



February Recipe Pack

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

www.LLLFit.com



Contents & Key

- 6** Dill & Cream Cheese Scramble Eggs
- 8** Red Pepper & Mushroom Bowl
- 10** Banana & Chocolate Overnight Oats
- 12** Turkey & Beans On Toast
- 14** Balsamic Vinaigrette Dressing
- 16** Arugula Salad
- 18** Easy Coronation Chicken
- 20** Roasted Cauliflower & Salmon
- 22** Honey Garlic Pork Chops
- 24** Apricot Chicken Stuffed With Goat Cheese
- 26** Beef Udon Stir Fry
- 28** Baked Chicken Parmesan
- 30** Raspberry & Lemon Muffins
- 32** Carrot Cake Banana Bread
- 34** Chunky Monkey Smoothie (Post-Workout)

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	Dill & Cream Cheese Scramble Eggs	Arugula Salad with Balsamic Vinaigrette Dressing	E.g. Chunky Monkey Smoothie, Carrot Cake Banana Bread, Raspberry & Lemon Muffins	Beef Udon Noodles
Tue	Red Pepper & Mushroom Bowl	Arugula Salad with Balsamic Vinaigrette Dressing	E.g. Chunky Monkey Smoothie, Carrot Cake Banana Bread, Raspberry & Lemon Muffins	Roasted Cauliflower & Salmon
Wed	Red Pepper & Mushroom Bowl	Roasted Cauliflower & Salmon	E.g. Chunky Monkey Smoothie, Carrot Cake Banana Bread, Raspberry & Lemon Muffins	Baked Parmesan Chicken
Thu	Banana & Chocolate Overnight Oats	Easy Coronation Chicken	E.g. Chunky Monkey Smoothie, Carrot Cake Banana Bread, Raspberry & Lemon Muffins	Baked Parmesan Chicken
Fri	Banana & Chocolate Overnight Oats	Easy Coronation Chicken	E.g. Chunky Monkey Smoothie, Carrot Cake Banana Bread, Raspberry & Lemon Muffins	Honey Garlic Pork Chops
Sat	Turkey Bean On Toast	Apricot Chicken Stuffed with Goats Cheese	E.g. Chunky Monkey Smoothie, Carrot Cake Banana Bread, Raspberry & Lemon Muffins	Meal Out - Enjoy!
Sun	Turkey Bean On Toast	Apricot Chicken Stuffed with Goats Cheese	E.g. Chunky Monkey Smoothie, Carrot Cake Banana Bread, Raspberry & Lemon Muffins	Beef Udon Noodles



Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> •3 bananas •2 lemons •1 lemon •raspberries •blueberries •1 avocado <p>Vegetables</p> <ul style="list-style-type: none"> •bunch green onions (spring onions) •2 red onions •2 bulbs garlic •chestnut mushrooms •3.5 oz. (100g) shitake mushroom •3 carrots •2 bok choy •cauliflower •cherry tomatoes •1 cucumber •1 pack arugula (rocket) •1 red chili <p>Dried</p> <ul style="list-style-type: none"> •raisins •cranberries 	<p>Meats</p> <ul style="list-style-type: none"> •5 lbs. (2.25kg) chicken breast •8.8 oz. (250g) beefsteak •pack bacon •7 oz. (200g) ground turkey (turkey mince) •8 oz. (500g) bone-in pork chops (2 chops) <p>Fish, Seafood</p> <ul style="list-style-type: none"> •2 salmon fillets <p>Cold</p> <ul style="list-style-type: none"> •milk •almond milk •Greek yogurt •13 eggs •unsalted butter •Parmesan cheese •mozzarella cheese •soft goat's cheese •feta cheese •cream cheese 	<p>Grains</p> <ul style="list-style-type: none"> •rolled oats <p>Nuts & Seeds</p> <ul style="list-style-type: none"> •sesame seeds •walnuts •pumpkin seeds •pine nuts <p>Baking</p> <ul style="list-style-type: none"> •vanilla extract •all-purpose flour •almond flour •baking powder •baking soda •corn starch (cornflour) •cocoa powder •cocoa nibs •cacao powder <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> •black pepper •ground cinnamon •ground ginger •garlic powder •garam masala •ground turmeric •ground cumin •mild curry powder •smoked paprika •chili flakes <p>Fresh Herbs</p> <ul style="list-style-type: none"> •basil •rosemary •mint •thyme •dill 	<p>Oil</p> <ul style="list-style-type: none"> •coconut oil •sesame oil •olive oil <p>Sweeteners</p> <ul style="list-style-type: none"> •maple syrup •honey •coconut sugar <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> •peanut butter •panko breadcrumbs •1x 7 oz. (200g) can chopped tomatoes •1x 7 oz. (200g) can butter beans •1x 7 oz. (200g) can chickpeas •jar roasted red pepper •jar marinara sauce •jar apricot jam •dried udon noodles •jar green pesto •apple cider vinegar •mayonnaise •Dijon mustard •balsamic vinegar •mirin •light soy sauce •dark soy sauce •tamari <p>Misc/Other</p> <ul style="list-style-type: none"> •sea salt •vanilla protein powder •chocolate protein powder •sliced bread





Dill & Cream Cheese Scramble Eggs

Serves 4

3 tbsp. butter, unsalted
2 slices bread, cut into small cubes
8 eggs, beaten
2 tbsp. milk
5 oz. (155g) cream cheese, cut into cubes, at room temperature
2 tbsp. fresh dill, chopped
salt & pepper

What you need to do

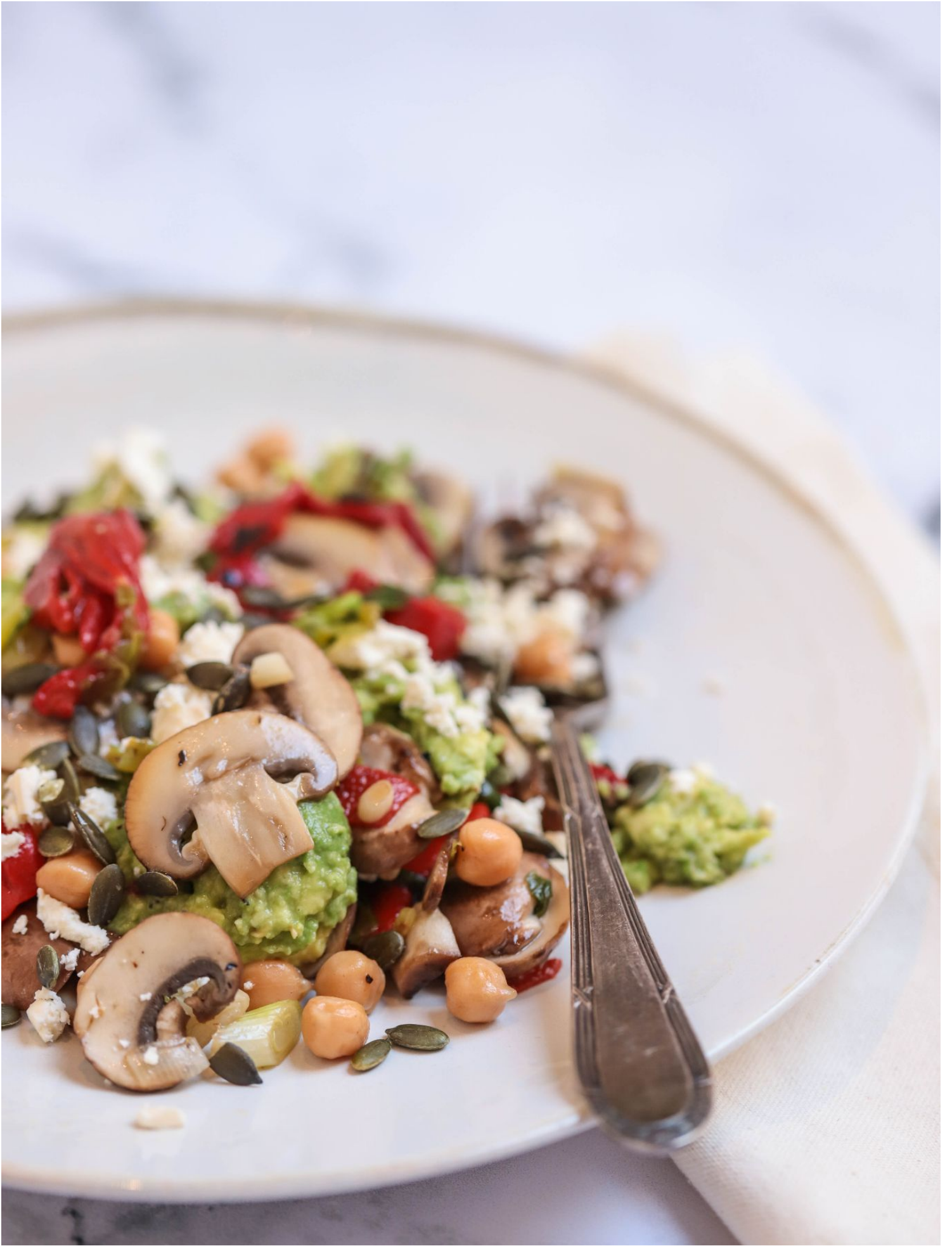
1. Melt 1 tablespoon of the butter in a non-stick pot over a medium-high heat. Add the bread cubes, season with salt and pepper and cook, stirring often, until the bread turns golden brown. Transfer the croutons to a plate lined with kitchen paper and set aside.
2. In the same pot, melt the remaining 2 tablespoons of butter. Beat the eggs with the milk and season with salt and pepper. Pour into the pot and cook without stirring for 1 minute. Then begin gently stirring the eggs, allowing the uncooked eggs to run to the bottom of the pan.
3. Cook the eggs until they are almost set, approximately 3 minutes, then stir in the cream cheese and freshly chopped dill. Continue to cook for a further minute until the eggs have set. Divide the eggs between 4 plates, top with the croutons and serve immediately.

LC V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	10 min	376	31	9	17	1

*Nutrition per serving.





Red Pepper & Mushroom Bowl

Serves 2

½ tbsp. coconut oil
2 green onions, finely sliced
6 chestnut mushrooms, sliced
7 oz. (200g) roasted red pepper, drained and sliced
¼ cup (40g) chickpeas, drained
1 tbsp. water
1 ripe avocado
1 lime, juiced
1 red chili, re-seeded, finely sliced
salt & pepper
1.5 oz. (40g) feta cheese, crumbled
2 tbsp. pumpkin seeds

What you need to do

1. Heat the coconut oil in a pot over medium-high heat. Add the green onions and chestnut mushrooms and cook for 2 minutes.
2. Add in the red peppers and chickpeas along with the water and stir-fry for 2 minutes, then remove the pan from the heat.
3. Mash the avocado flesh with a fork and drizzle with lime juice. Add the red chili and season with salt and pepper.
4. Divide the mushrooms between two plates, top with the avocado, crumbled feta and pumpkin seeds and serve immediately.

GF V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	5 min	359	26	26	11	10

*Nutrition per serving.





Banana & Chocolate Overnight Oats

Serves 2

1 cup (240ml) almond milk
2 scoops (60g), vanilla protein powder
1 ripe banana
1 tbsp. cocoa powder, unsweetened
1 cup (80g) rolled oats
2 tbsp. cocoa nibs

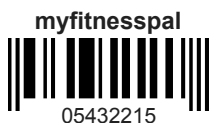
What you need to do

1. Place the almond milk, vanilla protein powder, banana and cocoa powder into a high-speed blender and blitz until smooth.
2. Pour the mix into a sealable container, add the rolled oats and mix well. Set aside in the refrigerator for at least 8 hours, or overnight.
3. When ready to eat, top with cocoa nibs.

MP	HP	V	N
----	----	---	---

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
2 min	overnight	430	10	51	35	7

*Nutrition per serving.





Turkey & Beans On Toast

Serves 2

½ tbsp. coconut oil
2 green onions, sliced
7 oz. (200g) ground turkey, lean
2 tsp. smoked paprika
1 tbsp. balsamic vinegar
⅔ cup (180g) canned chopped tomatoes
⅔ cup (130g) canned butter beans, drained
2 slices bread, toasted

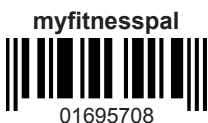
What you need to do

1. Heat the coconut oil in a large pot over a high heat. Add the green onions and fry for 30 seconds, then add the ground turkey. Cook for about 2-3 minutes until the turkey is almost cooked. Use a wooden spoon to break up the turkey into smaller pieces as it is cooking.
2. Add in the paprika and vinegar and continue cooking for a further minute. Then add the tomatoes and beans to the pot. Bring to a simmer and continue to cook for 10 minutes, or until the turkey is cooked through.
3. Serve the turkey and beans on toasted bread.

DF	LC	MP	HP	Q
----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	15 min	397	14	37	30	9

*Nutrition per serving.





Balsamic Vinaigrette Dressing

Serves 6

4 tbsp. olive oil
4 tbsp. red onion, diced
3 cloves garlic, crushed
1 tsp. dijon mustard
1 tsp. maple syrup
3 tbsp. balsamic vinegar
1 tbsp. fresh lemon juice
1/8 tsp. salt

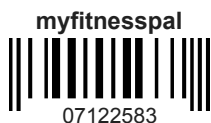
What you need to do

1. Heat the oil in a small skillet over a medium-high heat. Add the onion and garlic and sauté for 1-2 minutes.
2. Turn the heat down to low and let the onions simmer uncovered for 10-15 minutes. Then remove from heat and set aside to cool.
3. Add all ingredients for the dressing into a jar, close tightly and shake until all the ingredients are well combined. Store in the refrigerator until ready to use.

GF	DF	MP	V	Q
----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	20 min	101	9	5	0	0

*Nutrition per serving.





Arugula Salad

Serves 4

4 servings Balsamic Vinaigrette Dressing (recipe in this pack)
¼ cup (35g) pine nuts
2.5 oz. (70g) arugula
½ medium red onion, diced
½ cup (75g) blueberries
2 cups (300g) cherry tomatoes
⅓ cup (40g) cranberries, dried
⅓ cup (50g) feta cheese, crumbled

What you need to do

1. Begin by preparing the balsamic vinaigrette (see the recipe in this pack) and then set aside.
2. Next, in a small pot, toast the pine nuts over a medium heat for 4-5 minutes or until golden brown. Keep moving the pine nuts so that they don't burn. When ready, remove from the pan and set aside.
3. Add the arugula, red onion, blueberries, tomatoes, cranberries, feta cheese and pine nuts into a large bowl and combine.
4. Drizzle 4 servings of the balsamic dressing onto the salad and serve immediately.

GF MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 min	5 min	264	18	23	4	3

*Nutrition per serving.





Easy Coronation Chicken

Serves 4

1 lb. (450g) chicken, cooked & shredded
6 tbsp. mayonnaise
3 tsp. mild curry powder
½ tsp. ground cinnamon
3 tbsp. raisins
salt & pepper

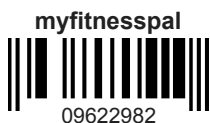
What you need to do

1. Place the shredded chicken into a large bowl.
2. Mix the mayonnaise, curry powder, cinnamon and raisins together and season to taste with salt and pepper. Add the sauce to the chicken and stir well until combined.
3. Serve on toast, with jacket potatoes or salad.

GF	DF	LC	MP	HP	Q
----	----	----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	0 min	288	14	6	35	1

*Nutrition per serving.





Roasted Cauliflower & Salmon

Serves 2

1 tbsp. coconut oil
 12 oz. (350g) cauliflower, florets
 1 carrot, sliced
 1 tsp. garam masala
 ½ tsp. ground turmeric
 ½ tsp. ground cumin
 1 cup (150g) cherry tomatoes
 2 salmon fillets, skinless (approx. 8 oz./230g each)
 ½ cucumber
 3 tbsp. Greek yogurt
 2 tsp. mint, chopped
 salt & pepper

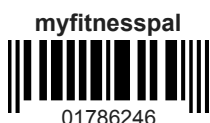
What you need to do

1. Preheat the oven to 390°F (200°C).
2. Place the coconut oil into a roasting tray and place into the hot oven. Once the oil has melted, remove the tray and add the cauliflower florets and carrots. Place the tray back in the oven for 10 minutes.
3. In the meantime, mix together the spices in a small bowl and add a pinch of salt and pepper.
4. After 10 minutes, remove the tray from the oven and add in the cherry tomatoes. Season with the spice mix and toss together, ensuring everything is well coated in the spice mix.
5. Layer the salmon on top of the vegetables and season with salt and pepper. Then return the tray to the oven and roast for a further 12 minutes, until the vegetables are tender and the salmon is cooked through.
6. While the salmon is in the oven, grate the cucumber and with your hands, gently squeeze out as much excess water as possible. Then place the cucumber into a bowl with the yogurt and chopped mint. Season to taste with salt and pepper and mix until well combined.
7. Serve the roasted vegetables and salmon topped with a spoon of the cucumber and yogurt dressing.

GF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	22 min	475	22	16	52	7

*Nutrition per serving.





Honey Garlic Pork Chops

Serves 4

18 oz. (500g) bone-in pork chops (2 chops)
1 tbsp. olive oil
1 tbsp. unsalted butter
4 cloves garlic, 2 with skins on, 2 minced
4 tbsp. honey
1 tbsp. tamari
1 ½ tbsp. apple cider vinegar
1 sprig rosemary
1 sprig thyme
salt & pepper

What you need to do

1. Season the pork chops with salt and pepper.
2. Pour the olive oil into a skillet and place over a high heat. Add the pork chops and fry for 3-5 minutes or until starting to char, then flip over.
3. Lightly crush the 2 skin-on garlic cloves and add to the pan along with the butter, thyme and rosemary. Baste the chops with the herb flavored butter and cook for 3-5 minutes. Turn the chops and cook until golden, then remove the chops from the skillet and set aside to rest for 5 minutes.
4. Turn the heat down to medium-low and add the minced garlic to the skillet. Cook for a minute, then add in the honey, tamari and apple cider vinegar. Simmer until the mixture starts to thicken, stirring regularly.
5. Add the pork chops back into the pan, coat in the sauce and serve immediately.

GF DF LC MP HP Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	15 min	334	18	18	26	0

*Nutrition per serving.





Apricot Chicken Stuffed With Goat Cheese

Serves 4

3 bacon rashers
5 oz. (140g) goat's cheese, soft
¼ cup (15g) green pesto
2 lbs. (900g) chicken breast
½ cup (160g) apricot jam
2 tbsp. balsamic vinegar
1 tsp. chili flakes
fresh thyme
salt & pepper

What you need to do

1. Preheat the oven to 375°F (190°C).
2. Place a large dry skillet over a medium heat. Cook the bacon for 2-3 minutes on each side until crispy, then remove from the pan and place on a paper towel. Reserve the pan for cooking the chicken.
3. Mix the goat's cheese with the pesto in a small bowl.
4. Make a horizontal cut in the chicken breast, taking care not to cut all the way through, just enough to make a small pocket. Season the chicken with salt and pepper.
5. Stuff each pocket in the chicken breast with 2 tablespoons of the pesto and goat's cheese mixture. Place the chicken breast in the skillet and cook on each side for 2-3 minutes. Then remove the chicken from the skillet and place into an ovenproof dish.
6. Mix the apricot jam, balsamic vinegar and chili flakes together in a small bowl. Coat the tops of the chicken breasts with the jam mixture. Place the chicken into the oven and cook for 12 minutes or until the chicken is cooked through.
7. Chop up the crispy bacon and sprinkle it on top of the chicken along with the fresh thyme. Serve immediately.

GF LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	25 min	525	23	18	59	0

*Nutrition per serving.





Beef Udon Stir Fry

Serves 4

For the Stir Fry:

14 oz. (400g) dried udon noodles
2 tbsp. coconut oil
8.8 oz. (250g) beefsteak, cut in thin slices
1 tbsp. garlic, chopped
1 onion, sliced
3.5 oz. (100g) shitake mushroom, sliced
2 bok choy, cut in thin slices
2 green onions, sliced

For the Sauce:

2 tbsp. mirin
2 tbsp. light soy sauce
1 tbsp. dark soy sauce
1 tbsp. coconut sugar
1 tsp. sesame oil
½ tsp. corn starch

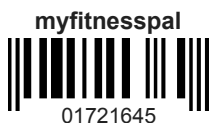
What you need to do

1. Prepare the udon noodles according to instructions on the packaging.
2. Mix all the sauce ingredients in a bowl and set aside. Season the beef with 1 tablespoon of the stir fry sauce mix.
3. Heat the coconut oil in a large skillet or wok over medium-high heat, add the beef and cook for 2-3 minutes. Push the beef to one side, add the garlic and onion cooking for a few seconds and then add the mushrooms. Cook for a further 1 minute, then add the bok choy and toss well.
4. Next, add the cooked udon noodles and the remainder of the stir fry sauce. Cook for 2 minutes until all ingredients are well combined.
5. Turn off the heat and sprinkle over the green onions. Divide the stir fry between 4 bowls and serve immediately.

DF	MP	HP	Q
----	----	----	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	10 min	428	15	53	22	4

*Nutrition per serving.





Baked Chicken Parmesan

Serves 6

2 lbs. (900g) chicken breast,
boneless, skinless
½ cup (65g) panko breadcrumbs
1 cup (100g) parmesan cheese,
grated
1 tbsp. garlic powder
½ tsp. salt
1 egg
3 tbsp. olive oil + 1 tsp. to grease
dish
1 cup (260g) marinara sauce
1 cup (115g) mozzarella cheese,
shredded
fresh basil, for garnish

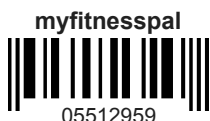
What you need to do

1. Preheat the oven to 450°F (230°C) and grease an oven-proof dish with 1 teaspoon of olive oil.
2. Slice each chicken breast in half, lengthways, then place the chicken on a cutting board and cover with plastic wrap. Using a meat tenderizer, pound the chicken to a ½-inch thickness. Set aside.
3. In a large bowl, combine the breadcrumbs, parmesan cheese, garlic powder and salt. Whisk the egg into a medium bowl.
4. Dip each chicken breast first into the beaten egg, shaking off any excess, then into the breadcrumb mixture.
5. Heat ½ tablespoon of olive oil in a large skillet over a medium-low heat. Add the chicken to the skillet and cook for 3-4 minutes on each side, until golden brown. Wipe the skillet between each chicken breast to remove any brown bits and continue to saute the remaining pieces of chicken.
6. Transfer the chicken to an oven-proof dish and top the chicken breasts with the marinara sauce and sprinkle over the shredded mozzarella.
7. Bake the chicken in the oven for approximately 7 minutes or until the mozzarella has melted and the chicken is cooked through.
8. Sprinkle over freshly chopped basil and serve immediately.

LC MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 min	15 min	365	14	10	46	1

*Nutrition per serving.





Raspberry & Lemon Muffins

Makes 12

2 cups (250g) all-purpose flour
2/3 cup (155g) coconut sugar
1/2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. ground cinnamon
1/4 tsp. salt
1 cup (240ml) milk
1 tbsp. lemon juice
2 eggs
5 tbsp. butter, unsalted, melted, and cooled
2 tsp. lemon zest
1/2 tsp. vanilla extract
1 cup (125g) raspberries
1 tbsp. coconut sugar

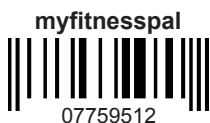
What you need to do

1. Preheat the oven to 400°F (200°C). Line a 12 hole muffin tray with paper liners or silicone muffin cups.
2. In a large bowl, mix the flour, sugar, baking powder, baking soda, cinnamon and salt.
3. In a medium bowl, whisk together milk, lemon juice, eggs and melted butter. Add the lemon zest and vanilla and whisk just until blended.
4. Fold the wet mixture into the dry flour mixture and stir until just combined. Do not beat the mixture. Now gently fold in the raspberries.
5. Divide the batter equally between each of the 12 muffin cups. Sprinkle 1 tablespoon of coconut sugar evenly over each of the muffins.
6. Place the tray into the oven and bake the muffins until golden brown, approximately 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
7. Remove the tray from the oven and set aside on a wire rack for 15 minutes, then remove from the tray/silicone molds and allow to cool completely before serving.
8. Store the muffins in an airtight container on the counter top for 2-3 days.

MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 min	20 min	186	6	32	3	4

*Nutrition per serving.





Carrot Cake Banana Bread

Serves 10

½ cup (125g) mashed banana
1 ½ cups (150g) grated carrot
2 eggs
1 tsp. vanilla extract
2 cups (200g) almond flour
2 tsp. baking powder
1 tsp. cinnamon
½ tsp. ground ginger
⅓ cup (55g) raisins
¼ cup (30g) walnuts, chopped

What you need to do

1. Preheat the oven to 350°F (180°C) and line a loaf tin with baking paper.
2. In a large bowl, mix together the mashed banana, carrots, eggs and vanilla extract.
3. In a separate bowl, combine the almond flour, baking powder and spices.
4. Fold the almond flour mixture through the banana and carrot mixture until well combined.
5. Add in raisins and walnuts, mix again and transfer into the loaf tin. Bake in the oven for 50-55 minutes, or until a toothpick inserted in the middle comes out clean.
6. Remove from the oven and set onto a wire rack to cool completely before serving.
7. Store the bread in an airtight container on the counter top for 2-3 days.

GF	DF	LC	MP	V	N
----	----	----	----	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 min	55 min	183	13	14	6	3

*Nutrition per serving.





Chunky Monkey Smoothie (Post-Workout)

Serves 1

½ banana, peeled and roughly chopped
½ tbsp. cacao powder
1 ½ tbsp. peanut butter
½ tsp. vanilla extract
1 cup (240ml) almond milk, unsweetened
1 scoop (30g) chocolate protein powder
2 tsp. sesame seeds

What you need to do

1. Place all the ingredients into a high-speed blender and blitz until smooth. Serve immediately.

GF	HP	V	Q	N
----	----	---	---	---

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 min	0 min	389	19	23	36	5

*Nutrition per serving.

