

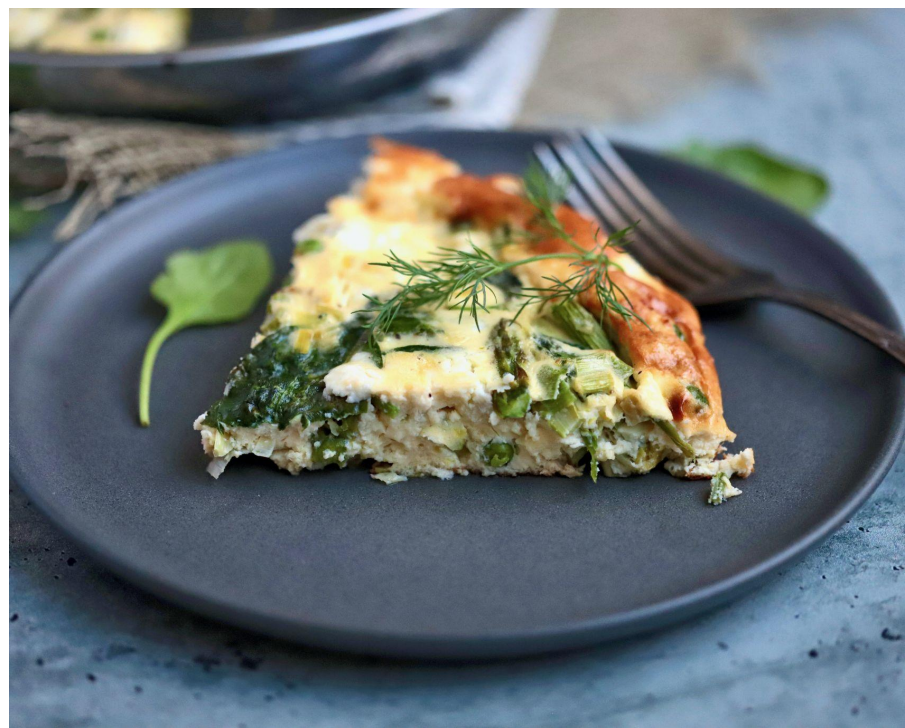


# March Recipe Pack

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

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Developed by Phil Greening - [philgreeningcoaching.com](http://philgreeningcoaching.com)



# Weekly Shopping List

Fruits, Vegetables	Protein & Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>2 avocados</li> <li>4 limes</li> <li>3 lemons</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>3 onions</li> <li>2 red onions</li> <li>2 packs green onions</li> <li>1 leek</li> <li>2 bulbs garlic</li> <li>root ginger</li> <li>5 carrots</li> <li>4 large tomatoes</li> <li>1 cucumber</li> <li>1 zucchini (courgette)</li> <li>2 large eggplants (aubergine)</li> <li>2 red bell peppers</li> <li>8 oz. (225g) asparagus</li> <li>7 oz. (200g) green beans</li> <li>3.5 oz. (100g) baby corn</li> <li>pack mushrooms</li> <li>¼ red cabbage</li> <li>pack spinach</li> <li>pack mixed salad leaves</li> <li>head of lettuce</li> </ul> <p><b>Fresh Herbs</b></p> <ul style="list-style-type: none"> <li>basil</li> <li>cilantro (coriander)</li> <li>dill</li> <li>mint</li> <li>parsley</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>strawberries</li> <li>green peas (garden peas)</li> </ul>	<p><b>Meats</b></p> <ul style="list-style-type: none"> <li>2 slices bacon</li> <li>1 lb. (450g) lean ground beef (beef mince)</li> <li>1 lb. (450g) lean ground pork (pork mince)</li> <li>1 lb. (450g) lean ground turkey (turkey mince)</li> <li>1 lb. (450g) chicken sausages</li> <li>4 lb. (1.8kg) boneless, skinless chicken breast</li> </ul> <p><b>Fish &amp; Seafood</b></p> <ul style="list-style-type: none"> <li>14 oz. (400g) raw shrimp (prawns)</li> <li>2 salmon fillets (approx. 6 oz./170g each filet)</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>27 eggs</li> <li>butter</li> <li>carton of almond milk</li> <li>carton of coconut milk</li> <li>oat cream</li> <li>Greek yogurt</li> <li>cottage cheese</li> <li>feta cheese</li> <li>goat cheese</li> <li>shredded cheddar cheese (or similar)</li> <li>shredded mozzarella cheese</li> <li>Parmesan cheese</li> <li>ricotta cheese</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>brown rice</li> <li>Jasmine rice</li> <li>quinoa</li> <li>cornstarch (corn flour)</li> </ul> <p><b>Nuts &amp; Seeds</b></p> <ul style="list-style-type: none"> <li>roasted almonds</li> <li>almond flour</li> <li>desiccated coconut</li> <li>ground flax seed (flax meal)</li> <li>sesame seeds</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>baking soda</li> <li>vanilla extract</li> </ul> <p><b>Dried Herbs &amp; Spices</b></p> <ul style="list-style-type: none"> <li>black pepper</li> <li>chili powder</li> <li>ground cumin</li> <li>garlic powder</li> <li>onion powder</li> <li>dried oregano</li> <li>everything bagel seasoning (or seasoning blend of choice)</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>coconut oil</li> <li>extra virgin olive oil</li> <li>olive oil</li> <li>sesame oil</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>coconut sugar</li> <li>honey</li> <li>maple syrup</li> <li>monk fruit extract (or sweetener of choice)</li> </ul> <p><b>Boxed, Canned &amp; Condiments</b></p> <ul style="list-style-type: none"> <li>chicken broth (stock)</li> <li>fish sauce</li> <li>tamarind paste</li> <li>chili paste</li> <li>tamari sauce</li> <li>ketjap manis</li> <li>sriracha sauce</li> <li>hot sauce of choice</li> <li>Rice Wine Vinegar</li> <li>mirin</li> <li>tomato paste (puree)</li> <li>marinara sauce</li> <li>basil pesto</li> <li>creamy (smooth) peanut butter</li> <li>ramen noodles</li> </ul> <p><b>Misc/Other</b></p> <ul style="list-style-type: none"> <li>sea salt</li> <li>vanilla protein powder</li> <li>whole wheat bread</li> <li>8x corn tortillas</li> <li>whole wheat cookies (e.g. Graham Crackers/Digestive Biscuits)</li> </ul>

# Contents & Key

<b>6</b>	Strawberry Coconut Protein Smoothie	<b>GF</b>	Gluten Free
<b>8</b>	Whipped Cottage Cheese & Avocado Toast	<b>DF</b>	Dairy Free
<b>10</b>	Breakfast Lasagna	<b>LC</b>	Low Carb (20g- serve)
<b>12</b>	Spring Vegetable Frittata	<b>MP</b>	Meal Prep/Freezer Friendly
<b>14</b>	Thai Shrimp Salad	<b>HP</b>	High Protein (20g+ per serve)
<b>16</b>	Salmon Egg Fried Rice	<b>V</b>	Vegetarian
<b>18</b>	Ginger Pork Rice Bowl	<b>Q</b>	Quick (under 30 mins)
<b>20</b>	Baked Chicken Pesto	<b>N</b>	Contains Nuts
<b>22</b>	Thai Quinoa & Chicken		
<b>24</b>	Ground Beef Tacos		
<b>26</b>	Chinese Almond Chicken Noodles		
<b>28</b>	Eggplant Turkey Rollatini		
<b>30</b>	Protein Lemon Coconut Loaf		
<b>32</b>	Whipped Cottage Cheese Parfait		
<b>34</b>	Egg White Clouds		

# Sample Weekly Meal Planner

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Mon</b>	Whipped Cottage Cheese & Avocado Toast	Salmon Egg Fried Rice	E.g. Egg White Clouds, Whipped Cottage Cheese Parfait, Protein Lemon Coconut Loaf, Strawberry Coconut Protein Smoothie	Eggplant Turkey Rollatinis
<b>Tue</b>	Breakfast Lasagna	Salmon Egg Fried Rice	E.g. Egg White Clouds, Whipped Cottage Cheese Parfait, Protein Lemon Coconut Loaf, Strawberry Coconut Protein Smoothie	Chinese Almond Chicken Noodles
<b>Wed</b>	Breakfast Lasagna	Thai Shrimp Salad	E.g. Egg White Clouds, Whipped Cottage Cheese Parfait, Protein Lemon Coconut Loaf, Strawberry Coconut Protein Smoothie	Chinese Almond Chicken Noodles
<b>Thu</b>	Spring Vegetable Frittata	Ginger Pork Rice Bowl	E.g. Egg White Clouds, Whipped Cottage Cheese Parfait, Protein Lemon Coconut Loaf, Strawberry Coconut Protein Smoothie	Thai Quinoa & Chicken
<b>Fri</b>	Spring Vegetable Frittata	Ginger Pork Rice Bowl	E.g. Egg White Clouds, Whipped Cottage Cheese Parfait, Protein Lemon Coconut Loaf, Strawberry Coconut Protein Smoothie	Ground Beef Tacos
<b>Sat</b>	Whipped Cottage Cheese Parfait	Baked Chicken Pesto	E.g. Egg White Clouds, Whipped Cottage Cheese Parfait, Protein Lemon Coconut Loaf, Strawberry Coconut Protein Smoothie	Meal Out - Enjoy!
<b>Sun</b>	Strawberry Coconut Protein Smoothie	Baked Chicken Pesto	E.g. Egg White Clouds, Whipped Cottage Cheese Parfait, Protein Lemon Coconut Loaf, Strawberry Coconut Protein Smoothie	Eggplant Turkey Rollatinis



# Strawberry Coconut Protein Smoothie

## Serves 1

5.8 oz. (165g) frozen strawberries  
8 fl oz. (240ml) coconut milk, carton  
1 oz. (30g) vanilla protein powder  
2 tsp. honey  
1 tsp. vanilla extract  
1 tsp. ground flax seed

## What you need to do

Place all the ingredients into a high-speed blender and blend until smooth. Pour into a glass and serve.

**Optional:** Top with coconut flakes and fresh strawberries.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	273	6	24	28	4

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

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# Whipped Cottage Cheese & Avocado Toast

## Serves 2

8 tbsp. cottage cheese  
2 slices whole wheat bread  
½ avocado, sliced  
4 slices tomato  
2 tsp. extra virgin olive oil  
Everything bagel seasoning,  
to taste

## What you need to do

Add the cottage cheese to a food processor using the 'S' blade, or to a blender. Blend the cheese until extra creamy and smooth. Stop and scrape down the sides of the bowl until all of the cottage cheese is fully blended.

Toast the bread then spread with the whipped cottage cheese. Add the sliced avocado and tomato on top and drizzle with olive oil. Season with bagel seasoning and serve.

(Whipped cheese can get stored in an airtight glass container, in the refrigerator for up to 7 days.)



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	258	17	20	9	5

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

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# Breakfast Lasagna

## Serves 6

9 eggs  
1 tsp. sea salt  
1 tsp. ground black pepper  
½ tsp. butter  
1 lb. (450g) chicken sausage, chopped  
4 fl oz. (120ml) oat cream  
6 fl oz. (180ml) chicken broth  
1 zucchini, sliced lengthways  
7.9 oz. (225g) shredded mozzarella cheese

## What you need to do

Preheat the oven to 350°F (180°C).

Whisk the eggs with the salt and pepper. Warm the butter in a skillet, add the eggs and scramble gently. Remove the eggs from the heat and set aside.

In the same skillet, add the sausage and cook until lightly browned and cooked through. Add the oat cream and broth to the pan. Simmer together with the sausage for 5-10 minutes, until the liquid reduces a little.

Place half of the creamy sausage mixture into the base of an 8x8" (20x20cm) baking dish. Arrange half the zucchini slices on top, then cover the zucchini with half the scrambled egg mixture. Top with half the shredded mozzarella cheese. Repeat this layering process, with the remaining sausage, zucchini, egg and cheese. Press down on the layers to flatten.

Place the baking dish into the hot oven and bake for 40 minutes until the cheese is golden and bubbly. Slice and serve warm.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	322	19	5	30	0

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

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# Spring Vegetable Frittata

## Serves 6

2 tbsp. olive oil  
1 leek, white & light green parts, chopped  
8 oz. (225g) asparagus, trimmed & cut into ½ inch pieces  
5.6 oz. (160g) frozen peas  
1 oz. (30g) baby spinach  
salt & pepper, to taste  
10 large eggs  
4.9 oz. (140g) Greek yogurt  
4 oz. (115g) feta cheese

### Garnish:

4 tbsp. fresh dill  
4 tbsp. fresh parsley

## What you need to do

Preheat oven to 400°F (200°C).

Heat olive oil in a 10" (25cm) oven-safe skillet.

Sauté leek for 3-4 minutes. Add asparagus, cook 1-2 minutes. Add peas, spinach, salt, and pepper. Sauté 1-2 minutes until spinach wilts.

Set aside a third of the vegetables. Spread the rest in skillet.

Whisk eggs, yogurt, salt, and pepper.

Pour mixture over vegetables in skillet.

Cook on stove for 2-3 minutes.

Sprinkle reserved vegetables and feta over eggs.

Bake 15-20 minutes until set.

Garnish with dill and parsley. Serve hot.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	269	17	10	18	2

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

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# Thai Shrimp Salad

## Serves 4

### **For the salad:**

14 oz. (400g) medium-sized shrimp, washed and cleaned (peeled and deveined)  
1 tbsp. olive oil  
¼ red cabbage, thinly shredded  
1 carrot, shredded, or cut into matchsticks  
2 oz. (60g) mixed salad leaves  
0.5 oz. (15g) mint, leaves  
0.3 oz. (10g) cilantro, leaves  
4 green onions, trimmed, cut into 1" (3cm) pieces  
½ lime, to serve

### **For the salad dressing:**

1 tbsp. coconut sugar or alternative sweetener  
3 tbsp. fish sauce  
2 tbsp. lime juice  
2 tbsp. tamarind paste  
1 tbsp. chili paste

## What you need to do

Add the olive oil to a non-stick skillet over medium-high, add the shrimps and cook for 1-2 minutes on each side, until the shrimps become opaque. Remove from the heat and set aside.

Place all the dressing ingredients into a small bowl and whisk together to make the dressing.

To assemble the salad, place the shredded cabbage, carrot, salad leaves, green onions, cooked shrimps and ¾ of the herbs into a large bowl. Pour over the salad dressing and mix well. Divide the salad equally between 4 plates and top with the remaining herbs. Serve the salad with a wedge of lime.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	10 mins	168	4	11	22	2

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

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# Salmon Egg Fried Rice

## Serves 3

thumb-sized piece root ginger,  
grated  
2 garlic cloves, grated  
2 tbsp. tamari sauce  
½ tbsp. rice wine vinegar  
2 tbsp. olive oil  
1 carrot, sliced  
3.5 oz. (100g) Romano flat  
green beans, topped & tailed,  
chopped in half  
3.5 oz. (100g) baby corn  
2 skinless salmon filets  
8.8 oz. (250g) cooked brown  
rice  
2 eggs  
hot sauce, to serve

### Optional:

green onion (spring onion),  
chopped, for garnish

## What you need to do

Mix the ginger, garlic, tamari sauce and vinegar together in a small bowl, and set aside.

Heat a large skillet or wok over medium heat. Add 1 tablespoon of the olive oil into the wok, adding the vegetables and salmon. Sauté the salmon for 2 minutes on each side. Add the rice into the wok, stir to combine, flaking the cooked salmon into smaller pieces. Now push everything to the side of the pan.

Add the remaining oil to the wok, crack in the eggs, stirring until scrambled. Once cooked, stir the eggs through the rice and pour over the ginger and garlic sauce. Allow the mixture to simmer gently for 2-3 minutes.

When ready to serve, divide the mixture into bowls and top with a drizzle of hot sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	398	18	32	29	2

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

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# Ginger Pork Rice Bowl

## Serves 6

7.4 oz. (210g) Jasmine rice, to serve  
1 tbsp. olive oil  
1 onion, diced  
1 lb. (450g) lean ground pork  
3 cloves garlic, minced  
1 tbsp. grated root ginger  
1 tbsp. tamari sauce  
1 carrot, shredded  
1 cucumber, sliced  
0.3 oz. (10g) fresh parsley  
0.3 oz. (10g) fresh basil  
0.3 oz. (10g) fresh mint  
4 tbsp. ketjap manis, to serve  
2 tbsp. sesame seeds, to garnish  
1 lime, sliced, to serve

## What you need to do

Cook the rice according to instructions on the packaging.

Place a large skillet over medium-high heat, add the olive oil and sauté the onion for 3-4 minutes until it turns translucent. Add the ground pork to the skillet and cook until browned and cooked through, roughly 7-8 minutes.

When the pork has almost finished cooking, stir through the garlic, ginger and tamari sauce and cook for a further minute.

Divide the cooked rice equally between bowls and top with the pork mixture, carrot, cucumber and herbs. Drizzle each bowl with ketjap manis, garnish with sesame seed and serve with a wedge of lime.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	366	16	39	18	3

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

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# Baked Chicken Pesto

## Serves 4

2x 1 lb. (450g) boneless, skinless chicken breasts  
sea salt & black pepper, to taste  
4 tsp. basil pesto  
1 tomato, sliced  
6 tbsp. shredded mozzarella cheese  
2 tsp. shredded Parmesan cheese

## What you need to do

Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.

Slice the chicken breasts horizontally to create four thinner fillets. Season with salt and pepper.

Place the chicken onto the prepared baking sheet. Spread a teaspoon of pesto over each piece of chicken.

Bake in the oven for 15 minutes or until the chicken is cooked.

Remove the baking sheet from the oven. Top the chicken with sliced tomato, mozzarella, and Parmesan cheese.

Return the baking sheet to the oven and bake for 3-5 minutes, or until the cheese has melted.

Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	197	8	1	29	0

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

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# Thai Quinoa & Chicken

## Serves 4

12 fl oz. (360ml) chicken broth  
8 fl oz. (240ml) almond milk  
3 oz. (85g) creamy peanut butter  
3 tbsp. tamari sauce  
1 tbsp. sriracha sauce  
1 lb. (450g) boneless, skinless chicken breasts  
½ tsp. salt  
¼ tsp. black pepper  
2 tbsp. olive oil, divided  
1 red bell pepper, sliced  
2 carrots, sliced  
4 green onions, sliced, divided for garnish  
3 garlic cloves, minced  
1 tbsp. ginger, minced  
6 oz. (170g) dry quinoa  
0.3 oz. (10g) chopped fresh basil or cilantro  
2 tbsp. fresh lime juice

## What you need to do

To make the peanut sauce, place the chicken broth, almond milk, peanut butter, tamari sauce and sriracha sauce in a small bowl, whisk to combine and set aside.

Cut the chicken into cubes and season with salt and pepper.

Heat 1 tablespoon of olive oil in a large skillet over medium-high heat. Add the chicken and cook for 3 minutes. Move the chicken around the skillet, cooking on all sides until golden and cooked through, a further 5 minutes. Transfer the chicken to a bowl and set aside.

Reduce the heat to medium and add the remaining tablespoon of olive oil to the skillet. Add the bell pepper, carrots and green onions and cook for 5 minutes until soft. Stir in the garlic and ginger and cook for a further minute.

Add the quinoa and peanut sauce to the skillet and bring to a gentle simmer. Now cover the skillet, reduce the heat to medium-low, and simmer gently until the quinoa absorbs most of the sauce, roughly 15-20 minutes. Stir the mixture a few times during that time to stop it sticking.

Now add the chicken back into the skillet, along with the fresh basil (or cilantro) and stir to combine.

Divide the chicken equally between 4 bowls, squeeze over some fresh lime juice. If desired, garnish with extra herbs and hot sauce.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	532	24	41	39	6

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

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# Ground Beef Tacos

## Serves 4

### **For the tacos:**

1 tbsp. olive oil  
1 lb. (450g) lean ground beef  
2 tsp. chili powder  
2 tsp. ground cumin  
½ tsp. dried oregano  
½ tsp. garlic powder  
½ tsp. sea salt  
½ tsp. black pepper  
2 tbsp. tomato paste  
4 fl oz. (120ml) water

### **For serving the tacos:**

8 corn tortillas  
lettuce, finely chopped  
2 tomatoes, chopped  
1 red onion, chopped  
8 tbsp. shredded cheese

## What you need to do

Heat olive oil in a skillet over medium-high heat. Add ground beef and cook for 5-7 minutes until browned. Drain any excess fat.

Add chili powder, cumin, oregano, garlic powder, salt, pepper, tomato paste, and water to the skillet. Stir to combine and simmer over medium-low heat for 3-5 minutes until sauce thickens.

Warm the tortillas according to the package instructions.

Serve the taco mixture warm over the tortillas, topped with lettuce, chopped tomatoes, red onion, and shredded cheese.



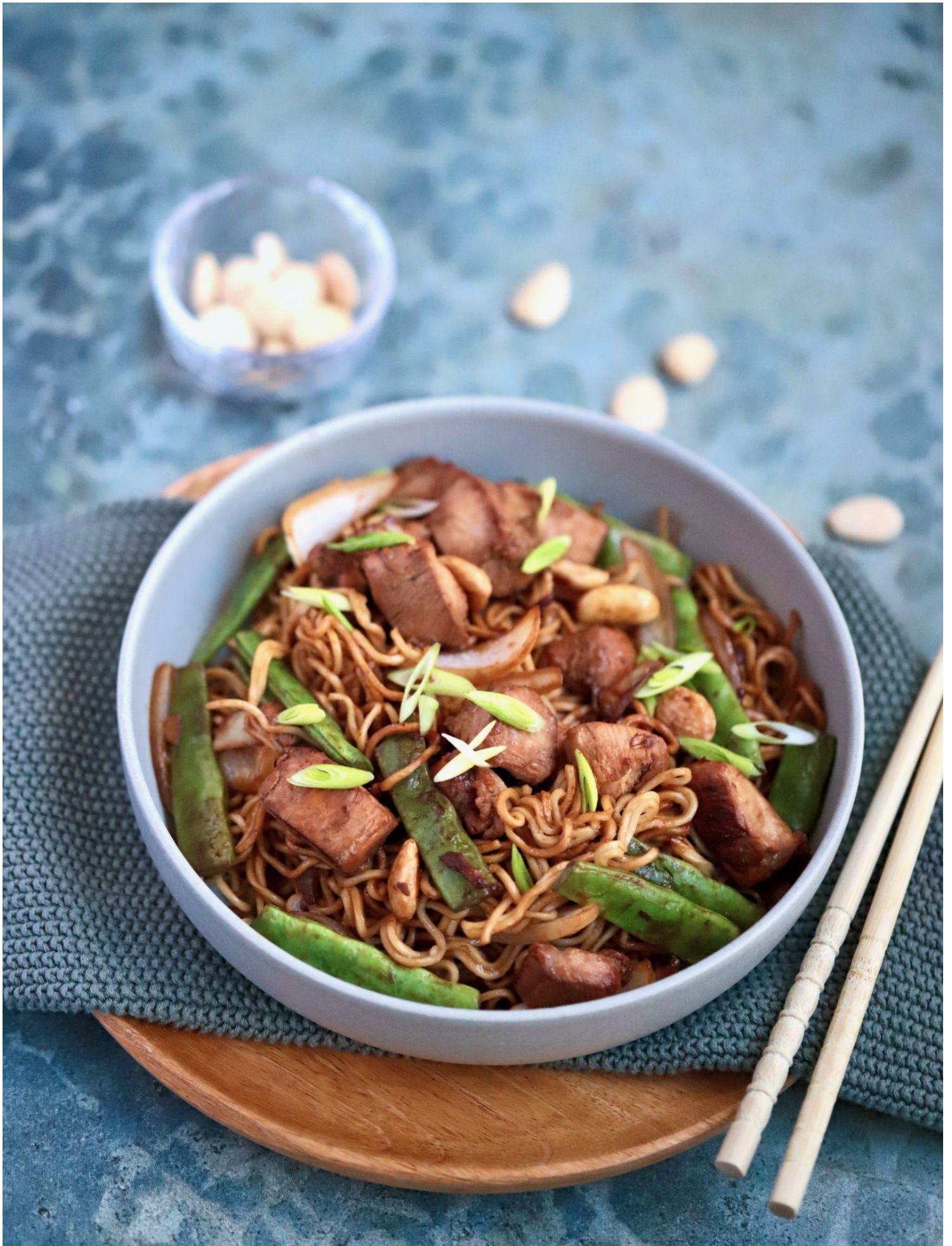
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	410	21	28	30	5

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

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# Chinese Almond Chicken Noodles

## Serves 4

6 oz. (170g) ramen noodles  
1 lb. (450g) boneless, skinless chicken breast, cut into cubes  
2 tbsp. + 2 tsp. tamari sauce, divided  
2 tsp. root ginger, minced  
1 tbsp. sesame oil  
2 tbsp. olive oil  
1 onion, chopped  
3.5 oz. (100g) green beans, cut, rinsed  
4 tbsp. roasted almonds  
2 green onions, sliced

### **For the sauce:**

4 tbsp. chicken broth  
1 tbsp. mirin  
2 tsp. cornstarch  
1 tsp. sesame oil  
½ tsp. coconut sugar

## What you need to do

Cook the ramen noodles according to instructions on the packaging.

Place the chicken in a medium bowl with 2 tablespoons of tamari sauce and the minced ginger, then toss to combine.

Place all the sauce ingredients into a small bowl, stir to combine and set aside.

When the noodles have finished cooking, drain and set aside. Return the pan to low heat, add the sesame oil and remaining 2 teaspoons of tamari sauce to the pan and stir.

Place a wok or large skillet over high heat and add the olive oil. Add the chicken and ginger mixture and let it cook for 1 minute stirring frequently. Now add the onion and green beans and cook, stirring occasionally, for 3-5 minutes or until the chicken has cooked through.

Return the cooked noodles to the pot containing the warm sesame oil and tamari sauce. Turn the heat up to medium-high and fry the noodles.

Now add the pre-mixed sauce to the wok and mix well. Once the sauce has thickened, add the almonds and toss to coat in the sauce.

Serve the chicken over the pan-fried noodles and garnish with chopped green onions.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	470	20	41	33	4

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

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# Eggplant Turkey Rollatinis

## Serves 6

2 large eggplants  
sea salt  
2 tbsp. olive oil  
1 yellow onion, diced  
1 red pepper, diced  
3.5 oz. (100g) mushrooms, diced  
1 lb. (450g) ground lean turkey  
black pepper  
8.8 oz. (250g) ricotta cheese  
1.8 oz. (50g) shredded Parmesan cheese  
3 cloves garlic, minced  
4 tbsp. fresh basil, chopped  
1.4 lbs. (650g) marinara sauce, divided  
3.5 oz. (100g) mozzarella cheese, shredded

## What you need to do

Preheat the oven to 400°F (200°C). Line a baking sheet with baking paper.

Slice the eggplants lengthwise into ¼" (1cm) thick slices. Generously salt both sides of the eggplant and set it aside to sweat for 10 minutes, then pat dry with kitchen paper.

Place the eggplant onto the baking sheet and bake in the hot oven for 10 minutes then set it aside to cool completely.

Heat the olive oil in a pot over medium high heat. Add the vegetables and cook for 4-5 minutes to soften. Now add the ground turkey, season with salt and pepper and continue to sauté until the turkey is cooked through. Drain off any excess liquid from the meat set aside to cool.

In a bowl, stir together the ricotta, Parmesan cheese, garlic and basil; then season with salt and pepper. Add the meat and vegetable mixture to the ricotta mixture and stir until well combined.

Spread 1 cup of the marinara sauce across the base of a 9×13" (23x28cm) casserole dish.

Now assemble the eggplant rolls by placing ¼ cup of the meat mixture in the widest part of the eggplant (adjust based on eggplant size). Starting from the wide end, roll the eggplant up tightly and place the roll seam side down in the casserole dish. Continue this process with the remaining eggplant slices and meat mixture.

Top the eggplant with the remaining marinara sauce and sprinkle over the mozzarella cheese.

Cover the casserole with kitchen foil and place in the hot oven to bake for 30 minutes. Take off the foil, return the casserole to the oven and bake for a further 10 minutes.

Remove the dish from the oven and set aside to cool for 10 minutes before serving.



Prep	Cook	Rest	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	50 mins	10 mins	412	24	22	27	8

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

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# Protein Lemon Coconut Loaf

**Serves 12**

**Dry Ingredients:**

8 oz. (230g) almond flour  
1.8 oz. (50g) desiccated coconut  
1 tsp. baking soda  
¼ tsp. sea salt

**Wet Ingredients:**

zest of 1 lemon  
juice from 2 lemons  
3 eggs beaten  
1 tsp. vanilla extract  
1 tbsp. melted coconut oil  
4 tbsp. honey

**What you need to do**

Preheat the oven to 350°F (180°C). Line a loaf pan with baking paper or use a silicone loaf pan.

Combine all the dry ingredients together in a large mixing bowl and stir to combine. In another bowl, combine the wet ingredients and mix until combined.

Now add the wet ingredients into the dry ingredients and mix until combined, and pour the mixture in the prepared loaf pan.

Place the pan into the hot oven and bake for 35-40 minutes, or until a toothpick inserted into the center of the loaf comes out clean, and the edges of the loaf are golden.

Remove from the oven and set onto a wire rack, allowing the loaf to cool fully before removing it from the loaf pan.

GF DF LC MP N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	35 mins	188	15	11	6	3

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

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# Whipped Cottage Cheese Parfait

## Serves 2

5.6 oz. (160g) cottage cheese, whipped  
5.8 oz. (165g) frozen strawberries, defrosted  
1 tbsp. pure maple syrup  
½ tsp. vanilla extract  
juice of 1 lemon  
½ tsp. lemon zest  
monk fruit extract, to taste (or use sweetener of choice)  
4 whole wheat cookies, crumbled

## What you need to do

Add the cottage cheese to a food processor using the 'S' blade, or to a blender. Blend the cheese until extra creamy and smooth, stopping and scraping down the sides until all of the cottage cheese is fully blended.

In a small saucepan over medium heat, add the strawberries and as they heat, gently break them up with a spatula. Then, add the maple syrup and vanilla extract. Continue to simmer gently until the strawberries reach a jam-like consistency. Transfer to a jar and place in the refrigerator to cool completely.

Add the whipped cottage cheese, lemon zest, lemon juice and monk fruit sweetener to a large bowl and whisk to combine.

To assemble, add a layer of crumbled cookie to the base of a glass or jar, then follow with a layer of the cheesecake mixture, followed by a layer of strawberry jam. Repeat this process with the second parfait jar, and store the parfaits in the refrigerator for 5-7 days.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	274	10	36	12	2

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

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# Egg White Clouds

## Serves 4

3 egg whites

### **For the avocado mash:**

1 avocado  
1 lime, juice only  
1 tsp. ground cumin  
½ tsp. onion powder  
½ tsp. garlic powder  
sea salt, to taste  
black pepper, to taste

### **For the garnish:**

4 tbsp. goat cheese, crumbled  
2 slices bacon, cooked & chopped  
¼ red onion, sliced  
cilantro, chopped  
hot sauce of choice

## What you need to do

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

Place the egg whites into a large bowl and using an electric whisk, whisk until white peaks form.

Scoop out large spoons of the egg mixture and place on the baking sheet. Use a spoon to make a little indentation on the top of each one.

Place the tray into the hot oven and bake the egg whites for 2-4 minutes, monitoring closely to ensure they do not burn. Remove from the oven and set aside.

Place all the ingredients for the avocado mash into a large bowl, season to taste and mix until well combined.

To assemble, place the egg white clouds onto plates and add a portion of the avocado mixture to the center, then top with goat cheese, bacon, red onion, cilantro and hot sauce. Serve immediately.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	177	15	6	7	3

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

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