



May 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
Fruits 10 lemons 2 limes 3 avocados blueberries Vegetables 3 onions 3 red onions 3 bulbs garlic 6 carrots 3 red bell peppers 1 jalapeño pepper 1 tomato cherry tomatoes mushrooms 1 zucchini (courgette) 7.5 oz. (215g) baby spinach 1 oz. (30g) spinach leaves 2 pak choi 1 cauliflower 2 green onions Fresh Herbs basil cilantro (coriander) mint parsley Dried Fruit raisins Frozen green peas (garden peas) mixed frozen berries	Meats 1 lb. (450g) ground beef (beef mince) 1 lb. (450g) ground turkey (turkey mince) 1.3 lbs. (600g) boneless skinless chicken breast 2.2 lb. (1kg) boneless skinless chicken thighs 7 oz. (200g) lean beef steak (e.g. top sirloin) 4x 7.8 oz. (220g) boneless pork chops Fish, Seafood 10.6 oz. (300g) boneless salmon fillet 1.5 lb. (680g) boneless cod fillet Cold 13x eggs milk almond milk oat milk butter Greek yogurt mint yogurt oat cream (double cream) feta cheese herb cream cheese Parmesan cheese ball of mozzarella cheese shredded cheese of choice (grated cheese)	Grains rolled oats Nuts & Seeds almond flour coconut flakes walnuts chia seeds poppy seeds Baking all purpose flour baking powder vanilla extract Dried Herbs & Spices black pepper ground cumin smoked paprika red pepper flakes (chili flakes) Chinese five-spice Italian seasoning za'atar spice garlic salt dried oregano	Oils cooking spray olive oil sunflower oil Sweeteners coconut sugar maple syrup Boxed, Canned & Condiments coconut sugar Misc/Other 1x 14 oz. (400g) can chickpeas 1x 14 oz. (400g) can white beans 1x 7 oz. (200g) can coconut milk 7 oz. (200g) can mango puree (or use frozen mango & puree) 5 oz. (140g) can tuna in water 1 oz. (30g) vanilla whey protein powder flour tortillas natural peanut butter Dijon mustard capers fish sauce Thai red curry paste teriyaki sauce harissa paste mayonnaise marinara sauce low sodium chicken broth (stock) pasta of choice straight to wok egg noodles

Contents & Key

6	Lemon Poppy Seed Waffles	GF	Gluten Free
8	To-go Breakfast Tuna Wrap	DF	Dairy Free
10	Creamy Protein Mango Oatmeal	LC	Low Carb (20g- serve)
12	Tortang Giniling (Filipino Beef Omelet)	MP	Meal Prep/Freezer Friendly
14	Turkey Meatballs with Cilantro Dip	HP	High Protein (20g+ per serve)
16	Venezuelan Chicken & Avocado Filling (Reina Pepiada)	V	Vegetarian
18	Pan-Fried Fish in Basil Lemon Butter Sauce	Q	Quick (under 30 mins)
20	One Pot Spinach & Salmon Pasta	N	Contains Nuts
22	Teriyaki Steak with Pak Choi & Noodles		
24	Keto Pork Chops with Garlicky Cream Sauce		
26	Middle Eastern Chicken Traybake		
28	Cauliflower Margherita Pizza		
30	Roasted Red Pepper, Carrot & Feta Dip		
32	Easy Lemon Blueberry Bread		
34	Peanut Butter & Jelly Smoothie		

Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	To-go Breakfast Tuna Wrap	Turkey Meatballs with Cilantro Dip	E.g. Peanut Butter & Jelly Smoothie, Easy Lemon Blueberry Bread, Roasted Red Pepper, Carrot & Feta Dip	Keto Pork Chops with Garlicky Cream Sauce
Tue	To-go Breakfast Tuna Wrap	Venezuelan Chicken & Avocado Filling (Reina Pepiada)	E.g. Peanut Butter & Jelly Smoothie, Easy Lemon Blueberry Bread, Roasted Red Pepper, Carrot & Feta Dip	Keto Pork Chops with Garlicky Cream Sauce
Wed	Creamy Protein Mango Oatmeal	Venezuelan Chicken & Avocado Filling (Reina Pepiada)	E.g. Peanut Butter & Jelly Smoothie, Easy Lemon Blueberry Bread, Roasted Red Pepper, Carrot & Feta Dip	Pan-Fried Fish in Basil Lemon Butter Sauce
Thu	Creamy Protein Mango Oatmeal	Pan-Fried Fish in Basil Lemon Butter Sauce	E.g. Peanut Butter & Jelly Smoothie, Easy Lemon Blueberry Bread, Roasted Red Pepper, Carrot & Feta Dip	Teriyaki Steak with Pak Choi & Noodles
Fri	Tortang Giniling (Filipino Beef Omelet)	Middle Eastern Chicken Traybake	E.g. Peanut Butter & Jelly Smoothie, Easy Lemon Blueberry Bread, Roasted Red Pepper, Carrot & Feta Dip	Teriyaki Steak with Pak Choi & Noodles
Sat	Tortang Giniling (Filipino Beef Omelet)	Middle Eastern Chicken Traybake	E.g. Peanut Butter & Jelly Smoothie, Easy Lemon Blueberry Bread, Roasted Red Pepper, Carrot & Feta Dip	Meal Out - Enjoy!
Sun	Lemon Poppy Seed Waffles	Cauliflower Margherita Pizza	E.g. Peanut Butter & Jelly Smoothie, Easy Lemon Blueberry Bread, Roasted Red Pepper, Carrot & Feta Dip	One Pot Spinach & Salmon Pasta



Lemon Poppy Seed Waffles

Serves 6

8.5 oz. (240g) all-purpose flour
1.8 oz. (50g) coconut sugar
3 tbsp. poppy seeds
1 tbsp. baking powder
grated zest of 4 lemons
½ tsp. sea salt
12 fl oz. (360ml) milk
2 large egg yolks
4 large egg whites
1 tbsp. vanilla extract
3.9 oz. (110g) salted butter, melted
cooking spray

What you need to do

Preheat the waffle iron.

Sift together the flour, sugar, poppy seeds, baking powder, lemon zest and salt into a medium bowl.

In a separate bowl, whisk together the milk, egg yolks and vanilla extract.

Pour the milk mixture into the flour mixture and stir gently until halfway combined. Now pour in the melted butter and gently mix to combine.

In a separate bowl, beat the egg whites with a mixer on medium-high speed until stiff peaks form, about 2 minutes. Gently fold the beaten egg whites into the batter, stopping when there are still a few white streaks.

Lightly coat the waffle iron with cooking spray. Working in batches, scoop the batter into the waffle iron and cook according to the manufacturer's instructions until crisp.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	30 mins	400	20	46	9	7

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

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To-go Breakfast Tuna Wrap

Serves 2

5 oz. (140g) can tuna in water, drained
2.5 oz. (70g) Greek yogurt
1 tsp. Dijon mustard
2 tbsp. walnuts, chopped
2 tbsp. raisins
1 tbsp. capers
1 tbsp. flat parsley, chopped
pinch of salt
pinch of freshly ground black pepper
pinch of red pepper flakes (optional)
2 flour tortillas
0.5 oz. (15g) baby spinach leaves (or other leafy greens)

What you need to do

In a mixing bowl, combine the tuna, Greek yogurt, Dijon mustard, walnuts, raisins, capers, parsley, salt, black pepper and red pepper flakes. Stir with a fork until the ingredients are evenly mixed.

Lay the flour tortilla flat and place the spinach leaves in the center. Spoon the tuna salad over the spinach.

Fold the tortilla over the salad, then gently but firmly press down with your hand to start forming the wrap. Tuck the ends in and continue rolling tightly.

Slice the wrap diagonally and serve immediately. Alternatively, wrap it tightly in plastic wrap and store in the refrigerator for up to a day.

MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	5 mins	302	10	30	23	5

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



Creamy Protein Mango Oatmeal

Serves 2

1.4 oz. (40g) rolled oats
½ tsp. chia seeds
0.7 oz. (20g) coconut flakes,
plus extra to serve
8 fl oz. (240ml) oat milk, plus
more if needed
2.3 oz. (65g) mango puree,
divided
1 tsp. maple syrup, plus extra
to serve
1 oz. (30g) vanilla whey
protein powder

What you need to do

Place a small pot over medium heat, add the rolled oats, chia seeds, coconut flakes and oat milk, and stir until well combined.

Heat the mixture to a light simmer then cook for 6-10 minutes, stirring frequently, to achieve a creamy consistency.

Stir in half of the mango puree the maple syrup and the protein powder into the oatmeal. If you prefer a thinner consistency, gradually add more milk until desired texture is achieved.

Divide the oatmeal into serving bowls. Drizzle with additional maple syrup, then top with the remaining mango puree, extra coconut flakes, and any other toppings of your choice.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	12 mins	312	12	34	17	5

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



Tortang Giniling (Filipino Beef Omelet)

Serves 4

2 tbsp. olive oil, divided
1 onion, diced
3 cloves garlic, minced
1 tomato, diced
1 lb. (450g) ground beef (lean, 5%)
½ tsp. sea salt
¼ tsp. ground black pepper
2.8 oz. (80g) green peas
5 eggs, lightly beaten

What you need to do

Place a large skillet over medium-high heat and add a tablespoon of olive oil. Add the onion and garlic and sauté for 2-3 minutes until soft.

Add the diced tomato to the skillet and continue cooking for 5 minutes, allowing the tomatoes to release their juices.

Incorporate the ground beef into the skillet and sauté until browned, approximately 5-7 minutes. Then season with salt and pepper and mix well. Taste and adjust the seasoning as needed.

Transfer the beef mixture to a medium bowl. Stir in the peas and set aside to cool slightly. Once cooled, fold the beaten eggs into the meat mixture until well combined.

Clean the skillet and heat the remaining tablespoon of olive oil over medium heat, then reduce the heat to medium-low.

Spoon ¼ cup of the egg and beef mixture into the skillet, flattening it to roughly form a 3-4" (8-10cm) patty. Depending on skillet size, you may be able to cook more than one omelet simultaneously, but avoid overcrowding.

Cook the omelet for 2-3 minutes on the first side. If it cooks faster the pan might be too hot; adjust the heat accordingly for subsequent batches.

Flip the omelet over and cook for an additional 1-2 minutes on the second side, or until golden.

Transfer to a paper towel-lined plate to drain and keep warm in a low oven if needed while you finish cooking the remaining batter.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	459	35	7	29	2

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



Turkey Meatballs with Cilantro Dip

Serves 3

For the dipping sauce:

0.5 oz. (15g) cilantro leaves
3 tbsp. coconut milk, well-stirred
1 tbsp. chopped jalapeño pepper
juice of 1 lime (reserve the zest for meatballs)
¼ tsp. sea salt

For the meatballs:

zest of 1 lime
1 large egg white
2 tsp. fish sauce (or sub low-sodium soy sauce)
1½ tsp. Thai red curry paste
¼ tsp. black pepper
1 lb. (450g) ground turkey
1 oz. (30g) almond flour
1 tbsp. sunflower oil

What you need to do

Place all the ingredients for the dipping sauce into a blender and blend until smooth, then set aside.

To make the meatballs, place the lime zest, egg white, fish sauce, curry paste and black pepper into a large bowl and mix until smooth. Add the ground turkey and almond flour, stirring until well combined. Form the mixture into 24 even-sized meatballs, using about 1 tablespoon of the meat mixture for each.

Heat the sunflower oil in a large non-stick skillet over medium heat. Once hot, add the meatballs in a single layer. Cook, stirring occasionally, for 8-10 minutes, or until the meatballs are cooked through and no longer pink in the center. Don't overcrowd the skillet, if necessary cook the meatballs in batches.

To serve, arrange the meatballs on a serving plate with the cilantro dipping sauce on the side.

Serving suggestion: Serve alongside rice.

GF	DF	LC	MP	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	10 mins	351	23	4	32	1

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



Venezuelan Chicken & Avocado Filling (Reina Pepiada)

Serves 8

1.3 lbs. (600g) boneless skinless chicken breast
1 small onion, sliced + 1 extra onion, finely chopped
sea salt & black pepper
water (enough to cover the chicken by 1-2 inches)
2½ ripe avocados
3 cloves garlic, minced
0.5 oz. (15g) cilantro, chopped
1 tbsp. mayonnaise
2 tbsp. lime juice

What you need to do

To poach the chicken, place the chicken breast, sliced onion, a pinch of salt and black pepper in a pot. Cover with water by an inch or two. Bring to a boil, then lower the heat and simmer for 10-15 minutes until the chicken is cooked through. Remove the chicken from the pot and set it aside to cool.

Mash the avocados in a large bowl, then add the minced garlic, chopped onion, cilantro, mayonnaise and lime juice.

Shred the cooled chicken and add it to the avocado mixture. Season with additional salt and black pepper to taste. Mix well to combine.

Cover and refrigerate the chicken and avocado filling until ready to use.

GF	DF	LC	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	208	12	7	18	5

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Pan-Fried in Basil Lemon Butter Sauce

Serves 4

1½ lbs. (680g) cod filet
¾ tsp. garlic salt (or ½ tsp. salt + ¼ tsp. garlic powder)
1.4 oz. (40g) all purpose flour
2 fl oz. (60ml) olive oil
4 cloves garlic, minced
pinch of red pepper flakes
6 fl oz. (180ml) low sodium chicken broth
4 tbsp. cold butter, cut into 16 cubes
3 tbsp. fresh lemon juice
3 tbsp. fresh basil, chopped plus extra to garnish

What you need to do

Pat the fish dry with paper towels and season both sides lightly with salt.

In a shallow dish, whisk together the garlic salt and all purpose flour. Dredge the fish in the flour mixture on both sides, tapping off any excess flour.

Heat the olive oil in a skillet over medium heat until hot. Sauté the fish for 3-4 minutes, flipping the filet over halfway through. Cooking times will vary depending on the thickness of the fish filet. Once cooked, transfer the fish to a plate and set aside.

Reduce the oil in the skillet to about 1 tablespoon (remove excess oil if necessary). Add the minced garlic and sauté for 15 seconds. Stir in red pepper flakes, chicken broth and lemon juice. Increase the heat to high and bring the sauce to a simmer, then reduce for 2 minutes.

Lower the heat to the lowest setting and gradually whisk in the butter, 2 cubes at a time, allowing each addition of butter to melt fully before adding more. Once all the butter has been added, stir through the chopped basil.

To serve, arrange the fish on plates with cooked rice or roasted vegetables (not included in nutritional breakdown). Spoon the basil lemon butter sauce over the fish and garnish with chopped basil.

LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	363	27	10	20	2

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



One Pot Spinach & Salmon Pasta

Serves 4

10.6 oz. (300g) salmon filets
1 oz. (30g) spinach leaves
1 red onion, diced
5.3 oz. (150g) cherry tomatoes
5.3 oz. (150g) herb cream cheese
2 tbsp. olive oil
sea salt & black pepper, to taste
1 lemon, sliced
5 fl oz. (150ml) oat cream
5.3 oz. (150g) pasta
3½ tbsp. Parmesan cheese, grated

What you need to do

Preheat the oven to 355°F (180°C).

Arrange the salmon filets in a baking dish and surround with spinach leaves, diced red onion and cherry tomatoes.

Add spoons of herb cream cheese over the salmon and vegetables and drizzle with olive oil. Season to taste with salt and pepper, then top with lemon slices.

Pour the cream evenly over everything in the baking dish.

Bake in the preheated oven for 12-15 minutes, or until the salmon is cooked through and flakes easily with a fork.

While the salmon is baking, cook the pasta according to the package instructions. Reserve some of the pasta cooking water.

Once the salmon and vegetables are cooked, carefully break the salmon into chunks (if desired) and mix it with the baked vegetables. Add the cooked pasta and a splash of the reserved pasta water to achieve the desired consistency of sauce.

Serve hot with a sprinkle of grated Parmesan cheese over the top.

Note: Adjust the amount of pasta water added to the dish to ensure the sauce evenly coats the pasta without being too thick or too thin.

MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	496	28	36	25	2

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



Teriyaki Steak with Pak Choi & Noodles

Serves 2

½ tsp. Chinese five-spice powder
sea salt, to taste
black pepper, to taste
7 oz. (200g) lean beef steak (e.g. top sirloin)
1 tbsp. sunflower oil
2 pak choi, trimmed & quartered
1 medium carrot, thinly sliced
1 red pepper, deseeded & thinly sliced
5.3 oz. (150g) pack straight-to-wok egg noodles
3 tbsp. teriyaki sauce
2 green onions, sliced, for garnish

What you need to do

Mix the five-spice with ½ teaspoon of sea salt and ½ teaspoon of black pepper, and rub the mixture into the steaks.

Heat 1 teaspoon of sunflower oil in a large, non-stick skillet over medium-high heat. Sauté the steaks for 4-5 minutes on each side, or until cooked to your liking. Transfer the steaks to a warmed plate, cover loosely with foil, and set aside to rest.

Using the same skillet, add the remaining sunflower oil and stir-fry the pak choi, carrot and red pepper for 3 minutes. Then add the noodles and continue to stir-fry for an additional 2 minutes.

Pour in the teriyaki sauce and simmer for a few seconds until warmed through.

To serve, divide the vegetable and noodle mixture between 2 plates or bowls. Slice the steak thickly and place on top of the noodles and vegetables. Garnish with sliced green onions.

DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	584	16	66	44	5

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



Keto Pork Chops with Garlicky Cream Sauce

Serves 4

4 boneless pork chops
(roughly 7.8 oz. (220g) each chop)
sea salt & black pepper, to taste
2 tbsp. olive oil
8 oz. (225g) mushrooms, sliced
2 cloves garlic, minced
4 fl oz. (120ml) oat cream
1.6 oz. (45g) Parmesan cheese, grated
1 tsp. dried oregano
pinch of red pepper flakes
7 oz. (200g) baby spinach

What you need to do

Season the pork chops on both sides with salt and pepper.

Heat the olive oil in a large skillet over medium heat. Add the pork chops and sauté for 4-5 minutes on each side until golden and cooked through (cooking times will vary depending on the thickness of the chop). Remove from the skillet and set aside on a plate to keep warm.

Add the mushrooms to the skillet and cook for 5 minutes until softened, then add the garlic and cook for a further minute until fragrant.

Stir in the oat cream, Parmesan cheese, oregano and a pinch of red pepper flakes. Season with additional salt and pepper to taste. Bring the sauce to a simmer and cook until thickened, approximately 3 minutes. Add the spinach and cook for a further 2 minutes until wilted.

Return the pork chops to the skillet and spoon over the sauce. Cook until the pork chops are warmed through, about 5 minutes, then serve.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	534	34	5	52	1

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



Middle Eastern Chicken Traybake

Serves 6

For the marinade:

2.2 lb. (1kg) boneless skinless chicken thighs
1 tsp. ground cumin
1 tbsp. za'atar spice
1 tbsp. harissa paste
1 tsp. olive oil

For the tray:

2 large carrots, sliced in lengthwise
1 large zucchini, chopped
2 red onions, quartered
4-5 cloves garlic, skin on & crushed
14 oz. (400g) can chickpeas, drained
1 heaped tbsp. harissa paste
1 heaped tbsp. za'atar spice
1 tsp. ground cumin
1 tsp. olive oil
sea salt & black pepper
1.7 fl oz. (50ml) water
large handful of fresh cilantro, chopped
6 tbsp. mint yogurt, for serving (or sub Greek yogurt)

What you need to do

Preheat your oven to 355°F (180°C).

In a bowl, combine the chicken thighs with the marinade ingredients, stir well to combine and set aside to marinate.

In a large baking tray with sides, combine the carrots, zucchini, red onions, crushed garlic and chickpeas. Now add the harissa paste, za'atar, cumin and drizzle with olive oil. Mix well to ensure the vegetables are evenly coated in the spice mixture.

Place the marinated chicken thighs on top of the vegetables. Season with salt and pepper and add the water to the tray.

Bake in the hot oven for 45 minutes, or until the chicken is thoroughly cooked and the vegetables are tender.

Once cooked, garnish with fresh cilantro and a drizzle with mint yogurt. Serve with warm couscous or rice (not included in nutritional breakdown).

Serving suggestion: Serve with warm couscous or rice (not included in nutritional breakdown). To make mint yogurt mix together 4.4 oz. (125g) Greek yogurt, 4 tbsp. chopped mint leaves, pinch of salt and $\frac{3}{4}$ tsp. garlic powder.

GF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	313	9	19	39	5

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



Cauliflower Margherita Pizza

Serves 4

For the cauliflower pizza crust:

1.5 lbs. (680g) cauliflower florets

1.8 oz. (50g) shredded cheese

1 egg, beaten

1 tsp. Italian seasoning

sea salt & black pepper, to taste

Pizza toppings:

2.7 fl oz. (80ml) marinara sauce

4 oz. (115g) mozzarella ball, sliced

fresh basil leaves

red pepper flakes (optional)

What you need to do

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

Prepare the cauliflower florets by removing them from the stem, or use frozen and thawed cauliflower. Grate the cauliflower using a food processor or a box grater to make cauliflower rice.

Place the cauliflower rice in a microwave-safe bowl, cover, and microwave for 4-5 minutes to soften.

Alternatively, sauté the cauliflower rice in a pan over medium heat for 8-10 minutes. Allow it to cool to the touch.

Transfer the cauliflower rice to a thin kitchen towel. Squeeze out all the excess moisture as thoroughly as possible.

In a large mixing bowl, combine the drained cauliflower rice, cheese, beaten egg, Italian seasoning, salt, and pepper. Use your hands to mix well and form the pizza dough.

Press the dough onto the lined baking sheet, shaping it into an even circle with a diameter of approximately 9" (23cm).

Top Tip: Swap the lined baking sheet for a pizza stone if you have one as it will result in a far crispier crust.

Bake the pizza crust for 25 minutes, or until slightly golden. For an even crispier crust, consider baking for 20 minutes, flipping the crust, and then baking for an additional 5-10 minutes on the second side.

Remove the crust from the oven, top with the marinara sauce, sliced mozzarella, basil leaves, red pepper flakes and any additional toppings. Bake for an additional 10 minutes then remove from the oven, slice and serve.

GF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	209	13	9	14	3

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

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Roasted Red Pepper, Carrot & Feta Dip

Serves 10

1 head of garlic
2 red bell peppers, deseeded & sliced in half
3 large carrots, cut into a few pieces
3 tbsp. olive oil, divided
2 tsp. salt, divided
14 oz. (400g) can white beans, drained & rinsed
7 oz. (200g) feta cheese
4 tbsp. lemon juice
2 tsp. smoked paprika
¾ tsp. red pepper flakes
freshly chopped parsley, to garnish

What you need to do

Preheat the oven to 400°F (200°C).

Slice the top off the garlic head, exposing the individual cloves. Arrange the red bell peppers, carrots and garlic head on a baking sheet. Drizzle with 1 tablespoon of olive oil and season lightly with ½ teaspoon of salt.

Roast in the preheated oven for 30 minutes, or until the carrots are fork-tender.

Remove from the oven. Cover the roasted peppers with aluminum foil for 10 minutes (this steams the peppers and helps to peel the skin off). After 10 minutes peel off the skins of the peppers and discard the skin along with the seeds.

In a blender or food processor, combine the roasted vegetables (squeeze the garlic out of its skin), white beans, feta cheese, lemon juice, remaining 2 tablespoons of olive oil, 1½ teaspoons of salt, smoked paprika and red pepper flakes. Blend until completely smooth.

Serve the dip drizzled with a little olive oil and sprinkled with parsley and more smoked paprika. Great served alongside warm pita or naan bread (not included in nutritional breakdown).

GF	LC	MP	V
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	40 mins	145	9	11	5	4

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



Easy Lemon Blueberry Bread

Serves 12 slices

4 fl oz. (120ml) olive oil
3.5 oz. (100g) coconut sugar
1 tbsp. lemon zest, plus extra for topping
2 tbsp. lemon juice
1 tsp. vanilla extract
2 large eggs
4 fl oz. (120ml) almond milk (any milk will work)
6.3 oz. (180g) all-purpose flour
1 tsp. baking powder
pinch sea salt
3.9 oz. (180g) blueberries (see note below)

What you need to do

Preheat the oven to 350°F (175°C). Grease a bread pan with oil, or line it with baking paper.

In a mixing bowl, combine the olive oil and coconut sugar and using a hand mixer or whisk, blend really well. Now add the lemon zest, lemon juice, vanilla extract, eggs and almond milk, mixing until smooth.

In a separate bowl, stir together the flour, baking powder and salt. Gradually add this dry mixture to the wet ingredients, stirring until just combined.

Gently fold in the blueberries with a spatula or wooden spoon to avoid crushing them.

Pour the batter into the prepared loaf pan, spreading it evenly. You can sprinkle a few more blueberries and some lemon zest on top for decoration.

Bake in the hot oven for 40-45 minutes, or until the top is lightly golden and a toothpick inserted into the center comes out clean.

Let the bread cool in the pan for a few minutes before transferring it to a wire rack to cool completely.

Note: If using frozen blueberries, do not thaw before adding them to the batter to prevent bleeding.

DF	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	40 mins	190	10	23	2	3

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



Peanut Butter & Jelly Smoothie

Serves 1

5.3 oz. (150g) mixed frozen berries
1 tbsp. all-natural peanut butter
4 tbsp. vanilla protein powder
2 tbsp. rolled oats
8 fl oz. (240ml) almond milk, unsweetened

What you need to do

Place all the ingredients into a high-speed blender and blend on high until smooth.

Adjust the smoothie's consistency by adding a little more milk if it's too thick or more frozen berries if it's too thin.

Serve immediately for the best taste and texture.

GF	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	347	11	28	34	7

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