



# January Recipe Pack

*Discover 15 easy, healthy and tasty recipes, including:  
breakfast, lunch, dinner, treat and smoothies*

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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

# Sample Weekly Meal Planner

	<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>
<b>Mon</b>	Strawberry & Vanilla Overnight Oats	Mexican Chicken Bowl	E.g. Super Green Juice, Keto Lemon Cheesecake Cookies, Chocolate & Peanut Butter Zucchini Bread, Peanut Granola With Blueberries	Grilled Flank Steak With Mango Chimichurri
<b>Tue</b>	Celery & Herb Salad with Eggs & Anchovy Dressing	Mexican Chicken Bowl	E.g. Super Green Juice, Keto Lemon Cheesecake Cookies, Chocolate & Peanut Butter Zucchini Bread, Peanut Granola With Blueberries	Dan Dan Noodles
<b>Wed</b>	Celery & Herb Salad With Eggs & Anchovy Dressing	Dan Dan Noodles	E.g. Super Green Juice, Keto Lemon Cheesecake Cookies, Chocolate & Peanut Butter Zucchini Bread, Peanut Granola With Blueberries	Teriyaki Salmon With Mango Salsa
<b>Thu</b>	Cucumber Toast With Radishes & Sprouts	Asparagus Baked Fries & Chicken Tenders With Cucumber & Avocado Dip	E.g. Super Green Juice, Keto Lemon Cheesecake Cookies, Chocolate & Peanut Butter Zucchini Bread, Peanut Granola With Blueberries	Teriyaki Salmon With Mango Salsa
<b>Fri</b>	Cucumber Toast With Radishes & Sprouts	Asparagus Baked Fries & Chicken Tenders With Cucumber & Avocado Dip	E.g. Super Green Juice, Keto Lemon Cheesecake Cookies, Chocolate & Peanut Butter Zucchini Bread, Peanut Granola With Blueberries	Air Fryer Steak Tips
<b>Sat</b>	Peanut Granola With Blueberries	Classic Nicoise Salad	E.g. Super Green Juice, Keto Lemon Cheesecake Cookies, Chocolate & Peanut Butter Zucchini Bread, Peanut Granola With Blueberries	Meal Out - Enjoy!
<b>Sun</b>	Strawberry & Vanilla Overnight Oats	Classic Nicoise Salad	E.g. Super Green Juice, Keto Lemon Cheesecake Cookies, Chocolate & Peanut Butter Zucchini Bread, Peanut Granola With Blueberries	Grilled Flank Steak With Mango Chimichurri

# Weekly Shopping List

Fruits, Vegetables	Protein, Dairy	Seeds, Baking, Spices	Cans, Condiments, Misc
<p><b>Fruits</b></p> <ul style="list-style-type: none"> <li>• strawberries</li> <li>• 3 lemons</li> <li>• 6 limes</li> <li>• 2 avocados</li> <li>• 2 mangoes</li> <li>• 1 green apple</li> </ul> <p><b>Vegetables</b></p> <ul style="list-style-type: none"> <li>• 1 large bunch green onions (spring onions)</li> <li>• 1 bulb garlic</li> <li>• 4 cucumbers</li> <li>• 2 bunches radish</li> <li>• alfalfa sprouts</li> <li>• 3 shallots</li> <li>• 2 heads of celery</li> <li>• 1 lb. (450g) green beans</li> <li>• 1 lb. (450g) new potatoes</li> <li>• Cherry tomatoes</li> <li>• 4 baby lettuce</li> <li>• 2 onions</li> <li>• 1 red bell pepper</li> <li>• 1 head of broccoli</li> <li>• 1 lb. (450g) asparagus</li> <li>• 5 oz. (140g) shiitake mushrooms</li> <li>• root finger</li> <li>• 1 red chili</li> <li>• bag kale</li> <li>• bag spinach</li> <li>• 3 carrots</li> <li>• 2 zucchinis (courgettes)</li> </ul> <p><b>Dried</b></p> <ul style="list-style-type: none"> <li>• blueberries</li> </ul> <p><b>Frozen</b></p> <ul style="list-style-type: none"> <li>• corn</li> </ul>	<p><b>Meats</b></p> <ul style="list-style-type: none"> <li>• 9.5 oz. (280g) shredded chicken</li> <li>• 2 lbs. (900g) chicken breast</li> <li>• 1 lb. (450g) ground pork</li> <li>• 2 lbs. (900g) sirloin steak</li> <li>• 1.5 lbs. (680g) flank steak</li> </ul> <p><b>Fish, Seafood</b></p> <ul style="list-style-type: none"> <li>• 9 oz (260g) salmon fillets (2 fillets)</li> </ul> <p><b>Cold</b></p> <ul style="list-style-type: none"> <li>• Greek yogurt</li> <li>• vanilla almond milk</li> <li>• cream cheese</li> <li>• feta cheese</li> <li>• 11 eggs</li> <li>• Parmesan cheese</li> <li>• unsalted butter</li> </ul>	<p><b>Grains</b></p> <ul style="list-style-type: none"> <li>• rolled oats</li> <li>• quinoa</li> <li>• Basmati rice</li> </ul> <p><b>Nuts, Seeds</b></p> <ul style="list-style-type: none"> <li>• almonds</li> <li>• chia seeds</li> <li>• sesame seeds</li> </ul> <p><b>Baking</b></p> <ul style="list-style-type: none"> <li>• vanilla extract</li> <li>• all-purpose flour</li> <li>• cornflour</li> <li>• vanilla extract</li> <li>• baking powder</li> <li>• baking soda</li> <li>• almond flour</li> <li>• cocoa powder</li> <li>• chocolate chips</li> </ul> <p><b>Fresh Herbs</b></p> <ul style="list-style-type: none"> <li>• parsley</li> <li>• tarragon</li> <li>• dill</li> <li>• cilantro</li> <li>• basil</li> </ul> <p><b>Dried Herbs, Spices</b></p> <ul style="list-style-type: none"> <li>• black pepper</li> <li>• chili powder</li> <li>• chili flakes</li> <li>• ground cumin</li> <li>• garlic powder</li> <li>• onion powder</li> <li>• Chinese Five spice</li> <li>• ground ginger</li> <li>• dried basil</li> <li>• dried oregano</li> <li>• dried parsley</li> </ul>	<p><b>Oils</b></p> <ul style="list-style-type: none"> <li>• olive oil</li> <li>• coconut oil</li> <li>• Sesame oil</li> </ul> <p><b>Sweeteners</b></p> <ul style="list-style-type: none"> <li>• maple syrup</li> <li>• honey</li> <li>• coconut sugar</li> <li>• erythritol sweetener</li> </ul> <p><b>Boxed, Canned, Condiments</b></p> <ul style="list-style-type: none"> <li>• peanut butter</li> <li>• Dijon mustard</li> <li>• anchovy fillets</li> <li>• 1x 7 oz. (220g) can tuna in olive oil</li> <li>• black olives</li> <li>• red wine vinegar</li> <li>• vegetable broth (or vegetable stock cubes)</li> <li>• 1x 14 oz. (400g) can black beans</li> <li>• 1x 14 oz. (400g) can chopped tomatoes</li> <li>• panko breadcrumbs</li> <li>• chipotle paste</li> <li>• chili paste</li> <li>• chili oil crunch</li> <li>• nori</li> <li>• hoisin sauce</li> <li>• tamari sauce</li> <li>• tahini</li> <li>• ramen noodles</li> <li>• fish sauce</li> <li>• Worcestershire sauce</li> </ul> <p><b>Misc, Other</b></p> <ul style="list-style-type: none"> <li>• sea salt</li> <li>• whole-grain sliced bread</li> </ul>



# Peanut Granola With Blueberries

## Serves 8

- 2 cups (180g) rolled oats
- ½ cup (85g) almonds, chopped
- ½ tsp. salt
- ¼ cup (60ml) coconut oil
- ¼ cup (75g) peanut butter, smooth
- ¼ cup (85g) maple syrup
- ⅓ cup (40g) blueberries, dried

## What you need to do

1. Preheat the oven to 300°F (150°C). Line a baking sheet with baking parchment.
2. In a bowl, stir together the oats, almonds and salt, then set aside.
3. In a small pot, combine the coconut oil, peanut butter and maple syrup. Place the pot over a medium heat, stirring often, until smooth, approximately 2-3 minutes. Transfer the mixture to the bowl with the oats and stir until everything is well combined.
4. Now spread the mixture out on the prepared baking sheet. Place the baking sheet into the oven and bake for 25 minutes, stirring twice throughout the bake, until the granola is golden.
5. Remove the baking sheet from the oven and set aside to cool completely, before stirring in the dried blueberries.
6. The granola can be stored in an airtight container at room temperature for up to 2 weeks.

**Note:** Serving of 8 makes 3 ½ cups or 400g.

DF	LC	MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	28 mins	168	11	16	4	2

\*Nutrition per serving







# Strawberry & Vanilla Overnight Oats

## Serves 3

- 1 cup (285g) Greek yogurt
- 1 cup (240ml) vanilla almond milk, unsweetened
- 1 tbsp. honey
- 1 cup (165g) strawberries, sliced
- 1 ½ (135g) cup rolled oats
- 3 tbsp. chia seeds
- 1 tsp. vanilla extract

## What you need to do

1. Place the Greek yogurt, almond milk, honey and strawberries into a blender and blend until smooth.
2. Transfer the mixture into a medium-sized bowl and stir through the chia seeds and vanilla extract. Now add in the rolled oats and place in the refrigerator for at least 2 hours or overnight.
3. To serve, top with more fresh strawberries.



MP	V	N
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	2 hrs	298	6	46	16	6

\*Nutrition per serving



# Cucumber Toast With Radishes & Sprouts

## Serves 4

4 oz. (125g) cream cheese, room temperature  
2 oz. (60g) feta cheese, room temperature  
2 tbsp. green onion, sliced  
½ tsp. garlic, minced  
4 slices whole-grain bread, toasted  
½ cucumber, sliced  
2 radishes, sliced  
¼ cup (10g) alfalfa sprouts, or other  
salt & black pepper

## What you need to do

1. In a small bowl, combine the cream cheese, feta cheese, green onion, and garlic. Season to taste with salt and pepper and mix well.
2. Toast your bread and then spread the cream cheese mixture evenly between the 4 slices of toast.
3. Top with the cucumber, radishes and sprouts. Season with a little more salt and pepper and serve.

LC V Q



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	218	15	16	7	2

\*Nutrition per serving



# Celery & Herb Salad With Eggs & Anchovy Dressing

Serves 4

## For the salad:

4 eggs  
1 head celery, leaves trimmed, ribs sliced  
1 bunch radishes, sliced  
½ cup (12g) parsley, chopped  
2 tbsp. tarragon, chopped  
2 tbsp. dill, chopped

## For the dressing:

1 small shallot, chopped  
1 tbsp. Dijon mustard  
juice of 1 lemon  
4 anchovy fillets, in olive oil  
½ tsp. salt  
¼ tsp. black pepper  
½ cup (120ml) extra-virgin olive oil

## What you need to do

1. Place the eggs into a small pot and add cold water to cover the eggs by 1 inch (2.5 cm). Bring the pan to a boil over a high heat, then remove the pan from the heat and cover. Set aside to stand for 15 minutes. Drain the eggs, then transfer to a bowl of cold water and allow the eggs to cool. Once cool, peel the eggs and cut them in half.
2. Meanwhile, make the dressing by pulsing the shallot, Dijon mustard, lemon juice, anchovies, salt and pepper in a blender, until smooth. With the motor running, add the olive oil in a slow, steady stream and blend until well combined.
3. In a large bowl, combine the celery, radishes, parsley, tarragon, and dill. Drizzle with some of the salad dressing and toss to coat. Divide between bowls and top with the hard boiled eggs.
4. To serve, drizzle with more dressing and season to taste.



GF DF LC MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	0 mins	351	33	6	9	2

\*Nutrition per serving



# Classic Nicoise Salad

## Serves 6

- 4 large eggs
- 1 lb. (450g) green beans, ends trimmed
- 1 lb. (450g) potatoes, washed
- 1 cup (150g) cherry tomatoes
- 4 baby lettuce, leaves separated
- 1x 7 oz. (220g) can tuna in olive oil
- 12 anchovy fillets
- 1/3 cup (60g) black olives
- 1/4 cup (60ml) olive oil
- 2 tbsp. red wine vinegar
- 1/2 tsp. salt
- 1/2 tsp. black pepper

## What you need to do

1. Place the eggs into a small pot and add cold water to cover the eggs by 1 inch (2.5cm). Bring the pan to a boil over a high heat, then remove the pan from the heat and cover. Set aside to stand for 15 minutes. Drain the eggs, then transfer to a bowl of cold water and allow the eggs to cool. Once cool, peel the eggs and cut them in half.
2. Meanwhile, bring another pot of water to a boil over medium-high heat. Add the green beans and cook for 3-4 minutes, until tender. Using a strainer, scoop out the beans and transfer them to a colander. Rinse under running cold water and set aside.
3. Now add the potatoes to the boiling water and cook until tender, approximately 10 minutes. Drain the potatoes and rinse under running cold water until cool enough to handle. Cut the potatoes into halves or quarters.
4. Halve the tomatoes and arrange the lettuce leaves on a large platter. Distribute the green beans, potatoes, tomatoes, tuna, and egg halves around the lettuce. Scatter the anchovies and olives over the potatoes. Drizzle the salad with the olive oil and vinegar. Sprinkle 1/2 teaspoon each salt and pepper and serve.



GF	DF	LC	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	25 mins	310	17	20	20	4

\*Nutrition per serving





# Mexican Chicken Bowl

Serves 4

## For the quinoa:

1 tbsp olive oil  
2 cloves garlic, minced  
1 cup (170g) dried quinoa  
1 cup (240ml) vegetable broth  
1 x 14 oz. (400g) can black beans, drained  
1 cup (180g) frozen corn kernels, defrosted  
1 tsp chili powder  
½ tsp. ground cumin  
½ tsp. salt  
1 lime, juiced

## For the chicken:

1 tbsp. olive oil  
1 onion, sliced  
1 red bell pepper, sliced  
2 cups (270g) shredded chicken  
1 x 14 oz. (400g) can chopped tomatoes  
1 tsp. chili powder  
½ tsp. garlic powder  
½ tsp. onion powder  
1 tsp. chipotle paste  
salt & pepper

1 broccoli head, cut to florets  
1 lime, wedges, to serve  
2 tbsp. cilantro, chopped, to serve

## What you need to do

### For the quinoa:

1. Heat the olive oil in a large skillet over medium heat. Add the garlic and cook for 1 minute, stirring frequently, until fragrant.
2. Stir in the quinoa, vegetable broth, beans and corn and season with the spices, salt and pepper. Bring to a boil, then reduce the heat, cover and simmer until the quinoa is cooked through, approximately 20 minutes. At the end add the lime juice and mix well. Set aside until ready to plate.

### For the chicken:

3. Heat the olive oil in a large skillet over a medium heat. Add the onion and red bell pepper and cook until tender, around 3-4 minutes. Add in the shredded chicken, chopped tomatoes, spices and chipotle paste. Season with salt and pepper and mix well. Continue cooking until heated through.
4. Meanwhile, place the broccoli in a pot of salted water. Bring to a boil, then turn to low and simmer for 5-6 minutes, until tender.
5. To serve, divide the quinoa and chicken equally between 4 bowls. Serve with the cooked broccoli and lime wedges and garnish with freshly chopped cilantro.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	27 mins	530	13	69	39	15

\*Nutrition per serving

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# Asparagus Baked Fries

## Serves 6

- 1 cup (110g) panko breadcrumbs
- ½ cup (50g) Parmesan cheese, grated
- ¼ cup (30g) all-purpose flour
- 2 large eggs, beaten
- 1 lb. (450g) asparagus, trimmed
- ½ tsp. salt
- ¼ tsp. pepper

## What you need to do

1. Preheat the oven to 425°F (220°C). Line a baking sheet with parchment paper.
2. In a large bowl, combine the panko and parmesan cheese. Season to taste with salt and pepper then set aside.
3. Place the flour and eggs into separate bowls. Working in batches, cover the asparagus spears first in flour, then dip into the beaten egg, and finally coating in the panko mixture.
4. Place the asparagus spears in a single layer onto the prepared baking sheet. Place into the oven and bake for 10-12 minutes, or until golden brown. Serve immediately.

LC | MP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	15 mins	162	5	20	9	2

\*Nutrition per serving



# Chicken Tenders With Cucumber & Avocado Dip

## Serves 6

1 cucumber, sliced  
1 tbsp. + 2 tsp. salt  
1 cup (110g) panko breadcrumbs  
3 tbsp. chili flakes, divided  
2 lbs. (900g) chicken breast, cut into tenders  
2 tbsp. olive oil  
½ tsp. coconut sugar  
¼ cup (25g) green onion, sliced and divided  
1 ripe avocado  
½ cup (120ml) lime juice  
1 tbsp. chilli paste  
2 tsp. sesame seeds  
1 tsp. nori

## What you need to do

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Place the sliced cucumbers in a bowl, add 1 tablespoon of salt, toss and set aside for 5 minutes.
3. In a large shallow dish, combine the panko breadcrumbs with 2 tablespoons of chili flakes and 1 teaspoon of salt. Season the chicken tenders with a further 1 teaspoon of salt and set aside.
4. Evenly coat the chicken tenders in the breadcrumbs, place them on the baking sheet and drizzle with olive oil. Place in the oven and bake for 15-20 minutes until golden brown.
5. While the chicken is cooking, rinse the cucumber with water, removing all the salt and pat dry. Toss the cucumber with 1 tablespoon of chili flakes, sugar and 2 tablespoons of sliced green onions. Set aside.
6. In a blender or food processor, blend the avocado, lime juice and chili paste. Blend until smooth, adding a tablespoon of water if necessary to achieve a smooth consistency. Add the avocado dip to a bowl and sprinkle with the sesame seeds, nori and a little more chili flakes.
7. Once cooked, serve the chicken tenders alongside the cucumber and avocado dip.

DF MP HP



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
30 mins	20 mins	374	15	21	38	3

\*Nutrition per serving



# Dan Dan Noodles

## Serves 4

### For the noodles:

- 1 lb. (450g) ground pork
- 2 tsp. hoisin sauce
- 2 tsp. tamari sauce
- ½ tsp. Chinese five spice
- 1 tbsp. olive oil
- 5 oz. (140g) shiitake mushrooms, whole or halved, depending on size
- 1 tbsp. fresh root ginger, grated
- 2 tbsps. shallots, minced
- 8.5 oz. (240g) ramen noodles, dry

### For the sauce:

- 2 tbsp. tahini
- 2 tsp. sesame oil
- 1 ½ tbsp. tamari sauce
- ¼ tsp. Chinese five spice
- 4 tbsp. chili oil crunch
- ¼ cup (60ml) reserved water from noodles

4 green onions, sliced, to garnish

## What you need to do

1. Heat a large dry non-stick skillet over a medium-high heat and cook the ground pork, using a spoon to break up the meat. When almost cooked, add the hoisin sauce, tamari sauce and Chinese five spice. Mix well and cook for a further 2-4 minutes then remove from the skillet.
2. Meanwhile, cook the ramen noodles according to instructions on the packaging. Strain the water and reserve ¼ cup of the cooking water for adding to the sauce later. Set aside.
3. In the same skillet, heat the olive oil over medium-high heat and cook the shiitake mushrooms for approximately 5 minutes until lightly browned. Add the ginger and shallots and cook for a further 2 minutes.
4. Place the sauce ingredients into a small bowl and mix well to combine. Now add the sauce to the mushrooms and cook on a low heat for 2 minutes. Add in the pork and cooked noodles and mix well. Serve garnished with sliced spring onions.

DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	30 mins	595	31	56	28	3

\*Nutrition per serving







# Teriyaki Salmon With Mango Salsa

Serves 2

## For the teriyaki salmon:

- ¼ cup (60ml) water
- 1 tsp. cornflour
- 2 tbsp. tamari sauce
- 2 tbsp. honey
- ½ tbsp. fish sauce
- ½ tbsp. ground ginger
- ½ tbsp. garlic powder
- ½ tbsp. chili flakes
- 2x salmon fillets (approx. 9 oz./260g)
- 2 tbsp. olive oil

## For the salsa:

- 1 mango, cut into cubes
- 1 lime, zest and juice
- 4 tbsp. cilantro, chopped
- 1 red chili, chopped

1 ½ cup (250g) basmati rice, cooked  
(use approx. ½ cup (100g) uncooked rice)

## What you need to do

1. Make the sauce by mixing together the water and cornflour in a container big enough to fit the salmon fillets. Add the tamari sauce, honey, fish sauce, ground ginger, garlic powder, chili flakes, and stir. Add the salmon fillets, cover in the marinade and set aside to marinate.
2. To make the salsa, mix the cubed mango with the zest and juice of the lime and the chopped cilantro and chili.
3. Place a non-stick skillet over a medium-high heat and add the oil. Add the salmon fillets, along with half the marinade.
4. Cook the salmon for 3-4 minutes on one side, then flip over and cook for a further 2-3 minutes on the second side. Cooking times will depend on the thickness of the fillet.
5. Serve the fillets with the cooked rice and the mango salsa, drizzle over the sauce and garnish with extra cilantro.

GF	DF	MP	HP
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
10 mins	20 mins	642	24	77	33	4

\*Nutrition per serving





# Air Fryer Steak Tips

## Serves 6

2 lbs. (900g) sirloin steak  
fresh basil, to garnish

### **Marinade:**

1/3 cup (80ml) tamari  
4 tbsp. olive oil  
1/3 cup (80ml) lemon juice  
1/4 cup (60ml) Worcestershire sauce  
1 1/2 tbsp. garlic powder  
3 tbsp. dried basil  
1 1/2 tbsp. dried parsley flakes  
1 tsp. black pepper

## What you need to do

1. Combine all ingredients for the marinade in a large bowl. Add the sirloin steaks and mix until well coated then cover the bowl and place in the fridge to marinate for at least 30 minutes (or up to 4 hours).
2. Preheat your Air Fryer to 400°F (200°C).
3. Remove the steak from the marinade and place them into the air fryer basket. Set the timer for 6 minutes and close the lid. Check the steaks and cook for a further 1-2 minutes if required.
4. Serve the steaks garnished with basil and your favorite sides.



GF DF LC MP HP Q

Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	10 mins	30 mins	419	31	3	31	0

\*Nutrition per serving



# Grilled Flank Steak With Mango Chimichurri

Serves 4

**For the Steak:**

- 1.5 lbs. (680g) flank steak
- ½ tsp. salt
- ½ tsp. pepper
- 1 onion, sliced
- 1 tbsp. cumin
- 1 tbsp. chili powder
- 2 limes, juiced
- 1 tbsp. honey
- 1 tbsp. red wine vinegar
- 2 tbsp. olive oil
- 2 cloves garlic, minced
- 4 tbsp. cilantro, chopped
- ½ tsp. red chili flakes

**For the mango chimichurri:**

- 2 tsp. red wine vinegar
- 4 tbsp. olive oil
- ¼ tsp. red chili flakes
- 1 clove garlic, minced
- ½ tsp. dried oregano
- 4 tbsp. cilantro chopped
- 1 mango, peeled, and cubed
- ½ tsp. salt
- ¼ tsp. pepper

## What you need to do

1. Season the steak with salt and pepper. Then mix all the remaining ingredients for the steak into a large bowl and stir to combine. Add the flank steak, toss until well coated, cover and place in the fridge to marinate for 3 hours or overnight.
2. When ready to cook, remove the steak from the fridge and set it aside for 15 minutes to come to room temperature.
3. Place a skillet over a high heat, place the steak in the hot skillet and sear for 2-3 minutes until browned. Flip the steak over and cook on the second side for 2-3 minutes then remove the steak from the hot skillet and place on a board to allow the steak to rest for 5-10 minutes before serving.
4. To make the mango chimichurri, mix the vinegar, olive oil, red chili flakes, oregano, cilantro and garlic together in a bowl. Season with salt and pepper, add the mango and stir to combine.
5. Slice the steak, cutting across the grain of the meat. Serve immediately with the mango chimichurri.

GF	DF	MP	HP
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Prep	Cook	Marinate	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
20 mins	20 mins	3 hrs or overnight	444	23	24	38	4

\*Nutrition per serving





# Super Green Juice

## Serves 2

- 2 cucumbers
- 1 green apple
- 6 kale leaves
- 2 cups (60g) spinach
- 3 stalks celery
- 3 carrots

## What you need to do

1. Cut the cucumbers and apple into pieces so they fit the tube of a juicer.
2. Place the cucumbers, apple, kale, spinach, celery and carrots into the feeder of a juice extractor and run the machine.
3. Divide between 2 glasses and serve immediately.



GF	DF	V	Q
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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
5 mins	0 mins	157	1	35	5	9

\*Nutrition per serving





# Keto Lemon Cheesecake Cookies

## Makes 24

- 1 tbsp. chia seeds
- 2 ½ tbsp. water
- ½ cup (110g) unsalted butter, softened
- ½ cup (100g) erythritol, or other sweetener
- ½ cup (120g) cream cheese, softened
- 1 tsp. vanilla extract
- 1 tsp. lemon zest
- ½ tsp. baking powder
- ¼ tsp. salt
- 3 cups (325g) almond flour

## What you need to do

1. Preheat the oven to 350°F (175°C). Line a baking sheet with parchment paper.
2. Mix the chia seeds with water and let rest for 10 minutes.
3. Use a hand mixer to cream the butter and sweetener together. Now add the cream cheese and mix until smooth.
4. Add the chia mixture, vanilla extract, lemon zest, baking powder and salt. Then fold in the almond flour to form a dough.
5. Use a tablespoon of the dough for each cookie and place the cookies on the parchment paper. Lightly flatten the cookie dough to form a cookie shape.
6. Place the sheet into the oven and bake for 15 to 18 minutes until the cookies are lightly browned. Once cooked remove the sheet from the oven and set aside to cool for 15 to 20 minutes before serving.
7. These cookies can be stored in an airtight container at room temperature for 2-3 days.

GF LC MP V N



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	20 mins	128	12	3	3	2

\*Nutrition per cookie



# Chocolate & Peanut Butter Zucchini Bread

Serves 12

- 2 cups (300g) zucchini, grated
- 1 ¼ cups (190g) all-purpose flour
- 4 tbsp. cocoa powder, unsweetened
- 6 tbsp. chocolate chips
- 1 tsp. baking soda
- ¼ tsp. salt
- 1 egg, beaten
- ⅓ cup (110g) honey
- 4 tbsp. peanut butter

## What you need to do

1. Preheat the oven to 375°F (190°C). Prepare a loaf tin lined with baking paper.
2. Grate the zucchini and place it into a clean kitchen towel. Squeeze the zucchini over the sink to remove most of the water, then transfer into a bowl and set aside.
3. In a large bowl, mix together the flour, cocoa powder, chocolate chips, baking soda and salt. Add the zucchini and stir to combine.
4. In a separate bowl, mix the egg, olive oil and honey together. Fold this wet mixture into the dry ingredients and combine with a spatula.
5. Transfer the batter into the loaf tin and drizzle with peanut butter.
6. Place the tin into the oven and bake for 45-50 minutes, or until a toothpick inserted into the center of the loaf comes out clean.
7. Remove the loaf from the oven and cool for 10 minutes in the tin. Then remove the loaf from the tin and set aside on a wire rack to finish cooling before slicing.
8. This loaf can be stored in an airtight container for 2-3 days.

MP V



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)	Fibre(g)
15 mins	50 mins	165	6	25	4	3

\*Nutrition per serving