stored in an airtight container for up to 2 weeks.

GF | DF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	44	3	3	2	2

*Nutrition per serve

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