



July Recipe Pack

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

Prepared by Phil Greening
www.theathletefactory.co.uk



Contents & Key

- 6 Chinese Stir-Fried Tomatoes with Eggs
- 8 High Protein Breakfast Burrito
- 10 Banana & Coconut Pancakes
- 12 Kale & Blue Cheese Salad
- 14 Aubergine Soup
- 16 Citrus Prawn Salad
- 18 Baked Chicken Bruschetta
- 20 Tahini Buddha Bowl Dressing
- 22 Rainbow Salad Buddha Bowl
- 24 Cod in Curry Sauce with Green Beans
- 26 Chicken Miso Meatballs
- 28 Ginger & Soy Salmon with Coconut Rice
- 30 Almond Brownies
- 32 High Protein Blueberry Cheesecake
- 34 Raspberry Nice Cream

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



Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Chinese Stir-Fried Tomatoes with Eggs	Aubergine Soup	Almond Brownies, High Protein Blueberry Cheesecake, Raspberry Nice Cream, Banana & Coconut Pancakes	Rainbow Salad Buddha Bowl
Tue	Chinese Stir-Fried Tomatoes with Eggs	Aubergine Soup	Almond Brownies, High Protein Blueberry Cheesecake, Raspberry Nice Cream, Banana & Coconut Pancakes	Baked Chicken Bruschetta
Wed	High Protein Breakfast Burrito	Baked Chicken Bruschetta	Almond Brownies, High Protein Blueberry Cheesecake, Raspberry Nice Cream, Banana & Coconut Pancakes	Cod in Curry Sauce with Green Beans
Thu	High Protein Breakfast Burrito	Citrus Prawn Salad	Almond Brownies, High Protein Blueberry Cheesecake, Raspberry Nice Cream, Banana & Coconut Pancakes	Cod in Curry Sauce with Green Beans
Fri	Banana & Coconut Pancakes	Citrus Prawn Salad	Almond Brownies, High Protein Blueberry Cheesecake, Raspberry Nice Cream, Banana & Coconut Pancakes	Chicken Miso Meatballs
Sat	Banana & Coconut Pancakes	Kale & Blue Cheese Salad	Almond Brownies, High Protein Blueberry Cheesecake, Raspberry Nice Cream, Banana & Coconut Pancakes	Meal Out - Enjoy!
Sun	High Protein Breakfast Burrito	Kale & Blue Cheese Salad	Almond Brownies, High Protein Blueberry Cheesecake, Raspberry Nice Cream, Banana & Coconut Pancakes	Ginger & Soy Salmon with Coconut Rice



Weekly Shopping List

Fruits & Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments & Misc
<p>Fruits</p> <ul style="list-style-type: none"> • 3 bananas • 6 lemons • 2 limes • 2 oranges • 2 avocados • packet blueberries <p>Vegetables</p> <ul style="list-style-type: none"> • bunch spring onions • root ginger • 3 bulbs garlic • 1 red bell pepper • 4 red onions • pumpkin or butternut squash • 2 bags kale • large bag mixed salad leaves • 2 lbs. (900g) aubergine (eggplant) • 2 yellow onions • 4 tomatoes • 1 carrot • ¼ red cabbage • 5 oz. (150g) green beans • 2 red chillies <p>Dried Fruit</p> <ul style="list-style-type: none"> • cranberries 	<p>Meats</p> <ul style="list-style-type: none"> • 4 bacon slices • 1.5 lbs. (680g) chicken breasts • 1 lb. (450g) minced chicken <p>Fish & Seafood</p> <ul style="list-style-type: none"> • 1 lb. (450g) prawn, raw • 1.5 lbs. (920g) salmon fillets (6 fillets) • 1 lb. (450g) cod fillets <p>Cold</p> <ul style="list-style-type: none"> • 19 eggs • milk (of choice) • carton coconut milk • Greek yogurt • blue cheese • mozzarella • butter • cream cheese 	<p>Grains</p> <ul style="list-style-type: none"> • white rice • brown rice • Jasmine rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> • pecan nuts • flaked almonds • walnut halves • sesame seeds <p>Baking</p> <ul style="list-style-type: none"> • cornstarch/cornflour • all purpose flour/plain flour • coconut flour • baking powder • vanilla extract • desiccated coconut • ground almonds • natural cocoa powder <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> • za'atar • red chili flakes • chili powder • black pepper 	<p>Oils</p> <ul style="list-style-type: none"> • olive oil • sesame oil • coconut oil <p>Sweeteners</p> <ul style="list-style-type: none"> • coconut sugar • honey <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> • mirin • tomato ketchup • dijon mustard • apple cider vinegar • balsamic vinegar • Worcestershire sauce • 1x 14oz. (400g) can chopped tomatoes • tortillas - wheat or corn • chicken stock or stock cubes • balsamic glaze • tahini • tamari • red curry paste • 7oz. (200ml) can coconut milk • 7oz. (200ml) can light coconut milk • tomato paste/puree • fish sauce • white miso <p>Other</p> <ul style="list-style-type: none"> • breadcrumbs • small bar 72% dark chocolate • pack Graham crackers or digestive biscuits • salt





Chinese Stir-Fried Tomatoes With Eggs

Serves 4

6 eggs
½ tsp. sesame oil
1 tbsp. mirin
1 tsp. cornflour
1 tsp. sugar
2 tbsp. tomato ketchup
1 can (14.oz/400g) chopped tomatoes
2 tbsp. olive oil
4 spring onions, sliced
1 tsp. root ginger, grated
1 cup (200g) cooked rice, to serve

What You Need To Do

1. Beat the eggs, sesame oil, mirin and 1 teaspoon of salt in a medium size bowl. In a small bowl, combine the cornstarch with 2 tablespoons of cold water, then add in the sugar and tomato paste.
2. Heat 1 tablespoon of olive oil in a large non-stick pan, over high heat and add in 3 of the spring onions, reserving the rest for garnish. Cook the onion for 20-30 seconds, then add the beaten eggs and cook for 45-60 seconds until the eggs start to set but are still runny. Transfer the eggs into a bowl and wipe the pan clean.
3. Heat the remaining tablespoon of oil in the pan and once hot add the ginger and cook for 10-15 seconds. Add the chopped tomatoes and season to taste with salt. Continue cooking for another 4 minutes, until slightly reduced.
4. Now stir in the cornstarch mixture into the tomatoes and cook, stirring until the sauce comes to a boil and thickens. Taste for seasoning and if necessary adjust with more salt or tomato ketchup. Return the eggs to the pan to heat them up and gently stir through the tomatoes.
5. Serve with the cooked rice and garnish with the remaining spring onions.

GF DF V Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	15 mins	266	15	22	12	0

*Nutrition per serving





High Protein Breakfast Burrito

Serves 4

8 eggs
1 tbsp. milk of choice
4 slices bacon
1 tbsp. olive oil
1 tbsp. garlic, minced
1 red bell pepper, finely chopped
1 red onion, finely chopped
4 tortillas, wheat or corn

What You Need To Do

1. In a bowl, whisk the eggs and milk, season to taste with salt and pepper then set aside.
2. Heat a dry non-stick pan over medium-high heat and cook the bacon until crispy, then remove from the pan and set aside.
3. Add the garlic to the hot pan and cook for 30 seconds until fragrant, taking care not to burn. Add in the chopped pepper and onion and sauté for 2-3 minutes until softened, then set aside on a plate.
4. Using the same pan, fry the eggs for 3-5 minutes until cooked, but still soft.
5. Divide the bacon, vegetable mixture and eggs equally between the four tortillas and wrap up tightly. Place the wraps onto a grill pan and place under a medium grill. Toast the wraps on both sides until browned.
6. Serve either hot or cold.

Storage: Once cooled, wrap the burritos in foil and keep refrigerated for 3-4 days.

DF MP LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	15 mins	367	24	18	18	2

*Nutrition per serving





Banana & Coconut Pancakes

Serves 4

¾ cup (70g) all purpose flour
½ cup (65g) coconut flour
1 ½ tbsp. coconut sugar
2 ½ tsp. baking powder
1 tsp. salt
1 egg, beaten
1 ½ cups (300ml) coconut milk, carton
1 tbsp. coconut oil, melted + 1 tbsp. for cooking
1 tsp. vanilla extract
1 banana, diced
⅔ cup (55g) desiccated coconut

Suggested toppings: (optional - not included in nutritional breakdown)

shredded coconut
sliced bananas
maple syrup

What You Need To Do

1. Place the flours, sugar, baking powder, and salt into a mixing bowl and mix well. Add the egg, milk, coconut oil, and vanilla extract and stir together until well combined. Add in the diced banana and desiccated coconut and mix again.
2. Heat ¼ tablespoon of oil in a non-stick pan over medium heat.
3. Scoop ¼ cup of batter onto the hot pan and cook for 3 to 4 minutes or until bubbles start to appear. Carefully flip the pancake and continue to cook for another 2 to 3 minutes. Remove the pancake from the pan and repeat until all batter has been used.
4. Serve with toppings of your choice.



DF MP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	25 mins	369	21	40	6	11

*Nutrition per serving





Kale & Blue Cheese Salad

Serves 4

For the salad:

2 cups (230g) pumpkin or butternut squash, chopped into 1-inch pieces

2 tbsp. olive oil

4 cups (270g) curly kale, leaf part only, chopped

¼ cup (30g) cranberries, dried

2 oz. (60g) blue cheese, crumbled

½ cup (30g) pecan nuts

salt & pepper

For the dressing:

4 tbsp. Greek yogurt

2 tbsp. olive oil

2 tbsp. Dijon mustard

2 tbsp. honey

1 tbsp. lemon juice

1 tbsp. apple cider vinegar

1 garlic clove, crushed

salt & pepper

What You Need To Do

1. Preheat the oven to 450°F (230°C). In a large bowl, toss the diced pumpkin or squash with 2 tablespoons of olive oil and season with salt and pepper. Spread out the pumpkin onto a large baking tray lined with baking paper, and bake for 25-30 minutes or until golden and tender. Remove the pumpkin from the oven and set aside to cool slightly.
2. In a small bowl, whisk together the dressing ingredients, and season to taste with salt and pepper.
3. In a large bowl, toss the kale with half of the dressing, ensuring it is well coated. Add the cooled pumpkin, cranberries, crumbled cheese and pecans and gently toss together.
4. Transfer the salad into serving bowls and drizzle with the remaining dressing. Season with more salt and pepper, if necessary, and serve immediately.

GF	MP	V	N
----	----	---	---



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	30 mins	277	18	23	8	4

*Nutrition per serving





Aubergine Soup

Serves 6

2 lbs. (900g) aubergine
4 tbsp. olive oil
2 yellow onions, sliced
6 cloves garlic, crushed
pinch of chili powder
6 cups (1420ml) chicken stock
4 tbsp. lemon juice
½ tsp. lemon zest
1 tbsp. za'atar
2 tbsp. fresh parsley, chopped
salt & pepper

What You Need To Do

1. Preheat the oven to 400°F (200°C). Cut the aubergines in half lengthwise, and place skin side down onto arrange a baking tray lined with baking paper. Rub the flesh of the aubergine with 2 tablespoons of olive oil.
2. Place the tray in the oven and roast the aubergine for 20 minutes, then turn and roast for a further 10–15 minutes, until soft. Remove from the oven and set aside to cool.
3. Once cool enough to handle, remove and discard skins and roughly chop the flesh.
4. Meanwhile, heat 1 tablespoon of olive oil in a large saucepan over medium-high heat. Add the onion, season with salt and pepper, and cook until softened, about 5 to 7 minutes.
5. Add in the garlic, cayenne pepper and aubergine flesh. Cook 1 minute more, then add the chicken stock and bring to a boil. Now reduce the heat to low and simmer gently for 10 minutes. Check the seasoning and adjust if necessary.
6. Using a hand blender, puree the soup until creamy. Strain through a fine-mesh sieve and discard anything left in the sieve. Add 3 tablespoons of lemon juice to the soup and taste again, adding more if necessary.
7. Mix the lemon zest with the remaining tablespoon of olive oil for serving. Spoon the soup into small bowls, topped with the lemon oil, za'atar seasoning and garnished with chopped parsley.
8. This soup can be served hot or cold.

GF DF LC MP V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	55 mins	149	10	14	3	1

*Nutrition per serving





Citrus Prawn Salad

Serves 4

For the prawns:

1 tbsp. olive oil
1 orange, juiced
1 lemon, juiced
3 garlic cloves, crushed
1 tbsp. red onion, diced
1 tbsp. fresh parsley, chopped
pinch of red chili flakes
1 lb. (450g) raw prawns, cleaned

For the salad:

8 cups (600g) mixed green salad leaves
2 tbsp. olive oil
1 avocado, cubed
1 small red onion, diced
¼ cup (30g) flaked almonds
½ orange, juiced
½ lemon, juiced
salt & pepper

What You Need To Do

1. In a small bowl, whisk together the olive oil, orange juice, lemon juice, garlic, onion, half the parsley, and a pinch of red chili flakes.
2. Heat a non-stick frying pan over a medium heat and add the sauce, bring to a simmer and cook until reduced half way, about 5-8 minutes.
3. Add in the shrimps, season with salt and pepper, cover and cook for about 5 minutes until the prawns turn pink. Take of the heat, allow to cool slightly and top with the remaining parsley
4. Mix the shrimps with the salad greens in a large bowl. Drizzle with olive oil, add the avocado, red onion and flaked almonds. To serve, season to taste with salt and pepper and drizzle with more orange and lemon juice if required.

GF DF LC HP Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	15 mins	282	15	14	26	6

*Nutrition per serving





Baked Chicken Bruschetta

Serves 4

For the chicken marinade:

4 tbsp. balsamic vinegar
2 tbsp olive oil
2 tbsp. Worcestershire sauce
2 tbsp. honey
1 tbsp. Dijon mustard
4 tbsp. lemon juice
1 tsp. lemon zest
1 ½ tbsp. garlic, minced
pinch of red chili flakes
¼ tsp. salt
¼ tsp. black pepper
1.5 lb. (680g) chicken breasts

For the bruschetta:

4 large tomatoes, diced
¼ tsp. salt
½ small red onion, diced
2 garlic cloves, minced
1 tbsp. olive oil
1 tbsp. balsamic vinegar
10 basil leaves, chopped
4 oz. (115g) Mozzarella sliced
4 tsp. balsamic glaze, for serving

What You Need To Do

1. Prepare the chicken marinade by placing all of the ingredients for the marinade into a bowl and mixing well. Add in the chicken breasts, ensuring they are coated in the marinade. Set aside to marinate.
2. In the meantime, prepare the bruschetta topping. Place the diced tomatoes in a sieve over a bowl and sprinkle over ¼ teaspoon of salt. Set aside for about 10 minutes to drain the excess water from the tomatoes.
3. Discard the water from the tomatoes and place them into a bowl. Add the red onion, garlic, olive oil, balsamic vinegar and basil, season with pepper and mix to combine.
4. Preheat the oven to 390°F (200°C). Place the chicken breast and some of the marinade into an oven-proof dish and bake in the oven for 20-25 minutes, until the chicken has cooked through. Top the chicken with mozzarella slices and bake for a further 1-2 minutes until the cheese has melted.
5. Place the chicken breast onto 4 plates, top with the tomato bruschetta and drizzle of balsamic glaze.

GF LC MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
20 mins	30 mins	285	12	12	31	1

*Nutrition per serving





Tahini Buddha Bowl Dressing

Serves 12

½ cup (130g) tahini
4 tbsp. lemon juice
2 tbsp. honey
1 tbsp. tamari
2 garlic cloves
4 tbsp. water

What You Need To Do

1. Place all the ingredients in a high-speed blender or food processor and blend until creamy.
2. Keep adding more water until you have reached the desired dressing consistency.

GF DF LC MP V Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	83	5	6	4	1

*Nutrition per serving





Rainbow Salad Buddha Bowl

Serves 2

¾ cup (140g) uncooked brown rice
2 salmon fillets (120g/4.2 oz. each)
1 tbsp. olive oil
1 carrot, peeled & grated or julienned
1 cup (70g) red cabbage, shredded
1 avocado, sliced
salt & pepper

For the sesame kale:

2 tsp. sesame oil
1 tbsp. tamari
1 tbsp. sesame seeds
2 cups (130g) kale, chopped, stems removed

To serve:

2 servings of Tahini Buddha Bowl Dressing

What You Need To Do

1. Cook the rice according to instructions on packaging.
2. Heat oven to 375°F (190°C). Prepare an oven proof tray lined with tin foil. Place salmon in the middle of the foil, season with salt and pepper and drizzle over a tablespoon of olive oil. Bake the salmon in the oven for 15-20 minutes, until the salmon is cooked through at the thickest part.
3. In the meantime, prepare the raw vegetables: carrot; cabbage; and avocado and kale.
4. Toast the sesame seeds in a dry frying pan, then add the shredded kale leaves to the pan along with the sesame oil. Sauté over medium heat for 2-3 minutes until kale has wilted. Add the tamari and turn down the heat, continuing to cook for a further minute.
5. To assemble, divide the cooked rice, raw vegetables, and sesame kale between two bowls. Top each bowl with half avocado and a salmon fillet. Drizzle with the Tahini Buddha Bowl Dressing and serve.

GF DF MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	15 mins	465	25	42	22	7

*Nutrition per serving





Cod in Curry Sauce With Green Beans

Serves 4

1 lb. (450g) cod fillets, skinless
1 tbsp. of red curry paste
1 tbsp. coconut oil
7 oz. (200ml) can coconut milk
2 tsp. tomato puree
1 tbsp. fish sauce
1 tsp. lime zest
5 oz. (150g) green beans
7 oz. (200g) uncooked rice
4 lime wedges, to serve
salt & pepper

What You Need To Do

1. Cook the rice as per instructions on the packaging.
2. Season the cod with salt and pepper and rub with half of the red curry paste.
3. Heat the coconut oil in a large frying pan and fry the fish on both sides, then transfer it onto a plate.
4. Pour the coconut milk into the pan and add the remaining curry paste, tomato puree, fish sauce and lime zest. Cook for 6 minutes.
5. Add the green beans and the cod into the curry sauce. Cook for a further 5 minutes then serve with the rice and lime wedges.



GF DF MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	20 mins	393	12	48	25	2

*Nutrition per serving





Chicken Miso Meatballs

Serves 4

- ¼ cup (60ml) milk of choice
- 3 tbsp. white miso
- 2 cloves garlic, crushed
- 1 tbsp. root ginger, grated
- 1-2 chillies, diced
- 2 spring onions, sliced
- 1 tsp. salt
- ¾ tsp. black pepper
- ½ cup (55g) breadcrumbs
- 1 lb. (450g) minced chicken

What You Need To Do

1. Heat oven to 425°F (220°C).
2. Place all the ingredients into a large bowl. Lightly wet your hands to prevent the mixture from sticking. Now using your hands combine all the ingredients together, mixing well.
3. Wet your hands again and shape the mixture into 12 meatballs, and place them on a baking tray lined with baking paper. Bake the meatballs in the oven for 15 minutes until golden and cooked through. Serve warm.

Serving suggestions:

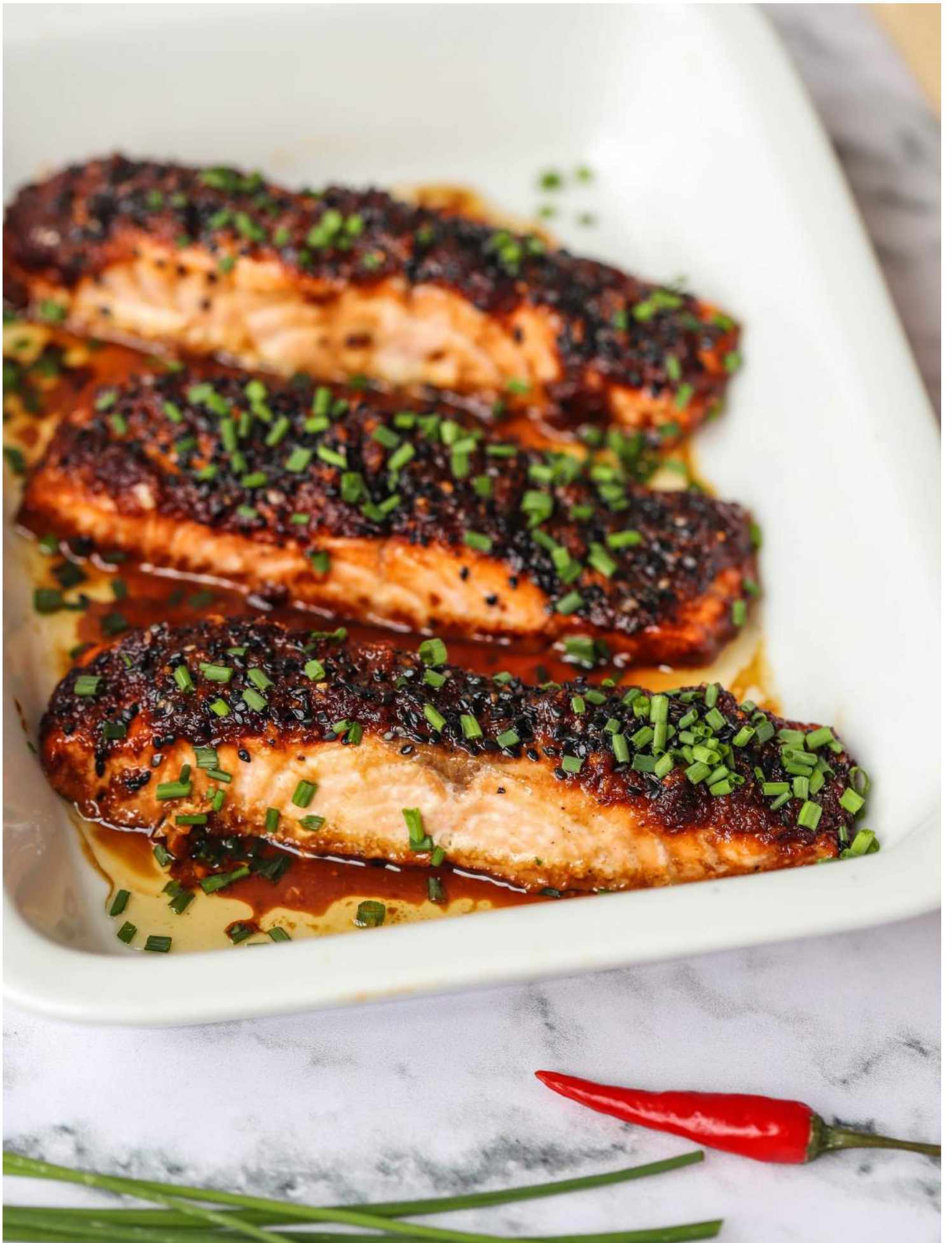
- Your favorite dipping sauce
- Steamed vegetables
- Rice

DF	LC	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	15 mins	224	6	15	26	2

*Nutrition per serving





Ginger & Soy Salmon With Coconut Rice

Serves 4

For the salmon:

- 1 ½ lb. (680g) salmon fillet (4 fillets)
- ¼ cup (60ml) tamari (or soy sauce)
- 1 tbsp. sesame oil
- 2 tbsp. root ginger, grated
- ½ tsp. ground black pepper
- 3-4 garlic cloves, crushed
- 4 tsp. coconut sugar
- 1 tbsp. sesame seeds
- 2 tbsp. chives, chopped

For the rice:

- 1 cup (195g) Jasmine rice
- ¾ cup (180ml) can light coconut milk
- 1 tbsp. coconut sugar
- ½ tsp. salt, plus more to taste
- ¾ cup (180ml) water

What You Need To Do

For the salmon:

1. In a small bowl, combine the tamari, sesame oil, ginger, pepper, and garlic; and pour over the salmon. If time allows, leave the salmon to marinade for at least 2 hours.
2. Preheat the oven to 350°F (180°C). Place the salmon fillets, skin side down, on a baking dish. Sprinkle with sugar and sesame seeds.
3. Bake the salmon in the oven for 25 to 30 minutes or until the fish flakes easily with a fork. Garnish with chives and serve with coconut rice.

For the rice:

1. Rinse the rice a few times, until the water runs clear.
2. Place the rice into a medium saucepan along with the coconut milk, water, sugar and salt and place over a medium-high heat. When the rice comes up to the boil, stir well, then cover the pan and reduce the heat to low.
3. Simmer gently for 15 minutes, then turn off the heat and leave to rest for 10 minutes. To serve, mix the rice with a fork and season with more salt if necessary.

GF DF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
10 mins	30 mins	555	23	47	40	2

*Nutrition per serving





Almond Brownies

Serves 12

- ½ cup (110g) coconut oil
- 1 cup (200g) coconut sugar
- 3 eggs
- 1 cup (95g) ground almonds
- ½ cup (50g) natural cocoa, unsweetened
- pinch of salt
- 1.7 oz. (50g) 72% dark chocolate
- ⅓ cup (35g) walnuts, halved

What You Need To Do

1. Preheat the oven to 340°F (170°C) and line a 8×8 inch pan (20x20cm) with baking paper.
2. Melt the coconut oil in a small saucepan, mix in the sugar and then transfer to a mixing bowl. Add in the eggs and whisk until well combined. Next add the ground almonds, cocoa powder, salt and mix well with a whisk. Finally, stir through the chopped chocolate.
3. Transfer the brownie batter into the earlier prepared tray, top with the walnuts and bake in the oven for 30 minutes. Remove the tray from the oven, allow the brownies to cool in their tin for 30 minutes then cut into pieces.
4. Once completely cool, store the brownies in an airtight container for up to 5 days.

GF MP V N



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
15 mins	30 mins	254	18	22	5	3

*Nutrition per serving





High Protein Blueberry Cheesecake

Serves 12

10 Graham crackers or digestive biscuits (approx 2.5 oz./70g)

4 tbsp. butter, room temperature

8 oz. (230g) cream cheese, e.g. Philadelphia or similar

½ cup (75g) Greek yogurt

4 tbsp. honey

1 egg white

1 tsp. vanilla extract

1 tbsp. lemon juice

1 cup (190g) fresh blueberries

lemon zest, to serve

What You Need To Do

1. Preheat the oven to 350°F (180°C) and line a 8×8 inch baking tin (20x20cm) with baking paper.
2. Place the crackers or biscuits into a food processor along with the butter and blitz until a crumble forms. Transfer the crumb into the baking tin and press it into the bottom. Bake it for 7 minutes, then remove from the oven.
3. In a clean food processor, blend together the cream cheese, Greek yogurt, and honey. Add the egg white, vanilla extract and lemon juice, blend until smooth and creamy. Finally, add the fresh blueberries into the cheese mixture in the food processor and blend until pureed.
4. Transfer the mixture into the pan and spread evenly over the biscuit base. Return to the oven and bake for 25-30 minutes. Once cooked, remove from the oven and allow to cool completely on a wire rack.
5. Once cooled, place the cheesecake into the refrigerator and chill for 2 hours or overnight before serving. Serve with lemon zest.

LC MP V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
30 mins	35 mins	153	11	12	3	1

*Nutrition per serving





Raspberry Nice Cream

Serves 4

2 bananas, sliced, frozen

1 ½ cups (180g) raspberries, frozen

2-3 tbsp. milk of choice

2 tsp. vanilla extract

What You Need To Do

1. Place the frozen bananas and raspberries into the food processor, add the vanilla extract and almond milk. Blend until creamy.
2. You may need to add one or two tablespoons of milk, to achieve a thick smoothie like consistency.
3. Serve immediately (soft-serve) or transfer into a dish or plastic container, cover with a lid and freeze for 2 hours.



GF	DF	LC	MP	V	Q	N
----	----	----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fiber(g)
5 mins	0 mins	84	1	19	1	5

*Nutrition per serving

