

NUTRITION

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Journal



Contents & Key

6	Asparagus & Smoked Salmon Toast with Tarragon Cream Cheese	GF	Gluten Free
8	Carrot Cake Overnight Oats	DF	Dairy Free
10	Honey Granola with Cherries & Walnuts	LC	Low Carb (20g- serve)
12	Classic Egg Salad Lettuce Wraps	MP	Meal Prep/Freezer Friendly
14	Roasted Potato, Bacon & Crispy Kale Salad	HP	High Protein (20g+ per serve)
16	Blue Cheese, Chicken & Pecan Salad	V	Vegetarian
18	Green Bean Salad with Sweet & Sour Mustard Vinaigrette	Q	Quick (under 30 mins)
20	Crustless Tuna Quiche	N	Contains Nuts
22	Indo-Chinese Style Chili Chicken		
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Sample Weekly Meal Planner

	Breakfast	Lunch	Snack	Dinner
Mon	Carrot Cake Overnight Oats	Blue Cheese, Chicken & Pecan Salad	E.g. Strawberry Tart, Strawberry Sauce Parfait, Cinnamon Rolls, Honey Granola with Cherries & Walnuts	Indo-Chinese Style Chili Chicken
Tue	Carrot Cake Overnight Oats	Roasted Potato, Bacon & Crisp Kale Salad	E.g. Strawberry Tart, Strawberry Sauce Parfait, Cinnamon Rolls, Honey Granola with Cherries & Walnuts	Indo-Chinese Style Chili Chicken
Wed	Classic Egg Salad Lettuce Wraps	Roasted Potato, Bacon & Crisp Kale Salad	E.g. Strawberry Tart, Strawberry Sauce Parfait, Cinnamon Rolls, Honey Granola with Cherries & Walnuts	Lemon Caper Papillote Fish with Veggies
Thu	Classic Egg Salad Lettuce Wraps	Crustless Tuna Quiche	E.g. Strawberry Tart, Strawberry Sauce Parfait, Cinnamon Rolls, Honey Granola with Cherries & Walnuts	Lemon Caper Papillote Fish with Veggies
Fri	Crustless Tuna Quiche	Green Bean Salad with Sweet & Sour Mustard Vinaigrette	E.g. Strawberry Tart, Strawberry Sauce Parfait, Cinnamon Rolls, Honey Granola with Cherries & Walnuts	Peruvian Lomo Saltad
Sat	Asparagus & Smoked Salmon Toast with Tarragon Cream Cheese	Green Bean Salad with Sweet & Sour Mustard Vinaigrette	E.g. Strawberry Tart, Strawberry Sauce Parfait, Cinnamon Rolls, Honey Granola with Cherries & Walnuts	Meal Out - Enjoy!
Sun	Honey Granola with Cherries & Walnuts	Blue Cheese, Chicken & Pecan Salad	E.g. Strawberry Tart, Strawberry Sauce Parfait, Cinnamon Rolls, Honey Granola with Cherries & Walnuts	Pan-seared Salmon with Pea Shoots & Watercress Salad

Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p>Fruits</p> <ul style="list-style-type: none"> •5x lemons •1x orange •strawberries •blueberries <p>Vegetables</p> <ul style="list-style-type: none"> •bunch asparagus •red bell pepper •7x carrots •4x red onion •1x yellow onion •4x shallot •1x head of garlic •bunch green onions (spring onions) •2 lbs. (900g) potatoes + 2 extra medium sized potatoes •celery •1x tomato •head of butter lettuce •7 oz. (200g) kale •8 oz. (250g) lambs lettuce •watercress •pea shoots •2x bunches radishes •1x zucchini (courgette) •2.6 lbs. (1200g) green beans <p>Fresh Herbs</p> <ul style="list-style-type: none"> •tarragon •chives •dill •basil •parsley •cilantro (coriander) <p>Dried Fruit</p> <ul style="list-style-type: none"> •raisins •cherries 	<p>Meats</p> <ul style="list-style-type: none"> •pack bacon •7 oz. (200g) bacon lardons •1.75 lbs. (800g) chicken breast •1 lb. (450g) sirloin steak <p>Fish & Seafood</p> <ul style="list-style-type: none"> •5.4 oz. (155g) smoked salmon •1.5 lbs. (680g) white fish filets (cod, haddock, hake) •1.3 lbs (600g) salmon filets <p>Cold</p> <ul style="list-style-type: none"> •20x eggs •cream cheese •milk •almond milk, unsweetened •Greek yogurt •blue cheese •2x block unsalted butter •sheet puff pastry 	<p>Grains</p> <ul style="list-style-type: none"> •rolled oats •rice <p>Nuts & Seeds</p> <ul style="list-style-type: none"> •chia seeds •walnuts •roasted almonds •pecan nuts <p>Baking</p> <ul style="list-style-type: none"> •vanilla extract •cornstarch (cornflour) •all-purpose flour (plain flour) •quick-rise yeast <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> •black pepper •ground cinnamon •ground cumin •cayenne pepper •Chinese five spice •chili powder •paprika •garlic powder 	<p>Oils</p> <ul style="list-style-type: none"> •coconut oil •olive oil <p>Sweeteners</p> <ul style="list-style-type: none"> •honey •coconut sugar •confectioners sugar (caster sugar) <p>Sweeteners</p> <ul style="list-style-type: none"> •honey •coconut sugar •confectioners sugar (caster sugar) <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> •apple cider vinegar •mayonnaise •Dijon mustard •whole-grain mustard •balsamic glaze •red wine vinegar •white wine vinegar •1x 14 oz. (400g) can chickpeas •2x 7 oz. (200g) can tuna •tomato ketchup •tamari •sriracha sauce •capers •aji amarillo paste (or spicy chili paste) •vegetable broth (vegetable stock) •strawberry jam <p>Misc/Other</p> <ul style="list-style-type: none"> •sea salt •whole wheat bread



Asparagus & Smoked Salmon Toast with Tarragon Cream Cheese

What you need to do
Serves 4

For the cream:

7 oz. (200g) cream cheese
2 tbsp. apple cider vinegar
1 tsp. lemon juice
2 tbsp. fresh tarragon
salt & pepper

For the toast:

8.8 oz. (250g) asparagus, ends
trimmed
salt & pepper
5.4 oz. (155g) smoked salmon
1½ tsp. fresh lemon juice
4 slices, whole wheat bread,
toasted

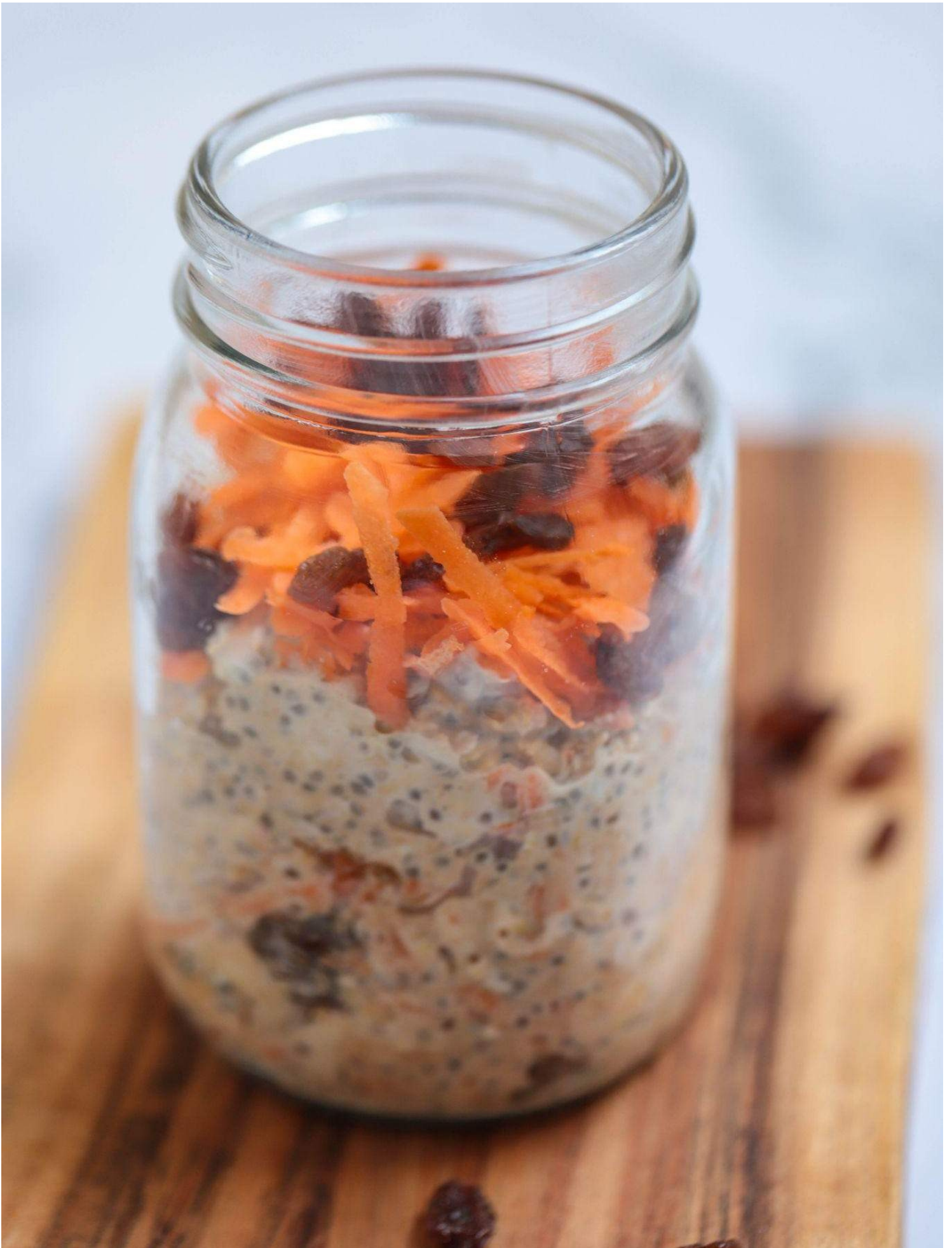
1. To make the tarragon cream, place the cream cheese in a small bowl and then mix in the apple cider vinegar, lemon juice and tarragon leaves. Season to taste with salt and pepper and set aside.
2. Place the asparagus spears into a pot of boiling water, cover the pot and simmer gently for 3-4 minutes, until just tender. Transfer the asparagus to a colander and rinse under cold running water. Slice the asparagus spears diagonally and set aside.
3. Toast the bread and spread with the tarragon cream. Top with the smoked salmon and asparagus, drizzle with lemon juice and season to taste with salt and pepper.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	4 mins	319	18	23	18	4

*Nutrition per serving.





Carrot Cake Overnight Oats

Serves 4

1 cup (80g) rolled oats
1 cup (240ml) almond milk, unsweetened
½ cup (140g) Greek yogurt
2 tbsp. chia seeds
2 tbsp. honey
2 carrots, shredded
4 tbsp. raisins
1 tsp. vanilla extract
1 tsp. ground cinnamon

What you need to do

1. Place all the ingredients into a large bowl and stir until combined. Cover and refrigerate for at least 2 hours, or ideally overnight.
2. Divide the oats between 4 serving glasses or jars and top with additional shredded carrot and raisins (optional and not included within nutritional breakdown).

MP V N

Prep	Chill	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	2-8 hrs	214	5	38	7	5

*Nutrition per serving.





Honey Granola with Cherries & Walnuts

Serves 12

2 cups (160g) rolled oats
½ cup (60g) walnuts, chopped
1 tsp. ground cinnamon
½ tsp. salt
½ cup (90g) coconut sugar
⅓ cup (110ml) honey
4 tbsp. coconut oil
1 tsp. vanilla extract
½ cup (85g) dried cherries

What you need to do

1. Preheat the oven to 300°F (150°C). Prepare a baking sheet lined with baking paper.
2. In a large bowl, combine the oats, walnuts, cinnamon and salt. Set aside.
3. Place the coconut sugar, honey, coconut oil and vanilla extract into a small pot and place over a medium heat. Stir and melt the mixture until smooth.
4. Pour the hot mixture over the oats and stir well until combined. Spread the oats out on the baking sheet and bake in the oven for about 20-25 minutes, until golden. Stir twice throughout the cooking time to break the granola up a little.
Remove the sheet from the oven and set aside on a wire rack to cool completely. Once cool, stir through the dried cherries. Store the granola in an airtight container at room temperature for up to two weeks.
- 5.
- 6.

DF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	186	9	26	3	2

*Nutrition per serving.





Classic Egg Salad Lettuce Wraps

Serves 4

8 eggs
4 tbsp. mayonnaise
1 tbsp. Dijon mustard
1 tbsp. fresh tarragon, chopped
1 tbsp. fresh chives, chopped
2 tsp. fresh dill, chopped
1 celery stick, sliced
salt & pepper
1 head of butter lettuce

What you need to do

1. Place the eggs into a large pot and cover with cold water. Bring the water to the boil and boil the eggs for 8 minutes. Take the pot off the heat, drain the eggs and run under cold water to cool down.
2. Once cool enough to handle, peel the eggs, place them into a bowl and chop them up.
3. Add the mayonnaise, mustard, fresh herbs and celery. Season to taste with salt and pepper and mix well to combine.
4. Spoon the egg salad into the lettuce leaves and serve immediately.

GF	DF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	246	20	2	13	0

*Nutrition per serving.





Roasted Potato, Bacon & Crispy Kale Salad

Serves 4

2 lbs. (900g) potatoes, chopped into chunks
4 tbsp. olive oil
salt & pepper
2 red onions, cut into wedges
4 carrots, chopped into batons
2 tsp. ground cumin
4 tbsp. honey
7 oz. (200g) bacon lardons
2 cloves garlic, minced
2 tbsp. balsamic glaze
7 oz. (200g) kale
¼ cup (35g) roasted almonds, chopped

What you need to do

1. Preheat the oven to 420°F (220°C).
2. Place the chopped potatoes on a baking tray or roasting dish. Drizzle over 1 tablespoon of olive oil and season with salt and pepper. Toss the potatoes around in the oil to ensure they are completely coated, then place the tray on the top shelf of the oven to roast for 20 minutes.
3. Meanwhile, place the carrots and onion onto another baking sheet. Drizzle with a further 1 tablespoon of olive oil and season with salt, pepper, cumin and 2 tablespoons of honey. Toss to coat the vegetables in the oil, then spread out in a single layer on the baking sheet. Place the tray on the middle shelf of the oven and roast until golden, approximately 20-25 minutes. Turn the vegetables halfway through the cooking time.
When the potatoes have cooked for 20 minutes, remove them from the oven.
4. Lightly crush each potato using the bottom of a bowl or a pan. Return to the top shelf of the oven and continue roasting until crispy and golden, a further 10-15 minutes.
Heat 1 tablespoon of olive oil in a pot over a medium-high heat. Add the bacon lardons and cook for 4-5 minutes. Now add in the garlic and cook for 1 minute, then remove the pot from the heat and stir through the balsamic glaze and the remaining honey.
Once the carrots and onion have cooked, remove from the oven. Place the kale on top, and drizzle with the remaining 1 tablespoon of oil. Season with salt and pepper and bake until crispy, 5-7 minutes.
5. To serve, toss together the potatoes, vegetables, bacon and then equally between
6. 4 bowls and top with roasted almonds.
- 7.

GF DF MP N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	55 mins	470	17	69	17	1

*Nutrition per serving.





Blue Cheese, Chicken & Pecan Salad

Serves 4

For the dressing:

- 1 shallot
- 2 tbsp. red wine vinegar
- 1 tsp. Dijon mustard
- salt & pepper
- 1/3 cup (80ml) olive oil
- 1 tbsp. honey

For the salad:

- 1/2 cup (65g) pecan nuts, halves
- 1 tsp. honey
- pinch of cayenne pepper
- 1 tbsp. olive oil
- 7 oz. (400g) chicken breast
- 8 oz (250g) lambs lettuce
- 8 radishes, sliced
- 4 oz. (125g) blue cheese, crumbled

What you need to do

1. Preheat the oven to 350°F (180°C). Prepare a baking sheet lined with baking paper.
2. Place the dressing ingredients into a high-speed blender and blitz until smooth. Set aside.
3. Rinse the pecans in a sieve and set aside to drain. In a small bowl, combine the honey and cayenne pepper and mix well. Add in the pecans and toss until evenly coated. Spread the pecans onto the baking sheet and roast in the hot oven for 10 minutes, or until golden brown, then set aside to cool.
4. Heat the olive oil in a large pot over a medium-high heat and cook the chicken for 6-7 minutes, then turn and cook for a further 5-6 minutes on the second side, until golden brown and cooked through. Set aside to cool, then once cool enough to handle, chop into chunks.
5. To serve, combine the lamb's lettuce leaves and radish slices together in a serving bowl, drizzle with the vinaigrette dressing and toss until well combined. Top with the chopped chicken, crumbled blue cheese and roasted pecans.

GF LC MP HP N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	492	38	8	31	2

*Nutrition per serving.





Green Bean Salad with Sweet & Sour Mustard Vinaigrette

Serves 4 What you need to do

1 lb. 6 oz. (750g) green beans, trimmed & halved
 4 slices bacon
 4 tbsp. apple cider vinegar
 6 tbsp. honey
 6 tbsp. whole-grain mustard
 2 tbsp. Dijon mustard
 ½ cup (10g) fresh chives, chopped
 salt & pepper
 1x 14 oz. (400g) canned chickpeas, drained
 8 radishes, sliced

1. Bring a large pot of salted water to a boil, add the green beans and cook until tender, approximately 4 minutes. Drain the beans and rinse under cold running water.
2. Place a non-stick skillet over a medium heat and cook the bacon until crispy, approximately 7-8 minutes. Remove the bacon from the skillet and set aside. When cool enough to handle, crumble the bacon into small pieces.
3. In a small bowl, whisk together the vinegar, honey, whole-grain and Dijon mustards and fresh chives. Season to taste with salt and pepper.
4. In a large bowl, toss together the green beans, chickpeas, radishes and crispy bacon. Drizzle with the dressing and toss well to combine. Taste, and adjust the seasonings, if necessary. Serve immediately.

GF DF Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	12 mins	382	13	57	13	10

*Nutrition per serving.





Crustless Tuna Quiche

Serves 4

1 tsp. olive oil
1 small zucchini, grated
1 carrot, grated
8 eggs
3 tbsp. cream cheese
½ onion, minced
7 oz. (200g) canned tuna,
drained
2 tbsp. fresh basil, chopped
3 tbsp. rolled oats
salt & pepper

What you need to do

1. Preheat the oven to 350°F (180°C) and grease a pie dish with olive oil.
2. Place the grated zucchini and carrot into a clean kitchen towel and squeeze out as much liquid as possible.
Place the cream cheese with the eggs into a bowl and beat together until smooth. Now add the remaining ingredients, season to taste with salt and pepper and mix well.
3. Pour the mixture into the earlier prepared pie dish and bake in the hot oven for 35-40 minutes, or until set. Remove the dish from the oven and set aside to cool for 5 minutes before serving.
Store in an airtight container in the fridge for up to 3 days.
- 5.

LC MP HP V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	301	17	8	28	2

*Nutrition per serving.





Indo-Chinese Style Chili Chicken

Serves 4

For the chicken:

- 1 tbsp. cornstarch
- salt & pepper
- 1 tsp. Chinese Five Spice
- 14 oz. (400g) chicken breast, diced
- 2 tbsp. coconut oil
- 1 red bell pepper, chopped
- 1 red onion, chopped
- 1 cup (210g) rice
- 4 green onions, sliced, to garnish

For the sauce:

- 5 tbsp. tomato ketchup
- 2 tbsp. honey
- 3 tsp. coconut sugar
- 2 cloves garlic, minced
- 1 tsp. Chinese Five Spice
- 5 tbsp. water
- 2 tbsp. tamari
- 1 tsp. sriracha sauce

What you need to do

1. Place the cornstarch into a medium bowl, season with salt and pepper and Chinese Five Spice. Mix well, then add the diced chicken and toss to coat evenly.
2. Cook the rice according to instructions on packaging.
3. In the meantime, heat 1 tablespoon of coconut oil in a large skillet over a medium-high heat. Add the chicken and cook for 5-8 minutes until golden, stirring often. Once cooked, take the chicken out of the pan and set aside.
In the same skillet, heat the remaining 1 tablespoon of coconut oil and add the bell pepper and red onion. Season with salt and pepper and stir-fry for 5-7 minutes until golden.
4. Meanwhile, make the sauce by combining together all the sauce ingredients in a bowl.
Now place the cooked chicken back into the pan and stir through the sauce. Bring to a gentle simmer and cook gently until thickened, 2-3 minutes. Add a splash of water if the sauce is too thick.
5. Once the rice has cooked, divide between serving bowls, top with the chicken and sauce, and garnish with green onions. Serve immediately.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	393	11	47	27	1

*Nutrition per serving.





Lemon Caper Papillote Fish with Veggies

Serves 4

1 lb. (450g) green beans
 1.5 lbs. (680g) white fish filets
 (e.g., cod, haddock or hake)
 salt & pepper
 1 tsp. garlic powder
 4 tsp. unsalted butter
 4 tbsp. capers
 1 cup (25g) fresh parsley,
 chopped
 2 lemons, sliced

What you need to do

1. Preheat the oven to 400°F (200°C).
2. Prepare four large pieces of parchment paper that are each large enough to fold over the fish filet, with a couple of inches extra for a border.
3. To assemble the papillote (paper parcel), place a quarter of the green beans in a single layer on the lower half of the parchment paper. Then place a fish filet on top of the green beans and season with salt, pepper and garlic powder. Top each filet with 1 teaspoon of butter, 1 tablespoon of capers, a quarter cup of parsley and 3-4 lemon slices.
4. Fold the parchment paper over the fish and fold down the edges, sealing it well to form a parcel. Place the parcel onto a baking sheet. Now repeat this process a further 3 times until all 4 parcels are made.
 Place the baking sheet into the hot oven and bake for 15-18 minutes, until the fish is cooked through and flakes with a fork. Cooking time will vary depending upon the thickness of the fish filet.
5. Once baked, remove the tray from the oven and let it sit for a couple of minutes. Place a parcel onto a plate and carefully open the parchment paper, allowing the steam to escape. Serve immediately.

GF DF LC HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	18 mins	212	5	10	21	4

*Nutrition per serving.





Peruvian Lomo Saltado

Serves 4

For the baked fries:

2 medium potatoes, cut into
½-inch thick fries
1 tbsp. olive oil
½ tsp. chili powder
½ tsp. paprika
½ tsp. salt
¼ tsp. pepper
⅛ tsp. cayenne powder

For the meat:

2 tbsp. olive oil
1 lb. (450g) sirloin steak, cut into
strips
salt & pepper
1 red onion, sliced
1 tomatoes, sliced
2 cloves garlic, minced
1 tbsp. aji amarillo paste (or any
spicy chili paste)
2 tbsp. tamari
1 tbsp. white wine vinegar
2 tbsp. fresh cilantro, chopped

What you need to do

1. Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with baking paper.
2. Toss the potatoes in the olive oil and spices and spread out on the prepared baking sheet. Bake into the hot oven for 20 minutes, then toss and cook for a further 10 minutes.
3. In the meantime, heat 1 tablespoon of olive oil in a large skillet over a high heat. Season the steak with salt and pepper, add to the hot skillet and cook for 3 minutes. Turn the steak over and cook for a further 2-3 minutes. Remove the steak from the pan and set aside to rest for 5 minutes.
4. Heat the remaining oil in the same skillet and add the red onion and cook for about 5 minutes, until softened and golden brown. Add the tomato, garlic and aji amarillo paste, and cook for 5-7 minutes. Add the tamari and vinegar and cook for a further 1 minute.
5. Return the steak to the pan, add the baked fries and chopped cilantro, then mix everything gently until well combined with the sauce.
6. Serve with rice (optional and not included within nutritional breakdown).

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	30 mins	366	20	21	26	1

*Nutrition per serving.





Pan-seared Salmon with Pea Shoots & Watercress Salad

Serves 4 What you need to do

For the dressing:

- 4 tbsp. lemon juice, freshly squeezed
- 3 shallots
- 4 tbsp. olive oil
- 2 tbsp. honey

For the salmon:

- 1.3 lbs. (600g) salmon filets
- salt & pepper
- 1 tsp. olive oil
- 4 tbsp. vegetable broth
- 4 tbsp. fresh lemon juice
- 5.6 oz. (160g) watercress
- 5.3 oz. (150g) pea shoots

1. To make the dressing, place all the dressing ingredients into a high-speed blender and blend until smooth. Set aside until ready to serve.
2. Season the salmon filets with salt and pepper. Heat the olive oil in a large skillet over a medium-high heat. Add the salmon filets and sear for 2 minutes on one side. Turn the filet over and sear for a further minute on the second side.
Reduce the heat to low, then pour in the broth and the lemon juice. Cover the skillet with a lid and cook until the juices are nearly absorbed and the fish has cooked, approximately 8-10 minutes.
Place the watercress and pea shoots in a large bowl and
3. drizzle with the dressing. Divide the dressed greens and salmon between 4 plates and serve immediately.

GF	DF	LC	MP	HP	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	15 mins	388	24	13	33	1

*Nutrition per serving.





Strawberry Tart

Serves 6

1 tbsp. all-purpose flour for dusting
1 sheet puff pastry
1 egg, beaten with 1 tsp. water
6 tbsp. strawberry jam
12 strawberries, sliced

What you need to do

1. Preheat the oven to 360°F (180°C). Line a baking sheet with baking paper.
2. Lightly flour a clean work surface and gently roll out the sheet of puff pastry. Cut the pastry into 6 even sized squares and score a ¾-inch (2-cm) border around each square, taking care to only cut halfway through the pastry. Using a fork, prick the center of each square a few times.
3. Place the pastry squares well apart on the prepared baking sheet. Brush the entire surface of each square with the egg mixture and bake in the hot oven for 7 minutes.
4. Remove the sheet from the oven and spread 1 tablespoon of jam over each square, then top with strawberry slices.
Return the sheet to the oven and bake for at least 10 minutes,
5. until the pastries are golden brown and the fruit is tender. Serve hot or cold.

DF	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	20 mins	310	18	32	5	1

*Nutrition per serving.





Strawberry Sauce Parfait

Serves 4

1 cup (145g) strawberries
2 tbsp. honey
1 tsp. vanilla extract
1 ¾ cups (500g) Greek yogurt
2 servings Honey Granola with Cherries & Walnuts (see recipe in this pack)
1 cup (150g) blueberries

What you need to do

1. Place the strawberries into a small bowl and mash the strawberries with a fork. Add the honey and vanilla extract and mix well.
2. Divide the mixture equally between four glasses, spoon over the Greek yogurt. To serve, top with granola and blueberries.

MP V Q N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	166	3	23	13	2

*Nutrition per serving.





Cinnamon Rolls

Serves 8

For the rolls:

1 cup (240ml) milk, whole
½ cup (90g) coconut sugar
5 tbsp. (70g) unsalted butter,
melted & cooled
3 eggs
2 ¼ tsp. quick-rise yeast
5 cups (600g) all-purpose flour
1¼ tsp. salt

For the filling:

½ cup (90g) coconut sugar
6 tbsp. (85g) unsalted butter, at
room temperature
2 tsp. ground cinnamon

For the icing:

¼ cup (50g) confectioner's
sugar, sifted
1 oz. (30g) cream cheese
1 tbsp. unsalted butter, at room
temperature
1 tsp. vanilla extract
grated zest of ½ orange
2 tbsp. milk

What you need to do

1. To make the rolls, combine the milk, sugar, melted butter, eggs and yeast together in a food processor with the dough attachment. Add 4½ cups (550g) of the flour and the salt. Mix on medium-low speed, adding a little more flour if needed to make a soft dough that does not stick to the bowl.
2. Shape the dough into a ball, place in a large bowl and cover tightly with plastic wrap. Let the dough rise in a warm spot for 1½ hours.
3. Make the filling by beating the coconut sugar, butter and ground cinnamon together until well combined.
Place the dough onto a floured work surface and roll out into a rectangle about
4. 14x16-inches (35x40cm). Spread the spiced butter filling evenly over the dough, leaving a 1-inch (2.5cm) border at the top and bottom. Starting at the long side, roll up the rectangle into a log. Pinch the seams together and cut the log into 8 equal sized slices.
5. Prepare a 9x13-inch (23x33-cm) baking sheet lined with baking paper and place the slices on the sheet, allowing space between each to rise. Cover with plastic wrap and set aside to rise for a further 1-1½ hour until the dough has risen.
6. Preheat the oven to 350°F (180°C). Place the sheet into the oven and bake the rolls for 25-30 minutes until golden brown. Remove the sheet from the oven and place the rolls on a wire rack to cool for 15 minutes.
7. Meanwhile, make the icing. Place all the icing ingredients, apart from the milk, into a food-processor. Beat on a low speed until combined, then keep adding the milk until a pourable mixture is achieved.
8. Drizzle the icing over the warm rolls and cool for a further 15 minutes. Serve the rolls warm or at room temperature.

MP V

Prep	Cook	Resting	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	30 mins	2.5 hrs	475	12	80	12	2

*Nutrition per serving.

