

VEGETARIAN COOKBOOK



Medical Disclaimer

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.

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Welcome...



Welcome to the Live Young Fitness and Nutrition Vegetarian cookbook. This book will be your bible over the coming weeks! In case you didn't know, nutrition will count for about 80% of your results. That's right 80%! There is an important lesson to be learned from the story below...

You see I used to have a client, let's call her Lisa. Now Lisa trained very hard and never missed a training session and so with all this effort and dedication to her training she thought that the scales and the measuring tape would really be moving in the right direction at her weights and measurement day.

I will never forget the look on her face when she found out that she lost only 1lb and half an inch from her waist. She was disappointed and so was I.

"You have read the information on the importance of nutrition and you have been using the recipe book I gave you?" I asked. It turned out she never read it because she thought she already knew about nutrition and that her personal trainer wasn't going to know more than she did.

Sometimes we learn the hard way! I'm pleased to say that once Lisa had become fully aware of the importance of nutrition for fat loss, we were able to make some important changes. 28 days later she was 14lbs down and almost 2 dress sizes smaller.

As the saying goes, "**When the student is ready, the teacher will appear.**"

And you are ready! That's why you are reading this!

Below I have included the key principles that work for nutrition for health and fat loss. If anything you read, see or hear deviates from any of the six principles below, chances are you can dismiss it immediately as a short term fad diet. This is a way of eating that will enable you to achieve both fast and permanent results in a way that is 100% sustainable. You see this change has to be permanent so it has to be both straightforward and above all enjoyable. The good news is that my recipe book will show you how quick, easy and tasty eating this way is.

Follow these principles and you will get results...

1. Eating fewer calories than you burn (calorie deficit)
2. Eat more vegetables and fruits because they are rich in antioxidants and micro-nutrients (vitamins and minerals)
3. Eat plenty of protein for repair and maintenance of lean tissue, and to keep you feeling full (protein satisfies the appetite more than any other macronutrient)
4. Eat enough healthy fats from oily fish, nuts, avocados, coconut and olive oils (healthy fats are an essential part of a balanced diet)
5. Drink plenty of water to naturally detoxify the body, keeping the brain and body hydrated so it can function properly (green and herbal teas count towards this water intake)
6. Limit processed foods and artificial sweeteners and preservatives

Now go and learn, cook, and experience the benefits that my recipes have to offer – enjoy!

Get in touch



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Chocolate mint shake

READY IN
5
MINUTES



- 1 ripe banana
- 2 icecubes
- 200ml unsweetened almond milk
(or milk of your choice)
- 1 tbsp organic cocoa powder
- a drop of peppermint extract
- 35g chocolate flavoured whey
or rice protein powder

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

SERVES 1



PER SERVING:

305 Calories

34g Carbs

31g Protein

5g Fat

Nutty banana smoothie

1 ripe banana
400ml unsweetened almond milk (or milk of your choice)
35g vanilla flavoured whey or rice protein powder
1 tbsp ground almonds
1 tbsp nut butter (of your choice)

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

SERVES 2



PER SERVING:
250 Calories
19g Carbs
20g Protein
10g Fat

Cherry, chocolate & chia smoothie

100g frozen cherries
8g ground almonds
½ tsp organic cocoa powder
1 tsp chocolate or vanilla extract
20g chocolate flavoured whey or rice protein powder
4g chia seeds
60ml unsweetened almond milk
50g low fat quark
3 icecubes

Put all of the ingredients into a blender and blend until smooth. Add more water if necessary to achieve the desired consistency.

SERVES 1



PER SERVING:
214 Calories
16g Carbs
24g Protein
6g Fat

Coffee chia smoothie

50ml unsweetened almond milk
1 small ripe banana
20ml strong black coffee (use
decaf if preferred)
1 tps chia seeds
35g vanilla flavoured whey or rice
protein powder
½ tsp ground almonds
1 icecube

Put everything into a blender and pulse
until smooth. Add more almond milk if
necessary, until you have the desired
consistency.

SERVES 1



PER SERVING:
294 Calories
28g Carbs
32g Protein
6g Fat

Strawberry super shake

100ml unsweetened almond milk or cold water
100g fresh strawberries
150g plain yoghurt (use dairy free if preferred)
25g vanilla flavoured whey or rice protein powder
20g organic oats (use gluten free oats if preferred)
2 icecubes

Put everything into a blender and pulse until smooth. Add more liquid if required, until you reach the desired consistency.

Consume immediately.



SERVES 1



PER SERVING:
318 Calories
34g Carbs
32g Protein
6g Fat

Blueberry protein muffins

small amount of coconut oil
to grease tin
200g blueberries
75g low fat quark
3 egg whites
1 tsp vanilla extract
3g baking soda
75g vanilla or banana flavoured
whey or rice protein powder
10g stevia (or use sweetener of
your choice)
100g oatbran
2 tsps ground cinnamon

MAKES 7 MUFFINS



PER MUFFIN:
118 Calories
11g Carbs
14g Protein
2g Fat

Preheat oven to 180°C/350°F.
Grease 7 muffin tin compartments with
coconut oil.

Mash the berries thoroughly in a bowl.
Stir in the quark, egg whites and vanilla
extract and mix well until thoroughly
combined.

In a separate bowl, mix the remaining
ingredients together.

Pour the wet mixture into the dry
mixture and mix thoroughly to combine.
Spoon the mixture into 7 of the muffin tin
compartments.

Bake in the oven for 15 minutes or
until golden brown and spring back to the
touch.

Remove muffins from the tin and allow to
cool on a wire rack.

*Once cooled, store in an airtight container
for up to 3 days.*



Chewy banana & date flapjacks

35g organic maple syrup
85g organic butter
40g coconut oil
75g pitted dates, finely chopped
80g ripe banana
30g banana or vanilla flavoured
whey or rice protein powder
20g coconut flour
100g organic oats (use gluten free
if preferred)
10g ground flaxseed
40g ground almonds

MAKES 12 FLAPJACKS



PER FLAPJACK:
176 Calories
13g Carbs
4g Protein
12g Fat

Preheat oven to 180°C/360°F.

Line a baking tray with parchment paper. Gently melt the maple syrup, butter and coconut oil in a saucepan. Allow to cool. Pour the mixture into a blender. Add the dates and banana and pulse into a smooth paste.

Transfer to a large bowl and add all the remaining ingredients. Stir well until combined.

Spoon the mixture onto the baking tray and flatten with a spoon, shaping into a rectangle.

Bake for 25 minutes or until golden brown. Allow to cool for 5 minutes, then cut into 12 pieces. Remove from tray when cool.

Store in an airtight container at room temperature for up to 4 days.



Raspberry dream protein bars

20g freeze dried raspberries
or small handful frozen raspberries,
chopped finely

60g vanilla flavoured whey or rice
protein powder

30g coconut flour

15g stevia (or use a sweetener of
your choice

90g dried figs, chopped very finely

60ml unsweetened almond milk

1 tsp vanilla extract

25g chopped roasted hazelnuts

40g white chocolate (no sugar
added)

MAKES 6 BARS



PER BAR:

170 Calories

19g Carbs

10g Protein

6g Fat

Line a large plate with baking paper. Put the raspberries in a large bowl and add the protein powder, flour, stevia and figs. Mix well.

Add the almond milk and vanilla essence and mix together with your hands to form a thick paste. Divide the mixture into 6 and form into discs or bars. Roll in the hazelnuts, covering evenly.

Put the chocolate in a heatproof bowl. Pour several inches of boiling water into a shallow wide based dish. Place over a medium heat and simmer the water gently.

Place the bowl containing the chocolate into the shallow dish of water. Melt the chocolate slowly, stirring regularly. Remove from heat and leave to stand for 5 minutes.

Drizzle the chocolate finely over the bars in thin lines or cover the bar completely. Refrigerate for 30 minutes or until the chocolate has set.

Store in an airtight container and refrigerate for up to 3 days.



Chocolate figgy bars

40g dark chocolate (minimum 70% cocoa)

1 tsp coconut oil

90g dried figs, chopped finely

80g almond or cashew butter

30g coconut flakes or desiccated coconut

½ tsp ground ginger

15g coconut oil

10g chia seeds

MAKES 6 BARS



Line the base of a 15cm square tin with baking paper.

Place the chocolate and 1 tsp coconut oil in a saucepan. Bring a shallow basin of water to the boil over a medium / low heat source and carefully place the saucepan in the basin. Stir until melted. Remove from heat and allow to cool for 5-10 minutes.

Mix all of the remaining ingredients in a large bowl until thoroughly combined. Transfer mixture to the tin and spread out evenly. If the mixture doesn't cover the base of the tin, use a spatula to neaten the edges of the mixture.

Pour the chocolate over the mixture and refrigerate until set.

Cut into 6 bars.

Store any leftovers in an airtight container and refrigerate for up to 4 days.



PER BAR:

226 Calories

11g Carbs

5g Protein

18g Fat

Mint chocolate chip protein bars

40g dried dates, chopped
40g almonds or cashews, finely
chopped
30g chocolate flavour whey or rice
protein powder (optional)
1 tbsp cocoa powder
1 tsp mint extract
25g flaxseed
20g dark chocolate chips
(minimum 70% cocoa)
35ml coconut milk

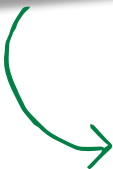
Place all of the ingredients in a large bowl and mix well until thoroughly combined.

Shape into 4 bars and place on a baking tin or plate.

Refrigerate for 1 hour or until firm. Serve.

Store any leftovers in an airtight container and refrigerate for up to 4 days.

MAKES 4 BARS



PER SERVING:
192 Calories
11g Carbs
10g Protein
12g Fat



Crunchy fruity protein yoghurt

200g plain yoghurt (use dairy free if preferred)
20g vanilla or strawberry flavoured whey or rice protein powder
100g strawberries and/or mixed berries
5g omega sprinkle (sunflower, pumpkin, sesame seeds, linseed)
3g chia seeds
1 tsp honey

Place the yoghurt in a bowl and stir in the protein powder, mixing thoroughly. Add the remaining ingredients.

Consume immediately.

SERVES 1



PER SERVING:
309 Calories
30g Carbs
27g Protein
9g Fat

Protein power muesli

175ml unsweetened almond milk
20g vanilla flavoured whey or rice protein powder
40g jumbo oats (use gluten free if preferred)
10g omega sprinkle (sunflower, pumpkin, sesame seeds, linseed)
50g blackberries
5g chia seeds
10g dark chocolate (minimum 70% cocoa), roughly chopped
10g flaked almonds
50g fresh banana, sliced
10g organic sultanas

SERVES 1

Place the almond milk and protein powder in a shaker or blender and mix thoroughly. Pour into a bowl, and add all of the remaining ingredients.

Consume immediately.



PER SERVING:
534 Calories
55g Carbs
29g Protein
22g Fat

Fragrant fig, cardamom & saffron yoghurt

200g Greek yoghurt (use dairy free if preferred)

seeds of 4-6 green cardamom pods, ground

3 dried figs, sliced

8 almonds, chopped roughly

1 pinch saffron threads

SERVES 1



Place the yoghurt in a serving bowl. Sprinkle on half of the ground cardamom seeds and mix well.

Test the mixture and add more seeds according to taste.

Sprinkle the sliced figs, almonds and saffron over the yoghurt.

Store in an airtight container and refrigerate for up to 2 days.



PER SERVING:

261 Calories

30g Carbs

24g Protein

5g Fat

Nut heaven porridge

50g organic oats (use gluten free oats if preferred)

150ml cold fresh water

2 tps crunchy nut butter, any variety (no added sugar)

2 tbsps chocolate flavoured whey or rice protein powder

SERVES 1

Mix the oats and water in a saucepan over a medium heat. Bring to the boil then reduce to a gentle simmer and stir constantly for several minutes until the porridge starts to thicken.

Add more water if the mixture looks too thick. Stir in the nut butter.

Remove porridge from heat, then stir in the protein powder until thoroughly combined.

Consume immediately.



PER SERVING:

338 Calories

34g Carbs

28g Protein

10g Fat

Lemon chia overnight pudding

250ml unsweetened almond milk
50g chia seeds
zest and juice of ½ a lemon
½ tsp vanilla extract (optional)
100g raspberries (fresh or frozen)
plus a few extra to serve
1 tsp honey (or sweetener of your choice)

SERVES 2



Place all ingredients in a sealable container and mix thoroughly. Refrigerate overnight (minimum 8 hours).

Stir well. Serve with a few extra raspberries.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Spoon a dollop of Greek yoghurt into the bowl with the chia pudding.



PER SERVING:
190 Calories
19g Carbs
6g Protein
10g Fat

Raisin pancakes

- 2 small ripe bananas
- 4 tbsps oats (use gluten-free oats if preferred)
- 30g coconut flour or gluten free plain flour
- 4 egg whites
- 30g vanilla flavour whey or rice protein powder
- 2 tps stevia (or use sweetener of your choice)
- 1 tbsp organic raisins
- 1 tbsp coconut oil

MAKES 6 PANCAKES



Put all of the ingredients except for the raisins and coconut oil into a blender and mix until creamy. Add a dash of water if required – the mixture should be quite thick but runny enough to pour.

Heat a small amount of the coconut oil in a non-stick pan over a medium/high heat. Pour one sixth of the mixture into the centre of the pan. Sprinkle on some of the raisins.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake, turn or flip it over and heat on the other side for 1-2 minutes.

Transfer pancake to a plate. Add more oil to the pan and repeat the process five times with the remaining batter.

Store any leftover pancakes in an airtight container and refrigerate for up to 2 days.

Serving suggestion:

Serve with blueberries and honey

PER PANCAKE:
143 Calories
20g Carbs
9g Protein
3g Fat



Chocolate overnight oats

100g oats (use gluten free oats if preferred)

30g chocolate or vanilla flavour whey or rice protein powder

1½ tbsps cocoa powder

60g Greek yoghurt (use dairy free if preferred)

160ml unsweetened almond milk

1 tsp honey (or use sweetener of your choice)

25g raspberries to serve (optional)

Place all ingredients except the raspberries into a container and mix well.

Seal and refrigerate for at least 2 hours or overnight.

Mix in a little more extra almond milk if the mixture is too dry.

Spoon into a serving bowl and serve with fresh raspberries.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 2



PER SERVING:
307 Calories
38g Carbs
23g Protein
7g Fat

Summer cous cous

100ml cold water
40g cous cous
½ an apple, core removed and
sliced finely
80g fresh apricot or berries
50g Greek yoghurt (use dairy free if
preferred)
1 tsp chia seeds (or use seeds of
choice)

Place the water in a saucepan and bring to the boil. Reduce heat to low and add the cous cous. Stir well and remove pan from heat. Cover and leave for around 8 minutes to absorb the water.

Fluff up with a fork and transfer to a serving bowl. Top with the apple, apricot / berries, yoghurt and seeds.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 1



PER SERVING:
275 Calories
45g Carbs
8g Protein
7g Fat

Fluffy vanilla pancakes

175g self-raising flour (use gluten free flour if preferred)
small pinch of bicarbonate of soda
pinch of sea salt
2 tsps granulated natural sweetener of your choice
100ml buttermilk (or use dairy free milk of your choice)
200ml almond milk (or use milk of your choice)
1 egg
1 tsp vanilla extract
35g vanilla flavoured whey or rice protein powder (optional)
2 tbsps raisins
3 tsps coconut oil

Place all ingredients except for the raisins and coconut oil in a blender and mix until smooth. Stir the raisins into the batter.

Heat the coconut oil in a pan over a medium/high heat and then pour one sixth of the mixture into the centre of the pan.

Move the pan around gently to even out the mixture into a circular shape. When small holes appear in the pancake (around 1-2 minutes), turn it over and cook for 1-2 minutes, until golden. Transfer to a plate.

Repeat with the remaining batter.

Serve with yoghurt, berries and a drizzle of honey.

Store any leftover pancakes in an airtight container and refrigerate for up to 2 days.

MAKES 6 PANCAKES



PER PANCAKE:
189 Calories
28g Carbs
8g Protein
5g Fat



Kale, cocoa & berry breakfast bowl

a handful of kale leaves
150ml unsweetened almond milk
½ a medium sized ripe banana
40g frozen blueberries
1 tbsp cocoa powder
1-2 ice cubes
1 tsp honey

For the topping:
2 tsps sunflower seeds
1 tsp honey
40g raspberries
1 tsp chia seeds

SERVES 1

Place all of the ingredients in a blender (except the topping ingredients) and blend until smooth.

Transfer to a serving bowl.

Add the topping ingredients and serve.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.



PER SERVING:
292 Calories
48g Carbs
7g Protein
8g Fat

Pear, walnut & vanilla quinoa porridge

30g quinoa
100ml unsweetened almond milk
(or milk of your choice)
2 tsps chia seeds
1 tbsp natural sweetener of choice
small pinch of sea salt
1 vanilla pod, with an incision made
lengthways (or use 1 tsp vanilla
extract)
a pinch of ground cinnamon
1 tsp raisins
2 tinned pear halves, sliced
10g walnuts, chopped

SERVES 1

Rinse the quinoa and simmer in a
saucepan of water for around 20 minutes
until cooked.

Meanwhile place the almond milk in a
saucepan over a low heat. Add the vanilla
pod if using, cover and simmer for 20-25
minutes (or longer if you have time).

Drain the quinoa and add to the vanilla
milk, with the chia seeds. Cook, stirring for
15 minutes. Remove pan from heat.

Transfer the contents of the pan to a
serving bowl. Mix in the raisins, vanilla
extract (if using), sweetener and salt. Top
with pear and walnuts. Enjoy warm or cold.

*Store any leftovers in an airtight container
and refrigerate for up to 2 days.*



PER SERVING:
285 Calories
34g Carbs
8g Protein
13g Fat



Pesto Parmesan scrambled eggs

3 eggs and 2 egg whites
a pinch of ground black pepper
10g green basil pesto
10g Parmesan, grated
a sprinkle of chives, chopped
(optional)

SERVES 1

Whisk the eggs and egg whites in a jug.

Add the pesto and black pepper and stir well.

Place a non stick frying pan over a medium heat. Add the egg mixture and cook, stirring for 1-2 minutes. As the eggs start to thicken, add the Parmesan and stir well.

Continue to cook until the eggs are cooked thoroughly.

Transfer the eggs to a plate and sprinkle on the chives (if using).

Serve with steamed vegetables of your choice.

Consume immediately.



PER SERVING:
305 Calories
0g Carbs
29g Protein
21g Fat

Colourful veggie scramble

large handful of spinach, chopped roughly

1 tbsp coconut oil or butter

100g mushrooms, chopped

30g sun-dried tomatoes, drained and chopped

1 clove garlic, finely chopped

4 medium sized eggs

2 egg whites

salt and pepper to season

SERVES 2



PER SERVING:
316 Calories
7g Carbs
18g Protein
24g Fat



Steam the spinach for around 5 minutes until fork tender. Set aside

In a non-stick frying pan, heat the oil or butter over a medium heat. Add the mushrooms and sauté, stirring for 4 minutes.

Add the steamed spinach, sun-dried tomatoes and garlic. Sauté, stirring for 3 minutes.

Beat the eggs and whites for 30 seconds, then pour evenly over the vegetables. Allow to cook untouched for around 2 minutes.

Gently stir the mixture together until the eggs are fully cooked, around 2-3 minutes.

Season with salt and pepper and serve.

Consume immediately.

Mushroom, spinach & basil omelette

2 eggs plus 1 egg white
a pinch of sea salt and ground
black pepper
1 tsp ghee or coconut oil
100g closed cup mushrooms,
finely chopped
5 fresh basil leaves, finely
chopped
a small handful of fresh spinach,
finely chopped
10g grated Cheddar cheese or soft
cream cheese (use dairy free if
preferred)

SERVES 1

Whisk the eggs and egg white in a jug with the salt and pepper.

Melt the ghee / oil in a frying pan over a medium heat. Add the mushrooms and sauté gently for 4-5 minutes, stirring until soft.

Add the basil leaves and and cook for 2-3 minutes, stirring. Remove everything from the pan and transfer to a plate. Remove any bits from the pan.

Pour the eggs into the pan, covering the base. Cook gently for around 3-4 minutes until the edges of the mixture start to crisp.

When the centre of the omelette begins to firm up, add the spinach, distributing evenly over half of the omelette. Add the cooked mushrooms, basil and cheese.

Fold the empty half of the omelette over the vegetables to enclose. Cook for 1 minute. Using a slice, remove the omelette from the pan and serve.

Store any leftovers in an airtight container and refrigerate for up to 24 hours.



PER SERVING:
279 Calories
6g Carbs
21g Protein
19g Fat



Fruity chia breakfast

160g ripe banana
1 tsp vanilla extract
250ml unsweetened almond milk
(or use milk of your choice)
25g chia seeds
150g frozen berries of your choice
juice of ½ a lemon
10g toasted almond flakes

SERVES 3



Place half of the banana in a blender. Add the vanilla extract and half of the almond milk. Pulse until creamy. Pour the mixture into a bowl and stir in half of the chia seeds. Divide the mixture between 3 tall serving glasses and refrigerate.

Place the remaining banana in the blender plus the mixed berries and lemon juice. Pulse until creamy. Pour into a jug and stir in the remaining chia seeds. Refrigerate for 5 minutes. Add the fruit mixture in the jug to the 3 glasses, pouring the mixture gently onto the back of a spoon. This will create a clean line where the two mixtures meet. Refrigerate for 1 hour.

Sprinkle the almonds over the 3 glasses and serve.

Cover and refrigerate any leftovers for up to 2 days.



PER SERVING:
141 Calories
21g Carbs
3g Protein
5g Fat

Egg muffins

35g vegetarian ham, cut into small pieces

5 eggs

35g Cheddar cheese, grated (use dairy free if preferred)

35g spinach, cut into small pieces

½ tsp Italian seasoning
salt and pepper to season

SERVES 2

Preheat oven to 160 C / 325 F.

Whisk the eggs in a large jug. Stir in the remaining ingredients.

Grease 6 compartments of a muffin tin.

Pour the mixture into the 6 compartments.

Bake for 15-20 minutes or until the muffins are cooked throughout. Serve.

Once cooled, store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
297 Calories
3g Carbs
24g Protein
21g Fat

Cauliflower curry

300g cauliflower florets
1 tsp ghee or organic butter
2 medium white onions, diced
2 garlic cloves, finely chopped
1 thumb sized piece fresh ginger, finely chopped
2 tsps ground cumin
2 tsps black mustard seeds
2 tbsps curry powder
4 green chillis (optional)
400ml fresh vegetable stock or use 1 organic stock cube
200g passata
1 x 400g tin chickpeas
sea salt flakes
1 handful fresh coriander, finely chopped

SERVES 3

Bring a saucepan of water to the boil, add the cauliflower and cook for 2 minutes. Remove from heat and drain.

In a large saucepan, melt the ghee / butter over a medium heat. Add the onions and sauté for 5 minutes.

Add the garlic, ginger, cumin and mustard seeds. Sauté for 5 minutes, stirring regularly.

Add the curry powder, chillis, stock, passata and chickpeas, and bring to the boil. Reduce to a simmer.

Season with salt and cook, covered for 10 minutes. Remove from heat, stir in the coriander and serve.

Store in an airtight container and refrigerate for up to 4 days or freeze on the same day.



PER SERVING:
237 Calories
29g Carbs
10g Protein
9g Fat



Feta egg bake

2 medium sized sweet potatoes,
peeled and diced

100g white onion, diced

salt and pepper to season

1 tbsp coconut oil or butter plus
extra for greasing

4 medium sized eggs

small handful spinach, finely
chopped

60g Feta cheese, diced (use dairy
free cheese if preferred)

SERVES 4



Preheat oven to 180°C / 375°F

Heat the coconut oil / butter in a
non-stick frying pan over a medium-high
heat.

Add the potatoes and onion and sauté
for 10-15 minutes, or until they begin to
soften. Season with salt and pepper.

Grease a baking dish with a small amount
of coconut oil or butter.

Transfer the potatoes and onion to the
bottom of the baking dish then crack the
eggs on top. Sprinkle on the Feta cheese
and spinach. Oven bake for 25-30 minutes,
or until the eggs are cooked to your liking.

*Store any leftovers in an airtight container
and refrigerate for up to 3 days.*



PER SERVING:
196 Calories
13g Carbs
9g Protein
12g Fat

Protein stuffed peppers

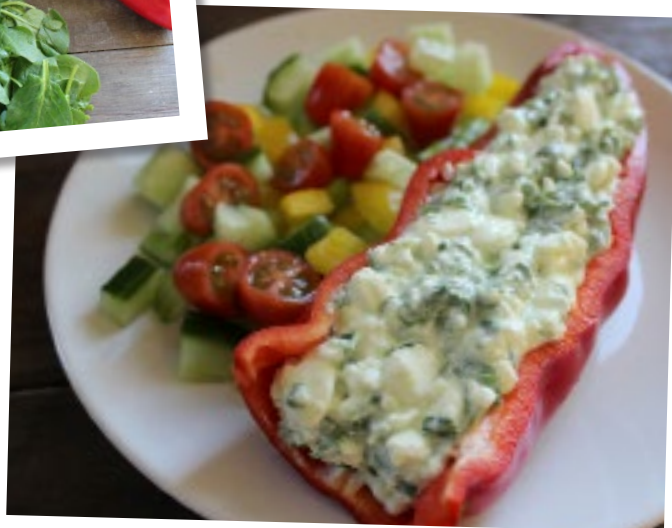
250g plain cottage cheese (use dairy free if preferred)
small bunch of fresh chives, chopped finely
small handful of spinach leaves, chopped finely
1 ramiro / romano pepper, cut in half lengthways
black pepper to season

In a bowl, mix the cottage cheese, chives and spinach together. Season with pepper.

Spoon into each half of ramiro pepper.

Store any leftovers in an airtight container and refrigerate for up to 3 days.

SERVES 1



PER SERVING:
206 Calories
21g Carbs
26g Protein
2g Fat

Quinoa & black bean salad

1 tsp coconut oil
half a small red onion, diced
1 clove garlic, chopped
6 baby plum tomatoes
½ a courgette, spiralled or cut into thin strips
1 green finger chilli, sliced
½ a yellow bell-pepper, diced
100g tinned black beans
salt and pepper to season
¼ tsp ground cumin
½ tsp ground coriander
100g cooked quinoa
sprinkle of flaked almonds

SERVES 2

Melt the coconut oil in a large frying pan over a medium heat.

Add the red onion and sauté for 1 minute. Add the garlic and baby tomatoes.

Add the courgette and chilli and stir. Sauté for 2 minutes.

Add the yellow pepper and a drop of cold water.

Add the beans and stir. Turn the heat up.

Add the salt, pepper, cumin and coriander, and stir.

Add the quinoa and stir well. Add a drop more water if the mixture sticks to the pan.

When everything is heated thoroughly, serve topped with flaked almonds.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
219 Calories
29g Carbs
10g Protein
7g Fat



Mexican bean chilli

2 x 400g cans mixed beans or black beans, rinsed
175g quinoa (uncooked), rinsed
250ml fresh vegetable stock (or use 1 organic stock cube)
50ml (or more) cold water
1 x 400g can chopped tomatoes
small bunch of coriander, chopped
1 red bell-pepper, finely diced
1 tbsp garlic, finely chopped
2 finger chillis, chopped finely
½ medium sized white onion, diced
1 cinnamon stick
2-3 tps chilli powder
1 tsp cumin powder
1 tsp onion powder
½ tsp ground pepper
½ tsp sea salt

SERVES 6

Place all ingredients in a large saucepan over a high heat and bring to a boil.

Reduce heat to low, cover and simmer.

Check after 30 minutes. Add a drop more water if the mixture looks a bit dry.

Cook for another 30 minutes. Add more water if the mixture is sticking to the pan.

Serve garnished with extra coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
211 Calories
35g Carbs
11g Protein
3g Fat

Chinese style tofu stir fry

450g fresh tofu (firm variety), cut
into small blocks
300g tinned mixed salad beans
5 spring onions, chopped finely
2 garlic cloves, finely chopped
3 tbsps dark soy sauce (or use tamari)
2 tsps Chinese 5 spice
2 tsps coconut oil
350g mixed stir fry vegetables
4-6 green chillis (optional)
250g beansprouts

SERVES 2

In a bowl, mix the tofu with the salad beans, spring onions, garlic, soy sauce and Chinese 5 spice. Cover and marinate in the fridge for 1 hour (or more if you have time).

Remove tofu from the marinade mixture and set the mixture aside.

Heat the oil in a wok, over a high heat, and carefully fry the tofu for 5 minutes or until golden. Remove tofu from wok and set aside.

Put the remaining marinade ingredients into the wok and stir fry for 3 minutes. Add the stir fry vegetables and chillis (if using) and cook for 3 minutes. Add the beansprouts and cook for 5 minutes, stirring frequently.

Serve the stir fry vegetables in a bowl, and top with the tofu and spring onions.

Store in an airtight container and refrigerate for up to 4 days.



PER SERVING:
456 Calories
44g Carbs
34g Protein
16g Fat

Creamy quinoa & yellow split pea curry

½ tsp cumin seeds
5g ghee or coconut oil
1 small cinnamon stick
1 tsp dried crushed red chillis
5-6 curry leaves
1 small red onion, finely chopped
2 cloves garlic, finely chopped
equivalent amount of ginger,
finely chopped
1 medium tomato, chopped
150g yellow split peas (dry weight,
soaked overnight and drained)
100g uncooked quinoa
1 tsp garam masala
¾ tsp ground turmeric
½ tsp sea salt
100g plain quark (use dairy free
yoghurt if preferred)
handful of chopped coriander to
garnish

Roast the cumin seeds for 2-3 minutes in a large saucepan over a medium heat. Add the ghee/oil and stir to melt.

Add the cinnamon stick, chillis and curry leaves and fry for 1-2 minutes to release the flavours. Add the onion, and cook for 5 minutes until soft, stirring occasionally.

Add the ginger and garlic and stir for 1 minute. Add the tomato and stir.

Add the yellow split peas and quinoa along with approximately 400ml boiling water.

Add the garam masala and turmeric and stir. Bring to a simmer and allow to cook for 35-40 minutes, stirring occasionally. Add more water as and when required. Once the curry has reached a similar consistency to porridge oats, add the salt and stir in the quark. Serve garnished with chopped coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

SERVES 2



PER SERVING:
524 Calories
69g Carbs
26g Protein
12g Fat



Spicy quinoa salad

50g quinoa (dry weight)
100g Greek cheese (use dairy free if preferred), diced
100g cucumber, chopped
50g red bell-pepper, diced
50g rocket leaves
40g spring onion, sliced
15g pumpkin seeds
6 baby plum tomatoes, halved
1 red chilli, sliced
1 tsp balsamic vinegar
a pinch of ground black pepper

SERVES 1

Bring a small saucepan of water to the boil. Add the quinoa and cook according to pack instructions. Drain the quinoa and rinse under cold running water to cool.

Assemble all of the ingredients in a bowl, except for the balsamic vinegar and black pepper.

Sprinkle on the balsamic vinegar and season with black pepper.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER SERVING:
535 Calories
49g Carbs
33g Protein
23g Fat

Mung bean curry

10g ghee or coconut oil
¼ tsp cumin seeds
1 medium sized white onion, finely chopped
1 inch piece of ginger, finely chopped
1 green chilli (or more if you like it hot), finely chopped
1 large tomato, finely chopped
100g mung beans (soaked overnight to allow a quicker cooking time)
¼ tsp turmeric
½ garam masala
100g basmati rice
pinch of sea salt to taste
100g plain yoghurt (use dairy free if preferred)
handful fresh coriander, chopped (optional)

SERVES 2

Heat the ghee/oil in a large saucepan over a medium heat and add the cumin seeds. Fry for 1-2 minutes, stirring frequently. Add the onion and fry until translucent.

Add the ginger, chilli and tomato. Cook for 3 minutes, stirring regularly. Add the mung beans and cover with boiling water.

Add the turmeric and garam masala, bring to the boil and cover. Reduce to a steady simmer. Cook for 20 minutes, stirring regularly and adding more boiling water as needed.

Add the basmati rice, salt and cold water to cover. Stir well, bring to the boil and cook for 10 minutes stirring regularly.

Add more water if the curry looks a little dry or if it sticks to the base of the pan. The curry should have a thick, paste-like consistency.

Serve the curry with yoghurt and chopped coriander (if using).

Store any leftovers in an airtight container and refrigerate for 3 days or freeze on same day.



PER SERVING:
466 Calories
80g Carbs
23g Protein
6g Fat



Harissa squash soup

2 tps coconut oil or butter
½ a white onion, peeled and diced
1 stick celery, finely chopped
1 medium sized butternut squash,
peeled and diced
1 medium sized courgette, sliced
2 cloves garlic, peeled and finely
chopped
1 tsp turmeric
2 tps harissa paste
1-1½ pts vegetable stock
salt and pepper to season

SERVES 3

Melt the oil/butter in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes until soft.

Add the celery and squash, and sauté for 4 minutes, stirring.

Add the courgette and sauté for 3 minutes, stirring.

Add the garlic, and sauté for 2 minutes, stirring.

Add the turmeric, and stir well. Add the harissa paste and stir. Cook for 1 minute.

Add the stock and bring to the boil. Reduce to a gentle simmer. Season with salt and pepper.

Cover and cook for 30-40 minutes.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
159 Calories
20g Carbs
4g Protein
7g Fat



Sweet potato & cabbage hash

3 tps coconut oil or ghee
1 small white onion, peeled and chopped
2 small carrots, peeled and chopped finely
handful of Savoy cabbage leaves, shredded
1 baked sweet potato, cut into chunks
1 tbsp soy sauce (or use tamari)
2 eggs
salt and pepper to season

SERVES 2

Melt 2 tps oil / ghee in a frying pan over a medium heat.

Add the onion and carrots and sauté gently for 3-4 minutes, stirring.

Add the cabbage and sweet potato and cook for 5 minutes or until the potatoes are golden and crisp.

Add the soy sauce and season to taste with salt and pepper.

Remove pan from heat. Divide the hash between two plates.

In a separate frying pan, melt the remaining oil / ghee over a medium heat. Crack the eggs carefully into the pan, and cook for several minutes. Flip eggs and cook for 1 minute.

Place the fried eggs on top of the two servings of hash.

Consume immediately.



PER SERVING:
364 Calories
50g Carbs
14g Protein
12g Fat

Leek, potato & onion soup

2 tps ghee or coconut oil
1 white onion, chopped
2 sticks celery, finely chopped
3 medium sized leeks, sliced
4 small carrots, peeled and chopped
3 cloves garlic, finely chopped
2 small all rounder potatoes, peeled and chopped
1 pint fresh vegetable stock (or use 1 organic stock cube)
salt and pepper to season

SERVES 3

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion, and sauté for 3-4 minutes, stirring.

Add the celery, leeks and carrots and sauté for 3-4 minutes, stirring. Add the garlic and sauté for 2 minutes, stirring.

Add the potatoes and stir well. Cook for 2 minutes. Add the stock and bring to the boil. Reduce to a simmer.

Cover and cook for 30 minutes. Season to taste and cook for 10 minutes. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
186 Calories
28g Carbs
5g Protein
6g Fat



Thai green vegetable curry

2 tps coconut oil
1 thumb sized piece of fresh ginger, finely chopped
3 cloves garlic, peeled and finely chopped
2-3 green chillis (optional), chopped
3 tbsps Thai green curry paste
1 large sweet potato, peeled and diced
4-5 lime leaves (optional)
1 x 400g tin chickpeas, drained and rinsed
200ml coconut milk
100ml cold water
1 large handful of spinach
juice of half a lime
small bunch fresh coriander, chopped

SERVES 2

Melt the oil over a medium heat in a large saucepan. Add the ginger, garlic, chillis and curry paste. Sauté gently for 2-3 minutes, stirring occasionally.

Add the sweet potato, lime leaves (if using) and chickpeas. Stir to coat in the curry paste.

Add the coconut milk and water and bring to a simmer. Cook uncovered for 15-20 minutes or until the sweet potato is cooked.

Add the spinach and stir. Cook for 1-2 minutes.

Add the lime juice and stir. Remove from heat.

Serve with chopped coriander.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
425 Calories
48g Carbs
11g Protein
21g Fat



Italian eggy courgette

2 large whole eggs
1 large egg white
a sprinkle of ground black pepper
a pinch of Italian herb seasoning
1 tsp Parmesan or hard cheese, grated (use dairy free cheese if preferred)
1 tbsp tomato purée
1 small courgette, grated
50g vegetarian ham, finely chopped
3g ghee or coconut oil

SERVES 1



Crack the eggs into a large mixing jug. Add the black pepper, Italian seasoning, Parmesan and tomato purée. Whisk well.

Add the courgette and ham and mix well.

Heat a large frying pan and melt the ghee / oil.

Spoon palm-sized amounts of the mixture into the pan.

Cook for 3-4 minutes on each side.

Serve on their own or with wilted spinach.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
304 Calories
10g Carbs
30g Protein
16g Fat

Mediterranean baked eggs

1 tsp ghee or coconut oil
½ a red onion, finely chopped
½ a red pepper, finely sliced
½ a yellow pepper, finely sliced
4 garlic cloves, finely chopped
400g tinned chopped tomatoes
½ tsp paprika
½ tsp oregano
¾ tsp dried basil (or use fresh chopped basil)
pinch of sea salt
20g Cheddar cheese, grated (use dairy free if preferred)
3 eggs

SERVES 2



PER SERVING:
254 Calories
16g Carbs
16g Protein
14g Fat

Preheat oven to 200°C / 400°F.

Melt the ghee / oil in a frying pan over a medium heat. Add the onion and sauté gently for 3 minutes, stirring occasionally.

Add the red and yellow pepper and sauté for 2-3 minutes, stirring occasionally until soft.

Add the garlic and fry gently for 2 minutes, stirring.

Add the tomatoes and herbs and spices. Stir well and cook for 2 minutes.

Transfer the contents of the pan to a medium sized ovenproof dish.

Make 3 small wells in the mixture and carefully crack an egg into each.

Sprinkle over the grated cheese.

Bake for 25-35 minutes, until the eggs are cooked. Serve.

Consume immediately.



Curried cauliflower & cashew muffins

1 tsp ghee or coconut oil plus extra to grease tin
100g white onion, finely chopped
150g cauliflower, grated
40g cashews
5 eggs, beaten
½ tsp garlic powder
2 tps curry powder
a pinch of cayenne pepper
a pinch of sea salt and ground black pepper

MAKES 8 MUFFINS

Preheat oven to 170°C/350°F. Grease 8 compartments of a muffin tin.

Melt the ghee/oil in a frying pan over a medium heat. Add the onion and cauliflower and sauté for 4-5 minutes, stirring frequently. Remove pan from heat and transfer the cooked vegetables to a plate to cool.

Blitz the cashews in a blender or food processor until finely ground.

Break the eggs into a large jug. Add the spices and seasoning and mix well with a fork. Add the cauliflower, onions and cashews and stir well.

Divide the mixture between the muffin compartments. Bake for 20-25 minutes or until the muffins are firm. Allow to cool in the tin for 5 minutes then remove and transfer to a wire rack to cool.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER MUFFIN:

99 Calories

4g Carbs

5g Protein

7g Fat

Basil & spinach scrambled eggs

3 eggs
a pinch of sea salt and ground
black pepper
1 tsp ghee or coconut oil
a small bunch of fresh basil leaves
and stalks, chopped
6 plum or cherry tomatoes
60g closed cup or button
mushrooms, sliced
a handful of fresh spinach leaves

SERVES 1

Crack the eggs into a jug and add the salt and pepper. Beat with a fork.

Heat half of the ghee/oil in a large frying pan over a medium heat. Add the basil leaves and stalks and fry gently for 1 minute, stirring occasionally.

Add the tomatoes and mushrooms and fry for around 3 minutes, until soft.

Add the spinach and cook until wilted.

Remove the cooked vegetables from the pan and set aside.

Heat the remaining ghee/oil in the frying pan. Add the eggs and cook, stirring, for around 2 minutes, until cooked.

Transfer to a plate and add the cooked vegetables. Serve.

Consume immediately.



PER SERVING:
292 Calories
7g Carbs
21g Protein
20g Fat

Lentil tabbouleh

140g green lentils, rinsed
100g halloumi cheese, cut into
slices approximately 5mm thickness
3 spring onions, chopped
2 vine-ripened tomatoes, diced
a small bunch fresh parsley,
chopped
a small bunch fresh mint, chopped
a pinch of salt and pepper
½ tsp ground cumin
60g cucumber, diced
2 tbsps extra virgin olive oil
juice of 1 lemon

SERVES 2

Bring a saucepan of water to the boil. Reduce heat to simmer and add the lentils. Cook according to packet instructions. Drain well and allow to cool.

Fry the halloumi in a dry non-stick frying pan until golden brown on both sides.

Mix the spring onions, tomatoes, parsley, mint, salt and pepper, cumin, cucumber, oil and lemon juice in a bowl.

When the lentils have cooled, add them to the mixture and stir well.

Transfer the mixture to 2 plates. Top with the halloumi and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
541 Calories
41g Carbs
29g Protein
29g Fat

Creamy leek & potato soup

3 tps ghee or butter
2 large leeks, finely chopped
2 medium sized white onions, finely chopped
300g all-rounder potatoes, diced
650ml vegetable stock
100ml unsweetened almond milk
(or use milk of your choice)
a good pinch of salt and pepper

SERVES 4



Melt the ghee/butter in a large saucepan over a medium heat.

Add the leeks and onions and sauté gently for 5-6 minutes, stirring occasionally.

Add the potatoes, stir well and cook for 1-2 minutes, stirring occasionally.

Add the stock, milk, salt and pepper and stir well. Increase heat and bring to a boil, then reduce to a simmer. Cover and cook for 30 minutes, stirring occasionally.

Leave to cool and blend into a purée or leave the soup as it is and serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
150 Calories
20g Carbs
4g Protein
6g Fat

Mozzarella, tomato & spinach tortilla

1 tsp ghee or coconut oil plus a little extra to grease tin

150g potato, cut into small cubes

½ tsp paprika

1 small red onion, finely chopped

50g spinach leaves

8 cherry tomatoes, halved

50g Mozzarella, cut into chunks (use dairy free cheese if preferred)

5 eggs

½ tsp garlic powder

a pinch of sea salt

a pinch of ground black pepper

SERVES 2

Preheat the oven to 180°C/350°F. Grease a 15x15cm baking tin with a small amount of ghee/oil.

Heat 1 tsp ghee/oil in a frying pan over a medium heat.

Add the potato and paprika. Stir well and sauté for around 10 minutes, stirring until soft.

Add the onion and sauté gently for 3-4 minutes, stirring frequently.

Add the spinach and cook until wilted. Remove pan from heat.

Add the spinach to the baking tin with the cherry tomatoes and Mozzarella.

Beat the eggs in a jug with a fork. Add the garlic powder, salt and pepper and stir well.

Pour the eggs into the tin and bake for 20 minutes, or until golden and firm.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
372 Calories
22g Carbs
26g Protein
20g Fat



Turkish inspired tomato eggs

1 tsp olive oil or coconut oil
½ a medium sized red onion,
finely diced
½ tsp hot paprika
½ tsp onion granules
salt and pepper to taste
160g tinned chopped tomatoes
3 eggs
a sprinkle of fresh chives, chopped

SERVES 1



Heat the oil in a frying pan over a medium heat.

Add the red onion and sauté for 3 minutes, until soft.

Add the paprika, salt, pepper, onion granules and chopped tomatoes. Stir well and simmer for 3 minutes.

Meanwhile, preheat the grill to a high heat.

Make 3 small wells in the tomato sauce and crack an egg into each well. Cook for 3-4 minutes.

Place the frying pan under the grill and grill until the eggs are cooked to your liking.

Serve garnished with fresh chives.

Consume immediately.



PER SERVING:
295 Calories
10g Carbs
21g Protein
19g Fat

Creamy lentil & celeriac soup

100g red lentils, rinsed in cold water
1 tsp cumin seeds
1 tsp ghee or coconut oil
1 medium sized onion, finely chopped
250g celeriac, diced
1 stick celery, sliced
15g fresh ginger, finely chopped
4 garlic cloves, finely chopped
2 green chilli peppers, finely chopped
a pinch of sea salt and black pepper
1 tsp curry powder
1 tsp ground coriander
1 pt hot vegetable stock (made with one organic stock cube)
70ml coconut milk

SERVES 3

Place the lentils a saucepan of boiling water and cook for 15-20 minutes, or until soft. Drain well.

Place the cumin seeds in a large saucepan over a medium heat. Toast for 30 seconds, stirring. Add the ghee / oil and stir to melt. Add the onion and sauté for 3-4 minutes, stirring until soft.

Add the celeriac and celery and cook for 5 minutes, stirring occasionally. Add the ginger, garlic and chilli peppers and cook for 3 minutes, stirring occasionally.

Add the salt, black pepper, curry powder and ground coriander and stir well. Add the vegetable stock, stir and simmer gently for 20 minutes.

Add the cooked lentils, stir well and cook for 10 minutes. Add the coconut milk, stir and cook for 1 minute. Serve.

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.



PER SERVING:
211 Calories
27g Carbs
10g Protein
7g Fat



Indian spiced muffins

1 tsp ghee or coconut oil plus extra to grease tin
1 tsp curry powder
1 small red onion, finely chopped
1 red chilli, finely chopped
6 eggs
½ tsp cumin seeds
a pinch of sea salt
a pinch of ground black pepper
50g spinach, finely chopped
30g peas

MAKES 8 MUFFINS



Preheat oven to 180°C/350°F. Grease 8 compartments of a muffin tin.

Melt the ghee / oil in a saucepan over a medium heat. Add the onion, chilli and curry powder, stir well and sauté for 4 minutes, stirring occasionally.

Remove pan from heat and transfer the mixture to a plate to cool for 5 minutes.

Meanwhile place the eggs, cumin, salt and pepper in a large jug and whisk well. Add the peas and spinach and stir.

Stir in the onion mixture.

Pour the mixture into the compartments. Bake for 15 minutes or until firm.

Store any leftovers in an airtight container and refrigerate for up to 2 days.



PER MUFFIN:
90 Calories
2g Carbs
7g Protein
6g Fat

Italian inspired stuffed peppers

2 large bell-peppers (any colour)
5g butter or cooking fat of your choice
1 small onion, finely diced
100g mushrooms, roughly chopped
30g tomato purée
½ tsp dried Italian herbs
a pinch of salt and pepper
4 eggs
30g grated Cheddar (use dairy free if preferred)

SERVES 2



PER SERVING:
322 Calories
19g Carbs
21g Protein
18g Fat

Preheat the oven to 200°C/400°F.

Cut the peppers down the middle (lengthways). Remove the pith and seeds and discard. Place the peppers (skin side down) in an ovenproof dish.

Melt the butter in a frying pan over a medium heat. Add the onion and mushrooms. Fry gently for 5 minutes, stirring regularly.

Add the tomato purée, salt, pepper and Italian herbs. Cook for 2 minutes, stirring. Spoon the mixture into each of the pepper halves.

Make a small well in the mixture. Carefully crack one egg into each well, ensuring that the egg doesn't overrun.

Sprinkle the cheese over the egg. Bake for 20 minutes.

Consume immediately.



Vegetarian minestrone soup

1 tsp ghee or coconut oil
1 medium sized white onion,
chopped
200g carrot, chopped
1-2 garlic cloves, finely chopped
400g tinned tomatoes
400g tinned cannellini beans, rinsed
and drained
700ml vegetable stock
1 sprig fresh rosemary
200g all rounder potatoes, peeled and
chopped
60g pasta shells (optional), use gluten
free if preferred
60g curly kale
salt and pepper to season

SERVES 5



PER SERVING:
214 Calories
40g Carbs
9g Protein
2g Fat

Melt the ghee / oil in a large saucepan over a medium heat. Add the onion and sauté gently for 3-4 minutes, stirring until soft.

Add the carrot and cook for 3-4 minutes, stirring occasionally.

Add the garlic and fry gently for 2 minutes, stirring.

Add the tinned tomatoes, cannellini beans, vegetable stock, rosemary and potatoes. Bring to the boil then reduce heat to simmer. Stir well, cover and cook for 20 minutes.

Add the pasta shells, if using, and stir. Cover and cook for 10-12 minutes, until the pasta is almost cooked.

Add the kale and cook for 2-3 minutes, until soft. Serve.

Store any leftover soup in an airtight container and refrigerate for up to 3 days or freeze on same day.



Vegetable & kidney bean omelette

2 eggs

1 tbsp unsweetened almond milk
a pinch of sea salt & black pepper

½ tsp onion powder

10g ghee or coconut oil

80g closed-cup mushrooms, finely
chopped

50g red bell-pepper, diced

1 ripe vine tomato, chopped

25g tinned kidney beans, drained

a small handful of lettuce leaves

15g Cheddar cheese, grated (use
dairy free if preferred)

SERVES 1



PER SERVING:
345 Calories
10g Carbs
20g Protein
25g Fat

Crack the eggs into a jug. Add the almond milk and beat well. Add the salt, pepper and onion powder and stir.

Melt half of the ghee / oil in a frying pan over a medium heat. Add the mushrooms, bell-pepper and tomato and fry gently for 3-4 minutes, stirring until soft. Add the kidney beans and cook for 1-2 minutes, or until the kidney beans are heated thoroughly. Transfer mixture to a plate.

Remove any bits from the pan. Melt the remaining ghee / oil in the frying pan over a medium / high heat. Add the egg mixture. Cook gently for around 4 minutes.

When the centre of the omelette begins to firm up, spoon the mushroom mixture over one half of the omelette. Arrange the lettuce leaves over the top. Sprinkle the cheese over the lettuce.

Using a wooden slice, fold the omelette in half. Cook for one minute. Remove the omelette from the pan and serve.

Consume immediately.



Baked pesto squash rings

400g butternut squash
3 tsps green pesto
a drizzle of olive oil
1 small red onion, chopped
8 cherry tomatoes, halved
50g fresh spinach leaves, chopped
70g Mozzarella cheese (use dairy free cheese if preferred)
15g pine nuts

SERVES 2

Cut the butternut squash into 4 rings (approximately 2cm thickness) by slicing the bulb end (the widest part). You should find you can scoop out the centre to make a ring.

Remove the seeds from the squash rings and discard. Line the base of a large oven tray with foil and place the rings on the foil. Brush each ring with a little of the pesto, reserving some for later. Bake for 20 minutes.

Meanwhile line the base of another oven tray with foil. Drizzle lightly with olive oil. Add the onion and bake for 10 minutes.

Add the tomatoes and bake for 5 minutes.

Remove from oven, add the spinach, remaining pesto and Mozzarella to the tray and stir well.

Spoon the mixture into the centre of each squash ring. Bake for 5 minutes or until the cheese has melted. Serve garnished with pine nuts.

Store any leftovers in an airtight container and refrigerate for up to 3 days.



PER SERVING:
483 Calories
39g Carbs
21g Protein
27g Fat



Low carb vegetable quiche

a small amount of ghee or coconut oil to grease dish

5 eggs

20g kale, finely chopped

70g closed cup mushrooms, finely chopped

½ tsp dried chilli flakes

60g plum or cherry tomatoes, halved

½ a small white onion

½ tsp garlic powder

1 tsp wholegrain or Dijon mustard

10g Parmesan cheese, grated (use dairy free if preferred)

Preheat oven to 170°C/350°F. Grease the base and sides of a 15x15cm ovenproof dish with ghee/oil.

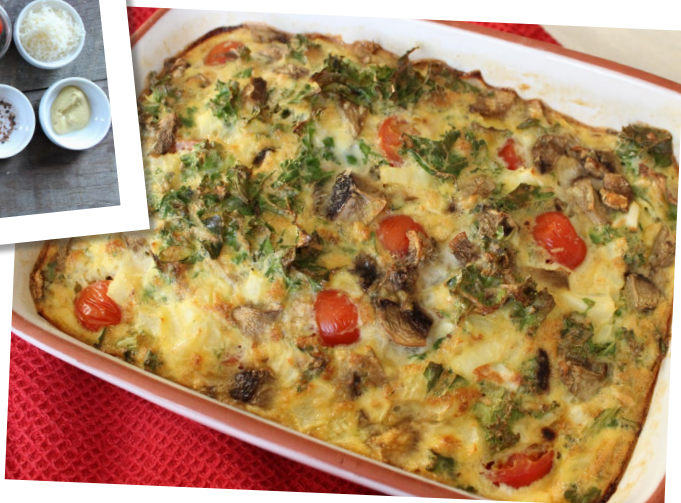
Beat the eggs in a large jug. Add the remaining ingredients and stir well.

Transfer the mixture to the dish. Bake for 25 minutes or until the centre of the quiche is firm to the touch.

Enjoy warm or cold.

Store any leftovers in an airtight container and refrigerate for up to 2 days.

SERVES 2



PER SERVING:
244 Calories
6g Carbs
19g Protein
16g Fat

Vegetarian bolognese

- 1 tsp ghee or coconut oil
- 1 medium sized white onion, finely chopped
- 2 celery sticks, finely chopped
- 1 carrot, finely chopped
- 1 red or green bell pepper, diced
- 3 garlic cloves, finely chopped
- 150g chestnut mushrooms, sliced
- 400g tinned chopped tomatoes
- 2 tbsps tomato purée
- 150g dried green or red lentils, rinsed
- 3 large courgettes, spiralised
- 1 tsp Italian seasoning
- $\frac{3}{4}$ tsp ground black pepper
- $\frac{3}{4}$ tsp sea salt
- 20g Parmesan cheese, grated (optional)

SERVES 4



PER SERVING:
240 Calories
36g Carbs
15g Protein
4g Fat

Melt the ghee/oil in a large saucepan over a medium heat. Add the onion and sauté for 3-4 minutes, stirring occasionally until soft.

Add the celery, carrot, and bell pepper and cook for 4 minutes, stirring occasionally until soft. Add the garlic cloves and mushrooms and cook for 2-3 minutes, stirring occasionally until soft.

Add the chopped tomatoes, tomato purée and 350ml recently boiled water. Add the lentils and stir well. Increase the heat to bring to a boil then reduce to simmer. Cook for 20-25 minutes or until the lentils are tender. Add more water during cooking time if the mixture becomes too dry.

Meanwhile, steam the courgette for 1-2 minutes.

Add the Italian seasoning and ground black pepper to the bolognese. Cook for 3 minutes. Stir in the salt. Remove pan from heat and serve garnished with Parmesan cheese (if using).

Store any leftovers in an airtight container and refrigerate for up to 3 days or freeze on same day.

