

INTRODUCTION

If it didn't swim in the sea, run on the land, fly in the sky or grow in the earth then don't eat it.

If you've read through the Energise Nutrition Plan then you'll have read Habit 1.

Chances are you've read it and are seeking inspiration for what to eat.

Well, good news!

This Recipe Starter Pack contains a bunch of great tasting recipes which you can use to get started with changing your approach to nutrition.

They'll show you that eating well doesn't have to involve bland and tasteless food.

Note:

These recipes are purely designed to get you started. For more recipes all you have to do is visit www.bbcgoodfood.com or similar and choose whatever takes your fancy, making sure they fit in with Habit 1.

Note 2:

Yes we know a couple of the breakfast recipes have a slice of toast in. The type of bread we have used, and the frequency with which you'd eat it, mean it's not a big deal and if that's the worst thing you eat over the next 6 weeks you'll do just fine.

So there we go, get stuck in and enjoy every step of the journey. Be liberated from the belief that 'dieting' has to involve a bunch of bland and boring food.

Breakfasts

Breakfast Stack



Serves: 1

Anytime Meal

**Low Carb
Gluten Free**

Ingredients:

2 rashers of bacon
1 medium egg
50g mushrooms, chopped
1 handful spinach
2 small knobs of butter
1 tsp Maille hollandaise sauce



Instructions:

1. Fry the bacon and the mushrooms in a frying pan with a knob of butter
2. Poach the egg in boiling water
3. Once the bacon and mushrooms are cooked, remove from the pan
4. Add a knob of butter into the pan you cooked the bacon and mushroom and wilt the spinach in the melted butter
5. Make the breakfast stack by layering the spinach, mushroom, bacon on a plate and top with the egg and hollandaise sauce

Calories	Carbs	Protein	Fat
315	2.9g	13.8g	20.9g

Spicy Mushrooms



Serves: 1

Anytime Meal

**Low Carb
Gluten Free
Vegetarian**

Ingredients:

3 large portobello mushrooms, sliced
1 tbsp olive oil
1 tsp crushed garlic
1/4 tsp chilli flakes
handful of fresh parsley, chopped
50g grated cheese



Instructions:

1. Fry mushrooms in the oil over a medium heat for one minute
2. Add the garlic and chilli flakes and fry for a further 3 minutes until the mushrooms are soft
3. Remove from the heat and add stir in parsley
4. Sprinkle over grated cheese (blue cheese works really well but any cheese will do!)
5. Place under a hot grill for 2 mins and serve

Calories	Carbs	Protein	Fat
403	13g	19g	34g

Bacon and Eggs



Serves: 1

Anytime Meal

**Low Carb
Gluten Free**

Ingredients:

2 rashers of bacon
3 eggs
1 tsp butter



Instructions:

1. Dry fry or grill the bacon
2. Scramble the eggs with the butter
3. Serve

Calories	Carbs	Protein	Fat
386	1.1g	35.1g	26.1g

Ham and Cheese Omelette



Serves: 1

Anytime Meal

**Low Carb
Gluten Free**

Ingredients:

3 eggs
75g ham, chopped
20g grated cheese
1 tsp butter



Instructions:

1. Mix the eggs in a bowl
2. Melt the butter in a frying pan and then add the eggs
3. Once the eggs are beginning to set, sprinkle on the ham and cheese
4. Fold the omelette in half
5. Cook until the cheese has melted, then serve

Calories	Carbs	Protein	Fat
447	6.1g	32.3g	30.5g

Tomato and Mushroom Omelette



Serves: 1

Anytime Meal

Low Carb
Gluten Free
Vegetarian

Ingredients:

3 eggs
20g grated cheese
1 medium tomato, chopped
1 cup mushrooms, chopped
1 tsp butter



Instructions:

1. Melt the butter and fry the mushrooms
2. Mix the eggs in a bowl and then add to the mushrooms
3. Once the eggs are beginning to set, add the tomatoes and cheese
4. Fold the omelette in half
5. Cook until the cheese has melted

Calories

374

Carbs

12.6g

Protein

24g

Fat

24.7g

Greek Yoghurt with Coconut and Nuts



Serves: 1

Anytime Meal

**Low Carb
Gluten Free
Vegetarian**

Ingredients:

150g Greek Yoghurt
1 scoop of whey protein
10g desiccated coconut
20g nuts of your choice



Instructions:

1. Mix ingredients together and eat!

Feel free to vary the ingredients, instead of coconut and nuts you could have mango and passion fruit, raspberries and a little dark chocolate, kiwi and pomegranate seeds, chia seeds strawberries and peanut butter.

Calories	Carbs	Protein	Fat
457	17.1g	30.6g	30.9g

Mushrooms and Goats Cheese on Toast



Serves: 1

Anytime Meal

Low Carb
Vegetarian

Ingredients:

- 1 slice soya and linseed bread
- 1 1/2 cups chopped mushrooms
- 50g soft goats cheese
- 1 tsp butter
- 1 handful spinach



Instructions:

1. Fry the mushrooms in the butter. Once cooked, add the spinach and allow it to wilt
2. Toast the bread and spread with the goats cheese
3. Top the toast with the mushrooms and serve

Calories	Carbs	Protein	Fat
293	19.3g	18.3g	16.9g

Smoked Salmon and Cream Cheese on Toast



Serves: 1

Anytime Meal

**Low Carb
Vegetarian**

Ingredients:

60g smoked salmon trimmings
1 tbsp cream cheese
1 slice soya and linseed bread
squeeze of lemon juice



Instructions:

1. Toast the bread
2. Spread the cream cheese on the toast and top with the smoked salmon
3. Add a squeeze of lemon and a twist of black pepper to the salmon before serving

Calories

261

Carbs

14.7g

Protein

24.1g

Fat

11.4g

Scrambled Egg and Spinach



Serves: 1

Low Carb
Gluten Free
Vegetarian

Ingredients:

3 eggs
1 tsp butter
2 handfuls of spinach



Instructions:

1. Melt the butter in a pan
2. Mix the eggs together in a bowl and then add to the pan
3. Once the eggs are nearly cooked, stir in the spinach and as soon as it has wilted, serve immediately

Calories	Carbs	Protein	Fat
327	11.3g	28.1g	20.5g

Main Meals

Thai Turkey Meatball Curry



Serves: 2

Anytime Meal

Low Carb
Gluten Free
Dairy Free
Freezer Friendly

Ingredients:

300g turkey mince
200ml coconut milk
100g baby corn
100g purple sprouting broccoli
1tsp cumin
1tsp chilli powder
2 cloves garlic, minced
2 small knobs of ginger, grated
1tsp green thai curry paste
Splash fish sauce or soy sauce



Instructions:

1. Mix the turkey mince with the chilli powder, cumin and half the garlic and ginger. Roll the turkey into 4 meatballs.
2. Brown the meatballs in a saucepan
3. Once the meatballs are browned, remove from the pan
4. Add the remaining garlic and ginger and the curry paste to the pan and fry for a couple of minutes
5. Add the coconut milk to the pan along with the fish sauce and vinegar
6. Put the meatballs back into the sauce with the baby corn and the broccoli
7. Boil the broth for about 10 minutes until the vegetables are tender and the meatballs are cooked through

Calories	Carbs	Protein	Fat
410	14.2g	34.4g	24.2g

Pork Stirfry



Serves: 2

Anytime Meal

**Low Carb
Gluten Free
Dairy Free**

Ingredients:

200g pork loin, chopped into strips
4 cups stir fry vegetables of your choice
2 cups beansprouts
1 fresh chilli (remove the seeds to make it less hot)
2 cloves garlic
1 tsp minced garlic
A glug of soy sauce
A glug of cider vinegar



Instructions:

1. Fry the pork in a hot frying pan with the garlic, ginger and the finely chopped chilli
2. Once the pork is browned, add the vegetables and the soya sauce and the vinegar
3. Cook for a few minutes until the vegetables are tender
4. Stir in beansprouts and fry for a few seconds
5. Serve immediately

Calories	Carbs	Protein	Fat
368	14.1g	25.9g	28.8g

Courgette Bolognaise



Serves: 4

Anytime Meal

**Low Carb
Gluten Free
Freezer Friendly**

Ingredients:

500g lean mince beef
400g tinned tomatoes
1 tbsp red Pesto
2 cloves garlic
Sprinkle of oregano
Glug of worcestershire sauce
Glug of balsamic vinegar
3 large courgettes
1 small knob of butter



Instructions:

1. Brown the mince with the garlic
2. Add the rest of the ingredients, except the courgettes and butter, along with some salt and pepper, and cook until the sauce is thick and reduced
3. Put the courgettes through a spiraliser or peel into thin strips. Fry the courgette strips in the butter until soft. Serve with the bolognaise on top.

N.B. Only the bolognaise is suitable to be frozen

Calories	Carbs	Protein	Fat
356	10.3g	31.6g	20.5g

Greek Salad



Serves: 1

Anytime Meal

**Low Carb
Gluten Free**

Ingredients:

100g feta cheese, cubed
1/2 cup tomatoes, chopped
1/2 cup cucumber, chopped
1/4 cup red onion, chopped
25g olives
sprinkle of oregano
splash of balsamic vinegar



Instructions:

1. Mix all the ingredients together and eat!

Calories

332

Carbs

11.9g

Protein

16.7g

Fat

24.1g

Vegetable Frittata



Serves: 4

Anytime Meal

**Low Carb
Gluten Free
Dairy Free
Vegetarian
Freezer Friendly**

Ingredients:

1 tbsp olive oil
1 medium courgette, diced
1/2 red pepper, diced
1/2 red onion, diced
1tbsp thyme
salt and pepper
2 garlic cloves, chopped
1 medium tomato, deseeded and chopped
9 large eggs



Instructions:

1. Fry the courgette, onion, pepper, garlic and thyme in a pan with a couple of tbsp water until the vegetables are soft
2. Add the tomato and cook until any liquid is evaporated
3. Whisk the eggs with a sprinkling of salt and pepper
4. Mix the eggs into the vegetables and cook on the hob for 15mins
5. Finish the frittata off under a heated grill until fully set
6. Turn out onto a plate and chop into 4 pieces. The frittata slices can be frozen if needed

Calories	Carbs	Protein	Fat
207	5g	17g	13g

Salmon with Fennel and Pine Nut Salad



Serves: 4

Anytime Meal

**Low Carb
Gluten Free**

Ingredients:

4 salmon fillets (approx 100g each)
1 tbsp olive oil
1 lemon
2 bulbs fennel, outer leaves removed, cut in half, finely sliced
100g pine nuts, lightly toasted in a dry frying pan
8 mi-cuit tomatoes, chopped

For the chilli and mint dressing

1 chilli, seeds removed, finely chopped
3 fresh mint sprigs, leaves only, roughly chopped
3 tbsp olive oil
squeeze of lemon juice



Instructions:

1. Rub the salmon with 1 tbsp olive oil and season. Cook on a preheated griddle pan. Squeeze lemon juice over the fillets and leave to rest
2. In a bowl, mix the fennel, mi-cuit tomatoes and pine nuts
3. Mix together the ingredients for the dressing and when combined add to the salad
4. Serve the salad and salmon together

Calories	Carbs	Protein	Fat
485	12.9g	33.1g	46.9g

Beef Stroganoff



Serves: 2

**Post Workout/
Evening meal**

**Medium Carb
Gluten Free
Freezer Friendly**

Ingredients:

200g rump steak
100g mushrooms
1 onion
2 cloves finely chopped garlic
2 tablespoons Dijon mustard
1 teaspoon paprika
Splash of white wine vinegar
250ml half fat crème fraîche
2/3 cup uncooked brown rice



Instructions:

1. Place the rice in a microwavable jug and add 1 1/3 cups of water. Microwave for 20 minutes.
2. Soften the onion and garlic in a pan with a little oil
3. Add the mushrooms and steak and fry until the steak is brown
4. Add the Dijon mustard, paprika and white wine vinegar and a sprinkling of salt and pepper
5. Stir in the crème fraîche to make a creamy sauce
6. Serve the stroganoff on top of the cooked rice

Calories	Carbs	Protein	Fat
553	37.5g	29.6g	31.2g

Chicken Stirfry



Serves: 2

**Post Workout/
Evening Meal**

**Medium Carb
Dairy Free**

Ingredients:

300g chicken thigh fillets, chopped into strips
50g carrot
100g cabbage
50g tenderstem broccoli
50g baby corn
1 fresh chilli (remove the seeds to make it less hot)
2 cloves garlic
1 tsp minced garlic
A glug of soy sauce
A glug of cider vinegar
1 sachet straight to wok noodles



Instructions:

1. Fry the chicken in a hot frying pan with the garlic, ginger and the finely chopped chilli
2. Once the chicken is browned, add the vegetables and the soya sauce and the vinegar
3. Cook for a few minutes until the vegetables are tender
4. Add one sachet of straight to wok noodles and cook for a couple more minutes until the noodles are soft
5. Serve immediately

Calories	Carbs	Protein	Fat
352	36.5g	39.1g	5.1g

O'Kelly Fish



Serves: 4

**Post Workout/
Evening Meal**

**Medium Carb
Gluten Free
Dairy Free
Vegetarian**

Ingredients:

400g fine green beans, blanched and refreshed
200g broccoli florrets, blanched and refreshed
200g asparagus spears, blanched and refreshed
1 tsp chilli flakes
salt and pepper
Juice of 2 lemons, plus husks
2 tbsp olive oil
30g black olives
4 vines of tomatoes
4 salmon fillets (100g each)
4 cups new potatoes, boiled



Instructions:

1. Preheat oven to 200C/400F/Gas6
2. Place blanched vegetables into a large roasting dish and drizzle with the olive oil and juice of 1 lemon
3. Scatter the olives and tomatoes on top
4. Lay the salmon fillets on top of all the vegetables skin side down and cover with the juice of the other lemon. Put the lemon husks into the roasting pan as well.
5. Season the fish and vegetables well
6. Roast in the oven for 20 mins and serve with 1 cup of new potatoes per person.

Calories	Carbs	Protein	Fat
401	46g	30g	10.8g

Sweet Potato Wedges



Serves: 2

**Post Workout/
Evening Meal**

**Medium Carb
Gluten Free
Dairy Free**

Ingredients:

2 cups sweet potato
2 tbsp olive oil



Instructions:

1. Peel and chop the sweet potato into wedges
2. Boil the wedges until soft
3. Put the olive oil onto a baking tray and put in a hot oven (Gas mark 8/230°C/450°F) for 5 minutes to heat up
4. Add the potato wedges to the oil and cook for 30 minutes or until the wedges are crispy

Calories	Carbs	Protein	Fat
280	41.4g	4g	13.5g

Grilled Fish with Chermoula



Serves: 2

**Post Workout/
Evening Meal**

**Medium Carb
Gluten Free
Dairy Free
Vegetarian**

Ingredients:

450g white fish cut into cubes
2 cloves of garlic, crushed
1 small onion, finely chopped
1 handful chopped parsley
2tbsp chopped coriander
1tsp ground coriander
1tsp paprika
1/2tsp chilli flakes
juice of 1 lemon
4tbsps olive oil
2/3 cup (uncooked) brown rice
2 cups mixed salad



Instructions:

1. Put the fish in a shallow dish. Mix the rest of the ingredients together and mix with the fish.
2. Allow the fish to marinate for an hour.
3. Once marinated, thread the fish onto 4 skewers and cook under a preheated hot grill for 3-4 minutes per side.
4. Serve with a 1/3 cup of uncooked rice per person and 2 cups of salad.

Calories	Carbs	Protein	Fat
597	32.5g	44.6g	29.5g

Goats Cheese Salad



Serves: 2

**Post Workout/
Anytime Meal**

**Medium Carb
Gluten Free
Dairy Free**

Ingredients:

1/2 red onion, finely chopped
3-4 sprigs tarragon, leaves picked and finely chopped
1 tbsp white wine vinegar
1 tbsp extra virgin olive oil
4 rashers streaky bacon, diced
2 slices sourdough bread
2 portions goats' cheese (either individual crottins or slices from a larger log)
1 handful toasted hazelnuts, lightly crushed
4 cups mixed salad leaves



Instructions:

1. Fry the bacon until crisp
2. Mix together in a bowl the vinegar, oil, onion and tarragon into a bowl with salt and pepper to make a dressing. Dress the salad leaves
3. Toast the bread and top with goats cheese
4. Put the goats cheese under the grill for a few minutes until browned
5. Put the dressed leaves, bacon and goats cheese toasts on a plate and top with the hazelnuts to serve

Calories	Carbs	Protein	Fat
411	27.3g	17.3g	26.4g

Veggie Toad in the Hole



Serves: 1

**Post Workout/
Anytime Meal**

**Medium Carb
Vegetarian**

Ingredients:

1 tbsp olive oil
2 vegetarian sausages
3 level tbsp plain flour
1 small egg
6 tbsp whole milk
1 heaped tsp vegetable gravy granules
55g frozen peas



Instructions:

1. Preheat the oven to Gas mark 9/240°C / 475°F
2. Heat the oil in a frying pan and fry the sausages until they are browned all over
3. Make a batter by mixing the flour, egg and milk together in a bowl until it is smooth
4. Heat a cupcake tray in the oven and once it is hot, put one sausage in each cupcake hole and pour the batter around them
5. Cook for approx 15 minutes until the batter is golden and risen
6. Make up the gravy granules according to the packet's instructions and cook the peas and serve with the toads in the hole

Calories	Carbs	Protein	Fat
332	32.6g	23.7g	10.7g

Fishfingers



Serves: 2

Anytime Meal

**Low Carb
Gluten Free
Dairy Free
Freezer Friendly**

Ingredients:

300g cod fillet
2 eggs
60g desiccated coconut
4 cups mixed salad (lettuce, cucumber, tomatoes, peppers, radishes, celery, carrot etc)



Instructions:

1. Cut the cod into strips
2. Dip each strip into the egg and then the coconut
3. Place on an ovenproof tray and bake at Gas mark 6/200°C / 400°F for 20 mins until the coating is crispy and the fish is cooked
4. Serve with the salad

Calories	Carbs	Protein	Fat
432	7.5g	41.3g	26.9g

Cheese Burger



Serves: 2

Freezer Friendly

**Low Carb
Gluten Free**

Ingredients:

250g lean mince beef
50g mozzarella
1 clove garlic
Pinch of salt
Pinch of pepper
4 cups mixed salad (lettuce, cucumber, tomatoes, peppers, radishes, celery, carrot etc)



Instructions:

1. Cut the mozzarella into 2 pieces
2. Add the mince, crushed garlic, salt and pepper into a bowl and mix it up a little
3. Divide the mixture into 2
4. Mould each section of mince around a piece of mozzarella until you have a ball of mince with the mozzarella inside
5. Gently squash the mince ball so it flattens out, keeping it an inch or so thick
6. Cook in a pan on low to medium heat until the mince is cooked through and serve with the salad

Calories	Carbs	Protein	Fat
315	5g	29g	20g

Chicken Soup



Serves: 4

Anytime Meal

**Low Carb
Gluten Free
Dairy Free
Freezer Friendly**

Ingredients:

300g chicken
80g carrot
80g pepper
200g celery
60g green beans
160g broccoli
600ml chicken stock
1 clove garlic
Small bunch flat leaf parsley



Instructions:

1. Brown the chicken in a large saucepan with the garlic, carrot, pepper and celery
2. Once the vegetables have softened, add the chicken stock and rest of the vegetables
3. Season with salt and pepper and cook until the vegetables are tender and the chicken is cooked through
4. Add the parsley and blend until the soup is a smooth consistency. You may need to add a little more water here to make the soup thinner
5. Serve with 1 portion of cheesy skillet bread (see separate recipe)

Calories	Carbs	Protein	Fat
160	7.2g	17.9g	6.5g

Cheesy Skillet Bread



Serves: 6

Anytime Meal

**Low Carb
Gluten Free
Vegetarian
Freezer Friendly**

Ingredients:

80g ground almonds
30g flaxseed
50g cheddar cheese, grated
100ml almond milk
3 eggs
2 tbsp melted butter (plus a little extra to grease the pan)
2 tsp baking powder
1/2 tsp salt



Instructions:

1. Preheat the oven to Gas 7 / 220°C / 425°F
2. Mix the almonds, flaxseed, almond milk, eggs, butter, baking powder, salt and half the grated cheese in a bowl
3. Heat a little butter in an oven proof frying pan. Once hot, add the mixture and cook on the hob for a few minutes
4. Sprinkle the remaining grated cheese on the top and put in the hot oven for 15 mins or it is brown around the edges and set through the middle
5. Leave to cool for 15 mins and cut into 6 pieces

Calories	Carbs	Protein	Fat
210	1.4g	7.2g	18.3g

Tricolore Salad



Serves: 1

Anytime Meal

**Low Carb
Gluten Free**

Ingredients:

60g mozzarella
1 small avocado
2 large tomatoes



Instructions:

1. Chop all the ingredients and mix together.
2. Season well with salt and pepper and dress with a drizzle of balsamic vinegar

Calories

298

Carbs

12.4g

Protein

12.8g

Fat

22.6g

Turkey Cottage Pie



Serves: 2

**Post Workout/
Anytime Meal**

**Medium Carb
Gluten Free
Freezer Friendly**

Ingredients:

300g turkey mince
70g green beans
30g carrot
1 clove garlic, chopped
1 tsp bovril
Worcester sauce and balsamic vinegar
200g swede
150g sweet potato
10g butter



Instructions:

1. Peel and chop the swede and sweet potato into small chunks. Boil until soft, drain and then mash with the butter and salt and pepper
2. Brown the mince with the garlic, carrots and green beans in a frying pan
3. Add the Bovril to the browned mince along with a splash of Worcester sauce and Balsamic vinegar, salt and pepper and 200ml of water. Boil until the sauce is thick and reduced
4. Put the mince in an ovenproof dish and top with the sweet potato and swede mash. Bake for approximately 30 minutes at Gas Mark 6/200°C/ 400°F or until the pie is brown and crunchy on top

Calories	Carbs	Protein	Fat
348	21.5g	29.2g	16.5g

Chicken with Goats Cheese



Serves: 2

**Post Workout/
Anytime Meal**

**Medium Carb
Gluten Free
Dairy Free
Freezer Friendly**

Ingredients:

4 boneless and skinless chicken thighs
100g soft goats cheese
6 cherry tomatoes
Mixed herbs
100g broccoli
100g fine beans
100g baby corn
200g sweet potato



Instructions:

1. Divide the goats cheese into 4 and put it on the inside of each chicken thigh. Roll the chicken thighs around the cheese and put in an oven proof dish
2. Sprinkle mixed herbs over the top of the chicken and add the cherry tomatoes to the dish
3. Put the dish into oven for 30 minutes until the chicken is cooked through. The tomatoes will cook and make a delicious sauce with the goats cheese that oozes out of the chicken
4. Peel, boil and mash the sweet potato. Boil the broccoli, beans and baby corn
5. Serve the chicken with the sweet potato mash, boiled broccoli, beans and baby corn

Calories	Carbs	Protein	Fat
503	37.2g	46.7g	18.1g

Snacks

Fruit



Serves: 1

Gluten Free
Dairy Free
Vegetarian

Ingredients:

1 piece of fruit of your choosing



Instructions:

1. Eat!

Calories	Carbs	Protein	Fat
Varies	Varies	Varies	Varies

Berry Smoothie



Serves: 1

Medium Carb
Gluten Free
Vegetarian

Ingredients:

1 scoop unflavoured whey protein powder
200ml full fat milk
1 cup berries of your choice



Instructions:

1. Place all the ingredients in a blender and blend until smooth
2. Serve

N.B. Use frozen berries straight from the freezer for an ultra chilled smoothie

Calories	Carbs	Protein	Fat
300	18.3g	28.4g	9.1g

Peanut Butter and Oatcakes



Medium Carb
Vegetarian

Serves: 1

Ingredients:

2 oatcakes
1 tbsp peanut butter



Instructions:

1. Spread the peanut butter onto the oatcakes and serve

Calories	Carbs	Protein	Fat
200	16.2g	6.2g	11.4g

Pepperoni Pizza Sticks



Serves: 5

**Low Carb
Gluten Free
Freezer Friendly**

Ingredients:

130g cauliflower
35g pepperoni
125g mozzarella
1 egg
60g cheddar cheese
Herbs



Instructions:

1. Blend the cauliflower until fine in a food processor
2. Chop the mozzarella and the pepperoni finely and combine with the cauliflower
3. Add the egg and herbs and mix together
4. Spread the mixture into a well greased 9 inch baking tin. Bake at Gas Mark 5/190°C/375°F for 30 mins or until firm
5. Remove the baked cauliflower and cut into 10 pieces
6. Sprinkle with grated cheese and return to the oven for 10 mins or until the cheese is golden brown
7. Serve 2 pieces of pizza stick per portion. Freeze any extra pieces to keep them fresh for next time

Calories	Carbs	Protein	Fat
168	1.3g	11.2g	13.1g

Ham and Cream Cheese Rolls



Serves: 1

**Low Carb
Gluten Free**

Ingredients:

2 slices ham
2tbsp cream cheese



Instructions:

1. Spread the cream cheese onto the slices of ham
2. Roll up each piece of ham and enjoy!

Calories	Carbs	Protein	Fat
139	4.1g	11g	8.9g

Prawns with Tomatoes



Serves: 2

**Low Carb
Gluten Free
Dairy Free
Vegetarian**

Ingredients:

1 tbsp olive oil
2 garlic cloves, very thinly sliced
1 long red chilli, deseeded and finely chopped (or use 1/2 tsp dried chilli flakes)
150g cherry tomatoes, halved
1/2 lemon, juice only
250g jumbo king prawns, cooked, peeled and deveined
3 heaped tbsp roughly chopped flat leaf parsley
160g green beans, steamed



Instructions:

1. Heat the oil in a pan and add the garlic and chilli. Cook until the garlic has softened, but do not let it brown or burn
2. Add the tomatoes and lemon juice and continue to cook until the tomatoes have softened
3. Stir in the prawns and parsley and allow the prawns to heat through
4. Serve with the green beans

Calories	Carbs	Protein	Fat
172	18g	9.7g	7.6g

Homous and Crudites



Serves: 1

Low Carb
Gluten Free
Dairy Free
Vegetarian

Ingredients:

2 heaped tbsp homous
1 cup crudites (e.g. cucumber,
carrot, celery, radishes, cherry
tomatoes)



Instructions:

1. Chop up the crudités and serve with the homous

Calories	Carbs	Protein	Fat
176	3.4g	2.7g	10.8g