

Client Recipe Pack

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













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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	Baked Egg Pots	Broccoli Cheese Soup	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Baked Fish with Romesco Salsa
Tue	Baked Egg Pots	Broccoli Cheese Soup	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Spanish Chicken Stew (Slow Cooker)
Wed	Greek Style Scrambled Eggs	Spanish Chicken Stew (Slow Cooker)	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Chicken & Quinoa Casserole
Thu	Greek Style Scrambled Eggs	Oven Baked Chicken Nuggets & Roasted Vegetable & Quinoa Salad	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Chicken & Quinoa Casserole
Fri	Healthy Sweet Potato Pancakes	Oven Baked Chicken Nuggets & Roasted Vegetable & Quinoa Salad	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Rainbow Beef Stir Fry
Sat	Smoked Mackerel & Egg Paste	Grilled Salmon Salad with Chilies & Herbs	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Meal Out - Enjoy!
Sun	Smoked Mackerel & Egg Paste	Grilled Salmon Salad with Chilies & Herbs	E.g. Healthy Sweet Potato Pancakes, White Chocolate Almond Protein Cookies, Flourless Carrot Cake, Cinnamon Roll Protein Smoothie	Rainbow Beef Stir Fry

Weekly Shopping List

Fruits & Vegetables

Fruits
- 2 lemon
- 2 limes
- 1 banana

Vegetables
- bag of baby spinach
- bag of kale
- 1 heads of broccoli
- 3 carrots
- bunch celery
- 1 cucumbers
- 8 baby cucumbers (or 1 further large cucumber)
- 2 bulbs garlic
- 1 large piece root ginger
- 1 green bell pepper
- 1 yellow bell pepper
- 3 red bell peppers
- 1 lb. (450g) pack baby potatoes
- 1 white potato
- bag of mixed salad leaves
- bag of radishes
- 2 red hot chili peppers
- 1 red onion
- 3 yellow onions
- pack of shiitake mushrooms
- 6 tomatoes
- 16 oz. (450g) sweet potatoes
- 1 head broccoli

Frozen Foods
- bag of frozen peas

Meat, Dairy & Baking

Bread, Fish, Meat & Cheese
- block of feta cheese
- 2 lbs. (900g) chicken breast
- 1.3 lbs. (600g) chicken thighs
- 1.5 lbs. (680g) cod fillet (4 fillets)
- 1.4 lbs. (630g) salmon fillet (4 fillets)
- 8 oz. (230g) flank steak
- 7 oz. (200g) smoked mackerel

Cold
- 24 eggs
- carton unsweetened almond milk
- Natural yogurt

Baking
- buckwheat flour
- coconut flour
- cornflour
- baking soda
- caster sugar
- coconut sugar
- honey
- vanilla extract
- white chocolate chips

Grains, Seeds & Herbs

Seeds, Nuts & Spices
- pack of raw almonds
- pack of raw cashews
- pack of walnuts
- quinoa
- cayenne pepper
- chili flakes
- ground cinnamon
- ground cumin
- garlic powder
- ground nutmeg
- onion powder
- dried oregano
- smoked paprika
- saffron
- sea salt
- black pepper

Fresh Herbs
- pack of basil
- pack of mint
- pack of coriander
- pack of parsley
- pack of chives

Cans, Condiments & Misc

Boxed & Canned
- pack of panko breadcrumbs
- 480ml chicken stock (or buy stock cubes)
- 480ml vegetable stock (or buy stock cubes)
- 1.3 lbs. (600g) canned chopped tomatoes
- 18 oz. (530g) jar roasted peppers
- pack of dried quinoa
- can chickpeas

Condiments
- balsamic vinegar
- coconut oil
- Maple syrup
- honey
- extra virgin olive oil
- fish sauce
- hoisin sauce
- red wine vinegar
- apple cider vinegar
- rice wine
- sesame oil
- tamari sauce
- soy sauce
- pickled gherkins
- mayonnaise

Other
- vanilla whey protein powder



Baked Egg Pots

Serves 2

3 cups (90g) baby spinach

3 tomatoes, chopped

2 tsp. smoked paprika

4 eggs

salt & pepper

What You Need To Do

1. Preheat the oven to 360°F (180°C).
2. Heat a dry non-stick frying pan on the stove over a medium heat and let the spinach shrink, add a splash of water if necessary.
3. Add in the chopped tomatoes, paprika and season to taste with salt and pepper. Divide between two ramekins. Make a well in each dish and break an egg inside it.
4. Place the ramekins onto a baking sheet and bake in the oven for around 17-20 minutes until the egg is cooked to your liking.

Serving Suggestion:

Toasted bread with butter and chives (not included in nutrition information).

GF | DF | LC | MP | V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	186	10	9	16

*Nutrition per serving

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Healthy Sweet Potato Pancakes

Serves 4

16 oz. (450g) sweet potatoes, peeled, cut into cubes

6 eggs

1 tsp. ground cinnamon

1 tbsp. coconut oil

¼ cup (30g) walnuts or pecans, chopped

2 tbsp. maple syrup

What You Need To Do

1. Cook the sweet potato in a pot of boiling water for around 15 minutes. Then drain and let it cool.
2. Place the cooked potatoes in a high bowl, add the eggs and cinnamon, and puree with a hand blender until smooth.
3. Heat ¼ tablespoon of the oil in a large non-stick frying pan and add 3 portions of batter (around 2 heaped tbsp. per pancake). Fry the pancakes for about 3 minutes until golden brown and done. Turn halfway and repeat with the remaining batter.
4. Divide the pancakes onto plates (3 per serving), sprinkle with the chopped nuts and drizzle with maple syrup, to serve.

GF | DF | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	25 mins	268	14	30	12

*Nutrition per serving

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Greek Style Scrambled Eggs

Serves 2

2 tbsp. olive oil

1 garlic clove, minced

2 tomatoes, cored, grated

1 tbsp. dried oregano

4 eggs, beaten

½ cup (75g) feta, crumbled

salt & pepper

What You Need To Do

1. Place a medium-sized pan on the stove over a medium heat. Add the olive oil and the garlic, cook for a minute until fragrant.
2. Add the grated tomatoes and cook until all the water from the tomatoes has evaporated, about 10 minutes.
3. Add the eggs and oregano to the pan and season to taste with salt and pepper. Stir well and remove when the eggs are cooked to the desired consistency, approximately 3-5 minutes.
4. Divide the scrambled eggs between 2 plates and crumble over the feta cheese.

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GF LC Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	15 mins	386	32	7	19

*Nutrition per serving



Smoked Mackerel & Egg Paste

Serves 4

4 eggs, hard boiled

7 oz. (200g) smoked mackerel

1 small onion, finely chopped

4 small pickled gherkins, chopped

2 tbsp. mayonnaise, light

2 tbsp. natural yogurt (or more mayo)

bunch of chives, chopped

What You Need To Do

1. Boil the eggs, let them cool and peel off the shells, then chop and place in a bowl.
2. Clean the fish from bone and skin, then chop the meat and add to the bowl.
3. Finely chop the onion and gherkins, and also add to the bowl.
4. Season with salt and freshly ground pepper, mix with the mayonnaise, yogurt and chopped chives.
5. Serve with bread, fresh veggies, or on it's own.

GF LC MP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	268	23	5	18

*Nutrition per serving

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Broccoli Cheese Soup

Serves 4

1 tbsp. olive oil

1 onion, diced

3 cloves garlic, sliced

2 stalks celery, chopped

2 heads broccoli, divided into florets

1 potato, peeled, cut into cubes

½ tsp. salt

½ tsp. pepper

2 cups (480ml) vegetable stock

1 cup (240ml) almond milk, unsweetened

1 cup (115g) cheddar cheese, grated

What You Need To Do

1. Place a medium-sized pan over a medium heat.
2. Add the chopped onion and cook for 5-7 minutes, add the garlic and cook for a further minute.
3. Add the celery, broccoli and potato, and season with salt and pepper. Pour in the vegetable stock and cover with a lid. Simmer for 20 minutes.
4. Now add in the milk and blend the soup with a stick blender until smooth. Finally add the cheese and stir until it has melted. Serve immediately.

Storage:

After cooling completely, store in airtight containers in the fridge for up to 4 days.

GF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	30 mins	258	14	23	12

*Nutrition per serving

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Roasted Vegetable & Quinoa Salad

Serves 4

1 cup (170g) dry quinoa

2 cups (240ml) water (or veggie broth)

1 broccoli, cut into florets

1 sweet potato, cubbed

1 can (15 oz./430g) chickpeas, drained

4 cups (270g) kale, roughly chopped

4 tbsp. olive oil

¼ cup (5g) fresh parsley, chopped

¼ cup (30g) feta cheese, crumbled

1 lemon, juice only

½ tbsp. apple cider vinegar

2 tbsp. honey

chili flakes, to taste

What You Need To Do

1. Preheat oven to 425°F (220°C).
2. Cook quinoa according to instructions on the packaging, then set aside in a large bowl. Drain and rinse the chickpeas.
3. While quinoa is cooking, toss broccoli and sweet potato chunks with 2 tablespoons of olive oil and roast in the oven for 20 minutes. Next, add kale and chickpeas to the roasting pan, and roast for another 15 minutes. Stirring the veggies around halfway through.
4. Once roasted remove from the oven from and combine with the quinoa. Next, add in the chopped parsley and feta and mix gently.
5. In a small bowl, combine lemon juice, vinegar, maple syrup and remaining 2 tablespoons of olive oil. Season with salt, pepper, and chili flakes to taste.
6. Drizzle the dressing over the quinoa and vegetable mixture, and stir gently. Enjoy and store any leftovers in the fridge for 4-5 days.

GF

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	35 mins	539	21	74	20

*Nutrition per serving

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Oven Baked Chicken Nuggets

Serves 4

1 ½ cups (90g) panko breadcrumbs

1 tsp. salt

1 tsp. black pepper

1 tsp. onion powder

1 tsp. paprika

½ tsp. garlic powder

¼ tsp. cayenne pepper

2 eggs

2 tbsp. almond milk

1 lb. (450g) boneless skinless chicken breast, cut into cubes

What You Need To Do

1. Preheat the oven to 400°F (200°C). Line a baking tray with baking paper.
2. Place the panko breadcrumbs into a medium bowl, add the dried spices and mix through. Set.
3. In a separate medium bowl, whisk together the eggs and almond milk.
4. Dip the chicken first into the egg mixture and then toss in the breadcrumbs until completely coated. Place each cube of chicken onto the lined baking tray and bake in the oven for 15-20 minutes, until golden and cooked through.
5. Serve with sauce your choice.

Storage:

Once cooked and cooled, store the chicken nuggets in an airtight container in the fridge for up to 5 days.

DF | LC | MP | HP | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	15 mins	270	7	18	32

*Nutrition per serving

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Grilled Salmon Salad With Chilies & Herbs

Serves 4

2 limes

2 red chilies, thinly sliced

2 tbsp. red onion, thinly sliced

2 tbsp. fish sauce

salt, to taste

pinch of coconut sugar

2 tbsp. olive oil

1 ¼ lbs. (565g) salmon fillet (4 fillets)

8 cups (240g) mixed salad leaves

1 cup (50g) mixed fresh herbs, chopped (coriander, mint and basil)

8 radishes, sliced

8 baby cucumbers, sliced

What You Need To Do

1. Heat the oven to 400°F (200°C).
2. To make the dressing, squeeze the juice of 1 lime into a small bowl. Add the sliced chili, half the red onion, fish sauce and a pinch of salt and sugar. Mix well and set aside.
3. Brush the salmon with the olive oil and place on a baking tray lined with foil. Half the other lime and also place it in the tray. Bake in the oven for about 15 minutes, until the salmon is cooked through.
4. Once cooked, allow the salmon to cool slightly then break it up into chunks.
5. Divide the salad leaves, the remaining ½ onion, fresh herbs, radishes and cucumbers, between 4 plates and drizzle with the dressing. Squeeze the juice from the baked lime over the salad and toss together adding a little more salt to taste.
6. Top the salad with the salmon chunks and serve immediately.

GF DF LC HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	15 mins	259	11	10	32

*Nutrition per serving

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Spanish Chicken Stew (Slow Cooker)

Serves 6

1 lb. (450g) baby potatoes, halved

1.3 lbs. (600g) chicken thighs, skinless, boneless

2 carrots, sliced

2 celery stalks, sliced

12.7 oz. (360g) roasted peppers, drained, chopped

1 red onion, diced

21 oz. (600g) can chopped tomatoes

2 cups (480ml) chicken stock

2 tsp. smoked paprika

pinch of saffron

½ tsp. salt

1 tbsp. balsamic vinegar

1 cup (135g) frozen green peas

What You Need To Do

1. Place all ingredients into the base of a slow cooker, with the exception of the balsamic vinegar and frozen. Stir to combine.
2. Cook on high setting for 4 hours (or low for 6 hours).
3. Once cooked, stir in the balsamic vinegar and frozen peas. Cover and cook for a further 5 minutes. Serve immediately.

Storage:

Cool completely and store in an airtight container in the fridge for up to 4 days. Alternatively you can freeze for up to 3 months.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
20 mins	4 hrs	371	7	38	36

*Nutrition per serving

myfitnesspal

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Chicken & Quinoa Casserole

Serves 6

1 cup (170g) uncooked quinoa, rinsed

1 yellow onion, diced

2 red bell peppers, chopped

1 lb. (450g) chicken breast, chopped

½ cup (120ml) hoisin sauce

2 cloves garlic, minced

2 tbsp. tamari (or soy sauce)

½ tbsp. fresh ginger, minced

1 ¼ cups (300ml) water

1 cup (150g) cashew nuts

What You Need To Do

1. Heat the oven to 375°F (190°C).
2. Place the quinoa into a casserole dish and top it with the onion and bell peppers. Next add the chicken on top.
3. In a small bowl, mix together the hoisin sauce, garlic, tamari, ginger, and 1 cup of water. Pour the sauce over the chicken and quinoa.
4. Place the casserole dish into the oven, cover and bake for about 45 minutes. Add the cashews and bake for a further 10 minutes.
5. Once ready, let everything sit for 5 minutes before serving.

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GF DF MP HP N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	55 mins	489	19	49	32

*Nutrition per serving



Rainbow Beef Stir Fry

Serves 4

8 oz. (230g) flank steak, sliced into 2-inch strips

1 ½ tsp. cornflour

1 tbsp. + 1 tsp. rice wine

1 tbsp. soy sauce

2 cloves garlic, minced

1 tsp. cold water

1 tsp. sesame oil

2 tbsp. hoisin sauce

2 tbsp. olive oil

1 tbsp. ginger, minced

½ tsp. chili flakes

8 oz. (230g) shiitake mushrooms, chopped

3 bell peppers, mixed colors, chopped

1 tsp. cold water

What You Need To Do

1. To slice the flank steak it is really important to cut the steak into really thin slices, cutting across the grain of the meat. Prepared like this will ensure a really tender piece of meat.
2. Place the sliced steak into a medium bowl and coat with the cornflour, 1 teaspoon of rice wine, soy sauce, minced garlic, cold water, sesame oil, and season to taste with salt and pepper.
3. In a small bowl, mix the remaining rice wine and hoisin sauce, then set aside.
4. Heat 1 tablespoon of olive oil in a wok over high heat and add the beef in a single layer. Let the beef cook for 1 minute, then stir fry for another 1 minute. Transfer the beef to a plate.
5. Add in the remaining oil, add the garlic, ginger and chili flakes and stir-fry for about 10 seconds. Next add the mushrooms and peppers, season to taste with salt and stir-fry for 2 minutes.
6. Return the beef to the wok, along with the resting juices. Finally, add the hoisin sauce mixture and stir-fry for another 1 minute, until cooked through.
7. Remove from the heat and serve immediately with rice or rice noodles.

GF | DF | LC | Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	5 mins	250	13	19	15

*Nutrition per serving

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Baked Fish With Romesco Salsa

Serves 4

1 large tomato, diced

6 oz. (170g) roasted peppers, drained, diced

1 clove garlic, minced

½ tsp. smoked paprika

2 tsp. red wine vinegar

4 tbsp. olive oil

1 oz. (30g) bread, chopped

¼ cup (35g) almonds, chopped

24 oz. (680g) cod fillets, skinless (4 fillets)

2 tbsp. parsley, chopped

salt & pepper

What You Need To Do

1. Heat the oven to 400°F (200°C).
2. In a medium bowl, mix the tomato, peppers, garlic, paprika and red wine vinegar with 1 tablespoon of olive oil, then set aside.
3. Place a small frying pan on the hob over a medium heat and add 1 tablespoon of olive oil. Add the bread and cook for 5 minutes, stirring often, until toasted. Transfer to plate and set aside.
4. Wipe the pan with a paper towel and add the almonds and roast over a medium heat for 3 minutes, stirring occasionally, until golden brown. Transfer onto the plate with the bread and set aside to cool.
5. Place the cod in a baking dish and drizzle with the remaining 2 tablespoons of olive oil. Season to taste with a little salt and pepper. Bake in the oven for 12-15 minutes until cooked through.
6. Now add the toasted bread, almonds and parsley to the bowl with the tomato mixture and mix well. Spoon over the cooked fish, and sprinkle with sea salt. Serve immediately.

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DF | LC | MP | HP | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	25 mins	372	20	11	36

*Nutrition per serving



White Chocolate Almond Protein Cookies

Makes 4

2 tbsp. coconut flour

1 tbsp. honey

1 tbsp. buckwheat flour

¼ cup. (25g) whey protein powder, vanilla

1 tbsp. coconut oil, melted

2 tbsp. almond milk

½ tsp. baking soda

¼ cup (35g) almonds, chopped

2 tbsp. white chocolate chips

What You Need To Do

1. Heat the oven to 320°F (160°C). Line a baking sheet with baking paper.
2. In a food processor, blend together all of the ingredients (except for the almonds and chocolate), until a dough texture forms. Taste for sweetness and if necessary add a little more honey.
3. Add in the almonds and chocolate and incorporate into the dough. Shape into 4 cookies.
4. Bake for 8-9 minutes or until the top of the cookies start to brown. Remove from the oven and place on a wire rack to cool.

GF | LC | MP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	10 mins	185	11	15	8

*Nutrition per serving

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Flourless Carrot Cake

Serves 12

1 ½ cups (230g) toasted almonds, unsalted

4 tbsp. coconut sugar

1 ½ tsp. baking powder

⅛ tsp. salt

1 tsp. cinnamon

½ tsp. nutmeg

2 tsp. lemon zest, grated

4 eggs

⅓ cup (65g) white caster sugar

1 tsp. vanilla extract

2 cups (280g) grated carrots

What You Need To Do

1. Heat the oven to 350°F (180°C). Grease a 9-inch cake pan, and line it with parchment paper.
2. Place the almonds and coconut sugar into a food processor and blend until finely ground. Add the baking powder, salt, cinnamon, nutmeg and lemon zest, and mix again.
3. Using an electric whisk, beat the eggs until thick. Add the sugar, and continue to beat until the mixture is thick. Add in the vanilla extract, almond mixture, and carrots. Beat gently until combined.
4. Transfer the cake batter into the pan and bake for one hour until firm to the touch and a toothpick inserted into the center of the cake comes out clean.
5. Remove the cake from the oven and cool on a rack for 10 minutes, before removing it from the pan and allowing the cake to cool completely.

Storage:

Once cooled, place the cake in an airtight container where it will keep in the fridge for up to 5 days.

GF | DF | LC | MP | V | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
15 mins	1 hr	179	11	15	6

*Nutrition per serving

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Cinnamon Roll Protein Smoothie

Serves 2

1 banana

2 scoop (50g) vanilla protein powder

1 tsp. cinnamon

1 cup (240ml) almond milk

1 cup of ice cubes

What You Need To Do

1. Place all ingredients into a blender and pulse until smooth. Serve.

GF | HP | V | Q | N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	0 mins	162	3	15	22

*Nutrition per serving

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