



OCTOBER RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.

Phil Greening

phil@theathletefactory.co.uk

www.theathletefactory.co.uk











TABLE OF CONTENTS

1	HIGH PROTEIN PANCAKES WITH BLUEBERRY SAUCE AND ALMOND CARAMEL
2	BLUEBERRY BREAKFAST BARS
3	BLACK BEAN OMELET
4	AVOCADO AND COTTAGE CHEESE TOAST
5	SALMON NICOISE SALAD
6	SHRIMP COUSCOUS SALAD
7	ASPARAGUS, AVOCADO AND GREEN PEAS SALAD
8	BUTTER BEAN, TUNA AND RED ONION SALAD
9	MOROCCAN CHICKEN TACOS
10	CHICKEN AND AUBERGINE GOULASH
11	SALMON WITH BEETROOT AND FETA SALAD
12	MEDITERRANEAN BAKED SALMON
13	CARROT AND WALNUT OAT COOKIES
14	STRAWBERRY AND CHIA SEED JAM
15	WATERMELON, CELERY AND LIME JUICE



RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts



WEEKLY MEAL PLANNER



MONDAY

BREAKFAST

Avocado and Cottage Cheese Toast

LUNCH

Butter Bean, Tuna and Red Onion Salad

SNACK

E.g. Strawberry and Chia Seed Jam, Carrot and Walnut Oat Cookies, Watermelon, Celery and Lime Juice

DINNER

Salmon with Beetroot and Feta Salad

TUESDAY

BREAKFAST

Blueberry Breakfast Bars

LUNCH

Butter Bean, Tuna and Red Onion Salad

SNACK

E.g. Strawberry and Chia Seed Jam, Carrot and Walnut Oat Cookies, Watermelon, Celery and Lime Juice

DINNER

Moroccan Chicken Tacos

WEDNESDAY

BREAKFAST

Black Bean Omelet

LUNCH

Leftover Moroccan Chicken Tacos

SNACK

E.g. Strawberry and Chia Seed Jam, Carrot and Walnut Oat Cookies, Watermelon, Celery and Lime Juice

DINNER

Chicken and Aubergine Goulash

THURSDAY

BREAKFAST

Black Bean Omelet

LUNCH

Shrimp Couscous Salad

SNACK

E.g. Strawberry and Chia Seed Jam, Carrot and Walnut Oat Cookies, Watermelon, Celery and Lime Juice

DINNER

Chicken and Aubergine Goulash

FRIDAY

BREAKFAST

Blueberry Breakfast Bars

LUNCH

Shrimp Couscous Salad

SNACK

E.g. Strawberry and Chia Seed Jam, Carrot and Walnut Oat Cookies, Watermelon, Celery and Lime Juice

DINNER

Mediterranean Baked Salmon

SATURDAY

BREAKFAST

Avocado and Cottage Cheese Toast

LUNCH

Salmon Nicoise Salad

SNACK

E.g. Strawberry and Chia Seed Jam, Carrot and Walnut Oat Cookies, Watermelon, Celery and Lime Juice

DINNER

Meal Out – Enjoy!

SUNDAY

BREAKFAST

High Protein Pancakes with Blueberry Sauce and Almond Caramel

LUNCH

Asparagus, Avocado and Green Peas Salad

SNACK

E.g. Strawberry and Chia Seed Jam, Carrot and Walnut Oat Cookies, Watermelon, Celery and Lime Juice

DINNER

Mediterranean Baked Salmon



**HIGH PROTEIN PANCAKES
WITH BLUEBERRY SAUCE
AND ALMOND CARAMEL**

HIGH PROTEIN PANCAKES WITH BLUEBERRY SAUCE AND ALMOND CARAMEL



Serves: 4
Prep: 10 mins
Cook: 20 mins



Nutrition per serving:
428 kcal
23g Fats
40g Carbs
20g Protein



WHAT YOU NEED

- 1 cup (200g) Greek yogurt
- 1 cup (200g) low-fat cottage cheese
- 3 eggs
- 1 lemon, juice only
- 1 cup (120g) all-purpose flour
- pinch of salt
- 2 tbsp. coconut oil

For the blueberry sauce:

- 2 cups (300g) blueberries
- ¼ cup (60ml) water
- 3 tbsp. coconut sugar

For the caramel:

- ¼ cup (60ml) coconut oil
- ¼ cup (60ml) maple syrup
- ¼ cup (60g) almond butter

WHAT YOU NEED TO DO

To make the blueberry sauce:

Place the blueberries, water, and sugar in a saucepan. Cook over low heat, stirring often, for 10 minutes or until the blueberries begin to break apart.

To make the caramel:

Melt the coconut oil and maple syrup together in a small pot over low heat. Whisk in the almond butter for about 30 seconds until fully incorporated and very smooth.

To make pancakes:

In a bowl, whisk together the yogurt, cottage cheese, eggs, and lemon juice.

In a separate bowl, mix the flour, baking soda, and salt. Fold the flour into the yogurt mixture, and stir well just until blended. Heat a large pan over medium-low heat. Coat it with a little coconut oil, and add batter in large spoonfuls (about ¼ cup each).

Flip the pancakes when the tops begin to bubble, around 2-3 minutes, and cook the other side until browned.

Serve with the blueberry sauce and almond caramel.

Makes around 12 pancakes (nutrition information is for 3 pancakes per serving and ¼ of the sauce and caramel).





**BLUEBERRY
BREAKFAST BARS**

BLUEBERRY BREAKFAST BARS



Serves: 9
Prep: 15 mins
Cook: 25 mins



Nutrition per
serving:
159 kcal
2g Fats
33g Carbs
4g Protein



WHAT YOU NEED

- 2 cups (300g) blueberries
- ¼ cup (60ml) maple syrup
- 1 tbsp. arrowroot powder
- 3 cups (250g) rolled oats
- 1 ripe banana, mashed
- 3 tbsp. water

WHAT YOU NEED TO DO

Preheat the oven to 350°F (175°C). Line a baking pan with parchment paper.

In a bowl, smash the blueberries using a fork. Combine with the maple syrup and arrowroot powder. Set aside.

Add half the oats to a food processor or blender to create oat flour.

Transfer to a mixing bowl and combine with the remaining rolled oats, banana, and water.

Firmly press $\frac{3}{4}$ of the oats mixture into a thin, even layer in the baking pan. Spread the blueberry mixture on top and then crumble the remaining oat mixture over the blueberries.

Bake for 20 to 25 minutes or until golden brown.





BLACK BEAN OMELET

BLACK BEAN OMELET



Serves: 4
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
384 kcal
23g Fats
25g Carbs
23g Protein



WHAT YOU NEED

For the salsa:

- 1 tomato, diced
- ½ small onion, diced
- ½ lime, juice only
- handful coriander, chopped

For the omelet:

- 1 can (14 oz./400g) black beans, drained
- 1 lime, juiced
- ¼ tsp. cumin
- hot sauce, to taste
- 1 tsp. olive oil
- 8 eggs
- ½ cup (75g) feta, crumbled
- 1 avocado, sliced

WHAT YOU NEED TO DO

To make salsa:

Combine all of the salsa ingredients in a bowl, season to taste with salt and pepper, and mix well. Set aside until needed.

To make the omelet:

Pulse the black beans, lime juice, cumin, and a few drops of hot sauce in a food processor until it has the consistency of refried beans.

Heat ½ teaspoon of oil in a small non-stick pan over medium heat. Crack two eggs into a bowl and beat with a bit of salt and pepper.

Add the eggs to the pan, then use a spatula to lift the cooked egg on the bottom to allow raw egg to slide under.

When the eggs have set, place the omelet on a plate and spoon a quarter of the black bean mixture and 2 tablespoons feta down the middle of the omelet.

Fold the edges over the center, top with ¼ of the salsa and a few avocado slices.

Repeat with the remaining ingredients to make four omelets.





**AVOCADO AND COTTAGE
CHEESE TOAST**

AVOCADO AND COTTAGE CHEESE TOAST



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
274 kcal
11g Fats
26g Carbs
19g Protein



V Q



WHAT YOU NEED

- 2 slices bread, toasted
- 1 cup (200g) cottage cheese
- ¼ avocado, sliced
- 1 tomato, sliced
- 1 tsp. sesame seeds, toasted
- chili powder

WHAT YOU NEED TO DO

Toast the bread to your liking.

Spread the cottage cheese over the toast, top with sliced tomato and avocado. Sprinkle with toasted sesame seeds, and season with salt and pepper to taste.





SALMON NICOISE SALAD

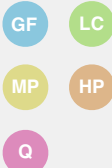
SALMON NICOISE SALAD



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
340 kcal
17g Fats
11g Carbs
36g Protein



WHAT YOU NEED

- 2 salmon fillets (4.5 oz./130g each)
- 10.5 oz. (300g) green beans, trimmed
- 2 eggs
- 10 black olives
- 2 tbsp. Greek yogurt
- 1 tbsp. apple cider vinegar

WHAT YOU NEED TO DO

Place the salmon skin side down in a colander over a pan of boiling salted water. Cover and steam for 10 minutes.

Cook the trimmed beans in boiling water for 6 minutes. Then boil the eggs for 5–6 minutes.

Blend the olives into a paste with a hand mixer and mix half of them with the Greek yogurt, 1 tablespoon of vinegar and salt and pepper.

Toss the cooked beans with the Greek yoghurt dressing and divide between 2 plates.

Peel and cut the eggs into quarters. Flake the salmon over the beans and arrange the eggs on top.

Dot the remaining black olive paste over the salad. Season to taste with salt and pepper and serve.



SHRIMP COUSCOUS SALAD



SHRIMP COUSCOUS SALAD



Serves: 4
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
349 kcal
8g Fats
44g Carbs
25g Protein



DF MP
HP



WHAT YOU NEED

- 11.5 oz. (330g) shrimps, raw
- 2 tbsp. olive oil
- 1 ½ tsp. mixed herbs
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 cup (160g) couscous, uncooked
- 1 ½ tbsp. mixed herbs seasoning
- 1 tbsp. garlic, minced
- 1 cup (240ml) chicken stock, hot
- 1 can (14oz. /400g) chopped tomatoes
- 1 tbsp. lemon zest
- 1 lemon, juice only
- bunch fresh basil

WHAT YOU NEED TO DO

In a bowl, mix together shrimps, 1 tablespoon of olive oil, and mixed herbs. Season with salt and pepper and let it marinate while you cook the couscous.

Heat the remaining 1 tablespoon of oil in a pan over high heat; once hot, toss in bell peppers. Sear for 3-4 minutes, or until the edges are browned.

Remove from the pan and set aside.

In the same pan, add the shrimps and cook for 3-4 minutes, stirring often, until cooked through. Remove from the pan and set aside.

Reduce the heat to medium, and let the pan cool slightly. Add couscous and toast for 1 minute. Season with mixed herbs and add in the minced garlic. Mix well.

Now pour in the chicken stock, then reduce the heat to a low simmer.

Cook covered for 6-8 minutes, until most of the liquid has been absorbed.

Add in the chopped tomatoes, cooked shrimps, peppers, lemon juice and zest. Stir well, then cover to cook for another 5 minutes until everything is heated.

Garnish with basil and serve.





**ASPARAGUS, AVOCADO
AND GREEN PEAS SALAD**

ASPARAGUS, AVOCADO AND GREEN PEAS SALAD



Serves: 4
Prep: 5 mins
Cook: 6 mins



Nutrition per
serving:
215 kcal
15g Fats
18g Carbs
5g Protein



WHAT YOU NEED

For the dressing:

- 2 tbsp. olive oil
- ½ red grapefruit, juice only
- 1 tbsp. Dijon mustard
- 2 tbsp. apple cider vinegar

For the salad:

- 8 oz. (230g) asparagus
- 7 oz. (200g) frozen peas
- 2 oz. (60g) mixed lettuce leaves
- 2 oz. (60g) arugula (rocket)
- ½ oz. (15g) fresh coriander, chopped
- 1 avocado, sliced

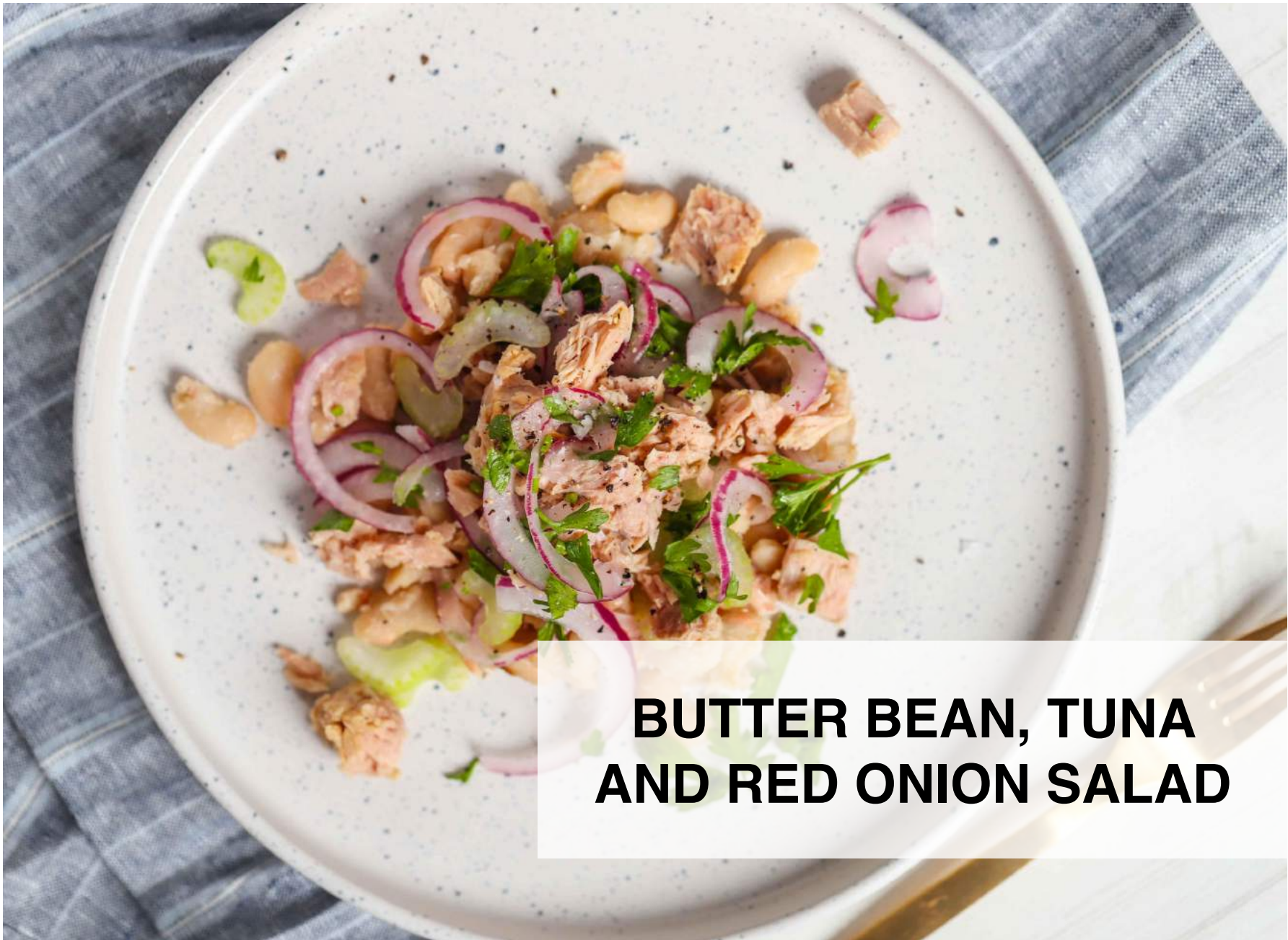
WHAT YOU NEED TO DO

Mix the dressing ingredients in a small bowl, season with salt and pepper to taste.

Bring a pot of water to boil. Add the asparagus and frozen peas and boil for 6 minutes. Remove the veggies and rinse with cold water.

In a large bowl, add all the salad ingredients, including asparagus and green peas. Add the dressing and gently mix the ingredients. Season with salt and pepper to taste and serve.





**BUTTER BEAN, TUNA
AND RED ONION SALAD**

BUTTER BEAN, TUNA AND RED ONION SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
245 kcal
1g Fats
32g Carbs
17g Protein



WHAT YOU NEED

- ½ red onion, sliced
- 1 tbsp. apple cider vinegar
- 1 celery stick
- bunch parsley, chopped
- 1 can (14 oz./400g) butter beans, drained
- 1 can (3.8 oz./110g) tuna in olive oil

WHAT YOU NEED TO DO

Peel and finely slice the red onion. Place in a large bowl and massage 1 tablespoon of vinegar into it. Season with salt and pepper.

Finely slice the celery, chop the parsley, and put them into the bowl. Drain and rinse the beans.

Divide between 2 plates.

Drain and add the flaked tuna into the bowl. Add onion and gently toss the ingredients together.

Pile the salad on top of the beans and season with salt and black pepper to taste.





MOROCCAN CHICKEN TACOS

MOROCCAN CHICKEN TACOS



Serves: 4
Prep: 20 mins
Cook: 13 mins



Nutrition per
serving:
351 kcal
14g Fats
28g Carbs
29g Protein



WHAT YOU NEED

For the salsa:

- 1 medium cucumber, chopped
- 3 tomatoes, chopped
- ½ red onion, finely chopped
- 2 tbsp. parsley, chopped
- 1 tbsp. olive oil
- 1 lemon, juice only

Spices for chicken rub:

- 1 ½ tsp. cinnamon
- 2 tsp. smoked paprika
- 1 tsp. fresh ginger
- 1 tsp. turmeric
- ½ tsp. ground nutmeg
- 1 tsp. ground cumin
- 1 tbsp. olive oil

For the tacos:

- 14 oz. (400g) chicken breast
- 8 small whole wheat tortillas
- handful parsley, chopped
- spicy sauce, optional

WHAT YOU NEED TO DO

To make salsa:

In a bowl, mix all the ingredients for the salsa and season to taste with salt and pepper. Allow the mixture to rest in the fridge while you prepare the chicken.

To make chicken tacos:

Set the oven to 420°F (215°C).

Combine all the spices for the chicken rub with 1 tablespoon of olive oil, and rub on the chicken breasts.

Heat a non-stick frying pan on medium heat, and sear the chicken breasts for 3 minutes on each side. Then place the chicken on a baking tray, and bake it in the oven for 8-10 minutes or until cooked through.

Heat up the tortillas in a hot oven or on a pan. Chop the cooked chicken, and assemble the tacos.

Before serving, garnish the tacos with chopped parsley and hot sauce (if using).





**CHICKEN AND
AUBERGINE GOULASH**

CHICKEN AND AUBERGINE GOULASH



Serves: 4
Prep: 15 mins
Cook: 35 mins



Nutrition per
serving:
265 kcal
10g Fats
19g Carbs
26g Protein



WHAT YOU NEED

- 14 oz. (400g) chicken breast, chopped
- 1 aubergine, chopped
- 1 red bell pepper, chopped
- 1 onion, halved and sliced
- 2 garlic cloves, minced
- 2 tbsp. olive oil
- ½ tsp. dried oregano
- chili flakes or powder, to taste
- 1 cup (240ml) chicken stock
- 2 tbsp. tomato paste
- 2 tbsp. parsley, chopped
- 1 cup (150g) cherry tomatoes
- 1 tbsp. wheat flour

WHAT YOU NEED TO DO

Heat 1 tablespoon of oil in a large pot, add in the onions, and sauté for 2–3 minutes. Then add in the aubergine and peppers. Fry, stirring every now and then, for about 5 minutes.

Remove from the pan and set aside.

Add in the remaining tablespoon of oil into the same pot, and fry the chicken until browned and cooked through, for about 8 minutes.

Next, add in the garlic and cooked vegetables. Season with salt, pepper, oregano, and hot paprika.

Pour in hot chicken stock, and bring to a boil. Reduce the heat to low.

Cover and simmer for 15 minutes. In the end, add the chopped cherry tomatoes and tomato paste.

Add the flour directly through a sieve. Mix well and cook for another 1-2 minutes, until the sauce thickens. Garnish with chopped parsley and serve.

Serving suggestions: roasted buckwheat groats, rice, potato, or pasta.





**SALMON WITH BEETROOT
AND FETA SALAD**

SALMON WITH BEETROOT AND FETA SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
462 kcal
30g Fats
15g Carbs
33g Protein



WHAT YOU NEED

- 7 oz. (200g) cooked beetroot, cubed
- ½ cup (75g) feta cheese, cubed
- 1 lime, juiced
- 1 tsp. lime zest
- 2 tbsp. olive oil
- 2 salmon fillets (4.5 oz./130g each)

WHAT YOU NEED TO DO

Chop the beetroot and feta into small cubes and mix with the lime juice and zest, and 1 tablespoon of olive oil. Then, season it with salt and pepper.

Season the salmon with salt and pepper.

Heat the remaining 1 tablespoon of oil in a non-stick pan over high heat.

Once hot, add the salmon skin-side down and cook for 3 minutes. Flip it over, then lower the heat and cook for another 4–5 minutes.

Serve with the beetroot salad.





**MEDITERRANEAN
BAKED SALMON**

MEDITERRANEAN BAKED SALMON



Serves: 4
Prep: 15 mins
Cook: 25 mins



Nutrition per
serving:
248 kcal
10g Fats
9g Carbs
29g Protein



WHAT YOU NEED

For the salmon:

- 4 salmon fillets (4.5 oz./ 130g each)
- 1 tbsp. mixed herbs
- 1 tsp. lemon zest
- 1 tsp. olive oil

For the sauce:

- 2 tbsp. olive oil
- 14 oz. (400g) can chopped tomatoes
- 1 small white onion, diced
- 2 garlic cloves, finely chopped
- 2 tbsp. capers
- ½ cup (120ml) chicken stock
- 1 tbsp. tomato paste
- 2 tsp. lemon zest
- 2 tsp. oregano
- 1 tsp. thyme
- fresh parsley, chopped

WHAT YOU NEED TO DO

Heat oven to 400°F (200°C).

Season the salmon filets with salt and pepper, mixed herbs and lemon zest, then rub it with the olive oil.

Heat 1 tablespoon of olive on a large pan over high heat. Once hot, place the salmon fillets skin up and sear for 3 minutes, then remove and set aside. Reduce the heat to medium.

Once the pan has cooled down, add the remaining 1 tablespoon of olive oil, onion, garlic, and the capers. Cook for 2–3 minutes until they are caramelized and slightly browned.

Add in the chopped tomatoes, chicken stock, and tomato paste. Bring the sauce to a simmer. Add the remaining ingredients, and season to taste with salt and pepper. Stir well and cook for 8–10 minutes, until the sauce has reduced.

Transfer the sauce into a baking dish and place the salmon fillets in the tomato sauce. Bake in the oven for 10 minutes. Garnish with chopped parsley and serve.

Serving suggestions: side salad, potatoes, pasta





**CARROT AND WALNUT
OAT COOKIES**

CARROT AND WALNUT OAT COOKIES



Makes: 12
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
185 kcal
8g Fats
24g Carbs
5g Protein



WHAT YOU NEED

- 2 bananas, ripe
- ½ cup (120g) peanut butter
- 1 tbsp. vanilla extract
- 5 tbsp. coconut sugar
- 2 ¾ cups (250g) rolled oats
- 1 tsp. cinnamon
- 1 tsp. ground cardamom
- ¼ cup (25g) walnuts, crushed
- ½ large carrot, grated

WHAT YOU NEED TO DO

Heat oven to 350°F (180°C).

In a bowl, mash the bananas with a fork. Mix in the peanut butter and vanilla extract. Add all the remaining ingredients (apart from walnuts and carrot) and mix well.

Fold in the walnuts and grated carrot, and mix them using your hands.

Line a baking tray with baking paper and divide the batter into around 12 balls. Place them on the baking tray and lightly flatten them with a fork to shape the cookies.

Bake for 12–15 minutes, until the outside is golden brown. Allow to cool before enjoying.





**STRAWBERRY AND
CHIA SEED JAM**

STRAWBERRY AND CHIA SEED JAM



Serves: 12
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
30 kcal
1g Fats
6g Carbs
1g Protein



WHAT YOU NEED

- 14 oz. (400g) strawberries, fresh
- 2 tbsp. chia seeds
- 1 tbsp. lemon juice
- 2 tbsp. honey or maple syrup

WHAT YOU NEED TO DO

Heat fruits in a small pot over medium-high heat, stirring occasionally, until the fruits begin to break down, about 10 minutes.

Use a wooden spoon to mash the fruit to your desired consistency.

Stir in the chia seeds, lemon juice, and sweetener until combined.

Remove from heat and let cool for 5 minutes.

The jam will thicken as it cools.

Serve immediately, or transfer the jam to a sealed container and refrigerate it for up to 1 week, or freeze it for up to 3 months.





**WATERMELON, CELERY
AND LIME JUICE**

WATERMELON, CELERY AND LIME JUICE



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
96 kcal
1g Fats
24g Carbs
2g Protein



WHAT YOU NEED

- 3 cups (450g) watermelon, flesh only
- 1–2 celery sticks (depending on preference)
- 1 lime, juice only

WHAT YOU NEED TO DO

Place the watermelon flesh and celery in a juicer and process them. Add in the lime juice, mix well, and serve the juice chilled.

