

PALEO RECIPE GUIDE

Yummy Paleo Friendly Meals, Sides, and Snacks.

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RECIPE KEY

Look for these helpful icons throughout the file.

-  Gluten Free
-  Dairy Free
-  Low Carb (under 20g serving)
-  Meal Prep/Freezer Friendly
-  High Protein (over 20g per serving)
-  Vegetarian
-  Quick (under 30 mins)
-  Contains Nuts

A top-down view of a round ceramic plate with a green and white speckled pattern and a brown rim. The plate is filled with a dish of scrambled eggs, which are light yellow and fluffy, topped with black sesame seeds. Mixed with the eggs are various chopped vegetables: green bell peppers, red bell peppers, green onions, and corn kernels. Fresh green cilantro leaves are scattered throughout the dish. To the left of the plate, a small bunch of fresh cilantro is placed on the white marble surface. To the right, a pair of dark wooden chopsticks lies parallel to the plate. The entire scene is set against a white marble background with grey veining.

1. ASIAN STYLE SCRAMBLED EGGS

ASIAN STYLE SCRAMBLED EGGS



Serves: 2
Prep: 5 mins
Cook: 10 mins



Nutrition per
serving:
206 kcal
11g Fats
6g Carbs
15g Protein



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WHAT YOU NEED

- 3 eggs
- 2 egg whites
- 1 tbsp. soy sauce
- 2 tsp. sesame oil
- 1 1/4 cup (200g) mixed Asian vegetables
- 1 tsp. black sesame seeds
- coriander, to serve

WHAT YOU NEED TO DO

Whisk eggs and egg whites together in a bowl. Season with pepper and soy sauce.

Heat 1 tsp. sesame oil in a pan over medium-low heat. Add the mixed veggies and 1 tbsp. of water. Season with salt and pepper and cook for 4-5 mins until tender. Transfer onto a plate.

Add egg mixture to pan and swirl to coat the base. Cook without stirring for 30 seconds. Using a wooden spoon, push the set eggs to the outer edge and the raw eggs to the centre.

Gently push the eggs around the pan every 15 seconds until set. Sprinkle with the sesame seeds.

Remove from heat and serve with the earlier prepared vegetables — top with fresh coriander and additional sesame seeds, to serve.



2. SUPERFOOD BREAKFAST WITH FRIED EGG

SUPERFOOD BREAKFAST WITH FRIED EGG



Serves: 2
Prep: 5 mins
Cook: 15 mins



Nutrition per
serving:
397 kcal
26g Fats
27g Carbs
18g Protein



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WHAT YOU NEED

- 2 cups (300g) broccoli
- 2 tbsp. coconut oil
- 1 garlic clove, minced
- 1/4 onion, chopped
- 2 tbsp. (20g) pumpkin seeds
- 1 tbsp. (20g) dried cranberry
- lemon juice
- 4 eggs

Spices:

- ½ tsp. ground turmeric
- ½ tsp. chili flakes
- ½ tsp. paprika
- ½ tsp. oregano

WHAT YOU NEED TO DO

Divide the broccoli into smaller parts and chop into tiny pieces or use a food processor to make broccoli rice.

Heat 1 tbsp. of oil in a pan on medium-high heat, add the minced garlic, chopped onion, pumpkin seeds and fry, stirring for about 5 minutes, until browned.

Next, add the cranberries, broccoli rice and all the spices, season with salt & pepper, mix and fry for another 5-7 minutes. If you need, add a little water to avoid burring. At the end of cooking drizzle with lemon juice.

In a separate frying pan heat the remaining 1 tbsp. of oil, and fry the eggs. Once ready serve on top of the broccoli rice, season with salt & pepper.



3. RASPBERRY & FLAXSEEDS SMOOTHIE BOWL

RASPBERRY & FLAXSEEDS SMOOTHIE BOWL



Serves: 1
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
240 kcal
13g Fats
28g Carbs
8g Protein



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WHAT YOU NEED

- 3 tbsp. flaxseeds
- 1/2 cup (100ml) water
- 1 cup raspberries, frozen
- 3 heaped tbsp. (50ml) beetroot juice
- 2 tbsp. natural yogurt (or plant based)
- 1 tsp. raw cacao nibs

WHAT YOU NEED TO DO

Boil the water in the kettle.

Place the flaxseeds in a small pot and add in the water, cook for around 5 mins, until the water turns sticky. Then take off the heat and allow to cool slightly.

Place the raspberries and beetroot juice in a blender and blend until smooth. Next add in the flaxseeds and blend again.

Transfer the smoothie into a bowl and top with the yogurt and cocoa nibs. Serve straight away.

A top-down photograph of a stack of three golden-brown almond banana pancakes. The pancakes are served on a white plate with a black rim and a yellow leopard print pattern. They are topped with a fresh fruit compote consisting of diced yellow mango, green passion fruit pulp, and small green seeds, garnished with a small sprig of green mint. To the right of the plate, on a white marble surface, is a halved passion fruit showing its internal seeds and pulp, and a small branch of fresh mint leaves.

4. ALMOND BANANA PANCAKES

ALMOND BANANA PANCAKES



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
346 kcal
21g Fats
28g Carbs
13g Protein



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WHAT YOU NEED

- 5/8 cup (125g) mango, cubes
- 2 passion fruit
- 4 tbsp. water
- ½ cup (60g) almond flour
- 1 ripe banana
- 1 medium egg
- 1 tsp oil

WHAT YOU NEED TO DO

Put the mango pieces, and passion fruit flesh in a saucepan and add the water. Heat for 10 minutes on low heat until fruit is softened. Stir frequently. Put the fruit aside and let it cool.

In the meantime, mix the almond flour, the ripe banana and egg in the blender or food processor until smooth.

Heat the oil in a large non-stick pan scoop 6 pieces of batter into the pan with a tablespoon.

Fry the pancakes for about 3 mins. until browned and done on both sides. Turn them carefully, as the batter is not very firm.

Serve with the fruit spread made earlier.

A close-up photograph of a bowl filled with a healthy meal. The bowl contains a base of cooked quinoa, topped with spiralized zucchini (zoodles), halved cherry tomatoes, and a perfectly poached egg. The egg is garnished with a sprinkle of red spices and black pepper. A drizzle of yellow oil is visible on the egg. The bowl is light-colored and sits on a patterned surface.

5. ZOODLES WITH QUINOA & POACHED EGG

ZOODLES WITH QUINOA & POACHED EGG



Serves: 2
Prep: 15 mins
Cook: 10 mins



Nutrition per
serving:
347 kcal
15g Fats
38g Carbs
15g Protein



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WHAT YOU NEED

- 1 ½ cup (280g) cooked quinoa
- 1 tbsp. coconut oil
- 2 garlic cloves, crushed
- 2 medium zucchinis, spiralized
- 12 cherry tomatoes, halved
- 1 tsp. oregano or mixed herbs
- 2 medium poached eggs
- chilli flakes, to taste

WHAT YOU NEED TO DO

Divide the cooked quinoa onto 2 plates.

Heat half the oil in a pan on medium heat. Sauté the garlic for 1-2 mins then add the zucchini noodles (zoodles), cook for another 3-4 mins stirring often. Towards the end of cooking, season with salt and pepper and herbs. Add the zoodles onto the plates.

On the same pan, heat the other half of the oil and cook the cherry tomatoes for 2-3 mins. Season with salt, pepper and oregano. Add to the quinoa and zoodles.

To serve, top the zoodles with a poached egg and season with chilli flakes and freshly ground black pepper.

A top-down view of a small, round bowl filled with a light-colored, gelatinous chia seed pudding. The pudding is topped with several fresh ingredients: two whole blackberries, three slices of kiwi fruit showing their green flesh and black seeds, and several small, bright red goji berries. The bowl is set against a plain white background, with additional blackberries, kiwi slices, and goji berries scattered around it, some in focus and some blurred.

6. KIWI CHIA PROTEIN PUDDING

KIWI CHIA PROTEIN PUDDING



Serves: 2
Prep: 10 mins
Chill: 1 hr



Nutrition per
serving:
272 kcal
11g Fats
37g Carbs
16g Protein



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WHAT YOU NEED

- 1/4 cup (45g) chia seeds
- 1 cup (250ml) coconut milk
- 1 scoop (25g) vanilla protein powder
- 3 kiwis, peeled + 1 kiwi, peeled and sliced
- 1/4 cup (25g) blueberries
- 1/4 cup (30g) blackberries

WHAT YOU NEED TO DO

Combine chia seeds, milk, and protein powder in a jar or glass bowl. Chill in the fridge for at least one hour or for best results - overnight.

Once out of the fridge give it a good stir, making sure you have a thick gel-like consistency. Taste and sweeten, if needed.

Place three peeled kiwis in a blender or food processor and blitz until pureed.

Divide the chia seeds and kiwi puree evenly between 2 glasses. First a layer of chia seeds, then kiwi slices, and top with another layer of chia seeds.

Top each pudding with fresh berries and sliced kiwi.



7. STRAWBERRY PROTEIN CHIA PUDDING

STRAWBERRY PROTEIN CHIA PUDDING



Serves: 2
Prep: 0 mins
Cook: 10 mins



Nutrition per
serving:
243 kcal
16g Fats
22g Carbs
7g Protein



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WHAT YOU NEED

- ½ cup (100g) frozen strawberries
- scant 1/2 cup (100ml) milk, dairy or coconut
- 1 tbsp. vanilla whey
- 1 tbsp. maple syrup
- scant 1/3 cup (50g) chia seeds

WHAT YOU NEED TO DO

Blitz the strawberries, milk, whey and maple syrup in a speed blender or food processor.

Add the chia seeds and mix well. Leave to thicken in the fridge for 10 mins, mixing 2-3 times, to ensure it thickens evenly. Serve straight away or store in a refrigerator.

***Pro tip:** if you leave the pudding in the fridge overnight, you might want to add some extra milk to it before serving as it will become more thick as the chia seeds absorb the liquid.*

A top-down photograph of a Spanish Zucchini Tortilla. The tortilla is a round, golden-brown omelette with visible slices of zucchini and potatoes embedded within it. It is garnished with finely chopped green herbs. The tortilla is served on a white ceramic plate with a decorative blue rim. To the right of the plate, a blue and white checkered napkin is folded, and a silver fork and knife are placed on top of it. The entire set is on a light-colored wooden surface.

8. SPANISH ZUCCHINI TORTILLA

SPANISH ZUCCHINI TORTILLA



Serves: 2
Prep: 10 mins
Cook: 25 mins



Nutrition per
serving:
377 kcal
22g Fats
22g Carbs
21g Protein



WHAT YOU NEED

- 1 tbsp. olive oil
- 1 small potato, peeled, chopped
- 1 small onion, chopped
- ½ small zucchini, thinly sliced
- 6 eggs

WHAT YOU NEED TO DO

Heat oil in a non-stick pan and sear the potato and onion over medium-high heat, for about 4 minutes. Next, add the zucchini and sauté for another 4 minutes.

In a bowl, whisk eggs and season with salt and pepper. Transfer the vegetables from the pan into the bowl and mix well.

Using the same pan, add the egg mixture on low heat and make sure everything is evenly distributed. After about 3 minutes, run a spatula through the outer edges of the tortilla to make sure it does not stick to the pan.

After 8-10 minutes, flip the tortilla (this might take more or less, depending on heat, size and pan), using a plate over the pan. Slide the uncooked part back into the pan.

After another 5-6 minutes, the tortilla should be cooked, remove from heat and serve.





9. EGGS FRIED ON TOMATOES WITH TUNA

EGGS FRIED ON TOMATOES WITH TUNA



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
307 kcal
15g Fats
8g Carbs
32g Protein



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WHAT YOU NEED

- 1 large tomato
- 1 tsp. coconut oil
- 2 eggs
- 3 oz. (80g) tuna in brine
- a pinch of oregano
- a pinch of chili flakes
- parsley, chopped, to serve

WHAT YOU NEED TO DO

Peel the tomato and chop into cubes.

Heat the oil in a small frying pan, add the chopped tomato and fry over a high heat for about 3 minutes.

Create 2 gaps in the tomato and break the eggs into them. Season with salt and pepper.

Arrange pieces of Tuna on top. Then sprinkle with dried oregano and optionally chili flakes.

Fry for a further 3 minutes or until the egg whites are cooked. Serve with fresh parsley.

Tips:

- Replace tuna with feta or Gorgonzola cheese
- For an extra carbohydrate boost serve with toasted bread or millet as a gluten-free option



10. SUMMER SMOOTHIE PROTEIN BOWL

SUMMER SMOOTHIE PROTEIN BOWL



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
252 kcal
5g Fats
36g Carbs
18g Protein



WHAT YOU NEED

- 2 medium peaches, chopped, frozen
- 1 medium banana, sliced, frozen
- $\frac{3}{4}$ cup (190g) natural yoghurt
- $\frac{1}{2}$ cup (125ml) coconut water
- 1 scoop (25g) vanilla protein powder

Optional Toppings:

- Fresh berries
- Goji berries
- Walnuts
- Chia seeds
- Muesli

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

Divide between 2 bowls, add your favourite toppings and serve straight away.

NOTE:

Toppings are not included in macronutrient information, or shopping list.



11. SPINACH SHAKSHUKA

SPINACH SHAKSHUKA



Serves: 2
Prep: 10 mins
Cook: 15 mins



Nutrition per
serving:
321 kcal
22g Fats
19g Carbs
24g Protein



WHAT YOU NEED

- 1 tbsp. coconut oil
- 1 large onion, chopped
- 2 garlic cloves, crushed
- 4 cups (300g) mushrooms, sliced
- 2 cups (450g) leaf spinach
- 4 eggs
- handful parsley, chopped

WHAT YOU NEED TO DO

Heat the oil in a large pan over medium heat. Add the onion and garlic and cook for 2-3 minutes until soft. Next, add the mushrooms and cook for another 3-4 minutes. Season with salt & pepper.

Now start adding the spinach to the pan, you will likely have to do this in batches. Cover the pan with a lid and let it wilt, repeat this step until all the spinach is in the pan. Stir well and taste for seasoning.

Make 4 indentations ('wells') in the spinach and break an egg in each. Cook for 5-6 mins covered with a lid until egg whites are set.

Dress in fresh parsley and serve.

12. TURMERIC POACHED EGG



TURMERIC POACHED EGG



Serves: 2
Prep: 10 mins
Cook: 5 mins



Nutrition per
serving:
219 kcal
15g Fats
12g Carbs
14g Protein



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WHAT YOU NEED

- 2 tsp. pine nuts
- 1 ¾ cups (400g) of fresh spinach
- 5/8 cup (125g) of tomatoes halved
- 1 tbsp. mild olive oil
- 1 tbsp. white wine vinegar
- 1 tsp ground turmeric
- 2 medium-sized eggs

WHAT YOU NEED TO DO

Heat a dry frying pan and toast the pine nuts for 2 minutes, then set aside.

In the meantime, heat the oil in a frying pan and stir-fry the spinach and tomatoes for 2 minutes on medium heat until wilted. Season with salt and pepper.

Bring a pot of water to the boil and add in the vinegar and turmeric. Turn the heat down so that the water no longer bubbles. Carefully break in the egg and poach for 3 min, repeat with the second egg.

Divide the spinach over two bowls, top with the poached egg and sprinkle with toasted pine nuts. Season with pepper and salt. Break open the eggs just before serving.

A top-down photograph of seven herby breakfast sausages arranged on a round wooden cutting board. The sausages are golden-brown with visible herbs. Fresh green herbs, including whole sage leaves and chopped parsley, are scattered around the sausages. A striped cloth is partially visible in the upper left corner. The background is a light grey surface.

13. HERBY BREAKFAST SAUSAGES

HERBY BREAKFAST SAUSAGES



Makes: 8
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
56 kcal
3g Fats
2g Carbs
7g Protein



WHAT YOU NEED

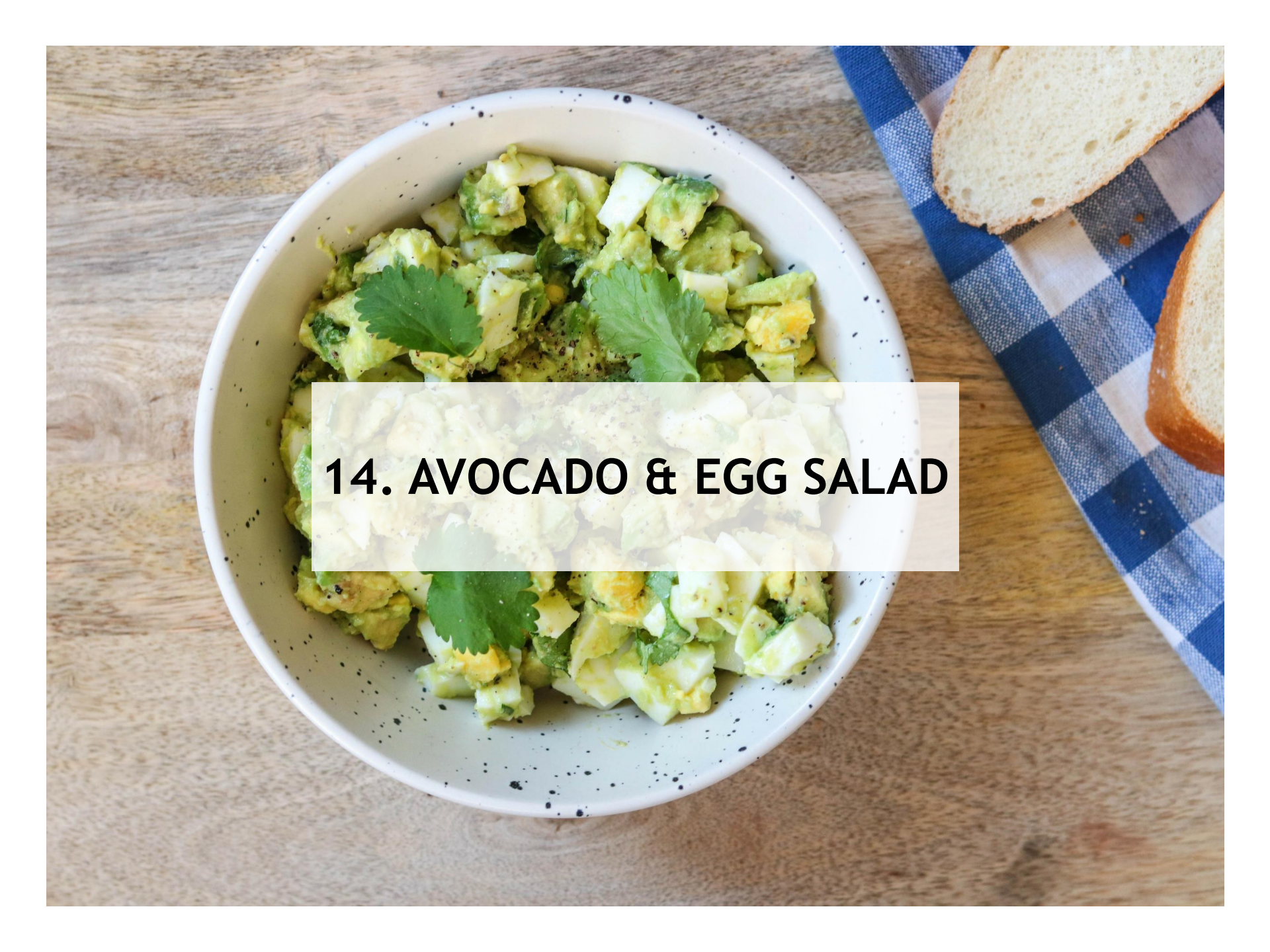
- 9 oz. (250g) ground pork
- salt & pepper
- 2 tbsp. sage, chopped
- 2 tbsp. basil, chopped
- 1 tbsp. coconut oil

WHAT YOU NEED TO DO

In a bowl, mix together the pork with salt, pepper, sage, and basil. Combine well and shape into eight sausages.

Heat the coconut oil in a large non-stick frying pan and cook the sausages over medium heat until well browned and thoroughly cooked.

Serve hot or store in the refrigerator for later.

A top-down view of a white ceramic bowl with black speckles, filled with a chunky avocado and egg salad. The salad consists of diced hard-boiled eggs, mashed avocado, and fresh green herbs. Two slices of white bread are placed on a blue and white checkered cloth to the right of the bowl. The entire scene is set on a light-colored wooden surface.

14. AVOCADO & EGG SALAD

AVOCADO & EGG SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
298 kcal
24g Fats
9g Carbs
11g Protein



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WHAT YOU NEED

- 3 boiled eggs
- 1 small garlic clove, minced
- 1 ripe avocado
- 1 tsp. lemon juice
- 1 tsp. olive oil
- 3 tbsp. coriander leaves, chopped

WHAT YOU NEED TO DO

Boil the eggs (put in warm water and cook 5 and a half minutes after the water has boiled, then pour cold water in the pot and cool). Once cooled peel, chop into cubes and put in a bowl.

Press the garlic, and add to the eggs.

Half the avocado, remove the stone and cut the flesh into cubes. Place the avocado and coriander in the bowl.. Drizzle with lemon juice and olive oil.

Season everything with salt and pepper, and gently mix. Garnish with more coriander.

Serve immediately on bread or on its own.

A top-down view of a white ceramic bowl filled with a salad. The salad contains chunks of green avocado, white hard-boiled egg pieces, and strips of cooked, crumbled bacon. There are also small pieces of red bell pepper. The bowl is on a light-colored wooden surface. To the left of the bowl is a silver fork. A semi-transparent white text box is in the upper right corner of the image.

15. EGG, BACON & AVOCADO BOWL

EGG, BACON & AVOCADO BOWL



Serves: 1
Prep: 5 mins
Cook: 5 mins



Nutrition per
serving:
378 kcal
32g Fats
14g Carbs
23g Protein



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WHAT YOU NEED

- 2 bacon medallions
- 2 hardboiled eggs, chopped
- 1/2 large avocado, chopped
- 1 tbsp. red onion, finely chopped
- 1 tbsp. red bell pepper, finely chopped
- sea salt and ground pepper, to taste

WHAT YOU NEED TO DO

Fry the bacon until crispy in a non-stick pan, let it cool slightly and chop.

Combine the bacon eggs, avocado, onion and bell pepper in a bowl.

Season with salt and pepper to serve.

A top-down view of a salad in a light green ceramic bowl. The salad consists of fresh green lettuce leaves, several pieces of grilled chicken breast with visible char marks, bright orange segments, and a generous scattering of pomegranate seeds. Chopped walnuts are also mixed throughout the salad. A semi-transparent text box is overlaid on the upper right portion of the bowl.

16. CHICKEN, ORANGE AND WALNUT SALAD

CHICKEN, ORANGE AND WALNUT SALAD



Serves: 2
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
458 kcal
20g Fats
47g Carbs
28g Protein



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WHAT YOU NEED

For the Dressing:

- 3 tbsp. of honey
- 2 tbsp. mustard
- 1 tbsp. olive oil
- 1 tbsp. lemon juice
- 2 tbsp. orange juice
- 1/3 tsp. cinnamon

For the Salad:

- 7 oz. (200g) chicken breast
- 4 handfuls rocket
- 1/4 iceberg lettuce
- 1 orange
- 1/3 pomegranate fruit, seeds
- 1/4 cup (30g) pecans, roasted

WHAT YOU NEED TO DO

Peel orange and, cut out the pulp and set aside. Squeeze the juice from the rest of the orange and keep it for the sauce.

Mix the ingredients of the dressing in a cup, season with salt and pepper.

Cut the chicken breast into 4 smaller pieces, season with salt, coat with olive oil and place on a hot grill pan – grill for 4 minutes on both sides.

Drizzle the chicken pieces with a tbsp. of dressing and continue to grill for about 1.5 minutes on a slightly lower heat, turn over, drizzle with another tbsp. of dressing and grill for another minute, then remove from the pan and set aside. Once cooled slightly slice into pieces.

Mix the salad leaves and divide it between two plates, then top with the orange and chicken. Sprinkle with the pomegranate seeds and roasted pecans. Drizzle with the remaining dressing and serve.



17. SALMON & PEACH SALAD

SALMON & PEACH SALAD



Serves: 2
Prep: 30 mins
Cook: 15 mins



Nutrition per
serving:
416 kcal
25g Fats
21g Carbs
33g Protein



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WHAT YOU NEED

For the Marinade:

- 2 tbsp. apple cider vinegar
- 1 tbsp. olive oil
- 1 tbsp. tamari
- 1 tsp. maple syrup
- 1/2 tsp. ground pepper

For the Salad:

- 2 salmon filets (5 oz./140g each)
- 1 cob corn, cooked
- 4 oz. (120g) salad leaves
- 1 peach, sliced
- 10 cherry tomatoes, halved
- 1 tbsp. balsamic vinegar

WHAT YOU NEED TO DO

Combine the apple cider vinegar, olive oil, tamari, maple syrup and ground pepper to make the marinade. Place the salmon skinless-side down in a flat dish, pour over the marinade. Leave it to sit in the fridge for 20-30 minutes.

In the meantime, grill the corn in the oven or on a grill pan, then cool slightly and cut off the kernels, set aside.

Next, preheat the oven to 400F (200c) and place the salmon on a baking tray. Cook for 8-10 minutes or until it is cooked through.

Divide the salad leaves between two bowls, top with the sliced peach, tomatoes and grilled corn. Lastly, top with the salmon, either the whole fillet or flaked.

To serve, drizzle with balsamic vinegar and season with salt and pepper.

A top-down view of a light-colored ceramic bowl filled with a salad. The salad consists of fresh green spinach leaves, pieces of grilled chicken with visible char marks, chunks of pineapple, and golden-brown croutons. The bowl sits on a yellow and white patterned napkin. To the left of the bowl is a sprig of fresh mint and a lime wedge. To the right is a silver fork and knife crossed. The background is a light-colored wooden surface.

18. GRILLED CHICKEN & PINEAPPLE SALAD

GRILLED CHICKEN & PINEAPPLE SALAD



Serves: 2
Prep: 10 mins
Cook: 13 mins



Nutrition per
serving:
356 kcal
16g Fats
34g Carbs
27g Protein



WHAT YOU NEED

For the Salad:

- 7 oz. (200g) chicken breast
- 4 slices pineapple, canned
- 2 handfuls salad leaves
- 1/3 cup (10g) mint leaves
- 1/2 small onion, finely chopped

For the Dressing:

- 2 tbsp. olive oil
- 1 tsp. ginger, grated
- 1 clove garlic, minced
- 1 lime, juiced
- 1 tsp. honey
- Tabasco, optional

WHAT YOU NEED TO DO

Mix the ingredients of the dressing in a salad bowl, season with salt. Add in the spinach and mint leaves and let it rest.

In the meantime, cut the chicken breasts in half, horizontally (you will end up with 4 chicken fillets), place on a hot grill pan, and cover each chicken breast with a slice of pineapple, season with black pepper. Grill for around 6-8 minutes, then turn and grill for another 5 minutes (at this stage remove the pineapple and let it grill next to the chicken).

Remove from the heat and let the chicken rest 3 minutes, then, cut it into strips.

Add the chicken to the salad together with sliced pineapple and finely chopped onion, mix before serving.

Vegetarian option: replace the grilled chicken with fried or baked tofu or feta cheese.

A top-down view of a light-colored ceramic bowl filled with a vibrant detox salad. The salad is composed of cooked quinoa, diced avocado, fresh green herbs like cilantro, and small seeds. To the left of the bowl are two lemon halves and a sprig of cilantro. To the right is a silver fork resting on a yellow patterned napkin. In the bottom right corner, a portion of an avocado is visible. The entire scene is set on a white marble surface with grey veining.

19. DETOX SALAD

DETOX SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
315 kcal
24g Fats
19g Carbs
10g Protein



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WHAT YOU NEED

- 2 bunches parsley, roughly chopped, around 1 oz. (30g)
- ¼ cup (46g) cooked quinoa
- 1 avocado, peeled, stone removed, cut into cubes
- ½ cucumber, cut into cubes
- ½ zucchini, cut into cubes
- 1 small red onion, finely diced
- 1 tsp. olive oil
- juice of 1 lemon
- ¼ cup (30g) mixed seeds and nuts, to garnish

WHAT YOU NEED TO DO

In a medium bowl add parsley, avocado, quinoa, cucumber, zucchini, and onion and toss to combine.

Drizzle with olive oil and lemon, season with salt and pepper, then mix to combine and serve sprinkled with nuts and seeds.

A top-down view of a teal ceramic bowl filled with a colorful salad. The salad includes dark green and purple leafy greens, sliced radishes, shredded carrots, and a generous topping of white sprouts. The bowl sits on a white marble surface with scattered fresh herbs like basil and parsley.

20. SUPERFOOD TAHINI SALAD

SUPERFOOD TAHINI SALAD



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
190 kcal
10g Fats
19g Carbs
9g Protein



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WHAT YOU NEED

For the Salad:

- 2 cups (200g) baby kale
- 2 handfuls micro greens
- 2 carrots, shredded
- 8 radishes, thinly sliced

For the Dressing:

- ½ lemon, juice
- 2 tbsp. tahini
- 1 tsp. honey
- 2 tbsp. water
- salt
- 1 garlic clove, minced
- cayenne

WHAT YOU NEED TO DO

Make the dressing by blending all the dressing ingredients. Taste and adjust seasonings if necessary.

For the salad, toss all of the salad ingredients in a bowl and drizzle with the tahini dressing.

Top with microgreens or your favourite seeds (optional).

A top-down view of a white ceramic bowl filled with a vibrant salad. The salad consists of dark green kale leaves, bright green broccoli florets, and some reddish-purple leafy greens. It is garnished with small, golden-brown crumbles, possibly quinoa or panko, and sliced almonds. The bowl sits on a light-colored wooden surface with a striped cloth underneath. A silver fork is visible on the right side of the frame. A semi-transparent white rectangular box is centered over the bowl, containing the text '21. KALE & BROCCOLI SALAD' in a bold, black, sans-serif font.

21. KALE & BROCCOLI SALAD

KALE & BROCCOLI SALAD



Serves: 2
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
370 kcal
20g Fats
42g Carbs
17g Protein



GF

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WHAT YOU NEED

For the Salad:

- ½ head broccoli
- 1 tbsp. olive oil
- 1 ¼ cup (125g) kale
- 1 ¼ cup (125g) mixed salad leaves
- scant ¼ cup (30g) raisins
- ¼ cup (30g) almonds, roasted, chopped

For the Dressing:

- 1 tbsp. honey
- 1 tbsp. balsamic vinegar
- 2 tbsp. lemon juice
- 1 tbsp. almond butter

WHAT YOU NEED TO DO

Preheat oven to 400F (200C).

Place the broccoli florets on a baking tray, drizzle with olive oil and season with salt and pepper. Cook for 15-20 mins until soft, add the kale in the last 10 mins of cooking, then remove from the oven.

Place the broccoli, kale and salad leaves in a mixing bowl and add in the almonds and raisins. Mix gently.

Make the dressing by mixing all the dressing ingredients and drizzle the salad. Mix well before serving.

A close-up photograph of a white ceramic bowl filled with a vibrant vegetable salad. The salad is a mix of chickpeas, roasted asparagus, roasted salmon, and sautéed spinach. A wooden fork is visible in the bottom left corner. The bowl sits on a light-colored wooden surface. In the background, more fresh spinach leaves are visible. A semi-transparent white text box is overlaid on the right side of the bowl.

22. VEGGIE 'THROW TOGETHER' SALAD

VEGGIE 'THROW TOGETHER' SALAD



Serves: 3
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
343 kcal
15g Fats
40g Carbs
13g Protein



GF

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MP

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WHAT YOU NEED

For the Salad:

- 1 medium sweet potato
- 5/8 cup (120g) chickpeas, drained
- 1 tbsp. olive oil
- 9 oz. (250g) asparagus
- 1 cup (30g) spinach
- 1 cup (30g) kale
- 1 cup (30g) rocket

For the Dressing:

- 1 tsp. mustard
- 1 tbsp. tahini
- 2 tbsp. lemon juice
- 1 tbsp. olive oil
- 1 tsp. honey

WHAT YOU NEED TO DO

Preheat oven to 375F (190C).

Wash and chop the potato into bite size pieces, then place on a baking tray with the chickpeas. Drizzle with 1 tbsp. olive oil and season with salt and pepper. Roast for 30 mins. Add the asparagus in the last 10 mins of roasting.

In the meantime, prepare the dressing by mixing all the dressing.

Place spinach, kale and rocket in a bowl and rub the dressing into the leaves.

Once the roasted veggies are ready, divide the salad between bowls and top with the baked potato, chickpeas and asparagus. Serve hot or cold.



23. SUNDRIED TOMATO & TAHINI SALAD

SUNDRIED TOMATO & TAHINI SALAD



Serves: 2
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
295 kcal
20g Fats
19g Carbs
13g Protein



WHAT YOU NEED

- 1 $\frac{3}{4}$ cup (130g) lentils, drained
- 1 cup (70g) sundried tomatoes, drained
- $\frac{1}{2}$ cup (80g) artichoke, drained
- 1 cup (225g) spinach
- $\frac{1}{2}$ cucumber, chopped
- 2 tbsp. tahini
- 2 tsp. apple cider vinegar
- 1 tbsp. tamari or soy sauce
- 1 tsp. honey

WHAT YOU NEED TO DO

Prepare the vegetables and place them in a large bowl.

Mix together the dressing ingredients (tahini, vinegar, tamari & honey), season with salt and pepper, and drizzle over the salad. Mix well, divide onto two plates and serve.



24. CRUSHED CUCUMBER SALAD WITH SALMON

CRUSHED CUCUMBER SALAD WITH SALMON



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
323 kcal
23g Fats
10g Carbs
23g Protein



GF

DF

LC

HP

Q



WHAT YOU NEED

For the Salad:

- 1 red bell pepper, chopped
- 1 cucumber, crushed, chopped
- 1 garlic clove, sliced
- fresh coriander, chopped
- 6 oz. (180g) hot smoked salmon fillets

For the Dressing:

- 1 lime, juiced
- 1 tbsp. fish sauce
- 1 tbsp. rice wine vinegar
- 1 tbsp. sesame oil
- 1 tbsp. black sesame seeds

WHAT YOU NEED TO DO

Roughly chop the red pepper and place in a bowl. Using a meat mallet or rolling pin smash the cucumber, then slice into bite-size pieces and transfer into the bowl. Add the sliced garlic and chopped coriander.

Mix all dressing ingredients and drizzle over the cucumber. Mix well and divide between 2 plates.

To serve, break the salmon up into pieces and top the cucumber salad – season with freshly ground black pepper.

NOTE:

Use as much or as little coriander as you like.

A top-down view of a white ceramic plate with a blue decorative rim. The plate is filled with a salad consisting of grilled zucchini slices, green asparagus spears, and chunks of pinkish-orange tuna. Small, golden-brown, nut-like garnishes are scattered throughout the salad. A semi-transparent white rectangular box is overlaid on the upper right portion of the plate, containing the text '25. GRILLED VEGETABLE SALAD WITH TUNA' in a bold, black, sans-serif font.

25. GRILLED VEGETABLE SALAD WITH TUNA

GRILLED VEGETABLE SALAD WITH TUNA



Serves: 4
Prep: 10 mins
Cook: 10 mins



Nutrition per
serving:
320 kcal
24g Fats
13g Carbs
12g Protein



WHAT YOU NEED

- 1 lemon
- $\frac{3}{4}$ cup (160g) tuna pieces in olive oil
- $\frac{1}{2}$ cup (15g) fresh mint
- 1 garlic clove, crushed
- 2 zucchinis
- 2 $\frac{3}{4}$ cups (350g) asparagus
- $\frac{1}{2}$ cup (50g) pistachio nuts, peeled and chopped

WHAT YOU NEED TO DO

Clean the lemon, grate the skin and squeeze out the juice. Drain the tuna, but collect the oil.

Remove the leaves from the sprigs of mint and place in a high cup with the lemon zest, lemon juice, and tuna oil. Add in the garlic and blend until smooth. Season with pepper and salt.

Cut the courgettes into slices and sprinkle with salt and pepper. Heat the grill pan and grill the zucchini for 6 minutes, turning halfway. Then cook the asparagus for 4 minutes, turning halfway.

Place the vegetables in a bowl and add in the marinade, mix gently until covered.

To serve, divide veg and tuna between plates and top with chopped pistachio nuts.

A top-down view of a white ceramic bowl filled with a colorful low-carb turkey salad. The salad contains shredded light-colored turkey, sliced red tomatoes, shredded purple cabbage, green herbs, and small black seeds. The bowl is decorated with orange and yellow paint splashes. It sits on a white wooden surface with some herbs scattered around. In the background, there are wooden spoons and a brown cloth.

26. LOW CARB TURKEY SALAD

LOW CARB TURKEY SALAD



Serves: 5
Prep: 25 mins
Cook: 0 mins



Nutrition per
serving:
348 kcal
18g Fats
15g Carbs
32g Protein



GF

DF

LC

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HP

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WHAT YOU NEED

For the Salad:

- 1lb. (450g) cooked turkey breast sliced
- 1 cup (70g) white cabbage, shredded
- 1 cup (70g) red cabbage, shredded
- 1 red bell pepper, finely sliced
- 1 large carrot, grated
- 6 radishes, finely sliced
- 1 cup (100g) bean sprouts
- 3 green onions, finely sliced
- 4 tbsp. coriander, chopped
- 3 tbsp. toasted sesame seeds
- 1/3 cup (30g) almonds, chopped

For the Dressing:

- 1/4 cup (60 ml) tahini
- 1/4 cup (60 ml) water
- 1/4 cup (60 ml) lemon juice
- 1 garlic clove, minced
- 1 tbsp. honey

WHAT YOU NEED TO DO

Prep all the vegetables, wash and peel where necessary. Shred the cabbage, slice the turkey, peppers, radishes and onions, grate the carrot. Chop the coriander and almonds.

Place all salad ingredients in a large bowl and mix well to combine.

Make the salad dressing by blending all the dressing ingredients together until creamy.

Pour the salad dressing over the salad and toss to cover. Serve straight away or store in the fridge until required.

A close-up photograph of a white ceramic plate with a speckled rim. The plate is filled with a salad consisting of arugula, asparagus, and grilled chicken. The chicken is cut into three pieces, showing a golden-brown, charred exterior and a white interior. A half of a grilled lemon is placed on the left side of the plate. A silver fork is resting on the left side of the plate. The background is a light-colored wooden surface.

27. GRILLED LEMON CHICKEN SALAD

GRILLED LEMON CHICKEN SALAD



Serves: 4
Prep: 10 mins
Cook: 30 mins



Nutrition per
serving:
242 kcal
8g Fats
2g Carbs
38g Protein



GF

DF

LC

MP

HP



WHAT YOU NEED

- 2 lemons
- 1 1/2 tbsp. oregano
- 1 1/2 tbsp. olive oil
- 2 tsp. minced garlic
- 4 skinless, boneless chicken breasts (around 5 oz. (150g) each)
- 8 oz. (220g) asparagus
- 8 green onions, trimmed
- 1 tsp. coconut oil
- 1 1/2 tbs. white wine vinegar
- 1 packet 4 oz. (120g) rocket

WHAT YOU NEED TO DO

Heat oven to 400F (200C).

Grate lemon rinds to equal 2 teaspoons, then halve the lemons and set aside. Combine lemon peel, oregano, oil, and garlic in a large bowl. Add chicken, season with salt and pepper and toss to cover.

Place the chicken and halved lemons on a baking tray inside the heated oven and bake for 20-25 mins, until the chicken is cooked through and browned. Wait until slightly cooled then chop the chicken.

Heat the coconut oil in a small pan over medium heat and cook the asparagus and green onions for 3 to 4 minutes or until tender, turning occasionally. Cut asparagus and green onions into 2-inch pieces.

Divide the rocket over plates and top with asparagus and green onions. Drizzle with white wine vinegar and season with salt and pepper. Serve with chicken and lemon halves.

28. WARM SALMON & QUINOA SALAD



WARM SALMON & QUINOA SALAD



Serves: 4
Prep: 5 mins
Cook: 20 mins



Nutrition per
serving:
325 kcal
26g Fats
17g Carbs
28g Protein



GF

DF

LC

MP

HP

Q



WHAT YOU NEED

- 1 red pepper
- 1 tbsp. olive oil
- 4 wild salmon fillets
- 1 tsp. spices for salmon
- 1 1/3 cup (200g) sugar snaps
- 4 cups boiling water (950ml)
- 1 1/3 cup (250g) cooked quinoa
- 2 handfuls fresh parsley
- 2 tbsp. fresh chives

WHAT YOU NEED TO DO

Preheat the oven to 400F (200C).

In the meantime cut the peppers into strips. Heat the oil in a pan on medium heat and stir-fry the pepper for 5 min.

Place the salmon on a tray covered with baking paper, season with spices and cook in the oven for 10 minutes.

Place snow peas in a colander and pour over the boiling water, then add the snow peas and quinoa to the peppers and heat up for 4 minutes on medium heat.

Chop parsley and chives and mix into the quinoa. Serve as a side with the salmon.



29. SWEET POTATO SAAG ALOO

SWEET POTATO SAAG ALOO



Serves: 4
Prep: 15 mins
Cook: 15 mins



Nutrition per
serving:
197 kcal
7g Fats
35g Carbs
6g Protein



GF

V



WHAT YOU NEED

- 1 tbsp. coconut oil
- 3 onions, thinly sliced
- 4 garlic cloves, sliced
- 2 tbsp. ginger, grated
- 1 tbsp. mild curry powder
- 2 2/3 cups (400g) sweet potatoes, peeled and chopped
- 3 tomatoes, diced
- 1 1/4 cup (300ml) vegetable stock
- 1 1/4 cups (250g) spinach, roughly chopped
- 4 tbsp. natural yogurt
- 2 tbsp. desiccated coconut
- 1 tbsp. mint leaves, finely chopped
- juice of 1/2 lemon
- handful coriander, chopped

WHAT YOU NEED TO DO

Heat the coconut oil in a large pan over medium-high heat. Add the onion and cook for 2-3 mins until soft.

Next add the garlic, ginger, curry powder, and sweet potato, mix well until combined. Season with salt and pepper.

Add the tomatoes and vegetable stock. Bring to boil, and turn down the heat and cover the pan. Simmer gently for about 10 minutes.

In the meantime, prepare the yogurt by mixing together the natural yogurt, desiccated coconut, and mint. Set aside until needed.

Next, add the spinach to the pan and cover the pan. Wait until the spinach has wilted, this will take a few minutes. Finally, give everything a good stir, season with some more salt and pepper if required and if necessary loosen the sauce with some water.

Serve with the earlier prepared yogurt, a squeeze lemon, and fresh coriander.



**30. SALMON TATAR WITH
AVOCADO AND MANGO**

SALMON TATAR WITH AVOCADO AND MANGO



Serves: 1
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
282 kcal
17g Fats
9g Carbs
26g Protein



GF

DF

LC

Q



WHAT YOU NEED


- 1 small salmon filet (100g), cut in cubes
- ¼ avocado, cut in cubes
- ¼ cup (30g) mango, cut in cubes
- 1 tbsp. lime juice
- 1/3 tsp. honey
- chili pepper, to taste
- handful coriander, chopped

WHAT YOU NEED TO DO

Wash and dry the salmon, then cut it into small cubes. Next cut the avocado and mango into cubes and add to the salmon.

Mix in the lime juice, chili pepper, and coriander. Season to taste with salt and pepper and mix well.

Set aside to chill in the fridge for at least 10 mins, then serve with toast (not included in nutrition info).

A top-down view of six lettuce wraps arranged on a white marble surface. Each wrap consists of a large, green lettuce leaf filled with a chunky tuna salad. The salad is a mix of orange-toned tuna, white rice, and small pieces of red onion and pineapple. To the right of the wraps, two slices of a yellow apple are visible, showing their star-shaped cores. A semi-transparent white text box is centered over the middle of the image.

31. TUNA SALAD LETTUCE WRAPS

TUNA SALAD LETTUCE WRAPS



Serves: 2
Prep: 10 mins
Cook: 0 mins



Nutrition per
serving:
286 kcal
9g Fats
14g Carbs
38g Protein



GF

DF

LC

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WHAT YOU NEED

- 1 ¼ cup (280g) tuna in olive oil, drained
- 1 tbsp. tomato puree
- 1 small red onion, finely chopped
- ½ Granny Smith apple
- 8 lettuce leaves

WHAT YOU NEED TO DO

Put the tuna and half of the oil from the can in a bowl and mix with the tomato puree.

Chop the red onion as fine as possible and add to the tuna. Cut the apple in 2 parts and remove the core. Chop the apple into small cubes and also add to the tuna. Mix everything.

Spread the tuna over the 8 lettuce leaves and serve as wraps.



32. BAKED SALMON WITH ZOODLES & QUINOA

BAKED SALMON WITH ZOODLES & QUINOA



Serves: 2
Prep: 10+1h chill
Cook: 15 mins



Nutrition per
serving:
487 kcal
28g Fats
19g Carbs
38g Protein



WHAT YOU NEED

- 2 salmon fillets (4.4 oz. /125g each)
- 3.5 oz. (100g) quinoa, cooked
- 1 zucchini
- 1/2 tbsp. olive oil
- 1 garlic clove, crushed
- 2.5 oz. (70g) sundried tomatoes, rinsed, chopped

Salmon Marinade:

- 2 tbsp. tamari
- 1/2 tbsp. olive oil
- 1/2 tsp. sweet paprika
- 1/2 tsp. hot paprika
- 1 tbsp. rice vinegar
- 1 tsp honey
- 1 tbsp. black sesame seeds
- chilli flakes, to taste

WHAT YOU NEED TO DO

Mix together the ingredients of the marinade and cover the salmon to marinate for about 1 hour.

While the salmon is marinating, cook the quinoa and spiralize the zucchini.

Heat the oil in the pan, add the crushed garlic and fry for 1-2 minutes. Add in the zoodles and stir occasionally until it softens, but still firm, for about 3-4 minutes. Towards the end add the chopped tomatoes, and season with salt and pepper, to taste.

Heat the oven to 480F (250C) and place the salmon on a baking tray or casserole dish. Bake for about 7 minutes.

Remove the salmon from the oven to rest for a moment, and in the meantime pour in the salmon juices into the quinoa, mixing well.

Divide the quinoa and zoodles between two plates, then place the salmon on top, sprinkle with chili flakes, to serve.



33. SLOW COOKER CHICKEN FAJITAS



SLOW COOKER CHICKEN FAJITAS



Serves: 8
Prep: 10 mins
Cook: 3-4hrs



Nutrition per
serving:
183 kcal
3g Fats
12g Carbs
28g Protein



GF

DF

LC

MP

HP



WHAT YOU NEED

- 2 lb (900g) chicken breasts
- 4 bell peppers, sliced
- 1 red onion, sliced
- 2 tbsp. honey
- 1 tbsp. olive oil
- 1 lime, juice
- 1 tbsp. chilli powder
- 1 tbsp. cumin
- 1 tbsp. paprika
- 1 tsp salt
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 cup chopped tomatoes

WHAT YOU NEED TO DO

Place half of the sliced peppers and onion in the slow cooker. Layer the chicken and coat with honey, olive oil, lime juice, all the seasoning and chopped tomatoes.

Lastly, add the remaining peppers and onions and cook for 4 hours on high.

Remove the chicken and shred it with a fork, then return it in in the slow-cooked, mix well and cook for another 10 mins. on low.

Assemble fajitas and enjoy.

Suggested serving (not included in nutrition info) :

- tortillas, guacamole, coriander



**34. RASPBERRY
PROTEIN SMOOTHIE**

RASPBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
331 kcal
12g Fats
25g Carbs
29g Protein



GF

HP

V

Q

N



WHAT YOU NEED

- ½ ripe banana
- 1 cup (125g) frozen raspberries
- 1 cup (240ml) almond milk
- 2 tbsp. vanilla whey or pea protein
- 1 tbsp. smooth almond butter
- handful ice cubes

WHAT YOU NEED TO DO

Place all ingredients in a high-speed blender and blitz until smooth.

35. ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



ANTIOXIDANT BLUEBERRY PROTEIN SMOOTHIE



Serves: 1
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
197 kcal
4g Fats
14g Carbs
26g Protein



GF

LC

V

Q

N



WHAT YOU NEED

- 1/2 cup (125ml) coconut water
- 1/2 cup (125ml) almond milk, unsweetened
- 1 scoop vanilla whey protein
- 1/2 cup (50g) frozen blueberries
- 1 tsp ground cinnamon
- 1 tsp chia seeds

WHAT YOU NEED TO DO

Blend all the ingredients in a high-speed blender until smooth and serve.