

November Recipe Pack

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

Created by Phil Greening
Visit OLTO.Fitness
philgreeningcoaching.com








Weekly Shopping List

Fruits, Vegetables

Fruits
fresh berries
blueberries
1 banana
1 kiwi fruit
5 lemons
3 limes
1 orange
2 avocados

Vegetables
1 onion
2 red onions
2 bunches green onions (spring onions)
bulb of garlic
root ginger
2 red bell peppers
1 jalapeño peppers
2 zucchinis (courgette)
1 cucumber
8.8 oz. (250g) cherry tomatoes
1 lb. (450g) cremini mushrooms (brown mushrooms)
8 shiitake mushrooms
1 lb. (450g) baby potatoes
baby spinach
2 heads of bok choy

Frozen Herbs
basil
cilantro (coriander)
mint
parsley
kefir lime leaves (or buy dried)

Dried Fruit
8 medjool dates

Frozen
sweetcorn

Protein & Dairy

Meats
cooked chicken
12 oz. (340g) boneless, skinless chicken breasts
4x 8 oz. (135g) skin-on, bone-in chicken thighs
1 lb. (450g) ground turkey (turkey mince)
2 lbs. (900g) beef tenderloin
4x 7 oz. (200g) pork chops

Fish & Seafood
1 lb. (450g) shrimps (prawns)
4x 6 oz. (130g) skinless salmon filets
1.1 lbs. (500g) skinless cod filet

Cold
11 eggs
butter
unsweetened almond milk (or plant milk of choice)
milk
non-fat Greek yogurt
sour cream
cheddar cheese
cottage cheese
ricotta cheese
Parmesan cheese

Seeds, Baking, Spices

Grains
rolled oats
white rice

Nuts & Seeds
finely ground almond flour
hazelnuts
pine nuts
chia seeds

Baking
all purpose flour (plain flour)
white whole wheat flour
baking powder
baking soda (bicarbonate of soda)
85% dark chocolate
vanilla extract

Dried Herbs & Spices
black pepper
cayenne pepper
white pepper
red pepper flakes (chili flakes)
chili powder
smoked paprika
sweet paprika
cumin seeds
garlic powder
onion powder
dried thyme
dried oregano
Italian herbs

Cans, Condiments, Misc

Oils
coconut oil
olive oil
sesame oil

Sweeteners
honey
maple syrup
sugar
stevia

Boxed, Canned & Condiments
1x 14 oz. (400g) can pinto beans
1x 14 oz. (400g) can diced/ chopped tomatoes
1x 14 oz. (400g) can coconut milk
low sodium chicken broth (stock)
peanut butter
mayonnaise
hot sauce
light soy sauce
fish sauce
rice wine vinegar
apple cider vinegar
sun-dried tomatoes
tomato paste (puree)
crispy shallots
rice noodles

Misc/Other
sea salt
vanilla protein powder
panko breadcrumbs

Contents & Key

6 Overnight Salted Caramel Oats

8 Fluffy Almond Flour Pancakes

10 Chicken & Sun-dried Tomato Muffins

12 Cottage Cheese Protein Omelet

14 Spicy Shrimp Patties with Avocado Corn Salsa

16 Thai Coconut Chicken Salad

18 Sheet Pan Beef Tenderloin & Vegetables

20 Juicy Skillet Pork Chops

22 Chinese Chicken Noodle Soup

24 Spicy Cajun Style Salmon Bites

26 Spiced Cod Stew

28 Turkey & Vegetable Chili

30 Lemon Blueberry Yogurt Cake

32 Kiwi Protein Smoothie

34 Hazelnut Energy Balls

GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- 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
Mon	Overnight Salted Caramel Oats	Spicy Shrimp Patties with Avocado Corn Salsa	E.g. Lemon Blueberry Yogurt Cake, Kiwi Protein Smoothie, Hazelnut Energy Balls	Turkey & Vegetable Chili
Tue	Overnight Salted Caramel Oats	Thai Coconut Chicken Salad	E.g. Lemon Blueberry Yogurt Cake, Kiwi Protein Smoothie, Hazelnut Energy Balls	Chinese Chicken Noodle Soup
Wed	Fluffy Almond Flour Pancakes	Thai Coconut Chicken Salad	E.g. Lemon Blueberry Yogurt Cake, Kiwi Protein Smoothie, Hazelnut Energy Balls	Spicy Cajun Style Salmon Bites
Thu	Fluffy Almond Flour Pancakes	Sheet Pan Beef Tenderloin & Vegetables	E.g. Lemon Blueberry Yogurt Cake, Kiwi Protein Smoothie, Hazelnut Energy Balls	Spicy Cajun Style Salmon Bites
Fri	Chicken & Sun-dried Tomato Muffins	Sheet Pan Beef Tenderloin & Vegetables	E.g. Lemon Blueberry Yogurt Cake, Kiwi Protein Smoothie, Hazelnut Energy Balls	Spiced Cod Stew
Sat	Chicken & Sun-dried Tomato Muffins	Juicy Skillet Pork Chops	E.g. Lemon Blueberry Yogurt Cake, Kiwi Protein Smoothie, Hazelnut Energy Balls	Meal Out - Enjoy!
Sun	Cottage Cheese Protein Omelet	Spicy Shrimp Patties with Avocado Corn Salsa	E.g. Lemon Blueberry Yogurt Cake, Kiwi Protein Smoothie, Hazelnut Energy Balls	Turkey & Vegetable Chili



Overnight Salted Caramel Oats

Serves 2

For the oat base:
2.5 oz. (70g) rolled oats
1 tbsp. chia seeds
5 fl oz. (150ml) unsweetened almond milk
¼ tsp. vanilla extract

For the caramel:
1 tbsp. peanut butter
1 tbsp. maple syrup
pinch of salt

For the topping:
2 squares dark chocolate, melted

What you need to do

Place the ingredients for the oat base into a bowl, stir to combine and allow to sit for a few minutes to thicken.

Prepare the caramel by mixing the ingredients together, then pour the caramel mixture over the oat base.

Finally, drizzle the melted chocolate over the caramel layer, and place in the refrigerator overnight.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	407	20	50	11	8

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

myfitnesspal



04383620



Fluffy Almond Flour Pancakes

Makes 9

2 eggs
3 tbsp.unsweetened almond milk
2 tbsp. honey + 2 tbsp. extra to drizzle over
1 tsp. vanilla extract
1 tsp. baking powder
¼ tsp. salt
4.4 oz. (125g) finely ground almond flour
1 tsp. orange zest
7.4 oz. (210g) fresh berries, divided
1 tbsp. coconut oil for skillet
2 tbsp. honey, for drizzling

What you need to do

Place the eggs, almond milk, honey and vanilla extract in a medium-sized bowl and whisk to combine.

Gradually add the baking powder, salt and almond flour to the mixture, and fold in the orange zest and ⅓ of the berries.

Place a large skillet or non-stick pan over medium-low heat and coat with coconut oil. Use a ¼ measuring cup to scoop the batter onto the hot skillet, cooking 2-3 pancakes at a time.

Once cooked, stack the pancakes, top with the remaining fresh berries and drizzle some honey on top.

Serve warm, allowing 3 pancakes per serving.

GF | DF | V | Q | N

myfitnesspal

08929107

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	444	29	40	14	7

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



Chicken & Sun-dried Tomato Muffins

Serves 9

6.3 oz. (180g) all purpose flour
1 tsp. baking powder
pinch of salt
pinch of black pepper
1.7 fl oz. (50ml) olive oil
3.4 fl oz. (100ml) milk
3 eggs
5.3 oz. (150g) cooked chicken, chopped
3.5 oz. (100g) sun-dried tomatoes, chopped
2.1 oz. (60g) ricotta cheese
6 leaves of basil, sliced

What you need to do

Preheat your oven to 350°F (180°C). Prepare a muffin tin with paper liners or use the silicone muffin tray.

Mix the flour, baking powder, salt & pepper in a bowl. Add the olive oil, milk and eggs and whisk to combine.

Fold in the cooked chicken, sun-dried tomatoes, ricotta and basil. Mix well and divide the batter equally between 10 muffin cases.

Bake the muffins in the preheated oven for 15 minutes. Once baked, place the muffins onto a wire rack and serve warm or cool for later.

Store leftover muffins in an airtight container at room temperature for 2-3 days.

GF MP

myfitnesspal

09485662

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	210	9	24	11	4

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



Cottage Cheese Protein Omelet

Serves 1

2 large eggs, beaten
¼ tsp. salt, divided
¼ tsp. black pepper, divided
2.5 oz. (70g) cottage cheese
1 tsp. Italian herbs
2 tsp. butter
1 oz. (30g) baby spinach
1 small garlic clove, peeled & crushed
2 tsp. olive oil
2 tbsp. Parmesan cheese, freshly grated
1 tbsp. green onion, sliced

What you need to do

Crack the eggs into a small bowl, beat until well combined and season with a pinch of salt and pepper. Set aside.

In another bowl, combine the cottage cheese with the Italian herbs and remaining salt & pepper. Set aside.

Heat a non-stick skillet over medium heat and add the butter. Once the butter is hot, add the spinach and garlic. Stir-fry the spinach for 1-2 minutes until it wilts. Then remove from the pan and set aside.

Return the skillet to medium heat and add the olive oil. Reduce the heat to medium-low and pour in the beaten eggs, tilting the pan to ensure the egg mixture spreads evenly across the base.

As the edges of the omelet start to set, gently lift them with a spatula to allow the uncooked eggs from the middle to run underneath and cook.

Once the center of the omelet starts to set, sprinkle the freshly grated Parmesan cheese, then top with the cooked spinach and the seasoned cottage cheese mixture.

Fold the omelet in half, reduce the heat to low, and continue cooking for a few minutes.

Gently slide the omelet onto a plate, top with the sliced green onions and serve.

GF | LC | HP | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	5 mins	430	34	6	26	1

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

myfitnesspal

09096158



Spicy Shrimp Patties with Avocado Corn Salsa

Serves 4 patties

For the shrimp patties:
1 lb. (450g) shrimps, peeled & deveined, tail removed
1 tbsp. olive oil
½ red bell pepper, finely chopped
1 garlic clove, finely chopped
½ red onion, finely chopped
4 tbsp. cilantro, finely chopped
2 green onions, finely chopped
½ small jalapeño, seeded & finely chopped
4 oz. (115g) panko breadcrumbs, divided
1 egg
3 tbsp. mayonnaise
1½ tsp. hot pepper sauce, or to taste
1 tbsp. lime juice, freshly squeezed
½ tsp. sugar
salt & pepper to taste

For the salsa:
1 ripe avocado, peeled & cubed
5.3 oz. (150g) corn, cooked
4 tbsp. fresh cilantro, finely chopped
4 tbsp. red onion, finely chopped
½ small jalapeño, seeded & finely chopped
½ lime juice, freshly squeezed
salt & pepper to taste

1 lime, cut into wedges, to serve

What you need to do

In a food processor, add the shrimps and pulse to chop, then transfer to a mixing bowl and set aside.

Heat the olive oil in a skillet, add the bell pepper and sauté for 3 minutes. Add the garlic and sauté for an additional minute, stirring occasionally. Turn off the heat and set aside to cool.

Preheat the Air Fryer to 400°F (200°C).

Add the bell pepper mixture to the bowl with the chopped shrimp. Now add the remaining pattie ingredients and mix until well combined.

Form the mixture into 4 even-sized shrimp patties using your hands, then coat the patties with panko breadcrumbs.

Grease the Air Fryer pan with oil and place the shrimp patties inside, making sure not to overcrowd the basket. Cook the shrimp patties in the Air Fryer for 10 minutes, flipping them once to cook evenly on both sides.

While the patties are cooking, make the avocado and corn salsa by combining all the salsa ingredients together in a small bowl and stirring until well combined.

Serve the shrimp patties with the avocado and corn salsa, and a wedge of fresh lime.

DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	424	22	30	30	5

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

myfitnesspal



06171452



Thai Coconut Chicken Salad

Serves 2

14 oz. (400ml) can coconut milk
1 lime, juiced & divided
¾ tsp. salt
½ tsp. fish sauce
3 kefir lime leaves
12 oz. (340g) boneless, skinless chicken breasts

For the spinach salad:
4.2 oz. (120g) baby spinach
1 cucumber, sliced
2 green onions, sliced
4 tbsp. cilantro leaves
4 tbsp. mint leaves, torn
4 tbsp. basil leaves, torn
2 tbsp. crispy shallots

What you need to do

In a saucepan, combine the coconut milk, juice from half a lime, salt, fish sauce and kefir lime leaves. Place the saucepan over medium heat and bring the mixture to a gentle simmer.

Add the chicken breast, cover, and let it simmer gently for 25 minutes, or until the chicken easily pulls apart with two forks. Remove the chicken from the coconut broth and set aside to cool. Let the cooking liquid cool to room temperature.

Once the chicken is cool enough to handle, shred the chicken.

Add all the salad ingredients into a medium sized bowl and toss to combine.

Now add the shredded chicken and spoon some of the cooled coconut broth over the salad. Gently toss to combine, then taste the salad and adjust the salt and lime juice to taste.

Divide the salad evenly between two plates and garnish with crispy shallots.

GF | DF | LC | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	335	13	13	42	3

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

myfitnesspal
02799582



Sheet Pan Beef Tenderloin & Vegetables

Serves 6

For the beef tenderloin:
2 lbs. (900g) beef tenderloin trimmed & tied
1 tbsp. olive oil
2 tsp. salt
1 tsp. freshly ground black pepper

For the potatoes:
1 lb. (450g) baby potatoes, halved
1 tbsp. olive oil
1 tsp. garlic powder
½ tsp. dried thyme
½ tsp. salt

For the roasted mushrooms:
1 lb. cremini mushrooms
2 tsp. olive oil
½ tsp. salt

What you need to do

Preheat the oven to 400°F (200°C).

Pat the beef tenderloin dry using a paper towel, rub the exterior of the beef with olive oil and sprinkle over the salt and pepper. Place the prepared beef on a baking sheet.

In a large bowl, combine the potatoes, olive oil, garlic powder, thyme, and salt. Toss everything together until the potatoes are coated evenly.

Transfer the potato mixture to the baking sheet with the beef. Ensure that all the potatoes are placed cut-side down. Place the baking sheet into the hot oven and roast for approximately 15 minutes.

Add the mushrooms to a large bowl, drizzle over the olive oil, season with salt and mix to combine.

Once the beef and potatoes have roasted for 15 minutes, add the mushrooms to the same baking sheet and continue cooking for an additional 10 minutes.

Remove the beef from the oven, place on a plate, cover with foil and set it aside to rest for 10 minutes. During this time, return the vegetables to the oven to continue cooking.

When ready to serve, remove any twine from the beef and slice it into rounds approximately ½-inch thick. Serve the beef with the potatoes and mushrooms.

GF | DF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	40 mins	505	35	16	31	2

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

myfitnesspal
01590289



Juicy Skillet Pork Chops

Serves 2

4x 7 oz. (200g) pork chops
salt, to taste
1 tbsp. all-purpose flour
1 tsp. chili powder
1 tsp. garlic powder
1 tsp. onion powder
½ tsp. smoked paprika
½ tsp. black pepper
1 tbsp. olive oil
8 fl oz. (240ml) low-sodium chicken broth
1 tbsp. apple cider vinegar
2 tsp. honey
1 tbsp. butter
2 tbsp. chopped fresh parsley, optional

What you need to do

Remove the pork chops from the refrigerator, season both sides with a pinch of salt and set aside to rest for 30 minutes.

In a small bowl, combine the flour, chili powder, garlic powder, onion powder, smoked paprika and black pepper to create a spice rub.

After the pork has rested for 30 minutes, pat the pork chops dry using a paper towel and rub both sides of the chops with the spice rub.

Heat the olive oil in a skillet (with a lid) over medium-high heat. When the oil is hot and shimmering, add the pork chops and cook for 2-3 minutes, or until they become golden.

Flip the chops over and reduce the heat to low, cover the skillet with a lid and cook for 6-12 minutes, or until the chops have cooked through. Transfer the cooked pork chops to a plate, loosely cover with aluminum foil, and set aside to rest for 5 minutes.

In the meantime, prepare the sauce. Increase the heat to medium-high and add the chicken broth, apple cider vinegar and honey to the skillet. Use a wooden spoon to scrape the bottom of the pan to release any stuck pieces of pork.

Bring the sauce to a simmer and cook until it reduces by half. Remove the skillet from heat and once the sauce is no longer simmering, swirl in the butter.

Return the pork chops to the skillet and spoon over the sauce. Scatter the fresh parsley over the pork chops and serve.

LC | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	15 mins	338	22	12	22	1

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

myfitnesspal

05686582



Chinese Chicken Noodle Soup

Serves 4

4x 4.8 oz. (135g) bone-in, skin-on chicken thighs
8 shiitake mushrooms
3 pt. (1.4ltr) water
2 tbsp. rice wine vinegar
4 slices ginger
2 green onions, sliced, separate the white & green parts
2 tsp. light soy sauce
½ tsp. salt
⅛ tsp. ground white pepper
¼ tsp. sesame oil
8 oz. (225g) rice noodles
2 heads bok choy

What you need to do

Place the chicken thighs, mushrooms and water into a large pot. Bring to a boil and, as it heats up, skim off any foam that rises to the surface.

Add rice wine vinegar, ginger and the white part of the green onions to the pot. Reduce the heat to its lowest setting and cover the pot with a lid. Let it gently simmer for approximately 30 minutes, or until the meat becomes very tender.

Once the chicken is cooked, transfer it to a plate and set aside to cool. Discard the ginger and green onions and add light soy sauce, salt, white pepper and sesame oil to the broth. Taste the broth and adjust the seasoning if necessary.

Once the chicken is cool enough to handle, remove the skin and shred the meat into bite-sized pieces.

In a separate pot, cook the noodles according to instructions on packaging, add the bok choy for the final 20-30 seconds of the cook to quickly blanch.

Drain the cooked noodles and bok choy. Divide them evenly between 4 serving bowls. Pour the prepared broth and mushrooms over the noodles and bok choy. Top each bowl with the shredded chicken and the green part of the onions. Serve immediately.

GF | DF | MP | HP

myfitnesspal

00661906

Prep	Cook	Soak	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	35 mins	4 hrs	431	8	55	30	4

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



Spicy Cajun Style Salmon Bites

Serves 4

4x 6 oz. (130g) skinless salmon filets, diced in 1-inch chunks
2 tsp. olive oil spray
1 tsp. salt
1 tbsp. sweet paprika
½ tsp. cayenne pepper
1 tsp. garlic powder
1 tsp. dried thyme
1 tsp. dried oregano
⅛ tsp. black pepper
2 lemon wedges, for serving
2 tbsp. chopped parsley, for garnish
12 oz. (340g) cooked rice

What you need to do

Place the salmon in a bowl and lightly spritz it with oil.

In a small bowl, combine the salt and all the spices. Mix them together thoroughly and rub this spice mixture all over the salmon.

Spray the Air Fryer basket with oil to prevent sticking and place the salmon inside.

Set the Air Fryer to 400°F (200°C) and cook the salmon for 5-7 minutes, making sure to shake the basket halfway through the cooking process.

Serve the cooked salmon with lemon wedges, a sprinkle of fresh parsley and the cooked rice

GF | DF | MP | HP | Q

myfitnesspal

03682915

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
3 mins	7 mins	326	9	29	32	2

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



Spiced Cod Stew

Serves 2

1 tbsp. coconut oil
4 spring onions, finely sliced
2 tsp. cumin seeds
1.1 lbs. (500g) cod fillet, skinned & chopped into large 3cm chunks
½ zucchini, cut into thin half-moons
8.8 oz. (250g) cherry tomatoes, halved
2 tbsp. tomato puree
1 tsp. dried chilli flakes
pinch of cayenne pepper
pinch of salt & pepper
5 fl oz. (150ml) water
2 tbsp. pine nuts, to serve
juice of 1 lemon, to serve

What you need to do

In a large frying pan, melt the coconut oil over medium to high heat. Add the sliced spring onions and cumin seeds. Sauté for about a minute.

Add the chunks of cod, zucchini, and cherry tomatoes. Stir and cook for 2 minutes, turning the ingredients to ensure even cooking.

Stir in the tomato puree and sprinkle in the dried chili flakes, cayenne pepper, along with a pinch of salt and black pepper. Toss all the ingredients together and cook for an additional minute.

Pour in 150ml of water and mix well, then reduce the heat to medium. Cover the pan with a lid and allow the ingredients to cook for 3-5 minutes, or until the cod is fully cooked. You can check the doneness by cutting one of the thickest cod pieces in half to ensure it has turned from raw, pale flesh to fully cooked, bright white.

Serve the spiced cod stew, garnished with pine nuts, and squeeze lemon juice over the top.

GF | DF | LC | MP | HP | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	308	16	10	31	3

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

myfitnesspal

04824914



Turkey & Vegetable Chili

Serves 6

For the chili:
1 tbsp. olive oil
1 medium onion, diced
3 garlic cloves, minced
1 red bell pepper, chopped into bite-size pieces
1 zucchini, chopped into bite-size pieces
1 lb. (450g) ground turkey
2 tbsp. chili powder
freshly ground black pepper
14 oz. (400g) can pinto beans (including liquid from can)
14 oz. (400g) can diced tomatoes
12 fl oz. (360ml) low-sodium chicken or vegetable broth (or water)

For serving:
1 avocado, coarsely chopped,
4 tbsp. cheddar cheese, shredded
4 tbsp. sour cream

myfitnesspal



04454704

What you need to do

Heat the olive oil in a big pot on medium-high heat until it starts to sizzle. Add the diced onion, minced garlic, bell pepper and zucchini. Sauté the mixture, occasionally stirring, for 5 minutes or until the onion becomes translucent.

Add the ground turkey to the pot, stir to break down the turkey, and continue to cook for a further 5 minutes until the turkey is no longer pink.

Now add the chili powder, black pepper, pinto beans (along with the liquid from the can), diced tomatoes and the broth.

Allow the mixture to simmer uncovered over medium heat for 20 minutes, stirring occasionally, until the chili thickens and the vegetables become tender.

Serve the chili with the avocado, shredded cheese and sour cream.

GF | MP | HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	30 mins	319	17	21	22	8

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



Lemon Blueberry Yogurt Cake

Serves 12

11.2 oz. (330g) white whole wheat flour
1½ tsp. baking powder
¾ tsp. baking soda
½ tsp. salt
3 tbsp. freshly grated lemon zest
1 tbsp. coconut oil, melted
3 egg whites, room temperature
1 tbsp. vanilla extract
1 tsp. stevia
6.3 oz. (180g) non-fat Greek yogurt
4 fl oz. (120ml) freshly squeezed lemon juice
5 fl oz. (150ml) unsweetened almond milk
7.4 oz. (210g) blueberries

What you need to do

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

Add the flour, baking powder, baking soda, salt and lemon zest into a medium sized bowl and stir to combine.

In a separate bowl, whisk together the coconut oil, egg whites, vanilla extract and stevia. Now add the Greek yogurt to this mixture and stir until there are no large lumps. Next, incorporate the lemon juice and 2 tablespoons of the almond milk.

Alternating, add the flour mixture and the remaining milk to the wet ingredients, starting and ending with the flour mixture. Stir until just combined, ideally adding the flour mixture in three equal portions.

Reserve 2 tablespoons of blueberries and gently fold the remaining berries into the batter using a spatula.

Spread the batter evenly into the prepared tin and delicately press the reserved blueberries into the top.

Bake the cake in the hot oven for 45-55 minutes or until the top is firm to the touch, and a toothpick inserted into the center comes out clean.

Remove from the oven and allow the cake to cool in the pan for 10 minutes, before transferring it to a wire rack to cool completely.

Store the cake in an airtight container on the countertop for up to 5 days.

MP | V | N

myfitnesspal

09508293

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	55 mins	154	3	27	5	5

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



Kiwi Protein Smoothie

Serves 1

6.3 oz. (180g) non-fat Greek yogurt
1 kiwi fruit, peeled & sliced
½ large banana, frozen
1 scoop vanilla protein powder

What you need to do

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

GF | HP | V | Q

myfitnesspal

02269757

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	351	5	34	46	4

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



Hazelnut Energy Balls

Serves 8 energy balls

4.8 oz. (135g) hazelnuts
1 oz. (30g) 85% dark chocolate
1 tbsp. coconut oil
8 medjool dates, pitted
1 tsp. vanilla extract

For decoration:
3 oz. (85g), 85% dark chocolate, melted
10 hazelnuts, chopped

What you need to do

Preheat the oven to 320°F (160°C). Line a baking sheet with parchment paper.

Lay the hazelnuts on the baking sheet and place in the hot oven for 10 minutes, until fragrant and roasted. Remove from the oven, and set aside to cool for 5 minutes.

Meanwhile, place the dark chocolate and coconut oil in a small mixing bowl and melt in the microwave or in a saucepan.

In the bowl of a food processor, add the roasted hazelnuts, pitted medjool dates, vanilla extract and the melted chocolate/coconut oil mixture.

Process for 2-3 minutes, the time required depends on the power of the food processor. The mixture is ready when it forms a sticky batter that comes together. If too dry, blend in an extra teaspoon of almond milk or water until the dough sticks together.

Refrigerate the dough for 10 minutes in a bowl.

Roll 8 even-sized balls, and place on a plate covered with parchment paper. Decorate the energy balls with a drizzle of melted chocolate and chopped hazelnuts.

Store the energy balls for up to 10 days in an airtight container in the refrigerator.

GF | DF | MP | V | Q | N

myfitnesspal

01951307

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	211	14	23	3	2

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