



THE N | C KITCHEN

HEALTHY BODY | HEALTHY MIND

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Welcome to The N | C Kitchen.

My coaching style is holistic and as in depth as you want it to be, however the one thing every single client asks is "what should I be eating?" This e-book will now teach you.

This monthly addition removes any guesswork when it comes to your nutrition and achieving your goals. The recipes are delicious and meeting calorie and macro goals is at the forefront of its purpose.

If you are using MFP to track, this e-book makes tracking so simple with the built in barcode - you're welcome :)

I really hope you enjoy making these recipes this month. Remember to post a photo in the FB group and let everyone know your thoughts.

A handwritten signature in black ink, appearing to read 'Nicole x'. The signature is stylized and cursive.

Nicole x

Your Coach



DISCLAIMER

The recipes and information in this book have been created for the ingredients and techniques indicated. The publisher/author is not responsible for any specific health or allergy needs that require supervision nor any adverse reactions you may have to the recipes in this book - whether you have followed them as written or have modified them to suit your dietary requirements. Any nutritional advice and information provided in this book is based on the author's own experiences, research and knowledge. The information provided is not to be used in place of proper medical advice.



BREAKFAST







SERVES 1 | TOTAL TIME: 0



INGREDIENTS

115g coconut yogurt
30g vanilla maple keto granola
8 raspberries
2 strawberries, halved
50g fresh blueberries
1 teaspoon chia seeds
1 teaspoon hemp hearts
fresh mint, optional as garnish

INSTRUCTIONS

Add the coconut yogurt to a bowl and arrange the other ingredients over the top. Enjoy!

YOGURT GRANOLA BOWL

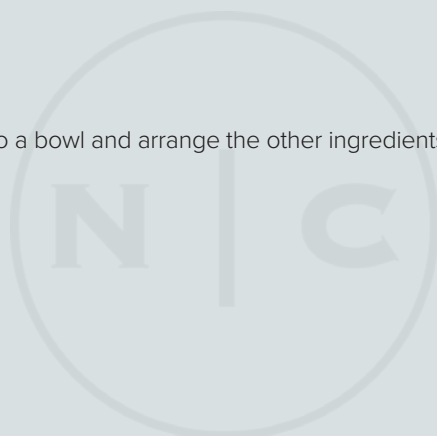
451
CALORIES

8
PROTEIN

19
CARBS

38
FATS

8
FIBRE





SERVES 1 | TOTAL TIME: 5 MINUTES



INGREDIENTS

60g spinach
2 500ml water
165g mango, diced
200g pineapple, diced
2 bananas, frozen

INSTRUCTIONS

Tightly pack 2 cups of spinach in a measuring cup and then toss into blender. Add water and blend together until all leafy chunks are gone. Add mango, pineapple and banana and blend again until smooth. Pour into a mason jar or glass.

GREEN SMOOTHIE

454
CALORIES

7
PROTEIN

102
CARBS

2
FATS

12
FIBRE



SERVES 2 | TOTAL TIME: 15 MINUTES



INGREDIENTS

35g unsweetened coconut flakes 310ml almond milk
310ml water
2 tablespoons coconut flour
2 tablespoons flaxseed meal (or chia seed)
1 teaspoon of vanilla extract
8 drops monk fruit liquid extract (or 5 drops stevia)

INSTRUCTIONS

Toss coconut flakes in medium pot over medium high heat until golden (being careful not to burn). Stir in the almond milk (or coconut milk) and water. Cover and bring mixture to a boil. After the boiling point is reached, remove heat and add the remaining ingredients.

OATMEAL HOT CEREAL

83
CALORIES

7
PROTEIN

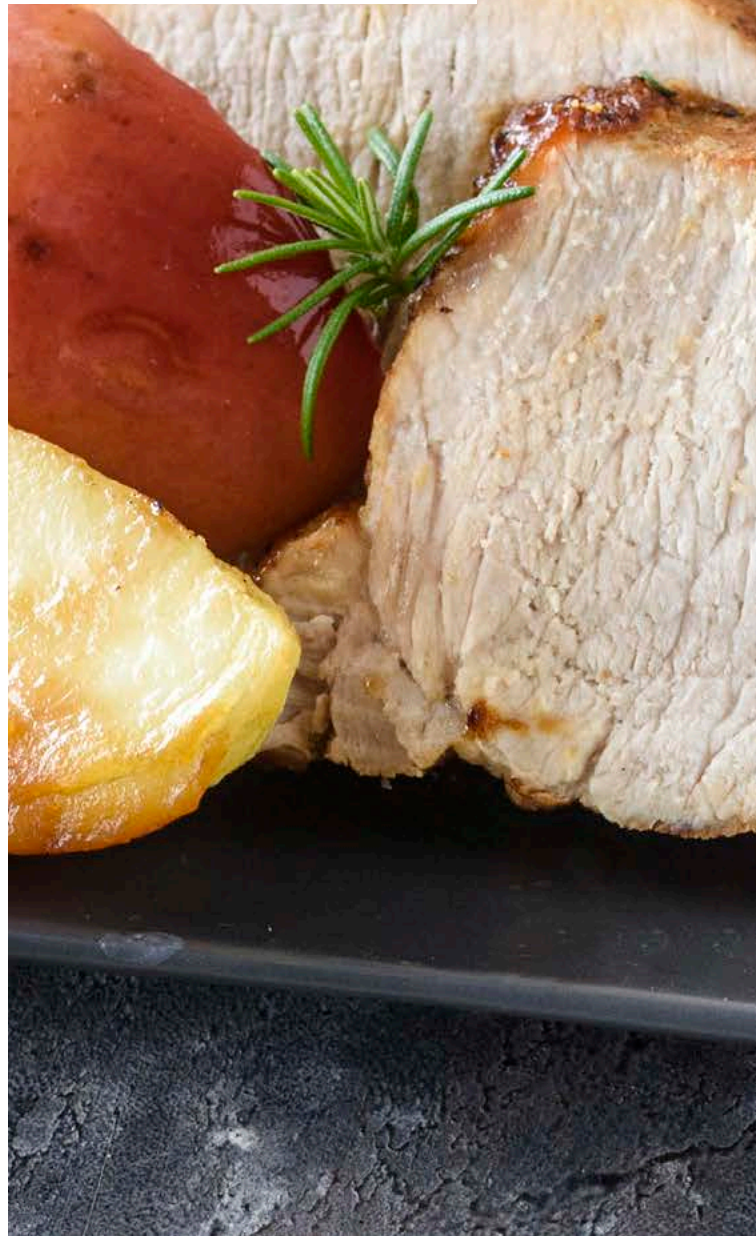
7
CARBS

3
FATS

5
FIBRE



MAIN COURSES







SERVES 3 | TOTAL TIME: 30 MINUTES



INGREDIENTS

Marinade/ Sauce

- 2 cloves garlic, minced
- 2 teaspoon minced ginger
- 3-4 tablespoon maple syrup
- 1/2 teaspoon red pepper flake
- 3-4 tablespoon tamari (or soy sauce)
- 1 tablespoon sesame oil
- 3 tablespoon lime juice
- 1 tablespoon water

Vegetables

- 2 portobello mushrooms
- 1 medium red bell pepper (thinly sliced)
- 90g broccoli
- 100g chopped spring onions

For serving (optional)

- 500g cooked brown rice or cauliflower rice
- 1 teaspoon sesame seeds

INSTRUCTIONS

Cook rice (or cauliflower rice) if serving with stir-fry. Wipe portobello mushrooms clean with a slightly damp towel and slice into thin strips. Prepare marinade by adding all ingredients to a small mixing bowl and whisking to combine. Taste and adjust flavour as needed. Add portobello mushrooms to a large shallow dish and top with marinade. Gently stir/toss to combine. Set aside to marinate for 10-12 minutes while you prepare your vegetables. Toss occasionally to evenly coat. Chop vegetables and set aside. Once portobellos have marinated, heat a large frying pan over medium heat and add a bit of sesame oil. Sauté mushrooms for 2-4 minutes on each side or until golden brown and slightly seared. Set portobello mushrooms aside and loosely cover to keep warm. Then add red pepper and broccoli to the pan and sauté 2-3 minutes, stirring frequently. Add the spring onion and remaining portobello marinade and toss to coat. Cook for 1 minute. then remove from heat and serve immediately. Enjoy as is or with chili garlic sauce, sesame seeds, or a garnish of chopped spring onion.

PORTOBELLO MUSHROOM STIR-FRY

173
CALORIES

6
PROTEIN

26
CARBS

5
FATS

4
FIBRE



SERVES 4 | TOTAL TIME: 50 MINUTES

GF DF

INGREDIENTS

800g pork tenderloin
1 tablespoon olive oil
1 teaspoon salt
1 teaspoon black pepper
1 teaspoon rosemary, fresh
1 onion, sliced
450g potatoes
200g apples (Golden Delicious)
60ml chicken stock
2 tablespoons fresh parsley

INSTRUCTIONS

Preheat the oven to 230C - 450F. Place the pork in a bowl and coat with the oil. Sprinkle with salt and pepper and rosemary. Heat a large pan and when hot, add the loins in one layer. Arrange the onion around the pork. Cook until lightly browned all over, then transfer for a casserole dish and place in the oven. Meanwhile, peel the potatoes and put them in a saucepan with water to cover and salt to taste. Bring to a boil and cook 5 minutes. Peel, core and quarter the apples as the potatoes cook. Drain the potatoes and arrange them around the meat. Turn the pork and continue cooking for a further 30 minutes. Remove the meat to a warm serving dish. Add the stock to the pan. Stir and bring to a boil about 5 minutes, and remove from heat. Cut the pork and serve with the potatoes, apples and the sauce spooned over. Serve sprinkled with chopped parsley.

PORK TENDERLOIN WITH POTATOES & APPLE

362
CALORIES

42
PROTEIN

26
CARBS

10
FATS

3
FIBRE



SERVES 6 | TOTAL TIME: 80 MINUTES



INGREDIENTS

8 plum tomatoes
1 onion, chopped
6 cloves garlic
2 tablespoons butter
3 tablespoons olive oil
1l vegetable broth
20g basil, chopped
2 teaspoons tomato paste
Spices
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon thyme
1/2 teaspoon paprika
1 teaspoon sriracha
1 teaspoon crushed red pepper
1/2 teaspoon cayenne

INSTRUCTIONS

Wash and thoroughly dry 8 plum tomatoes. Cut them in half lengthwise and lay them on a greased cookie sheet, cut side up. Sprinkle the tomatoes with olive oil and salt, put them in oven at 400F-200C for about 40 minutes. While tomatoes are roasting, chop onion and squeeze the garlic through a garlic press. Add a tablespoon of olive oil to a large soup pot and cook onion and garlic 5 minutes. Then pour your vegetable broth into the pot and allow to come to a boil. Once the tomatoes are roasted, take them out and add them into the pot, and simmer. At this point, you can add your fresh basil leaves, chopped. In this step, add some butter to the mix and the tomato paste. Add spices and boil on medium flame, and let simmer for about 30 minutes. Put your soup in blender and blend for a few seconds. The longer you blend, the creamier the soup will become. Serve soup with grated cheese, spring onion, crispy tortilla strips, sour cream or grilled fish.

SPICY TOMATO BASIL SOUP

156
CALORIES

3
PROTEIN

9
CARBS

12
FATS

3
FIBRE



SERVES 1 | TOTAL TIME: 15 MINUTES



INGREDIENTS

Caesar dressing
1 clove garlic
22g Parmesan cheese, finely grated
2 tablespoons lemon juice
60g mayonnaise
140g Greek yogurt
1 tablespoon olive oil
1 1/2 teaspoon Dijon mustard
1/4 teaspoon kosher salt
1/4 teaspoon ground black pepper
For the Caesar salad
homemade croutons
3 romaine hearts, leaves (or 1 large head romaine)
22g Parmesan cheese, grated

INSTRUCTIONS

For the croutons- Cut the bread into small cubes. Bake in preheated oven 400F-200C for 10 minutes. Dressing- while the croutons bake, make the dressing. Grate the garlic, or finely mince. Grate the Parmesan cheese, and juice the lemon. Whisk together all the ingredients in a bowl. For the salad- chop the romaine lettuce. Top each salad with Parmesan cheese, croutons and dressing.

CAESAR SALAD

242
CALORIES

8
PROTEIN

12
CARBS

18
FATS

1
FIBRE



SERVES 4 | TOTAL TIME: 25 MINUTES

DF

INGREDIENTS

1 tablespoon vegetable oil
50g sliced red or yellow bell peppers
1 onion, sliced
2 teaspoons chilli powder
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/2 teaspoon smoked paprika
2 tablespoons chopped coriander
1 pound large prawns, peeled
lime wedges for serving
flour tortillas and fajita toppings of your choice
salt and pepper to taste

INSTRUCTIONS

Heat the oil in a large pan over high heat. Add the peppers and onion to the pan and cook, stirring occasionally, until vegetables are tender and charred on the edges. Season the vegetables with salt and pepper. In a small bowl, mix together the chilli powder, garlic powder, smoked paprika, salt and pepper. Add prawns to the pan with vegetables and sprinkle the seasoning all over the prawns and vegetables. Stir to combine. Cook for 5 minutes, or until prawns are pink. Sprinkle the coriander over the top and serve. Garnish with lime wedges and flour tortillas and toppings on the side.

PRAWN FAJITAS

173
CALORIES

24
PROTEIN

8
CARBS

5
FATS

2
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES

DF

INGREDIENTS

1 teaspoon red pepper flakes
1 teaspoon ground black pepper
2 large chicken breasts, halved lengthways
1 tablespoon olive oil
400g pumpkin, cut into wedges
2 tablespoons lemon juice
1 small brown onion, chopped
2 garlic cloves, minced
200g can chickpeas, drained
2 tablespoon fresh parsley leaves, chopped
1 tablespoon lemon zest

INSTRUCTIONS

In a bowl combine red pepper flakes, black pepper and salt. Sprinkle half over chicken with 1 teaspoon oil. Place pumpkin in baking pan, drizzle with olive oil, add salt and pepper, and bake in heat oven 180C- 20 minutes or until just tender. Heat a barbecue grill or char grill on medium-high. Cook chicken, turning, for 5-6 minutes or until cooked. Drizzle over 1 tablespoon lemon juice. Keep warm. Cook the pumpkin, turning, for 6-8 minutes. Meanwhile, heat remaining oil in a frying pan over medium heat. Stir onion, garlic and the remaining spice mix for 4 minutes or until soft. Stir in chickpeas for 3 minutes or until warm. Stir in parsley, lemon zest and remaining lemon juice. Serve chicken, pumpkin with chickpea salsa.

SPICY CHICKEN AND PUMPKIN WITH CHICKPEA SALSA

446
CALORIES

40
PROTEIN

40
CARBS

14
FATS

10
FIBRE



SERVES 4 | TOTAL TIME: 15 MINUTES

DF GF

INGREDIENTS

1 lb turkey breast cutlets (450g)
1 tablespoon olive oil
1/4 teaspoon salt
2 tablespoons cider vinegar
1 tablespoon Dijon mustard
30g baby spinach leaves
4 slices cooked bacon, crumbled
1/2 ripe avocado, cut into cubes
6 cherry tomatoes, halved
30g blue cheese, crumbled

INSTRUCTIONS

Preheat the grill pan on medium high heat for 2 minutes. Brush turkey with 1 teaspoon olive oil and sprinkle with half of the salt. Grill turkey for 4 minutes, flip, and continue cooking for about 3 minutes longer. Cut into chunks. To prepare dressing, combine vinegar, mustard, 1 tablespoon of water, and remaining 2 teaspoons oil and 1/8 teaspoon salt in bowl. Whisk well. In a large bowl, toss spinach with 2 tablespoons of the dressing. Arrange turkey, bacon, avocado, tomatoes and cheese over spinach. Drizzle remaining dressing over salad and season with black pepper to taste.

TURKEY AVOCADO AND BLUE CHEESE SALAD

293
CALORIES

34
PROTEIN

10
CARBS

13
FATS

5
FIBRE



SERVES 6-4 | TOTAL TIME: 1H



INGREDIENTS

1 small pumpkin
olive oil
4 beetroots
1 teaspoon cumin
170g cooked quinoa
20g rocket, chopped
Dressing
50g chopped carrots
25g peeled and chopped ginger
1 garlic clove, sliced
2 small shallots, sliced
1 tablespoon soy sauce
1 tablespoon sesame oil
1 tablespoon honey
1 teaspoon Dijon mustard
2 tablespoons rice vinegar
2-3 tablespoons water

INSTRUCTIONS

Heat oven to 350F-180C. Slice the pumpkin in half. Using a spoon, scoop out the seeds and pulp. Spread the pumpkin seeds on a parchment lined baking sheet and remove any excess pulp. Drizzle with oil and cumin and season with salt and pepper. Toss to combine. Bake until seeds begin to brown, 20-25 minutes. Slice the pumpkin into small wedges and place on a parchment lined baking sheet. Brush the wedges with a oil and season with salt and pepper. Peel and slice the beetroots into square chunks or thin wedges. Place sliced beetroots on a separate parchment lined baking sheet, brush meanwhile with oil, and season with salt and pepper. Remove seeds from oven, and set aside to cool. Place the pumpkin and the beetroots in the oven and bake until tender, 40-45 minutes. Meanwhile make dressing. Place carrots in a food processor and pulse until shredded. Add ginger, garlic, shallots, soy sauce, sesame oil, mustard, honey and vinegar. Pulse until combined and slowly add in oil until dressing is fully emulsified. Add water to thin dressing to desired consistency. Remove pumpkin and beets from oven and let cool. Pour dressing over quinoa and rocket, and stir to combine. Top with the beetroots, pumpkin seeds, and a couple of wedges of the sliced pumpkin. Drizzle additional dressing on top and serve.

BEETROOT PUMPKIN SALAD WITH CARROT- GINGER DRESSING

363
CALORIES

8
PROTEIN

31
CARBS

23
FATS

5
FIBRE



SERVES 1 | TOTAL TIME: 25 MINUTES



INGREDIENTS

190g brown lentils
3 tablespoons fresh lemon juice
2 teaspoons extra virgin olive oil
1 teaspoon grated lemon zest
1/2 teaspoon smoked paprika
1/4 teaspoon salt
1/4 teaspoon cayenne pepper
300g cooked brown rice
2 carrots, shredded
2 sticks celery, chopped
1 small red onion, chopped
30g chopped fresh parsley leaves

INSTRUCTIONS

Bring 4 cups of water to a boil in a large saucepan. Add the lentils and reduce to a simmer. Cook for 15 minutes, or just until tender. Drain well and cool. Meanwhile whisk together the lemon juice, oil, zest, paprika, salt, and cayenne in a large bowl. Add the rice, carrots, celery, tomatoes, onion, parsley, and cooled lentils. Stir to combine.

BROWN LENTILS RICE SALAD

377
CALORIES

11
PROTEIN

72
CARBS

5
FATS

9
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES



INGREDIENTS

180ml fresh orange juice
60ml fresh lemon juice
60ml fresh lime juice
60ml chicken stock
1 garlic clove, minced
2 tablespoons orange marmalade
2 tablespoons soy sauce
1 tablespoon vinegar
1 tablespoon light brown sugar
1 tablespoon butter
salt and pepper
extra-virgin olive oil, for brushing
4 salmon fillets
salt and pepper
1 cup cooked rice

INSTRUCTIONS

Glaze: Bring all of the ingredients to a boil in a medium-sized saucepan over medium heat, stirring to melt. Reduce the heat, and let the glaze reduce until syrup, about 15-20 minutes. Add salt and ground black pepper, to taste. Heat a grill to medium-high heat. Brush both sides of the fillets with olive oil, then season with salt and pepper. Grill the salmon 4 minutes, brushing with the glaze, flip and cook 4 minutes more. Transfer the salmon to serving plates and enjoy.

GRILLED SALMON WITH TRIPLE CITRUS GLAZED

391
CALORIES

43
PROTEIN

21
CARBS

15
FATS

1
FIBRE



SERVES 4 | TOTAL TIME: 1H



INGREDIENTS

For the dressing:

- 60ml olive oil
- 4 teaspoons lime zest
- 4 teaspoon honey
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

For the salad:

- 450g boneless, skinless chicken fillets
- 2 nectarines, pitted and sliced
- 100g mixed greens
- 3 tablespoons walnuts, toasted and chopped
- 60g feta cheese, crumbled

INSTRUCTIONS

Place all of the ingredients in a jar, and shake until combined. Add chicken in bowl, pour half of the dressing and toss to coat. Refrigerate for at least 1 hour. Heat grill pan over medium-high heat. Cook the marinated chicken for about 3-4 minutes per side, or until cooked through. Set aside on a plate. Grill nectarines for 2 minutes per side. Stir together in a large bowl remaining salad ingredients. Toss with remaining dressing and serve with chicken.

GRILLED CHICKEN AND NECTARINE SALAD

455
CALORIES

35
PROTEIN

18
CARBS

27
FATS

3
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES



INGREDIENTS

1 tablespoon olive oil
2 large carrots, peeled and chopped
1 large broccoli, chopped
6 radishes, chopped
2 medium courgette, chopped
1 large red pepper
1 pound ground beef
1 teaspoon sea salt

INSTRUCTIONS

Heat olive oil in a large frying pan to medium heat. Add the carrots, broccoli, radishes, courgette and red pepper, and stir well. Cover and cook, stirring until vegetables begin to soften, about 5 minutes. Remove the vegetables to plate and add the ground beef and sprinkle with sea salt. Break the beef up into chunks with a spatula, fry 10 minutes, and stir with vegetables. Cook stirring occasionally, until beef is cooked. Season to taste with salt and pepper. Serve in bowls and enjoy.

VEGETABLE AND GROUND BEEF FRYING PAN

363
CALORIES

34
PROTEIN

14
CARBS

19
FATS

5
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

400g broccoli, trimmed
1 tablespoon olive oil, plus extra to serve
1/2 lemon juiced
100g blanched almonds, toasted and roughly chopped
Dressing:
1 tablespoon olive oil
1 small garlic clove, minced
100g blue cheese, crumbled
1/2 lemon, zested and juiced
30g natural yogurt
chives, finely chopped

INSTRUCTIONS

Bring a large pan of salted water to the boil. Cook the broccoli for 2 minutes until tender, drain well and tip into a bowl with the olive and lemon juice. Let them cool. Dressing- fry the garlic with the olive oil in a pan for 1 minute. Put the rest of the dressing ingredients into a blender along with the fried garlic and oil, and season. Add 1-2 tablespoons of water if it's a little thick. On a serving plate put the broccoli and drizzle with the dressing and chopped almonds.

BROCCOLI AND BLUE CHEESE SALAD

214
CALORIES

10
PROTEIN

3
CARBS

18
FATS

3
FIBRE



SERVES 2 | TOTAL TIME: 50 MINUTES

GF

INGREDIENTS

150g black rice
1 orange
150g cooked prawns
1 sticks celery, sliced
3 spring onions, sliced
1 teaspoon olive oil
100g edamame
1 teaspoon black sesame seeds

INSTRUCTIONS

Put the rice in a pan with plenty of boiling water, then cover and simmer for 35-40 minutes. Strain, and leave to cool. Peel the orange and cut out segments. Tip into a bowl and squeeze any remaining juice, then add prawns, celery, spring onions, oil and edamame. Season with salt, and toss with cooked rice. Serve onto plates, and scatter with the sesame seeds.

PRAWN AND BLACK RICE SALAD

389
CALORIES

28
PROTEIN

58
CARBS

5
FATS

9
FIBRE



SERVES 2 | TOTAL TIME: 20 MINUTES



INGREDIENTS

1 tablespoon vegetable oil
250g ready-cooked basmati rice
1 clove garlic, thinly sliced
ginger small sized piece, finely chopped
1 red chilli, sliced
100g tofu, roughly chopped
200g stir-fry baby vegetables
100g frozen peas
1 tablespoon soy sauce

INSTRUCTIONS

Heat the oil in a non-stick pan or wok and fry the rice for 5-10 minutes or until beginning to turn golden. Add the garlic, ginger and chilli, and cook for another 2 minutes. Put the tofu into a bowl and roughly mash. Put the tofu and baby vegetables into the pan and cook for 5 minutes or until tender. Stir in the peas and soy sauce, and cook until the peas are heated through. Divide between plates and serve.

TOFU FRIED RICE

387
CALORIES

14
PROTEIN

49
CARBS

15
FATS

8
FIBRE



SERVES 2 | TOTAL TIME: 45 MINUTES



INGREDIENTS

For the dressing:

- 60ml white wine vinegar
- 1 small shallot, diced
- 2 teaspoons Dijon mustard
- 1 tablespoon chopped fresh thyme
- 1/4 teaspoon pepper
- 3/4 cup extra-virgin olive oil

For the salad:

- 450g red-skinned potatoes sliced
- 8 cherry tomatoes, halved
- 4 large eggs, boiled and quartered
- 6 radishes, trimmed and quartered
- 300g green beans, trimmed
- 1 head lettuce leaves, separated
- 2 cans tuna, drained
- 100g olives, halved

INSTRUCTIONS

Put the potatoes in a medium saucepan, cover with cold water and season with salt. Bring to a simmer over medium-high heat and cook until fork-tender. Drain, and drizzle with 1/4 cup white wine vinaigrette and let cool. In a small jar or bowl whisk together all ingredients for dressing. Cut tomatoes, and toss with salt and pepper. Chop eggs and radishes. Set aside. Bring a separate saucepan of salted water to a boil. Add the green beans to the boiling water and cook until crispy, about 3 minutes. Drain and immediately put the green beans into the ice-water to cool, then drain and pat dry. Divide lettuce onto 4 plates. Arrange the potatoes, tomatoes, eggs, radishes, green beans and drained tuna on top. Drizzle with dressing and top with the olives.

EASY TUNA SALAD WITH EGGS

279
CALORIES

25
PROTEIN

29
CARBS

7
FATS

6
FIBRE



SERVES 4 | TOTAL TIME: 20 MINUTES



INGREDIENTS

2 tablespoons extra-virgin olive oil, plus extra to serve
3 garlic cloves, minced
1 tablespoon smoked sweet paprika
1/2 lemon, zested and wedged to serve
4 rosemary sprigs, leaves
1 red chilli, chopped
8 sardines

INSTRUCTIONS

Put all of the ingredients, except sardines, into a bowl and mix together with some seasoning. Pour into a baking dish, add the sardines and toss really well. Cover and chill for a few hours. Heat a BBQ grill until hot. Cook the sardines for 4-5 minutes on each side or until really caramelised and charred. Put onto a serving plate, drizzle with oil, sprinkle with a little more paprika and squeeze over the lemon wedges.

GRILLED SARDINES

234
CALORIES

26
PROTEIN

1
CARBS

14
FATS

1
FIBRE



VEGAN RISOTTO

SERVES 4 | TOTAL TIME: 45 MINUTES



INGREDIENTS

1 tablespoon olive oil
1 onion, chopped
1 fennel, chopped
1 courgette, halved lengthwise and thinly sliced
3 cloves garlic, chopped
1/2 teaspoon fennel seeds
200g cooked risotto rice
800ml vegetable stock, hot
200g frozen peas
2 teaspoon nutritional yeast
1 lemon, zested and juiced
parsley, small bunch chopped

INSTRUCTIONS

Heat the olive oil in a large, deep frying pan, add the onion, fennel and courgette, and fry for 10 minutes until softened, add a little water if it starts to catch. Add the garlic and fennel seeds, and cook for 2 minutes, then add the rice and stir until every grain is lightly coated in oil. Keep the vegetable stock in a pan over a very low heat to keep warm. Add a ladleful at a time to the risotto, stirring all the time, only adding more once the last spoonful has been completely absorbed. Once the rice is cooked but still has a little bite, add the frozen peas and cook for another few minutes until just cooked. Stir in the nutritional yeast, lemon zest and juice, and some seasoning. Serve between shallow plates and top with the parsley.

305
CALORIES

12
PROTEIN

53
CARBS

5
FATS

10
FIBRE



SERVES 4 | TOTAL TIME: 5 MINUTES



INGREDIENTS

For the dressing:

- 125g Greek yogurt
- 2 tablespoons rice vinegar
- 8g fresh parsley
- 1 lime, juiced
- salt and pepper to taste
- 2 tablespoons olive oil
- 1 garlic clove, minced

For the salad:

- 370g cooked quinoa
- 195g black beans
- 170g corn
- 120g spinach
- 30g tomatoes, sliced
- 200g avocados, diced

INSTRUCTIONS

Place all of the ingredients for the salad dressing into a food processor and process until smooth. Add 3 tablespoons of salad dressing, to the mason jar base. Then add the following ingredients- 1 cup spinach, 1/4 cup tomatoes, 1/2 cup cooked quinoa, 1/4 cup black beans, 1/4 cup corn and 1/2 avocado, diced.

QUINOA IN JAR

318
CALORIES

14
PROTEIN

52
CARBS

6
FATS

14
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES



INGREDIENTS

170g boneless chicken breast
3 tablespoons sunflower oil, divided
3 tablespoons chilli powder
1 pinch salt
3 tablespoons apple cider vinegar
3 tablespoons ketchup
4 teaspoons honey
720g lettuce leaves, chopped
1 slice bacon, cooked, crumbled
1/2 medium avocado, diced (1 cup)
60g black beans, drained and rinsed
150g frozen corn
150g tomatoes, chopped

INSTRUCTIONS

Preheat a grill or grill pan over medium heat. Drizzle the chicken with 1 teaspoon of oil and sprinkle all over with 2 teaspoons of chilli powder and the salt. Grill, flipping occasionally, until the chicken is cooked through, about 15 minutes. Transfer the chicken to a cutting board and let rest for 5 minutes. Chop into bite-size pieces. In a small bowl, whisk together the vinegar, ketchup and honey until smooth. Whisk in the remaining oil. Divide the lettuce on plates. Arrange the chicken in a line over the lettuce, and add the bacon, avocado, beans, corn and tomatoes over the lettuce. Drizzle with the dressing.

CHICKEN COBB SALAD

426
CALORIES

26
PROTEIN

31
CARBS

22
FATS

6
FIBRE

DESSERTS







SERVES 6 | TOTAL TIME: 1H 25 MINS



INGREDIENTS

120g granola
70g coconut shavings
1 teaspoon coconut oil
1 1/2 tablespoon honey
200g strawberries
140g Greek yogurt

INSTRUCTIONS

Mix granola, coconut, coconut oil and honey in a blender. Blend until the mixture is finely ground. Spray a mini muffin tin with cooking spray. Add 1 Tablespoon of the granola mixture into each space in the tin. Place strawberries and yogurt in a blender. Blend until it is a smoothie. Pour the blended strawberry mixture into each of the tin spaces. Place in the freezer for 30-60 minutes. Let the bites defrost for a couple minutes. Serve and enjoy.

STRAWBERRY BITES

128
CALORIES

4
PROTEIN

19
CARBS

4
FATS

2
FIBRE



SERVES 16 | TOTAL TIME: 45 MINUTES

DF GF

INGREDIENTS

80ml almond or coconut milk
3 tablespoon maple syrup
85g chocolate chips
15 oz can chickpeas, drained
180g nut butter, almond or peanut
5 tablespoons coconut sugar
3 tablespoons cocoa powder
25g almond flour
2 teaspoons vanilla extract
1/8 or 1/4 teaspoon salt
3/4 teaspoon baking powder
4 tablespoons vegan chocolate chips, for topping

INSTRUCTIONS

Heat the milk and maple syrup in a frying pan or microwave until just about boiling. Take off heat. Add the chocolate chips. Mix until melted and smooth and set aside. Line a baking pan with parchment. Preheat the oven to 350F-180C. Add chickpeas, nut butter, coconut sugar, vanilla, salt and baking powder to a food processor and mix well. Add the warm melted chocolate, almond flour and process again until smooth. Add a teaspoon milk if too thick. Fold in 2 tablespoons chocolate chips into the batter. Transfer the batter to the parchment lined brownie pan. Spread using spatula and sprinkle some chocolate chips on top. Bake at 350F -180C for 35 to 40 minutes. Cool for 10 minutes then slice and serve with vanilla ice cream. Store on the counter or refrigerate for up to 5 days or freeze for a month.

CHICKPEA BROWNIES

216
CALORIES

6
PROTEIN

21
CARBS

12
FATS

3
FIBRE



SERVES 4 | TOTAL TIME: 30 MINUTES



INGREDIENTS

150g shredded carrots
280ml milk
1 large egg
2 teaspoon vanilla extract
180g all purpose flour
45g brown sugar
2 teaspoons baking powder
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1/4 teaspoon salt
2 tablespoon vegetable oil
Cream cheese frosting
115g cream cheese
2 tablespoon sugar
1 teaspoons vanilla extract
Pecan, chopped for serving

INSTRUCTIONS

In a blender add shredded carrots, milk, vanilla, egg, and pulse until well combined. In a large bowl mix together the flour, brown sugar, baking powder, cinnamon and salt. Add the carrot mixture and oil to dry ingredients and stir to combine. Heat the pan to medium heat, add a little butter. Scoop a big spoonful of batter into the pan. Cook until bubbles form all over the top of the pancake. Flip pancake and cook 1-2 minutes. Cream cheese frosting- place the cream cheese, sugar and vanilla extract in a bowl, and mix well. Serve pancakes with cream cheese frosting and toasted pecan, chopped.

CARROT CAKE PANCAKES

491
CALORIES

11
PROTEIN

60
CARBS

23
FATS

3
FIBRE



SERVES 12 | TOTAL TIME: 50

DF

INGREDIENTS

100g butter
200g demerara sugar
4 tablespoons salted caramel, plus extra for the top
2 eggs, beaten
2 small pears, peeled, cored and cut into chunks
100g white chocolate
200g self-raising flour

INSTRUCTIONS

Heat the oven to 180C-350F. Line a square brownie tin with baking paper. Melt the butter in a pan, then keep on the heat until the butter turns a nutty golden brown. Add the sugar and caramel, and heat gently for a minute. Cool to just-warm, then stir in the eggs, pears and chocolate. Put the flour in a bowl and stir in the caramel mix. Add 4 tablespoons of caramel to the top, use the handle of a teaspoon to swirl it into the mix. Bake for 25-30 minutes, until risen, golden and just set. Cool before serving.

SALTED CARAMEL AND PEAR BLONDIES

301
CALORIES

4
PROTEIN

42
CARBS

13
FATS

1
FIBRE



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