



DECEMBER

# Recipe Pack



15 HEALTHY TASTY RECIPES FOR EVERY MEAL

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# Contents & Key

|     |                                           |
|-----|-------------------------------------------|
| 1.  | Herb & Goat's Cheese Omelet               |
| 2.  | Egg Salad on Rice Cakes                   |
| 3.  | Mushroom & Herb Pancakes                  |
| 4.  | Berry Cottage Cheese Bowl                 |
| 5.  | Meal-Prep Broccoli Salad with Chicken     |
| 6.  | Keto Chicken & Veggie Wraps               |
| 7.  | Creamy Beef & Leek Soup                   |
| 8.  | Low-Carb Chicken Lasagna                  |
| 9.  | Easy Kedgeree                             |
| 10. | Rosemary, Salmon & Sweet Potato Tray Bake |
| 11. | Indian Spiced Beef Keema                  |
| 12. | Tuna & Caper Pasta                        |
| 13. | Creamy Avocado & Honey Smoothie           |
| 14. | Greek Yogurt Protein Cake                 |
| 15. | Simple Oaty Biscuits                      |

GF

Gluten Free

DF

Dairy Free

LC

Low Carb (<20g per serve)

MP

Meal Prep/Freezer  
Friendly

HP

High Protein (>20g per serve)

V

Vegetarian

Q

Quick (under 30 mins)

N

Contains Nuts

# Sample Weekly Meal Planner

|                  | Breakfast                       | Lunch                                     | Snack                           | Dinner                                    |
|------------------|---------------------------------|-------------------------------------------|---------------------------------|-------------------------------------------|
| <b>Monday</b>    | Herb & Goat's Cheese Omelet     | Meal-Prep Broccoli Salad with Chicken     | Simple Oaty Biscuits            | Indian Spiced Beef Keema                  |
| <b>Tuesday</b>   | Mushroom & Herb Pancakes        | Meal-Prep Broccoli Salad with Chicken     | Greek Yogurt Protein Cake       | Indian Spiced Beef Keema                  |
| <b>Wednesday</b> | Mushroom & Herb Pancakes        | Keto Chicken & Veggie Wraps               | Greek Yogurt Protein Cake       | Rosemary, Salmon & Sweet Potato Tray Bake |
| <b>Thursday</b>  | Berry Cottage Cheese Bowl       | Rosemary, Salmon & Sweet Potato Tray Bake | Creamy Avocado & Honey Smoothie | Tuna & Caper Pasta                        |
| <b>Friday</b>    | Egg Salad on Rice Cakes         | Low-Carb Chicken Lasagna                  | Creamy Avocado & Honey Smoothie | Tuna & Caper Pasta                        |
| <b>Saturday</b>  | Egg Salad on Rice Cakes         | Low-Carb Chicken Lasagna                  | Simple Oaty Biscuits            | Meal Out - Enjoy!                         |
| <b>Sunday</b>    | Creamy Avocado & Honey Smoothie | Creamy Beef & Leek Soup                   | Simple Oaty Biscuits            | Easy Kedgeree                             |

# Weekly Shopping List

| Produce                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Protein                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | Dry Goods                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Staples & Misc                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>• 1 avocado</li> <li>• 1 banana</li> <li>• pack of blueberries</li> <li>• 2 lemons</li> <li>• 2 onions</li> <li>• 2 red onions</li> <li>• 2 shallots</li> <li>• 1 bunch green onions (spring onions)</li> <li>• 1 leek</li> <li>• 2 bulbs garlic</li> <li>• root ginger</li> <li>• 1 carrot</li> <li>• 4 tomatoes</li> <li>• pack of mixed color cherry tomatoes</li> <li>• 1 red bell pepper</li> <li>• 2 zucchinis (courgette)</li> <li>• pack of cremini mushrooms (chestnut mushrooms)</li> <li>• 1 head broccoli</li> <li>• pack of arugula (rocket)</li> <li>• 2 sweet potatoes</li> <li>• cilantro (coriander)</li> <li>• dill</li> <li>• rosemary</li> <li>• thyme</li> <li>• green peas (garden peas)</li> <li>• mixed berries</li> <li>• ice cubes</li> </ul> | <ul style="list-style-type: none"> <li>• 1.4 lbs. (620g) boneless, skinless chicken breast</li> <li>• 1 lb. (450g) 95% lean ground beef (beef mince)</li> <li>• 10.6 oz. (300g) skinless smoked haddock</li> <li>• 7 oz. (200g) salmon filet</li> <li>• 19 eggs</li> <li>• unsweetened almond milk</li> <li>• Greek yogurt, full fat</li> <li>• Greek yogurt, 2% fat</li> <li>• cottage cheese</li> <li>• cream cheese, reduced fat</li> <li>• mozzarella cheese</li> <li>• Parmesan cheese</li> <li>• ricotta cheese</li> <li>• goat's cheese</li> <li>• hummus</li> </ul> | <ul style="list-style-type: none"> <li>• basmati rice</li> <li>• ground almonds</li> <li>• oats</li> <li>• sliced almonds (flaked almonds)</li> <li>• flaxseed meal (ground flaxseed)</li> <li>• all purpose flour</li> <li>• baking powder</li> <li>• vanilla extract</li> <li>• curry powder</li> <li>• paprika powder</li> <li>• chili powder</li> <li>• red pepper flakes (chili flakes)</li> <li>• garlic powder</li> <li>• dried oregano</li> <li>• ground cinnamon</li> </ul> | <ul style="list-style-type: none"> <li>• honey</li> <li>• maple syrup</li> <li>• 5.6 oz. (160g) canned diced tomatoes</li> <li>• 8.4 oz. (240g) canned cannellini beans</li> <li>• 1x 7.8 oz. (220g) canned tuna in olive oil</li> <li>• Dijon mustard</li> <li>• tomato paste (tomato puree)</li> <li>• sun-dried tomatoes</li> <li>• jar capers</li> <li>• chicken broth (chicken stock)</li> <li>• vegetable broth (vegetable stock)</li> <li>• pasta shells</li> <li>• sea salt</li> <li>• rice cakes</li> <li>• coconut oil</li> </ul> |



## Pantry Staples

You should have five basic essentials for these recipes in your kitchen. They're used so frequently that they're not included in the weekly ingredient shopping list. These staples are **vegetable oils** like **olive oil** for cooking and **extra virgin olive oil** for dressing, a variety of **vinegar** (white and red wine vinegar, apple cider vinegar) for adding acidity and balancing flavours in marinades, sauces, and condiments, **salt** (sea or Himalayan salt) and **black pepper** for seasoning.





# Herb & Goat's Cheese Omelet

Serves 2 | 20 Minutes

- 2 shallots, finely diced
- ½ tsp. dried oregano
- ½ tsp. fresh thyme leaves
- ½ tsp. fresh rosemary, chopped
- 4 eggs, whisked
- 2 egg whites
- 2.1 oz. (60g) goat's cheese
- 1 tsp. honey

Add 1 tablespoon of olive oil into a non-stick skillet and sauté the shallots over low heat for 5 minutes until translucent.

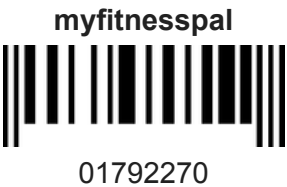
Add the herbs and cook for a further 5 minutes.

Meanwhile, whisk the eggs and season with salt and pepper. Add another 1 tablespoon of oil to the pan, then pour in the eggs.

Increase the heat to medium and sauté the eggs until they begin to set, then crumble the goat's cheese over and drizzle with honey.

Cook until the cheese melts and the omelet browns on the bottom. Fold in half, cook for a further 2-3 minutes, then serve immediately.

**Serving suggestion:** Fresh bread with goat's cheese and herbs.



|    |    |    |   |   |
|----|----|----|---|---|
| GF | LC | HP | V | Q |
|----|----|----|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 394kcal | 10g   | 21g     | 30g |



# Egg Salad on Rice Cakes

Serves 2

|

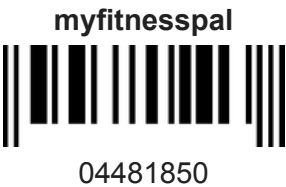
20 Minutes

- 6 eggs
- 0.7 oz. (20g) fresh dill, chopped
- 2 green onions, sliced
- 1 lemon, juiced
- 2.1 oz. (60g) Greek yogurt, 2% fat
- 1 tsp. Dijon mustard
- 6 rice cakes
- 1 tomato, sliced

Boil the eggs for 7 minutes, then rinse with cold water and drain. Peel the eggs and mash in a bowl with a fork.

Mix in the dill, green onions, lemon juice, Greek yogurt, mustard, and season with salt and pepper.

Spoon the egg salad onto the rice cakes, top with sliced tomato, garnish with extra dill, and season with pepper.



|    |    |    |   |   |
|----|----|----|---|---|
| GF | MP | HP | V | Q |
|----|----|----|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 348kcal | 27g   | 24g     | 16g |



# Mushroom & Herb Pancakes

Serves 2

30 Minutes

- 3.5 oz. (100g) cremini mushrooms, diced
- 1 yellow onion, diced
- 3.5 oz. (100g) cottage cheese, 4% fat
- 2 eggs
- 1.4 oz. (40g) ground almonds
- 1 tsp. baking powder
- 3.5 oz. (100g) tomatoes, diced
- 1 green onion, sliced
- 4 tbsp. Greek yogurt, 2% fat

Heat 1 tablespoon of olive oil in a nonstick skillet over medium heat. Sauté the mushrooms and yellow onion for 5 minutes.

In a bowl, combine the cottage cheese, eggs, ground almonds, baking powder and a pinch of salt. Fold in sautéed mushrooms, tomatoes and green onions.

Heat another tablespoon of olive oil in the skillet. Spoon the batter into the pan, forming pancakes, and cook for 3 minutes on each side until golden.

Serve warm, topped with optional Greek yogurt.



| GF                     |         | LC    | MP      | HP  | V N |
|------------------------|---------|-------|---------|-----|-----|
| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |     |
|                        | 448kcal | 18g   | 22g     | 32g |     |



# Berry Cottage Cheese Bowl

Serves 2

20 Minutes

- 1 oz. (30g) sliced almonds

14 oz. (400g) cottage cheese, 4% fat

7 oz. (200g) mixed frozen berries

3.5 oz. (100g) fresh blueberries

1 tbsp. flaxseeds
- Toast the almonds in a dry skillet until golden.

Blend the cottage cheese with the frozen berries until smooth, and place into a bowl.

Top the berry curd with fresh blueberries, toasted almonds, and flaxseed meal before serving.



|    |    |   |   |   |
|----|----|---|---|---|
| GF | HP | V | Q | N |
|----|----|---|---|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 377kcal | 29g   | 27g     | 17g |



# Meal-Prep Broccoli Salad with Chicken

Serves 2 | 30 Minutes

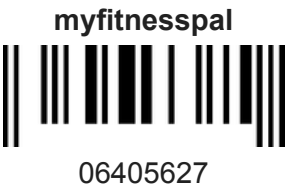
- 1 head broccoli, cut into florets
- 1 tsp. paprika powder
- 1 tsp. garlic powder
- 10.5 oz. (300g) boneless, skinless chicken breast
- 2 cloves garlic, chopped
- 1.8 oz. (50g) sun-dried tomatoes, chopped
- ½ tsp. red pepper flakes
- 2 tbsp. Parmesan cheese, grated

Boil the broccoli in salted water for 5 minutes until tender. Drain and cool.

In a bowl, mix 1 tablespoon of olive oil with the paprika, garlic powder, salt, and pepper. Brush the chicken with this marinade.

Heat a skillet and cook the chicken for 4-5 minutes on each side, until golden brown, and cooked through. Slice the chicken and set aside.

In the same skillet, heat another tablespoon of olive oil and sauté the garlic with the sun-dried tomatoes, salt, pepper, and red pepper flakes for 3-4 minutes. Toss with broccoli and Parmesan, then transfer to storage containers and top with chicken.



GF MP HP

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 493kcal | 30g   | 46g     | 21g |



# Keto Chicken & Veggie Wraps

Serves 2

30 Minutes

**For the wrap:**

2.1 oz. (60g) ground almonds

1 ½ tbsp. psyllium husks, whole

**For the filling:**

5.6 oz. (160g) chicken breast, cooked (leftover)

1.4 oz. (40g) hummus

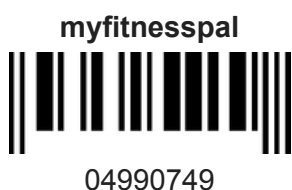
½ red bell pepper, sliced

1 oz. (30g) arugula

In a bowl, mix ground almonds, psyllium husks, and ¼ teaspoon of salt. Add 1 teaspoon of olive oil and 2 fl oz. (60ml) warm tap water; mix until combined. Let rest for 1 minute. Knead the dough briefly and form a ball. Place on a floured surface.

Divide into 2 pieces. Roll each piece thin between parchment sheets and cut into circles using a plate as a guide. Cook wraps on a pan greased with ½ teaspoon of oil over medium heat for 2-3 minutes per side. Repeat for remaining dough.

Spread some of the hummus on each wrap, top with the chicken, bell pepper and arugula. Roll up and serve.



| GF | DF | LC | HP | N |
|----|----|----|----|---|
|----|----|----|----|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 426kcal | 15g   | 33g     | 26g |



# Creamy Beef & Leek Soup

Serves 2

20 Minutes

- 7 oz. (200g) lean ground beef, 5% fat
- 1 leek, sliced
- 1.4 pt. (665ml) vegetable stock
- 3.5 oz. (100g) cream cheese, reduced fat
- ½ tsp. paprika powder

Heat 1 tablespoon of olive oil in a large pot, and cook the ground beef until browned.

Add the sliced leek and sauté briefly, then pour in vegetable stock. Simmer for 5 minutes.

Stir in cream cheese, season with paprika, salt and pepper. Cook for 5 minutes until the soup has thickened. Serve hot.



|    |    |    |    |   |
|----|----|----|----|---|
| GF | LC | MP | HP | Q |
|----|----|----|----|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 355kcal | 12g   | 25g     | 23g |



# Low-Carb Chicken Lasagna

Serves 2

30 Minutes

- 5.6 oz. (160g) chicken breast, minced
- 2 cloves garlic, minced
- 5.6 oz. (160g) canned diced tomatoes
- 2 tsp. oregano
- 2 sprigs thyme, leaves removed
- 1 tsp. chili powder
- 2 zucchinis, sliced into ribbons
- 4.2 oz. (120g) ricotta cheese
- 2.3 oz. (65g) mozzarella cheese, grated

Preheat the oven to 390°F (200°C).

Heat 1 tablespoon of olive oil in a skillet, add the chicken, garlic, season with salt and pepper and sauté for 4-5 minutes.

Add the canned tomatoes, oregano, thyme and chili powder to the skillet and simmer for 10 minutes.

In a casserole, layer the zucchini ribbons, with the ricotta, and chicken and tomato sauce.

Top with the mozzarella cheese and place into the hot oven and bake for 25 minutes.



GF

LC

MP

HP

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 390kcal | 16g   | 32g     | 22g |



# Easy Kedgeree

Serves 4

40 Minutes

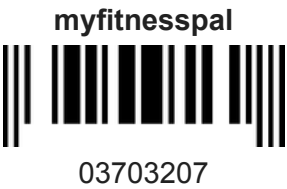
- 2 tbsp. curry powder
- 7 oz. (200g) basmati rice
- 1 pt. (500ml) chicken stock
- 10.5 oz. (300g) skinless smoked haddock
- 5.6 oz. (160g) frozen peas
- 4 eggs, boiled

Preheat the oven to 350°F (180°C).

Toast the curry powder in an oven-proof pan for 1 minute. Add rice and chicken stock, bring to a boil, then lay the haddock on top.

Cover the pan and place in the oven to bake for 30 minutes.

Remove from the oven and rest briefly. Flake the haddock and stir it through the rice along with the peas and season to taste with salt and pepper. Serve with boiled eggs on the side.



GF

DF

MP

HP

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 350kcal | 47g   | 27g     | 6g  |



# Rosemary, Salmon & Sweet Potato Tray Bake

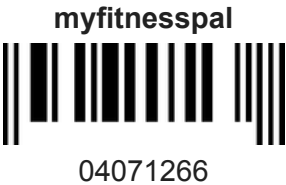
Serves 2 | 47 Minutes

- 2 sweet potatoes, peeled & sliced
- 2 red onions, sliced into wedges
- 8.4 oz. (240g) canned cannellini beans, drained
- 4 sprigs fresh rosemary
- 2 cloves garlic, sliced
- 7 oz. (200g) salmon filet
- ¼ lemon, juiced

Preheat the oven to 410°F (210°C).

Toss the sweet potatoes, onions, beans, rosemary and garlic with 2 tablespoons of olive oil, season with salt and pepper. Spread on a sheet pan and bake for 12-15 minutes.

Season the salmon with salt, pepper and lemon juice, add to the pan, and bake for a further 22-25 minutes. Serve warm.



|    |    |    |    |
|----|----|----|----|
| GF | DF | MP | HP |
|----|----|----|----|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 511kcal | 55g   | 30g     | 19g |



# Indian Spiced Beef Keema

Serves 2

35 Minutes

½ yellow onion, roughly chopped

0.4 oz. (10g) root ginger

2 cloves garlic

8.8 oz. (250g) lean ground beef, 5% fat

1 small carrot, diced

0.3 oz. (7g) tomato paste

1 tbsp. curry powder

3.5 oz. (100g) frozen green peas

58.8 oz. (250g) cooked basmati rice

0.4 oz. (10g) fresh cilantro, chopped

Blend the onion, ginger and garlic in a food processor until smooth.

Heat 1 tablespoon of olive oil in a pot, add the beef, season with salt and pepper, and cook for 5 minutes until browned. Remove from the pot and set aside.

Add another 1 tablespoon of oil to the pot and sauté the onion puree for 5 minutes. Now add the carrot, tomato paste and curry powder, and cook for 1 minute.

Return the beef to the pot, add 8.5 fl oz. (250ml) of water, cover, and simmer for 20 minutes. Stir in the peas and cook for a further 2 minutes.

Serve the beef with rice and garnish with cilantro.



| GF | DF | MP | HP |
|----|----|----|----|
|----|----|----|----|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 611kcal | 58g   | 34g     | 27g |



# Tuna & Caper Pasta

Serves 4

15 Minutes

- 10.5 oz. (300g) pasta shells
- 7.8 oz. (220g) canned tuna in olive oil, drained weight
- 1 tbsp. olive oil, reserved
- 4 tbsp. capers, drained
- 1.1 lbs. (500g) mixed-color cherry tomatoes, halved
- 1 tbsp. dried oregano

Cook the pasta in salted boiling water according to package directions.

In a pot, heat 1 tablespoon of olive oil from the tuna can, and fry capers until crispy. Add the tomatoes and oregano, then stir in the tuna.

Toss the pasta with the tuna mixture, adding pasta water if needed to loosen a little. Season with salt and pepper, sprinkle with the crispy capers, and serve.



|    |    |    |   |
|----|----|----|---|
| DF | MP | HP | Q |
|----|----|----|---|

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 434kcal | 62g   | 24g     | 10g |



# Creamy Avocado & Honey Smoothie

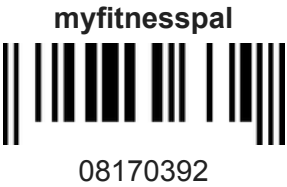
Serves 2

|

10 Minutes

- 8.5 oz. (240g) Greek yogurt,  
2% fat

Place all the ingredients into a high speed blender and blend until smooth. Serve immediately.
- ½ tsp. vanilla extract
- 1 ripe banana, mashed
- 1 ripe avocado, mashed
- 4 fl oz. (120ml) almond milk
- 2 tbsp. honey
- pinch of ground cinnamon
- handful of ice cubes



|    |   |   |   |
|----|---|---|---|
| GF | V | Q | N |
|----|---|---|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 406kcal | 46g   | 15g     | 18g |



# Greek Yogurt Protein Cake

Serves 10

|

1 Hour 10 Minutes

- 5.3 oz. (150g) Greek yogurt, full fat
- 5.3 oz. (150g) maple syrup
- 3 large eggs
- splash of vanilla extract
- 1 lb. (450g) all-purpose or whole wheat pastry flour
- 1 tbsp. baking powder
- pinch of salt
- pinch of ground cinnamon

Preheat the oven to 350°F (175°C). Grease a loaf pan.

In a large bowl, whisk together the yogurt, 5.3 oz. (150g) olive oil, maple syrup, eggs and vanilla extract.

Add the flour, baking powder, salt and cinnamon, folding gently until just combined.

Pour the cake batter into the loaf pan and bake for 50-60 minutes or until a toothpick comes out clean.

Cool the cake in the pan for 5-10 minutes, then remove from the pan and cool completely on a wire rack.

**Serving suggestion:** Greek yogurt, berries, banana, cinnamon



MP

V

| Nutrition Per Serve | Energy  | Carbs | Protein | Fat |
|---------------------|---------|-------|---------|-----|
|                     | 298kcal | 39g   | 4g      | 14g |



# Simple Oaty Biscuits

Serves 12

50 Minutes

7 oz (200g) oats

2.9 oz (80g) ground almonds

6 tbsp. maple syrup

1 tsp ground cinnamon

1 ½ tbsp. coconut oil, melted

Place the oats in a food processor and pulse until they reach a flour-like consistency.

Add the ground almonds, maple syrup, cinnamon, and coconut oil. Pulse again until the mixture forms a dough. Roll the dough into a large ball with your hands, then refrigerate for 30 minutes.

After chilling, preheat the oven to 350°F (180°C). Lightly flour a clean work surface and line a baking tray with parchment paper.

Roll out the dough to ¼ inch (½ cm) thickness. Use a glass or cookie cutter to cut out biscuits.

Gather and re-roll the dough scraps until you use all the dough. Place the biscuits on the prepared baking tray and bake for 10-15 minutes or until golden.



| GF | DF | MP | V | N |
|----|----|----|---|---|
|----|----|----|---|---|

| Nutrition<br>Per Serve | Energy  | Carbs | Protein | Fat |
|------------------------|---------|-------|---------|-----|
|                        | 150kcal | 20g   | 4g      | 6g  |