



High Protein Recipe Collection

Boost your daily protein intake with these healthy and tasty high protein recipes.

ATHLETEOP FILES



Simple Chicken Curry With Saffron Rice

Serves 4

For the chicken:

8 skinless chicken thigh fillets
1 tbsp. oil
1 large onion, diced
1 tbsp. ginger, minced
5 cloves garlic, minced
 $\frac{1}{2}$ tsp. black pepper
3 large tomatoes, chopped
 $1 \frac{1}{2}$ tsp. turmeric

For the rice:

$\frac{1}{4}$ cup (60ml) boiling water
pinch saffron threads (roughly $\frac{1}{8}$ tsp.)
1 cup (225g) basmati rice
1 tsp. coconut oil
 $\frac{1}{2}$ tsp. onion powder
 $\frac{1}{4}$ tsp. salt
 $1 \frac{3}{4}$ cup vegetable stock

What you need to do

1. Season the thigh fillets with salt and pepper.
2. Heat the oil in the pan. Fry the thigh fillets on both sides until golden brown. Remove from the pan and set aside.
3. In the same pan, sauté the diced onion, garlic and ginger for 3-4 minutes, often stirring — season with pepper and turmeric. Then add chopped tomatoes, and $\frac{1}{4}$ cup of water, season with salt and bring to a boil.
4. Place the chicken thighs in the simmering sauce, then cover with the lid and cook for about 30-45 minutes or until the meat is tender.
5. In the meantime, cook the rice. Combine saffron threads and boiling water and allow to 'brew' for at least 5 minutes.
6. In a medium pot, combine saffron and the water with the rice and all other ingredients.
7. Cover and bring to a boil, then reduce heat and simmer for 15 minutes. Remove from heat, let it sit and covered for another 10 minutes before serving.
8. Serve 2 chicken thighs along with sauce and a serving of saffron rice.

Tip: Rice can also be prepared in a rice cooker, prep the saffron as above and then follow rice cooker instructions.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10-15 mins	30-45 mins	531	22	47	36

*Nutrition per serving





Chinese Pork Stir-Fry With Pineapple

Serves 4

14 oz. (400g) pork tenderloin
 1 tbsp. potato starch
 scant ½ cup (100g) white rice
 ⅔ cup (135ml) pineapple chunks, in juice (keep the juice)
 1 red bell pepper, sliced
 ½ onion, sliced
 2 garlic cloves
 ½ chili pepper
 1 inch fresh ginger, grated
 2 tbsp. coconut oil
 2 spring onions, chopped, to serve

For the sauce:

⅓ cup (180ml) pineapple juice from can
 5 tbsp. soy sauce
 3 tbsp. rice vinegar

What you need to do

1. Wash the meat, pat dry, and cut them into the thinnest slices possible. Season with salt and pepper, and coat with potato flour.
2. Cook the rice according to instructions. Drain the pineapple but keep some of the juices for the sauce. Cut the peppers into strips, and the spring onions julienned. Half the chili, remove the seeds, then finely chop. Peel and grate the ginger.
3. Prepare the sauce by mixing all sauce ingredients in a bowl.
4. In a wok or large pan, heat 1 tablespoon of coconut oil, and stir fry all the vegetables (pepper, onion, garlic, chili, ginger) over high heat for about 3 minutes. Add the drained pineapple and fry together for another 2 minutes, then transfer everything onto a plate.
5. Add a second spoon of oil to the pan and fry the tenderloin on high heat for about 3 minutes, stirring constantly.
6. Put the vegetables back into the pan and mix, then add the sauce. Cook over high heat for about 2 minutes until the sauce thickens. Mix occasionally.
7. Sprinkle with chopped spring onions and serve with rice.

GF	DF	MP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	10 mins	303	11	22	28

*Nutrition per serving





Slow Cooker Chicken Fajitas

Serves 8

2 lbs. (900g) chicken breasts
 4 bell peppers, sliced
 1 red onion, sliced
 2 tbsp. honey
 1 tbsp. olive oil
 1 lime, juice
 1 tbsp. chili powder
 1 tbsp. cumin
 1 tbsp. paprika
 1 tsp. salt
 1 tsp. onion powder
 1 tsp. garlic powder
 1 cup chopped tomatoes

What you need to do

1. Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasonings and chopped tomatoes.
2. Lastly, add the remaining peppers and onions and cook for 4 hours on high.
3. Remove the chicken and shred it with a fork, then return it in the slow-cooker. Mix well and cook for another 10 mins. on low.
4. Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info): tortillas, cream, guacamole, coriander

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	3-4 hrs	183	3	12	28

*Nutrition per serving





Jerk Chicken With Cauliflower Rice

Serves 4

For the marinade:

1 tsp. dried thyme leaves
 1 tsp. ground allspice
 2 tbsp. brown sugar
 ½ tsp. salt
 ½ tsp. pepper
 2 tsp. garlic powder
 ½ tsp. cinnamon
 ½ tsp. cayenne
 2 tbsp. olive oil
 2 tbsp. lime juice

For the chicken & rice:

1 lb. (450g) chicken breast
 14 oz. (400g) cauliflower rice
 2 tbsp. coconut oil
 1 onion, diced
 3 garlic cloves, minced
 1 cup (250ml) canned light coconut milk
 1 lime, zest and juice
 handful coriander, to garnish
 lime wedges, to serve

What you need to do

1. Combine all marinade ingredients in a bowl or container. Add chicken breasts and turn to coat in the marinade. Leave to marinate for 15 minutes or overnight.
2. Heat the 1 tablespoon of coconut oil in a pan over medium-high heat. Add in the onion and sauté for 3 minutes, until softened.
3. Next, add in the garlic and cauliflower rice, cook for 2 minutes and add in the coconut milk. Cook for about 10 minutes, or until the coconut milk is absorbed, then remove from heat and stir in the lime zest and juice. Season with salt and pepper to taste.
4. In the meantime, heat the remaining oil in another pan over medium heat and cook the chicken for 8-10 minutes until cooked through and browned. Once cooked, serve with the cauliflower rice.
5. Garnish the rice with chopped coriander and serve with lime wedges.

GF	DF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	397	24	15	33

*Nutrition per serving





Chicken Thighs With Hoisin Rice

Serves 8

2 tbsp. coconut oil
 8 skinless chicken thighs
 scant 1 cup (200g) jasmine rice
 4 spring onions, chopped
 4 cloves garlic, sliced
 ½ cup (200ml) white wine
 2 cups (500ml) chicken stock
 4 tbsp. dried cranberries
 salt and pepper for seasoning

For the sauce:

3 tbsp. soy sauce
 2 tbsp. of rice vinegar
 1 tbsp. of peanut butter
 1 tsp. of chili flakes
 1 tsp. of honey
 1 tsp. of sesame oil

What you need to do

1. Preheat the oven to 375°F (190°C).
2. In a large pan, heat the coconut oil.
3. Season the chicken thighs with salt and pepper and fry for 5 minutes each side until golden brown, then take off the heat and transfer onto a plate.
4. Pour out most of the fat from the pan, leaving about 1 tbsp. in the pan.
5. Add into the pan the peeled and sliced garlic and the spring onions. Sauté for 1 minute.
6. Add uncooked rice and fry again for about 1 minute. Pour in the wine and cook for a further 2 minutes until most of the liquid evaporates. Next, add all ingredients of hoisin sauce, hot stock, and cranberries, bring to a boil.
7. Transfer the rice into an oven safe dish and place the chicken thighs in the center. Bake in the preheated oven for 30 minutes.
8. Once cooked, divide between plates and serve, or store in the fridge for up to 2-3 days.

GF	DF	LC	MP	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	50 mins	336	15	16	29

*Nutrition per serving





Spicy Chicken Drumsticks With Tzatziki

Serves 4

8 chicken drumsticks
3.5 oz.(100g) chipotle marinade, store-bought
2 garlic cloves, crushed
2 handfuls mint leaves, chopped
1 cucumber
6 oz. (170g) natural yogurt, 0% fat

What you need to do

1. Cover the chicken drumsticks with the chipotle sauce and leave to marinate for at least 1 hour.
2. If you are using the BBQ, heat it up, or preheat the oven to 360°F (180°C).
3. In the meantime, crush the garlic and chop the mint leaves. Peel the cucumber, halve in length and remove the seeds with a teaspoon. Grate the cucumber pulp coarsely, then mix it with the yogurt, garlic, and mint. Season with salt and pepper.
4. Bake the chicken in the oven or on the BBQ for about 35 minutes until cooked throughout. Serve the chicken with the tzatziki dip.

GF	LC
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	45 mins	270	15	4	28

*Nutrition per serving



Chicken Madras

Serves 4

4 skinless, boneless chicken thighs
 juice of ½ lemon
 1 tsp. garam masala
 1 tbsp. coconut oil
 2-5 tbsp. madras curry paste, depending on taste
 14 oz. (400g) can chopped tomatoes
 2 oz. (50g) desiccated coconut
 fresh coriander, chopped

What you need to do

1. Cut the chicken into bite-size pieces, season with salt, mix with the lemon juice and garam masala.
2. Heat the oil in a frying pan or saucepan over a medium heat and cook the onion for 6-7 minutes until soft. Add in the chicken and fry for another 3-4 minutes.
3. Next, stir in the curry paste and cook for a further 2-3 minutes. Add the chopped tomatoes and coconut, then cover with a lid and simmer for about 20 minutes. Serve hot, scattered with coriander, with a side of white rice.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	30 mins	323	16	6	38

*Nutrition per serving



Chicken & Banana Curry

Serves 4

1 banana, chopped
 1 lb. (500g) chicken breast, chopped
 ¼ cup (30g) flaked almonds
 1 tbsp. sesame oil
 1 cup (250ml) reduced fat coconut milk
 2 tbsp. curry madras
 scant ½ cup (100ml) water
 2 cups (300g) mangetout

What you need to do

1. Heat the oil in a large frying pan and fry the chicken with curry madras 3 minutes on medium heat.
2. Add in the coconut milk and water and simmer on low heat for 5 minutes.
3. Meanwhile, cook the beans in salted water until al dente (about 4-5 minutes).
4. Add the chopped banana to the chicken curry and cook for 1 minute. Season with pepper and salt.
5. Serve the curry sprinkled with flaked almonds alongside a portion of brown rice and mangetout.

GF	DF	HP	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	309	14	11	35

*Nutrition per serving



Italian Style Chicken

Serves 4

14.1 oz. (400g) chicken breasts
 1 tbsp. coconut oil
 1 red onion, sliced
 1 cup (250g) eggplant, cubed
 1 can 14.5 oz. (400g) chopped tomatoes
 1 cup (100g) sun-dried tomatoes, drained, chopped
 ¼ cup (50g) olives, sliced
 2 handfuls basil, chopped
 salt & pepper

What you need to do

1. Cut the chicken breasts into bite size chunks. Heat the coconut oil in a pan and fry the chicken until browned and cooked throughout.
2. Add in the onion and eggplant and cook for another 2-3 minutes until onion is soft. Then add the chopped tomatoes and reduce the heat. Cover and simmer for 10 minutes.
3. Once eggplant is soft add the sun-dried tomatoes, olives and basil. Season with salt and pepper.
4. Serve garnished with fresh basil and rice or pasta.

GF	DF	LC
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	260	10	16	28

*Nutrition per serving





Broccoli & Chicken Stir Fry

Serves 4

1 broccoli head, around 14oz.
(400g)
1 large bok choy
2 yellow peppers
2 garlic cloves
2 tsp. minced fresh ginger
8 oz. egg noodles (230g)
4 skinless chicken thighs
1 lime
2 tbsp. coconut oil
 $\frac{1}{3}$ cup oyster sauce (80ml)
2 tbsp. water

What you need to do

1. Cut the broccoli into small roses and the bok choy into strips. Halve the peppers, remove the seeds and cut into strips. Chop the garlic finely, peel and grate the ginger. Cook the noodles for 5 minutes in salted water, and once cooked drain and set aside.
2. In the mean time, cut the chicken into strips and heat the oil in a wok. Stir fry the garlic, ginger and chicken strips for 2 minutes.
3. Add in the broccoli, paprika, oyster sauce, water and stir fry for 5 minutes. Add the bok choy and cook for another 1 minute. Add the noodles and heat for another 1 minute. Season with pepper.
4. Serve with lime wedges.

DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	544	19	57	38

*Nutrition per serving





Chicken In Creamy Mushroom Sauce

Serves 4

1 tbsp. coconut oil
 4 boneless skinless chicken thighs
 1 medium white onion, chopped
 3 garlic cloves, finely chopped
 3 ½ cups (250g) mushrooms, sliced
 1 tsp. dried oregano
 1 tsp. dried rosemary
 ½ cup (125ml) chicken stock
 ⅔ cup (200ml) canned coconut milk
 1 tbsp. fresh parsley, chopped

What you need to do

1. Heat the coconut oil in a large pan.
2. Season the chicken thighs with salt and pepper, then sear the chicken thighs until browned (about 5 minutes each side). Once browned transfer onto a plate and cover with tin foil.
3. To the same pan, add the onion and garlic and sauté for 5 minutes. Next add in the mushrooms and cook for another 3 minutes.
4. Add in the spices and season with salt and pepper to taste, return the chicken to the pan.
5. Pour in the chicken stock and mix well. Next add in the coconut milk, reduce the heat and leave to simmer for 15 minutes.
6. Taste for seasoning, sprinkle fresh parsley and serve.

GF DF LC

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	286	21	5	21

*Nutrition per serving



Spicy Chicken Pasta

Serves 4

2 1/4 cups (225g) penne
 14 oz. (400g) chicken breast, diced
 1 tbsp. coconut oil
 1 cup (250ml) single soy cream
 3 tsp. harissa paste (or more to taste)
 2 cups (450g) spinach, roughly chopped
 1 cup (200g) cherry tomatoes

What you need to do

1. Cook the penne according to instructions on the packaging. Once cooked, drain and set aside.
2. Chop the chicken into bite-sized pieces, season with salt and pepper. Heat the oil in a large pan over medium heat and cook the chicken until browned and cooked through (about 5-7 minutes).
3. Add in the cream and harissa paste into the pan and mix well with the chicken. Then add in the spinach in batches, cover with a lid and cook until wilted.
4. When adding the last batch of spinach also add in the tomatoes. Cook for another 2 minutes before adding in the cooked penne.
5. Stir well and heat for another 1-2 minutes. Serve hot with freshly ground black pepper.

DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	308	9	27	31

*Nutrition per serving





Argentinian Chicken Burger

Serves 4

1.3 lbs. (600g) chicken breast, chopped

2 tbsp. Argentinian grill spices

4 slices cheese

4 burger buns

1 jalapeno pepper, sliced, seeds removed

4-8 lettuce leaves

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Place the chopped chicken and spices in a food processor, season with salt & pepper and blitz until ground. Form 4 burgers with wet hands and place in the oven for around 12-15 minutes, turning halfway. Top the burger with a slice of cheese for the last 4-5 minutes of cooking.
3. Prepare the buns and once the chicken is ready to assemble the burger, including the lettuce leaves and jalapeno pepper.
4. The chicken burger can also be prepared on the grill or BBQ.

HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	521	14	45	54

*Nutrition per serving



Homemade Quinoa Chicken Nuggets

Serves 4

1 lb. (450g) chicken breasts, cut into chunks

1 cup (185g) cooked quinoa

1 egg, beaten

¼ cup (30g) cup Parmesan, grated

1 tbsp. dried herbs, of choice

What you need to do

1. Set oven to 350°F (180°C). Prepare a baking tray covered with baking paper and evenly spread out the cooked quinoa. Bake for around 20-25 minutes, checking often and stirring to avoid burning. Once quinoa is crispy, set aside to cool.
2. Increase the oven temperature to 390°F (200°C).
3. Whisk the egg in a bowl together with the Parmesan and herbs. Prepare a separate plate with the quinoa. Dip the chicken chunks first in the egg, then coat with the quinoa.
4. Place the chicken nuggets on a baking tray covered with baking paper and bake for about 15-20 minutes, until chicken is cooked through.

GF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	20 mins	224	6	10	33

*Nutrition per serving



Chicken Nuggets

Serves 4

1 lb. (500g) chicken breast
 2 cups (150g) corn flakes,
 crushed
 2 eggs
 1 tsp. curry powder
 2 tbsp. coconut oil

What you need to do

1. Cut the chicken breasts up into nugget-size chunks, season with salt and pepper.
2. Place the corn flakes in plastic bag and crush the flakes into small pieces, then transfer onto a big flat plate. Whisk the eggs up in a bowl with the curry powder.
3. Dip each chicken piece into the egg mixture, then roll in the corn flakes.
4. Heat the oil in a large pan, and fry the chicken for 2-3 minutes each side. Once cooked through and browned, let them drain on paper napkins before serving.
5. Store in the fridge for up to 4 days.

DF	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	328	6	32	36

*Nutrition per serving





Thai Meatloaf

Serves 8

3 spring onions, chopped
 4 slices white bread
 ¼ cup (60ml) plant or dairy milk
 1 egg
 3 tbsp. red curry paste
 ½ tsp. of salt
 2 lbs. (900g) minced chicken
 2 tbsp. ginger, grated
 1 tbsp. peanut oil

What you need to do

1. Preheat the oven to 360°F (180°C). Line a loaf tin with baking paper.
2. Slice the spring onion into thin rings. Cut the crusts off the bread and soak it in the milk. Once bread is softened squeeze out the excess milk and mix together with the spring onion, egg, curry paste, salt and minced chicken.
3. Transfer the meat mixture into the cake tin and bake in the oven about 40 minutes until cooked through and browned.
4. Serve straight away with vegetables and rice noodles or store in the fridge for up to 4 days. Reheat on a pan or in the oven.

LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	40 mins	199	4	11	30

*Nutrition per serving





Mexican Wraps With Grilled Chicken & Avocado

Serves 2

7 oz. (200g) chicken breast
 1 tbsp. olive oil
 1 tsp. Mexican taco seasoning
 ½ avocado
 ½ cup (125g) corn
 ½ cup (90g) black beans
 ½ lime, zest and juice
 ¼ cup (85g) Greek yogurt (0% fat)
 100g iceberg lettuce
 2 whole wheat tortilla wraps
 few drops Tabasco (optional)

What you need to do

1. Rub the chicken breasts with the oil and the Mexican mix. Season with salt if necessary.
2. Heat the pan and cook the chicken for about 8 minutes, until golden brown and cooked throughout.
3. In the meantime, cut the avocado in half, remove the pit, scoop out the flesh and chop it. Rinse and drain the corn and beans. Mix the yogurt with the lime zest and juice, then season with pepper and salt.
4. Cut the cooked chicken into strips. Divide the lettuce, avocado, corn, beans, chicken strips, yogurt and Tabasco over the wraps. Fold the outside of the tortillas inwards and roll up. Halve the wraps and serve.

HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	540	20	38	36

*Nutrition per serving





Gluten-Free Turkey Casserole

Serves 6

8 oz. (230g) gluten-free or quinoa pasta
 1 tbsp. coconut oil
 1 medium onion, chopped
 2 garlic cloves, chopped
 2 lbs. (900g) ground lean turkey
 1 medium zucchini, chopped
 1 pepper, chopped
 1 can chopped tomatoes
 1 cup (240ml) chicken stock
 3 tbsp. tomato paste
 2 tbsp. coconut cream or dairy free alternative
 $\frac{3}{4}$ cup (75g) dairy free cheese or mozzarella

What you need to do

1. Heat the oven to 375°F (190°C). Cook the pasta al dente according to instructions on packaging.
2. Heat the oil in a large frying pan and cook the onion and garlic until translucent. Add in the turkey and stir well while cooking for a few minutes.
3. Next, add in the chopped zucchini and pepper, tomatoes and chicken stock and bring to boil. Now, add in the cooked pasta and cream. Mix well and take off the heat.
4. Transfer everything into an oven safe dish and top with mozzarella. Bake in the oven for about 20 minutes until golden brown.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	386	7	38	43

*Nutrition per serving





Turkey & Quinoa With Sweet Tomato Sauce

Serves 4

6 tomatoes
1 sweet apple
1 onion
1 clove garlic
1 chicken bullion cube
1 tsp. curry paste or powder
2 eggs, boiled
14 oz. (400g) turkey breast
1 tbsp. coconut oil
4 cups (740g) quinoa, cooked
1 avocado

What you need to do

1. Bring a large pan of water to boil. Cut the tomatoes crosswise and prick them on a fork one by one, then dip in the boiling water for 20 seconds. Remove the skin, chop and place in a pot.
2. Peel, core and chop the apple, chop the onion and slice the garlic. Add the apple, onion, garlic, bouillon cube and curry powder in with the tomatoes and bring to a boil. Simmer for 15 minutes. Season with salt and pepper.
3. Meanwhile, cook the quinoa according to the instructions on the packaging.
4. Heat the oil in a pan and cook the turkey until browned. In the meantime, cook the quinoa.
5. Remove the avocado flesh and cut into cubes, peel the eggs and chop them in quarters. Puree the apple-tomato sauce with a hand blender until smooth.
6. Divide the quinoa and turkey on the plates. Spoon over the sauce and serve avocado and boiled eggs.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	510	16	58	36

*Nutrition per serving



Turkey & Broccoli Stir Fry

Serves 2

3.5 oz. (100g) black rice
noodles

7 oz. (200g) turkey fillet,
chopped

1 broccoli, diced into florets

1 tbsp. olive oil

4 tbsp. soy or tamari sauce

2 tsp. sesame oil

1 tbsp. rice vinegar

1 tbsp. grated ginger

2 tbsp. spring onion, chopped

handful coriander, to serve

What you need to do

1. Cook the noodles according to the instructions on the packaging. Strain and rinse with cold water, then set aside.
2. In a wok or deep pan, heat the olive oil and fry the turkey for about 3-4 minutes. Add in the broccoli florets and fry for another 1-2 minutes. Next, pour half a cup of water and 3 tbsp. of soy sauce, then cook until all the water evaporates and the broccoli is tender (about 10 minutes).
3. In the mean time, mix together the remaining soy sauce, sesame oil, vinegar, grated ginger, and mix well.
4. Once turkey and broccoli are ready, add in the cooked noodles and heat it for a 2-3 minutes. Take off the heat, pour in the sauce and gently mix.
5. Serve with chopped spring onions and coriander leaves.

GF	DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10mins	20 mins	494	16	56	42

*Nutrition per serving



One Pot Turkey Chili With Rice

Serves 4

10 oz. (300g) minced turkey fillet
 ½ cup (115g) rice
 1 medium onion, finely chopped
 2 cloves garlic, minced
 1 tbsp. oil
 ½ can chopped tomatoes
 1 red bell pepper, chopped
 1 cup (240ml) vegetable broth
 ¼ cup (60g) red kidney beans, drained
 ¼ cup (85g) sweet corn, drained
 ¼ cup (30g) grated cheese (optional)

What you need to do

1. Heat the oil in a large pan and sauté the onion and garlic for 3-4 minutes. Next, add the meat and fry for about 5-6 minutes until cooked throughout.
2. Add spices, mix, then add the uncooked rice and mix again. Next, add the chopped peppers, beans, corn, canned tomatoes and broth. Mix and bring to a boil. Simmer covered on low heat for about 17-20 minutes.
3. Add grated cheese, cover and heat for another 2 minutes until the cheese melts, then

Spices:

1 tsp. dried oregano
 1 tsp. cumin
 1 tsp. sweet pepper
 ½ tsp. hot pepper
 ½ tsp. salt
 ¼ tsp. ground pepper

GF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	295	9	21	31

*Nutrition per serving





Low-Carb Shepherd's Pie

Serves 4

1 large cauliflower (2 lbs./900g)
 2 garlic cloves
 2 tbsp. butter
 1 lb. (500g) ground lamb
 1 cup (150g) mixed frozen vegetables
 3 tbsp. tomato puree
 splash Worcestershire sauce
 1 ½ cup (350ml) beef stock
 1 tbsp. smoked paprika
 ½ tbsp. thyme
 1 tsp. cinnamon

What you need to do

1. Heat oven to 400°F (200°C).
2. Prepare the cauliflower puree by steaming or boiling the cauliflower along with the garlic. Once soft puree both garlic and cauliflower with a hand blender and mix in the butter. Season to taste with salt and pepper.
3. In the mean time, heat a large, dry non-stick pan and fry the lamb for about 5 minutes until browned, then get rid of excess fat. Add in the frozen vegetables, tomato puree, Worcestershire sauce and fry for another 5 minutes.
4. Pour in the beef stock and add in the seasoning, bring to a simmer and cook for about 10 minutes.
5. Place the mixture to 4 mini baking tins or 1 medium baking tin. Top with the cauliflower puree and bake in the oven for 20 minutes.

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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	431	32	13	26

*Nutrition per serving



Quick & Easy Meatballs

Serves 4

1 lb. (500g) lean ground beef
 1 small onion, finely diced
 2 garlic cloves, minced
 1 red pepper, diced
 1 egg
 ½ cup (30g) buckwheat flour
 ¼ cup coriander, chopped
 1 tsp. oregano
 12 slices streaky bacon

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Place all the ingredients apart from the bacon in a bowl, season with salt and pepper and mix well using your hands. Once everything is well combined, form 12 meatballs the size of a golf ball (use a ¼ cup for measuring).
3. Wrap each meatball in a slice of bacon and place on a baking sheet. Bake for 20 minutes. For the last 4-5 minutes, set the oven to grill/broil for the meatballs to have a crispy outside layer.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	20 mins	309	14	9	36

*Nutrition per serving





Meaty Ratatouille

Serves 6

1 lb. (500g) lean ground beef
 2 red onions, chopped into wedges
 4 garlic cloves, sliced
 1 eggplant, chopped
 1 zucchini, chopped
 3 bell peppers, chopped
 5 tomatoes, chopped
 bunch of basil, stalk and leaves separated, chopped
 1 tbsp. olive oil
 dried thyme, to taste
 14 oz. (400g) tin chopped tomatoes
 2 tbsp. tomato paste
 1 tbsp. balsamic vinegar
 ½ lemon, zest

What you need to do

1. Heat a dry non-stick pan over high heat and cook the beef until browned. Transfer to a dish and set aside.
2. Heat half the oil in a large saucepan over medium heat, add the eggplant, zucchini and peppers. Cook for 5 minutes, then also transfer into a dish and set aside.
3. Add the remaining oil to the pan, and cook the onion, garlic, basil stalks and thyme for about 10 minutes.
4. Next, add in the cooked veg and beef alongside the chopped tomatoes, tomato paste, and vinegar. Season with salt and pepper and mix well. Simmer the veg covered, over low heat for 35 minutes.
5. Lastly, add in the basil leaves, lemon zest and season with salt and pepper to taste. Mix well and serve.

GF	DF	LC
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	1 hr	219	7	19	21

*Nutrition per serving



49 ATHLETEOP FILES





Healthy Chili Con Carne

Serves 4

1 tsp. coconut oil
 1 onion, chopped
 2 garlic cloves, crushed
 2 chili's, deseeded and chopped
 1 tsp. ground cumin
 1 tsp. ground coriander
 1 tsp. paprika
 pinch cayenne pepper
 14 oz. (400g) tin chopped tomatoes
 1 tbsp. tomato puree
 1 cup (240ml) beef stock
 1 lb. (500g) lean beef mince
 (5% fat)
 7 oz. (200g) canned peas,
 drained
 chopped parsley, to serve

What you need to do

1. Heat the coconut oil in a frying pan and cook the onions gently over a low heat for 6-8 minutes, until softened and golden. Add the mince and fry for 5-6 minutes.
2. Next, add the garlic, chilies and all the spices and continue frying, for another 2-3 minutes, stirring occasionally. Add the tomatoes, tomato purée and stock and bring to the boil. Reduce the heat and simmer gently for 15 minutes.
3. Season with salt and pepper and add the peas. Heat through for about 5 minutes and serve scattered with parsley with a side of rice or a jacket potato.

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	30 mins	245	7	12	31

*Nutrition per serving





Albondigas In Tomato Sauce

Serves 4

1 tbsp. coconut oil
 1 onion, finely chopped
 2 garlic cloves, crushed
 14 oz. (400g) lean beef mince
 7 oz. (200g) lean pork mince
 1 egg
 3 tbsp. parsley, finely chopped
 1 chili pepper, finely chopped
 1 tbsp. buckwheat flour
 1 cup (240ml) beef stock
 1 can chopped tomatoes
 1 ½ cup (200g) green peas, frozen

What you need to do

1. Finely chop the onion and crush the garlic. Place in a large bowl with the meats, egg, parsley and chili. Season generously with salt and pepper, then combine everything using your hands.
2. Form 16 meatballs with your hands about the size of a walnut.
3. Heat the oil in a pan on low heat and cook the meatballs for about 10 minutes, until browned all over, turn them regularly. Once cooked, transfer onto a plate and cover with tin foil.
4. To the same pan, with the oil and juices, add the flour and stir well on low heat. Slowly add the beef stock, stirring constantly until well combined.
5. Next, add in the chopped tomatoes and green peas, mix well, then return the meatballs to the pan.
6. Simmer everything for 10 minutes and serve with rice or bread (not included in macro info).

GF	DF	LC	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	25 mins	333	28	16	38

*Nutrition per serving





Pepper Steak

Serves 4

12 oz. (340g) round beef, trimmed
 4 tsp. plus 3 tbsp. soy sauce
 1 tbsp. rice wine
 3 tsp. buckwheat flour
 2 tsp. coconut oil
 1 large onion, sliced into strips
 1 red bell pepper, sliced into strips
 ½ tsp. black pepper
 crushed red pepper flakes, to taste

What you need to do

1. Slice the beef into thin slices. Place in a bowl and add 4 tsp. of soy sauce, 1 tablespoon of rice wine, 1 teaspoon of buckwheat flour and season with freshly ground black pepper.
2. In a small bowl, mix 3 tablespoons of soy sauce, 1 tablespoon of water and 2 teaspoons of buckwheat flour, then set aside.
3. Heat 1 teaspoon of oil in a pan on high heat. Add the beef and cook for around 20 seconds letting the beef brown. Next, stir the meat, cooking another 2 minutes and transfer onto a plate.
4. Add the remaining 1 teaspoon of oil to the pan, add the peppers and onions and cook about 4-5 minutes. Place the beef back into the pan, add the prepared sauce and red pepper flakes (optional). Stir fry for about 30-60 seconds on medium heat until slightly thickened.
5. Serve with rice (not included in nutrition info per serving).
6. Store in the fridge for up to 4 days.

GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	10 mins	187	6	12	22

*Nutrition per serving





Beef & Black Bean Tacos

Serves 4

3 tsp. Mexican seasoning
 2 tbsp. olive oil
 14 oz. (400g) lean beef steak
 2 red pointed peppers, cut into rings
 2 cups (400g) can black beans, rinsed and drained
 12 taco shells
 1 avocado
 1 ½ cup (100g) iceberg lettuce, chopped
 scant ½ cup (115g) Greek yoghurt, 0% fat
 1 lime

What you need to do

1. Preheat the oven to 360°F (180°C).
2. Mix 2 teaspoons of the spices with 1 tablespoon of oil and rub the steaks with it.
3. Heat a dry frying pan and fry the steaks for about 4 minutes (or adjust time to cook to your liking), turning halfway. Place the steaks on a plate, cover with foil and leave to rest for 10 minutes.
4. In the mean time, heat the remaining oil in a frying pan and cook the peppers with the rest of the spices for 5 minutes on medium heat. Add the beans and heat for another 1 minute. Season with salt and pepper to taste.
5. Heat the taco shells in the oven according to the instructions on the package.
6. Meanwhile, cut the avocado in half, remove the stone and scoop out the flesh with a spoon, then cut it into strips.
7. Cut the cooked steaks into thin strips. Fill the tacos with the lettuce, steak strips, peppers, avocado and top with Greek yogurt and a squeeze of lime.

GF



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	524	31	27	27

*Nutrition per serving



Grilled Pork Satay

Serves 4

3 cloves of garlic

1 red onion

1 lb. (500g) pork chops

5 tbsp. ketjap manis

1 tbsp. olive oil

1 tbsp. sambal manis

1 tsp. ground coriander

1 tbsp. ground ginger

8 tbsp. ready-to-use satay sauce

What you need to do

1. Slice the garlic and onion very finely. Cut the pork loin from the bone into quarter inch (1 cm) pieces.
2. Mix the garlic and onion in a bowl with the ketjap manis, olive oil, sambal, coriander, and ginger. Mix with the pork and allow to marinate for at least 30 minutes. In the meantime, soak wooden skewers in water.
3. If you use the BBQ, heat it up, if not, prepare a grill pan. Thread the meat on the skewers.
4. Grill the skewers for 10 minutes until cooked throughout, turn halfway. In the mean time, prepare the satay sauce according to the instructions on the packaging. Serve the pork skewers with the satay sauce.

GF	DF	LC	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
25 mins	15 mins	447	33	12	25

*Nutrition per serving





Pork In Satay Sauce With Asian Noodles

Serves 4

1 lb. (500g) diced pork
 2 tbsp. sesame oil
 14 oz. (400g) Chinese stir fry vegetable mix, frozen
 8 oz. (225g) rice noodles
 2 tbsp. crunchy peanut butter
 ½ tbsp. honey
 1 tbsp. tamari
 1 tbsp. lime juice
 ½ cup (120ml) water

What you need to do

1. Cook the noodles according to instructions on packaging.
2. Heat half of the oil in a wok and fry the Chinese vegetables for 8 minutes. Meanwhile, season the pork with salt and pepper.
3. Heat the remaining oil in a frying pan and fry the meat over medium heat for 8 minutes until golden brown.
4. Mean while, mix the peanut butter, honey, tamari sauce and lime juice with water in a saucepan and bring to a boil. Turn the heat to low and cook for 4 minutes. Add the sauce to the meat and toss.
5. Add the cooked noodles to the vegetables and toss well. Serve the noodles topped with the satay sauce and a wedge of lime.

GF	DF	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	25 mins	509	15	55	37

*Nutrition per serving





Sweet & Sour Pork Stir-Fry

Serves 4

⅔ cup (200g) basmati rice
 10 oz. (300g) pork loin
 2 garlic cloves
 4 spring onions
 1 tbsp. coconut oil
 3 tbsp. ginger syrup
 1 lime, juiced
 1 ⅓ cup (200g) sugar snaps
 1 ¼ cup (250g) cherry tomatoes
 1 ¼ cup (250g) pineapple,
 canned or fresh

What you need to do

1. Cook the rice according to the instructions on the packaging.
2. In the meantime, cut the pork into slices. Finely chop the garlic and slice the spring onions diagonally.
3. Heat the oil in a wok on high heat, add the pork tenderloin, garlic, ginger syrup, lime juice and season with salt. Stir fry for 2 minutes, then lower the heat and add in the sugar snaps. Stir fry for another 4 minutes on low heat.
4. Next, add in tomatoes and pineapple and stir fry for another 4 minutes, then take off the heat. Toss in the spring onions and mix.
5. Once rice is cooked divide everything onto 4 plates and serve.

Note: This dish is also very tasty with chicken breast or chicken thighs.

GF	DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	446	16	52	22

*Nutrition per serving





Pumpkin Mac N' Cheese

Serves 8

5 ½ cups (800g) pumpkin cubes
 1 tsp. olive oil
 3 ¾ cups (340g) macaroni pasta
 10 oz. (300g) smoked bacon medallions, chopped (optional, omit for vegetarian option)
 1 tbsp. coconut oil
 1 small onion, diced
 2 tbsp. all purpose or gluten-free flour
 1 ½ cups (375ml) fat free milk
 ⅔ cup (150ml) vegetable stock
 ¼ tsp. nutmeg
 2 cups (200g) kale
 1 ¾ cups (140g) grated Cheddar
 1 ½ cups (115g) grated Gouda
 2 tbsp. grated parmesan

What you need to do

1. Preheat the oven to 400°F (200°C). Line a large baking tray with foil, and coat lightly with olive oil.
2. Roast the pumpkin cubes for around 30-35 minutes until soft. When cooled down slightly, puree until smooth with a hand blender.
3. Add up to 3 tablespoons of water if needed to achieve a puree.
4. In the mean time, cook the pasta according to instructions on packaging in salted water. Drain, and set aside.
5. If using bacon, heat a large dry pan over high heat and cook it until browned, about 4-5 minutes, then also set aside.
6. Using the same pan, heat the coconut oil over medium heat. Add the onion and cook for about 2 minutes, next add the flour and cook another minute, or until well combined. Add in milk and stock and mix well. Bring to a boil and cook for about 4-5 minutes until it thickens slightly. Season with salt and pepper, and nutmeg.
7. Once it begins to thicken, stir in the pumpkin puree and add in the kale. Cook until pumpkin is heated through and kale has wilted. Remove from the heat, add cheeses and mix well until melted.
8. Lastly, add the cooked macaroni and bacon and mix well. Serve seasoned with freshly ground pepper.

MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	40 mins	341	21	31	21

*Nutrition per serving



Italian Shrimp & Pesto Pasta

Serves 2

5 oz. (140g) buckwheat fusilli
 10 cherry tomatoes, halved
 ½ red pepper, cut into strips
 1 tbsp. olive oil
 5 oz. (150g) shrimps
 1 clove garlic, crushed
 Italian herbs
 1 tbsp. pesto
 ¼ cup (15g) sun-dried tomatoes, drained
 4 handfuls rocket

What you need to do

1. Cook the fusilli according to instructions on packaging.
2. Heat the grill to high. Place the tomatoes and pepper in a baking dish and cover with olive oil. Roast for about 8-10 minutes.
3. Season the shrimps with salt and pepper, Italian herb and crushed garlic. Place them in a baking dish and cook under the grill for about 4-5 minutes.
4. Mix the cooked pasta with the pesto, sun-dried tomatoes and rocket. Then toss in the roasted tomatoes, peppers and shrimps. Mix well season with salt and pepper, and serve warm.

GF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	463	14	49	28

*Nutrition per serving



Spicy Fried Rice With Prawns

Serves 3

7 oz. (200g) basmati rice
 2 tbsp. coconut oil
 1 tbsp. crushed garlic
 2 tbsp. grated ginger
 7 oz. (200g) prawns
 1 tsp. cumin
 1 tsp. chili flakes
 pinch cinnamon
 handful coriander
 handful mint

What you need to do

1. Cook the rice following the instructions on the packaging. Strain and put on a large plate or tray to cool (you can prepare earlier).
2. In the mean time, heat the coconut oil in a large pan, gently fry the ginger and garlic. Add the prawns and season with cumin, cinnamon, chili flakes, and freshly ground pepper. Briefly fry for about 2 minutes, stirring every now and then. Season with salt to taste.
3. Remove the prawns from the pan, but add in the rice and fry for 3 to 4 minutes until it heats up and starts to brown. Add the prawns and mix well.
4. Divide onto the plates and garnish with mint and coriander to serve.

GF	DF	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	372	11	52	18

*Nutrition per serving



Zesty Rice Noodle Salad Bowl

Serves 4

1 ¼ cup (180g) rice noodles
 1 tsp. coconut oil
 2 tsp. sesame oil
 10 oz. (300g) chicken breast, diced
 5 oz. (150g) king prawns
 1 cup (150g) edamame beans
 3.5 oz. (100g) sweetcorn, drained
 ¾ cup (100g) mangetout
 2 tbsp. ginger, peeled & chopped
 4 spring onions, chopped
 2 tbsp. lemon juice
 2 tsp. sesame seeds

What you need to do

1. Prepare the noodles according to the instructions on the packaging, and set aside.
2. Heat the coconut oil and 1 teaspoon of sesame oil in a pan over medium-high heat. Add the chicken and cook for 4-5 minutes until browned.
3. Next add in the prawns, edamame beans, sweetcorn, and mangetout. Cook for another 3 minutes.
4. Next, add the ginger and cook for another 2 minutes before adding the spring onions. Season to taste with salt and pepper.
5. Finally, add in the cooked noodles, the remaining sesame oil, and sesame seeds. Mix well and taste for seasoning. If necessary, add more salt and pepper.
6. Divide between 4 bowls and serve, or store in an airtight container in the fridge until needed.

GF	DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	399	8	46	34

*Nutrition per serving



Pesto Pasta With Tuna & Almonds

Serves 4

10.5 oz. (300g) gluten-free fusilli

14 oz. (400g) green beans

8.4 oz. (240g) tuna in water, drained (2 tins)

1 oz. (30g) roasted almonds, chopped

4.5 oz. (130g) green pesto

What you need to do

1. Cook the pasta according to the instructions on the packaging.
2. In the mean time, halve the beans and also cook for about 5 minutes, then drain.
3. Meanwhile, let the tuna drain and chop the almonds coarsely.
4. Drain the pasta and mix with the pesto and green beans. Divide the pasta between bowls and scatter the tuna over it. Garnish with the almonds to serve. Season with pepper.

GF	DF	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	512	16	69	24

*Nutrition per serving





Salmon Tray Bake

Serves 4

3 ½ cups (800g) baby potatoes, washed
 2 tbsp. olive oil
 1 cup (200g) tender steam broccoli or green beans
 3 small red onions, cut into wedges
 1 ¼ cup (250g) cherry tomatoes
 2 rosemary springs
 2 tbsp. balsamic vinegar
 1 lb (500g) salmon fillets

What you need to do

1. Pre-heat oven to 360°F (180°C).
2. Place the potatoes in a large baking tray and rub them in the olive oil. Season with salt and pepper, then bake for 10 minutes.
3. Next, add the onion and rosemary, drizzle with balsamic vinegar. Bake for another 10 minutes.
4. Season the salmon fillets with salt and pepper and add them to the tray bake alongside the broccoli. Bake for another 15 minutes.
5. Once salmon is cooked through, divide everything between 4 plates and serve.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	45 mins	538	23	45	39

*Nutrition per serving



Honey & Lime Glazed Salmon With Pineapple Rice

Serves 4

1.3 lb. (600g) salmon, 4 fillets

Marinade:

3 tbsp. honey
3 tbsp. lime juice
3 tbsp. soy sauce
1 tbsp. olive oil
3 tbsp. ginger, grated
2 garlic cloves, crushed

Pineapple rice:

¾ cup (150g) rice
¾ cup (200g) sweetcorn
1 ¼ cups (250g) pineapple, chopped
1 ½ cup (200g) cucumber, chopped
1 lime, juiced
2 tbsp. honey
½ cup coriander leaves (or mint)

What you need to do

1. Slice the skin off of the salmon fillets and discard. Rinse salmon fillets and dry.
2. Mix the ingredients of the marinade and coat the pieces of salmon. Place in a casserole and marinate for about 1 hour.
3. Cook the rice in lightly salted water, then spread on a large plate to cool.
4. Drain the sweetcorn and add to the rice. Peel and cut the pineapple into small chunks and the cucumber into small cubes. Add to the salad bowl and season with a pinch of salt, lime juice and honey. Add coriander leaves (or mint) and mix well.
5. Preheat the oven to 410°F (210°C). Bake the marinated salmon for 18 minutes, until cooked throughout.
6. Serve salmon with the prepared pineapple rice.

GF	DF	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
1.05 hrs	35 mins	643	24	68	35

*Nutrition per serving





Cod With Creamy Zoodles

Serves 2

For the fish:

10 oz. (300g) cod fillets
 1 tsp. paprika
 1 tsp. turmeric
 1 tsp. oregano
 ½ tsp. chili
 1 tbsp. buckwheat flour
 ¼ cup (60ml) vegetable stock
 ⅓ cup (80ml) cream (dairy or plant based)
 3 tbsp. chives, chopped

For the zucchini:

2 medium zucchinis
 1 tsp. oil
 1 clove garlic, minced
 4 sun-dried tomatoes

What you need to do

For the fish:

1. Cut the fish so that you have 2 or more pieces of fillet. Season with salt, pepper and spices, then coat with buckwheat flour.
2. Heat 2 tablespoons of oil in a frying pan and fry the cod until golden for about 5 minutes, then flip and repeat on the other side.
3. Mix the cream and the hot stock together. Pour into the pan with the cod and bring to a boil, simmer for 2-3 minutes. Sprinkle with chives and simmer for another 1-2 minutes.

For the zucchini:

4. Make zucchini noodles (zoodles) using a special julienne peeler or a spiralizer, or peel with a regular vegetable peeler, making wide but thin ribbons.
5. Heat the oil in a frying pan, add the minced garlic and fry briefly. Add the zoodles and occasionally stir until they soften slightly, for about 3-4 minutes. In the meantime, season with salt and pepper. At the end, add the chopped sun-dried tomatoes.
6. To serve, divide the zoodles between two bowls, place the cod on top and pour over the sauce.

GF	LC	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	271	11	13	33

*Nutrition per serving



Fish Nuggets With Garlic & Lemon Beans

Serves 2

10 oz. (300g) cod filets
 2 eggs
 $\frac{3}{8}$ cup (50g) ground almonds
 $\frac{3}{8}$ cup (50g) buckwheat flour
 1 tbsp. coconut oil
 1 $\frac{1}{3}$ cup (200g) green beans
 zest of $\frac{1}{2}$ lemon
 1 garlic clove, crushed
 1 tsp. olive oil

What you need to do

1. Cut the cod fillets into nugget-sized chunks and season with salt and pepper on both sides.
2. Crack the eggs into a small bowl and whisk well. Spread the ground almonds and flour onto two separate plates.
3. Firstly, cover the cod pieces in a layer of flour, then dip in the whisked eggs and finally cover with the ground almonds. Repeat this with all the pieces.
4. Heat the coconut oil in a large pan and fry the cod nuggets for 8-10 minutes, until browned, turning half way.
5. In the meantime, boil a pot of water and cook the beans for 5-7 minutes. Once cooked, transfer to a bowl and mix well with the lemon zest, garlic and olive oil. Season to taste with salt and pepper, then serve alongside the cod nuggets.

GF	LC	HP	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	10 mins	520	28	30	43

*Nutrition per serving





Chia-Crusted Tuna Steak With Avocado Salsa

Serves 2

2 tuna steaks (5oz./140g each)

2 tbsp. chia seeds

2 tsp. coconut oil

1 avocado, cubed

1 red chili, deseeded, chopped

5 oz. (140g) pineapple, fresh

or canned, finely chopped

½ cup. (45g) red onion,

diced

handful coriander, chopped

juice of ½ lemon

What you need to do

1. Season the tuna steaks with salt and pepper.
2. Spread the chia seeds on a plate and press each tuna steak into the seeds until coated on both sides.
3. Heat a non-stick pan with the oil to high heat. Once it is hot, fry the tuna steaks 3-4 minutes each side, depending on your liking. The steaks are best when the inside is still raw.
4. Make the salsa by combining the avocado, chili, pineapple, onion, coriander and lemon juice in a bowl, season with salt and pepper, and mix well.
5. Serve the tuna steaks straight away with salsa as a side.

GF	DF	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	8 mins	401	18	22	40

*Nutrition per serving





Baked Salmon With Zoodles & Quinoa

Serves 2

2 salmon fillets (4.4 oz. /125g each)
 3.5 oz. (100g) quinoa, cooked
 1 zucchini
 ½ tbsp. olive oil
 1 garlic clove, crushed
 2.5 oz. (70g) sun-dried tomatoes, rinsed, chopped

Salmon marinade:

2 tbsp. tamari
 ½ tbsp. olive oil
 ½ tsp. sweet paprika
 ½ tsp. hot paprika
 1 tbsp. rice vinegar
 1 tsp. honey
 1 tbsp. black sesame seeds
 chili flakes, to taste

What you need to do

1. Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.
2. While the salmon is marinating, cook the quinoa and spiralize the zucchini.
3. Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens (about 3-4 minutes). Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.
4. Heat the oven to 480°F (250°C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.
5. Remove the salmon from the oven to rest for a moment. In the meantime, pour in the salmon juices into the quinoa, and mix well.
6. Divide the quinoa and zoodles between two plates, then place the salmon on top. Sprinkle with chili flakes to serve.

GF	DF	LC	HP	Q
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Prep	Chill	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	1 hr	15 mins	487	28	19	38

*Nutrition per serving





Miso Salmon With Zucchini Noodles

Serves 2

For the salmon:

2 salmon fillets, 4.5 oz. (130g) each
 2 tbsp. miso paste
 2 tbsp. honey
 ¼ cup (60ml) tamari, or soy sauce
 2 tbsp. ginger, grated
 2 tbsp. apple cider vinegar
 1 tbsp. sesame oil
 2 tsp. sesame seeds

For the noodles:

14 oz. (400g) zucchini noodles
 6 radishes, sliced
 2 tsp. sesame oil
 2 tsp. ginger, grated
 1 tsp. honey
 2 tbsp. soy sauce
 juice of 1 lime

What you need to do

1. Mix all the salmon marinade ingredients. Coat the salmon fillets in the marinade and refrigerate for at least 20 minutes.
2. In the meantime, place the zucchini noodles and sliced radish in a bowl. Mix all the ingredients for the dressing and pour over the salad. Mix well and refrigerate.
3. Preheat oven to 350°F (180°C).
4. Place the salmon in an oven-safe dish and pour some of the marinade over it. Bake for 12 minutes and then turn the broiler on for about 2-3 minutes to brown the top. Check often to avoid burning.
5. Once cooked, serve salmon alongside the zucchini salad. Sprinkle with sesame seeds to serve.

GF	DF
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	496	30	27	29

*Nutrition per serving



