



February Recipe Pack

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

Developed by Phil Greening - philgreeningcoaching.com



Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> 1 lemon 3 limes 3 oranges 1 mango 1 pomegranate (or pack of pomegranate seeds) <p>Vegetables</p> <ul style="list-style-type: none"> 4x onions 2x red onions 2x bunch green onions (spring onions) 2x bulbs garlic root ginger 8x large vine tomatoes 2x small vine tomatoes large pack cherry tomatoes pack radishes 3x red bell peppers 1 green bell pepper jalapeño pepper 3x zucchinis (courgette) 2 lbs. (1kg) eggplant (aubergine) 2 portobello mushrooms 8.8 oz. (250g) asparagus pack arugula (rocket) pack baby spinach pack kale 5.3 oz. (150g) chantenay or baby carrots (or substitute regular carrots) 10.6 oz. (300g) new potatoes 1 large sweet potato 1 head of fennel <p>Fresh Herbs</p> <ul style="list-style-type: none"> cilantro parsley thyme <p>Dried Fruit</p> <ul style="list-style-type: none"> 15 medjool dates <p>Frozen</p> <ul style="list-style-type: none"> corn kernels (sweetcorn) raspberries or strawberries ice 	<p>Meats</p> <ul style="list-style-type: none"> 1.4 lbs. (700g) 95% lean ground beef (minced beef) 1½ lbs. (680g) rump steak 1 lb. (450g) cooked chicken breast 2½ lbs. (1kg 130g) turkey breast 10.6 oz. (300g) pork tenderloin (filet) 6 slices bacon <p>Fish & Seafood</p> <ul style="list-style-type: none"> 5 oz. (140g) raw peeled jumbo shrimp (king prawns) 6 salmon filets (6 oz./170g each filet) 4 white fish filets, (4.4oz./125g each) - e.g. tilapia, flounder or halibut 2 oz. (55g) smoked salmon <p>Cold</p> <ul style="list-style-type: none"> 19 eggs milk butter Greek yogurt labneh cottage cheese Parmesan cheese hummus pomegranate juice 	<p>Grains</p> <ul style="list-style-type: none"> rolled oats <p>Nuts & Seeds</p> <ul style="list-style-type: none"> peanuts salted peanuts chia seeds <p>Baking</p> <ul style="list-style-type: none"> all purpose flour self raising flour baking powder dark chocolate chips <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> black pepper cayenne pepper smoked paprika hot paprika ground coriander ground cumin ground cinnamon ground nutmeg mild curry powder za'atar spice blend ranch seasoning dried oregano dried rosemary bay leaves 	<p>Oils</p> <ul style="list-style-type: none"> coconut oil extra virgin olive oil olive oil rapeseed oil <p>Sweeteners</p> <ul style="list-style-type: none"> coconut sugar honey sugar <p>Boxed, Canned, Condiments</p> <ul style="list-style-type: none"> 3x 14 oz. (400g) cans chopped tomatoes 1x 14 oz. (400g) can chickpeas 1x 6.5 oz. (185g) canned tuna 1x 14 oz. (400g) can coconut milk yellow or red Thai curry paste tomato paste (puree) natural peanut butter rose harissa soy sauce sweet chili sauce rice wine vinegar vegetable broth (stock) chicken broth (stock) beef broth (stock) beef bouillon cube mayonnaise vinegar-based hot sauce sour dill pickles <p>Misc/Other</p> <ul style="list-style-type: none"> sea salt panko breadcrumbs 8x pita breads vanilla protein powder

Contents & Key

6	Baked Stuffed Mushrooms with Eggs	GF	Gluten Free
8	Zucchini & Tomato Frittata	DF	Dairy Free
10	Spicy Chickpea & Zucchini Shakshuka	LC	Low Carb (20g- serve)
12	Thai Curry Shrimp & Sweetcorn Fritters	MP	Meal Prep/Freezer Friendly
14	Eggplant Moussaka	HP	High Protein (20g+ per serve)
16	Tuna Pancakes	V	Vegetarian
18	BLT Chicken Salad	Q	Quick (under 30 mins)
20	Orange & Peanut Crusted Salmon	N	Contains Nuts
22	Spiced Turkey Pita with Pico de Gallo		
24	Beef Coconut Curry		
26	Roasted Pork Tenderloin with Fennel & Vegetables		
28	Broiled Fish with Fresh Tomato Mango Salsa		
30	Snickers Energy Balls		
32	Flourless Cottage Cheese Waffles		
34	Pomegranate Chia Seed Smoothie		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Zucchini & Tomato Frittata	Eggplant Moussaka	E.g. Snickers Energy Balls, Pomegranate Chia Seed Smoothie, Flourless Cottage Cheese Waffles	Spiced Turkey Pita with Pico de Gallo
Tue	Zucchini & Tomato Frittata	Tuna Pancakes	E.g. Snickers Energy Balls, Pomegranate Chia Seed Smoothie, Flourless Cottage Cheese Waffles	Roasted Pork Tenderloin with Fennel & Vegetables
Wed	Spicy Chickpea & Zucchini Shakshuka	Tuna Pancakes	E.g. Snickers Energy Balls, Pomegranate Chia Seed Smoothie, Flourless Cottage Cheese Waffles	Roasted Pork Tenderloin with Fennel & Vegetables
Thu	Thai Curry Shrimp & Sweetcorn Fritters	BLT Chicken Salad	E.g. Snickers Energy Balls, Pomegranate Chia Seed Smoothie, Flourless Cottage Cheese Waffles	Beef Coconut Curry
Fri	Thai Curry Shrimp & Sweetcorn Fritters	BLT Chicken Salad	E.g. Snickers Energy Balls, Pomegranate Chia Seed Smoothie, Flourless Cottage Cheese Waffles	Beef Coconut Curry
Sat	Flourless Cottage Cheese Waffles	Orange & Peanut Crusted Salmon	E.g. Snickers Energy Balls, Pomegranate Chia Seed Smoothie, Flourless Cottage Cheese Waffles	Meal Out - Enjoy!
Sun	Baked Stuffed Mushrooms with Eggs	Eggplant Moussaka	E.g. Snickers Energy Balls, Pomegranate Chia Seed Smoothie, Flourless Cottage Cheese Waffles	Broiled Fish with Fresh Tomato Mango Salsa



Baked Stuffed Mushrooms with Eggs

Serves 2

2 large portobello mushrooms, remove & chop stalks
½ tsp. olive oil, for brushing
½ garlic clove, minced
black pepper
a few thyme leaves
2 tomatoes, halved
2 large eggs
2 handfuls arugula

What you need to do

Preheat the oven to 350°F (180°C).

Brush the mushroom cups lightly with a little olive oil and add the minced garlic. Place the mushrooms, bottom-side up, in two lightly greased gratin dishes and season with a little black pepper. Top the mushrooms with the chopped stalks and sprinkle over the thyme. Cover the dishes with foil and place in the hot oven to bake for 20 minutes.

Remove the foil and add the halved tomatoes into the dish. Carefully crack one egg into each mushroom. Season the eggs with pepper and add a touch more thyme if desired. Return the dishes to the oven for 10-12 minutes, or until the eggs are set but the yolks remain slightly runny.

Once done, remove the dishes from the oven and top each mushroom with a handful of arugula. Serve straight from the dish.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	108	6	6	9	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Zucchini & Tomato Frittata

Serves 8

2 zucchinis, grated on large holes
1 red onion, diced
4 fl oz. (120ml) olive oil
5 eggs
1 tsp. sea salt
1 tsp. za'atar spice
pinch of cayenne pepper
4.2 oz. (120g) self raising flour
1 large tomato, sliced

What you need to do

Preheat the oven to 350°F (180°C). Line a tart pan with baking paper.

Squeeze out any excess water from the grated zucchinis.

In a large mixing bowl, combine the grated zucchinis, diced red onion, olive oil, eggs, salt, za'atar spice, cayenne pepper and self-raising flour. Mix well until all the ingredients are thoroughly combined.

Pour the mixture into the prepared pan, ensuring it is evenly spread across the base. Top the mixture with the sliced tomato.

Place the pan in the preheated oven and bake for approximately 35-40 minutes, or until the frittata is set and golden brown on top. A toothpick inserted into the center should come out clean.

Once baked, remove from the oven and allow it to cool for a couple of minutes before slicing.

Serve with a side of salad.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	233	17	15	6	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Spicy Chickpea & Zucchini Shakshuka

Serves 4

2 tsp. olive oil
1 large onion, halved & thinly sliced
3 garlic cloves, sliced
1 tbsp. rose harissa
1 tsp. ground coriander
5 fl oz. (150ml) vegetable broth
14 oz. (400g) can chickpeas
2x 14 oz. (400g) cans chopped tomatoes
1 zucchini, finely diced
7 oz. (200g) baby spinach
4 tbsp. cilantro, chopped
4 large eggs

What you need to do

Heat the olive oil in a large, deep skillet over medium heat. Add the thinly sliced onion and garlic and cook for 8 minutes, stirring occasionally, until they begin to turn golden.

Stir in the harissa paste and ground coriander, then pour in the vegetable broth and add the chickpeas along with the liquid from the can. Cover the skillet and let it simmer for 5 minutes, then use a fork to mash about one-third of the chickpeas to thicken the sauce.

Add the tomatoes and zucchini and cook gently for 10 minutes. Then add in the baby spinach and chopped cilantro, and allow to wilt. Make 4 hollows in the mixture and carefully crack one egg into each hollow.

Cover the skillet and cook for 2-3 minutes or until the eggs are cooked to your preference. Remove the skillet from the heat and allow it to settle for a further 2 minutes before serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	379	11	49	22	15

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Thai Curry Shrimp & Sweetcorn Fritters

Serves 4

5 oz. (140g) all purpose flour
1 tsp. baking powder
½ tsp. sea salt
2 eggs
4.2 fl oz. (125ml) milk
2 tbsp. yellow or red Thai curry paste
5 oz. (140g) frozen corn kernels, defrosted
small bunch green onions, chopped
small bunch cilantro leaves, chopped
5 oz. (140g) raw peeled jumbo shrimp, chopped
1 tbsp. olive oil
4 tbsp. sweet chili sauce, to serve

What you need to do

Combine the flour, baking powder and salt in a bowl, then whisk in the eggs and milk to achieve a thick, smooth batter. Stir in the Thai curry paste.

In another larger bowl, combine the defrosted corn, green onions, cilantro and finely chopped shrimp.

Transfer the prepared batter into the bowl with the corn and shrimp mixture. Gently mix and fold everything together until combined.

Heat some of the olive oil in a large non-stick skillet over medium heat until hot. Then spoon large portions of the batter into the pan, cooking in batches. Fry each fritter for about 2 minutes on each side, or until they turn golden and are cooked through. Continue this process until all the batter is used up.

Serve the fritters with sweet chili sauce for dipping.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	304	8	44	15	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Eggplant Moussaka

Serves 8

For the eggplant:

2 lbs. (1kg) eggplant, cut into 1/3" (3/4cm) slices
1 tsp. sea salt
2-3 tbsp. olive oil

For the filling:

1 tbsp. olive oil
1 onion, diced
3 garlic cloves, minced
1.4 lbs. (700g) 95% lean ground beef
14 oz. (400g) can chopped tomatoes
3 tbsp. tomato paste
8 fl oz. (240ml) beef broth
1 beef bouillon cube, crumbled
2 bay leaves
1 1/2 tsp. coconut sugar
2 tsp. dried oregano
1/2 tsp. ground cinnamon
3/4 tsp. sea salt

For the bechamel sauce:

2 oz. (60g) butter
5 tbsp. all purpose flour
1.3 pts. (600ml) milk
1.8 oz. (50g) Parmesan cheese, grated
1/8 tsp. ground nutmeg
1 1/4 tsp. sea salt
1 egg + 1 egg yolk
1/4 tsp. black pepper

Topping:

0.7 oz. (20g) panko breadcrumbs

What you need to do

Preheat the oven to 450°F (230°C). Line the baking sheet with baking paper.

Place the sliced eggplant into a colander, sprinkle salt between each of the layers and set aside for 30 minutes.

After 30 minutes, pat the eggplant slices dry and place them on the prepared baking sheets and brush with olive oil.

Place the baking sheets into the hot oven and bake for 15-20 minutes until lightly browned and softened. Remove and set aside to cool slightly.

Meanwhile make the meat sauce by heating the olive oil in a large skillet over high heat. Sauté the onion and garlic for 2 minutes. Add the ground beef, breaking it up and cooking until browned. Now stir in the remaining ingredients and simmer gently for 15 minutes until the sauce thickens.

To make the bechamel sauce, melt the butter in a pot over medium heat. Add the flour and cook for 1 minute, stirring constantly. Add the milk a little at a time, stirring continuously, until all the milk has been added and the mixture thickens and coats the back of a spoon.

Remove the sauce from the heat, stir in the cheese, nutmeg, salt and pepper. After 5 minutes, once the sauce has cooled a little, whisk in the eggs.

Now lower the oven temperature to 350°F (180°C).

Layer half of the baked eggplant slices in an ovenproof baking dish and pour over the meat sauce. Arrange the remaining eggplant on top, then pour over the bechamel sauce. Sprinkle the breadcrumbs over the top and place the dish into the oven to bake for 30-40 minutes until golden brown.

Once baked, remove the dish from the oven and set aside to rest for 10 minutes before serving.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
40 mins	1 hr	381	22	20	25	6

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Tuna Pancakes

Serves 2

For the tuna pancakes:

6.5 oz. (185g) can tuna, well-drained
2 large eggs, beaten
1 oz. (30g) green onions, finely chopped
1.6 oz. (45g) onion, finely diced
0.7 oz. (20g) red bell peppers or red chili pepper, seeds removed, finely diced
0.7 oz. (20g) green bell peppers or green chili pepper, seeds removed, finely diced
1 tbsp. mayonnaise, optional
2 tsp. all purpose flour
¼ tsp. sea salt
ground black pepper
1 tbsp. olive oil

For the dipping sauce:

1 tbsp. soy sauce
1 tbsp. water
1 tbsp. rice wine vinegar
2 tsp. sugar

What you need to do

Make the dipping sauce by whisking all the ingredients together in a small bowl. Set aside.

Combine all the tuna pancake ingredients in a large bowl and mix well to combine.

Preheat a skillet over medium-low heat and add a little olive oil to the pan. Scoop out the tuna mixture with a spoon and gently place it onto the pan (each spoonful makes one pancake).

Cook the pancakes for 2-3 minutes then flip them over and continue to cook for a further 2-3 minutes, or until golden brown and cooked through. They are ready when no egg liquid seeps out when gently pressing the mixture down with a spatula.

Remove the pancakes from the pan and set aside. Repeat this process until all the mixture is used up, adding more olive oil to the skillet between each batch.

Serve the pancakes with the prepared dipping sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	332	18	12	31	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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BLT Chicken Salad

Serves 4

2.5 oz. (70g) kale, deboned & chopped
1 tsp. olive oil
1 lb. (450g) cooked chicken breast, shredded
6 slices of cooked bacon, chopped
5.3 oz. (150g) cherry tomatoes, halved
½ small red onion, finely diced
5 oz. (145g) Greek yogurt
1 tsp. ranch seasoning
½ tbsp. lemon juice
½ tsp. vinegar based hot sauce, or add more to taste

What you need to do

Begin by preparing the kale. Place the kale in a medium bowl and drizzle over the olive oil. Massage the oil into the kale using your hands for 3 minutes until it wilts.

In a large bowl, combine the chicken, bacon, cherry tomatoes, red onion and kale. Mix everything together and set aside.

Make a sauce by mixing together the Greek yogurt, ranch seasoning, lemon juice and hot sauce. Add the prepared sauce to the shredded chicken mixture in the large bowl. Mix thoroughly until all ingredients are evenly combined and coated with the sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	0 min	385	21	5	44	1

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Orange & Peanut Crusted Salmon

Serves 6

6 salmon filets (6 oz./170g each)
2-3 tbsp. orange juice
¼ tsp. sea salt
⅛ tsp. black pepper
2 oz. (60g) panko bread crumbs
1.4 oz. (40g) peanuts, toasted & finely chopped
2 tbsp. fresh parsley, finely snipped
2 tbsp. olive oil
2 cloves garlic, minced
2 tsp. orange peel, finely shredded
4 fl oz. (120ml) chicken broth
8.8 oz. (250g) asparagus

What you need to do

Preheat the oven to 450°F (230°C).

Thaw the fish if it's frozen. Rinse the fish and pat it dry with paper towels. Drizzle the fish with orange juice, then sprinkle with salt and pepper.

In a shallow dish, combine the panko bread crumbs, peanuts, parsley, olive oil, garlic and orange peel. Mix these ingredients well to combine.

Dip each piece of fish into the peanut mixture, ensuring it's coated thoroughly by turning and pressing gently.

Place the coated fish fillets in a single layer in a baking dish. Pour the chicken broth into the dish around the fish, but not over it.

Place the dish into the hot oven and bake for 8-12 minutes, or until the fish begins to flake easily when tested with a fork.

Place the asparagus next to the salmon for the final 5 minutes of baking.

Remove the dish from the oven and serve immediately.

DF	LC	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	8 mins	249	14	4	28	2

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Spiced Turkey Pita with Pico de Gallo

Serves 8

2½ lbs. (1kg 130g) turkey breast cutlets, cut ¼" (0.5cm) thick
 1 tsp. dried rosemary
 1 tsp. ground cumin
 1 tsp. sea salt
 1 tsp. black pepper
 1 tsp. hot paprika or cayenne pepper
 1 tsp. orange juice
 4 tbsp. extra-virgin olive oil
 8 whole pita breads
 8 tbsp. hummus
 5.6 oz. (160) dill pickles, thinly sliced

For the pico de gallo:

5 tomatoes diced
 ¼ large onion, diced
 4 tbsp. cilantro, chopped
 ½ jalapeño pepper, chopped (deseed for a milder taste)
 2 tbsp. lime juice
 2 cloves garlic, minced
 sea salt, to taste

What you need to do

Pat the turkey cutlets dry and place into a 15x10x2" (36x25x5cm) baking dish.

Combine the rosemary, cumin, salt, black pepper and hot paprika in a small bowl.

Drizzle the orange juice over the turkey cutlets and sprinkle the spice mixture over both sides of the turkey breast, rubbing it in with your fingertips. Drizzle 2 tablespoons of olive oil over the turkey, again coating both sides. Cover and refrigerate for at least 30 minutes or up to 2 hours.

Meanwhile, place all the ingredients for the Pico de Gallo in a large bowl. Mix well and season with salt to taste then cover and refrigerate until ready to serve.

Preheat a grill pan over medium-high heat. Brush the grill rack with oil. Grill the turkey breasts until cooked through (around 4-5 minutes per side). Grill the pita breads until grill marks appear (about 2 minutes per side). Transfer the cooked turkey to a cutting board and cut crosswise.

To assemble the pita, smother the top with a tablespoon of hummus, then top with the sliced turkey, Pico de Gallo and some sliced dill pickle. Serve immediately.



Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	15 mins	30 mins - 2 hrs	446	15	43	41	7

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Beef Coconut Curry

Serves 6

1 tbsp. coconut oil
1½ lbs. (680g) rump steak, fat removed, cut into chunks
1 onion, chopped
1 bell pepper, chopped
1 large sweet potato, peeled, roughly chopped
2 garlic clove, minced
2 tbsp. root ginger, finely chopped
1 tbsp. all purpose flour
2 tsp. mild curry powder
1x 14 oz. (400g) can coconut milk
1 tsp. sea salt
ground black pepper
2 tbsp. cilantro, chopped
1 lime, cut into wedges

What you need to do

Heat ½ tablespoon of coconut oil in a large pot over medium-high heat. Add the steak and cook, stirring occasionally, until browned on all sides, around 3 minutes. Transfer to a plate.

Add the remaining coconut oil to the pot along with the onion and bell pepper. Cook for 2-3 minutes, stirring occasionally, until the vegetables start to soften. Now add the sweet potato, garlic, ginger, flour and curry powder, and cook for 30 seconds, stirring constantly.

Add the coconut milk to the pot and season with salt and pepper. Bring to a boil. Then reduce the heat, partially cover the pot with a lid and simmer gently for 12-15 minutes until the sweet potatoes are almost tender. For the final 5 minutes of the cook, add the steak back into the pot along with any beef juices.

Serve the curry with a garnish of cilantro and a wedge of lime.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	314	18	13	26	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Roasted Pork Tenderloin with Fennel & Vegetables

Serves 2

10.6 oz. (300g) pork tenderloin
1 clove garlic, peeled & very finely chopped
1 tsp. smoked paprika
1 head fennel, trimmed & sliced
10.6 oz. (300g) baby new potatoes, scrubbed & halved
5.3 oz. (150g) chantenay or baby carrots, scrubbed & halved (or whole carrots, peeled & cut into chunks)
2.8 oz. (80g) radish, halved
1 tbsp. rapeseed oil
juice of 1 orange

What you need to do

Preheat the oven to 350°F (180°C).

Place the pork tenderloin onto a plate and rub it with the chopped garlic and smoked paprika. Allow it to marinate for 20 minutes.

In a large bowl, mix together the fennel, baby potatoes, carrots, radish, rapeseed oil and orange juice. Place the mixed vegetables into a roasting tin and roast in the preheated oven for 15 minutes.

After 15 minutes, remove the roasting tin from the oven, toss the vegetables well, and place the marinated pork tenderloin on top. Then return the roasting tin to the oven for an additional 15 minutes or until the pork is cooked through and the vegetables are tender.

Once done, divide the roasted vegetables between 2 plates. Slice the roasted pork tenderloin, arrange it on top of the vegetables and serve immediately.

GF DF MP HP

Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins	20 mins	442	11	51	37	11

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Broiled Fish with Fresh Tomato Mango Salsa

Serves 4

2 small tomatoes, diced
1 mango, diced
½ red or yellow bell pepper, diced
½ small red onion, chopped
2 green onions, chopped
1 tbsp. lime juice
4 tbsp. cilantro, chopped
4 tbsp. parsley, chopped
sea salt & black pepper
4 white fish filets, (4.4oz./125g each) - e.g. tilapia, flounder or halibut

What you need to do

In a bowl, mix together the diced tomatoes, mango, bell pepper, red onion, green onions and lime juice to create the salsa. Stir in the chopped cilantro and parsley, then season the salsa to taste with salt and set aside.

Preheat the broiler (grill) to high and position the rack about 6" (15cm) from the heat source.

Season the fish filets lightly with salt and pepper, place on a foil-lined pan and broil for 5-8 minutes, depending on the thickness of the filets.

The fish is ready when it becomes opaque throughout and easily flakes with a fork.

Spoon the tomato mango salsa over the broiled fish filets and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
25 mins	10 mins	200	3	20	26	4

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Snickers Energy Balls

Makes 24

7 oz. (200g) rolled oats
15 medjool dates, pitted
8.8 oz. (250g) natural peanut butter
4 fl oz. (120ml) honey
2.5 oz. (70g) salted peanuts, separated
6 oz. (170g) dark chocolate chips
2 tsp. coconut oil
1 tsp. flakey sea salt

What you need to do

Pulse the rolled oats in a food processor to create oat flour.

Add the dates, peanut butter and honey to the oats, and process to form a smooth dough, scraping the sides occasionally. Adjust the consistency if needed. Then incorporate $\frac{3}{4}$ of the peanuts into the dough, pulsing for smaller chunks.

Roll the dough into balls using a tablespoon-sized scoop of the mixture.

Chop the remaining peanuts into small pieces and set aside.

Melt the dark chocolate chips with coconut oil in the microwave.

Dip each ball into the melted chocolate, coating half of the ball then sprinkle crushed peanuts and sea salt on top of each ball.

Place the coated balls on a plate and transfer to the freezer for 20 minutes until the chocolate sets.

Store the energy balls in an airtight container in the freezer for up to 3 months.

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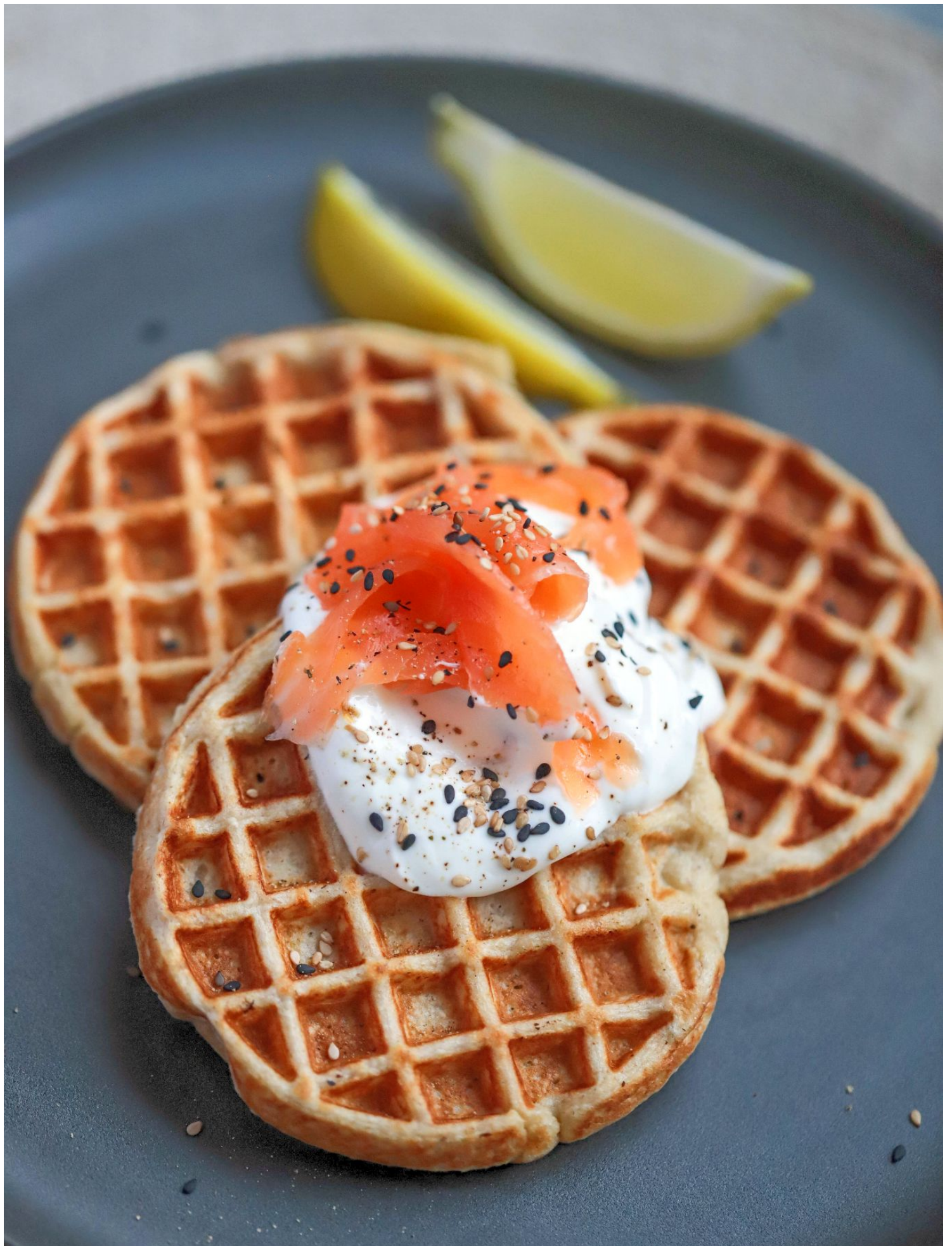
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	0 min	188	11	20	5	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Flourless Cottage Cheese Waffles

Serves 2 (makes 4 waffles)

2.6 oz. (75g) rolled oats
5.6 oz. (160g) cottage cheese
2 large eggs
½ tsp. baking powder
1 tbsp. cold-pressed virgin coconut oil

For the topping:

4 tbsp greek yogurt
2 oz. (55g) smoked salmon

What you need to do

Place all the ingredients for the waffles into a blender and blend until smooth. Transfer the batter to a bowl and let it sit for about 10 minutes to thicken slightly.

Preheat your waffle iron.

Scoop the waffle batter onto the preheated waffle iron and cook for about 4 minutes until they're fully cooked through.

Once cooked, transfer the waffles to a cooling rack. Continue this process with the remaining waffle batter.

Serve the waffles immediately topped with Greek yogurt and smoked salmon.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	406	20	26	30	3

*Nutrition per serve. **Zero-rounded macro values contribute to overall nutrition.

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Pomegranate Chia Seed Smoothie

Serves 2

4 fl oz. (120ml) pomegranate juice
1 tbsp. honey
1 tbsp. chia seeds
9.9 oz. (280g) labneh (or substitute plain Greek yogurt)
1 cup ice cubes
4.4 oz. (125g) frozen raspberries or strawberries
1 scoop vanilla protein powder
pomegranate seeds, to garnish

What you need to do

Place all the ingredients, except for the pomegranate seeds, into a high speed blender and blend until you achieve a very smooth consistency.

Divide the smoothie between 2 glasses, sprinkle over the pomegranate seeds and serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	271	5	33	26	6

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