APRIL RECIPE PACK

Discover 15 easy, healthy and tasty recipes, including breakfast, lunch, dinner, treat and smoothie options.



TABLE OF CONTENTS

1	CURRIED SCRAMBLED EGGS
2	FRENCH TOAST WITH AVOCADO & FRIED EGG
3	ROASTED BALSAMIC TOMATOES & HUMMUS TOAST
4	CLASSIC HUMMUS
5	THAI CHICKEN SALAD
6	AVOCADO & TUNA LAYERED SALAD
7	PICO DE GALLO
8	ROASTED SWEET POTATOES WITH HUMMUS & PESTO
9	BEEF & BROCCOLI STIR-FRY
10	ASIAN NOODLES WITH CHICKEN & VEG
11	VEGAN SWEET POTATO & CAULIFLOWER CURRY
12	SPANISH TOMBET
13	PEANUT BUTTER & COCONUT ENERGY BALLS
14	BANANA BREAD CHIA PUDDING
15	MANGO & TURMERIC SMOOTHIE



RECIPE KEY

Look for these helpful icons throughout the file.

- GF Gluten Free
- Dairy Free
- Low Carb (under 20g serving)
- MP Meal Prep/Freezer Friendly
- High Protein (over 20g per serving)
- V Vegetarian
- Quick (under 30 mins)
- N Contains Nuts

WEEKLY MEAL PLANNER

MONDAY TUFSDAY **THURSDAY** FRIDAY SATURDAY **SUNDAY** WEDNESDAY **BRFAKFAST BRFAKFAST BRFAKFAST BRFAKFAST BRFAKFAST BRFAKFAST BRFAKFAST** French Toast French Toast Roasted Roasted Curried Mango & Banana Bread with Avocado & with Avocado & Balsamic **Balsamic** Scrambled Eggs Turmeric Chia Pudding Fried Egg Fried Egg Tomatoes & Tomatoes & Smoothie **Hummus Toast Hummus Toast** LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH LUNCH Leftover Asian Avocado & Tuna Avocado & Tuna Roasted Sweet Roasted Sweet Thai Chicken Thai Chicken Noodles with Layered Salad Layered Salad Potatoes with Potatoes with Salad Salad Chicken & Veg Hummus & Pesto Hummus & Pesto SNACK SNACK SNACK SNACK SNACK SNACK SNACK E.g. Peanut Butter Energy Balls, Energy Balls, Energy Balls. Energy Balls, Energy Balls, Energy Balls, Energy Balls, Banana Bread Chia Pudding, Mango & Turmeric Smoothie DINNER **DINNER** DINNER DINNER DINNER DINNER DINNER Vegan Sweet Vegan Sweet Asian Noodles Beef & Broccoli Beef & Broccoli Spanish Tombet Meal Out -Potato & Potato & with Chicken Stir-Fry Stir-Fry Enjoy! Cauliflower Cauliflower & Veg Curry Curry

WEEKLY SHOPPING LIST

MEAT, DAIRY & SPICES

FRUIT & VEGETABLES

frozen mangoHerbsparsleymint

2x coriander

Fresh Meats 7 oz. (200g) chicken thighs 5x tomatoes 7 oz. (200g) beef tenderloin 3x avocados 2x garlic 5 oz. (150g) chicken breast 1x lemon Dairy Greek yogurt 4x limes salad leaves Non-Dairy spinach 11x eggs 1x cucumber oat milk 1x red onion almond milk 3x white onion Spices 1x zucchini curry powder 5 oz. (150g) mushrooms ground cardamom oground cumin 1x jalapeno pepper 2x red bell pepper ground coriander 1x cauliflower hot paprika 1x eggplant turmeric 1 lb. (450g) white potato sweet paprika 2 lb. (900g) sweet potatoes bay leaves 1x broccoli oregano ginger thyme O 2x banana oground cinnamon

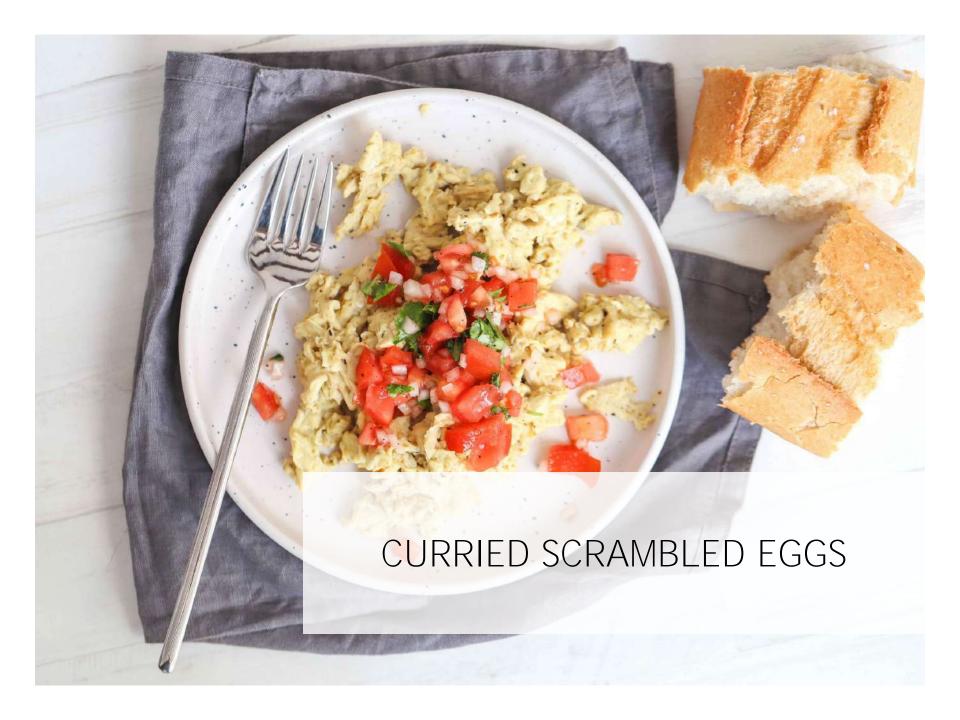
GRAINS, SEEDS & BAKING

Grains

white rice
potato starch
Nuts & Seeds
peanuts
sesame seeds
cashew nuts
dates
ground almonds
chia seeds
desiccated coconut
walnuts

CANS, CONDIMENTS & MISC

olive oil
ococonut oil
osesame oil
Cans & Condiments
balsamic vinegar
chickpeas
○ tahini
O fish sauce
osoy sauce
○ tuna
mayonnaise
○ 2x coconut milk (can)
green pesto
Opeanut butter
2x can chopped tomatoes
Sweeteners
O coconut sugar
Other
whole meal bread
osourdough bread
Asian noodles
chicken stock
0
0



CURRIED SCRAMBLED EGGS



Serves: 4
Prep: 5 mins
Cook: 10 mins



Nutrition per serving: 182 kcal 11g Fats 4g Carbs 13g Protein









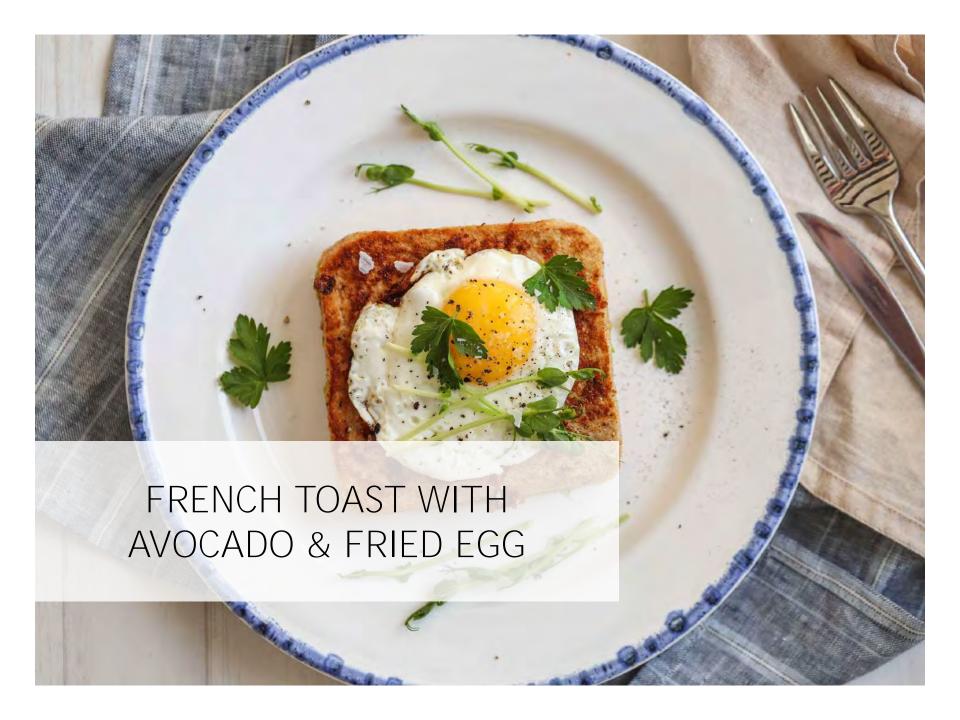
WHAT YOU NEED

- 8 large eggs
- 1/4 cup (60ml) oat milk
- 1/2 tsp. curry powder
- 1/8 tsp. ground cardamom, optional
- 2 medium tomatoes, chopped
- 1 tsp. coconut oil

WHAT YOU NEED TO DO

In a large bowl, whisk eggs, milk, curry powder, salt, pepper and, if desired, cardamom until blended.

Heat the oil over medium heat. Pour in the egg mixture; cook and stir until eggs are thickened, and no liquid egg remains. Serve with fresh chopped tomatoes or Pico de Gallo (recipe on page 18).



FRENCH TOAST WITH AVOCADO & FRIED EGG



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 535 kcal 31g Fats 43g Carbs 19g Protein









WHAT YOU NEED

- 1 avocado
- 1 garlic clove, minced
- 4 slices bread, wholemeal
- 3 eggs
- 5 tbsp. oat milk
- 1 tbsp. coconut oil
- parsley, to garnish

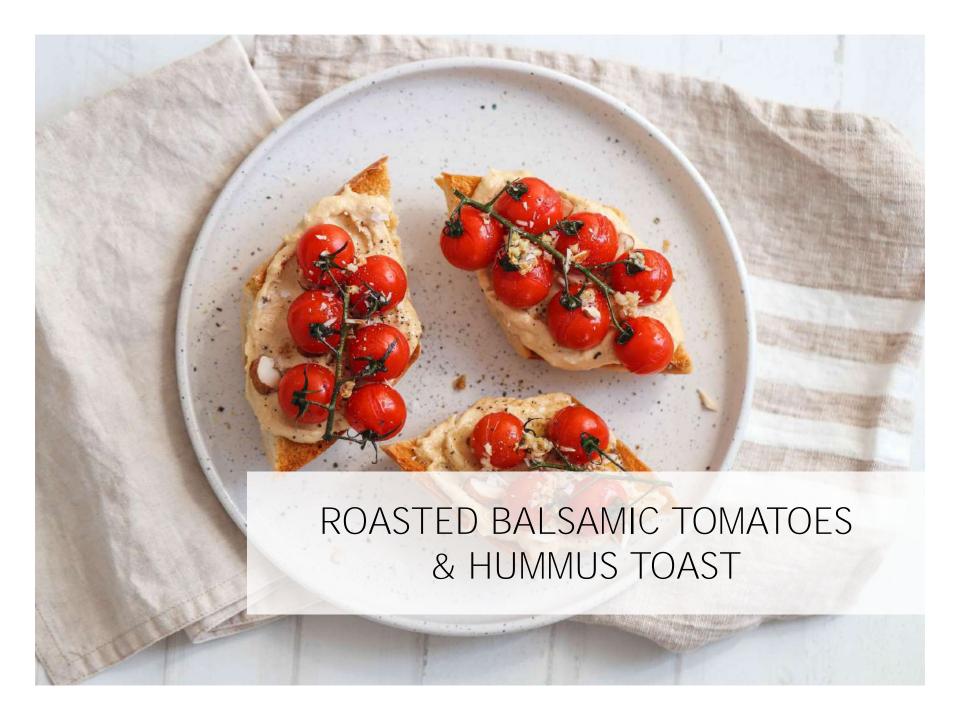
WHAT YOU NEED TO DO

Peel the avocado, cut it in half, remove the stone. Cut the pulp into pieces and then crush with a fork. Add garlic, season with salt and pepper, and mix.

In a deep plate, beat one egg with the milk and a pinch of salt. Divide the avocado paste on 2 slices of bread, cover with a second slice of bread, and press lightly.

Dip both sides of the bread in the beaten egg and fry on a pan with heated oil over medium heat until golden brown, about 2 mins each side. In a separate pan, fry the other 2 eggs.

Transfer the toasts onto plates, top with a fried egg and season with salt and pepper. Garnish with parsley and serve.



ROASTED BALSAMIC TOMATOES & HUMMUS TOAST



Serves: 2 Prep: 5 mins Cook: 20 mins



Nutrition per serving: 408 kcal 19g Fats 49g Carbs 12g Protein









WHAT YOU NEED

- 2 vines cherry tomatoes
- 2 garlic cloves, minced
- 2 tbsp. balsamic vinegar
- 2 tbsp. olive oil
- 4 tbsp. hummus
- 2 slices sourdough bread
- 2 tbsp. nuts or seeds (sunflower, pumpkin, almonds)

WHAT YOU NEED TO DO

Preheat the oven to 375F (170C).

Mix the garlic, balsamic vinegar, and olive oil in a small bowl. Place the vine tomatoes into an ovenproof dish and drizzle with the balsamic mixture. Season with salt and black pepper. Roast in the preheated oven for 20 minutes, or until soft.

Toast the bread and spread the hummus over it. Top with the roasted tomatoes and a spoonful of the balsamic mixture from the bottom of the baking dish.

Finally, sprinkle with your favorite nuts or seeds and season with black pepper.

You can use store-bought hummus or make your own, using the Classic Hummus recipe (page 12).



CLASSIC HUMMUS



Serves: 6 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 100 kcal 7g Fats 6g Carbs 3g Protein











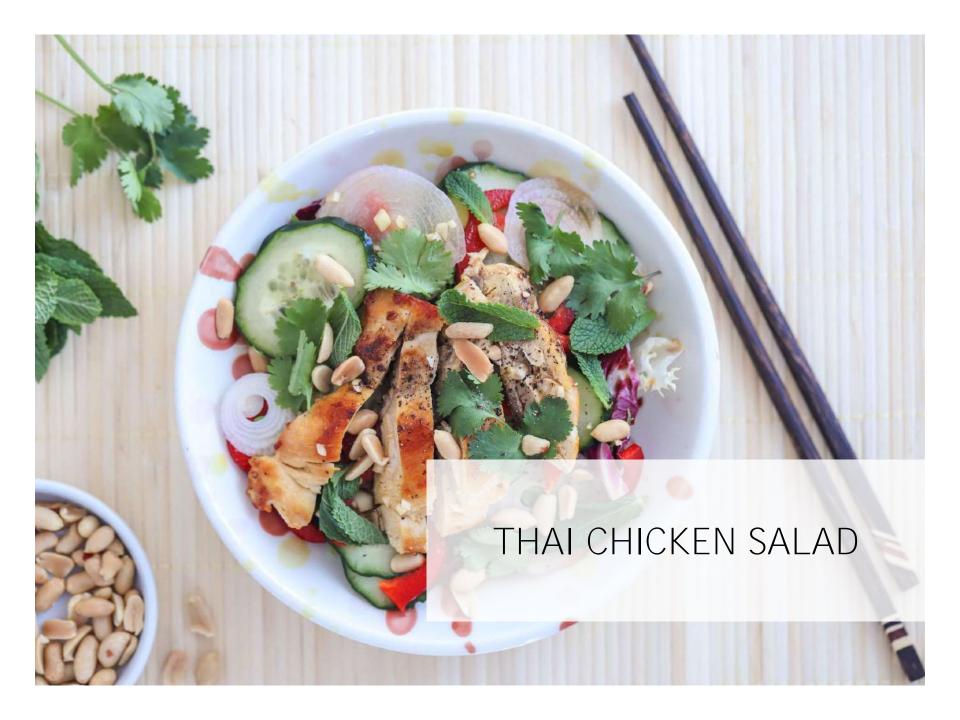
WHAT YOU NEED

- 14 oz. (400g) can chickpeas, drained
- 1 clove garlic
- 1 tbsp. tahini
- ½ tsp. cumin
- juice of ½ lemon
- 2 tbsp. olive oil

WHAT YOU NEED TO DO

Add all the ingredients into a food processor along with 1 tsp of salt and a pinch of black pepper. Blend until smooth, adding more olive oil if required to reach desired consistency.

Taste and adjust the seasoning as preferred. Transfer the hummus into a bowl/airtight container and serve chilled.



THAI CHICKEN SALAD



Serves: 2 Prep: 5 mins Cook: 10 mins



Nutrition per serving: 444 kcal 24g Fats 18g Carbs 25g Protein



WHAT YOU NEED

- 7 oz. (200g) chicken thighs, skinless
- 1 tbsp. coconut oil
- 2 limes, juiced
- 1 tbsp. fish sauce
- 1 tsp. coconut sugar
- 1 clove garlic, minced
- 1 tbsp. olive oil
- 2 handfuls salad leaves
- 1 medium cucumber, sliced
- 1 red onion, sliced
- 1 red pepper, sliced
- 1 handful fresh mint
- 1 handful fresh coriander
- ¼ cup peanuts, roasted

WHAT YOU NEED TO DO

Season the chicken with salt and pepper. Heat the coconut oil in frying pan over high heat and fry the chicken until brown and cooked through. Remove from the pan and let it rest on a plate.

Meanwhile, make the dressing by mixing the fish sauce, lime juice, sugar, garlic, and olive oil in a small bowl.

Then, mix the salad leaves and sliced vegetables in a large bowl and drizzle with the dressing.

Divide the salad between plates, cut the chicken into strips, and place it on top of the salad. Garnish with the mint and coriander leaves and sprinkle with roasted peanuts.



AVOCADO & TUNA LAYERED SALAD



Serves: 2 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 279 kcal 20g Fats 14g Carbs 15g Protein



WHAT YOU NEED

- 5 oz. (140g) canned tuna in brine, drained
- 1 tbsp. mayonnaise
- 1 tbsp. coriander, chopped
- 1 lime, juiced
- 1 avocado
- 1/2 cup

WHAT YOU NEED TO DO

In a bowl, mix tuna, mayonnaise, coriander and juice from half a lime. Season with salt and pepper to taste.

Chop the flesh of the avocado and place in a bowl. Drizzle it with the remaining half of a lime—season with salt and pepper.

On a plate layer, the salad with half of the avocado, then half of the tuna, and finish with a layer of Pico de Gallo. Use the other half of the salad for the second serving.



PICO DE GALLO



Serves: 4
Prep: 10 mins
Cook: 0 mins



Nutrition per serving: 22 kcal 0g Fats 5g Carbs 1g Protein











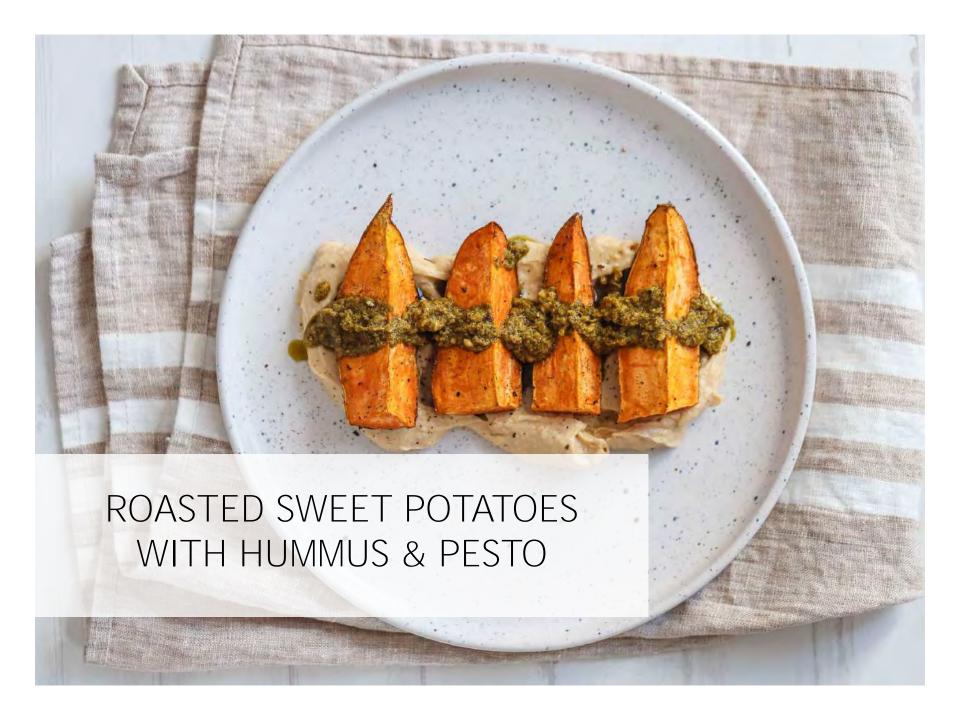
WHAT YOU NEED

- 3 medium tomatoes, diced
- ½ small white onion, diced
- ½ jalapeno pepper, deseeded, diced
- 1 clove garlic, minced
- ½ cup coriander, chopped
- 1 lime, juice only

WHAT YOU NEED TO DO

Mix the tomatoes, onion, jalapeno, garlic, and cilantro in a bowl.

Squeeze in the lime juice and season with salt. Mix gently until well combined.



ROASTED SWEET POTATOES WITH HUMMUS & PESTO



Serves: 4
Prep: 10 mins
Cook: 35 mins



Nutrition per serving: 334 kcal 20g Fats 34g Carbs 8g Protein

WHAT YOU NEED

- 1 lb. (450g) sweet potatoes
- 2 tsp. ground coriander
- 2 tsp. ground cumin
- 1 tsp. hot paprika or chili flakes
- 2 tbsp. olive oil
- 10 oz. (300g) hummus
- 2 tbsp. green pesto

WHAT YOU NEED TO DO

Prepare the hummus (you can use store-bought or follow THIS recipe for home-made).

Heat the oven to 375F (190C). Wash the potatoes and cut lengthwise into wedges—season with salt, pepper, and spices (coriander, cumin, paprika).

Then grease with olive oil and place in an ovenproof dish or on a baking tray. Bake for about 30 - 35 minutes (or until soft).

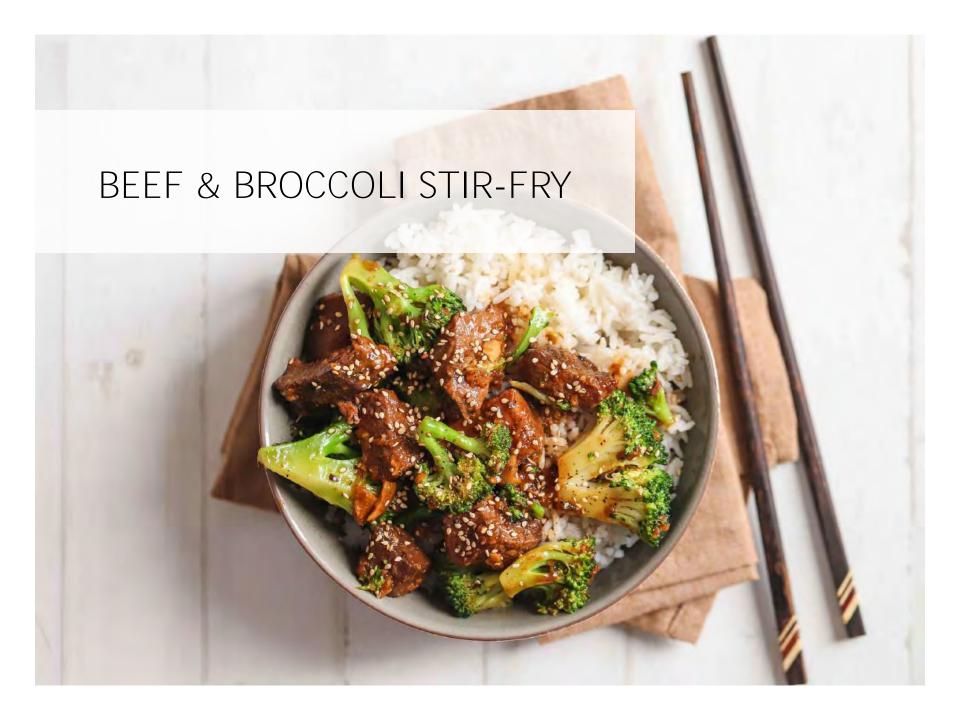
Serve the roasted potatoes on a bed of hummus (recipe can be found on page 12) and pesto.











BEEF & BROCCOLI STIR-FRY



Serves: 2 Prep: 10 mins Cook: 15 mins



Nutrition per serving: 626 kcal 29g Fats 62g Carbs 34g Protein







WHAT YOU NEED

- ½ cup (115g) rice, raw
- ½ broccoli head
- 7 oz. (200g) beef tenderloin
- 1 tbsp. coconut oil
- 2 tbsp. sesame seeds, to garnish

For the sauce:

- 3 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 2 tsp. coconut sugar
- 5 tbsp. soy sauce
- 2/3 cup (150ml) of water
- 2 tbsp. sesame oil
- 2 tsp. potato starch

WHAT YOU NEED TO DO

Cook the rice according to instructions on the packaging. Wash the broccoli and separate it into small florets.

Mix all the sauce ingredients in a bowl and set aside until required.

Heat ½ of the coconut oil in a wok or deep pan over medium heat. Stir-fry the broccoli with some salt, adding a few tablespoons of water now and then and cook in this way for about 7 minutes. Remove broccoli from the pan and set aside.

Cut the beef into thin strips or chucks. Heat the remaining oil over high heat and stir-fry the meat for about 3-4 mins.

Pour in the sauce and bring to a boil. Simmer for another 2-3 minutes, then add in the broccoli. Serve with the cooked rice, and garnished with sesame seeds.



ASIAN NOODLES WITH CHICKEN & VEG



Serves: 4 Prep: 10 mins Cook: 16 mins



Nutrition per serving: 312 kcal 13g Fats 33g Carbs 16g Protein









WHAT YOU NEED

- 5 oz. (150g) Asian noodles (e.g. chow mein)
- 1 cup (240ml) coconut milk
- 1 cup (240ml) chicken stock
- 4 tbsp. soy sauce
- 1/2 tsp. turmeric
- 1/3 tsp. hot paprika
- 1/3 tsp. sweet paprika
- 1 tbsp. lime juice
- 1 tsp. coconut sugar
- 1 tbsp. peanut butter
- 5 oz. (150g) chicken breast, chopped
- 1 medium zucchini, chopped
- 5 oz. (150g) mushrooms, chopped
- 2 handfuls spinach
- 1/3 cup (10g) basil leaves

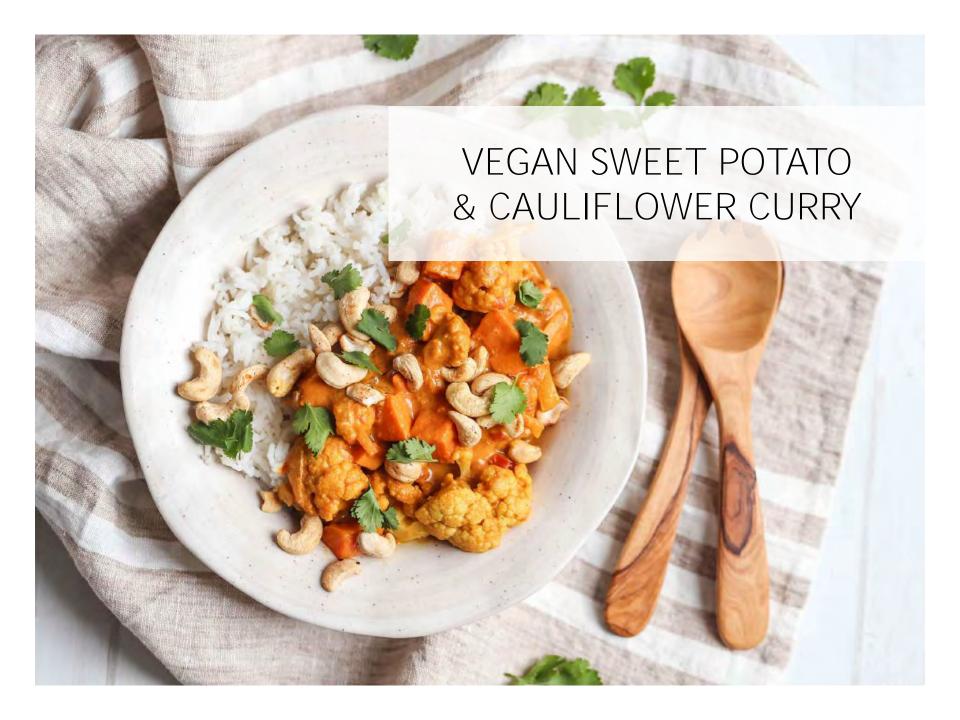
WHAT YOU NEED TO DO

Place noodles in a bowl and cover with boiling water, then let it stand for 5 minutes and drain (or cook according to the instructions on the package).

Pour the coconut milk into a wok or pan and bring to a boil. Then add the soy sauce, spices, lime juice, sugar, and peanut butter. Simmer for 5 minutes, stirring now and then.

Add the chopped chicken and cook for 5 minutes, then add the zucchini, continuing cooking for another 5 minutes.

Finally, add in the cooked noodles and spinach. Mix well and cook for another 1 minute until spinach has wilted. Garnish with basil, to serve.



VEGAN SWEET POTATO & CAULIFLOWER CURRY



Serves: 4 Prep: 10 mins Cook: 36 mins



Nutrition per serving: 361 kcal 21g Fats 39g Carbs 9g Protein









WHAT YOU NEED

- 1 medium onion, sliced
- 1 tbsp. coconut oil
- · 2 cloves garlic, crushed
- 1 tbsp. ginger, grated
- 2 tsp. ground cumin
- 1 tsp. hot paprika
- 2 tsp. turmeric
- 1 tsp. ground coriander
- 1 can chopped tomatoes
- 1 cup (240ml) water
- 1 lb. (450g) sweet potatoes, peeled, chopped
- 10 oz. (300g) cauliflower
- 1 cup (240ml) coconut milk
- ½ cup (70g) cashew nuts
- · coriander, to serve

WHAT YOU NEED TO DO

Peel the onion, cut it in half, then cut into thin half slices. Heat the oil in a pot, add the onions and cook, stirring for about 3-4 minutes.

Next, add in the garlic and ginger and stir-fry for 1 minute. Add in the spices, mix well, and fry together for another minute. Add the chopped tomatoes and water and bring to the boil.

In the meantime, add the peeled and cubed sweet potatoes and season with salt and pepper. Simmer for 30 mins uncovered.

Next, divide the cauliflower into small florets and add to the pot. Pour in the coconut milk, mix, cover, and cook for another 10 minutes. In the meantime, roast the cashew nuts in a dry frying pan.

Serve the curry, topped with cashew nuts and coriander, alongside a portion of rice.



SPANISH TOMBET



Serves: 4 Prep: 10 mins Cook: 60 mins



Nutrition per serving: 275 kcal 15g Fats 34g Carbs 2g Protein







WHAT YOU NEED

- 1 eggplant, sliced
- 1 lb. (450g) potatoes, peeled, sliced
- 1 onion, chopped
- 2 garlic cloves, chopped
- 1 14oz. (400g) can chopped tomatoes
- 1 red bell pepper, sliced
- 4 tbsp. olive oil

Spices:

- 2 bay leaves
- 1 tsp. oregano
- 1 tsp. thyme

WHAT YOU NEED TO DO

Cut the aubergine into slices and sprinkle with sea salt on both sides, then place on a paper towel and let it rest for about 20 minutes.

Peel the potatoes and cut into slices. In a large frying pan, heat 1 tbsp. of olive oil and fry the potatoes for 5-10 minutes until golden brown.

Layer the fried potatoes on the bottom of an ovenproof dish, and season with sea salt and pepper.

In the meantime, heat another tbsp. of oil in a pot and fry the onion, garlic, and spices, for about 3 minutes.

Add in the chopped tomatoes and bring to the boil. Cook uncovered for about 10 minutes in the meantime, occasionally stir until the sauce is reduced.

In the pan, heat another tbsp. of oil and fry the sliced pepper, for about 5 mins. Layer them on top of the potatoes.

Next, pat dry the aubergine heat the last tbsp. of olive oil and fry it for about 5 minutes on each side until golden brown. Arrange the aubergine on top of the peppers.

Remove the bay leaves from the tomato sauce and pour it over the layered vegetables.

Place in the oven and bake for around 30 mins in 375 F (190C).



PEANUT BUTTER & COCONUT ENERGY BALLS



Makes: 9 Prep: 10 mins Cook: 0 mins



Nutrition per serving: 135 kcal 9g Fats 13g Carbs 3g Protein



WHAT YOU NEED

- 1 cup (130g) pitted dates
- 3/4 cup (40g) ground almonds
- 1/2 cup (40g) desiccated coconut
- 2 tbsp. chia seeds
- 1 tbsp. coconut oil
- 1 tbsp. peanut butter

WHAT YOU NEED TO DO

Place all ingredients in a food processor or high-speed blender and blitz into a paste.

Form walnut-sized balls by pressing the paste together with your hands. Place in the fridge for a few hours so that they become more solid.



BANANA BREAD CHIA PUDDING



Serves: 1 Prep: 15 mins Cook: 0 mins



Nutrition per serving: 361 kcal 17g Fats 47g Carbs 10g Protein





WHAT YOU NEED

- 1 banana, halved
- 3 tbsp. chia seeds
- 1/2 tsp. ground cinnamon
- 3/4 cup (180ml) almond milk
- 2-3 walnuts, to garnish

WHAT YOU NEED TO DO

Mash half of the banana in a small bowl. Add in the chia seeds, cinnamon, and almond milk and mix to combine. Allow the chia seeds to rest for 10 - 15 minutes, or overnight.

When ready to eat, add half the chia pudding into your jar. Layer with slices of the remaining banana, then add the rest of the chia pudding and garnish with some chopped walnuts.

TIP:

If you like the pudding to have more sweetness add in a tablespoon of honey or your favourite sweetener. For an extra protein boost, add in a scoop of vanilla protein powder.



MANGO & TURMERIC SMOOTHIE



Serves: 1 Prep: 5 mins Cook: 0 mins



Nutrition per serving: 417 kcal 18g Fats 52g Carbs 18g Protein









WHAT YOU NEED

- 1 cup (240ml) almond milk
- ½ cup (125g) Greek yogurt (or plant-based)
- 1 cup (160g) frozen mango
- ½ avocado
- ½ banana
- 1 inch(2.5cm) fresh ginger, peeled
- 1 tsp. ground turmeric

WHAT YOU NEED TO DO

Add all ingredients to a blender and blend until smooth. Pour into a glass and serve.