



Volume 1.
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Recipe eBook

“Memories over Macros”

By Bryn Botha ←



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A LETTER TO YOU,

Hi friends!



I've created this E-book as a location to store all the recipes I've tried and tested regularly for the past few years. (creature of habit haha). These recipes have been accessed from many different sources and are referenced below each one! However, I am not a registered dietitian or nutritionist. These recipes are those that have worked for me. In addition, I also do not track calories <3

Balance is what brings consistency. While most days you may be fueling for your fitness goals, other days you may simply want to enjoy food that brings you joy and comfort, or you may want to break bread with your loved ones. All of these scenarios are equally important. The driving force behind this project was my own journey with food and how it's been quite a rollercoaster. So, if you need it, I hope this serves as a gentle reminder that you don't need to have the 'perfect' diet. You just need to meet yourself exactly where you are to show up for yourself.

The mindset shift that has helped me is that food should add to your life. Afterall it's the meals that nourish your body, and that in turn leaves you feeling good which ultimately will allow you to embrace gentleness and grace towards yourself. I hope you continue to pursue fun and joy in the process. Here's to the journey!

As a gift from my heart to yours.

With all my love,

Bryn

CACAO SMOOTHIE BOWL

Breakfast option



Ingredients:

- 2 frozen Bananas
- 1-2 scoops protein powder of choice
- 1 date
- Cinnamon
- 1/2 cup Almond Milk (milk of choice)
- 2 tsp spoons Almond Butter
- 1 tbsp Raw Cacao Powder
- Baked Cinnamon Granola
- Fresh Fruit to top
- Chia seeds to top (optional)

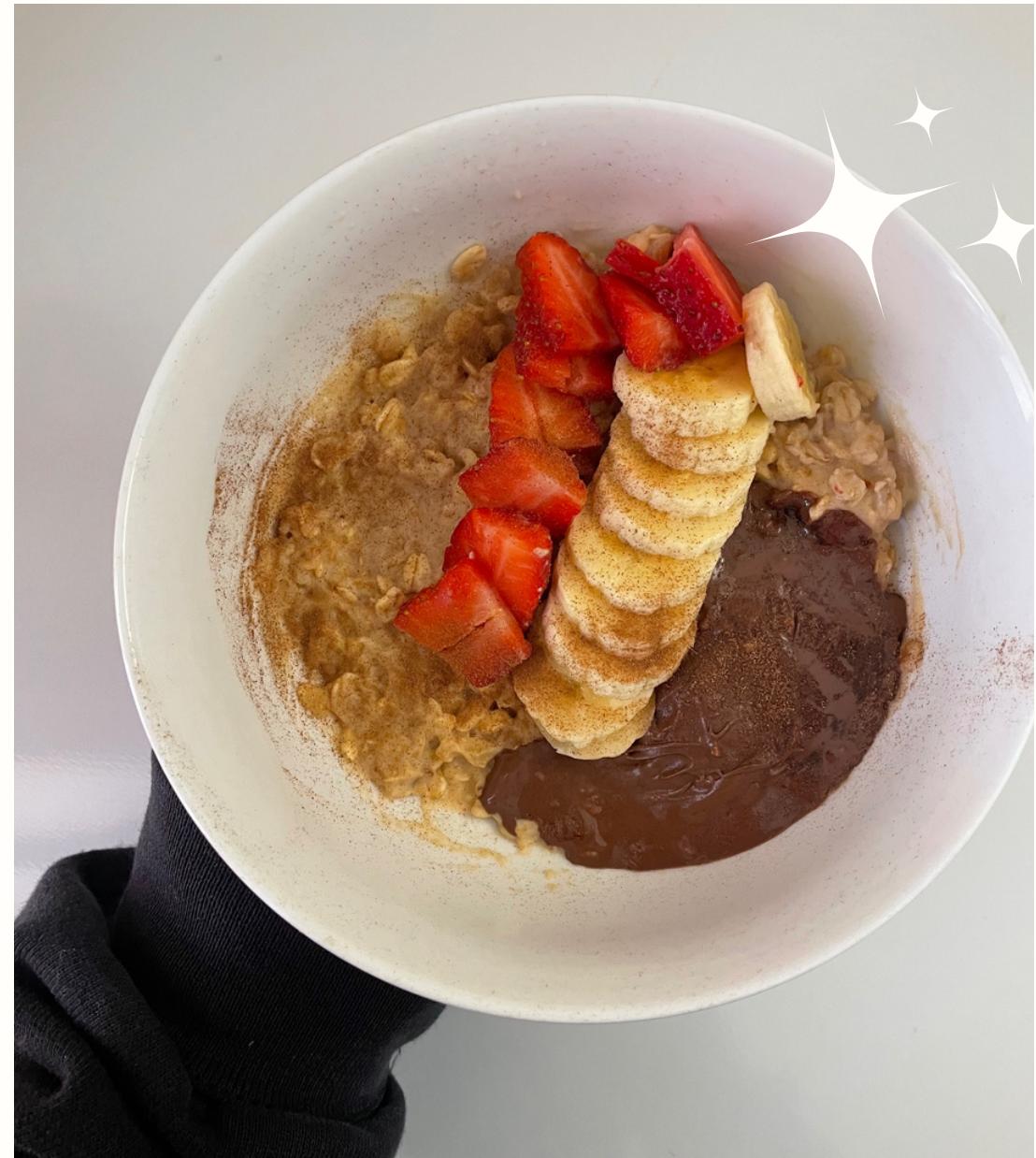
Method:

- 1) Add all ingredients to a blender and blend in intervals until desired texture.
- 2) Add banana, strawberries, granola and chia seeds as toppings.



OATS

Breakfast option / Pre-workout option



Ingredients:

- 1/2 Rolled Oats
- 1/2 Almond Milk
- 2 scoops protein powder, drop down to 1 scoop if adding protein spread
- 2 tsp Grenade chocolate protein spread
- Fresh fruit to top
- Cinnamon

Method:

1) Add oats and milk to a pot. Mix and bring to a cook.

2) Once oats are cooked to desired texture add to bowl.

3) Add protein powder and milk to a separate bowl creating a type of sauce. Mix together well.

4) Add 'sauce' to the oats and mix together well.

5) Add fresh fruit and cinnamon to top.



Recipe via @wellnesswithbryn



www.wellnesswithbryn.com

AVO ON TOAST

Breakfast option



Ingredients:

- 1-2 Fried eggs
- Bread of choice
- 1/2 Avo
- Tomatoes (optional)
- Sriracha to top or sauce of choice

Method:

- 1) In a heated pan, fry eggs to desired readiness.
- 2) Toast Bread.
- 3) Slice or mash Avo on toast. Season with salt, pepper and chilli flakes.
- 4) Add eggs onto Avo toast and top with sauce.



Recipe via @wellnesswithbryn



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PROTEIN PANCAKES

Breakfast option

Ingredients:

- 1/2 Cup Rolled Oats
- 1/2 Cup Almond Milk (Milk of choice)
- 1 Banana
- 1 cap Vanilla Essence.
- 1 scoop protein powder of choice.
- 1 table spoon Cacao Powder (optional)
- Egg whites from 1 Egg for extra protein (optional)



Method:

- 1) Add all ingredients to a blender and blend till smooth.
- 2) To a heated pan, place tablespoon sized batter.
- 3) let each side cook for 2 mins before flipping.
- 4) Top with fruit, Greek yoghurt, Grenade protein spread (toppings of choice)



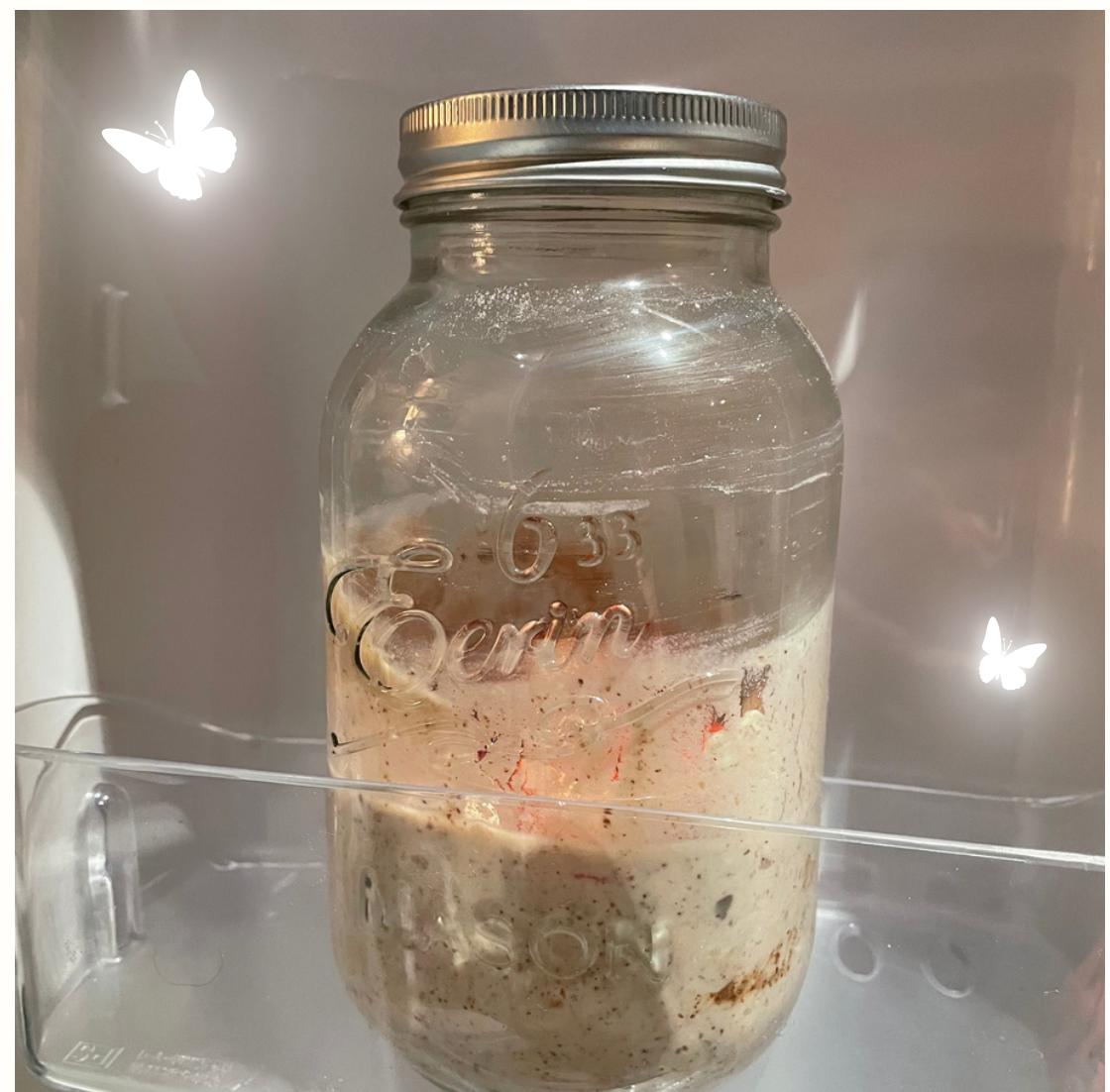
Recipe via @wellnesswithbryn



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OVERNIGHT OATS

Breakfast option/ Meal prep option



Ingredients:

- 1/2 cup Rolled Oats
- 1/2 cup Almond Milk
- 1 scoop of protein powder of choice
- 1 tbsp of Almond Butter
- 1 tbsp cocoa nibs/ chopped up dark chocolate
- 2 tbsp yogurt of choice
- Sprinkle of Cinnamon



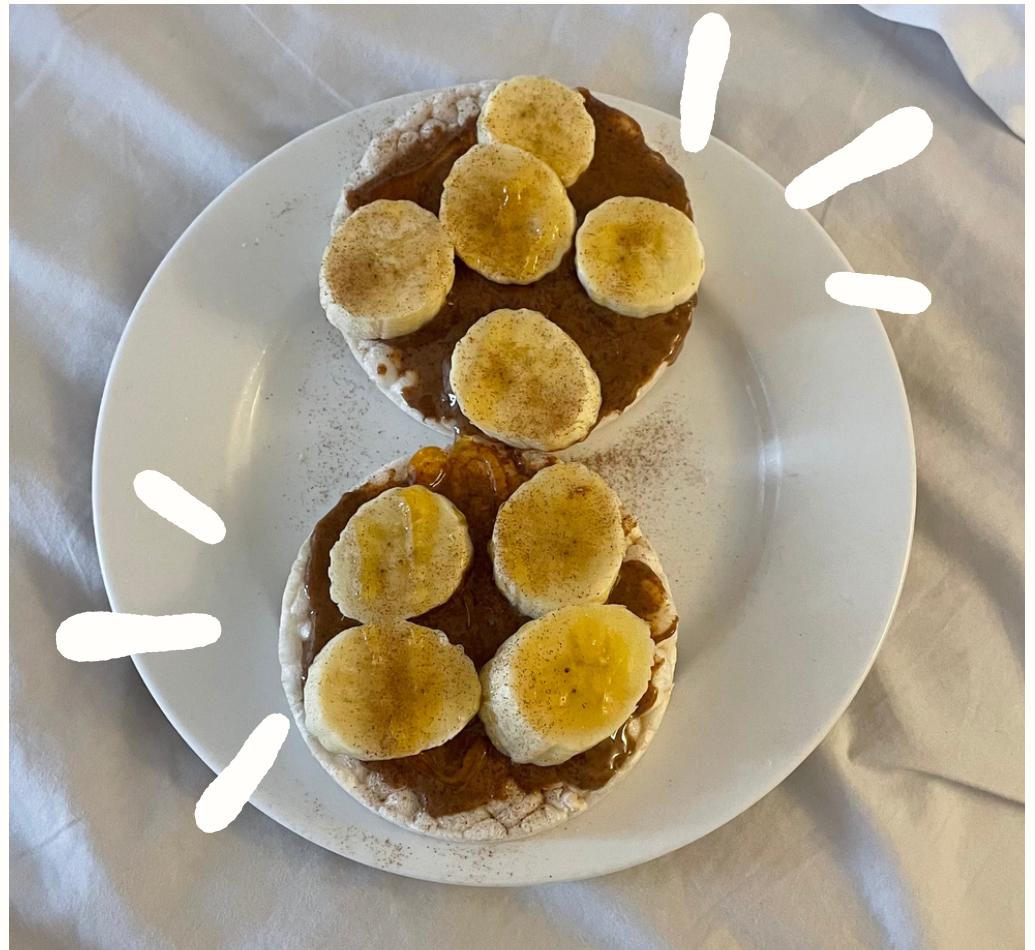
Method:

- 1) Add and mix all ingredients into a container that can be closed.
- 2) Refrigerate overnight.



ALMOND BUTTER BANANA RICE CAKES

Breakfast option / Pre-workout option



Ingredients:

- Rice Cakes
- Almond Butter
- Banana
- Cinnamon
- honey (optional)

Method:

- 1) Spread Almond Butter over the rice cakes.
- 2) Cut Banana into slices to top.
- 3) sprinkle with cinnamon and honey for taste.



SALMON/ TROUT BAGEL

Lunch/ Breakfast option

Ingredients:

- Salmon/ trout
- Cream cheese/ Can substitute cottage cheese for extra source of protein
- lemon juice (optional)
- Avocado
- Bagel



Method:

1) In a pan with Olive Oil add the Salmon/ trout. Can be seasoned with paprika, basil, garlic powder and pepper .

2) Fry until rashers are on the more crispier side.

3) Toast Bagel.

4) Spread cream cheese on Bagel and add the cooked trout.

5) Slice 1/2 Avo onto bagel.

6) Add rocket for taste.



Recipe via @wellnesswithbryn



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GO TO “POST WORKOUT” MEAL

Lunch option

Ingredients:

- 1 tin Tuna
- 2 boiled eggs
- one handful of butter lettuce
- Sliced Cucumber
- Tomatoes
- Mayo to top
- can be eaten with cracker bread (optional)
- Salt and Pepper to season



Method:

1) Boil eggs in a pot of boiling water for 8-12 minutes depending on preference.

2) Rinse and chop lettuce into salad bowl.

3) Chop cucumber and tomatoes and add to bowl.

4) Add can of Tuna to salad bowl

5) Cut eggs into 1/4 and add to bowl.

6) Add mayo or sauce of choice.

7) Can also be enjoyed on top of cracker bread.

8) Salt and pepper to taste.



KALE SALAD BOWL

Lunch option

Ingredients:

- Salmon
- Kale
- Feta
- Walnuts
- Strawberries
- Jasmine Rice
- Lemon Juice and Olive oil (for Kale)
- Balsamic Vinegar to top

Method:

- 1) Rinse your kale leaves under cold water before adding them to a pan, cover and cook on medium heat for 2 mins. Make sure leaves are still wet as this allows the leaves to steam. Drain or pat with roller towel. Massage olive oil and lemon juice into kale for taste.
- 2) Add Salmon to a heated pan with Olive oil. Add Garlic powder, pepper and paprika for taste. Cook until tender.
- 3) Cook rice in a separate pot.
- 4) Chop up Strawberries, Feta Cheese and Walnuts
- 5) Add All ingredients to a bowl and top with Balsamic Vinegar.



@leanadebb



Recipe via @leanadebb

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GREEK SALAD WITH PRAWNS



Ingredients:

- Prawns (can season with lemon, garlic, herbs, salt and pepper.)
- Lettuce
- Avo
- Cucumber
- Tomato (optional)
- Mayo to top or sauce of choice

Method:

1) Prawns to be de shelled (If necessary) and added to heated pan with Extra Virgin olive oil.

2) Cook until golden

3) Add to a chopped salad with sauce of choice.



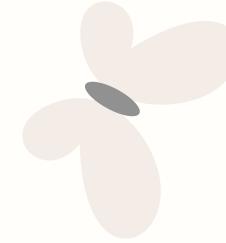
CHICKEN WRAP

Lunch/ Dinner option



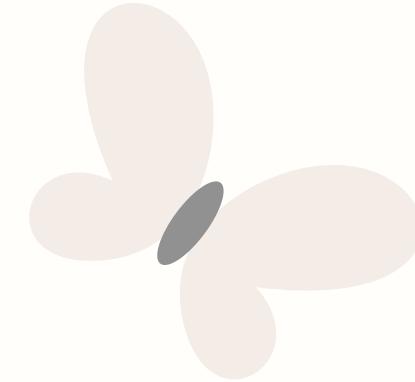
Ingredients:

- Wrap
- Crumb chicken breast
- Butter Lettuce
- Cucumber
- Avo
- Tamatoes (Optional)
- Sriracha to top or sauce of choice.



Method:

1) Prepare crumb chicken either in a pan or oven. Check packaging to see cooking instructions.



2) Warm wrap in a heated non-stick pan for 2 minutes.

3) Plate wrap, cut up chicken/chicken strips, sliced Avocado and Cucumber.



4) Top with Sriracha sauce (optional)



Recipe via @wellnesswithbryn



www.wellnesswithbryn.com

CHICKEN STIR FRY

Dinner option / Meal prep
option

Ingredients:

- 2 tsp Olive Oil
- 2 skinless chicken breast, cubed (cooked portions)
- 1 cup chopped veg (Broccoli, Carrots, peas, peppers)
- 1/2 tsp powder ginger cumin and coriander
- 1 cup egg noodles or zucchini noodles or whole-wheat pasta
- salt and pepper to taste
- sweet and sour sauce to taste. (Optional)



Method:

- 1) Prepare chicken by seasoning it with olive oil and spices (indicated in ingredients)
- 2) In a large pan with olive oil, cook chicken strips/cubes until brown.
- 3) Add veg to the pan with the chicken. Toss veg until soft.
- 4) Add pasta to the pan, stir them into the stir fry. After a few minutes remove pan from heat.
- 5) Add sauce to top.



Recipe via @kirbyhendrikse



info@kirbyhendricksrd.co.za

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CLASSIC CHICKEN

AND RICE

Dinner option / Meal prep option



Ingredients:

- 1/2 cup cooked rice
- Chicken breast
- Brocoli
- Sauce: 1/4 cup Chives, 1 cup Parsley, 1/2 cup Basil, 1/2 cup Mayo, 2 tbls Greek yogurt, Extra Virgin olive oil , 1 small clove garlic, roughly chopped, 1/4 tsp salt and 1/4 tsp pepper, Lemmon juice

Method:

- 1) Cook chicken in a heated pan with preferred seasoning.
- 2) In a separate pot, bring rice to a boil until ready. (Preferably 15-20 mins).
- 3) While rice is busy, steam broccoli in a separate pot with hot water for 5-8 minutes until broccoli reaches desired tenderness.
- 4) In a blender add Chives, Parsley, Basil, Mayo and Greek yoghurt. Blend until all ingredients are mixed together.
- 5) Plate chicken, broccoli and rice. Top with Green Goddess Dressing.



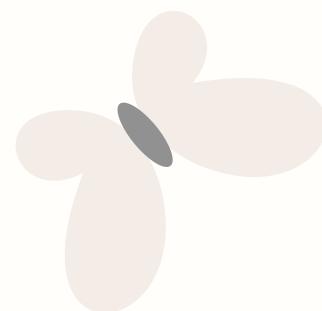
"FISH AND CHIPS"

Dinner option / Meal prep option



Ingredients:

- 1 fillet of Hake
- Garlic
- Salt
- Chilli flakes
- Baby potatoes (can be seasoned with veg and potato seasoning)
- Chopped salad
- 1/4 Avocado



Method:

- 1) Preheat oven to 200 degrees. Add 4 baby potatoes to a small dish and drizzle with oil and veg and potato seasoning and cook until crispy.
- 2) Add fish to a heated pan with olive oil, garlic, salt, and chili on top of fish. Cook until fish is golden.
- 3) Plate fish, potatoes and salad.



STEAK

Dinner option / Meal prep option



Ingredients:

- Steak
- Potatoes with olive oil, Rosemary, salt and pepper
- Chimchurri on top of steak (olive oil, red pepper flakes, lemon juice, dash of apple cider vinegar, handful of parsley, 4 garlic cloves minced, salt and pepper).

Method:

1) Steak grilled to your preference.

2) Cut potatoes into halves. Preheat oven to 180 degrees and let them cook for 30-40 minutes with rosemary and olive oil.



ALL THINGS MEAL PREP

Meal prepping is the concept of preparing whole meals ahead of schedule. It has been my holy grail when it comes to busy weeks. It has allowed me to stay on track with my meals and protein in-take while being on the go. If you have specific fitness goals this is a method that gives you more control over what you consume.

I usually meal prep on a Saturday or Sunday for the week ahead. Meals added in the “meal prep option” is usually what I prepare, place into containers and keep refrigerated.

How to meal prep?

- 1) Create a plan of what meals you'd like to prepare. As well as how many days you would like to spread those meals across. (E.g, 3-5)
- 2) Make a grocery list from selected meals.
- 3) Prepare meals and place into containers that can be refrigerated.

