

NOURISHING *eats*

Simple, delicious meals that
nourish the body, mind and soul

Included Recipes:
Feta & Turkey Burgers
Slow Cooker Rump Roast
Spring Pasta Bolognese
Almond Brownie Energy Bites
Orange Cake





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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	Low-Carb Flaxseed & Coconut Porridge	Feta & Avocado Dip	E.g. Almond Brownie Energy Bites, Orange Cake, Oatmeal & Jam Cookies, Strawberry & PB Protein Smoothie	Slow Cooker Rump Roast
Tue	Protein Banana Pancakes	Sweet Potato, Green Bean & Tuna Salad	E.g. Almond Brownie Energy Bites, Orange Cake, Oatmeal & Jam Cookies, Strawberry & PB Protein Smoothie	Slow Cooker Rump Roast
Wed	Kuku Sabzi (Persian Herb Frittata)	Sweet Potato, Green Bean & Tuna Salad	E.g. Almond Brownie Energy Bites, Orange Cake, Oatmeal & Jam Cookies, Strawberry & PB Protein Smoothie	Feta & Turkey Burgers
Thu	Kuku Sabzi (Persian Herb Frittata)	Feta & Turkey Burgers	E.g. Almond Brownie Energy Bites, Orange Cake, Oatmeal & Jam Cookies, Strawberry & PB Protein Smoothie	Spring Pasta Bolognese
Fri	Strawberry & Peanut Butter Protein Smoothie	Butternut Squash & Bacon Salad with Lime Dressing	E.g. Almond Brownie Energy Bites, Orange Cake, Oatmeal & Jam Cookies, Strawberry & PB Protein Smoothie	Spring Pasta Bolognese
Sat	Strawberry & Peanut Butter Protein Smoothie	Butternut Squash & Bacon Salad with Lime Dressing	E.g. Almond Brownie Energy Bites, Orange Cake, Oatmeal & Jam Cookies, Strawberry & PB Protein Smoothie	Meal Out - Enjoy!
Sun	Low-Carb Flaxseed & Coconut Porridge	Sweet Potato Fries with Goats Cheese & Spicy Honey Dressing	E.g. Almond Brownie Energy Bites, Orange Cake, Oatmeal & Jam Cookies, Strawberry & PB Protein Smoothie	Tomato Risotto with Grilled Tomatoes, Almonds & Basil



Weekly Shopping List

Fruits & Vegetables	Protein & Dairy	Seeds, Baking & Spices	Cans, Condiments & Misc
<p>Fruits</p> <ul style="list-style-type: none"> •1 banana •strawberries •3 avocados •2 limes •1 lemon •2 oranges <p>Vegetables</p> <ul style="list-style-type: none"> •2 bunches green onion (spring onion) •1 red onion •4 yellow onions •3 carrots •3 potatoes •1.7 lbs. (800g) sweet potatoes •4 sweet potatoes •1.3 lbs. (600g) of green beans •2 boxes cherry tomatoes •2 jalapeño peppers •butternut squash •kale •1 tomato •lettuce •bulb garlic •baby spinach <p>Fresh Herbs</p> <ul style="list-style-type: none"> •parsley •2 cilantro (coriander) •dill •rosemary •basil <p>Dried Fruit</p> <ul style="list-style-type: none"> •cranberries <p>Frozen Foods</p> <ul style="list-style-type: none"> •green peas 	<p>Meats</p> <ul style="list-style-type: none"> •8.8 oz. (250g) bacon lardons •1 lb. (450g) ground turkey •2 lbs. (900g) beef rump roast •1 lb. (450g) ground lean beef <p>Cold</p> <ul style="list-style-type: none"> •12 eggs •almond milk, unsweetened •oat cream •feta cheese •parmesan cheese •goats cheese •cream cheese •unsalted butter 	<p>Grains</p> <ul style="list-style-type: none"> •rolled oats •risotto <p>Nuts & Seeds</p> <ul style="list-style-type: none"> •walnuts •almonds •ground flaxseeds <p>Baking</p> <ul style="list-style-type: none"> •baking powder •baking soda •vanilla extract •all-purpose flour (plain flour) •self raising flour •coconut flour •almond flour •cocoa powder •dark chocolate chips <p>Dried Herbs & Spices</p> <ul style="list-style-type: none"> •black pepper •ground cinnamon •ground cumin •smoked paprika •chili flakes 	<p>Oils</p> <ul style="list-style-type: none"> •coconut oil •olive oil •peanut oil (groundnut oil) <p>Sweeteners</p> <ul style="list-style-type: none"> •honey •coconut sugar <p>Boxed, Canned & Condiments</p> <ul style="list-style-type: none"> •peanut butter •almond butter •applesauce (apple puree) •8.5 oz. (240g) can tuna steak •balsamic vinegar •sun dried tomatoes •mayonnaise •chicken broth (or stock cubes) •beef broth (or stock cubes) •Worcestershire sauce •red wine vinegar •spaghetti •tomato sauce (passata) •strawberry jam <p>Misc/Other</p> <ul style="list-style-type: none"> •sea salt •vanilla whey protein powder •4 burger buns



Kuku Sabzi (Persian Herb Frittata)

Serves 4

½ cup (12g) parsley, chopped
½ cup (12g) cilantro, chopped
½ cup (12g) dill, chopped
1 bunch of green onions,
trimmed and sliced
½ tsp. ground cumin
½ tsp. ground cinnamon
½ cup (60g) walnuts, chopped
¼ cup (65g) dried cranberries
1 tbsp. self-raising flour
salt & pepper
6 large eggs, beaten
1 tbsp. olive oil, plus extra for
drizzling

What you need to do

1. Preheat the oven to 360°F (180°C).
 - In a large mixing bowl, combine all the herbs, the green onions, cumin and cinnamon. Now add most of the walnuts and cranberries (leaving some for garnish), along with the flour.
2. Season with salt and pepper and mix well. Add the beaten eggs and stir to combine.
3. Pour the oil into a 9 ½ inch (24cm) ovenproof skillet and set over a medium heat. Once the oil is hot, pour the egg mixture into the pan and spread out evenly with a spatula. Transfer the skillet to the oven and bake for 15-18 minutes, or until the eggs are just set.
4. Take the frittata out of the oven and let it rest for 5 minutes, then flip the frittata out onto a serving board. Garnish with the remaining walnuts and cranberries, drizzle with olive oil and serve warm.

LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	299	22	16	13	6

*Nutrition per serving.





Protein Banana Pancakes

Serves 2

1 ripe banana
4 tbsp. applesauce,
unsweetened
2 eggs
 $\frac{3}{4}$ cup (60g) rolled oats
3 tbsp. vanilla whey protein
powder
1 tbsp. coconut oil

What you need to do

- 1 Place all the ingredients into a blender and blitz until combined.
 - 1 Place a non-stick skillet over a medium heat and add a third of the coconut oil.
 - 2 Divide the batter so that you can cook two medium-sized pancakes. Cook the pancakes for 2-3 minutes on each side.
 - 3 Serve with your favorite toppings!
- 4.

MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	18 mins	319	14	38	12	5

*Nutrition per serving.





Low-Carb Flaxseed & Coconut Porridge

Serves 2

6 tbsp. ground flaxseed
4 tbsp. coconut flour
1 scoop (25g) vanilla whey protein powder
1 tsp. ground cinnamon
1 cup (240ml) + 2 tbsp. unsweetened almond milk

What you need to do

1. Place all 5 ingredients into a small microwave-safe bowl. Whisk well, making sure there are no lumps. Microwave on high for 60-90 seconds.
2. Divide the porridge between 2 bowls, add toppings of choice and serve immediately.

Topping suggestions (not included in nutritional breakdown): berries, unsweetened shredded coconut, chopped walnuts, almond butter.

GF	LC	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	1 min	228	10	15	18	10

*Nutrition per serving.





Strawberry & Peanut Butter Protein Smoothie

Serves 2

1 cup (240ml) almond milk, unsweetened
1.5 cup (220g) strawberries, frozen
2 scoops (50g) vanilla whey protein powder
2 tbsp. peanut butter

What you need to do

1. Place all the ingredients into a high-speed blender and blitz until well combined. If necessary, add in a little more almond milk to thin the smoothie. Divide the smoothie between 2 glasses and serve over ice.

GF	LC	HP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 min	242	10	15	27	4

*Nutrition per serving.





Sweet Potato, Green Bean & Tuna Salad

Serves 4

1 red onion
1.7 lbs. (770g) sweet potato, cubbed
3 tbsp. peanut oil
2 tsp. smoked paprika powder
2 eggs
1.3 lbs. (600g) green beans, trimmed
1 ½ cup (225g) cherry tomatoes
8.5 oz. (240g) can tuna steak, in oil, drained

What you need to do

1. Preheat the oven to 390°F (200°C). Line a baking sheet with baking paper.
2. Cut the onion into half rings, mix with the potato cubes, oil, and paprika and spread evenly on the baking sheet. Place the sheet on the middle shelf of the oven and bake for 20 minutes, giving everything a toss halfway through the cook.
Meanwhile, hard boil the eggs in boiling water for 8 minutes.
3. Rinse under cold running water, peel, and cut the egg into wedges.
4. In a separate pan, boil the green beans for 8 minutes, drain and set aside.
Halve the tomatoes and add them to a large bowl along with
5. the beans and the potato. Mix well to combine and transfer the salad to a serving plate.
6. To serve, top the salad with the tuna and divide the wedges of egg over it.

GF DF MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	467	18	54	26	11

*Nutrition per serving.





Feta & Avocado Dip

Serves 8

1 cup (150g) feta cheese, crumbled
2 ripe avocados
1 lime, juiced and zested
1 jalapeno pepper, deseeded
1 cup (15g) cilantro, roughly chopped

What you need to do

1. Place the feta cheese, avocado, lime zest, lime juice, jalapeño and cilantro into a bowl and puree with the hand blender until smooth.
2. Serve with your favorite crackers or fresh vegetables.

GF	LC	MP	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	138	12	7	4	4

*Nutrition per serving.





Sweet Potato Fries with Goats Cheese & Spicy Honey Dressing

Serves 6 What you need to do

◦ ◦

4 sweet potatoes, cut into fries
4 tbsp. olive oil
2 tbsp. honey
1 tsp. chili flakes
4 oz. (115g) goats cheese

1. Preheat the oven to 430F (220C). Prepare a baking sheet lined with baking paper.
2. Coat the sweet potatoes with the olive oil and place them on the baking sheet. Bake for 15 minutes in the hot oven, then toss and cook for a further 10 minutes.
3. Meanwhile, heat the honey in a small pot over a low heat and mix through the chili flakes. Set aside once well combined.
4. Remove the sweet potato fries from the oven, drizzle with the hot honey and top with goats cheese. Serve immediately.

GF V

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	25 mins	225	13	24	4	3

*Nutrition per serving.





Butternut Squash & Bacon Salad with Lime Dressing

Serves 4

8.8 oz. (250g) bacon lardons
 2 cups (400g) butternut squash,
 peeled and cubed
 4 tbsp. olive oil
 2 tbsp. balsamic vinegar
 2 tbsp. lime juice
 4 green onions, sliced
 1 tsp. chili flakes
 1 jalapeño pepper, seeded &
 diced
 salt & pepper

What you need to do

1. Preheat the oven to 400°F (200°C). Prepare a baking sheet lined with aluminum foil.
2. Place the bacon on the foil and bake in the hot oven for 15-20 minutes until crispy. Once ready, cool slightly and roughly chop.
3. Increase the oven temperature to 430°F (220°C) and line the baking sheet with baking paper.
4. Place the butternut squash on the baking sheet with 2 tablespoons of olive oil and season with salt. Bake for 15 minutes, then toss and cook for a further 10 minutes, until tender and starting to brown.
5. In the meantime, make the salad dressing by placing half the chopped bacon in a medium bowl with the remaining 2 tablespoons of olive oil, balsamic vinegar, lime juice, green onion, chili flakes and jalapeños. Season with salt and pepper and mix to combine.
6. Remove the butternut squash from the oven and set aside to cool slightly. Then transfer to a serving bowl, drizzle with the bacon lime dressing, and top with the remaining bacon. Serve immediately.

GF DF LC MP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	45 mins	317	25	12	13	2

*Nutrition per serving.





Feta & Turkey Burgers

Serves 4

4 tbsp. sun dried tomatoes
4 kale leaves
1 lb. (450g) ground turkey
¼ cup (40g) feta, crumbled
4 burger buns
4 tbsp. mayonnaise
1 avocado, sliced
1 tomato, sliced
lettuce leaves

What you need to do

1. Preheat the oven to 450°F (230°C). Line a baking sheet with baking paper.
2. Place the sun dried tomatoes and kale into a food processor or high-speed blender and blitz until minced.
3. In a large bowl, combine the ground turkey, minced sun dried tomatoes, kale and crumbled feta cheese. Form the mixture into four burgers and lay them on the baking sheet. Place the sheet into the hot oven and bake for 7 minutes, then flip the burgers over and cook for an additional 5-7 minutes or until cooked through. Remove the burgers from the oven and assemble the buns.
4. Toast the buns and spread each bun with 1 tablespoon of mayonnaise. Place ¼ of avocado on the bottom of each bun and add the burger. Next top the burgers with tomato and lettuce leaves, before covering with the top bun. Serve immediately.

MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	487	23	41	33	7

*Nutrition per serving.





Slow Cooker Rump Roast

Serves 6

2 lbs. (900g) beef rump roast
1 tsp. + ½ tsp. salt
½ tsp. ground black pepper
2 tbsp. olive oil
2 carrots, peeled and cut into chunks
3 potatoes, peeled and cut into chunks
1 yellow onion, cut into chunks
2 garlic cloves, minced
1 ½ cup (360ml) beef broth
2 tbsp. Worcestershire sauce
1 tbsp. red wine vinegar

What you need to do

1. Season the beef with 1 teaspoon salt and ½ teaspoon coarse ground black pepper. Heat the oil in a large pot on high heat. Sear the beef on all sides until well browned, about 3-4 minutes on each side.
2. Place the roast into the bowl of a slow cooker and add in the carrots, potatoes, onion and garlic.
3. In a large bowl, mix the beef broth, Worcestershire sauce, red wine vinegar, and season with ½ teaspoon of salt then pour over the beef and vegetables inside the slow cooker.
4. Place the lid on the slow cooker and cook on high for 4 hours, or low for 8 hours.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	4 hrs	395	13	24	47	3

*Nutrition per serving.





Spring Pasta Bolognese

Serves 4

1 tbsp. olive oil
1 onion chopped
1 carrot, chopped
4 garlic cloves, minced
1 lb. (450g) ground lean beef
salt & pepper
2 cups (480ml) chicken broth
½ cup (120ml) oat cream
1 rosemary sprig
1 lb. (450g) spaghetti
1 cup (140g) frozen peas
5 oz. (140g) baby spinach
2 tbsp. lemon juice
6 tbsp. Parmesan cheese, grated

What you need to do

1. Heat the olive oil in a large pot over a medium heat. Add the onion and carrot and cook, stirring occasionally, for 5 minutes. Add the garlic and cook for a further minute.
2. Add the ground beef, season with salt and pepper and cook for about 3 minutes. Now add in the chicken broth, oat cream and rosemary sprig. Bring to a boil, then reduce the heat to medium, and simmer, partly covered, until the sauce has thickened, around 30 minutes. Discard the rosemary sprig.
3. In the meantime, cook the pasta according to the instructions on the packaging.
4. Next, add the peas and spinach to the sauce and stir until the spinach has wilted. Add the cooked pasta and mix until well combined. Remove from the heat, stir in the lemon juice, 4 tablespoons of the grated Parmesan and season with salt and pepper.
5. Divide the pasta between 4 bowls. Sprinkle over the remaining Parmesan and black pepper, and serve immediately.

MP HP

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	35 mins	653	34	50	33	8

*Nutrition per serving.





Tomato Risotto with Grilled Tomatoes, Almonds & Basil

Serves 4

What you need to do

2 tbsp. olive oil
 2 onions, chopped
 1½ cup (330g) risotto rice
 1½ cups (360ml) tomato sauce (passata)
 3 cups (720ml) chicken broth
 3 cups (450g) of cherry tomatoes on the branch
 4.4oz. (125g) soft goat cheese
 salt & pepper
 4 tbsp. roasted almonds, chopped
 4 tbsp. fresh basil, chopped

1. Heat the olive oil in a skillet over a medium heat, add the onion and sauté for 3 minutes. Add the risotto rice and sauté for a further 3 minutes, stirring, until the grains become translucent. Now add the tomato sauce and chicken broth and bring to a boil. Cook without a cover for 25 minutes or until the rice has cooked, stirring regularly.
2. Heat a dry grill pan and grill the tomatoes for 3-5 minutes until grill marks appear on the tomatoes.
3. Remove the risotto from the heat. Stir in ⅔ of the goat cheese and season with salt and pepper. Divide the risotto between 4 bowls on top with the cherry tomatoes, almonds, the rest of the goats cheese, and the basil leaves. Serve immediately.

GF MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	35 mins	528	19	80	15	6

*Nutrition per serving.





Almond Brownie Energy Bites

Serves 9

¾ cup almond flour
¼ cup almond butter
1½ tbsp. honey
1 tbsp. unsweetened almond milk
2 tbsp. cocoa powder
2 tbsp. dark chocolate chips

What you need to do

1. Mix the almond flour, butter, honey, almond milk, cacao powder, and chocolate chips in a bowl. Roll the batter into 9 balls and place in the fridge to chill for 30 minutes before enjoying.

GF	DF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 min	130	10	9	4	2

*Nutrition per serving.





Orange Cake

Serves 16

For the cake:

1 orange, ends trimmed,
chopped
¼ cup (60ml) almond milk
1½ cups (180g) all-purpose
flour 1 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
6tbsp. butter, unsalted, room
temperature
¾ cup (135g) coconut sugar
2 eggs, room temperature

For the glaze:

1 cup (225g) cream cheese
¼ cup (45g) coconut sugar
1 tbsp. orange zest

What you need to do

- 1.Heat the oven to 350°F (180°C). Line an 8-inch baking pan with parchment paper.
- 2.Place the orange and milk in a high-speed blender or food processor and blitz until smooth.
- 3.In a medium bowl, mix together the flour, baking powder, baking soda and salt.
- 4.Place the butter and sugar into a large bowl and beat for 3 minutes until light and fluffy. Add the eggs, one at a time, scraping down the sides of the bowl as needed.
- 5.Now add half the flour mixture and beat just until combined. Beat in the orange mixture, then beat in the remaining flour. Transfer the batter to the prepared pan.
- 6.Bake the cake in the hot oven for 35-40 minutes or until a toothpick inserted into the center comes out clean. Remove the pan from the oven and let it cool in the pan for 20 minutes, then transfer to a wire rack and cool completely.
- 7.While the cake cools, prepare the glaze. In a small bowl, whisk together the cream cheese, coconut sugar and orange zest. Spread the glaze over the cooled cake, then slice and serve.

MP V N

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	40 mins	169	9	21	3	2

*Nutrition per serving.





Oatmeal & Jam Cookies

Makes 12

1 cup (110g) almond flour
½ cup (40g) rolled oats
½ tsp. baking soda
½ cup (125g) peanut butter,
natural
⅓ cup (115g) honey
4 tbsp. strawberry jam

What you need to do

- 1.Heat the oven to 350°F (180°C). Prepare a baking sheet lined with baking paper.
- 2.In a bowl, combine the almond flour, oats, baking soda, peanut butter and honey. Roll the mixture into 12 equal sized balls, then flatten them into cookies on the baking paper.
- 3.With a spoon, create a small well in the middle of each cookie and place ½ teaspoon of jam into each well.
- 4.Place the tray into the hot oven and bake the cookies for about 8-10 minutes. Remove the tray from the oven and place the cookies onto a wire rack to cool completely.

DF	LC	MP	V	Q	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	10 mins	163	10	15	5	2

*Nutrition per serving.

