

Blueberry Protein Pancakes

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↑↓ Servings: 2 pancakes



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
301 kcal	20 g	7 g	38 g	2 g

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INGREDIENTS

- 0.5 Cups Plain Flour
- 1.5 Tsp Stevia
- 1 Tsp Baking Powder
- 1 Pinch Salt
- 2 Eggs Large
- 1 Tsp Vanilla Extract
- 1 Cup Low Fat Greek Yogurt
- 0.75 Cup Blueberries

INSTRUCTIONS

1. Add dry ingredients flour, sugar, baking powder and salt to a bowl.
2. In a separate bowl, combine the wet ingredients eggs, vanilla extract and Greek yogurt until well combined.
3. Add the dry mix to the wet ingredient mix and stir together until well combined.
4. Once complete, oil a medium skillet (Fry Pan) over a medium-low heat setting.

5. Use a 1/4 Cup portion to cook your pancakes. Cook until both sides are golden brown.
6. Once complete let cool briefly and serve with blueberries.



KEYWORDS

Breakfast, Dessert

Breakfast Corn Fritters

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↑↓ Servings: 4 fritters



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
350 kcal	18 g	9 g	54 g	5 g

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INGREDIENTS

- 1 Can Corn Kernels
- 0.5 cup Broccoli finely chopped
- 1 Sweet Potato Medium
- 1 Egg Medium
- 3.5 Oz Feta Cheese
- 1 Tsp Garlic Crushed
- 1 Tbsp Dill Fresh
- 1 Pinch Salt
- 1 Scoop Protein Powder Unflavoured
- 3.5 Oz Plain flour
- 1 Squeeze Lemon Juice to taste

INSTRUCTIONS

1. Wash and chop the broccoli and blend in a processor, add in half the canned corn with the broccoli and blend together.

2. Place mixture into a large bowl.
3. Peel and grate the sweet potato, adding it to the mixture along with the remaining corn.
4. Add the egg and mix through.
5. Chop the feta roughly and add to the mixture. Place the remaining ingredients into the bowl and stir until combined.
6. Divide the mixture into 4 serves, form into patty shapes.
7. Cook the patties on medium heat in a fry pan that has been sprayed with oil.
8. When golden brown, flip and repeat.
9. Serve with lemon juice, extra feta and a fried egg

Note: Nutritional values do not include extra toppings



KEYWORDS

Breakfast

Cheesy Chia Bites

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↑↓ Servings: 12 bites



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
78 kcal	4 g	6 g	3 g	2 g



COURSE

Appetizer, Snack

INGREDIENTS

- 1 Egg
- 2 Tbsp Chia seeds
- 1 Cup Almond meal
- 6 Tbsp Parmesan cheese Grated
- 0.5 Tsp Sea Salt Fine grain
- 0.25 Tsp Black pepper Ground
- 0.25 Tsp Cayenne pepper Ground

INSTRUCTIONS

1. In a large bowl combine all ingredients and mix until a dough ball forms. NB. If the dough is too wet and doesn't form into a ball add further almond meal, one tablespoon at a time. If the dough is a tad dry add some water ½ teaspoon at a time.
2. Wrap dough in waxed paper or plastic wrap, and pop in the fridge for at least 30 minutes.
3. Remove the dough from the refrigerator 10 minutes before you are ready to roll it out.
4. Preheat the oven to 325°F (160°C) and line two baking sheets with parchment paper.

5. Place dough between two sheets of parchment paper, press into a flat disc, and roll it with a rolling pin until the dough is 1/8-inch (3mm) thick.
6. Cut into desired shapes using a knife or you can even get a bit fancy and use a cookie cutter.
7. With a spatula, transfer the crackers to the prepared baking sheets, allowing nearly an inch between crackers.
8. Bake until the bottoms are browned, and the tops take on a good amount of color as well - 12 to 15 minutes, depending on how thick your crackers actually are.
9. Keep checking the baking process so as not to burn them ;-)
10. Rotate the sheets halfway through baking (or when the crackers in the back look like they are browning more quickly than the front).
11. Allow to cool before storing in an air tight container (if they last that long ;-).



KEYWORDS

Appetizer, Snack

Blueberry and Chia Snack Bars

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↑↓ Servings: 12 bars



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
158 kcal	3 g	6 g	23 g	2 g

PREP TIME	COOK TIME	COURSE
20 mins	40 mins	Snack

INGREDIENTS

Blueberry Chia Jam

- 1.5 Cups Blueberries
- 1.5 Tbsp Chia Seeds
- 1 Tbsp Maple Syrup

Bars

- 1 Cup Oat Flour
- 1 Cup Rolled Oats
- 2 Tbsp Raw Sugar
- 0.5 Tsp Ground Cinnamon
- 1 Pinch Salt
- 0.5 Tsp Baking Soda
- 0.5 Cup Unsweetened Apple Sauce
- 0.25 Cup Maple Syrup
- 0.25 Cup Coconut Oil Melted

INSTRUCTIONS

1. Preheat oven to 325°F (163°C).
2. Grease baking dish with coconut oil or cooking spray.
3. Heat a small saucepan over a medium heat.
4. Add blueberries, chia seeds and maple syrup.
5. Cook for around 10 minutes, stirring often.
6. Once done, use a potato masher to mash the blueberries to create your "jam". Once complete set aside.
7. Combine oats, oat flour, sugar, cinnamon, salt and baking soda in a large bowl.
8. Add applesauce, maple syrup and coconut oil and combine well.
9. Set aside a heaping half cup of the oat mixture and then press the rest evenly into the prepared pan.
10. Top with blueberry chia jam, spreading evenly with a spoon or spatula.

Sprinkle the rest of the oat mixture on top.
11. Bake for around 30 minutes, Once complete let cool completely on a wire rack before cutting into 12 bars.
12. Once done refrigerate.



KEYWORDS

Snack

Burrito Jar

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↑↓ Servings: 5 jars



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
502 kcal	45 g	23 g	33 g	9 g



COURSE
Lunch

INGREDIENTS

- 4 Chicken Breasts
- 1 tsp Coconut Oil
- 5 tbsp Quinoa
- 4 Tomatoes Finely Chopped
- 1 Red Onion Finely Chopped
- 1 pinch Salt And Pepper
- 1 Lime Juiced
- 7 oz Tin Sweetcorn Drained
- 2 Avocados
- 2 handfuls Iceberg Lettuce
- 8 tbsp Soured Cream
- Spring Onions

INSTRUCTIONS

1. Cut chicken breasts into cubes, season, and pan fry on a medium heat with a little coconut oil until fully cooked through. Remove and allow to cool.

2. Assemble your 5 mason jars. Divide and drop in the chopped tomatoes and onions, lime juice and a little salt and pepper and mix.
3. Add 2 tbsp. soured cream to each jar. By adding the liquid first, you won't get a soggy salad after a few days in the fridge.
4. Divide the sweetcorn amongst the 5 jars, then add the chicken, avocado, chopped lettuce and lastly the cheese.
5. Screw on the lid and enjoy.



KEYWORDS

Lunch

Beef & Zucchini Lasagne

Rate This Recipe
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↑↓ Servings: 5 slices



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
395 kcal	28 g	25 g	16 g	4 g



COURSE
Lunch

INGREDIENTS

- 4 Zucchini Large
- Salt As needed
- 1 jar Marinara Sauce No sugar added
- 15 oz Ricotta Cheese
- 1 Egg Optional
- 2 cup Mozzarella Cheese Shredded
- 0.5 cup Parmesan Cheese Grated
- 1 cup Basil Leaves Fresh, chopped and loosely packed

INSTRUCTIONS

1. Preheat the oven to 400°F (200°C) and line 3 to 4 large baking sheets with parchment paper.
2. Cut the ends off of the zucchini, then use a mandoline slicer or a knife to cut the rest into long, wide slices that are 1/4-inch (1/2cm) thick.

3. Arrange the slices on the prepared baking sheets and sprinkle them with salt. Flip the slices over and salt the other side, too. Let the rest for 10 minutes.
4. When 10 minutes have passed, blot the zucchini with a towel, removing the salt and excess moisture.
5. Place the pans of zucchini in the oven to bake for 15 minutes at 400°F (200°C).
6. Meanwhile, add the ricotta and egg to a large bowl, and stir them well to combine. You can add a pinch of salt to this, and any other dried Italian herbs you love for extra flavour.
7. When the zucchini is done, remove it from the oven and lower the temperature to 375°F (190°C).
8. To assemble the lasagna, start by spreading 3/4 cup of marinara sauce evenly into the bottom of a 9" x 13" (22 x 33cm) casserole pan.
9. Arrange a layer of zucchini noodles on top of that, followed by 1/3 of the ricotta mixture, 1/2 cup of shredded mozzarella, and 2 tablespoons of Parmesan. Sprinkle 1/3 of the fresh basil over that.
10. Repeat the layers, starting with another layer of zucchini, followed by 1/2 cup of marinara sauce, and another 1/3 of the ricotta, 1/2 cup of mozzarella, Parmesan and basil. Repeat this layering one more time, with another layer of zucchini, the rest of the ricotta, another 1/2 cup of mozzarella, 2 tablespoons of parmesan, and the rest of the fresh basil. The final layer will be the last of the zucchini noodles, followed by the rest of the sauce, mozzarella and Parmesan.
11. Bake the zucchini lasagna for 45 minutes at 375°F (190°C), or until the top is golden brown and bubbly.
12. Allow the casserole to cool for 15 minutes before slicing and serving. Leftovers can be stored in the fridge for 3-5 days in an airtight container.



KEYWORDS

Lunch

Avocado Stuffed Meatballs

Rate This Recipe

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↑↓ Servings: 12 meatballs



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
116 kcal	7 g	9 g	1 g	1 g

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INGREDIENTS

- 1 Lb Ground Beef
- 2 Cloves Garlic Minced
- 1 Egg
- 1 Handful Parsley Fresh
- 1 Splash Tobasco Sauce
- 1 Pinch Salt To taste
- 1 Pinch Pepper To taste
- 0.5 Avocado Peeled and cut into 12 cubes

INSTRUCTIONS

1. In a large bowl combine ground beef, garlic, egg, parsley, Tabasco, salt and pepper.
2. Knead with your hands until well combined.Scoop one heaping tablespoon of meat mixture and with dampened hands make the meatballs - placing one cube of avocado into the middle of the ball and delicately forming a smooth ball around the avocado.

3. Repeat to form about all meatballs. Heat one tablespoon of olive oil in a large skillet over medium heat.
4. Add meatballs and cook in batches, turning frequently, for about 6 minutes until golden brown.
5. Alternatively you can bake the meatballs in the oven. Preheat an oven to 350°F (175°C).
6. Line a baking sheet with aluminum foil and lightly grease with olive oil.
7. Bake for about 25 minutes, turning once, until golden brown.



KEYWORDS

Dinner

Cashew Chicken

Rate This Recipe

★★★★★ 5 from 1 vote

↑↓ Servings: 6 portions



NUTRITION (per serving)

CALORIES	PROTEIN	FATS	CARBS	FIBER
504 kcal	42 g	12 g	57 g	4 g

INGREDIENTS

- 3 Tbsp Cashew Butter
- 2 Tbsp Soy Sauce
- 2 Tbsp Maple Syrup or Agave
- 2 Cloves Garlic
- 1 Tsp Chinese Five Spice
- 4 Chicken Breast Diced
- 1 Broccoli Cut Into florets
- 1.4 Oz Cashew Nuts
- 2 Red Chilies Diced
- 3 Tbsp Cilantro Coriander
- 10.5 Oz Basmati Rice Steamed

INSTRUCTIONS

1. Preheat oven to 392° F (200°C) or 355° F (180°C) for fan-force oven.
2. In a large bowl, whisk together cashew butter, soy sauce, maple syrup, garlic and five spice.

3. Add the diced chicken and broccoli florets to the bowl and coat well.
4. Pour the contents of the bowl into a deep baking tray and bake for 20 minutes.
5. Meanwhile, toast your cashew nuts. Heat a frying pan on a high heat, add the cashews and don't move them until they begin to brown and pop a little. Toss and allow to brown on the other side.
6. Once the cashew chicken and broccoli are baked, stir through the cashew nuts and chillies and serve with the cooked basmati rice.
7. Sprinkle a little chopped cilantro (coriander) over each and enjoy.



KEYWORDS

Dinner