
JULY 2018 RECIPE PACK

Boost Your Body



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- Chocolate Hummus
- Grilled Pears with Lemon Yogurt
- Mango Lassi with Mint

RECIPE KEY

GF Gluten Free

DF Dairy Free

LC Low Carb (under 20g per serving)

HP High Protein (over 30g per serving)

V Vegetarian

Q Quick (under 30 minutes)



SAMPLE MEAL PLAN

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| BREAKFAST (Ideally 30-60 min after waking e.g. 7-8am) | Turmeric Poached Egg + handful fresh berries | Mango Lassi Smoothie + scoop vanilla whey | Nut Bread with butter and jam | Savoury French Toast + handful fresh berries | Savoury French Toast + handful fresh berries | Mango Lassi Smoothie + scoop vanilla whey | Turmeric Poached Egg + handful fresh berries |
| LUNCH (Ideally 3-4 hours after meal 1 e.g. 12-1pm) | Balsamic Glazed Beetroot & Goats Cheese Salad + Green Tea | Leftover Spicy Chicken Drumsticks with Tzatziki + side salad | Balsamic Glazed Beetroot & Goats Cheese Salad + Green Tea | Nicoise Salad with Grilled Shrimps | Nut Bread Sandwich | Nicoise Salad with Grilled Shrimps | Nut Bread Sandwich |
| SNACK (Ideally between lunch and dinner e.g. 4pm) | E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake | E.g. Chocolate hummus with strawberries | E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake | E.g. Chocolate hummus with strawberries | E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake | E.g. Chocolate hummus with strawberries | E.g. homemade protein bars, nuts, rice cakes with peanut butter, fruit, dark chocolate, super shake |
| WORKOUT NUTRITION (If applicable) | During: Workout drink with 500ml of water Post: Grilled pears with lemon yogurt | During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder | During: Workout drink with 500ml of water Post: Grilled pears with lemon yogurt | During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder | During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder | During: Workout drink with 500ml of water Post: Ripe banana with serving of protein powder | During: Workout drink with 500ml of water Post: Grilled pears with lemon yogurt |
| DINNER (Ideally 3-4 hours after meal 3 e.g. 7-8pm or 60-120 min post workout) | Spicy Chicken Drumsticks with Tzatziki and a serving of brown rice + Remaining macros as you see fit | Grilled Pork Sate with serving of rice + Remaining macros as you see fit | Leftover Grilled Pork Sate with serving of rice + Remaining macros as you see fit | Gluten Free Pizza Wraps + Remaining macros as you see fit | Leftover Gluten Free Pizza Wraps + Remaining macros as you see fit | Meal Out – Enjoy! | Potato Salad with serving of Grilled Chicken Breast or Steak + Remaining macros as you see fit |

SHOPPING LIST

VEGETABLES

- 14 oz. (400g) spinach
- 6 medium tomatoes
- 1x avocado
- bean sprouts
- 2x bags rocket
- 7 oz. (200g) beets in vinegar
- 16 oz. (450g) baby potatoes
- 12 oz. (350g) green beans
- 1x garlic clove
- 1x Romanian lettuce
- 1x cucumber
- 1x red onion
- bunch mint
- bunch parsley
- bunch chives
- bunch oregano

FRUIT

- 2x lemon
- 1x orange
- 4x pears
- 1x mango

HERBS & SPICES

- herbs de province
- turmeric
- ground coriander
- ground ginger
- cinnamon
- ground cardamom

MEATS

- 16 oz. (450g) king prawns
- 8x chicken drumsticks
- 1.1 lbs. (500g) pork chops
- packet Parma ham
- chicken breast or steak

DAIRY

- 8x eggs
- 3.5 oz. (100g) goats cheese
- 2x large pot natural yogurt
- grated cheese

CANS & CONDIMENTS

- white wine vinegar
- balsamic glaze
- jar artichokes
- Dijon mustard
- jar black olives
- chipotle marinade
- ketjap manis
- sambal manis
- satay sauce
- tomato paste
- jar capers
- 2x can chickpeas
- tahini

GRAINS & SEEDS

- packet almond flour
- small packet sunflower seeds
- small packet sesame seeds
- small packet pumpkin seeds
- flax seeds
- small packet pine nuts
- small packet walnuts
- small packet pecans

OTHER

- baking powder
- coconut oil
- olive oil
- almond milk
- bread
- gluten free wraps
- natural cocoa powder
- maple syrup
- honey
- vanilla essence
- stevia
- biscoff biscuits



NUT BREAD



Serves: 12
Prep: 10 mins
Cook: 40 mins



Nutrition per serving:
160 kcals **13g Fats**
4g Carbs **7g Protein**

WHAT YOU NEED:

- 1 ½ cup (140g) almond flour
- 1/3 cup (40g) sunflower seeds
- 1/3 cup (50g) sesame seeds
- ¼ cup (20g) pumpkin seeds
- 2 tbsp. flax seeds
- 2 ½ tsp baking powder
- 2 tbsp. coconut oil, melted
- 4 eggs
- 1 tsp. mixed dried herbs

WHAT YOU NEED TO DO:

Preheat the oven to 360F (180C).

In a large bowl mix almond flour, sunflower seeds, sesame seeds, pumpkin seeds, flax seeds and baking powder.

Add in the melted coconut oil, eggs, salt and oregano and mix well until a batter has formed.

Line a bread tin with baking paper and transfer the batter into it.

Bake the bread for about 40 minutes in the oven. Before removing the bread from the oven insert a wooden skewer inside the bread to check if it is ready. If the skewer comes out clean, then it is cooked, if not then bake for another 5-10 minutes.

Remove the bread from the tin and allow to cool completely before slicing.

GF DF LC V





GF DF LC V Q

TURMERIC POACHED EGG



Serves: 2
Prep: 10 mins
Cook: 5 mins



Nutrition per serving:
219 kcals **15g Fats**
12g Carbs **14g Protein**

WHAT YOU NEED:

- 2 tsp. pine nuts
- 14 oz. (400g) of fresh spinach
- 4.5 oz. (125g) of tomatoes halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp ground turmeric
- 2 medium-sized eggs

WHAT YOU NEED TO DO:

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir-fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 min, repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.



SAVOURY FRENCH TOAST



Serves: 4
Prep: 5 mins
Cook: 15 mins



Nutrition per serving:
244 kcals **10g Fats**
30g Carbs **10g Protein**

WHAT YOU NEED:

- 1 avocado
- 4 small tomatoes
- 2 eggs
- 1/3 cup (75ml) almond milk
- 4 slices bread
- 2 tsp. coconut oil
- spice sprouts, to garnish
- 1 tbsp. balsamic glaze, to garnish

WHAT YOU NEED TO DO:

Halve the avocado, remove the stone and scoop out the flesh. Cut the avocado into slices and the tomatoes into wedges.

Beat the eggs in a deep plate with the milk, season with salt and pepper. Soak the slices of bread one by one in the eggs mixture.

Heat the oil in a non-stick frying pan and fry the toast on both sides for about 3-4 minutes until golden brown. Once cooked layer the toast with sliced avocado and tomatoes.

Garnish with the sprouts and a drizzle of balsamic glaze. Season with freshly ground pepper.

DF V Q





BALSAMIC GLAZED BEETROOT & GOATS CHEESE SALAD



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
168 kcals 12g Fats
7g Carbs 7g Protein

WHAT YOU NEED:

- 5 oz. (150g) of rocket
- 7 oz. (200g) beets in mild vinegar
- 1/5 cup (50ml) balsamic glaze
- 1.5 oz. (40g) walnuts
- 3.5 oz. (100g) goats cheese

WHAT YOU NEED TO DO:

Put the rocket in a bowl. Cut the beetroot into quarters and mix through the rocket. Drizzle with the balsamic dressing and sprinkle with walnuts. Mix well and serve.

GF LC V Q





GF

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POTATO SALAD



Serves: 4
Prep: 10 mins
Cook: 20-25 mins



Nutrition per serving:
112 kcals
22g Carbs
1g Fats
4g Protein

WHAT YOU NEED:

- 16 oz. (450g) baby potatoes
- zest and juice of 1 lemon
- 2 tbsp. parsley, chopped
- 2 tbsp. mint, chopped
- 2 tbsp. chives, chopped
- 4 tbsp. natural yogurt

WHAT YOU NEED TO DO:

Cook the baby potatoes according to instructions on the packaging. Once cooked set aside to cool.

Once cooled, cut the potatoes in half and add in the rest of the ingredients, then mix well. Season with salt and pepper to taste. Serve as a side.



NICOISE SALAD WITH GRILLED SHRIMPS



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per serving:
349 kcals 21g Fats
11g Carbs 29g Protein



WHAT YOU NEED:

- 5.6 oz. (160g) artichoke antipasti, drained
- 12.3 oz. (350g) green beans, cooked
- 4 eggs, hard-boiled
- juice of 1 small orange
- 1 tsp. Dijon mustard
- 3 tbsp. olive oil
- 16 oz. (450g) king prawns
- 1 garlic clove, sliced
- 2 sprigs fresh oregano, leaves removed
- 1 baby Romaine lettuce
- 2 tbsp. black olives

WHAT YOU NEED TO DO:

If you are using the BBQ, heat it up. If you're not using a BBQ, then prepare a non-stick grill pan.

Drain the artichokes. Cook the green beans and eggs, then set aside to cool.

Mix the orange juice with the mustard and 2 tbsp. olive oil to make the dressing. Mix the dressing in a bowl with the artichokes and green beans, then set aside.

Mix the shrimps with the sliced garlic, oregano leaves and remaining 1 tbsp. of olive oil. Grill the shrimps on the grill pan or the BBQ for about 3 to 5 minutes.

Remove the leaves from the lettuce and tear them slightly. Divide them over 4 bowls. Then add the artichokes, green beans, eggs, and olives.

Lastly, top the salad with the cooked shrimps and serve.

GF

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SPICY CHICKEN DRUMSTICKS WITH TZATZIKI



Serves: 4
Prep: 10 mins
Cook: 45 mins



Nutrition per serving:
270 kcals 15g Fats
4g Carbs 28g Protein

WHAT YOU NEED:

- 8 chicken drumsticks
- 3.5 oz.(100g) chipotle marinade, store-bought
- 2 garlic cloves, crushed
- 2 handfuls mint leaves, chopped
- 1 cucumber
- 6 oz. (170g) natural yogurt, 0% fat

WHAT YOU NEED TO DO:

Cover the chicken drumsticks with the chipotle sauce and leave to marinate for at least 1 hour.

If you are using the BBQ, heat it up, or preheat the oven to 360F (180C).

In the meantime, crush the garlic and chop the mint leaves. Peel the cucumber, halve in length and remove the seeds with a teaspoon. Grate the cucumber pulp coarsely, then mix it with the yogurt, garlic, and mint. Season with salt and pepper.

Fry the chicken in the oven or on the BBQ for about 35 minutes until cooked throughout. Serve the chicken with the tzatziki dip.

GF LC





GF DF LC

GRILLED PORK SATE



Serves: 4
Prep: 25 mins
Cook: 15 mins



Nutrition per serving:
447 kcals **33g Fats**
12g Carbs **25g Protein**

WHAT YOU NEED:

- 3 cloves of garlic
- 1 red onion
- 1.1 lbs. (500g) pork chops
- 5 tbsp. ketjap manis
- 1 tbsp. olive oil
- 1 tbsp. sambal manis
- 1 tsp. ground coriander
- 1 tbsp. ground ginger
- 8 tbsp. ready-to-use satay sauce

WHAT YOU NEED TO DO:

Slice the garlic and onion very finely. Cut the pork loin from the bone into quarter inch (1 cm) pieces.

Mix the garlic and onion in a bowl with the ketjap manis, olive oil, sambal, coriander, and ginger. Mix with the pork and allow to marinate for at least 30 minutes. In the meantime, soak wooden skewers in water.

If you use the BBQ, heat it up, if not, prepare a grill pan. Thread the meat on the skewers.

Grill the skewers for 10 minutes until cooked throughout, turn halfway. In the meantime, prepare the satay sauce according to the instructions on the packaging. Serve the pork skewers with the satay sauce.





GF

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GLUTEN-FREE PIZZA WRAPS



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per serving:
349 kcals **18g Fats**
22g Carbs **26g Protein**

WHAT YOU NEED:

- 2 gluten free wraps
- 4 tbsp. tomato paste
- 3 oz. (80g) tuna, canned, drained
- 2 tbsp. capers
- 2 handfuls rocket
- 2 slices Parma ham, halved
- 10 black olives, chopped
- 2.1 oz. (60g) cheese, grated

WHAT YOU NEED TO DO:

Preheat the oven to 400F(200C).

Spread the tomato paste over the wraps and place them on a baking tray covered with parchment paper.

Pizza 1: Spread half the cheese, the tuna, and capers over the tomato paste. Once cooked garnish with rocket.

Pizza 2: Spread the remaining cheese and the olives over the tomato paste. Once cooked layer with Parma ham.

Bake the pizzas in the oven for about 7-10 mins until the cheese has melted.

Finish garnishing before serving.





CHOCOLATE HUMMUS



Serves: 8
Prep: 10 mins
Cook: 0 mins



Nutrition per serving:
93 kcals 3g Fats
11g Carbs 5g Protein

WHAT YOU NEED:

- 12.7 oz. (360g) chickpeas
- 2 tbsp. natural unsweetened cocoa powder
- 2 tbsp. maple syrup
- 1 tbsp. tahini
- ½ tsp. cinnamon
- 1 tsp. vanilla essence
- 2 tbsp. water

WHAT YOU NEED TO DO:

Drain and rinse the chickpeas. Put all the ingredients in a food processor or a high-speed blender and blend into a smooth paste. Add more water if necessary to achieve the desired consistency.

Serve as a dip with fruit.

GF DF LC V Q





LC V Q

GRILLED PEARS WITH LEMON YOGURT



Serves: 4
Prep: 10 mins
Cook: 5 mins



Nutrition per serving:
163 kcals
8g Carbs
12g Fats
6g Protein

WHAT YOU NEED:

- 4 pears, halved
- zest of 1 lemon
- ½ tsp. ground cardamom
- 1 tbsp. honey
- 8.8 oz. (250g) natural yogurt
- 1 oz. (30g) pecans
- 8 bischoff biscuits

WHAT YOU NEED TO DO:

If you are using the BBQ, heat it up. If not, then prepare a non-stick grill pan.

Halve the pears and remove the core with a spoon.

Mix the lemon zest, cardamom, and honey with the yogurt. Chop the pecan nuts coarsely. Break the biscuits into pieces.

Grill or BBQ the pears for 5 minutes.

Spread the grilled half pears over the plates, spoon a spoonful of yogurt, sprinkle with the pecan nuts and decorate with a few pieces of biscuit.



MANGO LASSI WITH MINT



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per serving:
180 kcals
34g Carbs
6g Fats
8g Protein



GF

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WHAT YOU NEED:

- 1 ripe mango
- 8.8 oz.(250g) natural yogurt, 0% fat
- 2/5 cup (100ml) water
- 1-2 tsp. stevia
- 4 tbsp. mint leaves, chopped

WHAT YOU NEED TO DO:

Please all ingredients into a high-speed blender and blend until smooth. Serve in glasses.

