

MFT Recipe Book

BREAKFASTS

Breakfast Protein Parfait

Here's a great recipe to make the night before for an easy grab-n-go breakfast straight out of the fridge. It's packed with protein, vitamins and minerals for sustained energy all morning long. And it tastes great too.

Servings: 1

- 1/4 cup Greek Yogurt, plain, fat free
 - 1/4 cup low fat cottage cheese
 - 1 scoop high quality strawberry or vanilla protein powder
 - 1/4 cup fresh berries
 - 1 Tablespoon pecan pieces, toasted
1. In a small bowl use a whisk to combine the yogurt, cottage cheese and protein powder. Mix until well incorporated.
 2. Place half of the yogurt mixture into a clear cup, top with the berries and then the remaining yogurt mixture. Top with pecans.

Nutritional Analysis:

One serving equals: 260 calories, 6g fat, 307mg sodium, 11g carbohydrate, 4g fibre, and 38g protein.

French Fried Egg Omelette

Serves 1-2

- 4 Free Range Eggs (med-large)
- Small red onion
- Half Bell Pepper
- 2 Spring Onions
- Handful of Mushrooms
- Smoked Paprika

Finely chop onion, pepper and spring onions. Heat non-stick pan and crack open the eggs into a small dish (try to keep the yolks whole), slowly pour eggs into pan, sprinkle with Paprika. Once the eggs start to turn white sprinkle the veg over the top. Leave to cook, chop the mushrooms and add over the eggs and veg.

You may add cooked ham, chicken or turkey over the eggs just before serving to add extra protein to this meal and/or add a side serving of quinoa to turn it into a main meal.

Multigrain French Toast with Yogurt and Bananas

Serves two (6g fibre/serving)

- 1 whole egg and 1 egg white, lightly beaten
- 1/4 teaspoon real vanilla
- Pinch of salt
- Pump spray olive oil
- 4 slices of nutty organic whole grain bread
- 1/2 cup banana, sliced
- 2 medium figs, sliced
- 6 ounces of plain yogurt

Combine eggs, vanilla, and salt in a bowl large enough to lay 1 piece of bread in it flat. Preheat a skillet to medium and spray with oil. Set 2 pieces of bread in your egg mixture, coating both pieces well on all sides. Hold the bread in the egg mixture to soak up roughly half of the egg. Place the bread into the heated skillet and cook until slightly golden brown on both sides. Repeat for the remaining 2 pieces of bread. Plate the French toast then top with a big spoonful of yogurt, banana and fig slices.

Nutrition Analysis:

Serving size, 2 slices—calories 295, fibre 6g, protein 14g, fat 7g, saturated fat 3g, carbohydrate 47g, cholesterol 104g, sodium 400 mg, sugars 22g.

Protein Pumpkin Pancakes

Servings: 5

- 4 large eggs
- 3/4 cup egg whites
- 1 can of pumpkin
- 1 cup almond meal/flour
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- dash of nutmeg
- 1 teaspoon ground cinnamon
- Coconut oil

1. In a medium bowl, mix all of the ingredients together.
2. Heat pancake griddle to medium heat and coat with coconut oil.
3. Cook each side about 3 minutes until brown, then flip and cook remaining side.

Nutritional Analysis:

One serving equals: 255 calories, 15g fat, 112mg sodium, 11g carbohydrate, 5g fibre, and 19g protein

Turkey, Apple and Goat Cheese Omelette

Meals that are filled with protein and fat, like this omelette, help to curb between-meal cravings. Enjoy the unique flavour blend of turkey, apple, goat cheese and cinnamon.

Servings: 2

- 3 slices turkey bacon
 - 1 small apple
 - dash of cinnamon
 - 4 egg whites
 - 2 whole eggs
 - dash of salt
 - dash of pepper
 - 1 Tablespoon of unsweetened coconut milk
 - 3 Tablespoons goat cheese
1. Place a non-stick skillet over medium heat. Cook the bacon strips for 4 minutes each side, until golden.
 2. While bacon cooks, dice the apple. Remove bacon strips from skillet, place on a cutting board. Place the apple pieces in the heated skillet and sauté for 5 minutes, sprinkling with a dash of cinnamon. Dice the bacon and place in a medium sized bowl.
 3. In a bowl whisk the egg whites, whole eggs and coconut milk. Beat the eggs until frothy and add dash of salt and pepper.
 4. Remove apples from skillet and add to the bowl of bacon. Pour half of the egg mixture in the skillet, cook until set and then flip and cook the other side. Repeat with the other half of egg mixture.
 5. While eggs cook, mix the bacon, apples and goat cheese together.
 6. Fill each omelette with half of the bacon, apple and goat cheese mixture.

Nutritional Analysis:

One serving equals: 249 calories, 12g fat, 485mg sodium, 10g carbohydrates, 1g fibre, and 25g protein.

Spinach and Goat Cheese Omelette

Serves 1 (3g fibre/serving)

- 1/4 cup goat cheese
- 2 teaspoons coconut oil
- 2 cups firmly packed, fresh, whole-leaf spinach
- 1/4 cup sweet onion, diced
- 4 ounces frozen artichokes, thawed and roughly chopped
- 1 whole egg and 3 egg whites, lightly beaten
- Salt and pepper to taste

Combine eggs in a mixing bowl. Reserve 1 teaspoon goat cheese for topping. Heat 1 teaspoon of coconut oil in 9-inch skillet over medium-high heat. Add spinach to the skillet and, using tongs, flip often. Cook spinach for only a few minutes, until most leaves are slightly wilted, then remove spinach from skillet and place in a bowl.

Heat remaining 1 teaspoon of coconut oil in same 9-inch skillet and reduce heat to medium. Add onion and artichokes and sauté for 2 minutes until vegetables are slightly tender. Add eggs, and while cooking gently lift edges to let the wet egg slide under. Cook for approximately 3–4 minutes, until the egg is firm enough to flip. Flip omelette and immediately spread goat cheese on top. Cover with warm wilted spinach and continue to cook for approximately 2 minutes on low heat.

Fold in half and remove from skillet. Cut omelette in half and plate. Dollop with reserved spoonful of Goat cheese. Season with salt and pepper to taste.

Note: If you do not like goat cheese, 2 ounces of another type of cheese can be substituted.

Nutrition Analysis:

Serving size, 1/2 omelette—calories 220, fibre 3g, protein 17g, fat 14g, saturated fat 6g, carbohydrate 9g, sugar 2g.

EASY BREAKFASTS

Quick, easy and healthy breakfasts

Cereal – only use unsweetened rice/oat/almond/coconut milk – max x2-3 per week

- FUEL 10k Granola
- Special K
- Corn Flakes
- OataBix
- Wholegrain Cheerios

cont...Apple Cinnamon Overnight Oats

30gs of oats and soak in apple juice overnight in the fridge, top with Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg or mixed berries or chopped apple and sprinkle with cinnamon

Scramble 2 eggs and while cooking add spinach, chocked onion and mushrooms

Flakes/diced salmon, courgette, toms & onion fried in coconut oil

3 egg omelette, 60g sliced turkey, toms, spinach and onions

Protein Pancakes (see Go Nutrition)

Mix the batter, pour into a hot pan with melted coconut oil, serve topped with Greek yogurt/Grahams Protein 22/Nestles Lindahls Kvarg and mixed berries

Baked Egg Muffins

Mix 2-3 eggs, chopped bell peppers, spring onion and chilli. Bake 180 for 15-20 mins in ramekins in oven, prep the night before – these are good to eat for 2 days.

POST WORKOUT / QUICK BREAKIE SHAKES

Simple throw all the ingredients into a blend and mix, pour, enjoy!

BANANA OAT SHAKE

- 250ml rice milk
- 1 banana
- 2 scoops vanilla protein
- 2 tbsp. gluten free oats (Go Nutrition)
- 4 tbsp. bran flakes
- 5g glutamine (optional)

STRAWBERRY CHEESECAKE SHAKE

- 250ml rice milk
- 2 scoops of strawberry protein
- 4 tbsp. 0% fage Greek yogurt
- 8 frozen strawberries
- 1 tsp honey
- 5g glutamine (optional)
- 2 ice cubes

PEACHES & CREAM SHAKE

- 250ml rice milk
 - 1 ripe peach
 - 2 tbsp. fage 0% Greek yogurt
 - 1 tsp honey
 - 2 scoops vanilla protein
 - 5 g glutamine (optional)
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MAIN COURSES

Mixed Salad with Chicken, Fruit and Nuts

Serves 4 (5g fibre/serving)

- 4 cups cooked chicken, torn into bite-size pieces
- 1/4 cup minced red onion
- 1/4 cup chopped pecans
- 1/4 cup raw almonds, slivered*
- 1/4 cup apple, chopped
- 1/4 cup dried cherries
- 1/4 cup carrots, julienned
- 1 teaspoon sesame seeds
- 1 kiwi, cut into 1/4-inch rounds
- 1/4 cup mango, sliced thin
- 2 teaspoons each of balsamic vinegar and coconut oil

Combine everything except the kiwi, mango, vinegar, and oil. Make a bed of kiwi slices and put the salad on this. Garnish with mango. Drizzle with balsamic vinegar and olive oil.

Note: The sugars in this recipe are derived from fruit. To reduce the amount of sugar, use fresh cherries instead of dried.

Nutrition Analysis:

Serving size, 1/4 recipe—calories 458, fibre 5g, protein 46g, fat 17g, saturated fat 2g, carbohydrate 33g, sugars 23g.

Seared Chicken with Greens, Raspberries, and Pear

Serves 2 (6g fibre/serving)

- 1/8 cup balsamic vinegar
- 2 tablespoons freshly squeezed lime juice
- 1 garlic clove, crushed
- 1 tablespoon dried thyme
- 1 small red chilli, chopped
- 2 breasts of chicken
- Coconut oil
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- Salt and pepper to taste
- 2 1/2 cups spinach
- 1 pear, cored and cubed
- 1/2 cup raw raspberries

For the marinade:

Mix 1 tablespoon of the vinegar, the lime juice, and the crushed garlic with half of the thyme and chopped chilli in a bowl. Pour marinade and chicken into large zip-lock bag and refrigerate for at least 2 hours. When ready to use, remove chicken and discard remaining marinade.

Preheat oven to 350° F. On stovetop, heat ovenproof frying pan to medium, coat pan with coconut oil, and sear chicken for 3 minutes on each side. Place pan in oven until chicken is cooked throughout. Allow chicken to rest, then slice diagonally. Combine olive oil, remaining vinegar and thyme, mustard, salt, and pepper, and mix well. Toss in spinach and pear. Plate greens, top with chicken, and finish with a sprinkle of raspberries.

This recipe makes a great dinner - prepare and marinate the chicken in the morning, and serve it with brown rice. It also makes a great lunch served just with the greens and fruit.

Nutrition Facts:

Serving size, 1 breast—calories 299, fibre 6g, protein 30g, fat 9g, saturated fat 1g, carbohydrate 26g, sugars 14g.

Crock-a-Pot Chicken Cacciatore

Serves 6 (5g fibre/serving)

- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon basil
- 3/4 teaspoon black pepper (freshly ground)
- 3 chicken breasts (halved, boned, skinned)
- 3 chicken thighs (halved, boned, skinned)
- 1 tablespoon coconut oil
- 2 cups sliced mushrooms
- 1 1/2 cups red bell pepper strips
- 1 1/2 cups green bell pepper strips
- 1 cup thin-sliced onion
- One 28-ounce can no salt-added tomatoes
- One 6-ounce can tomato paste, low-sodium
- 2 bay leaves
- 1 tablespoon balsamic vinegar

Mix first five ingredients. Dredge chicken in these spices. Set aside. Put 1 tablespoon coconut oil in bottom of Crock-Pot. Add mushrooms, peppers, and onion. Add tomatoes, tomato paste, bay leaves, and vinegar. Add spiced chicken and any remaining spice mixture. Cook on low 7–9 hours. Serve with quinoa and a salad. This dish is for a crowd. It's healthy, but no one will ever know!

Nutrition Analysis:

Serving size, 1 breast or thigh—calories 197, fibre 5g, protein 22g, fat 4g, saturated fat 1g, carbohydrate 20g

Quinoa Chicken Salad

Servings: 4

- 1 cups cooked quinoa
 - 1 tsp coconut oil
 - 1/2 onion, chopped
 - 1 clove garlic, minced
 - 1/2 red bell pepper, chopped
 - 1/2 green bell pepper, chopped
 - 1/2 yellow bell pepper, chopped
 - 1 ear of corn, kernels cut from cob
 - Handful of asparagus stalks, cut into 1 inch pieces
 - 2 cups baked chicken breast, cut into small cubes
 - 1 can of organic black beans, drained and rinsed
 - splash of lemon juice
 - splash of lime juice
 - dash of salt and pepper
 - splash of soy sauce
 - 1/4 cup fresh parsley, finely chopped
1. Cook the quinoa and set aside. Place a large saucepan over medium heat. Add the oil, onion and garlic. Sauté for about 3 minutes. Add the bell peppers, corn and asparagus, cook until the vegetables are tender. Add the chicken and beans, cook for another 10 minutes, adding the rest of the ingredients.
 2. Place a serving of quinoa on each plate and top it with the vegetable mix.

Nutritional Analysis:

One serving equals: 293 calories, 5g fat, 32g carbohydrate, 4.6g fibre, and 29.4g protein.

Fat-Burning Chilli

Serves 4-6

- 500g lean ground meat (use ground grass fed beef but lean ground turkey or chicken can work also)
- 1 large red pepper diced
- 5-6 jalapeno peppers diced (adjust based on your desired "hotness")
- 2 onions diced
- 2 tbsp. extra coconut oil
- 1 large can chopped tomatoes
- 1 can of kidney beans or black beans (good source of antioxidants and fibre)
- half a bag of frozen chopped spinach (adds extra nutrient density... add in towards the end of cooking)
- 2 tbsp. molasses (this is a good source of antioxidants, adds great flavour, and only adds minimal sugar)
- 1 or 2 tbsp. of chilli powder
- 1 or 2 tsp of cumin
- 1 or 2 tbsp. of crushed garlic
- 1/2 cup oat bran (adds fibre and also helps soak up some of the extra moisture)
- 1 ripe avocado (for use as a topping after chilli is cooked)
- Some grass-fed raw cheese if you can find it (topping after cooked)

Use a large pot and start with the coconut oil and ground meat cooking. Just start adding all of the diced vegetables and other ingredients as you get them ready. Once it's all together and cooking in the pot, reduce the heat to low and simmer for 40-50 minutes.

Serve and top each bowl with freshly diced ripe avocado (more satisfying healthy fats) and sprinkle with shredded raw grass-fed cheese. You've got an awesome hot delicious meal! Save the leftovers for healthy lunch or mid meal breaks and take with you to work each day. It doesn't get any more nutrient dense than this! This is the type of meal that is so dense in micro-nutrients, that it will satisfy your body's needs for nutrition (hence, eliminating cravings), but do it without overloading on calories.

Nutrition Analysis:

Serving size 5 servings 35g-protein, 45g-carbs, 8g-fibre, 14g-fat (all healthy fat), 430 calories

Tofu Vegetable Burgers

The perfect accompaniment to this dish is a crisp salad and baked sweet potato wedges. Stored in the fridge in an airtight container, it will keep for up to 2 days.

Serves 4

- 3½ ounces spinach
 - 1 tbsp. coconut oil
 - 1 leek, chopped
 - 2 garlic cloves, crushed
 - 1½ cups chopped mushrooms
 - 10½ ounces firm tofu, chopped
 - 1 tsp curry powder
 - 1 tsp chilli powder
 - 1 tbsp. chopped cilantro
 - 1½ cups fresh whole-wheat bread crumbs
 - 4 hamburger buns
1. In a small saucepan filled with water, over medium heat, cook spinach for 2 minutes. Pour into a colander and drain thoroughly. Spread onto a large flat plate and dab dry with paper towels. Set aside.
 2. Place a skillet over medium-high heat and add coconut oil. Once oil is heated, add leek and garlic; sauté for 2½ minutes.
 3. Add in mushrooms, tofu, curry powder, chilli powder and cilantro. Cook until vegetables have softened, which shouldn't take longer than 7 minutes. Pour in dry spinach and sauté for 1 minute longer.
 4. Transfer the mixture to a food processor and process until mixture is almost smooth. Pour into a large bowl and mix in bread crumbs. Set aside until mixture is cool.
 5. Using floured hands, divide and form mixture into 4 equal-sized burgers. Put burgers on plates and refrigerate for 30 minutes.
 6. Remove cool burgers from refrigerator and place in a non-stick skillet with oil, over medium heat. Cook burgers, flipping only once, until a little crispy on both sides. Place cooked burgers on buns and serve.

Veggie Burgers with Red Pepper Rouille

A tip for roasting the pecans is baking the nuts at 350F in the oven, on a tray with a baking sheet, for 5-8 minutes. Stored in the fridge in an airtight container it will keep for 2 days.

Serves 4

- Coconut oil
 - 1 tbsp. chopped garlic
 - 1 cup finely chopped red onion
 - One 19 oz. can of chickpeas or red kidney beans, drained and rinsed
 - ½ cup toasted pecans
 - 1 egg
 - ¼ cup Japanese panko bread crumbs
 - ½ cup finely chopped fresh parsley
 - 1 tbsp. finely chopped fresh rosemary, or 1 tsp dried
 - 1 tbsp. grated lemon rind
 - 1 tsp Asian chilli sauce
 - Salt and freshly ground pepper, to taste
 - Olive oil for brushing burger
 - 4 oz. old cheddar, sliced
 - 4 whole wheat or sourdough buns
 - 1 cup Red Pepper Rouille (recipe follows)
1. Place a skillet on the stove over medium heat. Add 1 some coconut oil and sauté garlic and onions until softened.
 2. Purée chickpeas, pecans, 2 tbsp. coconut oil and egg in food processor until almost smooth. Transfer to a large bowl and stir in panko.
 3. Stir sautéed onions and garlic into panko mixture along with parsley, rosemary, lemon rind and chilli sauce. Season with salt and pepper to taste.
 4. Form into 4 patties about 1 inch (2.5-cm) thick.
 5. Preheat grill pan or grill to medium high heat. Brush patties with oil and grill 3 to 4 minutes per side. Place on buns and top each burger with cheese and Red Pepper Rouille. Serve.

Grilled Mushroom Burger

If you are using mushrooms that are small, just double the amount.

Serves 4

- 4 large oyster mushrooms, cleaned and stems removed
 - 4 large shiitake mushrooms, cleaned and stems removed
 - 2 tbsp. coconut oil
 - 2 tbsp. balsamic vinegar
 - 1 small clove garlic, minced
 - 1 tsp fresh thyme, chopped
 - ¼ tsp salt
 - ¼ tsp freshly ground pepper
 - Butter for greasing skillet
 - ¼ cup Red Pepper Rouille
 - 4 small lettuce leaves
 - ¼ cup grated Parmesan cheese
1. Take cleaned and de-stemmed oyster and shiitake mushrooms and place into a large bowl. In a small bowl, pour oil, vinegar, garlic, thyme, salt and pepper; whisk together until well mixed. Drizzle over mushrooms and using a large spoon, gently toss mixture until mushrooms are well coated with sauce.
 2. Melt butter in a skillet (or grill pan) over medium-high heat. Transfer mushrooms into the skillet and sauté for about 7 minutes or until they turn a golden-brown colour.
 3. Spread with Red Pepper Rouille and top with lettuce. Sprinkle on Parmesan cheese. Serve immediately.

Mixed Salad with Chicken, Fruit and Nuts

Serves 4 (5g fibre/serving)

- 4 cups cooked chicken, torn into bite-size pieces
- 1/4 cup minced red onion
- 1/4 cup chopped pecans
- 1/4 cup raw almonds
- 1/4 cup apple, chopped
- 1/4 cup dried cherries
- 1/4 cup carrots, julienned
- 1 teaspoon sesame seeds
- 1 kiwi, cut into 1/4-inch rounds
- 1/4 cup mango, sliced thin
- 2 teaspoons each of balsamic vinegar and olive oil

Combine everything except the kiwi, mango, vinegar, and oil. Make a bed of kiwi slices and put the salad on this. Garnish with mango. Drizzle with balsamic vinegar and olive oil.

Note: The sugars in this recipe are derived from fruit. To reduce the amount of sugar, use fresh cherries instead of dried.

Note: Because of the higher calories, use this recipe as a meal—not as a side salad.

Nutrition Analysis: Serving size, 1/4 recipe—calories 458, fibre 5g, protein 46g, fat 17g, saturated fat 2g, carbohydrate 33g

Grapefruit, Avocado and Walnut Salad

This salad has many different types of ingredients that most salads don't ever have together, that's why the combination of everything is so unique and makes this salad so refreshing and interesting with the different flavours and textures.

- 1 large red-fleshed grapefruit, slice in half, skins with white part removed
 - 1 avocado
 - 1 tbsp. lemon juice
 - 3-4 handfuls of frisée lettuce (bite size)
 - 2 ounces baby spinach leaves, coarsely shredded
 - Small handful of watercress or land cress
 - Extra-virgin olive oil
 - Salt and freshly ground black pepper, to taste
 - 4 radishes, stems removed and thinly sliced
 - 3 tbsp. walnut halves
 - Walnut oil
1. Take both halves of grapefruit and with a sharp knife, follow the membrane of the fruit, cutting down on each segment, removing the flesh from the grapefruit into a bowl. Once all segments are removed, cut each crosswise. Set aside.
 2. Slice avocado in half and then into ¼ inch slices. Place into a bowl and drizzle with lemon juice. Set aside.
 3. Take frisée lettuce and place into a sieve. Rinse and drain well, then tear lettuce into bite-size pieces. Throw into a salad bowl along with the baby spinach, watercress or land cress. Using a large spoon and the olive oil drizzle over salad greens until the leaves are barely coated. Sprinkle on salt and black pepper.
 4. Divide salad greens into individual salad bowls and lightly toss in radishes, walnut halves, avocado and grapefruit. Pour grapefruit juice over salads and dash a little of the walnut oil on to each salad. Gently toss once more and serve immediately.

Mango and Snow Pea Salad

Serves 4

Stored in the fridge in an airtight container without dressing it will keep for up to 2 days.

- ½ cup snow pea
 - 1 mango, peeled and thinly sliced
 - ½ red bell pepper, membranes removed and thinly sliced
 - ½ cup Mango and Snow Pea Dressing
 - 2 tbsp. mint, chopped
1. In a large pot filled with water sprinkle in salt and bring to a boil. Once boiling, add in snow peas and allow them to blanch for minute. Pour through a sieve allowing salt water to drain. Rinse peas with cold water and drain once more.
 2. In a mixing bowl, add cooked snow peas, mango, and red pepper and gently toss together.
 3. On a large platter or separate salad bowls divide salad and drizzle on dressing. Lightly toss and sprinkle mint over as garnish.

Mango and Snow Pea Dressing

Stored in the fridge in an airtight container or bottle it will keep for 1-2 days.

- ¼ cup orange juice
- ½ tbsp. lime juice
- ½ tbsp. seasoned rice vinegar
- ½ tsp grainy mustard
- ¼ tsp granulated sugar
- ¼ cup olive oil
- Salt and freshly ground pepper, to taste

In a medium bowl add orange juice, lime juice and vinegar. Whisk together. Once well combined add mustard and sugar and whisk thoroughly. Pour in oil, sprinkle in salt and pepper and whisk again. Makes ½ cup

Broccoli and Potato Soup

Remember you will need a protein portion – a great time to use a protein shake. Stored in the fridge in an airtight container it will keep for 2-3 days.

Serves 4

- 2 tbsp. coconut oil
 - 1 onion, diced
 - 2 potatoes, diced
 - 1 cup broccoli florets
 - 2 cups blue cheese, crumbled
 - 4½ cups vegetable stock
 - ¼ cup heavy cream
 - Pinch of paprika
 - Salt and pepper, to taste
1. In a large saucepan, heat the coconut oil and add the onions and potatoes. Sauté gently for 5 minutes, stirring constantly.
 2. Take a few broccoli florets for the garnish and set aside for later. Add the remaining broccoli, cheese and vegetable stock to the pan.
 3. Bring soup to a boil. Once boiling bring heat down to medium-high, cover the pan and allow soup to simmer until the potatoes are tender. Take soup off heat and allow to cool.
 4. Carefully transfer the soup to a blender. Divide soup into 2 separate batches and puree until the mixture is smooth.
 5. Transfer the smooth mixture to a clean saucepan and place on medium-low heat. Mix in the cream and a pinch of paprika. Season to taste with salt and pepper.
 6. Place broccoli florets in a small pot with a little boiling water for about 2 minutes, until blanched. Drain using a small sieve or slotted spoon.
 7. Divide the soup evenly into soup bowls. Sprinkle in paprika and broccoli florets to garnish. Serve immediately.

Spinach Chickpea Soup

Stored in the fridge in an airtight container it will keep for 2-3 days.

Serves 4-6

- 2 tsp coconut oil
 - 2 tsp minced garlic
 - 1 cup chopped onions
 - 3 cups vegetable stock
 - 1½ cups canned chickpeas, rinsed and drained
 - 1 cup potatoes peeled, diced
 - Half 10 oz./300 g package of frozen chopped spinach
 - ¼ tsp salt
 - ¼ tsp freshly ground black pepper
 - 3 tbsp. grated Parmesan cheese
1. In a medium sized soup pot add oil and place over medium heat. Add garlic and onions and cook.
 2. After 3 minutes add in vegetable stock, chickpeas, potatoes, spinach, salt and pepper, stir well. Bring soup to a boil.
 3. Once boiling, cover pot and reduce to medium-low heat. Allow soup to simmer until potatoes are tender. Remove from stove and let soup cool.
 4. Using a blender or food processor purée soup, in batches, until smooth. Once done, pour into a clean soup pan and re-heat soup.
 5. Divide soup into individual bowls and garnish with grated Parmesan cheese. Serve.

Mixed Bean Soup

Stored in the fridge in a sealed container, it will keep for 2-3 days.

Serves 4

- 1 tbsp. coconut oil
 - 1 cup diced potato
 - 1 red onion, halved and sliced
 - 1 carrot, diced
 - 1 leek, sliced
 - 1 green chilli, sliced
 - 3 garlic cloves, crushed
 - 1 tsp ground coriander
 - 1 tsp chilli powder
 - 4 cups vegetable stock
 - 1 pound mixed canned beans, drained
 - Salt and pepper, to taste
1. In a large saucepan, heat oil. Once heated add the potato, onion, carrot and leek. Stir vegetables constantly for 2 minutes allowing them to sauté.
 2. Once vegetables are slightly soft, add in the sliced chilli and crushed garlic and cook for another minute.
 3. Mix in the ground coriander, chilli powder, and vegetable stock; bring to a boil.
 4. Once boiling, reduce to medium heat and allow soup to cook for 20 minutes. Once vegetables are tender, stir in the mixed beans. Season with salt and pepper. Cook for 10 more minutes, stirring once half way through for about 1 minute.
 5. Pour soup into individual soup bowls and sprinkle on cilantro and serve.

Red Lentil Soup

Serves 4-6 (11g fibre/serving)

- 3 tablespoons coconut oil
- 1/2 cup red onion
- 1/2 cup green pepper, chopped
- 1/2 cup red pepper, chopped
- 3 jalapeños
- 6 cloves garlic
- 2 cups dried red lentils, soaked overnight and rinsed
- 3 medium tomatoes, diced
- 4 ribs celery
- 4 cups reduced-sodium chicken stock
- 4 cups water
- 1 sprig of fresh marjoram

Put into a 4-quart pan at medium heat the oil, onion, peppers, jalapeños, and garlic. Sauté until onion turns translucent. Add lentils, tomatoes, celery, stock, and water; bring to a boil for 2 minutes. Cover and simmer for 20 minutes or until lentils are slightly crunchy. In either a traditional or a hand-wand-style blender, blend mixture on a low speed but allow some chunkiness to remain. Garnish with marjoram and serve with a side of nutty grain bread or thicken the soup with crushed oat cakes or rolled oats.

Nutrition Facts: Serving size, 1 cup—calories 388, fibre 11g, protein 23g, fat 10g, saturated fat 1g, carbohydrate 55g

Chicken and Bean Tortilla Soup

Serves 8 (3g fibre/serving)

- 1 teaspoon coconut oil
- 1 cup chopped onion
- 2 garlic cloves, minced
- 2 cups cooked, shredded chicken breast (skin removed)
- 1 cup low-sodium pinto beans
- 1 tablespoon chopped seeded jalapeño pepper
- 1 teaspoon ground cumin
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon chilli powder
- Two 14-ounce cans low-sodium chicken broth
- One 14 1/2-ounce can low sodium diced peeled tomatoes
- 1 1/4 cups crushed, baked tortilla chips (about 16 chips)
- 1/2 cup plain low fat yogurt (for garnish)

Heat oil in a Dutch oven over medium-high heat. Add onion and garlic; sauté 2 minutes. Stir in chicken and all remaining ingredients except tortilla chips and yogurt. Reduce heat; simmer 1 hour. Ladle soup into bowls; top with crushed tortilla chips and a dollop of yogurt.

Nutrition Facts: Serving size, 1 cup—calories 233, fibre 3g, protein 19g, fat 3g, saturated fat 1g, carbohydrate 32g

Roast Chicken & Butternut Squash

Serves 2

CHICKEN

- 1 cooked chicken breast

X1 BUTTERNUT SQUASH

- Half the squash, remove seeds and make crisscross marks across flesh. Season & drizzle each half with 1/2 tsp. of coconut oil & add 1 tbsp. of chopped ginger. Roast for 1 hour on a low heat.

FILLING

- Make up 100ml/3fl oz. of veg stock and add 60g/2oz of quinoa, 1 tbsp. of chopped ginger & 25g/1.5oz of dried fruit & nuts.

Scoop flesh from squash, leaving a 1cm border. Mix with quinoa, add the shredded chicken breast and pile back into the squash shells – sprinkle chopped parsley over the top & serve.

Nutrition Facts: Serving per half—calories 326, fibre 12g, protein 18g, fat 4g, saturated fat 1g, carbohydrate 36g

Spinach, Mango & Red Quinoa Chicken Salad

Crisp baby spinach blends with sweet mango, tender chicken and a sprinkle of red quinoa in this refreshing salad. Complete with your veggies, protein and wholegrain, this salad is a balance meal in and of itself.

Serves 2

- 2 cups baby spinach
- 1 small carrot, shredded
- 1/4 cup red quinoa, cooked
- 1/4 cup ripe mango, diced
- 2 Tablespoons red onion, minced
- 1 cup cooked chicken breast, diced
- 2 Tablespoons low fat salad dressing

Place the spinach, carrot, onion, quinoa, mango, and chicken in a medium bowl. Toss with dressing.

Nutritional Analysis: One serving equals: 248 calories, 4.7g fat, 301mg sodium, 25.5g carbohydrate, 3.4g fibre, and 25.5g protein.

Grilled Wild Salmon with Mango Relish

Serves 2 (1g fibre/serving)

MANGO RELISH

- 1/2 small mango (diced)
- 2 tablespoons red bell pepper (diced)
- 1 tablespoon red onion (diced)
- 1 tablespoon parsley (chopped fine)
- 1 tablespoon cilantro (chopped)
- 1 teaspoon lime zest
- 1/2 tablespoon garlic, minced
- 1 teaspoon lime juice
- Two 4-ounce wild salmon fillets
- Sea salt and pepper to taste

For relish, combine all relish ingredients and chill in refrigerator for 1 hour.

Season the fillets with the salt and pepper and grill on a hot grill 4 minutes on both sides. Cook until fish flakes. Serve relish over fish.

Nutrition Facts: Serving size, 1 fillet—calories 209, fibre 1g, protein 24g, fat 7g, saturated fat 1g, carbohydrate 12g

Energy Blasting Peanut Butter & Jam Sandwich

Not all PB&J sandwiches were created nutritionally equal. It all depends on the quality of the ingredients that you use. If you use white bread, corn syrup-filled peanut butter and refined sugar-filled jelly, the result would be a sandwich that will skyrocket your blood sugar, promotes fat storage and leaves you feeling hungry a short time later. However, if you make this recipe, with sprouted grain bread, pure organic peanut butter made from one ingredient: peanuts, and fruit preserves that are naturally sweetened with fruit juice rather than sugar, then the result would be a nutritionally dense food that would promote stable blood sugar levels and provide you with hours of sustained energy. Your kids will love the fun twist of having their sandwich grilled and stuffed with banana slices!

Serves: 1

- Sprouted grain bread
- 1 Tablespoon pure peanut butter (no added sugar or corn syrup)
- 1 Tablespoon natural fruit spread (no added sugar or corn syrup)
- 1/2 of a banana, sliced

1. Spread one piece of bread with peanut butter and the other with fruit spread. Line one side with the sliced bananas and sandwich it.

2. In a grill pan over medium heat, grill each side until grill marks appear and the sandwich is warmed.

Nutritional Analysis: One serving equals: 380 calories, 8.7g fat, 53g carbohydrate, 9g fibre, and 13.2g protein

HOMEMADE DIPS

Fat Burning & Immune Boosting 'SUPER' Hummus

Serves 2

- 1 can chick peas
- 1 tbsp. tahini
- 1 garlic clove
- ½ tsp salt
- 2 tsp cumin
- 1 tbsp. lemon juice & ject
- 1 tbsp. olive oil

Blend all the ingredients, except the water from the chick peas and the olive oil. Then re-add the water and the olive oil while blending on a low setting until smooth. Refrigerate and serve with sliced bell peppers, cucumber or a veg of your choice.

The extra cumin doubles the dip's virus killing potency, while lemon ject adds a decent shot of Vit C. In addition to being highly beneficial for your heart and your cholesterol levels, chick peas have been proven to be an excellent aid to weight/fat loss and maintenance.

Homemade Guacamole

Serves 6-8 (3g fibre per serving)

- 3 large Haas avocados, ripe
- 1/2 red onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 2 small limes, juiced
- 2 tablespoons chopped cilantro
- 4 green onions, sliced thin

Cut avocados in half and remove pulp; mash well in bowl. Add all other ingredients and mix well. Chill.

Nutrition Facts: Serving size, 2 ounces—calories 72, fibre 3g, protein 1g, fat 6g, saturated fat 0g, carbohydrate 5g

Pre-WORKOUT / SNACK SHAKES

Simple throw all the ingredients into a blend and mix, pour, enjoy!

CHOCOLATE COFFEE KICK START SHAKE

- 250ml rice milk
- 2 scoops chocolate protein
- Tsp coffee
- 3 ice cubes

ESPRESSO KICK SHAKE

- 200ml rice milk
- 1 scoop vanilla protein
- 1 shot of espresso
- 1 tbsp. 0% fage Greek yogurt
- Pinch of stevia
- Pinch of cinnamon
- 4 ice cubes

PINA COLADA SHAKE

- 1-2 scoops of vanilla or coconut protein
- 250ml coconut water
- 4 tbsp. crushed pineapple/2 pineapple rings
- 4 ice cubes

Pre-WORKOUT SHAKES cont...

COCONUT H.I.I.T. SHAKE

- 1 scoop vanilla protein
 - 250ml coconut milk
 - 1 banana
 - 4 ice cubes
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QUICK & HEALTHY SNACKS & DESSERTS

Banana Nut Smash - My all-time favourite...

Mash 1 small banana/1/2 large banana, then mash in 1 tsp peanut butter, then crush and add 2-3 oat cakes and top with vanilla quark protein yogurt...tastes like banoffee pie...seriously!

Pineapple and Cottage Cheese

1/2 cup fresh pineapple and 3 ounces low-fat cottage cheese

Nutrition Facts: Calories 100, fibre 2g, protein 12g.

Apple with Organic Peanut Butter

1 medium apple, sliced, with 1 tablespoon peanut butter

Nutrition Facts: Calories 104, fibre 2.5g, protein 3.6g.

Fried Apple & Yogurt

Fry sliced apple in coconut oil, serve with a large tbsp. of 0% Greek yogurt

Nutrition Facts: Calories 95, fibre 3.5g, protein 5.2g.

Crackers and Egg Salad

2 flax crackers with 1 ounce (2 tablespoons) homemade egg salad

Nutrition Facts: Calories 100, fibre 4.5g, protein 5g.

Smoked Tuna and Celery

2 tablespoons smoked tuna spread and 2 ribs celery

Nutrition Facts: Calories 100, fibre 2g, protein 3.5g.

Tortilla Chips and Salsa

1 ounce blue corn tortilla chips (15 chips) and 2 ounces (4 tablespoons) salsa

Nutrition Facts: Calories 150, fibre 3g, protein 3g.

Cucumber & Bell Peppers (Orange/Red/Yellow) with Hummus Dip

Handful sliced cucumber & peppers with 2 tablespoons hummus

Nutrition Facts: Calories 85, fibre 3.5g, protein 4g.

QUICK & HEALTHY SNACKS & DESSERTS

Raspberries and Cottage Cheese

1/2 cup raspberries with 3 ounces low-fat cottage cheese
Nutrition Facts: Calories 100, fibre 4g, protein 12g.

Banana Smash with Organic Peanut Butter, Rye vita & Pumpkin Seeds

Mash medium banana with peanut butter, crush and add rye vita, add pumpkin seeds
Nutrition Facts: Calories 205, fibre 6.5g, protein 6.4g.

Crackers and Guacamole

2 flax crackers with 2 ounces homemade guacamole
Nutrition Facts: Calories 132, fibre 7.5g, protein 3g.

Chocolate Banana

Blend together 1 cup water, ½ cup skim milk, one and a half frozen bananas, 2 tbsp. organic maple syrup, and 30g chocolate whey protein powder – 38 g protein, 72 g carbs, 0.5 g fat, 440 calories.

Pineapple Vanilla

Blend together 1 cup water, ½ cup vanilla yogurt, one cup frozen pineapples, 2 tbsp. honey (preferably raw), and 30g vanilla whey protein powder – 35 g protein, 71 g carbs, 0.5 g fat, 425 calories.

Beef Jerky

A high protein snack, helps stabilise blood-sugar levels and reduce sugary cravings

Fat Burning Blackberries

Blackberries are loaded with fibre (which slows sugar absorption and helps your body burn that unwanted fat), and they're packed with vitamins that can fight cravings (cravings can come from vitamin deficiencies).

Blackberries also have a natural anti-inflammatory agent, so these are great to take after a hard workout or if you have a muscle/joint strain/sprain.

Buy them frozen – cheaper and they will last longer and they defrost super quickly. Add them to your protein shake or on top of your porridge or simple add some full fat Greek/natural yogurt to them!

Greek Yogurt & nuts

Small tub of Greek yogurt or quark high protein yogurt and very small handful of nuts/seeds. A high protein snack, helps stabilise blood-sugar levels and reduce sugary cravings